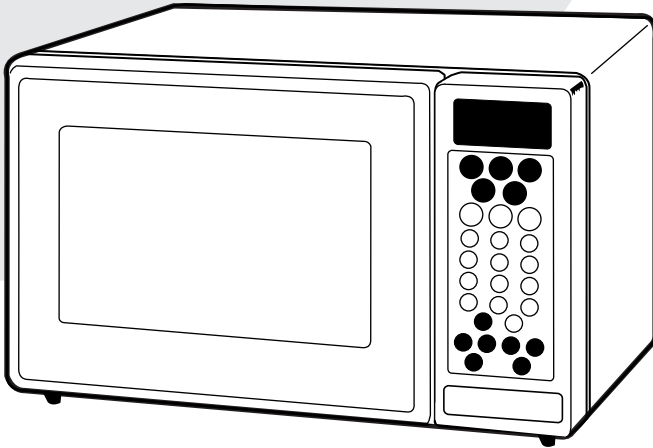


Use & Care Manual

Microwave Oven

**GLMB186
PLMB186**



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READ AND SAVE THESE INSTRUCTIONS

P/N 316137204 12-00 JR



IMPORTANT SAFETY INFORMATION

READ ALL INFORMATION BEFORE USING



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

For your safety the information in this manual must be followed to minimize the risk of fire or explosion or to prevent property damage, personal injury or loss of life.

Do Not Attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

1. door (bent),
2. hinges and latches (broken or loosened),
3. door seals and sealing surfaces.

The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

NEED HELP? Help us, help you: 1-800-944-9044.
Visit the Frigidaire Web Site at:
<http://www.frigidaire.com>

Before you call for service, there are a few things you can do to help us serve you better.

Read this manual.

It contains instructions to help you use and maintain your microwave properly.

If you received a damaged oven...immediately contact the dealer (or builder) that sold you the oven.

Save time and money.

Check the section titled "Troubleshooting" before calling. This section helps you solve common problems that might occur. If you do need service, you can relax knowing help is only a phone call away. A list of toll-free customer service numbers is included in the back of this manual. Or call Frigidaire Consumer Services at 1-800-944-9044, 24 hours a day, 7 days a week.



IMPORTANT SAFETY INFORMATION

!WARNING!

To reduce the risk of fire, burns, electric shock, injury to persons, or exposure to excessive microwave energy when using your appliance, follow basic precautions, including the following sections.

SAFETY PRECAUTIONS

This microwave oven is not approved or tested for marine use.

- Read and follow the specific “Precautions to Avoid Possible Exposure to Excessive Microwave Energy” on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section on page 9.
- Do not mount this appliance over a sink.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- Be certain to place the front surface of the door three inches or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.



IMPORTANT SAFETY INFORMATION

READ ALL INFORMATION BEFORE USING

- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool or near a sink.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- See door surface cleaning instructions in the Care and Cleaning section(s) of this manual.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- Do not mount the microwave oven over or near any portion of a heating or cooking appliance.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- Do not let power cord hang over edge of table or counter.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven while cooking.
 - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
 - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
 - If materials inside oven should ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.

**SAVE THESE
INSTRUCTIONS.**



IMPORTANT SAFETY INFORMATION

Special Notes About Microwaving

Arcing

If you see arcing, press the CLEAR/OFF pad and correct the problem.

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

Foods

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.



IMPORTANT SAFETY INFORMATION

READ ALL INFORMATION BEFORE USING

Safety Fact – SUPERHEATED WATER

Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all.

Superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than 2 minutes per cup. After heating, let the cup stand in the microwave for 30 seconds before moving it or putting anything into it.

- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.
- Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, we recommend the following: before removing the container from the oven, allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off. Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.
- Do not defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F. and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.



IMPORTANT SAFETY INFORMATION

Special Notes About Microwaving

Microwave-Safe Cookware

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled “suitable for microwaving.”



How to test for a microwave-safe dish.

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 30–45 seconds at high. If the dish heats, it should not be used for microwaving. If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.



IMPORTANT SAFETY INFORMATION

READ ALL INFORMATION BEFORE USING

Microwave-Safe Cookware (continued)

- Use foil only as directed in this manual. TV dinners may be microwaved in foil trays less than 3/4" high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1 inch away from the sides of the oven.
- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking.

