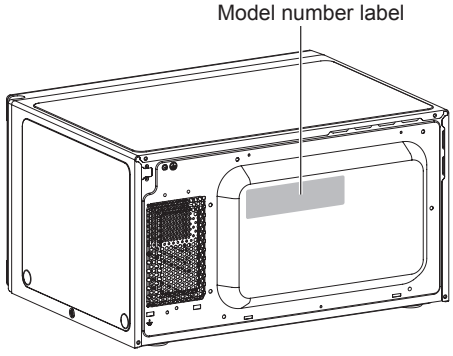
PRODUCT OVERVIEW

Location of Model Number

To request service information or replacement parts, the service center requires the complete model number of your microwave oven. The model number is on the oven back as shown in the illustration below.



Electrical Requirements

The oven is designed to operate on a Standard 120 V/60 Hz household outlet. Be sure the circuit is at least 15 A or 20 A and the microwave oven is the only appliance on the circuit. It is not designed for 50 Hz or any circuit other than a 120 V/60 Hz circuit.
No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

Voltage Warning

The voltage used at the wall receptacle must be the same as specified on the oven name plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. If the microwave oven does not perform normally in spite of proper voltage, remove and reinsert the plug.

Placement of the Oven

The microwave oven can be placed easily in your kitchen, family room, or anywhere else in your home. Place the oven on a flat surface such as a kitchen countertop or a specially designed microwave oven cart. Do not place oven above a gas or electric range. Free airflow around the oven is important. Allow at least 4 inches of space at the top, sides, and back of the oven for proper ventilation.

Do Not Block Air Vents

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. If this happens, a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

Grounding Instructions

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

⚠ WARNING

- **Improper use of grounding can result in a risk of electric shock.**

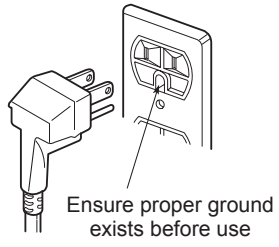
Consult a qualified electrician or service person if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

1. Use of an extension cord is not recommended. If the power supply cord is too short, have a qualified electrician or service person install an outlet near the appliance.
2. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord must be equal to or greater than the electrical rating of the appliance.

NOTE

- A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- Longer cord sets or extension cords are available and may be used if care is exercised in their use.
- If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord must be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3-wire cord, and (3) the longer cord should not be draped over a counter or table where children could pull on it, or located where it could present a trip hazard.

See the separate Installation Instructions for directions on placing the cord properly.



Keep the electrical power cord dry and do not pinch or crush it in any way.

Radio / TV / Wireless Equipment Interference

Operating the microwave oven near equipment—such as a radio, TV, wireless LAN, Bluetooth devices, medical equipment, or wireless equipment—which uses the same frequency, may cause interference. This interference is not an indication of a defect in the product or its operation. The product is safe to use.

⚠ WARNING

- Do not use medical equipment near the microwave oven, as the interference could affect the medical equipment's operation.

When there is interference, it may be reduced or eliminated by taking the following measures:

a. Clean the door and the sealing surfaces of the oven.

b. Reorient the receiving antenna of the radio, TV, Bluetooth, or other equipment.

c. Relocate the microwave oven in relation to the radio, TV, Bluetooth, or other equipment.

d. Move the microwave oven away from the receiver.

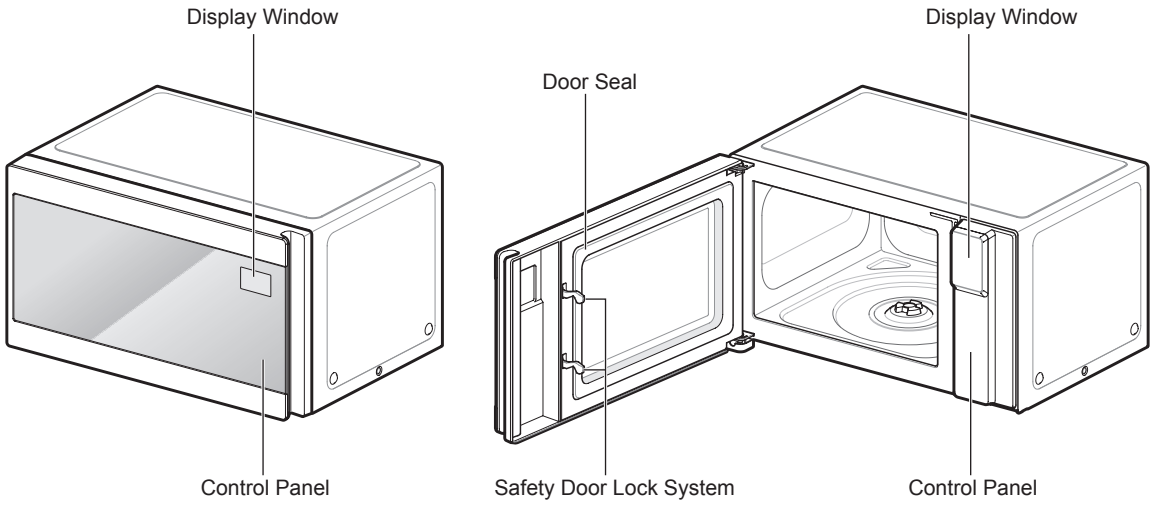
e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

