

# 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 using your oven.

### CAUTION

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

To avoid risk of personal injury or property damage, do not use stoneware, large sheets of aluminum foil, metal utensils, or metal trimmed utensils in the oven. Keep aluminum foil at least 1 inch from the oven wall, metal rack and other pieces of foil.

## AUDIBLE SIGNALS

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

- A beep will sound each time you touch a button.
- 4 beeps signals 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/Enter.**

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

## GLASS TOUCH CONTROLLER

- Touch the middle of letter or number to activate.
- If you touch the button with a fingernail or fingertip, the controller may not sense it is being touched.
- If the controller or your hands are wet it may not sense your touch.
- Remove gloves prior to touching the controller.
- Use the child lock feature when cleaning the controller to avoid unintended activation.

## CLOCK

When the 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, " : " will show on the display with beep.


Example: To set the clock for 8:00 am

- |                       |  |
|-----------------------|--|
| <b>Clock</b>          | 1. Touch <b>Clock</b> .                        |
| <b>8 0 0</b>          | 2. Enter the time by using the number buttons. |
| <b>START</b><br>Enter | 3. Touch <b>START/Enter (or Clock)</b>         |
| <b>1</b>              | 4. Enter <b>1</b> to set "am"                  |
| <b>START</b><br>Enter | 5. Touch <b>START/Enter</b> .                  |


## 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.

Example: To set the child lock.

- |  |  |
|--|--|
| <b>STOP</b><br>Clear  | 1. Touch and hold <b>STOP/Clear</b> until you hear 2 beeps and "LOCKED" appears (approximately 4 seconds). |
|--|--|

Example: To cancel the child lock.

- |  |  |
|--|--|
| <b>STOP</b><br>Clear  | 1. Touch and hold <b>STOP/Clear</b> until "LOCKED" disappears (approximately 4 seconds). |
|--|--|

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## LIGHT HI/LOW/OFF

This button on the controller controls the cooktop light.

Example: To set the Lamp for ON

Light  
Hi/Low/Off

1. Touch **Light Hi/Low/Off**.  
To turn on, touch once.  
"Light" will flash in display,  
then stay on.

Light  
Hi/Low/Off

2. Touch **Light Hi/Low/Off**.  
To turn off, touch button  
again. "Light" will disappear  
from the display.

## ENERGY SAVING

The **Energy Saving** feature saves energy by turning off the display by pressing the Energy Saving button. The display will automatically turn off after 5 minutes of idleness.



Energy  
Saving

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



Energy  
Saving

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

## TURNTABLE ON/OFF

For best cooking results, leave the turntable on. It can be turned off for large dishes. Touch **Turntable On/Off** button to turn the turntable on or off.

### NOTES:

1. This option is not available in sensor cook, defrost, kids meal and soften/melt modes.
2. Sometimes the turntable can become hot to touch. Be careful when touching the turntable during and after cooking.
3. Do not run the oven when empty.

## VENT ON/OFF

The vent removes steam and other vapors from the surface cooking area.

On/Off

1. Touch **Vent On/Off**.  
Touch once. "FAN SLOW"  
will scroll in the display.  
Fan will work on slow speed.

On/Off

2. Touch **Vent On/Off**.  
Fan will turn off. "FAN OFF"  
will scroll in display.

**NOTE:** Turn the microwave's vent fan on whenever you use the oven range cooktop below it. The fan captures smoke, steam, and odors and also prevents the heat from the cooktop from damaging microwave components.

If the microwave is cooking, the vent fan turns on automatically if the sensors detect too much heat from the cooktop. This is normal, and is designed to prevent microwave component damage.

## VENT 4 SPEED

4 Speed

When the fan is on, touch this button to toggle the fan speed. Fan speed will change in sequence from slow, low, high, turbo and back to slow.

## ADD 30 SEC

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

Example: To set ADD 30 SEC for 2 minutes.

Add  
30sec.

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

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

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## COOKING AT HIGH COOK POWER

Example: To cook food for 8 minutes 30 seconds.

8 3 0

1. Enter the cook time.

START  
Enter

2. Touch **START/Enter**.  
When the cook time is over, you will hear four beeps and "COOK END" will scroll in display.

## MICROWAVE POWER LEVELS

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 "Cooking Guide for Lower Power Levels" on page 13 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.

5 3 0

1. Enter cook time.

Power  
Level

2. Touch **Power Level**.

8

3. Enter the power level.

START  
Enter

4. Touch **START/Enter**. When the cook time is over, four beeps will sound and "COOK END" will display.

## CUSTOM SET

You can change the default values for beep sound, clock, display speed, and defrost weight.

