

OWNER'S GUIDE

Microwave Oven



Model FMS062T1B1

P/N 317002741



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) 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.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) 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.
- (d) The oven should not to adjusted or repaired by anyone except properly qualified service personnel.

TABLE OF CONTENTS

INSTALLATION	4
TECHNICAL SPECIFICATIONS	6
FEATURES DIAGRAM	6
CONTROL PANEL	6
INTRODUCTION	
1. HOW YOUR MICROWAVE OVEN WORKS	7
2. GETTING THE BEST RESULTS FROM YOUR MICROWAVE OVEN	7
3. HOW CHARACTERISTICS OF FOODS AFFECT MICROWAVE COOKING	7
4. SPECIAL TECHNIQUES IN MICROWAVE COOKING	8
5. MICROWAVE-SAFE UTENSILS	9
OPERATING INSTRUCTIONS	
1. SETTING TIME OF DAY	10
2. CHILD LOCK	10
3. TIMED COOKING	11
4. MICROWAVE POWER LEVELS	12
5. ONE TOUCH COOKING	13
6. AUTO WEIGHT DEFROST	14
OTHER HELPFUL INSTRUCTIONS	17
COOKING UTENSILS	17
CARE OF YOUR MICROWAVE OVEN	17
GENERAL PROCEDURE FOR COOKING MEAT	18
GENERAL PROCEDURE FOR COOKING POULTRY	18
GENERAL PROCEDURE FOR COOKING FISH	19
REHEATING	20
FRESH VEGETABLE CHART	21
PRECAUTIONS	22
QUESTIONS AND ANSWERS	22
BEFORE CALLING FOR SERVICE	23
SERVICE CENTER LOCATIONS	25
WARRANTY	Back Cover

IMPORTANT SAFETY INSTRUCTIONS

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.

2. Read and follow the specific **“PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY”** found on page 2 of this manual.

3. This appliance must be grounded. Connect only to properly grounded outlet.

See **“GROUNDING INSTRUCTIONS”** found on page 4 of this manual.

4. Install or locate this appliance only in accordance with the provided installation instructions.

5. Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.

6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.

7. As with any appliance, close supervision is necessary when used by children.

8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.

9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

10. Do not cover or block any openings on the appliance.

11. Do not store this appliance outdoors. Do not use this product near water—for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.

12. Do not immerse cord or plug in water.

13. Keep cord away from heated surfaces.

14. Do not let cord hang over edge of table or counter.

15. Either—(a) When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth; or when separate cleaning instructions apply, (b) See door surface cleaning instruction on (specific page or section to be included).

16. To reduce the risk of fire in the oven cavity:

a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.

c. If materials inside the oven should ignite, **KEEP OVEN DOOR CLOSED**, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

17. Do not heat any type of baby bottles or baby food. Uneven heating may occur and could cause personal injury.

18. Avoid heating small-necked containers such as syrup bottles.

19. Avoid using corrosive and vapors, such as sulfide and chloride.

20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.) resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

SAVE THESE INSTRUCTIONS

INSTALLATION

A. GROUNDING INSTRUCTIONS

For personal safety, this appliance must be properly grounded.

In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape route for the electric current.

The power cord of this appliance is equipped with a three-prong (grounding) plug (Fig.1) to minimize the possibility of electric shock hazard from this appliance.

The plug must be plugged into an outlet that is properly installed and grounded.

WARNING - Improper use of the grounding plug can result in a risk of electric shock.
Do not, under any circumstances, cut or remove the third ground prong from the power cord plug.

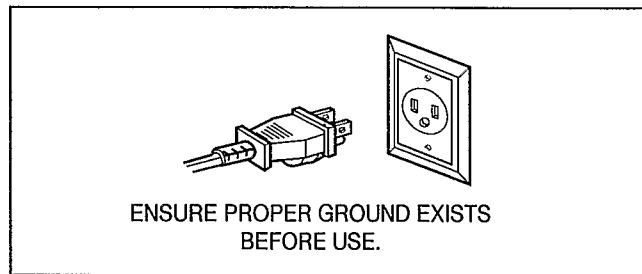


Fig.1

The consumer should have the outlet checked by a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. Where a standard two-prong wall receptacle is encountered, it is the responsibility and obligation of the consumer to have it replaced with a properly grounded three-prong wall receptacle.

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.

- a) Usage situations where the appliance power cord will be disconnected frequently: Do not use an adapter plug in these situations because disconnecting of the power cord causes undue strain on the adapter and leads to eventual failure of the adapter ground terminal. If customer has two-prong wall receptacle, he should replace it with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.
- b) Use of extension cords: 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 should be equal to or greater than the electrical rating of the appliance.

NOTE:

1. Short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used. (1) the marked electrical rating of the cord set or 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 (3) the longer 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 accidentally.

B. CIRCUITS

For safety purposes this oven must be plugged into a 15 Amp circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

C. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial 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. In case your microwave oven does not perform normal operation in accordance with AC power source and voltage, remove the power cord and then insert it again.

D. PLACEMENT OF THE OVEN

Your microwave oven can easily be placed in your kitchen, family room or any other room in your home. Place the oven on a flat surface such as a kitchen counter top or a specially designed microwave oven cart. Do not place oven above a gas or electric range. Free air flow around the oven is important.

E. 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. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

F. RADIO INTERFERENCE

1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surfaces of the oven
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven with respect to the receiver.
 - 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.

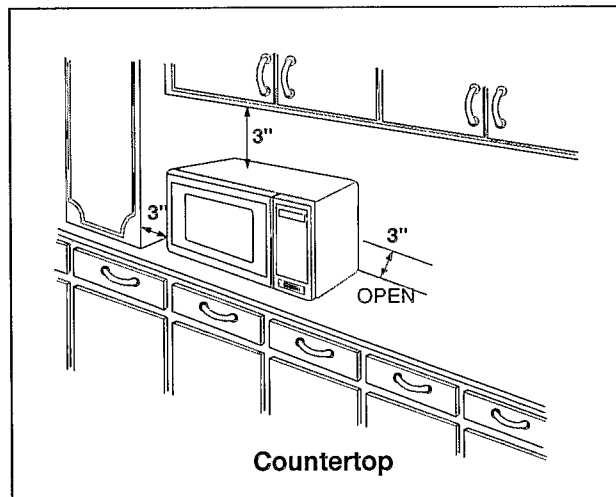
G. INSTALLATION

Select a level surface that provides enough open space for the inlet and/or outlet vents located at the rear and underside of the oven. Make sure there are at least 3 inches of space on the top and at the back of the oven.

