

FRIGIDAIRE

Use & Care

TABLE OF CONTENTS

WELCOME & CONGRATULATION	2	ONE TOUCH COOK	15
IMPORTANT SAFETY INSTRUCTIONS.....	2	AUTO COOKING	18
PART NAMES	8	CONVENIENT FEATURES.....	25
CONTROL PANEL	9	CLEANING AND CARE.....	29
BEFORE OPERATING	10	SERVICE CALL CHECK	32
MANUAL COOKING.....	10	SPECIFICATIONS.....	32
SENSOR COOKING	13	WARRANTY.....	33

WELCOME & CONGRATULATIONS

Questions?

1-800-944-9044

(United States)

1-800-265-8352

(Canada)

Please attach sales receipt here for future reference.

Congratulations on your purchase of a new microwave oven! At **Electrolux Home Products**, we are very proud of our product and are completely committed to providing you with the best service possible. Your satisfaction is our number one priority.

We know you'll enjoy your new microwave oven and **Thank You** for choosing our product. We hope you consider us for future purchases.

PLEASE CAREFULLY READ AND SAVE THESE INSTRUCTIONS

This Use & Care Manual provides specific operating instructions for your model. Use your microwave oven only as instructed in this manual. These instructions are not meant to cover every possible condition and situation that may occur. Common sense and caution must be practiced when installing, operating and maintaining any appliance.

Please record your model and serial numbers below for future reference.

Model Number: _____

Serial Number: _____

Purchase Date: _____

NEED HELP?

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 oven properly.

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

Save time and money.

Check the section titled "Service Call Check". 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 Customer Services at 1-800-944-9044, 24 hours a day, 7 days a week.

IMPORTANT SAFETY INSTRUCTIONS


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.

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 be adjusted or repaired by anyone except properly qualified service personnel.

IMPORTANT SAFETY INSTRUCTIONS

Definitions

 This is the safety alert symbol. It is used to alert you to potential personal injury hazards. Obey all safety messages that follow this symbol to avoid possible injury or death.

WARNING

WARNING indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

CAUTION

CAUTION indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury.

READ ALL INFORMATION BEFORE USING

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.**

- Read all instructions before using the appliance.
 - 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"** on page 4.
 - Install or locate this appliance only in accordance with the provided installation instructions.
 - Some products such as whole eggs and sealed containers—for example, closed glass jars—are able to explode and should not be heated in this microwave oven.
 - Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of microwave oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
 - As with any appliance, close supervision is necessary when used by children.
 - 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.
 - This appliance should be serviced only by qualified service personnel. Contact nearest Electrolux Authorized Servicer for examination, repair or adjustment.
 - Do not cover or block any openings on the appliance.
 - Do not store or use 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, or similar locations.
 - Do not immerse cord or plug in water.
 - Keep cord away from heated surfaces.
 - Do not let cord hang over edge of table or counter.
 - See door surface cleaning instructions on page 29.
 - Do not mount over a sink.
- Do not store anything directly on top of the appliance surface when the appliance is in operation.
 - To reduce the risk of fire in the microwave oven cavity:
 - **Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the microwave oven to facilitate cooking.**
 - Remove wire twist-ties from paper or plastic bags before placing bag in microwave oven.
 - **If materials inside the microwave oven ignite, keep microwave oven door closed, turn microwave oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.**
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
 - Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.**
To reduce the risk of injury to persons:
 - Do not overheat the liquid.
 - Stir the liquid both before and halfway through heating it.
 - Do not use straight-sided containers with narrow necks. Use a wide-mouthed container.
 - After heating, allow the container to stand in the microwave oven at least for 20 seconds before removing the container.
 - Use extreme care when inserting a spoon or other utensil into the container.
 - Clean ventilation openings and grease filters frequently. Grease should not be allowed to accumulate on ventilation openings, louver or grease filters.
 - Use care when cleaning the louver and the grease filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the louver and the grease filters.
 - When flaming food under the hood, turn the fan on.
 - This appliance is suitable for use above both gas and electric cooking equipment 36" wide or less.