See following chart for more information.

No.	Function	No.	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

2. Touch **4**.

2

3. Touch **2**.

## MULTI-STAGE COOKING

For best results, some recipes call for different power levels during different stages of a cook cycle. You can program your oven to switch from one power to another for up to 2 stages. 3 stages can be programmed if the first stage is the defrost cycle.

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

3 0 0

Cook  
Time

1. Enter the first cook time.

2. Touch **Cook Time**.

7 3 0

Power  
Level

3. Enter the second cook time.

4. Touch **Power Level**.

7

5. Enter the power level.

START  
Enter

6. Touch **START/Enter**.

When the cook time is over, four beeps will sound and "COOK END" will display.

## + / -

By using the More or Less buttons, all of the pre-programmed features like Cook can be adjusted to cook food for a longer or shorter time.

Touching + will add 10 seconds to the cooking time each time you touch it. Touching - will subtract 10 seconds from the cooking time each time you touch it.

## 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.

Custom  
Cook

1. Touch **Custom Cook**.

2 0 0

2. Enter the cook time.

START  
Enter

3. Touch **START/Enter**.

Example: To recall the memory.

STOP  
Clear

1. Touch **STOP/Clear**.

Custom  
Cook

2. Touch **Custom Cook**.

START  
Enter

3. Touch **START/Enter**.  
When the cook time is over, you will hear four beeps and **END** will display.

# USING YOUR MICROWAVE OVEN

## COOKING GUIDE FOR LOWER POWER LEVELS

The 10 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"> <li>● Boil water</li> <li>● Cook ground beef</li> <li>● Make candy</li> <li>● Cook fresh fruits and vegetables</li> <li>● Cook fish and poultry</li> <li>● Preheat browning dish</li> <li>● Reheat beverages</li> <li>● Cook bacon slices</li> </ul>
9	90%	<ul style="list-style-type: none"> <li>● Reheat meat slices quickly</li> <li>● Saute onions, celery, and green pepper</li> </ul>
8	80%	<ul style="list-style-type: none"> <li>● All reheating</li> <li>● Cook scrambled eggs</li> </ul>
7	70%	<ul style="list-style-type: none"> <li>● Cook breads and cereal product</li> <li>● Cook cheese dishes, veal</li> <li>● Cook cakes, muffins, brownies, cupcakes</li> </ul>
6	60%	<ul style="list-style-type: none"> <li>● Cook pasta</li> </ul>
5	50%	<ul style="list-style-type: none"> <li>● Cook meats, whole poultry</li> <li>● Cook custard</li> <li>● Cook whole chicken, turkey, spare ribs, rib roast, sirloin roast</li> </ul>
4	40%	<ul style="list-style-type: none"> <li>● Cook less tender cuts of meat</li> <li>● Reheat frozen convenience foods</li> </ul>
3	30%	<ul style="list-style-type: none"> <li>● Thaw meat, poultry, and seafood</li> <li>● Cook small quantities of food</li> <li>● Finish cooking casseroles, stews, and some sauces</li> </ul>
2	20%	<ul style="list-style-type: none"> <li>● Soften butter and cream cheese</li> <li>● Heat small amounts of food</li> </ul>
1	10%	<ul style="list-style-type: none"> <li>● Soften ice cream</li> <li>● Raise yeast dough</li> </ul>
0	0	<ul style="list-style-type: none"> <li>● Standing time</li> </ul>

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## SENSOR OPERATING INSTRUCTIONS

Used to cook foods without selecting cooking times and power levels. The display will indicate the sensor category during the initial sensing period. The oven automatically determines the 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 when 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 twice 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 to 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.
5. If the food is not as hot as you would like after using the sensor cook or reheat function, use Cook Time to continue heating. Do not repeat the sensor options in succession on the same food.

## SENSOR POPCORN

Sensor **Popcorn** lets you pop 2.0, 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.

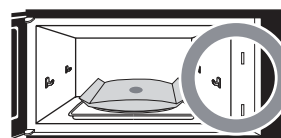
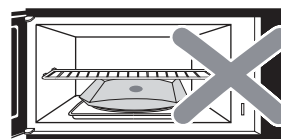
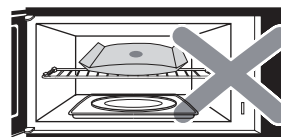
Example: To pop popcorn.	
<b>Popcorn</b>	1. Touch <b>Popcorn</b> .
<b>START</b> Enter	2. Touch <b>START/Enter</b> . When the cook time is over, four beeps will sound and " <b>COOK END</b> " will display.

- Recommended amounts: 2.0 - 3.5 oz.

