

OPERATION

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 using your oven.

CAUTION

To avoid risk of personal injury or property damage, do not use stoneware, metal utensils, or metal trimmed utensils in the oven.

CAUTION

To avoid risk of personal injury or property damage, do not run oven empty.

AUDIBLE SIGNALS

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

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

CLOCK

When your microwave oven is first plugged in or after a power failure, the Display will show "PLEASE SET TIME OF DAY". If a time of day is not set, ":" (a colon) will show on the Display until you touch "CLOCK".

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



1. Touch **STOP/CLEAR**.

CLOCK

2. Touch **CLOCK**.

1 0 3 0
100°F 450°F 275°F 450°F

3. Enter the time by using the number key pad.



4. Touch **START/ENTER**.

1
100°F

5. Touch **1**.
(Press 1 for AM,
Press 2 for PM)



6. Touch **START/ENTER**.

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/ENTER**.

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

CHILD LOCK

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

Example: To set the child lock.



1. Touch **STOP/CLEAR**.

2. Touch and hold **START/ENTER** until "LOCKED" appears in the display (approximately 4 seconds) and you hear two beeps.



Example: To cancel the child lock.



1. Touch and hold **START/ENTER** until "LOCKED" disappears (approximately 4 seconds) and you hear two beeps.

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 ":" (a colon) if no time of day has been set.

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TIMER

Your microwave oven can be used as a timer. You can set up to 99 minutes and 99 seconds.

Example: To set 3 minutes.

TIMER	1. Touch TIMER .
	2. Enter the time by using the number key pad.
	3. Touch START/ENTER . When the time is over, you will hear seven beeps and END will display.

VENT FAN

The bottom of the control panel controls the 5-speed vent fan.

Example: To set Level 4.

ON/OFF	1. Touch VENT ON/OFF . This shows the last level until you select the fan speed level.
5-SPEED	2. Touch VENT 5-SPEED until LEVEL 4 appears in the display.
Turn off fan when desired.	

CUSTOM COOK

CUSTOM COOK lets you to recall one cooking instruction previously placed in memory and begin cooking quickly.

Example: To memorize for 2 minutes.

	1. Touch STOP/CLEAR .
CUSTOM COOK	2. Touch CUSTOM COOK .
MICRO.	3. Touch MICRO .
	4. Enter the cook time.
	5. Touch START/ENTER .

NOTES:

- If the temperature from the range or cooktop below the oven gets too hot, the vent fan in the vent hood will automatically turn on at the 4-Speed setting to protect the oven. It may stay on up to an hour to cool the oven. When this occurs, the VENT ON/OFF pad will not turn the fan off. You cannot turn the vent fan off during microwave cooking.

VENT FAN AUTO TIME SET

Example: To turn off fan after 30 minutes for level 4.

ON/OFF	1. Touch ON/OFF .
5-SPEED	2. Touch this pad until Level 4 appears in the display.
AUTO TIMESET	3. Touch this pad five times. 1 time - 1 minutes 2 times - 3 minutes 3 times - 5 minutes 4 times - 10 minutes 5 times - 30 minutes

Example: To recall the memory.

	1. Touch STOP/CLEAR .
CUSTOM COOK	2. Touch CUSTOM COOK .
	3. Touch START/ENTER . When the cook time is over, you will hear four beeps and COOK END will display.

EZ-ON

A time-saving pad, this simplified control lets you quickly set and start microwave cooking at 100% power without the need to touch **START/ENTER**.

Example: To cook for 1 minutes.

EZ-ON	1. Touch EZ-ON 2 times. The oven begins cooking and display shows time counting down.
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NOTES:

- Each time you touch **EZ-ON**, it will add 30 seconds, up to 99 minutes and 59 seconds.

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TURNTABLE ON/OFF

**TURNTABLE
ON/OFF**

For best cooking results, leave the turntable on. It can be turned off for large dishes. Touch **TURNTABLE ON/OFF** to turn the turntable on or off.