SAVE THESE INSTRUCTIONS.

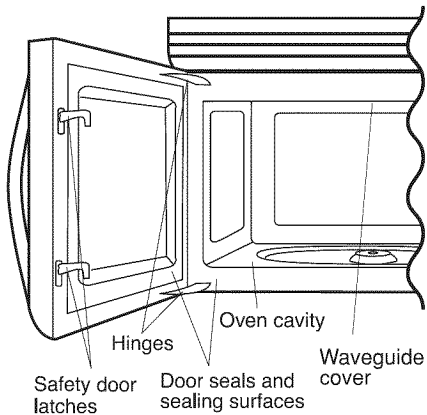
IMPORTANT SAFETY INSTRUCTIONS

UNPACKING AND EXAMINING YOUR MICROWAVE OVEN

Open the bottom of the carton, bend the carton flaps back and tilt the microwave oven over to rest on plastic foam pad. Lift carton off microwave oven and remove all packing materials, Installation Instructions, Wall Template, Top Template, Charcoal Filter, Turntable and Turntable Support. **SAVE THE CARTON AS IT MAY MAKE INSTALLATION EASIER.**

- Remove the feature sticker from the outside of the door, if there is one.
- **DO NOT REMOVE THE WAVEGUIDE COVER**, which is located on the ceiling in the microwave oven cavity. Check to see that there are Installation Instructions, Wall Template, Top Template and Charcoal Filter, which is used when recirculating is chosen. Read enclosures and **SAVE** the Use and Care Manual.

Check the microwave oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the microwave oven and contact your dealer or **ELECTROLUX SERVICER**. See Installation Instructions for more details.



GROUNDING INSTRUCTIONS

This appliance must be grounded. This microwave oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current.



WARNING

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

Electrical Requirements

Check Installation Instructions for proper location for the power supply.

The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. or more protected electrical supply. It is recommended that a separate circuit serving only the microwave oven be provided.

The microwave oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. **DO NOT UNDER ANY CIRCUMSTANCES CUT OR REMOVE THE GROUNDING PIN FROM THE PLUG. DO NOT USE AN EXTENSION CORD.**

If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

The Power Supply Cord and plug must be connected to a separate 120 Volt AC, 60 Hz, 15 Amp, or more branch circuit, single grounded receptacle. The receptacle should be located inside the cabinet directly above the Microwave Oven mounting location as shown in Figure 1.



NOTES

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither Electrolux nor the dealer can accept any liability for damage to the microwave oven or personal injury resulting from failure to observe the correct electrical connection procedures.

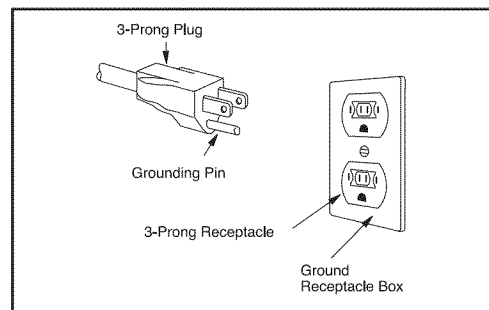
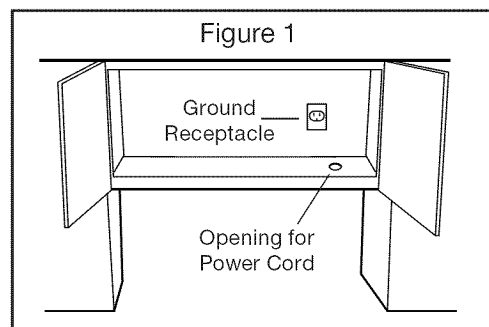


Figure 1



IMPORTANT SAFETY INSTRUCTIONS

Federal Communications Commission Radio Frequency Interference Statement (U.S.A. Only)

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Reorient the receiving antenna of the radio or television.
- Relocate the microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

The manufacturer is not responsible for any radio or television interference caused by **unauthorized modification** to this microwave oven. It is the responsibility of the user to correct such interference.