When one side is installed flush to the wall, the opposite side or top must be open. Do not remove the plastic feet from the oven bottom.

Plug your oven into a standard 120-volt/60Hz household outlet.

The electrical circuit must be at least 15 amperes. Your microwave oven should be the only appliance on the circuit.



- Spacing should be over 3 inches (7.5cm).
- One side must be open.

Under-The-Counter kits

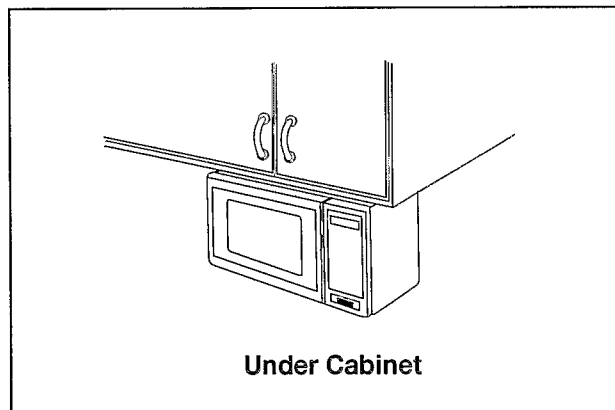
You can fasten your microwave oven onto a wall or under a cabinet by using [Kit No. 82-5530](#).

This kit is sold separately.

This kit is available from your Dealer.

If your dealer does not stock the kit, it can be ordered, by kit part number, from the Frigidaire Customer Service Center. Call 1-800-451-7007

NOTE: DO NOT INSTALL YOUR OVEN OVER A RANGE COOKTOP OR OTHER HEAT PRODUCING APPLIANCE, OR DAMAGE TO THE OVEN MAY RESULT.



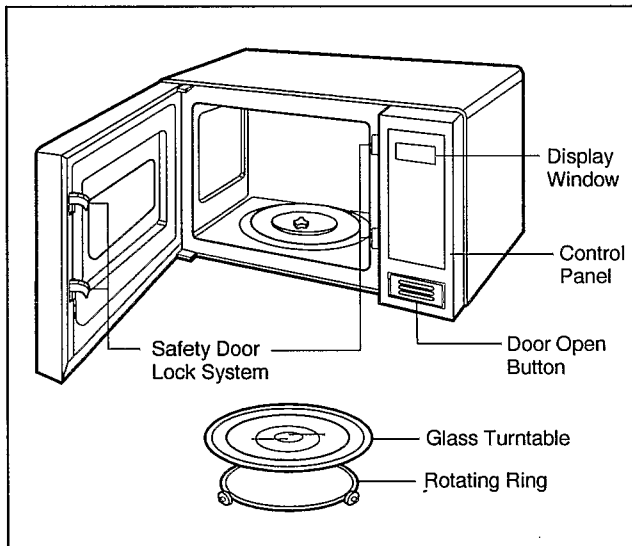
TECHNICAL SPECIFICATIONS

Power Supply	120V AC., 60Hz
Rated Power Consumption	910 Watts
Microwave Output	625 W (IEC 705 RATING STANDARD)
Frequency	2450 MHz.
Rated Current	8.5 A
Overall Dimensions	18 7/16" (W)x9 7/16"(H)X 12 9/16"(D)
Oven Cavity Dimensions	11 1/4" (W)x7 1/8"(H)x12 1/2"(D)
Effective Capacity of Oven Cavity	0.6 Cu.Ft.

* Specifications subject to change without prior notice.

<p>The serial number is found on the back of this unit. This number is unique to this unit and not available to others. You should record requested information here and retain this guide as a permanent record of your purchase.</p>	Date of Purchase _____
	Dealer Purchased From _____
	Dealer Address _____
	Dealer Phone No. _____
	Model No. _____
	Serial No. _____

FEATURES DIAGRAM



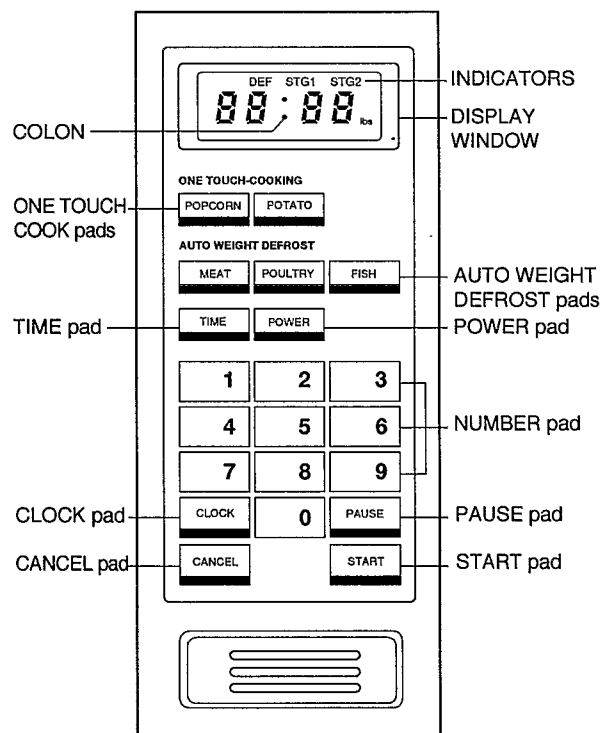
Remove your Microwave Oven and all materials from the shipping carton.

Your oven will be packed with the following materials:

Glass Turntable	1 each
Owner's Manual & Cooking Guide	1 each
Rotating Ring	1 each

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

CONTROL PANEL



NOTE: A "beep" sound when a "pad" on the control panel is touched, to indicate setting has been entered.

INTRODUCTION

1. HOW YOUR MICROWAVE OVEN WORKS

Microwaves are a form of energy similar to radio and television waves and to ordinary daylight. But ordinarily, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Our microwave oven, however, is constructed in such a way as to take advantage of microwave energy.

Electricity is converted into microwave energy by the magnetron tube, and microwaves are then sent into the cooking area through openings at the side of the oven. A turntable or tray is located at the bottom of the oven.

Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed. Microwaves do not heat the cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance: Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves.

By the time the microwave energy has been converted into heat in the process of making your food hot, the microwaves are completely spent.

Thus, there is NO 'residue' of any kind in food that has been cooked by microwaves.

2. GETTING THE BEST RESULTS FROM YOUR MICROWAVE OVEN

Keeping an eye on things: The recipes in this book have been formulated with great care, but your success in preparing them depends, of course, on how much attention you pay to the food as it cooks. Always watch your food as it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your recipe.

