

USING YOUR MICROWAVE OVEN

LEARN ABOUT YOUR MICROWAVE OVEN

This section discusses the concepts behind microwave cooking and introduces you to the basics you need to know to operate your microwave oven. Please read this information before use.

AUDIBLE SIGNALS

Audible signals are available to guide you when setting and using your oven:

- **A programming tone will sound** each time you touch a pad.
- **Four tones** signal the end of a cooking cycle.

INTERRUPTING COOKING

You can stop the oven during a cycle by opening the door. The oven stops heating and the fan stops, but the light stays on.



To restart cooking, close the door and Touch START.

If you do not want to continue cooking, open the door and touch STOP 7 YU.

CLOCK

When your microwave oven is first plugged in or after a power failure, the Display will show “:.”. If a time of day is not set, “:.” will show on the Display until you touch “Clock”.

Example: To set the clock for 10:30(AM or PM).

Touch:	Display Shows:
1. 	:.
2. Clock	12:00
3. 1 0 3 0	10:30
4. 	10:30


NOTES:

- **If you enter** in an incorrect time and touch “Clock”, you cannot set time of day. Enter the correct time.
- **If you touch** STOP Clear while setting the clock, the Display will show the last time of day set or “:.” if no time of day has been set.


CHILD LOCK

Use this safety feature to lock the control panel when you are cleaning the oven, or so that children cannot use the oven unsupervised.

To set CHILD LOCK:

Touch:	Display Shows:
1. 	Touch and hold until you hear 2 beeps and “Loc” appears in the display. (approximately 4 seconds)

To cancel CHILD LOCK:

Touch:	Display Shows:
1. 	Touch and hold until “Loc” disappears in the display. (approximately 4 seconds)

USING YOUR MICROWAVE OVEN

VENT HI/LOW/OFF

The Vent moves steam and other vapors from the surface cooking.

Touch Vent once for High fan speed, twice for Low fan speed, or a three times to turn the fan off.

Touch: **Display Shows:**

1. Vent
Hi/Low/Off :

Once for HIGH
Twice for Low

2. Vent
Hi/Low/Off :

Turn off fan when desired

NOTE: If the temperature from the range or cooktop below the oven gets too hot, the exhaust fan in the vent hood will automatically turn on at the HIGH setting to protect the oven. It may stay on up to an hour to cool the oven. When this occurs, the Vent pad will not turn the fan off. You cannot turn the exhaust fan off during microwave cooking.

ADD 30 SEC

A time-saving pad, this simplified control lets you quickly set and start microwave cooking without the need to touch **START Enter**.

Add
30 Sec.

Touch **Add 30 Sec** 4 times. The oven begins cooking and display shows time counting down.

NOTE:

If you touch **Add 30 Sec**, it will add 30 seconds up to 99 min 59 seconds.

COOKTOP LIGHT

The pad on the bottom left of the control panel controls the cooktop light.

Example: To set the Lamp for ON.

Touch: **Display Shows:**

1. Light
On/Off :

Once for ON light
Twice for OFF light

2. Light
On/Off :

To turn off, touch pad one or two times depending on light setting.

TIME DEFROST

Using Time Defrost can defrost for a selected length of time.

Example: To set Time Defrost for 2 minutes.

Touch: **Display Shows:**

1. Time
Defrost : 0

2. 2 0 0 2:00

3. [START Enter] Time counting down.

At the end of the Time defrost four tones will sound.


USING YOUR MICROWAVE OVEN

TIMED COOKING

This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH (100%) power. Refer to the "Microwave Power Levels Table" on page 14 for more information.

NOTE: If you do not select a power level, the oven will automatically cook at HIGH (100%) power.


Example: To cook for 5 minutes, 30 seconds at 80% power.

Touch:	Display Shows:
1. Time	: 0
2. 5 3 0	5 : 30
3. Power Level	P-HI
4. 8	P-80
5. 	Time counting down and COOK .

MULTI-STAGE COOKING

For best results, some recipes call for different cook powers during different stages of a cook cycle. You can program your oven to switch from one power level to another for up to 2 stages.

Example: To set a 2-stage cook cycle.

Touch:	Display Shows:
1. Time	: 0
2. 3 0 0	3 : 00
To set a 3 minute cook time for first stage.	
3. Power Level	P-HI
4. 8	P-80
To set an 80% cook power for the first stage.	
5. Time	: 0
6. 7 0 0	7 : 00
To set a 7 minute cook time for second stage.	
7. Power Level	P-HI
8. 5	P-50
To set a 50% cook power for the second stage.	
9. 	Time counting down and COOK .
10.	When the first stage is over, you will hear two short tones as the oven begins the second cook stage.