## CAUTION

DO NOT leave the microwave oven unattended while popping corn.

When popping commercially packaged popcorn, remove the rack from the oven. Do not place the bag of microwave popcorn on the rack or under the rack.



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## SENSOR REHEAT

**Reheat** lets you heat foods without needing to program times and Power Levels.

**Reheat** has preset Power Levels for 6 categories. See the details in the cooking guide table.

Example: To reheat a Casserole.	
<b>Reheat</b>	1. Touch <b>Reheat</b> .
<b>3</b>	2. Touch <b>3</b> to choose casserole and cooking will start 3~4 second later.
See Cooking Guide for Sensor Reheat table below for info. When the cook time is over, you will hear four beeps and " <b>COOK END</b> " will display.	

## SENSOR COOK

Using **Cook** lets you heat common microwave prepared foods without needing to program times and Cook Powers. Sensor **Cook** has preset Power Levels for 13 food categories. See the details in the cooking guide table.

Example: To cook Rice.	
<b>Cook</b>	1. Touch <b>Cook</b> .
<b>6</b>	2. Touch <b>6</b> to choose rice and cooking will start 3~4 second later.
See Cooking Guide for Sensor Cook on page 16. When the cook time is over, you will hear four beeps and " <b>COOK END</b> " will display.	

## COOKING GUIDE FOR SENSOR REHEAT

CODE	CATEGORY	RECOMMENDED AMOUNTS	DIRECTIONS
1	<b>DINNER PLATE</b>	1 ~ 2 servings	Place food on a plate. Cover with vented plastic wrap. Let stand 3 minutes after heating.
2	<b>SOUP/SAUCE</b>	1 ~ 4 cups	Place in shallow microwavable casserole. Cover with vented plastic wrap. Let stand 3 minutes after heating.
3	<b>CASSEROLE</b>	1 ~ 4 cups	Place in a microwaveable bowl or casserole. Cover with vented plastic wrap. Let stand 3 minutes.
4	<b>PIZZA</b>	1 ~ 3 slices	This is a reheat function for leftover pizza. Place on paper towel on a microwave safe plate.
5	<b>BAKED GOODS</b>	1 ~ 4 ea.	Place on a paper towel. Do not cover.
6	<b>TEA</b>	1 ~ 2 cups (240 ml per cup)	Use a mug or microwave-safe cup with no cover. Stir after reheating.

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## COOKING GUIDE FOR SENSOR POPCORN

CATEGORY	RECOMMENDED AMOUNTS	DIRECTIONS
POPCORN	2.0 - 3.5 oz.	Sensor Popcorn lets you pop commercially packaged microwave popcorn. Pop only one package at a time. For best results, use a fresh bag of popcorn. Place a bag of prepackaged microwave popcorn on the center of the glass tray.

## COOKING GUIDE FOR SENSOR COOK

CODE	CATEGORY	RECOMMENDED AMOUNTS	DIRECTIONS
1	FRESH VEGETABLE (Hard)	1 ~ 4 cups	Place in a microwaveable bowl or casserole. Add water according to the quantity. * 1-2 cups: add 2 tbsp water. * 3-4 cups: add 4 tbsp water.
2	FRESH VEGETABLE (Soft)	1 ~ 4 cups	Cover with vented plastic wrap. Let stand 3 minutes after cooking. Hard vegetables : Carrot, Beet etc. Soft vegetables : Cauliflower, Broccoli, Spinach etc.
3	FROZEN VEGETABLE	1 ~ 4 cups	Place in a microwaveable bowl or casserole. * 1-2 cups: add 2 tbsp water. * 3-4 cups: add 4 tbsp water. Cover with vented plastic wrap. Let stand 3 minutes.
4	CANNED VEGETABLE	1 ~ 4 cups	Transfer vegetables from the can to a microwaveable bowl or casserole . Cover with vented plastic wrap. Stir thoroughly after cooking.
5	BAKED POTATO	1 ~ 4 ea (approx.8 - 10 oz. each)	Pierce skin with a fork and place on paper towel. Do not cover. Let stand 5 minutes after cooking.
6	RICE	½ ~ 2 cups	Add twice as much water as you have rice (add 2 cups of water to 1 cup of rice). Place in a microwaveable bowl large enough to prevent the water boiling over. Cover with vented plastic wrap. Remove from microwave. After cooking uncover, stir, then recover and let stand 5 minutes.
7	FROZEN LASAGNA	10 ~ 21 oz.	Remove from outer display package. Slit cover. If not in microwave-safe container, place on a microwaveable plate and cover with vented plastic wrap. After cooking, let stand in microwave oven 3 minutes.
8	FISH FILLET	4 ~ 16 oz.	Place thawed chicken pieces in single layer and cover with vented plastic wrap. After cooking, let stand 5 minutes.
9	SHRIMP	4 ~ 16 oz.	Place thawed shrimp in single layer and cover with vented plastic wrap. After cooking, let stand 2 minutes.
10	CHICKEN PIECES	16 ~ 32 oz.	Place thawed chicken pieces in single layer and cover with vented plastic wrap. After cooking, let stand 5 minutes.
11	GROUND MEAT	4 ~ 16 oz.	Pack meat loosely into a bowl. Cover with plastic wrap. Stir thoroughly after cooking.
12	CASSEROLE	1 ~ 4 cups	Place in a microwaveable bowl or casserole. Cover with vented plastic wrap. Let stand 3 minutes after cooking.
13	BOILING WATER	1 ~ 2 cups (240 ml per cup)	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 unexpectedly when the cup is moved.)