IMPORTANT SAFETY INSTRUCTIONS

ABOUT YOUR MICROWAVE OVEN

This Use and Care Manual is valuable: read it carefully and always save it for reference.

A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes.

NEVER use the microwave oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the microwave oven.

ALWAYS have food in the microwave oven when it is on to absorb the microwave energy.

When using the microwave oven at power levels below 100%, you may hear the magnetron cycling on and off. It is normal for the exterior of the microwave oven to be warm to the touch when cooking or reheating.

Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the microwave oven. Generally, covered foods will not cause as much condensation as uncovered ones. Ventilation openings must not be blocked.

The microwave oven is for food preparation only. It should not be used to dry clothes or newspapers.

Your microwave oven is rated 1000 watts by using the IEC Test Procedure. In using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

ABOUT MICROWAVE COOKING

- Arrange food carefully. Place thickest areas towards outside of dish.
- Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
- Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly.
- Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking before dense, thick areas are cooked thoroughly.
- Stir foods from outside to center of dish once or twice during cooking, if possible.
- Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
- Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
- Add standing time. Remove food from microwave oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking.
- Check for doneness. Look for signs indicating that cooking temperatures have been reached.

Doneness signs include:

- Food steams throughout, not just at edge.
- Center bottom of dish is very hot to the touch.
- Poultry thigh joints move easily.
- Meat and poultry show no pinkness.
- Fish is opaque and flakes easily with a fork.

ABOUT FOOD

FOOD	DO	DON'T
Eggs, sausages, nuts, seeds, fruits & vegetables	<ul style="list-style-type: none"> • Puncture egg yolks before cooking to prevent "explosion". • Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes. 	<ul style="list-style-type: none"> • Cook eggs in shells. • Reheat whole eggs. • Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> • Use specially bagged popcorn for microwave cooking. • Listen while popping corn for the popping to slow to 1 or 2 seconds or use special popcorn pad. 	<ul style="list-style-type: none"> • Pop popcorn in regular brown bags or glass bowls. • Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> • Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving. • Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding. 	<ul style="list-style-type: none"> • Heat disposable bottles. • Heat bottles with nipples on. • Heat baby food in original jars.
General	<ul style="list-style-type: none"> • Cut baked goods with filling after heating to release steam and avoid burns. • Stir liquids briskly before and after heating to avoid "eruption". • Use deep bowl, when cooking liquids or cereals, to prevent boilovers. 	<ul style="list-style-type: none"> • Heat or cook in closed glass jars or air tight containers. • Can in the microwave as harmful bacteria may not be destroyed. • Deep fat fry. • Dry wood, gourds, herbs or wet papers.

IMPORTANT SAFETY INSTRUCTIONS

ABOUT UTENSILS AND COVERINGS

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new microwave oven. Make sure the utensil does not touch the interior walls during cooking.

Use these utensils for safe microwave cooking and reheating:

- glass ceramic (Pyroceram®), such as Corningware®.
- heat-resistant glass (Pyrex®)
- microwave-safe plastics
- paper plates
- microwave-safe pottery, stoneware and porcelain
- browning dish (Do not exceed recommended preheating time. Follow manufacturer's directions.)

These items can be used for short time reheating of foods that have little fat or sugar in them:

- wood, straw, wicker

DO NOT USE

- metal pans and bakeware
- dishes with metallic trim
- non-heat-resistant glass
- non-microwave-safe plastics (margarine tubs)
- recycled paper products
- brown paper bags
- food storage bags
- metal twist-ties

Should you wish to check if a dish is safe for microwaving, place the empty dish in the microwave oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

The following coverings are ideal:

- Paper towels are good for covering foods for reheating and absorbing fat while cooking bacon.
- Wax paper can be used for cooking and reheating.
- Plastic wrap that is specially marked for microwave use can be used for cooking and reheating. DO NOT allow plastic wrap to touch food. Vent so steam can escape.
- Lids that are microwave-safe are a good choice because heat is kept near the food to hasten cooking.
- Microwave oven cooking bags are good for large meats or foods that need tenderizing. DO NOT use metal twist ties. Remember to slit bag so steam can escape.