USING YOUR MICROWAVE OVEN

MELT

Melt provides four preset categories for melt. Butter, Chocolate, Cheese, Marshmallows. Details refer to **MELT TABLE**.

Example: To Melt 16 oz Cheese.

STOP
Clear

1. Touch **STOP Clear**.

Melt

2. Touch **Melt** pad three times.

2

3. Choose 16 oz.

START
Enter

4. Touch **START Enter**.

NOTE: After 4 seconds, the oven will start automatically. When the cook time is over, you will hear four beeps and **End** will display.

SOFTEN

Soften provides four preset categories for melt. Butter, Ice Cream, Cream Cheese, Frozen Juice. Details refer to **SOFTEN TABLE**.

STOP
Clear

1. Touch **STOP Clear**.

Soften

2. Touch **Soften** pad three times.

1

3. Choose 3 oz.

START
Enter

4. Touch **START Enter**.

NOTE: After 4 seconds, the oven will start automatically. When the cook time is over, you will hear four beeps and **End** will display.

MELT TABLE


Category	Touch pad times	Touch pad number		
		1	2	3
Butter	1	1 stick	2 sticks	3 sticks
Chocolate	2	4 oz	8 oz	–
Cheese	3	8 oz	16 oz	–
Marshmallows	4	5 oz	10 oz	–


SOFTEN TABLE


Category	Touch pad times	Touch pad number		
		1	2	3
Butter	1	1 stick	2 sticks	3 sticks
Ice Cream	2	pint	quart	half gallon
Cream Cheese	3	3 oz	8 oz	–
Frozen Juice	4	6 oz	12 oz	16 oz

ENERGY SAVING

Energy Saving feature saves energy by turning off the display by touching the **Energy Saving** Button. The display will automatically turn off after 5 minutes of idleness if the clock has not been set. If the clock has been set, then the display will not automatically turn off.

1.  Touch **STOP Clear**.

2.  Touch **Energy Saving** to turn the display off.

3.  Touch **Energy Saving** to Turn the display on.

USING YOUR MICROWAVE OVEN

MICROWAVE POWER LEVELS

For best results, some recipes call for different cook powers. The lower the cook power, the slower the cooking. Each number from 1 to 9 stands for a different percentage of full cook power.

The following chart gives the percentage of cook power each number pad stands for, and the cook power name usually used.

It also tells you when to use each cook power. Follow recipe or food package instructions if available.

NOTE: Refer to a reliable cookbook for cooking times based on the 1000 Watt cook power of your microwave oven.

COOK Power	NAME	WHEN TO USE IT
100% of full power	High	<ul style="list-style-type: none">• Quick heating many convenience foods and foods with high water content, such as soups and beverages.• Cooking tender cuts of meat, ground meat,
9 = 90% of full power		<ul style="list-style-type: none">• Heating cream soups
8 = 80% of full power		<ul style="list-style-type: none">• Heating rice, pasta, or casseroles
7 = 70% of full power	Medium-High	<ul style="list-style-type: none">• Cooking and heating foods that need a Cook Power lower than high (for example, whole fish and meat loaf) or when food is cooking too fast• Reheating a single serving of food
6 = 60% of full power		<ul style="list-style-type: none">• Cooking requiring special care, such as cheese and egg dishes, pudding, and custards• Finishing cooking casseroles
5 = 50% of full power	Medium	<ul style="list-style-type: none">• Cooking ham, whole poultry, and pot roasts• Simmering stews
4 = 40% of full power		<ul style="list-style-type: none">• Melting chocolate• Heating pastries
3 = 30% of full power	Medium-Low, Defrost	<ul style="list-style-type: none">• Manually defrosting foods, such as bread, fish, meats, poultry, and precooked foods
2 = 20% of full power		<ul style="list-style-type: none">• Softening butter, cheese, and ice cream
1 = 10% of full power	Low	<ul style="list-style-type: none">• Keeping food warm
0 = 0% of full power	None	<ul style="list-style-type: none">• Standing time

NOTE: Once cook time has been entered, you can also use the Power Level pad as a second Kitchen Timer by entering "0" for the Cook Power. The oven will count down the cooking time you set without cooking.