In longer exposures to overcooking, the food and cookware could ignite. Follow these guidelines:

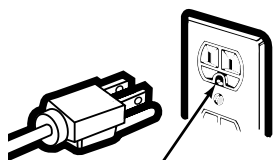
1. Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
2. Do not microwave empty containers.
3. Do not permit children to use plastic cookware without complete supervision.



IMPORTANT SAFETY INFORMATION

Grounding Instructions

Grounding Instructions



Ensure proper ground exists before use.

⚠WARNING!

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

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 power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

We do not recommend using an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance. (See WARNING–Extension Cords section.)

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

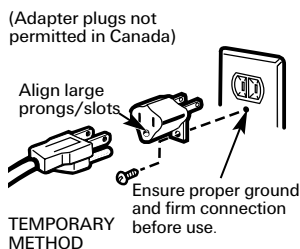


IMPORTANT SAFETY INFORMATION

Adapter Plugs

Adapter Plugs

Usage situations where appliance's power cord will be disconnected infrequently.



Because of potential safety hazards under certain conditions, we **strongly recommend against the use of an adapter plug.**

However, if you still elect to use an adapter, where local codes permit, a **TEMPORARY CONNECTION** may be made to a properly grounded two-prong wall receptacle by the use of a UL listed adapter which is available at most local hardware stores.

The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

CAUTION: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.

You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to break with repeated use. Should this happen, **DO NOT USE** the appliance until a proper ground has again been established.

Usage situations where appliance's power cord will be disconnected frequently.

Do not use an adapter plug in these situations because frequent disconnection of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the two-prong wall receptacle replaced with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.



IMPORTANT SAFETY INFORMATION

Extension Cords/Optional Kits

⚠️ WARNING!

Extension Cords

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if you are careful in using them.

If an extension cord is used—

1. The marked electrical rating of the extension cord should 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 it must be plugged into a 3-slot outlet;

3. The extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.

Optional Kits

Choose the appropriate Installation Kit below to convert this oven to a built-in wall oven. Available at extra cost from your Frigidaire supplier.

For 27" installations:

Model	Kit
GLMB186KB	82-1827-18
GLMB186KS	82-1827-00
PLMB186KC	82-1827-12

For 30" installations:

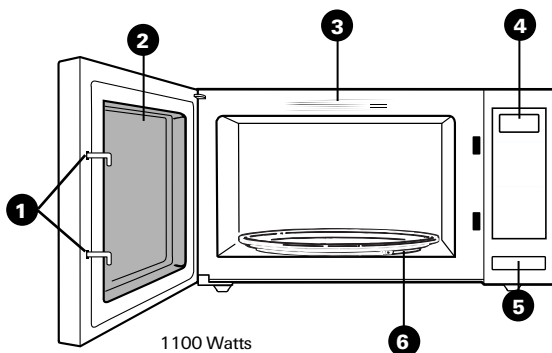
Model	Kit
GLMB186KB	82-1830-18
GLMB186KS	82-1830-00
PLMB186KC	82-1830-12



Microwave Features

Here is a quick guide to the features and controls of your microwave oven.

NOTE: This manual covers several models so the illustration may not look exactly like your model. However, operating instructions for each of the features and functions of your microwave will be found in this manual.



1. Door Latches.

2. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.

3. Convenience Guide.

4. Touch Control Panel Display.

5. Door Latch Release. Press latch release to open door.

6. Removable Turntable. Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.

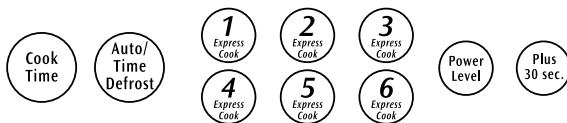
NOTE: Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.



Getting Started

You can microwave by time or with the sensor features.

(Throughout this manual, features and appearance may vary from your model.)



Time & Auto Features

Press

Cook Time I & II

Press once or twice

Auto/Time Defrost

*Press once
Press twice*

Express Cook

Starts immediately!

Power Level

Enter

Amount of cooking time.

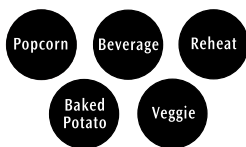
Food weight.