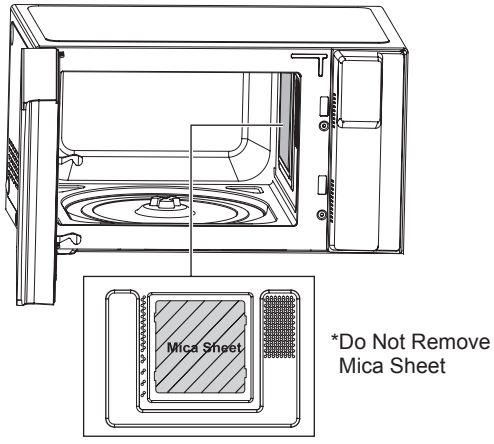
Oven Specifications

Model	LMC1575**
Power Supply	120 V AC, 60 Hz
Rated Power Consumption	1250 W
Microwave Output	Max. 1200 W*
Frequency	2450 MHz
Rated Current	10.4 A
Overall Dimensions (W x H x D)	21 7/16" x 12 1/8" x 17" (54.4 cm x 30.8 cm x 43.2 cm)
Oven Cavity Dimensions (W x H x D)	15 9/16" x 10 5/16" x 16" (39.5 cm x 26.2 cm x 40.6 cm)
Capacity of Oven Cavity	1.5 cu.ft (0.04 m³)

*IEC 60705 RATING STANDARD
Specifications subject to change without prior notice.

Microwave Oven Features





NOTE

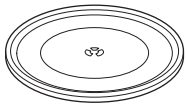
- Do not remove the cavity Mica Sheet (silver plate) inside of oven.
- The Mica Sheet is there to protect the microwave components from food spatters.

⚠ WARNING

- Do not operate the oven when empty or without the glass tray. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.

Accessories

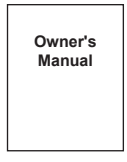
The turntable rotates in both directions to help food cook more evenly. Do not operate the microwave oven without the glass tray in place.



Glass Tray

Rotating Ring

Shaft



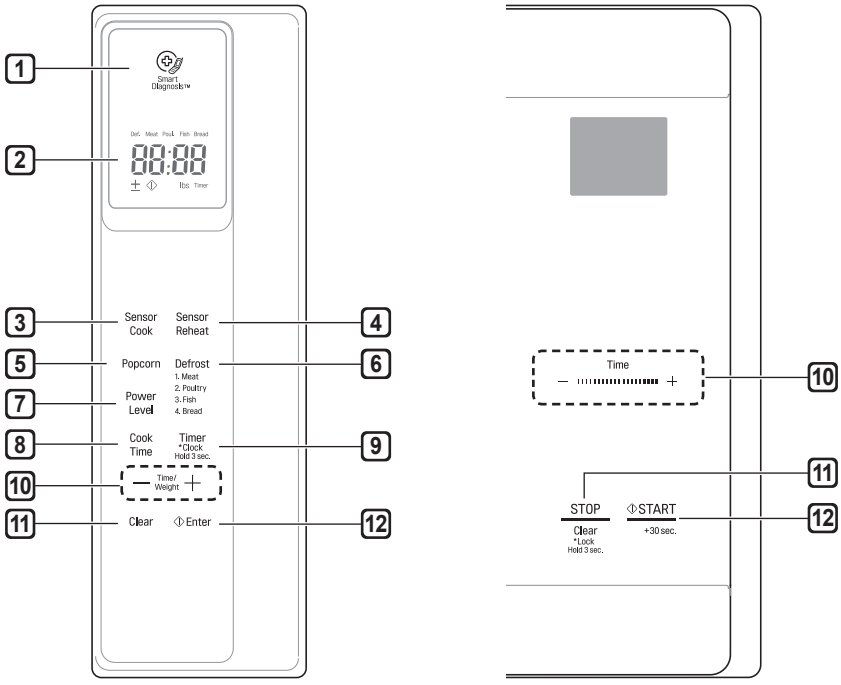
Owner's Manual

NOTE

This microwave oven is designed for household use only. It is not recommended for commercial use.