USING YOUR MICROWAVE OVEN

AUTO DEFROST

Four defrost sequences are preset in the oven. The auto defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange to get best defrost results. Four different defrosting levels are provided.

- 1 MEAT
- 2 POULTRY
- 3 FISH
- 4 BREAD

*First three available weight is 0.1~6.0 lbs.
The last available weight is 0.1~1.0 lbs.

Example: To defrost 1.2 lbs of ground beef.	
Touch:	Display Shows:
1. Auto Defrost	<i>dEF1</i>
2. 1 2 To enter the weight	<i>1.2</i>
3. START Enter	Time counting down.

NOTE:

When you touch the START Enter pad, the display changes to defrost time count down. The oven will beep during the Defrost cycle. At this time, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START Enter to resume the defrost cycle.

OPERATING TIPS

- For best results, remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- For best results, shape your ground meat into the form of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.
- Place foods in a shallow container.

This table shows you food type selections and the weights you can set for each type. For best results, loosen or remove covering on food.

FOOD	TOUCH Auto Defrost	WEIGHTS YOU CAN SET (tenths of a pound)
Meat	1 Time(s)	.1 to 6.0 (45g to 2722g)
Poultry	2 Time(s)	.1 to 6.0 (45g to 2722g)
Fish	3 Time(s)	.1 to 6.0 (45g to 2722g)
BREAD	4 Time(s)	.1 to 1.0 (45g to 450g)

Category	Food
MEAT 0.1 to 6.0 lbs	BEEF Ground beef, Round steak, Cubes for stew, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty. LAMB Chops (1-inch thick), Rolled roast. PORK Chops (1/2-inch thick), Hot dogs, Spareribs, Countrystyle ribs. Rolled roast, Sausage.
POULTRY 0.1 to 6.0 lbs	POULTRY Whole (under 4 lbs), Cut up, Breasts (boneless). CORNISH HENS Whole. TURKEY Breast (under 6 lbs).
FISH 0.1 to 6.0 lbs	FISH Fillets, Whole Steaks. SHELLFISH Crab meat, Lobster tails, Shrimp, Scallops.
BREAD 0.1 to 1.0 lbs	Sliced bread, Buns, Baguette, etc. Separate slices and place between paper towel or flat plate. Turn food over at beep After defrosting, let stand for 1-2 minutes

USING YOUR MICROWAVE OVEN

DEFROSTING TIPS

- **When using** Auto Defrost, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- **Before starting**, make sure you have removed any of the metal twist-ties which often come with frozen food bags, and replace them with strings or elastic bands.
- **Open containers** such as cartons before they are placed in the oven.
- **Always slit** or pierce plastic pouches or packaging.
- **If food is foil wrapped**, remove foil and place it in a suitable container.
- **Slit** the skins, if any, of frozen food such as sausage.
- **Bend** plastic pouches of food to ensure even defrosting.
- **Always underestimate** defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting.
- **The length** of defrosting time varies according to how solidly the food is frozen.
- **The shape of the package** affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- **As food begins to defrost**, separate the pieces. Separated pieces defrost more easily.
- **Use small pieces of aluminum foil** to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- **For better results**, let food stand after defrosting. (For more information on standing time, see the "Microwave Cooking Tips" section.)
- **Turn over** food during defrosting or standing time. Break apart and remove food as required.

USING YOUR MICROWAVE OVEN

Using Quick Touch

Your oven's menu has been preprogrammed to cook food automatically. Tell the oven what you want. Then let your microwave oven cook your selections.

POPCORN

Popcorn lets you pop 3.0, and 3.5 ounce bags of commercially packaged microwave popcorn. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions. To set your microwave oven correctly, follow this chart:

Example: To pop a 3.0 oz. bag.

Touch: **Display Shows:**

Popcorn 3.0

once for 3.5 oz
twice for 3.0 oz

Time counting down and
COOK.

When the cook time is over,
you will hear four beeps and **End** will display.

PIZZA

Pizza lets you reheat up to 3 slices of pizza. A slice is based on a 5 ounce slice.

NOTE:

- Place on a low plate & paper towel.
- Do not cover.

Example: To reheat 2 slices of Pizza.

Touch: **Display Shows:**

Pizza 2

once for 1 slice
twice for 2 slices
three times for 3 slices

Time counting down and
COOK.

When the cook time is over,
you will hear four beeps and **End** will display.