Amount of defrosting time.

Power level 1–10.

Plus 30 Sec

Starts immediately!



Sensor Features

Press

Popcorn

Starts immediately!

Veggie

Starts immediately!

Fresh Vegetables

Press once

Frozen Vegetables

Press twice

Canned Vegetables

Press three times

Reheat

Starts immediately!

Beverage

Starts immediately!

Baked Potato

Starts immediately!

Option

more/less time

more/less time

more/less time

more/less time

more/less time (on some models)

more/less time

more/less time



Operating Instructions

Changing Power Levels

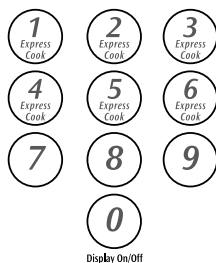
How to Change the Power Level

The power level may be entered or changed immediately after entering the feature time for COOK TIME, TIME DEFROST or EXPRESS COOK. The power level may also be changed during time countdown.

1. Press COOK TIME or select Time Defrost.
2. Enter cooking or defrosting time.
3. Press POWER LEVEL.



4. Select desired power level 1–10.



5. Press START.



Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. High (power level 10) or full power is the fastest way to cook and gives you 100% power. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time.

A high setting (10) will cook faster but food may need more frequent stirring, rotating or turning over. Most cooking will be done on High (power level 10). A lower setting will cook more evenly and need less stirring or rotating of the food.

Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with power level 3—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

Power Level	Best Uses
High 10	Fish, bacon, vegetables, boiling liquids.
Med-High 7	Gentle cooking of meat and poultry; baking casseroles and reheating.
Medium 5	Slow cooking and tenderizing such as stews and less tender cuts of meat.
Low 2 or 3	Defrosting without cooking; simmering; delicate sauces.
Warm 1	Keeping food warm without overcooking; softening butter.



Operating Instructions

Time features

Cook Time

Cook Time I

Allows you to microwave for any time up to 99 minutes and 99 seconds.

Power level 10 (High) is automatically set, but you may change it for more flexibility.

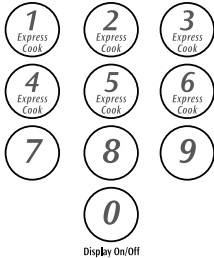
You may open the door during Cook Time to check the food. Close the door and press START to resume cooking.

1. Press COOK TIME.



2. Enter cooking time.

3. Change power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1-10.)



4. Press START.



Cook Time II

Lets you change power levels automatically during cooking. Here's how to do it:

1. Press COOK TIME.

2. Enter the first cook time.

3. Change the power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1-10.)

4. Press COOK TIME again.

5. Enter the second cook time.

6. Change the power level if you don't want full power. (Press POWER LEVEL. Select a power level 1-10.)

7. Press START.

At the end of Cook Time I, Cook Time II counts down.



Operating Instructions

Cooking Guide For Cook Time I & II

NOTE: Use power level High (10) unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb.	5 to 8 min., Med-High (7)	In 1½-qt. oblong glass baking dish, place 1/4 cup water.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
Beans (fresh green)	1 lb. cut in half	10 to 15 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets (fresh, whole)	1 bunch	16 to 22 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli (fresh cut)	1 bunch (1¼ to 1½ lbs.)	5 to 9 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	7 to 11 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time. (Turntable should be turned off.)
(frozen, chopped)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage (fresh)	1 medium head (about 2 lbs.)	6 to 10 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		5 to 9 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots (fresh, sliced)	1 lb.	4 to 8 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower (flowerets)	1 medium head	7 to 11 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	7 to 15 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.



Operating Instructions

Cooking Guide For Cook Time I & II

Vegetable	Amount	Time	Comments
Corn (frozen kernel)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	1¼ to 4 min. per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time. (Turntable should be turned off.)
(frozen)	1 ear 2 to 6 ears	3 to 6 min. 2 to 3 min. per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time. (Turntable should be turned off.)
Mixed vegetables (frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	7 to 10 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	2 to 4 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	3 to 6 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	3 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer and yellow)	1 lb. sliced	3 to 5 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn, butternut)	1 to 2 squash (about 1 lb. each)	5 to 9 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes. (Turntable should be turned off.)