Control Panel Overview

Use the control panel to select the desired cooking function quickly and easily. Simply touch a command key to select the desired function. **For more information on these features, see the OPERATION** section.



1 Smart Diagnosis

Hold the mouthpiece of a phone up to this icon when directed to by service center personnel, to help diagnose problems with the oven when calling for service.

2 Display

The display includes a clock and shows the time of day, cooking time settings, and cooking functions selected.

3 Sensor Cook

Touch this key to cook bacon, fresh vegetables, frozen entrees, frozen vegetables, oatmeal, potatoes, and rice.

4 Sensor Reheat

Touch this key to reheat beverages, casseroles, dinner plates, pie, and pizza.

5 Sensor Popcorn

Touch this key to pop popcorn.

6 Defrost

Touch this key to select food type and defrost food by weight.

7 Power Level

The microwave oven is equipped with 10 power levels for maximum flexibility and control over cooking. The Microwave Power Levels section contains suggestions for which power level to use when preparing various foods.

8 Cook Time

Touch this key to manually set a desired cook time.

9 Timer On/Off

Touch this key to set a kitchen timer.

10 More / Less

Set cooking time and weight. Lengthen or shorten the cooking time at any point by pressing the key. (Not available in Defrost mode.)

11 STOP / Clear

Touch this key to stop the oven or to clear all entries except time of day.

12 START / Enter

Touch this key to start a function, accept selections, or resume cooking if the door was opened or the STOP button was pressed once.

Pressing START without setting a cook time activates the Quick Start feature. Each press of the START button adds 30 seconds to the cooking time.

MICROWAVE COOKING TIPS

Microwave Cookware Guide

Use	Do Not Use
OVENPROOF GLASS (treated for high intensity heat): utility dishes, loaf dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.	**METAL CONTAINERS:** Metal shields the food from microwave energy and produces uneven cooking. Also avoid metal skewers, thermometers, or foil trays. Metal containers can cause arcing, which can damage the microwave oven.
CHINA: bowls, cups, serving plates, and platters without metallic trim.	**METAL DECORATION:** Metal-trimmed or metal-banded dinnerware, casserole dishes, etc. The metal trim interferes with normal cooking and may damage the oven.
PLASTIC: Plastic wrap (as a cover)- lay the plastic wrap loosely over the dish and press it to the sides. Vent plastic wrap by turning back one edge slightly to allow excess steam to escape. The dish should be deep enough so that the plastic wrap will not touch the food. As the food heats it may melt the plastic wrap wherever the wrap touches the food. Use plastic dishes, cups, semi-rigid freezer containers and plastic bags only for short cooking time. **Use these with care because the plastic may soften from the heat of the food.**	**ALUMINUM FOIL:** Avoid large sheets of aluminum foil because they hinder cooking and may cause harmful arcing. Use small pieces of foil to shield poultry legs and wings. Keep ALL aluminum foil at least 1 inch from the side walls and door of the oven. **WOOD:** Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets react in the same way. **TIGHTLY COVERED COOKWARE:** Be sure to leave openings for steam to escape from covered containers. Pierce plastic pouches of vegetables or other food items before cooking. Tightly closed pouches could explode.
PAPER: Paper towels, waxed paper, paper napkins, and paper plates with no metallic trim or design. Look for the manufacturer's label for use in the microwave oven. **Note:** Do not use recycled paper products in the microwave oven. They sometimes contain impurities that cause arcing and sparking.	**BROWN PAPER:** Avoid using brown paper bags. They absorb too much heat and could burn. **FLAWED OR CHIPPED UTENSILS:** Any container that is cracked, flawed, or chipped may break in the oven. **METAL TWIST TIES:** Remove metal twist ties from plastic or paper bags. They become hot and could cause a fire.

Microwave-Safe Cookware

Never use metal or metal trimmed cookware when using microwave function

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non-metallic cookware is safe for use in your oven. However, some may contain materials that render it unsuitable as microwave cookware. If you have any doubts about a particular container, there's a simple way to find out if it can be used in the microwave.

Testing Cookware before Use

Place the container in question next to a glass bowl filled with water inside the oven. Microwave at HIGH power for 1 minute. If the water heats up but the container remains cool to the touch, the container is microwave-safe.

However, if the water does not change temperature but the container becomes warm, microwaves are being absorbed by the container and it is not safe for use in the microwave oven. See the following list for tips on using common items when microwave cooking.