Directions given in recipes to 'elevate', 'stir', and the like should be thought of as the minimum steps recommended. If the food seems to you to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting cooking times: To check the wattage of your oven, refer to the drawings at the beginning of this book. 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. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times, for while undercooked food may always be cooked a bit more, overcooked food is ruined for good. However, some of the recipes, particularly those for bread, cakes 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 foods gradually travels inward. If the foods are left in the oven until they are cooked all the way through, the outer portions will become overcooked or even burnt. As you gain experience in using your microwave oven, you will become increasingly skillful in estimating both cooking and standing times for various foods.

3. HOW CHARACTERISTICS OF FOODS AFFECT MICROWAVE COOKING

Density of foods: 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 foods that the outer edges do not become dry and brittle. Shield edge with foil or microwave at a low power level.

Height of foods: The upper portion of tall foods, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall foods during cooking, sometimes several times.

Moisture content of foods: Since microwaves are attracted by moisture, relatively dry foods such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered so as to retain steam.

Bone and fat content of foods: Bones conduct heat and large amounts of fat attract microwave energy. Therefore, care must be taken when cooking bony or fatty cuts of meat that the meats do not cook unevenly and do not become overdone.

Quantity of foods: 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 cooking time. Remember to decrease cooking times by at least one-third when halving a recipe.

Shape of foods: Microwaves penetrate only about 1 inch (2.5cm) into foods; the interior portion of thick foods is cooked as the heat generated on the outside travels inward. In other words, only the outer edge of any foods is actually cooked by microwave energy; the rest is cooked by convection.

It follows then that 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 microwave (cook) most successfully.

4. SPECIAL TECHNIQUES IN MICROWAVE COOKING

Browning: Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat.

Foods that are cooked for a shorter period of time may be brushed with a browning sauce to achieve an appetizing color. The most commonly used browning sauces are worcestershire sauce, soy sauce and barbecue sauce. Since relatively small amounts of browning sauces are added to foods, the original flavor of recipes are not altered.

Covering: A cover traps heat and steam and causes food to cook more quickly. You may either use a lid or microwave cling-film with a corner folded back to prevent splitting.

Covering with waxed paper: Greaseproof effectively prevents spattering and helps food retain some heat. But because it makes a looser cover than a lid or cling-film, it allows the food to dry out slightly.

Wrapping in greaseproof or paper towel: Sandwiches and many other foods containing pre-baked bread should be wrapped prior to microwaving to prevent drying out

Arranging and spacing: Individual foods such as baked potatoes, small cakes and hors d'oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.

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

Turning over: Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut-up chicken and chops.

Placing thicker portions facing outwards: Since microwaves are attracted to the outside portion of foods, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the foods will cook evenly.

Shielding: Strips of aluminium foil, which block microwaves, are sometimes 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 tightly secured to the dish or it may cause 'arcing' in the oven.

Elevating: Thick or dense foods are often 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 both yolks and whites of eggs, clams and oysters and many whole vegetables and fruits.

Testing if cooked: Because foods cook so quickly in a microwave oven, it is necessary to test food frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, are 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 microwave oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture(some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavor blend and develop.

5. MICROWAVE-SAFE UTENSILS

Never use metal or metal-trimmed utensils in your microwave oven. Microwaves cannot penetrate metal. They will bounce off any metal object in the oven -they are deflected by the metal walls- and cause arcing, an alarming phenomenon that resembles lightning.

Most heat-resistant non-metallic cooking utensils are safe for use in your microwave oven. However some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven.

Testing utensils for microwave use: Place the utensil in question next to a glass bowl filled with water in the microwave oven. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

- 1. Dinner plates:** Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.
- 2. Glassware:** Glassware that is heat-resistant is microwave-safe. This would include all brands of oven-tempered glass cookware. Do not however, use delicate tumblers, wine glasses and the like in the oven as these are likely to shatter as food warms up.
- 3. Paper:** Paper plates and containers are convenient and safe to use in your 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.
- 4. Plastic storage containers:** These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.
- 5. Plastic cooking bags:** Provided they are made specially for cooking, cooking bags are microwave-safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.
- 6. Plastic microwave cookware:** A variety, of shapes and sizes of microwave cookware is available. For the most part, you can probably microwave items that you already have on hand rather than investing in new kitchen equipment.
- 7. Pottery, stoneware and ceramic:** Container made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

OPERATING INSTRUCTIONS

1. SETTING TIME OF DAY

You must set the clock before you begin operating your oven.

To set the time of day, enter the correct time of day. (Current time of day is 4:30)

STEP	KEY PAD	DISPLAY WINDOW	REMARKS
1. Plug the power cord into and electrical outlet.			
2. Touch "CLOCK".			" 0 " will show.
3. Enter the correct time of day.			
4. Touch "CLOCK" again.			The time will be set.

NOTE: This is a 12 hour clock.

will appear in the readout if you attempt to enter an incorrect clock time for example, 3:78 or 14:02.

OPERATION SUMMARY



2. CHILD LOCK

Your oven has a "CHILD LOCK" feature, that inactivates the microwave.

TO SET CHILD LOCK

1. Touch CANCEL.
2. Touch and hold "0" until "L" appears at the left of the display and a single beep is heard. In this condition the oven will not operate. If a cooking program is set and the START key has been touched during the LOCK OUT phase, "L" will appear along with one long beep.


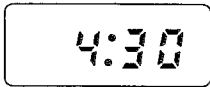

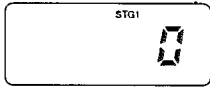




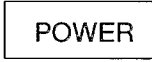
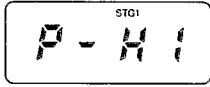



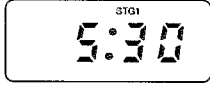
TO CANCEL THE CHILD LOCK

1. Touch CANCEL.
2. Touch and hold "0" until "L" disappears from display and a single beep is heard. Oven is now ready to use.

3. TIMED COOKING

TIMED COOKING gives the highest cooking power possible with your microwave oven. It is the recommended setting for cooking foods with high moisture or for cooking foods that needs fast cooking to maintain their natural flavor and texture. Many foods need slower cooking (at less than HI power) in order to give you the best results. In addition to HI-POWER, there are nine multi-power settings. The cooking guide tells you which power setting is recommended for the food being cooked.

EXAMPLE: If you want to cook food on 80% Power (Power 8) for 5minutes 30 secondes.
(Current time of day is 4:30.)