NOTES:

- This option is not available in sensor cook and defrost modes.
- **Sometimes the turntable can become hot to touch.** Be careful touching the turntable during and after cooking.
- **Do not run the oven empty.**

LIGHT ON/OFF

**LIGHT
ON/OFF**

To turn the Hood Light on, touch **LIGHT ON/OFF** once.
To turn the Hood Light off, touch **LIGHT ON/OFF** again.

MORE/LESS

— **+**
LESS **MORE**

By using the **MORE** or **LESS** keys, all of the preprogrammed cook and time cook features can be adjusted to cook food for a

longer or shorter time.

Pressing **MORE** will add 10 seconds of cooking time each time you press it. Pressing **LESS** will subtract 10 seconds of cooking time each time you press it.

CUSTOM SET

You can change the default values for clock set, beep sound, display speed, and defrost weight. See following chart for more information.


NUMBER	FUNCTION	NUMBER	RESULT
1	Beep ON/ OFF control	1 2	Sound ON Sound OFF
2	Clock display control	1 2	Clock ON Clock OFF
3	Display	1 2 3	Slow speed Normal speed Fast speed
4	Defrost weight mode selected	1 2	Lbs. Kg.

Example: To change defrost weight mode.(from Lbs. to Kg.)

CUSTOM SET	1. Touch CUSTOM SET.
4 300°F	2. Touch number 4.
2 250°F	3. Touch number 2.

COOKING AT HIGH POWER LEVEL

Example: To cook food for 8 minutes 30 seconds.

8 400°F	3 275°F	0 450°F	1. Enter the cook time.
			2. Touch START/ENTER. When the cook time is over, you will hear four beeps and COOK END will display.

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COOKING AT LOWER POWER LEVELS

HIGH power cooking does not always give you the best results with foods that need slower cooking, such as roasts, baked goods, or custards. Your oven has 10 power settings in addition to HIGH.

Example: To cook food for 7 minutes 30 seconds at 70% power.

MICRO.

7 3 0
375°F 275°F 450°F

**POWER
LEVEL**

7
375°F

**START
ENTER** 

1. Touch **MICRO.**
2. Enter the cook time.
3. Touch **POWER LEVEL.**
4. Enter the power level.
5. Touch **START/ENTER.**
When the cook time is over, you will hear four beeps and **COOK END** will display.

COOKING WITH MORE THAN ONE COOK CYCLE

For best results, some recipes call for one Power Level for a certain length of time, and another Power Level for another length of time. Your oven can be set to change from one to another automatically, for up to three cycles if the first heating cycle is defrost or the last at 0% power.

Example: To cook food for 3 minutes at 100% power and then 70% power for 7 minutes 30 seconds.

MICRO.

3 0 0
275°F 450°F 450°F

MICRO.

7 3 0
375°F 275°F 450°F

**POWER
LEVEL**

7
375°F

**START
ENTER** 

1. Touch **MICRO.**
2. Enter the first cook time.
3. Touch **MICRO.**
4. Enter the second cook time.
5. Touch **POWER LEVEL.**
6. Enter the power level.
7. Touch **START/ENTER.**
When the cook time is over, you will hear four beeps and **COOK END** will display.

When the first stage is over, you will hear two short tones as the oven begins the second cook stage.

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COOKING GUIDE FOR LOWER POWER LEVELS

The nine power levels in addition to HIGH allow you to choose the best power level for the food you are cooking. Below are listed all the power levels,


examples of foods best cooked at each level, and the amount of microwave power you are using.

POWER LEVEL	MICROWAVE OUTPUT	USE
10 HIGH	100%	<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%	<ul style="list-style-type: none"> • Heating cream soups
8	80%	<ul style="list-style-type: none"> • Heating rice, pasta, or casseroles
7	70%	<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%	<ul style="list-style-type: none"> • Cooking requiring special care, such as cheese and egg dishes, pudding, and custards • Finishing cooking casseroles
5	50%	<ul style="list-style-type: none"> • Cooking ham, whole poultry, and pot roasts • Simmering stews
4	40%	<ul style="list-style-type: none"> • Melting chocolate • Heating pastries
3	30%	<ul style="list-style-type: none"> • Manually defrosting foods, such as bread, fish, meats, poultry, and precooked foods
2	20%	<ul style="list-style-type: none"> • Softening butter, cheese, and ice cream
1	10%	<ul style="list-style-type: none"> • Keeping food warm • Taking chill out of fruit
0	0%	<ul style="list-style-type: none"> • Standing time in oven

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SOFTEN

The oven uses low power to soften foods (butter, ice cream, cream cheese, and frozen juice). See the following table.