Tableware

Many dishes are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test. Do not put plates with painted decoration in the oven, as the paint may contain metal and cause arcing.

Glassware

Glassware that is heat-resistant is microwave-safe. This includes all brands of oven tempered glass cookware.

Do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as when heated.

Plastic Storage Containers

Use these only for quick reheating of food. Do not use them when cooking food for long periods or at high power levels, as the hot food will eventually warp or melt the plastic.

Paper

Paper plates and containers are convenient and safe to use in the microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid colored paper products as the color may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave.

Plastic Cooking Bags

Provided they are made specially for cooking, cooking bags are microwave safe. Remember to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in the microwave oven, as they will melt and rupture.

Plastic Microwave Cookware

A variety of shapes and sizes of microwave cookware are available. You may be able to use items you already have on hand rather than investing in new kitchen equipment.

Pottery, Stoneware, and Ceramic

Many containers made of these materials are microwave-safe, but test them before use.

⚠ CAUTION

- Some items with high lead or iron content are not suitable for microwave cooking.
- Cookware should be checked to ensure that it is suitable for use in the microwave.

Microwave Cooking Tips

Keeping an Eye on Things

Always watch your food while it cooks. The light inside the microwave oven turns on automatically when the oven is cooking so you can monitor the cooking process. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors Affecting Microwave Cooking Times

Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. Some recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked.

This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. Practice will improve your ability to estimate both cooking and standing times for various foods.

Density of Food

Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous food so that the outer edges do not become dry and brittle.

Height of Food

The upper portion of tall foods, particularly roasts, will cook more quickly than the lower portion.

Therefore, it is wise to turn tall food several times during cooking.

Moisture Content of Food

Because the heat generated from microwaves causes moisture to evaporate, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

Bone and Fat Content of Food

Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat in order to prevent unevenly cooked or overcooked meat.

Quantity of Food

The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the required cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

Shape of Food

Microwaves penetrate only about 3/4 of an inch (2 cm) into food. The interior portion of thick foods is cooked as the heat generated on the outside travels inward. Only the outer edge of food is cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square.

The corners will burn long before the center is even warm. Round thin foods and ring-shaped foods cook most successfully in the microwave.

Covering

A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

Covering with Parchment Paper

Parchment paper (not waxed paper) is microwave safe. Because it makes a looser cover than a lid or clingfilm, greaseproof paper allows the food to dry out slightly.

Stirring

Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

Placing Thicker Portions Facing Outward

Place thicker cuts or portions of meat, poultry, and fish toward the outer edge of the baking dish so they absorb the most microwave energy and the food cooks more evenly.

Shielding

Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause arcing in the oven especially if the foil passes too closely to the walls of the oven during rotation.

Elevating

Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and center of the foods.

Piercing

Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams, oysters, potatoes, and other whole vegetables and fruits.

Testing if Cooked

Microwaves cook food quickly, so test food for doneness frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, should be removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 5 °F (3 °C) and 15 °F (8 °C) during standing time.

Standing Time

Foods are often allowed to stand for 3 to 10 minutes after being removed from the oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture. Standing allows foods to finish cooking and also helps flavors blend and develop.

Precautions

- Place the front surface of the door three inches or more from the countertop edge to avoid accidental tipping of the microwave oven during normal use.
- To program the oven, make sure you touch the center of each pad firmly since the areas between the pads will not activate the oven. A tone will sound each time a pad is touched correctly. Don’t touch several pads at once.
- Do not strike the control panel with silverware, utensils, etc. Breakage may occur.
- Always use caution when taking cookware out of the oven. Some dishes absorb heat from the cooked food and may be hot. See Cookware Guide earlier in this section for more information.
- Do not rinse containers by placing them in water immediately after cooking. This may cause breakage. Also, always allow the turntable to cool before removing it from the oven.
- Never operate the oven when it is empty. Food or water should always be in the oven during operation to absorb the microwave energy.
- Do not use the oven to dry newspapers or clothes. They may catch fire.
- Use thermometers that have been approved for microwave oven cooking.
- The turntable must always be in place when you operate the oven.
- Do not use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell, causing it to burst.
- There are several precautions to follow when microwaving popcorn:
  - Do not pop popcorn, except in a microwave-safe container or commercial packages designed for microwave ovens.
  - Never try to pop popcorn in a paper bag that is not microwave-approved.
  - Overcooking may result in smoke and fire.
  - Do not repop unpopped kernels.
  - Do not reuse popcorn bags.
  - Listen while corn pops. Stop oven when popping slows to 2-3 seconds between pops.
  - Do not leave microwave unattended while popping corn.
  - Follow directions on bag.