

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS	2
PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY	3
INSTALLATION GUIDE	4
GROUNDING INSTRUCTIONS	4
INSTALLING THE TURNTABLE	5
PRODUCT DIAGRAM	6
SPECIFICATIONS	6
CONTROL PANEL	7
OPERATION INSTRUCTIONS	8
QUICK COOK SETTINGS	12
COOKING UTENSILS GUIDE	14
CLEANING AND CARE	15

IMPORTANT SAFETY INSTRUCTIONS

READ ALL SAFETY INSTRUCTIONS BEFORE USING THIS MICROWAVE

WARNING - to reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy, basic safety precautions should be followed, including the following:

1. Read all instructions before using the microwave.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE OR EXCESSIVE MICROWAVE ENERGY" on page 3.
3. This microwave must be grounded. Connect only to properly grounded outlets. See page 4 for grounding instructions.
4. Install or place this microwave only in accordance with installation instructions.
5. Some produce such as whole eggs and sealed containers - for example, closed glass jars - are able to explode and should not be heated in this oven.
6. This microwave is intended for use only as described in this manual. Do not use corrosive chemicals or vapors in this microwave. This type of microwave is specifically designed to heat, cook, or dry foods. It is not designed for laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend to the microwave when paper, plastic, or other combustible materials are placed inside the microwave to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing in microwave.
 - If materials inside the microwave should ignite, keep microwave door closed, turn it off, and disconnect the power cord or turn off the power fuse at the circuit breaker panel.
 - Do not use the microwave cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
9. Liquids, such as water, coffee, or tea, may overheat beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury:
 - Do not overheat the liquid;
 - Stir the liquid both before and halfway through heating;
 - Do not use straight-sided containers with narrow necks;
 - After heating, allow the container to stand in the microwave a short time before removing;
 - Use extreme care when inserting a spoon or other utensil into the container.
10. Do not heat oil or fat for deep frying in this microwave. It is difficult to control the temperature of oil in the microwave.
11. Pierce foods with heavy skins, such as potatoes, before cooking.
12. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving to avoid burns.
13. Cooking utensils may become hot from heat transferred from the heated food. Pot holders may be needed to handle these utensils.
14. Do not cover or block any openings on the microwave.
15. Do not store or use this microwave outdoors. Do not use this microwave near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
16. Do not operate this microwave if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.

IMPORTANT SAFETY INSTRUCTIONS (continued)

17. Do not immerse the cord or plug in water. Keep cord away from heated surfaces. Do not let the cord hang over the edge of the table or counter.
18. Use only thermometers specifically designed for microwaves.
19. Do not operate any heating or cooking under this microwave.
20. Be certain the glass tray and roller rings are in place when using the microwave.
21. When cleaning microwave surface and door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
22. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.
23. This microwave should be serviced only by qualified service personnel. For service and repair, please contact our Customer Support Center at 1-800-324-0340.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this microwave with the door open. Door open operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the door interlocks.
2. Do not place any objects between the microwave front face and the door, or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the microwave if damaged. It is particularly important that the microwave door be properly closed and there is no damage to the door (bent), hinges and latches (broken or loosened), or door seals and sealing surfaces.
4. The microwave should not be adjusted or repaired by anyone except properly qualified service personnel.

SAVE THESE INSTRUCTIONS

INSTALLATION GUIDE

1. Make sure all packing materials are removed from inside the microwave door.
2. Check the microwave for damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches, and dents inside the cavity or on the door. If there are any damages, do not operate the microwave and contact Customer Service at 1-800-324-0340.
3. This microwave must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked inside.
4. Do not place the oven where heat, moisture, or high humidity is generated. Do not place microwave near combustible materials.
5. For correct operation, the oven must have sufficient air flow. Allow 8" of space above the microwave, 4" at the back, and 2" on each side of the unit.
6. Do not cover or block any openings on the microwave. Do not remove microwave feet. Do not operate the oven without the glass tray, roller support, and shaft in their proper positions. Make sure the power supply cord is undamaged and does not run under the microwave or over any hot or sharp surface.
7. The socket must be readily accessible so the microwave can be easily unplugged in an emergency.