Operating Instructions

Time Features

Time Defrost

Allows you to defrost for the length of time you select. See the Defrosting Guide for suggested times.

1. Press AUTO/TIME DEFROST twice.



2. Enter defrosting time.

3. Press START.



4. Turn food over when the oven signals.

5. Press START.

(Auto Defrost explained in the section on Auto Features.)

Power level 3 is automatically set, but you may change this for more flexibility. You may defrost small items more quickly by raising the power level after entering the time. However, they will need more frequent attention than usual.

Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. Rotate or stir food frequently.

At one half of selected defrosting time, the oven signals TURN. At this time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil.

A dull thumping noise may be heard during defrosting. This sound is normal when the oven is not operating at High power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Tightly closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be at least partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily, such as milk, eggs, fish, stuffings, poultry and pork, should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as beef, lamb and veal roasts, use Auto Defrost.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.



Operating Instructions

Defrosting Guide

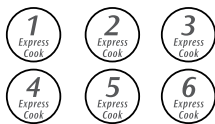
Food	Time	Comments
Breads, Cakes Bread, buns or rolls (1 pc.) Sweet rolls (approx. 12 oz.)	1/4 min. 2 to 4 min.	
Fish and Seafood Filletts, frozen (1 lb.) Shellfish, small pieces (1 lb.)	6 to 9 min. 3 to 7 min.	Place block in casserole. Turn over and break up after half the time.
Fruit Plastic pouch—1 to 2 (10-oz. package)	1 to 5 min.	
Meat Bacon (1 lb.) Franks (1 lb.) Ground meat (1 lb.) Roast: beef, lamb, veal, pork Steaks, chops and cutlets	2 to 5 min. 2 to 5 min. 4 to 6 min. 9 to 13 min. per lb. 4 to 8 min. per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after half the time. Use power level 1. Place unwrapped meat in cooking dish. Turn over after half the time and shield warm areas with foil. When finished, separate pieces and let stand to complete defrosting.
Poultry Chicken, broiler-fryer cut up (2½ to 3 lbs.) Chicken, whole (2½ to 3 lbs.) Cornish hen Turkey breast (4 to 6 lbs.)	14 to 20 min. 20 to 25 min. 7 to 13 min. per lb. 3 to 8 min. per lb.	Place wrapped chicken in dish. Unwrap and turn over after half the time. When finished, separate pieces and microwave 2 to 4 minutes more, if necessary. Let stand to finish defrosting. Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. Finish defrosting. If necessary, run cold water in the cavity until giblets can be removed. Place unwrapped hen in the oven breast-side-up. Turn over after half the time. Run cool water in the cavity until giblets can be removed. Place unwrapped breast in dish breast-side-down. After half the time, turn over and shield warm areas with foil. Finish defrosting. Let stand 1 to 2 hours in refrigerator to complete defrosting.



Operating Instructions

Time Features

Express Cook



This is a quick way to set cooking time for 1–6 minutes.

Press one of the Express Cook pads (from 1 to 6) for 1 to 6 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time.

The power level can be changed as time is counting down. Press POWER LEVEL and enter 1–10.

Plus 30 Seconds



You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time.



Operating Instructions

Auto Features

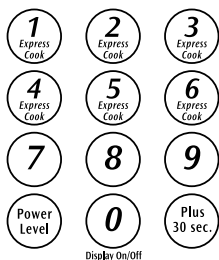
Auto Defrost

Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

1. Press AUTO/TIME DEFROST once.



2. Using the Conversion Guide at right, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).



3. Press START.



(Time Defrost is explained in the Time Features section.)

The Auto/Time Defrost feature gives you two ways to defrost frozen foods. Press AUTO/TIME DEFROST once for Auto Defrost or twice for Time Defrost.

Use Auto Defrost for meat, poultry and fish. Use Time Defrost for most other frozen foods.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

- Remove meat from package and place on microwave-safe dish.
- Twice during defrost, the oven signals TURN. At each TURN signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.



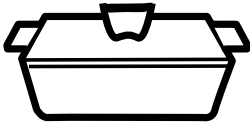
Operating Instructions

Sensor Features

Humidity Sensor

What happens when using the Sensor Features...

The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.



Covered

- The proper containers and covers are essential for best sensor cooking.