STEP	KEY PAD	DISPLAY WINDOW	REMARKS
1. Touch "CANCEL".			Erase all previous settings except time of day.
2. Touch "TIME".			"0" will show in the display window, and "STG 1" will blink.
3. Touch the correct numbers on the control panel to set the cooking time.	  		The set time will show in the display window.
4. Touch "POWER".			"P-HI" will show.
5. Touch "8".			"P-80" will show.
6. Touch "START".			The oven begins to cook and the time will begin to count down in the display window. Two short and one long tones will sound and the word "End" will show in the display window when the 5 minutes 30 seconds is over.

NOTE: If you do not select the power level, the oven will operate at power HIGH. To set HI-POWER cooking, skip steps 4 to 5 above.

2 STAGE COOKING

For Two Stage cooking, repeat above step 2 through 5 before pressing "START" pad for every additional "Time" and "Power" program you want to add.

OPERATING INSTRUCTIONS (Cont'd)

4. MICROWAVE POWER LEVELS

Your microwave oven is equipped with ten power levels (11 levels including 0) to give you maximum flexibility and control over cooking. When your cooking program is completed, a beep automatically sounds. The table below will give you some idea of which foods are prepared at each of the various power levels.

THE CHART BELOW SHOWS THE POWER LEVEL SETTINGS FOR YOUR OVEN.

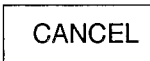
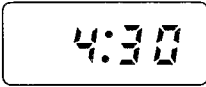
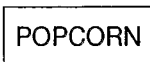
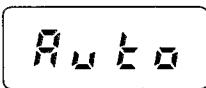
MICROWAVE POWER LEVEL CHART

POWER LEVEL	USE
High	<ul style="list-style-type: none">● Boil water.● Brown ground beef.● Make candy.● Cook poultry pieces, fish, vegetables.● Cook tender cuts of meat.
9 (Saute)	<ul style="list-style-type: none">● Reheat rice, pasta & vegetables.
8 (Reheat)	<ul style="list-style-type: none">● Reheat prepared foods quickly.● Reheat sandwiches.
7 (Medium High)	<ul style="list-style-type: none">● Cook egg, milk and cheese dishes.● Cook cakes, breads.● Melt chocolate.
6 (Medium)	<ul style="list-style-type: none">● Cook veal.● Cook whole fish.● Cook puddings and custards.
5 (Medium Low)	<ul style="list-style-type: none">● Cook ham, whole poultry, lamb.● Cook rib roast, sirloin tip.
4 (Defrost)	<ul style="list-style-type: none">● Thaw meat, poultry and seafood.
3 (Low)	<ul style="list-style-type: none">● Cook less tender cuts of meat.● Cook pork chops, roast.
2 (Simmer)	<ul style="list-style-type: none">● Take chill out of fruit.● Clarify butter.
1 (Warm)	<ul style="list-style-type: none">● Keep casseroles and main dishes warm.● Soften butter and cream cheese.
0	<ul style="list-style-type: none">● Standing time.● Independent timer.

OPERATING INSTRUCTIONS (Cont'd)

5. ONE TOUCH COOKING

This function allows you to cook Popcorn or Potato by touching the One Touch key pad.
(Current time of day is 4:30)

STEP	KEY PAD	DISPLAY WINDOW	REMARKS
1. Touch "CANCEL".			Erase all previous setting except time of day.
2. Select desired one touch Keypad. (Ex: Popcorn)			"Auto" will show in the display window. The oven will begin the One Touch cooking you selected and the display window will show the total cooking time. At the end of the required time, two short and one long tones will sound and "End" will show in the display window. The oven shuts off automatically.

ONE TOUCH COOKING CHART

SETTING	QUANTITY	SPECIAL NOTE
Popcorn	1 bag (3-1/2 oz.)	Use popcorn packages which are made especially for microwave cooking. Do not try to pop unpopped kernels. Heat only 1 package at a time. Do not leave the microwave oven unattended while popping popcorn.
Potato	1 med. (6 oz.)	Place in center of the oven on paper towel. Pierce potato with fork several times. After cooking let stand for 2 minutes.

OPERATING INSTRUCTIONS (Cont'd)

6. AUTO WEIGHT DEFROST

EXAMPLE: If you want to defrost 2 pounds of Ground Beef. (Current time of day is 4:30)

STEP	KEY PAD	DISPLAY WINDOW	REMARKS
1. Touch "CANCEL".	<input type="button" value="CANCEL"/>		
2. Enter desired category.	<input type="button" value="MEAT"/>		
3. Select the desired cooking weight by using Number key pad. (ex: 2 lbs.)	<input type="button" value="2"/> <input type="button" value="0"/>		"2.0" Will show in the display window.
4. Touch "START".	<input type="button" value="START"/>		The automatic cooking time will show in the display window and the oven will begin the defrosting you selected. At the end of the required time, two short and one long beep will sound. The oven shuts off automatically.

OPERATION SUMMARY



AUTO WEIGHT DEFROST SEQUENCE LIST

SEQUENCE	FOOD	MIN./MAX. FOOD WEIGHT
MEAT	BEEF Ground Beef, Round Steak, Cubes for Stew, Tenderloin Steak, Pot Roast, Rib Roast, Rump Roast, Chuck Roast	0.1/5.9 lbs.
	LAMB Chops (1-inch thick), Rolled roast.	
	PORK Chops (1/2-inch thick), Spareribs, Country-style ribs, Rolled roast	
	VEAL Cutlets (1lb., 1/2-inch thick)	
POULTRY	CHICKEN Whole (under 4 lbs.) , Parts Breasts (boneless)	0.1/5.9 lbs.
	CORNISH HENS Whole	
	TURKEY Breast (under 6 lbs.)	
FISH	FISH Fillets, Whole	0.1/5.9 lbs.
	SHELLFISH Crabmeat, Lobster tails, Shrimp, Scallops	

OPERATING INSTRUCTIONS (Cont'd)