How to use aluminum foil in your microwave oven:

- Small flat pieces of aluminum foil placed smoothly on the food can be used to shield areas that are either defrosting or cooking too quickly.
- Foil should not come closer than one inch to any surface of the microwave oven.

Should you have questions about utensils or coverings, check a good microwave cookbook or follow recipe suggestions.

ACCESSORIES There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures. Electrolux is not responsible for any damage to the microwave oven when accessories are used.

ABOUT CHILDREN AND THE MICROWAVE

Children below the age of 7 should use the microwave oven with a supervising person very near to them. Between the ages of 7 and 12, the supervising person should be in the same room.

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

At no time should anyone be allowed to lean or swing on the microwave oven door.

Children should be taught all safety precautions: use potholders, remove coverings carefully, pay special attention to packages that crisp food because they may be extra hot.

Don't assume that because a child has mastered one cooking skill he/she can cook everything.

Children need to learn that the microwave oven is not a toy. See page 20 for Child Lock feature.

ABOUT SAFETY

- Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures.

TEMP	FOOD
145°F (63°C)	- For beef, lamb or veal cut into steaks, chops or roasts, fish
160°F (71°C)	- For fresh pork, ground meat, seafood, egg dishes, frozen prepared food and beef, lamb or veal cut into steaks, chops or roasts
165°F (74°C)	- For leftover, ready-to-reheat refrigerated, deli and carry out "fresh" food, whole chicken or turkey, chicken or turkey breasts and ground poultry used in chicken or turkey burgers

NOTE

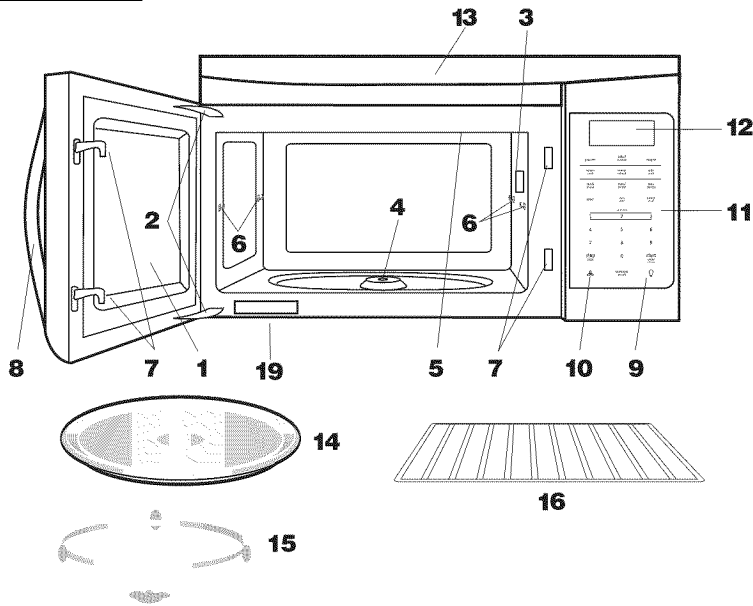
Do not cook whole, stuffed poultry. Cook stuffing separately to 165°F.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.

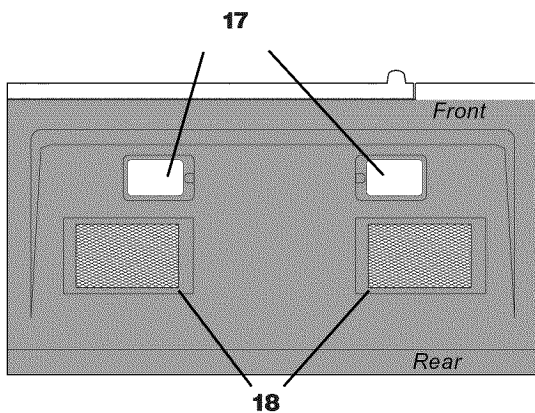
- ALWAYS use potholders to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
- Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- Stay near the microwave oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- NEVER use the cavity for storing cookbooks or other items.
- Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
- Keep waveguide cover clean. Food residue can cause arcing and/or fires.
- Use care when removing items from the microwave oven so that the utensil, your clothes or accessories do not touch the safety door latches.
- Keep aluminum foil used for shielding at least 1 inch away from walls, ceiling and door.