Example for quart of ice cream.	
SOFTEN	1. Touch SOFTEN .
2 250°F	2. Choose the category. Touch 2 for ice cream.
2 250°F	3. Touch 2 .
	4. Touch START/ENTER .
When the cook time is over, you will hear four beeps and COOK END will be displayed.	

MELT

The oven uses low power to melt foods (butter or margarine, chocolate, processed cheese food, or marshmallows). See the following table.

Example for 8 oz. Chocolate.	
MELT	1. Touch MELT .
2 250°F	2. Choose the category. Touch 2 for chocolate.
2 250°F	3. Touch 2 .
	4. Touch START/ENTER .
When the cook time is over, you will hear four beeps and COOK END will be displayed.	

SOFTEN TABLE

CODE	CATEGORY	DIRECTION	AMOUNT
1	Butter	Unwrap and place in microwavable container. Butter will be at room temperature and ready for use in recipe.	1, 2 or 3 sticks
2	Ice cream	Place container in oven. Ice cream will be soft enough to make scooping easier.	Pint, Quart, Half gallon
3	Cream cheese	Unwrap and place in microwavable Container. Cream cheese will be at room temperature and ready for use in recipe.	3 or 8 oz.
4	Frozen juice	Remove top. Place in oven. Frozen juice will be soft enough to mix easily with water.	6, 12 or 16 oz.

MELT TABLE

CODE	CATEGORY	DIRECTION	AMOUNT
1	Butter or Margarine	Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.	1, 2 or 3 sticks
2	Chocolate	Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in microwavable container. Stir at the end of cycle to complete melting.	4 or 8 oz.
3	Cheese	Use processed cheese food only. Cut into cubes. Place in a single layer in microwavable container. Stir at the end of cooking to complete melting.	8 or 16 oz.
4	Marshmallows	Large or miniature marshmallows may be used. Place in microwavable container. Stir at the end of cycle to complete melting.	5 or 10 oz.

OPERATION

AUTO DEFROST

Five defrost sequences are preset in the oven. The auto defrost feature provides you with the best defrosting method for frozen foods. The Auto Defrost Table 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. Five different defrost settings are provided.

- 1 MEAT
- 2 POULTRY
- 3 FISH
- 4 BREAD
- 5 RAPID - only 1 lb.

Example: To defrost 1.2 lbs. of meat.

AUTO DEFROST

1. Touch **AUTO DEFROST**.

1
100°F

2. Choose food category.

Category	Touch pad number
Meat	1
Poultry	2
Fish	3
Bread	4
RAPID	5

1 2
100°F 250°F

3. Enter the weight.

**START
ENTER** 

4. Touch **START/ENTER**.

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.

WEIGHT CONVERSION TABLE

You are probably used to food weights as being in pounds and ounces that are fractions of a pound (for example, 4 ounces equals 1/4 pound). However, in order to enter food weight in Auto Defrost, you must specify pounds and tenths of a pound.

If the weight on the food package is in fractions of a pound, you can use the following table to convert the weight to decimals.

Equivalent Weight		
OUNCES	DECIMAL WEIGHT	
1.6	.10	
3.2	.20	
4.8	.30	
6.4	.40	
8.0	.50	One-Half Pound
9.6	.60	
11.2	.70	
12.8	.80	
14.4	.90	
16.0	1.00	One Pound

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 or on a microwave roasting rack to catch drippings.
- For more defrost help, please read **Defrosting Tips** following the Auto Defrost Table.

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	0.1 to 6.0 (0.045kg to 2.722kg)
Poultry	2	0.1 to 6.0 (0.045kg to 2.722kg)
Fish	3	0.1 to 6.0 (0.045kg to 2.722kg)
Bread	4	0.1 to 1.0 (0.045kg to 0.454kg)
Rapid	5	only 1 lb.