AUTO WEIGHT DEFROST GUIDE

MEAT

Food	Setting	At Beep	Special Instructions
BEEF			Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence. Do not defrost less than 1/4 lb. Freeze in a doughnut shape.
Ground beef (bulk)	MEAT	Remove thawed portions with fork. Turn over.	Do not defrost less than two 4-oz. patties. Depress center when freezing.
Ground beef (patties)	MEAT	Separate and rearrange. Return remainder to oven.	Place on microwavable roasting rack.
Hamburger patty	MEAT	Separate and rearrange.	Place on microwavable roasting rack.
Pot roast	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
Chuck roast	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
Rib roast	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
Rolled rump roast	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
Round steak	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
Stew beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in microwavable baking dish.
Tenderloin	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
LAMB			
Chops (1-inch thick)	MEAT	Separate and rearrange.	Place on microwavable roasting rack.
Cubes for stew	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in microwavable baking dish.
Rolled roast	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
PORK			
Bacon	MEAT	Separate and rearrange.	Place on microwavable roasting rack.
Chops (1/2-inch thick)	MEAT	Separate and rearrange.	Place on microwavable roasting rack.
Country-style ribs	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
Hot dogs	MEAT	Separate and rearrange.	Place on microwavable roasting rack.
Rolled roast, boneless	MEAT	Turn over. Shield if necessary.	Place on microwavable roasting rack.
Sausage bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in microwavable baking dish.
Sausage links	MEAT	Separate and rearrange.	Place on microwavable roasting rack.
Spareribs	MEAT	Turn over. Shield if necessary.	
VEAL			
Cutlets (1 lb., 1/2-inch thick)	MEAT	Separate and rearrange.	Place on microwavable roasting rack.

OPERATING INSTRUCTIONS (Cont'd)

POULTRY

Food	Setting	At Beep	Special Instructions
CHICKEN			No poultry over 5.9 lbs should be defrosted using AUTO WEIGHT DEFROST, nor should any whole turkeys be defrosted with this setting.
Breasts (boneless)	POULTRY	Separate and turn over. Cover with waxed paper.	Place on microwavable roasting rack. Finish defrosting by immersing in cold water.
Cut up	POULTRY	Separate pieces and rearrange. Turn over. Shield if necessary.	Place on microwavable roasting rack. Finish defrosting by immersing in cold water.
Whole (under 4 lbs.)	POULTRY	Turn over (end defrost breast side down). Shield if necessary.	Place chicken breast-side-up on microwavable roasting rack. Finish defrosting by immersing in cold water. Remove giblet when chicken is partially defrosted.
CORNISHHENS			
Whole	POULTRY	Turn over. Shield if necessary.	Place on microwavable roasting rack. Finish defrosting by immersing in cold water.
TURKEY			
Breast (under 6 lbs.)	POULTRY	Turn over. Shield if necessary.	Place on microwavable roasting rack. Finish defrosting by immersing in cold water.

FISH AND SHELLFISH

Food	Setting	At Beep	Special Instruction
FISH			
Fillets	FISH	Turn over. Separate fillets when partially thawed.	Place in microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in microwavable baking dish. Run cold water over steaks to finish defrosting.
Whole	FISH	Turn over.	Place in microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
SHELLFISH			
Crabmeat	FISH	Break apart. Turn over.	Place in microwavable baking dish.
Lobster tails	FISH	Turn over and rearrange.	Place in microwavable baking dish.
Shrimp	FISH	Break apart and rearrange.	Place in microwavable baking dish.
Scallops	FISH	Break apart and rearrange.	Place in microwavable baking dish.

OTHER HELPFUL INSTRUCTIONS

For best results and more enjoyable cooking. Please read your cooking guide thoroughly.

For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking occasionally for doneness. The microwave oven cooks so quickly, it is easy to overcook foods.
2. Small quantities of food, or foods with low water content may dry out and become hard if cooked too long.
3. Do not use the oven for drying kitchen towels or paper products. They may burn.
4. Don't cook eggs, in their shell, in the microwave oven.
5. For food items such as apples, potatoes, egg yolks, chicken livers, etc., be sure to pierce the skin or membrane to prevent bursting of the food while cooking in the oven.

Defrosting Frozen Foods:

1. Foods that have been frozen can be placed directly in the oven for thawing.
(Be certain to remove any metallic ties or wraps.)
2. Defrost according to the Defrost Guide found in this Manual.
3. For areas of the food thawing faster than others, shield if necessary.
This helps slow down or stop the defrosting process.
4. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen.
5. It may be necessary to increase or decrease the cooking time in some recipes, depending on the starting temperature of the foods.

NOTE:

Air from the vent may become warm during cooking. This is normal.

Browning:

There are a few foods which are not cooked long enough in the microwave oven to brown and may need additional color.

Coatings such as SHAKE & BAKE® or paprika, and browning agents such as Kitchen Bouquet® or Worcestershire sauce may be used on chops, meat patties or chicken parts.

Roasts, poultry or ham, cooked for 10-15 minutes or longer, will brown nicely without extra additives.

COOKING UTENSILS

Cooking Utensils:

1. Most glass, glass ceramic and heat resistant glassware utensils are excellent. Those with metallic trim should not be used in the microwave oven.
2. Most paper napkins, towels, plates, cups, cartons and cardboard are convenient utensils. Some recycled paper products may contain impurities which could cause "arcing" or fires, when used in the microwave oven.
3. Some plastic dishes, cups, containers and wraps may be used in the microwave oven. Follow the manufacturer's instructions or information given in the cooking guide when using plastics in the microwave oven.
4. Metal utensils and utensils with metallic trim should not be used in the microwave oven

CARE OF YOUR MICROWAVE OVEN

To Clean Your Oven

1. Keep the inside of the oven clean.
Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame.
It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a sudsy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.
2. Keep the outside of the oven clean.
Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings.
To clean control panel open the door to prevent oven from accidentally starting, and wipe with a damp cloth followed immediately by a dry cloth. Touch clear pad after cleaning.
3. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth.
This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

GENERAL PROCEDURE FOR COOKING MEAT

1. No special techniques are required. The roast should be prepared and seasoned (if desired) as for any other conventional method. Meat should be thoroughly defrosted before cooking.
2. Place the meat on a microwave roasting rack or ovenproof plate and place on the turntable.
3. Cook according to the cooking chart using the longer time for small joints and the shorter time for large joints. Use the longer time for thicker chops.
4. Turn the meat once halfway through the cooking time.
5. Let STAND for 5-10 minutes wrapped in foil after cooking. The standing time is very important as it 'finishes off' the cooking time.
6. Ensure meat, especially pork, is thoroughly cooked before eating.

MEAT COOKING CHART

Cut	Microwave power	Cooking time per pound
BEEF		
Standing/Rolled Rib-Rare	8	10 ¹ / ₂ ~11 ¹ / ₂ minutes
-Medium	8	11~14 minutes
-Well done	8	13~15 ¹ / ₂ minutes
Ground Beef (to brown for casserole) Hamburgers, Fresh or defrosted (4 oz. each)	HIGH	8~10 minutes
2 patties	HIGH (100%)	3~6 minutes
4 patties	HIGH (100%)	4~7 minutes
PORK		
Loin, Leg	8	14~18 minutes
Bacon		
4 slices	HIGH	4~6 minutes
6 slices	HIGH	5~6 minutes

NOTE:

The above timings should be regarded as a guide only to allow for individual tastes and preferences. The timings may vary due to the shape, cut and composition of the meat.