FROZEN ENTREE

Frozen Entree lets you cook 10 and 20 ounce plates of commercially packaged microwave frozen entree without entering cooking times and power levels. Remove tray from outer carton. Do not remove film cover, but cut it to vent.

Example: To reheat a 20 oz. frozen entree.

Touch: **Display Shows:**

Frozen Entree 20 0 2

once for 10 oz
twice for 20 oz

Time counting down and
COOK.

When the cook time is over,
you will hear four beeps and **End** will display.

POTATO

The Potato lets you cook potatoes with preset times and cook powers. You can choose from 1 to 4 potatoes.

NOTE:

- Cooking times are based on an average 8 ounce potato.
- Before baking, pierce potato with fork several times.
- After baking, let stand for 5 minutes.

Example: To cook 2 Potatoes.

Touch: **Display Shows:**

Potato 2

once for 1 potato
twice for 2 potatoes
three times for 3 potatoes
four times for 4 potatoes

Time counting down and
COOK.

When the cook time is over,
you will hear four beeps and **End** will display.

USING YOUR MICROWAVE OVEN

AUTO COOK

Auto Cook provides four preset categories for cooking.

Example: To cook 2 cups of Casserole.

Touch:

Display Shows:

1. **Auto Cook**

Ac -4

Choose food category.

Category	Touch pad of Time(s)
Fresh vegetable	1
Frozen vegetable	2
Rice	3
Casserole	4

Touch:

Display Shows:

2. 2

Time counting down and **COOK.**

Enter quantity/servings.

Category	Number of cups
Fresh vegetable	1 - 4 cups
Frozen vegetable	1 - 4 cups
Rice	1 - 2 cups
Casserole	1 - 4 cups

When the cook time is over, you will hear four beeps and **End** will display.

COOKING GUIDE FOR AUTO COOK

CODE	CATEGORY	QUANTITY	DIRECTIONS
1	FRESH VEGETABLE	1 cup	Place in a microwavable bowl or casserole. Add water according to the quantity. Cover with vented plastic wrap. Let stand 3 minutes. * 1-2 cups: add 2 tbsp water. * 3-4 cups: add 2 tbsp water.
		2 cups	
		3 cups	
		4 cups	
2	FROZEN VEGETABLE	1 cup	Place in a microwavable bowl or casserole. Cover with vented plastic wrap. Let stand 3 minutes. * 1-2 cups: add 2 tbsp water. * 3-4 cups: add 2 tbsp water.
		2 cups	
		3 cups	
		4 cups	
3	RICE	1 cup	Place in a microwavable bowl or casserole. Cover with vented plastic wrap. Let stand 5 minutes.
		2 cups	
4	CASSEROLE	1 cup	Place in a microwavable bowl or casserole. Cover with vented plastic wrap. Stir and let stand 3 minutes.
		2 cups	
		3 cups	
		4 cups	

USING YOUR MICROWAVE OVEN

AUTO REHEAT

Auto Reheat provides four preset categories for reheating.

Example: To reheat 2 servings of Dinner plate.

Touch: **Display Shows:**

1. Auto Reheat r h - i

Choose food category.

Category	Touch pad of Time(s)
Dinner plate	1
Soup/sauce	2
Casserole	3
Roll/Muffin	4

Touch: **Display Shows:**

2. 2 Time counting down and COOK.

Enter quantity/servings.

Category	Number of cups/Items
Dinner plate	1-2 servings
Soup/sauce	1-4 cups
Casserole	1-4 cups
Roll/Muffin	1-4 pieces

When the cook time is over, you will hear four beeps and **End** will display.

COOKING GUIDE FOR AUTO REHEAT

CODE	CATEGORY	SERVING AMOUNT	DIRECTION
1	DINNER PLATE	1 serving (10 oz.)	Place on a low plate. Cover with vented plastic wrap. Let stand 3 minutes.
		2 servings (15 oz.)	
2	SOUP/SAUCE	1 cup	Place in shallow microwavable casserole. Cover with vented plastic wrap. Stir and let stand 3 minutes.
		2 cups	
		3 cups	
		4 cups	
3	CASSEROLE	1 cup	Place in a microwavable bowl or casserole. Cover with plastic wrap. Stir and let stand 3 minutes.
		2 cups	
		3 cups	
		4 cups	
4	ROLL/MUFFIN	1 piece (2 oz.)	Place on paper towel. Do not cover.
		2 pieces (4 oz.)	
		3 pieces (6 oz.)	
		4 pieces (8 oz.)	