PART NAMES

FRONT VIEW



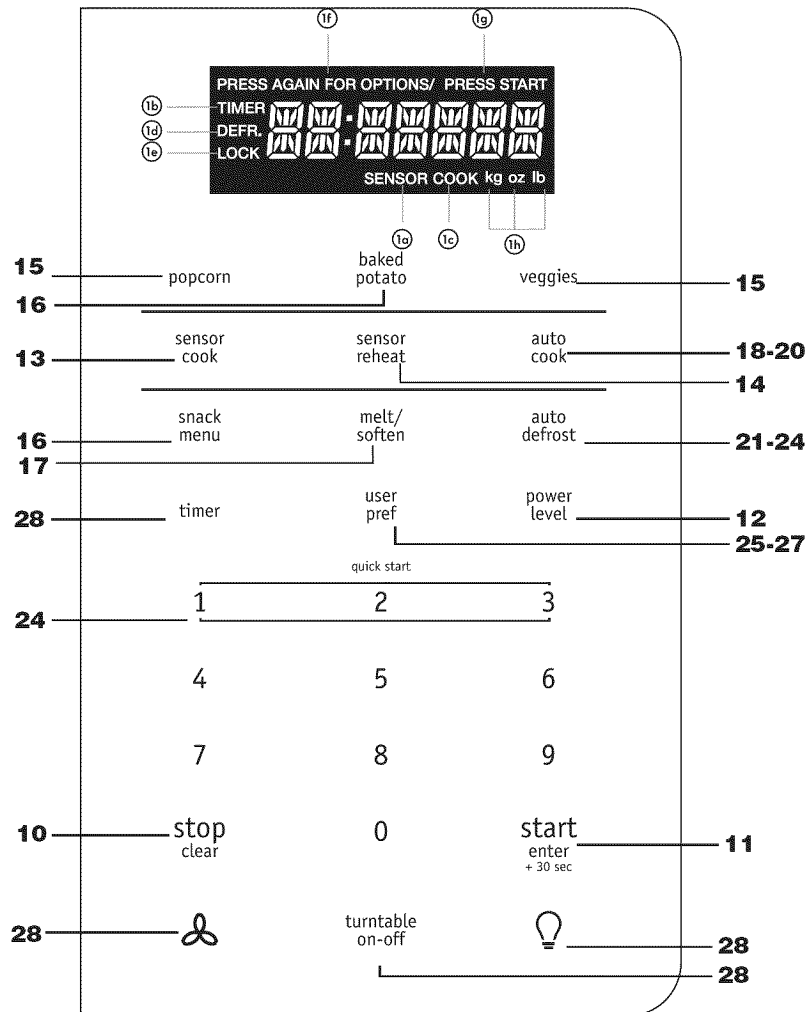
BOTTOM VIEW



- 1 Microwave oven door with see-through window
- 2 Door hinges
- 3 Waveguide cover:
DO NOT REMOVE.
- 4 Turntable motor shaft
- 5 Microwave oven light
It will light when microwave oven is operating or door is open.
- 6 Rack holders
- 7 Safety door latches
The microwave oven will not operate unless the door is securely closed.
- 8 Handle
- 9 Light hi/lo/off pad
Press the **light hi/lo/off** pad once for high, twice for low and three times to turn off the light.
- 10 Vent hi/lo/off pad
Press the **vent hi/lo/off** pad once for high speed, twice for low speed and three times to turn off the fan.
- 11 Auto-Touch control panel
- 12 Time display: Digital display, 99 minutes, 99 seconds
- 13 Ventilation openings
- 14 Removable turntable
The turntable will rotate clockwise or counter-clockwise. Only remove for cleaning.
- 15 Removable turntable support
First, carefully place the turntable support in the motor shaft in the center of the microwave oven floor. Place the support ring on the microwave oven floor. Then, place the turntable on the turntable support securely.
- 16 Rack for 2-level cooking/ reheating
- 17 Light cover
- 18 Grease filters
- 19 Menu label