GROUNDING INSTRUCTIONS

This microwave must be grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded, and either: 1) If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounded plug, and 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance, or 2) Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or service man install an outlet near the appliance. For questions regarding the grounding instructions, please contact our Customer Support Center at 1-800-324-0340.

WARNING: Improper use of the grounding plug can result in risk of electric shock.

ELECTRICAL REQUIREMENTS

The electrical requirements for this microwave are a 120V, 60Hz, AC only, 15 amp.

It is recommended that a separate circuit serving only the microwave be provided.

The microwave is equipped with a 3-prong grounding plug. It must be plugged into a wall outlet properly installed and grounded.

POWER CORD

- A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a long cord.
- Longer cord sets or extension cords are available and may be used if care is taken in using them.
- If using a longer cord, the marked electrical rating of the cord set or extension cord should be at least as great as the electrical marking of the microwave itself and the extension cord must be a grounded-type 3-wire cord. The longer cord should be arranged so it will not drape over the counter or tabletop.

GROUNDING INSTRUCTIONS (continued)

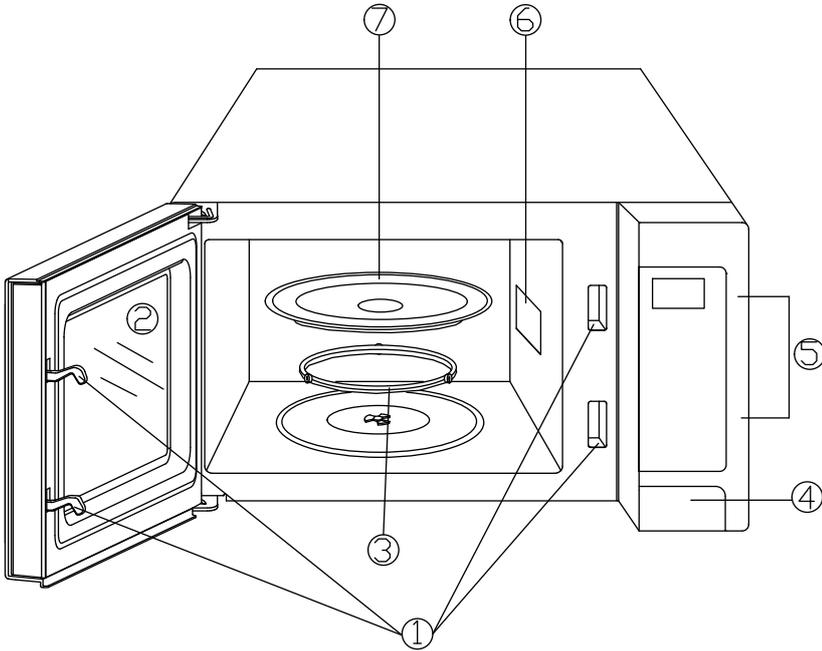
RADIO OR TV INTERFERENCE

- Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different circuit, relocate the radio or TV as far away from the oven as feasible, and check position and signal of receiving antenna.

INSTALLING THE TURNTABLE

- Never place the glass tray upside down.
- The glass tray should never be restricted.
- Both the glass tray and turntable ring assembly must always be used during cooking.
- All food and containers of food should always be placed on the glass tray for cooking.
- If the glass tray or turntable ring assembly cracks or breaks, contact 1-800-324-0340.

PRODUCT DIAGRAM



1. Door Safety Lock System
2. Oven Window
3. Turntable Roller
4. Door Release Button
5. Control Panel
6. Wave Guide
(Please do not remove the mica plate covering the wave guide)
7. Glass tray

SPECIFICATION

Power Consumption	120V-60Hz, 1100W(microwave)
Output	700W
Operation Frequency	2450MHz
Outside Dimensions(H x W x D)	10 ⁵ / ₁₆ × 17 ¹³ / ₁₆ × 12 ¹⁰ / ₁₆ inches
Oven Cavity Dimensions(H x W x D)	8 ¹¹ / ₁₆ × 12 ³ / ₈ × 11 ⁹ / ₁₆ inches.
Oven Capacity	0.7 cu.ft.
Cooking Uniformity	Turntable System
Net Weight	Approx. 23.1 lbs