GENERAL PROCEDURE FOR COOKING POULTRY

1. No special techniques are required. The poultry should be prepared as for any other conventional method. Season if desired.
2. Poultry should be thoroughly defrosted, ensuring giblets and any metal clamps are removed.
3. Prick the skin and lightly brush with vegetable oil unless self basting.
4. All poultry should be placed on a microwave roasting rack or an ovenproof plate and placed on the turntable.
5. Cook according to the instructions in the cooking chart turning the bird over halfway through the cooking time. Poultry items, because of their shape have a tendency to cook unevenly, especially in very bony parts. Turning the bird during roasting helps to cook these areas evenly.

NOTE:

If whole birds are stuffed, the weight of the stuffed bird should be used when calculating the cooking time.

6. Let STAND for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important as it 'finishes off' the cooking time.
7. Ensure poultry is thoroughly cooked before eating. Whole poultry is cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry portions should be pierced with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

POULTRY COOKING CHART

Poultry	Microwave power	Cooking time per pound
CHICKEN		
Whole	8	12~14 minutes
Breast(boned)	8	11~13 minutes
Portions	8	12~14 minutes
TURKEY		
Whole	8	11~14 minutes

NOTE:

The above timings should be regarded as a guide only to allow for individual tastes and preferences. Timings may vary due to shape and composition of the food.

GENERAL PROCEDURE FOR COOKING FISH

1. Arrange fish in a large shallow non-metallic dish or casserole.
2. Cover with pierced microwave plastic film or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the cooking chart. Flakes of butter can be added to the fish if desired.
5. Let STAND as directed in the cooking chart before serving.
6. After standing time, check to see that the fish is thoroughly cooked. The fish should be opaque and flake easily.

FRESH FISH COOKING CHART

Fish	Microwave power	Cooking Time per pound	Method	Standing Time
Fish Fillets	HIGH	6~8 minutes	Add 1-2x15ml (1-2 tbsp) milk	2~3 minutes
Whole mackerel, Cleaned and Prepared	HIGH	6~8 minutes	—	3~4 minutes
Whole Trout, Cleaned and Prepared	HIGH	7~9 minutes	—	3~4 minutes
Salmon Steaks	HIGH	8~9 minutes	Add 1-2x15ml (1-2 tbsp) milk	3~4 minutes

REHEATING

To heat or reheat successfully in the microwave, here are some guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will heat more evenly if covered with a microwavable lid or plastic wrap, vented. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

Item	Power Level	Cook Time	Special Instructions
Sliced meat 3 slices (1/4 inch thick)	8	2~4 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap; vent. * Note: gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	8 8	3~5 minutes 3~4 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap; vent.
Fish fillet (6-8 oz.)	8	2 1/2~4 minutes	Place fish on microwavable plate. Cover with plastic wrap; vent.
Lasagna 1 serving (10 1/2 oz.)	8	5~7 minutes	Place lasagna on microwavable plate. Cover with plastic wrap; vent.
Casserole 1 cup 4 cups	8 8	2~3 minutes 6~8 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	5 5	2 1/2~4 minutes 3~4 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Sloppy joe or barbecued beef 1 sandwich (1/2 cup meat filling without bun)	9	1~1 1/2 minutes	Reheat filling and bun separately. Cook filling covered in microwavable casserole; stir once. Heat bun as directed in chart below.
Mashed potatoes 1 cup 4 cups	8 8	3~5 minutes 8~9 1/2 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Baked beans 1 cup	9	3~4 1/2 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	9 9	3~5 minutes 10~11 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Rice 1 cup 4 cups	9 9	2~3 minutes 5~6 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
Sandwich roll or bun 1 roll	8	17~22 seconds	Wrap in paper towel and place on roast rack.
Vegetables 1 cup 4 cups	9 9	2~3 minutes 7~9 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.

FRESH VEGETABLE CHART

Vegetable	Amount	Cook Time at HIGH	Instructions	Standing Time
Artichokes (8 oz. each)	2 medium 4 medium	7~8 12~13	Trim. Add 2 tsp. water and 2 tsp juice. Cover.	2~3 minutes
Asparagus, Fresh, spears	1lb.	8~9	Add 2 tbsp. water. Cover.	2~3 minutes
Beans, green & wax	1lb.	10~11	Add 2 tbsp. water in 1-1/2 qt. casserole. Stir halfway through cooking	2~3 minutes
Beets, Fresh,	1lb.	17~19	Add 1/4 cup water in 1-1/2 qt. covered casserole. Rearrange halfway through cooking.	2~3 minutes
Broccoli, Fresh, spears	1lb.	7~8	Place broccoli in baking dish. Add 2 tbsp. water.	2~3 minutes
Cabbage, Fresh, chopped	1lb.	8~9	Add 1/4 cup water in 1-1/2 qt. covered casserole. Stir halfway through cooking	2~3 minutes
Carrots, Fresh, sliced	2 cups	7~8	Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2~3 minutes
Cauliflower, Fresh, whole	1lb.	8~9	Trim. Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking	2~3 minutes
Fresh, flowerets	2 cups	7~8		
Celery, Fresh, sliced	4 cups	9~10	Slice. Add 2 tbsp. water in 1-1/2qt. covered casserole. Stir halfway through cooking.	2~3 minutes
Corn, Fresh	2 ears	9~11	Husk. Add 2 tbsp. water in 1-1/2 qt baking dish. Cover.	2~3 minutes
Mushrooms, Fresh, sliced	1/2 lb.	4~5	Place mushrooms in 1-1/2 qt. covered casserole. Stir halfway through cooking.	2~3 minutes
Parsnips, Fresh, sliced	1lb.	7~8	Add 2 tbsp. water in 1-1/2 qt. covered casserole. Stir halfway through cooking.	2~3 minutes
Peas, Green, Fresh	4 cups	9~10	Add 2 tbsp. water in 1-1/2 qt. covered casserole. Stir halfway through cooking.	2~3 minutes
Potatoes, sweet, whole (6-8 oz. each)	2 medium 4 medium	7~8 9~10	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2~3 minutes 2~3 minutes
Potatoes, white whole baking (6-8 oz. ech)	2 potatoes 4 potatoes	8~9 13~14	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2~3 minutes 2~3 minutes
Spinach, Fresh, leaf	1lb.	7~8	Add 2 tbsp. water in 2-qt. covered casserole.	2~3 minutes
Squash, Acorn or butternut, Fresh	1 medium	9~10	Cut squash in half. Remove seeds. Place in 8x8-inch baking dish. Cover.	2~3 minutes
Zucchini, Fresh, sliced	1lb.	8~10	Add 2 tbsp. water in 1-1/2 qt. covered casserole. Stir halfway through cooking.	2~3 minutes
Zucchini, Fresh, whole	1lb.	7~10	Pierce. Place on 2 paper towels. Turn zucchini over and rearrange halfway through cooking.	2~3 minutes