# USING YOUR MICROWAVE OVEN

## TIMER

You can use your microwave oven as a timer. Use the Timer for timing up to 99 minutes, 99 seconds.

Example: To count 3 minutes.	
Timer	1. Touch <b>Timer</b> .
<b>3 0 0</b>	2. Enter the time by using the number buttons.
<b>START</b> Enter	3. Touch <b>START/Enter</b> . When the time is over, the oven will beep 7 times.

NOTE: To turn off the Timer while it is still running, touch the **Timer** button.

## SOFTEN

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

Example: To soften quart of ice cream.	
Soften/ Melt	1. Touch <b>Soften/Melt</b> .
<b>2</b>	2. Choose menu. Touch <b>2</b> to ice cream.
<b>2</b>	3. Touch <b>2</b> to choose amount.
<b>START</b> Enter	4. Touch <b>START/Enter</b> .

## SOFTEN TABLE

Category	Code	Touch button 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.

## MELT

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

Example: To melt 8 oz. chocolate.	
Soften/ Melt	1. Touch <b>Soften/Melt</b> twice.
<b>2</b>	2. Choose menu. Touch <b>2</b> to chocolate.
<b>2</b>	3. Touch <b>2</b> to choose amount.
<b>START</b> Enter	4. Touch <b>START/Enter</b> .

## MELT TABLE

Category	Code	Touch button number		
		1	2	3
Butter/Margarine	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.	–

## KIDS MEAL

Using KIDS MEAL lets you heat common microwave-prepared foods without needing to program times and cook power. Mac & Cheese, Hot dog, Chicken Nuggets.

Example: To heat 4 ea Hot dogs.	
Kids Meal	1. Touch <b>Kids Meal</b> .
<b>2</b>	2. Touch <b>2</b> choose <b>Hot dog</b> .
<b>2</b>	3. Touch <b>2</b> .
<b>START</b> Enter	4. Touch <b>START/Enter</b> .

NOTE: When the cook time is over, you will hear four beeps and “COOK END” will display.

## KIDS MEAL TABLE

Category	Touch button number	
	1	2
Mac & Cheese	6 oz.	12 oz.
Hot dog	2 ea	4 ea
Chicken Nuggets	4 oz.	8 oz.



# USING YOUR MICROWAVE OVEN

## SOFTEN TABLE

CODE	CATEGORY	START TEMP.	DIRECTION	AMOUNT
1	Butter	Refrigerated	Unwrap and place in a microwave safe dish on the rack over the glass tray. Butter will be at room temperature and ready for use in a recipe.	1, 2 or 3 sticks (4 oz. / 1 stick)
2	Ice Cream	Frozen	Place in a microwave safe dish on the rack over the glass tray. Ice cream will be soft enough to make scooping easier.	Pint, Quart, Half gallon
3	Cream Cheese	Refrigerated	Unwrap and place in a microwave safe dish on the rack over the glass tray. Cream cheese will be at room temperature and ready for use in a recipe.	3 or 8 oz.
4	Frozen Juice	Frozen	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	START TEMP.	DIRECTION	AMOUNT
1	Butter or Margarine	Refrigerated	Unwrap and place in a microwave safe dish on the rack over the glass tray. No need to cover butter. Stir at the end of cooking to complete melting.	1, 2 or 3 sticks (4 oz. / 1 stick)
2	Chocolate	Room Temp.	Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in a microwave safe dish on the rack over the glass tray. Stir at the end of cycle to complete melting.	4 or 8 oz.
3	Cheese	Refrigerated	Use processed cheese food only. Cut into cubes. Place in a single layer in a microwave safe dish on the rack over the glass tray. Stir at the end of cooking to complete melting.	8 or 16 oz.
4	Marshmallows	Room Temp.	Large or miniature marshmallows may be used. Place in a microwave safe dish on the rack over the glass tray. Stir at the end of cycle to complete melting.	5 or 10 oz.