CONTROL PANEL



- **DISPLAY WINDOW**
Use to indicate clock, cooking time, etc
- **+30SEC**
Press to set the oven to start cooking quickly and to increase the cooking time.
- **NUMBER PADS**
Press to set clock, cooking time or enter food weight.
- **POWER**
Press to select microwave power level.
- **TIMER/CLOCK**
Press to set the timer function and to set the oven clock.
- **START/STOP**
Weight defrost.press to start cooking program.
Press once to temporarily stop cooking.
- **RESET**
Press to clear entry before setting a cooking program
Press and hold to set child lock.
- **QUICK COOK BUTTONS:**
Use for instant settings of popular daily use.
POTATO, POPCORN,PIZZA, BEVERAGE, FRAZEN DINNER, REHEAT.
- **COOK**
Use this button to set a multistage cooking program.
- **COOK BY WEIGHT**
Programmed cooking based on weight of foods.
- **WEIGHT DEFROST**
Automatically sets proper defrosting cycle once you have entered the weight of the food to be thawed.
- **SPEED DEFROST**
Customize defrosting time for food outside the categories or exceeding the max. allowable weight by weight defrost.

OPERATION INSTRUCTIONS

- When the oven is first plugged in, the display will briefly show "CLOCK", "1:01".
- During cook setting mode, the system will return to waiting mode if there is not any operation within 25seconds.
- After a cooking program has finished, the oven will sound beeps with END showing on screen, press RESET pad or open oven door to clear it before setting another function.
- During cooking, if press START/STOP pad once, the program will be paused, then press START/STOP pad to resume, but if press START/STOP pad once, and then press RESET pad, the program will be canceled.

SETTING THE CLOCK

This is a 12 or 24 hour clock, you can press and hold TIMER/CLOCK pad for 3 seconds to select 12 hour cycle or press TIMER/CLOCK pad twice to select 24 hour cycle. To enter the digital clock time, press the TIMER/CLOCK pad once and then press the number pads to set the time of day.

For example: to set the time of 6: 35.

1. Press and hold TIMER/CLOCK pad for three seconds, "Hr12" will display, press TIMER/CLOCK again, "24Hr" will display.
2. Touch number pad to enter clock time.
3. Press TIMER/CLOCK pad again to confirm.

SETTING THE TIMER

The longest time is 99 min. 99 sec.

Suppose you want to set 30 minutes timer.

1. In standby mode, press TIMER/CLOCK pad once
2. Press the number pads to enter "30: 00".
3. Press START/STOP to confirm.

NOTE:

- You can check the timer time by pressing TIMER/CLOCK pad once, and you can cancel this function by pressing RESET pad within 5 seconds.

SETTING A COOKING PROGRAM

To cook with microwave, time and power level should be set. The longest cooking time is 99 min. 99 sec.

By pressing the POWER pad a number of times, you are selecting one of the following microwave power levels:

OPERATION INSTRUCTIONS (continued)

Press POWER pad	Power Level	Display
Once	100%	P-HI
Twice	90%	P-90
Thrice	80%	P-80
4 times	70%	P-70
5 times	60%	P-60
6 times	50%	P-50
7 times	40%	P-40
8 times	30%	P-30
9 times	20%	P-20
10 times	10%	P-10
11 times	0%	P-00

Suppose you want to cook for 5 minutes at 60% of microwave power.

1. Press POWER pad to set P-60 (60%).
2. Touch number pad to enter desired cooking time.
3. Press START/STOP pad.

Notes:

- During cooking, you can press POWER to check the cooking power.
- In waiting mode, if you use number pad enter cooking time, and then press START/STOP pad, the oven will start cooking at 100% power.

Express Cook

Directly in standby mode, press the number "1~6" key once, the corresponding system direct start cooking time respectively 1 min, 2 min, 3 min, 4 min, 5 min and 6 min. The oven will start to cook at full power level.

Setting +30 Sec

This feature allows you to start the oven quickly at high power level. In waiting mode, press +30SEC pad a number of times to enter cooking time, the oven starts work at full power level immediately.

During microwave cooking or quick start cooking, you can press the +30SEC pad repeatedly to add cooking time (up to 99 min. 59 sec.).