OPERATION

AUTO DEFROST TABLE

Meat setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
BEEF			Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence.
Ground Beef, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than 1/4 lb. Freeze in doughnut shape.
Ground Beef, Patties	MEAT	Separate and rearrange.	Do not defrost less than 2 oz. patties. Depress center when freezing.
Round Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Tenderloin Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Stew Beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in a microwavable baking dish.
Pot Roast, Chuck Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Rib Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Rolled Rump Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
LAMB			
Cubes for Stew	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwavable baking dish.
Chops (1 inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
PORK			
Chops (1/2 inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Hot Dogs	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Spareribs Country-style Ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Sausage, Links	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Sausage, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwavable baking dish.
Loin Roast, Boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.

OPERATION

AUTO DEFROST TABLE (CONT.)

Poultry setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
CHICKEN Whole (up to 6 lbs)	POULTRY	Turn over (finish defrosting breast-side down). Cover warm areas with aluminum foil.	Place chicken breast-side up on a microwavable roasting rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.
Cut-up		Separate pieces and rearrange. Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
CORNISH HENS Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
TURKEY Breast (up to 6 lbs)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.

Fish setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
FISH Fillets	FISH	Turn over. Separate fillets when partially thawed if possible.	Place in a microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Turn over.	Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
SHELLFISH Crabmeat	FISH	Break apart. Turn over.	Place in a microwavable baking dish.
Lobster tails	FISH	Turn over and rearrange.	Place in a microwavable baking dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwavable baking dish.
Scallops	FISH	Separate and rearrange.	Place in a microwavable baking dish.

OPERATION

AUTO DEFROST TABLE (CONT.)

Bread setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
Bagel Dinner Roll Muffin Hamburger Hot Dog Bun Slices of Bread Loaf of Bread	BREAD	Turn over and rearrange.	Place on 3 sheets of paper towel. NOTE: Do not use recycled paper products in the microwave oven. They sometimes contain impurities that cause arcing and sparking. NEVER use paper products in the convection 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 the food 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.

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SENSOR OPERATING INSTRUCTIONS

Sensor Cook allows you to cook most of your favorite foods without selecting cooking times and power levels. The oven automatically determines required cooking time for each food item. When the internal sensor detects a certain amount of humidity coming from the food, it will tell the oven how much longer to heat. The display will show the remaining heating time. For best results for cooking by Sensor, follow these recommendations.

1. Food cooked with the sensor system should be at normal storage temperature.
2. The Glass Tray and the outside of the container should be dry to assure best cooking results.
3. Foods should always be covered loosely with microwavable plastic wrap, waxed paper, or a lid.
4. Do not open the door or touch **STOP/CLEAR** during the sensing time. When sensing time is over, the oven beeps and the remaining cooking time will appear in the display window. At this time you can open the door to stir, turn, or rearrange the food.

SENSOR COOKING GUIDE

Appropriate containers and coverings help assure good Sensor cooking results.

1. Always use microwavable containers and cover them with lids or vented plastic wrap.
2. Never use tight-sealing plastic covers. They can prevent steam from escaping and cause food to overcook.
3. Match the amount to the size of the container. Fill containers at least half full for best results.
4. Be sure the outside of the cooking container and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

SENSOR COOK

Using SENSOR COOK lets you heat common microwave-prepared foods without needing to program times and Cook Powers. SENSOR COOK has preset Cook Power for 6 food categories.

Example: To cook rice.	
COOK	1. Touch COOK .
6 <small>350°F</small>	2. Touch 6 .
	When the cook time is over, you will hear four beeps and COOK END will display.

SENSOR REHEAT

Using SENSOR REHEAT lets you reheat common microwave-prepared foods without selecting cooking times and power levels.

Example: To reheat 2 slices of pizza.	
REHEAT	1. Touch REHEAT .
4 <small>300°F</small>	2. Touch 4 .
	When the cook time is over, you will hear four beeps and COOK END will display.