Vented

- Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers—they can prevent steam from escaping and cause food to overcook.



Dry off dishes so they don't mislead the sensor.

- Be sure the outside of the cooking containers 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.



Operating Instructions

Sensor Features

Popcorn

How to Use the Popcorn Feature

1. Follow package instructions, using Cook Time if the package is less than 1.75 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.

2. Press POPCORN. The oven starts immediately.



If you open the door while “POPCORN” is displayed, “SENSOR ERROR” will appear. Close the door, press CLEAR/OFF and begin again.

How to Adjust the Popcorn Program to Provide a Shorter or Longer Cook Time

If you find that the brand of popcorn you use underpops or overcooks consistently, you can add or subtract 20–30 seconds to the automatic popping time.

To add time:

After pressing POPCORN, press 9 immediately after the oven starts for an extra 20 seconds.



Press 9 again to add another 10 seconds (total 30 seconds additional time).

To subtract time:

After pressing POPCORN, press 1 immediately after the oven starts for 20 seconds less cooking time.



Press 1 again to reduce cooking time another 10 seconds (total 30 seconds less time).

Beverage



Press BEVERAGE to heat a cup of coffee or other beverage.

Drinks heated with the Beverage feature may be very hot. Remove the container with care.



Operating Instructions

Sensor Features

Reheat

How to Use the Reheat Feature

For reheating single servings of previously cooked foods or a plate of leftovers.

1. Place covered food in the oven. Press REHEAT. The oven starts immediately.



2. The oven signals when steam is sensed and the time remaining begins counting down.

Do not open the oven door until time is counting down. If the door is opened, close it and press START immediately.

After removing food from the oven, stir, if possible, to even out the temperature. If food is not hot enough, use Cook Time to reheat for more time. Reheated foods may have wide variations in temperature. Some areas may be extremely hot.

How to Change the Automatic Settings

To reduce time by 10%:

Press 1 after the feature pad.



To add 10% to cooking time:

Press 9 after the feature pad.



Some Foods Not Recommended For Use With Reheat

It is best to use Cook Time for these foods:

- Bread products.
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.



Operating Instructions

Sensor Features

Sensor Cooking

Baked Potato

The Baked Potato feature cooks 1/2–2 lbs. of potatoes.

1. Pierce skin with fork and place potatoes on the turntable. If cooking three or more potatoes, arrange in a star pattern.
2. Press BAKED POTATO. The oven starts immediately. The oven signals when steam is sensed and the time remaining begins counting down.



Do not open the oven door until time is counting down. If the door is opened, close it and press START immediately. If food is not done enough, use Cook Time to cook for more time.

How to Change the Automatic Settings

To reduce time by 10%:

Press 1 after the feature pad.



To add 10% to cooking time:

Press 9 after the feature pad.



Veggie

Use the Veggie feature to cook 4–16 ounces of fresh, frozen or canned vegetables.

1. For fresh vegetables, add 2 tablespoons of water per serving. For frozen vegetables, follow package instructions for adding water. Cover with lid or plastic wrap. Place vegetables in the oven.
2. Press VEGGIE once for fresh vegetables, twice for frozen vegetables, or three times for canned vegetables. The oven starts immediately. The oven signals when steam is sensed and time remaining is counting down.



Do not open the oven door until time is counting down. If the door is opened, close it and press START immediately. If food is not done enough, use Cook Time to cook for more time.

How to Change the Automatic Settings (automatic settings for canned vegetables cannot be adjusted on some models)

To reduce time by 10%:

Press 1 after the feature pad.



To add 10% to cooking time:

Press 9 after the feature pad.





Operating Instructions

Other Features

Help



The HELP pad displays feature information and helpful hints. Press HELP, then select a feature pad.

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display “FOOD IS READY” and beep once a minute until you either open the oven door or press CLEAR/OFF.

Clock

Press to enter the time of day or to check the time of day while microwaving.

1. Press CLOCK.



2. Enter time of day.

3. Select AM or PM.



4. Press START or CLOCK.



Scroll Speed



The scroll speed of the display can be changed. Press and hold the AM/PM pad about 3 seconds to bring up the display. Select 1-5 for slow to fast scroll speed.

Display On/Off



To turn the clock display off, press and hold 0 for about three seconds.