PRECAUTIONS

1. Do not attempt to tamper with, or make any adjustments or repairs to door control panel, safety interlock switches or any other part of the oven. Repairs should be done by qualified service personnel only.
2. Be certain to place the front surface of the door three inches or more away from the countertop edge to avoid accidental tipping of the appliance in normal usage.
3. For the most accurate programming of the electronic units, touch the center of each pad securely. Do not touch several pads at one time or touch in between pads. A beep sound should be heard with each touch when pad is touched correctly.
4. Do not hit or strike the control with objects such as silverware, utensils, etc. Breakage may occur.
5. Be careful when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot.
6. Do not rinse cooking utensils by immediately placing them into water just after cooking. This may cause breakage. Allow the turntable to cool down.
7. Do not use glass utensils. See cooking utensils section in this manual.
8. Do not operate the oven empty. Either food or water should always be in the oven during operation to absorb microwave energy.
9. Do not heat unopened food containers in the oven. Pressure build-up can cause the container to burst, resulting in injury.
10. Do not use your microwave oven to dry newspapers or clothes. They can catch fire.
11. Only use thermometers approved for Microwave Oven Cooking.
12. Be certain the turntable is in place when you operated the oven.
13. Pierce the skin of potatoes, whole squash, apples or any fruit or vegetable which has a skin covering, before cooking.
14. Never use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell causing it to burst.
15. **Do not** pop popcorn, except in a microwave-approved popcorn popper or commercial package designed especially for microwave ovens.
Never try to pop popcorn in a paper bag not designed for microwave oven use. Overcooking may result in smoke and fire. **Do not** repop unpopped kernels. **Do not** reuse popcorn bags.

QUESTIONS AND ANSWERS

- Q.** What's wrong when the oven light will not glow?
A. There may be several reasons why the oven light will not glow.
■ Door is not closed. ■ Light bulb is burned out. ■ START has not been touched.
-
- Q.** Does microwave energy pass through the viewing screen in the door?
A. No. The holes, or ports are made to allow light to pass; they do not let microwave energy through.
-
- Q.** Why does the beep tone sound when a pad on the control panel is touched?
A. The beep tone sounds, to assure that the setting is being properly entered.
-
- Q.** Will the microwave oven be damaged if it operates empty?
A. Yes. Never run it empty and without the glass tray.
-
- Q.** Why do eggs sometimes pop?
A. When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.
-
- Q.** Why is standing time recommended after microwave cooking is over?
A. After microwave cooking is finished, foods keep on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.
-
- Q.** Is it possible to pop popcorn in a microwave oven?
A. Yes, if using one of the two methods described below:
(1) Microwave-popping devices designed specifically for microwave cooking.
(2) Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.
FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN POPPING PRODUCT AND DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN AN OVEN FIRE.
CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN OR ATTEMPT TO POP LEFT-OVER KERNELS.
-
- Q.** Why doesn't my oven always cook as fast as the cooking guide says it should?
A. Check with your cooking guide again, to make sure you've followed directions exactly: and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent over-cooking the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food could require longer cooking time. Use your own judgement along with the cooking guide suggestions to test for doneness, just as you would do with conventional cooking.

BEFORE CALLING FOR SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the chart below and try the solutions marked for each problem. If the microwave oven still does not work properly, contact your Dealer. See next page.

PROBLEM

Oven Will Not Start	X	X	X	X											
Arcing or Sparking					X	X	X								
Time of Day Incorrect								X							
Probe Light Flashes									X						
Unevenly Cooked Foods					X					X	X				
Overcooked Foods						X						X	X		
Undercooked Foods					X	X					X	X	X	X	
Improper Defrosting					X					X		X			
Oven Lamp does not Light	X	X	X												X

SOLUTION

- Is power cord plugged in? _____
- Is door closed? _____
- Cooking time not set. _____
- Temperature not set or probe not plugged in. _____
- Use approved cookware only. _____
- Properly position temperature probe. _____
- Do not operate with oven empty. _____
- Reset time of day. _____
- Is temperature probe properly plugged in? _____
- Turn or stir food. _____
- Completely defrost food. _____
- Use correct Time/Power Level setting. _____
- Use correct Temp setting. _____
- Check to see that oven ventilation ports are not restricted. _____
- Is Light Bulb burned out? _____

No One Knows How To Service Our Appliances Better Than We Do

With regular use and care, your appliance will provide a long life of service. However, if you need help or information, call on the people who made your appliance.

Avoid Unnecessary Cost And Inconvenience

Make a few simple checks before calling for service. Common occurrences and their solutions can be found in the "**Avoid Service Checklist**" included in this owner's guide. All service should be performed by a qualified servicer to assure safe and proper operation.

If Service Is Necessary

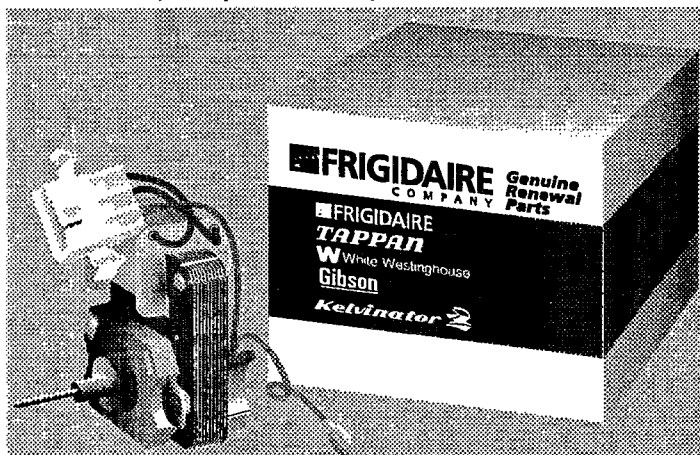
Before you call, have your **model number**, **serial number**, **date of purchase**, and a **description of your problem** ready. This information will help us to serve you quickly. For prompt, professional service:



- Refer to the Service Center listing included in this manual.
- Or, call toll-free **1-800-537-5530** for the Frigidaire Company Service Center or authorized servicer nearest you.