OPERATION INSTRUCTIONS (continued)

Weight Defrost

The time and the defrosting power are adjusted automatically once the weight of food is programmed.

1. Place the food to be defrosted into the oven.
2. Press WEIGHT DEFRODT pad once.
3. Use the number pads to enter the food weight.(touch4、 1、 2 to enter4LB. 12OZ)
4. Press START/STOP pad to confirm.

Notes:

- Weight must be in pounds and ounces. Ounce weights less than 10 must be preceded by a 0. If label gives weight in pounds only, change the fraction of a pound to ounces by using the chart. Maximum weight is 6 LB.

Converting Fractions of a Pound to Ounces:

Fractions of a Pound	Ounces	Fractions of a Pound	Ounces
Less than .03	0	.54 to .59	9
.03 to .09	1	.60 to .65	10
.10 to .15	2	.66 to .71	11
.16 to .21	3	.72 to .78	12
.22 to .27	4	.79 to .84	13
.28 to .34	5	.85 to .90	14
.35 to .40	6	.91 to .97	15
.41 to .46	7	above .97	go to next even
.47 to .53	8		

- During cooking, the system will pause and sound beeps to remind user to turn food over, and then press START/STOP pad to resume.

Speed Defrost

During defrosting program, the system will pause and sound beeps to remind user to turn food over, and then press START/STOP pad to resume.

1. Touch SPEED DEFROST pad.
2. Use the number pads to enter defrosting time. The longest time is 99 minutes 99 seconds.
3. Touch START/STOP pad.

Cook by Weight

1. Touch COOK BY WEIGHT pad once.
2. Enter the one digit code by touching the correct number (1-3) pad.
3. Enter weight.
4. Touch START/STOP pad to confirm.

OPERATION INSTRUCTIONS (continued)

Cook By Weight Code Description

CODE	TYPE	MAX WEIGHT(g)
1	Beef	5lb.16oz
2	Mutton	5lb.16oz
3	Pork	5lb.4oz

Notes:

- Meat must be defrosted and at refrigerated temperature.
- During cooking, the system will pause and sound beeps to remind user to turn food over, and then press START/STOP to resume the cooking.
- Let meat stand few minutes before carving.

Multi-stage Cooking

Your oven can be programmed for up to 3 microwave cooking program.

Suppose you want to set the following cooking program.

Speed defrost



90% Microwave cooking



50% Microwave cooking

1. Input speed defrost cooking program.
2. Press COOK pad once.
3. Press POWER button to set 90% power level.
4. Use the number pads to enter cooking time.
5. Press COOK pad again.
6. Press POWER button to set 50% power level.
7. Use the number pads to enter cooking time.
8. Press START/STOP pad confirm.

Note:

- Speed Defrost can only be set in the first stage, Menu cook、Weight defrost、Express cook can not be set in multi-stage cooking.

Child Lock

Use to prevent unsupervised operation of the oven by little children. The CHILD LOCK indicator will show on display screen, and the oven cannot be operated while the CHILD LOCK is set.

To set the CHILD LOCK: Press and hold the RESET pad for 3 seconds, a beep sounds and LOCK indicator lights.

To cancel the CHILD LOCK: Press and hold the RESET pad for 3 seconds until lock indicator on display turns off.

MENU COOK

For food or the following cooking mode, it is not necessary to program the time and the cooking power. It is sufficient to indicate the type of food that you want to cook as well as the weight of this food.

POPCORN

1. Touch POPCORN pad once.
2. POPCORN automatically sets the cooking time for a 3.5 oz. bag of microwave popcorn.
3. Touch START/STOP to confirm.

To change the preset POPCORN time:

1. Touch POPCORN twice.
2. Use number pads to enter minutes and seconds.
3. Touch START/STOP.

The longest cooking time is 99 minutes and 99 seconds. The new cooking time will remain whenever you use the POPCORN setting until you reset it or next power on.