The Display On/Off feature cannot be used while a cooking feature is in use.

Start/Pause



In addition to starting many functions, START/PAUSE allows you to stop cooking without opening the door or clearing the display.



Operating Instructions

Other Features

Timer On/Off

Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

1. Press TIMER ON/OFF.



2. Enter time you want to count down.

3. Press TIMER ON/OFF to start.



When time is up, the oven will signal. To turn off the timer signal, press TIMER ON/OFF.

NOTE: The timer indicator will be lit while the timer is operating.

Remind

The Remind feature can be used like an alarm clock and can be used at any time, even when the oven is operating. The Remind time can be set up to 24 hours later.

1. Press REMIND.



2. Enter the time you want the oven to remind you. (Be sure the microwave clock shows the correct time of day.)

3. Select AM or PM.



4. Press REMIND. When Remind signal occurs, press REMIND to turn it off. The Remind time may be displayed by pressing REMIND.



NOTE: The REM indicator will remain lit to show that Remind is set. To clear Remind before it occurs, press REMIND, then 0. The REM indicator will no longer be lit.



Operating Instructions

Other Features

Child Lock-Out



You may lock the control panel to prevent the microwave from being accidentally started or used by children.

To lock or unlock the controls, press and hold CLEAR/OFF for about three seconds. When the control panel is locked, an “L” will be displayed to the extreme right.

Beeper



Press BEEPER to turn the oven beeper on or off.

Turntable



For best cooking results, leave the turntable on. It can be turned off for large dishes. Press TURN TABLE to turn the turntable on or off.

Sometimes the turntable can become too hot to touch. Be careful touching the turntable during and after cooking.



Feature Information

Microwave Terms

Term	Definition
Arcing	<p>Arcing is the microwave term for sparks in the oven. Arcing is caused by:</p> <ul style="list-style-type: none">• metal or foil touching the side of the oven.• foil that is not molded to food (upturned edges act like antennas).• metal such as twist ties, poultry pins, gold-rimmed dishes.• recycled paper towels containing small metal pieces.
Covering	<p>Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.</p>
Shielding	<p>In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.</p>
Standing Time	<p>When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.</p>
Venting	<p>After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.</p>



Care and Cleaning

Helpful Hints

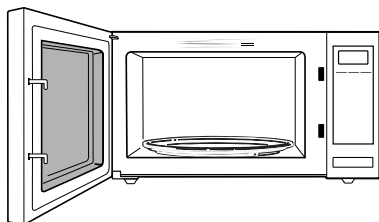


Open the oven door a few minutes after cooking to air out the inside. An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

NOTE: Unplug the cord before cleaning any part of this oven.

How to Clean the Inside

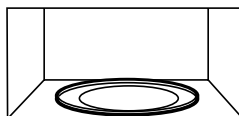
Walls, Floor, Inside Window, Metal and Plastic Parts on the Door



Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls. **Never use a commercial oven cleaner on any part of your microwave.**

To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

Removable Turntable and Turntable Support



To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.



Care and Cleaning

How to Clean the Outside

Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.

Case

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.

Control Panel and Door

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

Door Surface

It's important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Stainless Steel Surfaces (on some models)

Do not use a steel-wool pad; it will scratch the surface.

To clean stainless steel surfaces, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth.

If food soil remains, try a general kitchen cleaner, such as Fantastik®, Simple Green®, or Formula 409®.

For hard-to-clean soil, use a standard stainless steel cleaner, such as Bon-Ami® or Cameo®.

Apply cleaner with a damp sponge. Use a clean, hot, damp cloth to remove cleaner. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.

After cleaning, use a stainless steel polish, such as Stainless Steel Magic®, Revere Copper and Stainless Steel Cleaner®, or Wenol All Purpose Metal Polish®. Follow the product instructions for cleaning the stainless steel surface.



Troubleshooting

Before You Call For Service...

Troubleshooting Tips

Save time and money! Review this list first and you may not need to call for service.

Food amount is too large for Sensor Reheat?

Sensor Reheat is for single servings of recommended foods. Use Cook Time for large amounts of food.

“LOCKED” appears in the display?

The control has been locked. (When the control panel is locked, an “L” will be displayed.) Press and hold CLEAR/OFF for about 3 seconds to unlock the control.