Rely On Frigidaire Company Genuine Renewal Parts

To maintain your original appliance warranty, make sure repairs are completed with only Genuine Renewal Parts. Only Frigidaire Company Genuine Renewal Parts are guaranteed for maximum quality, durability, and performance.



For the location of your nearest genuine parts source, refer to the Service Center listing included in this manual, or call **1-800-537-5530** for the Frigidaire Company Authorized Parts Distributor nearest you.

Extend The Life Of Your Warranty

Purchase our Service Contract while your warranty is still in effect, and we will give you a discount on the extended coverage. Keep your appliance in good operating condition and avoid unexpected repair bills. Just call toll-free **1-800-537-5530** to initiate your continued coverage.



FRIGIDAIRE Consumer Services
COMPANY

FRIGIDAIRE TAPPAN W White-Westinghouse **Gibson Kelvinator**

Service Center Locations

Frigidaire Company maintains a national network of company-owned Service Centers and authorized servicers to provide prompt, professional service for your appliance anywhere you live or move in the U.S.A. If you reside in one of our Service Center areas

(see directory below), you can contact the Service Center directly to obtain quick, professional repair of your product. If a Service Center is not located in your area, call the toll-free number below for the authorized independent servicer nearest you.

Call Us Toll-Free, 1-800-451-7007



Atlanta area
4795 Fulton Industrial Blvd.
P.O. Box 43807 (zip 30378-6201)
Atlanta, GA 30336
(404) 691-1334

Baltimore/Washington area
8332 Bristol Court
Jessup, MD 20794
(410) 792-4400

Boston area
34 St. Martin Drive.
Marlborough, MA 01752
(508) 485-0833

Chattanooga area
(615) 622-1023
1-800-944-4086

Chicago area
899 Carol Court
Carol Stream, IL 60188
(708) 752-9000

Cincinnati/Dayton area
11325 Reed Hartman Hwy.
Suite 130
Cincinnati, OH 45241
(513) 489-9210

Columbus area
2541 Westbelt Drive
Columbus, OH 43228
(614) 876-4644

Cleveland area
(216) 663-8182
1-800-678-6644

Dallas/Ft. Worth area
901 W. North Carrier Pkwy.
Grand Prairie, TX 75050
(214) 988-0371

Detroit area
13211 Northend
Oak Park, MI 48237
(313) 542-5780

Ft. Lauderdale/Miami area
1203 N.W. 65th Place
Ft. Lauderdale, FL 33309-2144
(305) 972-2741

Hartford area
100 Production Court
New Britain, CT 06051
(203) 225-0811

Houston area
9151 Wallisville Road
Houston, TX 77029
(713) 674-1444

Kansas City area
9101 Cody
Overland Park, KS 66214
(913) 894-6100

Louisville area
Airport Trade Center, Suite C
4750 Crittendon Drive
Louisville, KY 40209
(502) 361-5282

Los Angeles area
1671 South Champagne
Ontario, CA 91761
(909) 986-8991

Minneapolis area
9160 Zachary Lane North
Maple Grove, MN 55369
(612) 493-2537

Nashville area
1120 Elm Hill Pike, Suite 165
Nashville, TN 37210
(615) 742-1163

Newark area
100 Naylor Avenue
Livingston, NJ 07039
(201) 994-7222

New Orleans area
5600 Jensen Street
Harahan, LA 70123
(504) 733-7900

New York City area
603 Cantiague Rock Road
Westbury, NY 11590
(516) 997-9560

Philadelphia area
1610 Republic Road
P.O. Box 223
Huntingdon Valley, PA
19006
(215) 322-8210

Phoenix area
3602 W. Thomas Road #15
Phoenix, AZ 85019
(602) 269-6236

San Diego area
4686 Cardin Street
San Diego, CA 92111
(619) 571-1081

San Francisco area
20969 Cabot Blvd
Hayward, CA 94545
(510) 887-1790

Seattle area
6805 South 220th Street
Kent, WA 98032
(206) 872-2170 (Alaska also)

St. Louis area
4686 World Parkway Circle
Berkeley, MO 63134
(314) 423-8600

Tampa Bay area
5060 Great Oak Drive
Lakeland, FL 33801
(813) 879-4881

FRIGIDAIRE Consumer Services
COMPANY

FRIGIDAIRE TAPPAN W White-Westinghouse **Gibson Kelvinator**



FRIGIDAIRE .6 CUBIC FOOT MICROWAVE WARRANTY

Your Frigidaire product is protected by this warranty

	WARRANTY PERIOD	FRIGIDAIRE, THROUGH ITS AUTHORIZED SERVICERS, WILL:	THE CONSUMER WILL BE RESPONSIBLE FOR:
FULL ONE-YEAR CARRY-IN 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.	For service without charge during this period, you must carry in your product to the nearest Frigidaire Company Consumer Services or an authorized servicer. Costs of service calls that are listed under NORMAL RESPONSIBILITIES OF THE CONSUMER. *
EXTENDED LIMITED SECOND-YEAR WARRANTY	Second year from original purchase date.	Provide a replacement for any part which proves to be defective in materials or workmanship.	Cost of shipping the replacement part to the nearest authorized servicer, and for all labor and service charges.
EXTENDED LIMITED 2ND - 5TH YEAR WARRANTY (Magnetron Tube)	Second through fifth years from original purchase date.	Provide a replacement for any magnetron tube which fails due to a defect in materials or workmanship.	Cost of shipping the replacement part to the nearest authorized servicer, and for all labor and service charges.
LIMITED WARRANTY (Applicable to the State of Alaska)	Time periods listed above.	All of the provisions of the full and limited 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.

Your appliance is warranted by Frigidaire Company, 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 Frigidaire Company Consumer Services or an authorized Frigidaire servicer.

***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 persons other than authorized Frigidaire servicers; use of parts other than Frigidaire Company Genuine Renewal 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.

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 following these steps, in order:

1. Contact the dealer where you purchased your appliance, Frigidaire Company Consumer Services (check listing in this manual), or an authorized Frigidaire servicer.
2. If there is a question as to where to obtain service, call or write our Consumer Relations Department at the toll-free number or address in the side column.

Frigidaire
P.O. Box 7181
Dublin, Ohio 43017
(800) 451-7007



Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by White Consolidated Industries, Inc. This warranty applies only in the 50 states of the U.S.A. and Puerto Rico.