SENSOR POPCORN

POPCORN lets you pop commercially packaged microwave popcorn. Pop only one package at a time. For best results, use fresh bags of popcorn.

Example: To pop popcorn.	
POPCORN	1. Touch POPCORN .
	When the cook time is over, you will hear four beeps and COOK END will display.

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SENSOR COOK TABLE

TOUCH PAD NUMBER	CATEGORY	DIRECTION	AMOUNT
1	Baked Potato	Pierce each potato with a fork and place on the oven tray around the edge, at least one inch apart. After cooking, allow to stand for 5 minutes.	1~4 medium (approx. 8 to 10 oz. each)
2	Frozen Vegetable	Remove from package, rinse off frost under running water. Place in an appropriately sized microwave container. Add amount of water according to the quantity (1~2 cups : 2 tablespoons, 3~4 cups : 4 tablespoons). Cover with plastic wrap and vent. After cooking, stir and allow to stand for 3 minutes.	1~4 cups
3	Fresh Vegetable	Prepare as desired, wash, and leave residual water on the vegetables. Place in an appropriately sized microwave container. Add amount of water according to the quantity (1~2 cups : 2 tablespoons, 3~4 cups : 4 tablespoons). Cover with plastic wrap and vent. After cooking, stir and allow to stand for 3 minutes.	1~4 cups
4	Canned Vegetable	Remove from the can. Place in an appropriately sized microwave container, cover with plastic wrap, and vent. After cooking, stir and allow to stand for 3 minutes.	1~4 cups
5	Frozen Entree	Remove from outer display package. Slit cover. If not in microwave-safe container, place on a plate. Cover with plastic wrap and vent the plastic film by piercing with a fork (3 times). After cooking, allow to stand for 3 minutes.	10 to 21 oz.
6	Rice	Place rice and twice as much liquid (water, chicken or vegetable stock) in a 2-quart microwave dish. Cover with plastic wrap and vent. After cooking, allow to stand for 10 minutes. Stir for fluffier rice.	1/2-2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.


SENSOR REHEAT TABLE

TOUCH PAD NUMBER	CATEGORY	DIRECTION	AMOUNT
1	Dinner Plate	Place on a low plate. Cover with vented plastic wrap. Let stand 3 minutes after cooking.	1 to 2 servings
2	Soup/Sauce	Place in shallow microwavable casserole. Cover with vented plastic wrap. After cooking, stir and let stand 3 minutes.	1~4 cups
3	Casserole	Place in a microwavable bowl or casserole. Cover with vented plastic wrap. After cooking, stir and let stand 3 minutes.	1~4 cups
4	Pizza Slice	This function is for re-heating pizza that was cooked previously. It is NOT for raw, ready-to-bake, or frozen pizza. Place the pizza slice(s) on a paper towel or microwave safe plate.	1~4 slices

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AUTO COOK

Auto Cook lets you heat common microwave-prepared foods without selecting cooking times and power levels. Auto Cook has preset cook powers for 6 food functions.

Example: To cook bacon 2 slices.	
AUTO COOK	1. Touch AUTO COOK .
1 100°F	2. Choose food category.
2 250°F	3. Touch 2.
START ENTER 	4. Touch START/ENTER .

AUTO COOK TABLE

TOUCH PAD NUMBER	CATEGORY	DIRECTION	AMOUNT
1	Bacon	Place bacon strips on a microwave bacon rack for best results. (Use dinner plate lined with paper towels if rack is not available).	2~6 slices
2	Fresh Roll/Muffin	Remove from display package and place on plate. (If muffins are over 3 oz. each, count as two when entering quantity).	1~6 pieces (2-3 oz. each)
3	Frozen Roll/Muffin	Remove from display package and place on plate. (If muffins are over 3 oz. each, count as two when entering quantity).	1~6 pieces (2-3 oz. each)
4	Beverage	Use a wide-mouth mug. Do not cover. (Be careful! The beverage will be very hot! Sometimes liquids heated in cylindrical containers will splash out when the cup is moved).	1~2 cups
5	Chicken Pieces	Place the chicken pieces in an appropriately sized microwavable container, cover with plastic wrap, and vent.	0.5 ~ 2 lbs.
6	Hot cereal	Prepare as directed on package and cook. Stir well before eating. Use only instant hot cereal.	1~6 servings

NOTE:

Do not use recycled paper products in the microwave oven. They sometimes contain impurities that cause arcing and sparking.