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## DEFROST

Four defrost choices are preset in the oven. The Defrost feature provides you with the best defrosting method for frozen foods, because the oven automatically sets the defrosting times for each food item according to the weight you enter. For added convenience, the Defrost feature includes a built-in tone mechanism that reminds you to check, turn over, separate, or rearrange the food during the defrost cycle. Four different defrosting presets are provided.

1. **Meat**
2. **Poultry**
3. **Fish**
4. **Bread**

Touch **Defrost** and choose menu. Then enter weight. Available weight ranges for Meat, Poultry, and Fish are 0.1 to 6.0 lbs. The available weight range for Bread is 0.1 to 1.0 lb.

Example : To defrost 1.2 lbs. of meat.

- |                       |   |
|-----------------------|---|
| <b>Defrost</b>        | 1. Touch <b>Defrost</b> once to choose the Meat category. |
| <b>1</b>              | 2. Touch <b>1</b> to choose meat.                         |
| <b>1 2</b>            | 3. Enter the weight.                                      |
| <u>START</u><br>Enter | 4. Touch <b>START/Enter</b> .                             |

**NOTE:** After you touch **START/Enter**, the display counts down the defrost time. The oven will beep once during the defrost cycle. At this time, open the door and turn, separate, or rearrange the food as needed. Remove any portions that have thawed, then return the frozen portions to the oven and touch **START/Enter** to resume the defrost cycle.

### 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.
- Form the meat into the shape of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.
- Place foods in a shallow glass baking dish or a on a microwave roasting rack to catch drippings.
- Foods should still be somewhat icy in the center when removed from the oven.

## DEFROST TABLE

CATEGORY	FOOD
<b>1. Meat</b> 0.1 to 6.0 lbs. (45g to 2.7 kg)	<b>Beef</b> Ground beef, Round steak, Cubes for stew, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty. <b>Lamb</b> Chops (1-inch thick), Rolled roast <b>Pork</b> Chops (1/2-inch thick), Hot dogs, Spareribs, Country-style ribs. Rolled roast, Sausage.
<b>2. Poultry</b> 0.1 to 6.0 lbs. (45g to 2.7 kg)	<b>Poultry</b> Whole (under 4 lbs.), Cut up, Breasts (boneless) <b>Cornish hens</b> Whole <b>Turkey</b> Breast (under 6 lbs.)
<b>3. Fish</b> 0.1 to 6.0 lbs. (45g to 2.7 kg)	<b>Fish</b> Fillets, Whole Steaks <b>Shellfish</b> Crab meat, Lobster tails, Shrimp, Scallops
<b>4. Bread</b> 0.1 to 1.0 lb. (45g to 454g)	<b>Muffins</b> <b>Roll cake</b>

## QUICK DEFROST

This is a quick defrost feature that allows you to choose a preset 1.0 lbs. defrost cycle.

Example: To defrost for 1.0 lbs.

- |                       |  |
|-----------------------|--|
| <b>Defrost</b>        | 1. Touch <b>Defrost</b> twice.   |
| <u>START</u><br>Enter | 2. Touch <b>START/Enter</b> .  |
|                       | 3. Halfway through the cycle, the oven will beep. Open the door, turn the meat over, Close the door, and touch <b>START/Enter</b> to resume defrosting until the cycle ends. |

When the defrost time is over, four beeps will sound and **"COOK END"** will display.

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## TIME DEFROST

Time defrost feature allows you to enter time to defrost.

Example: defrost 2 minutes	
<b>Defrost</b>	1. Touch <b>Defrost</b> 3 times.
<b>2 0 0</b>	2. Enter time to defrost.
<b>START</b> Enter	3. Touch <b>START/Enter</b> .

## DEFROSTING TIPS

- **When using** Defrost Weight/Time, 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 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 food over during defrosting or standing time. Break apart and remove food as required.

## METAL RACK

### CAUTION

To avoid risk of property damage:

Do not use the rack to pop popcorn.

The rack must be on the four plastic supports when used.

Use the rack only when cooking food on the rack position.

Do not cook with the rack on the floor of the oven.

The metal rack gives you extra space when cooking in more than one container at the same time.

### To use the rack:

1. Place the rack securely in the four plastic supports.
- The rack **MUST NOT** touch the metal walls or back of the microwave oven.
2. Place equal amounts of food both **ABOVE AND BELOW** the rack.
- The amount of food must be approximately the same to balance out the cooking energy.