Oven will not start?

A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.

Power surge. Unplug the microwave oven, then plug it back in.

Plug not fully inserted into wall outlet. Make sure the 3-prong plug on the oven is fully inserted into wall outlet.

“SENSOR ERROR” appears in the display?

When using a Sensor feature, the door was opened before steam could be detected. Close the door, press CLEAR/OFF and begin again.

Steam was not detected in maximum amount of time. Use Cook Time to heat for more time.



Troubleshooting

Before You Call For Service...

Control Panel Lighted, Yet Oven Will Not Start?

- Door not securely closed. Open the door and close securely.
- START pad not pressed after entering cooking selection. Press START.
- Another selection entered already in oven and CLEAR/OFF pad not pressed to cancel it. Press CLEAR/OFF.
- Cooking time not entered after pressing COOK TIME. Make sure you have entered cooking time after pressing COOK TIME.
- CLEAR/OFF was pressed accidentally. Reset cooking program and press START.
- Food weight not entered after selecting Auto Defrost. Make sure you have entered food weight after selecting Auto Defrost.

Things That Are Normal

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV-radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.



Consumer Services

WARRANTY

MICROWAVE WARRANTY

Your microwave is protected by this warranty

	WARRANTY PERIOD	THROUGH OUR AUTHORIZED SERVICERS, WE WILL:	THE CONSUMER WILL BE RESPONSIBLE FOR:
FULL ONE-YEAR WARRANTY	One year from original purchase date.	Pay all costs for repairing or replacing any parts of this appliance which prove to be defective in materials or workmanship.	Costs of service calls that are listed under NORMAL RESPONSIBILITIES OF THE CONSUMER.*
LIMITED 2ND YEAR WARRANTY (Microwave Oven)	Two years from original purchase date.	Repair or replace any part of the microwave oven which proves to be defective in materials or workmanship.	Cost of shipping the replacement part to the nearest authorized servicer; and all labor and service charges.
LIMITED 2ND-10TH YEAR WARRANTY (Magnetron Tube)	Second through tenth years from original purchase date.	Provide a replacement for any magnetron tube which proves to be defective in workmanship or material.	Cost of shipping the replacement part to the nearest authorized servicer; and all labor and service charges.
LIMITED WARRANTY (Applicable to the State of Alaska)	Time periods listed above.	All of the provisions of the full warranties above and the exclusions listed below apply.	Costs of the technician's travel to the home and any costs for pick up and delivery of the appliance required because of service.

In the U.S.A., your appliance is warranted by Electrolux Home Products North America, a division of White Consolidated Industries, Inc. We authorize no person to change or add to any of our obligations under this warranty. Our obligations for service and parts under this warranty must be performed by us or an authorized Electrolux Home Products North America servicer. In Canada, your appliance is warranted by WCI Canada, Inc.

03-U-MW-01



Consumer Services

WARRANTY (Continued)

* NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. Proper use of the appliance in accordance with instructions provided with the product.
2. Proper installation by an authorized servicer in accordance with instructions provided with the appliance and in accordance with all local plumbing, electrical and/or gas codes.
3. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
4. Expenses for making the appliance accessible for servicing, such as removal of trim, cupboards, shelves, etc., which are not a part of the appliance when it was shipped from the factory.
5. Damages to finish after installation.
6. Replacement of light bulbs and/or fluorescent tubes (on models with these features).

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service calls which do not involve malfunction or defects in workmanship or material, or for appliances not in ordinary household use. The consumer shall pay for such service calls.
3. Damages caused by services performed by servicers other than Electrolux Home Products North America or its authorized servicers; use of parts other than genuine Electrolux Home Products parts; obtained from persons other than such servicers; or external causes such as abuse, misuse, inadequate power supply or acts of God.
4. Products with original serial numbers that have been removed or altered and cannot be readily determined.



Consumer Services

IF YOU NEED SERVICE

Keep your bill of sale, delivery slip or some other appropriate payment record. The date on the bill establishes the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by contacting Electrolux Home Products:

This warranty only applies in the 50 states of the U.S.A., Puerto Rico and Canada. Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Electrolux Home Products North America, a division of White Consolidated Industries, Inc. In Canada, your appliance is warranted by WCI Canada, Inc.

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