NEVER use paper products in the convection oven.

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TIPS FOR CONVECTION COOKING

This section gives you cooking instructions and procedures for operating each convection function.

Please read these instructions carefully.

Convection cooking circulates hot air through the oven cavity with a fan. The constantly moving air surrounds the food to heat the outer portion quickly, creating even browning and sealed-in flavor by the constant motion of hot air over the food surfaces. Your oven uses convection cooking whenever you use the Convection Button. **DO NOT USE THE OVEN WITHOUT THE TURNTABLE IN PLACE.**

1. **Always use the metal rack** on the turntable when convection cooking.
2. **Do not cover** turntable or metal rack with aluminum foil. It interferes with the flow of air that cooks the food.
3. **Round pizza pans** are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
4. **Use convection cooking** for items like soufflés, breads, cookies, angel food cakes, pizza, and for some meat and fish cooking.
5. **Your oven comes** equipped with metal tray which can be used for cooking in convection mode or combination mode.
6. **You do not need to use** any special techniques to adapt your favorite oven recipes to convection cooking; however, you need to lower oven temperature by 25°F from recommended temperature mentioned in package instructions when cooking packaged food in convection mode.
7. **When baking** cakes, cookies, breads, rolls, or other baked foods, most recipes call for preheating. Preheat the empty oven just as you do a regular oven. You can start heavier dense foods such as meats, casseroles, and poultry without preheating.
8. **All heatproof** cookware or metal utensils can be used in convection cooking.
9. **As in conventional cooking**, the distance of the food from the heat source affects cooking results. Refer to the charts in this Use and Care Guide.

10. **Use metal utensils** only for convection cooking. Never use for microwave or combination cooking since arcing and damage to the oven may occur.

11. **After preheating**, if you do not open the door, the oven will automatically hold at the preheated temperature for 30 minutes.

PRECAUTIONS

• The oven cavity, door, turntable, roller rest, metal tray, metal rack, and cooking utensils will become very hot.

USE THICK OVEN GLOVES when removing the food, cooking utensils, metal rack, metal tray, and turntable from the oven after convection cooking.

• Do not use lightweight plastic containers, plastic wraps, or paper products during any convection cycle.

OPERATION

CONVECTION

During convection cooking, a heating element is used to raise the temperature of the air inside the oven. Convection cooking temperature ranges from 100°F to 450°F.

It is best to preheat the oven when convection cooking.

Note: Lower oven temperature by 25°F from package recommended temperature instructions. The baking time may vary according to the food condition or individual preference.

Example: To set the convection cooking at 325°F for 45 minutes with preheating.



1. Touch **STOP/CLEAR**.

CONV.

2. Touch **CONV.**

5
325°F

3. Touch **5**.



2X 4. Touch **START/ENTER** twice.

4 5 0 0
300°F 325°F 450°F 450°F

5. Touch **4, 5, 0, and 0**.



6. Touch **START/ENTER**.

Example: To set the convection cooking at 375°F for 30 minutes without preheating.



1. Touch **STOP/CLEAR**.

CONV.

2. Touch **CONV.**

7
375°F

3. Touch **7**.



4. Touch **START/ENTER**.

NOTE: If you press **START/ENTER**, the oven will start.

3 0 0 0
275°F 450°F 450°F 450°F

5. Touch **3, 0, 0, and 0**.



6. Touch **START/ENTER**.

NOTE: The temperature range has 10 steps from 100°F to 450°F.

NOTES:

- When the oven reaches the set preheat temperature, five (5) tones will sound and the display will scroll the message PREHEAT END. The oven will automatically hold that temperature for 30 minutes.
- The oven temperature drops very quickly when the door is opened; however, this should not prevent food from being fully cooked during normal cooking time.
- During convection cooking, the vent fan in the vent hood will automatically turn on at the 1-speed (lowest speed) setting to protect the oven.