BEVERAGE

For coffee cups (5 to 7 oz. per share):

1. Touch BEVERAGE once.
2. Enter number of cups by touching number pads from 1 to 4.
3. Touch START/STOP.

For the larger coffee cups (9 to 11 oz. per share)

1. Touch BEVERAGE twice.
2. Enter number of cups by touching number pads from 1 to 4.
3. Touch START/STOP.

POTATO

For potatoes (4 to 6 oz. per entries):

1. Touch POTATO once.
2. Enter number of potatoes by touching number pads from 1 to 4.
3. Touch START/STOP.

For the large potatoes (8 to 10 oz. per entries):

1. Touch POTATO twice.
2. Enter number of potatoes by touching number pads from 1 to 4.
3. Touch START/STOP.

QUICK COOK SETTINGS (continued)

FROZEN DINNER

For small (7 to 9 oz. per share) frozen dinners:

1. Touch FROZEN DINNER once.
2. For 1 entree or 2 entrees, touch the number pad “1” or “2”
3. Touch START/STOP pad.

Microwaving larger (10 to 12 oz. per share) frozen dinners:

1. Touch FROZEN DINNER twice.
2. For 1 entree or 2 entrees, touch the number pad “1” or “2”:
3. Touch START/STOP.

PIZZA

Reheating a slice of pizza:

1. Touch PIZZA once.
2. Touch START/STOP.

Heating a whole pizza:

1. Touch PIZZA twice.
2. Touch START/STOP.

REHEAT

For a plate of cooled food:

1. Touch REHEAT
2. Touch START/STOP.

Note:

- This setting lets you reheat a dinner plate of chilled leftovers with good results.

COOKING UTENSILS GUIDE

This section lists which utensils can be used in the microwave, which ones have limited use for short periods, and which ones should not be used in the microwave.

RECOMMENDED

Microwave browning dish — Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish.

Microwaveable plastic wrap — Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.

Paper towels and napkins — Use for short-term heating and covering; these absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and could ignite.

Glass and glass-ceramic bowls and dishes — Use for heating or cooking.

Paper plates and cups — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and could ignite.

Wax paper — Use as a cover to prevent spattering.

Thermometers — Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used on microwave food once the food has been removed from the oven.

LIMITED USE

Aluminum foil — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful. You should keep distance of 1 inch (2.54cm) between aluminum foil and cavity.

Ceramic, porcelain, and stoneware — Use these if they are labeled "Microwave Safe". If they are not labeled, test them to make sure they can be used safely.

Plastic — Use only if labeled "Microwave Safe". Other plastics can melt.

NOT RECOMMENDED

Glass jars and bottles — Regular glass is too thin to be used in a microwave. It can shatter and cause damage and injury.

Paper bags — These are a fire hazard, except for popcorn bags that are designed for microwave use.

Styrofoam plates and cups — These can melt and leave an unhealthy residue on food.

Plastic storage and food containers — Containers such as margarine tubs can melt in the microwave.

Metal utensils — These can damage your oven. Remove all metal before cooking.

NOTE: Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

CLEANING AND CARE

1. Turn off the microwave and unplug the power cord from the wall when cleaning.
2. Keep the inside of the microwave clean. When food splatters or spilled liquids adhere to microwave walls, wipe with a damp cloth. Mild detergents may be used if the microwave gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak, or dull the door surface.
3. The outside of the microwave should be cleaned with a damp cloth. To prevent damage to the operating parts inside the microwave, water should not be allowed to seep into the ventilation openings.
4. Wipe the window on both sides with a damp cloth to remove any spills or splatters.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the panel, leave the microwave door open to prevent it from accidentally turning on.
6. If steam accumulates inside or around the outside of the door, wipe with a soft cloth. This may occur when the microwave is operated under high humidity. This is normal.
7. It may be necessary to remove the glass tray for cleaning. Wash the tray in warm, soapy water or in a dishwasher. The roller ring and microwave floor should be cleaned regularly to avoid excessive noise. Wipe the bottom surface of the microwave with a mild detergent.
8. The roller ring may be washed in mild, soapy water or in a dishwasher. When removing the roller ring, be sure to replace it in the proper position.
9. Remove odors from your microwave by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. If the light bulb burns out, please contact customer service to have it replaced.
11. The microwave should be cleaned regularly and any food deposits should be removed. Failure to maintain the microwave in a clean condition could lead to deterioration of surfaces that could adversely affect the life of the unit and could possibly result in a hazardous situation.
12. Please do not dispose of this appliance into a regular garbage receptacle. Please check to see where you can dispose such appliances.



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