OPERATION

TIPS FOR COMBINATION COOKING

This section gives you instructions to operate each combination cooking function. Please read these instructions carefully. Sometimes combination microwave-convection cooking is suggested to get the best cooking results since it shortens the cooking time for foods that normally need a long time to cook. This cooking process also leaves meats juicy on the inside and crispy on the outside. In combination cooking, the convection heat and microwave energy alternate automatically. Your oven has three preprogrammed settings that make it easy to use combination cooking.

HELPFUL HINTS FOR COMBINATION COOKING




1. **Meats** may be roasted directly on the metal rack or in a shallow roasting pan placed on the rack. When using the metal rack, please check your cooking guide for information on proper use.
2. **Less tender** cuts of beef can be roasted and tenderized using oven cooking bags.
3. **When baking**, check for doneness after cooking time is up. If not completely done, let stand in oven for a few minutes to complete cooking.

PRECAUTIONS

1. All cookware used for combination cooking must be BOTH microwave-safe and oven-safe.
2. During combination baking, some baking cookware may cause arcing when it comes in contact with the oven walls or metal accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.
 - If arcing occurs, immediately stop the cooking cycle and place a heat resistant dish between the pan and the metal rack.
 - We recommend you use the metal tray supplied with your oven. It has rubber feet that help prevent arcing.
 - If arcing occurs with other baking cookware, do not use them for combination cooking.

COMBINATION ROAST

Example: To roast with combination cooking for 45 minutes at 400°F.

	1. Touch STOP/CLEAR .
COMBI.	2. Touch COMBI. (Press once for CO-1. Press twice for CO-2.)
8 400°F	3. Touch 8 .
	4. Touch START/ENTER .
4 300°F 5 325°F 0 450°F 0 450°F	5. Touch 4, 5, 0, and 0 .
	6. Touch START/ENTER .

NOTES:

- The temperature range has 9 steps from 250°F to 450°F.
- During combination cooking, the exhaust fan in the vent hood will automatically turn on at the 1-speed (lowest setting) setting to protect the oven.

TOUCH COMBI PAD	COMBI	CATEGORY	OVEN TEMPERATURE
Once	Co-1	Combination ROAST	Convection 375°F
Twice	Co-2	Combination BAKE	Convection 325°F

OPERATION





SPEED AUTO COMBINATION

This oven can cook food without entering cooking time or power level on combination mode. SPEED AUTO COMBINATION has 4 food categories.

See the SPEED AUTO COMBINATION CHART on this page for the settings available.

For best results, place food on the rack. When cooking meats, use the metal tray/drip pan to catch drippings.

Example: To cook 2 lb. roast pork.

	1. Touch STOP/CLEAR.
SPEED AUTO COMBI.	2. Touch SPEED AUTO COMBI.
	3. Touch 2.
	4. Touch 2 and 0.
	5. Touch START/ENTER.

SPEED AUTO COMBINATION CHART

TOUCH COMBI PAD	CATEGORY	DIRECTION	AMOUNT
1	Whole Chicken	Thoroughly wash inside and outside of chicken with cold water. Pat chicken dry with paper towels, secure the legs with kitchen twine. Brush outside of chicken with melted butter or margarine. Place chicken breast side down on metal rack on metal tray. After cooking, loosely tent chicken with aluminum foil. Let stand for 10 minutes after cooking.	2.0 - 4.0 lbs
2	Roast Pork	Pat dry with paper towels. Place roast on metal rack on metal tray. After cooking, loosely tent roast with aluminum foil and let stand 5 to 10 minute.	2.0 - 4.0 lbs
3	Frozen Lasagna	Remove from outer package. Remove film cover. If lasagna is not in a ovenproof container, place it on a ovenproof dish. Place on metal rack on metal tray. Let stand for 5 minutes after cooking.	10 or 21 oz.
4	Baked Potato	Pierce each potato several times with a fork and place on metal rack on metal tray.	1 - 4 EA