CONTROL PANEL

The 7-digit Interactive Display spells out operating steps and shows cooking hints.



Number next to the control panel illustration indicates pages on which there are feature descriptions and usage information.

- 1. Display:** The display includes a clock and indicators that show the time of day, cooking time settings, cook powers, sensor, quantities, weights and cooking functions selected.
 - 1a. SENSOR:** Icon displayed when using sensor cook.
 - 1b. TIMER:** Icon displayed when timer is being set or running.
 - 1c. COOK:** Icon displayed when starting microwave cooking.
 - 1d. DEFR:** Icon displayed when defrosting food
 - 1e. LOCK:** Icon displayed in control lock.
 - 1f. PRESS AGAIN FOR OPTIONS:** Icon displayed when additional options are available.
 - 1g. PRESS START:** Icon displayed when a valid function can be started.
 - 1h. kg, oz, lb:** Icon displayed when choosing the weight.

BEFORE OPERATING

- Before operating your new oven make sure you read and understand this Use and Care Guide completely.
- The clock can be disabled when the microwave is first plugged in and the STOP key is selected.
To re-enable the clock follow clock instructions.

To Set the Clock

- Suppose you want to enter the correct time of day 10:59

Touch:	Display Shows:
1. user pref	12:00 ENTER TIME <small>PRESS AGAIN FOR OPTIONS/</small>
2. (1) (0) (5) (9)	10:59 <small>PRESS START</small>
3. start enter + 30 sec	10:59

NOTE

1. If you begin to enter in an incorrect time (e.g. 2:89) the 8 is an invalid digit and cannot be entered. Enter the correct time.
2. If you touch STOP while setting the clock, the display will show the last time of day set or a blank display if no time of day has been set.

STOP clear

Press the **STOP clear** to:

1. Erase if you make a mistake during programming.
2. Cancel timer and the signal after cooking.
3. Stop the oven temporarily during cooking.
4. Return the time of day to the display.
5. Cancel a program during cooking, press twice.

MANUAL COOKING

Time Cooking

Your Over the Range Microwave Oven can be programmed for 99 minutes 99 seconds (99 :99). Always enter the seconds after the minutes, even if they are both zeros.

- Suppose you want to cook for five minutes, 30 seconds at 100% power,

Touch:	Display Shows:
1. (5) (3) (0)	5:30 <small>PRESS START</small>
2. start enter + 30 sec	5:30 <small>COOK</small> Time counting down

Interrupting Cooking

You can stop the oven during a cycle by opening the door. The oven stops heating and the fan turns off, but the light stays on.

To restart cooking, close the door and Touch.

start

enter
+ 30 sec

If you do not want to continue cooking, open the door and touch

stop
clear

Using One Touch Start

This is a time saving pad that will automatically start cooking 2 seconds after selected. Numeric key 1, 2, or 3 can be touched for a 1 minute, 2 minute or 3 minute automatic start cooking feature.

Touch:	Display Shows:
1. (2)	2:00 <small>COOK</small> Time counting down

MANUAL COOKING

Using Add 30 Sec.

This is a time-saving pad. It is a simplified feature that lets you quickly set and start microwave cooking at 100% power.

- Suppose you want to cook for one minute.

Touch:	Display Shows:
1. start enter + 30 sec	:30 <small>COOK</small>
2. start enter + 30 sec	1:00 <small>COOK</small> Time counting down



NOTE

Each time you touch ADD 30 SEC, it will add 30 seconds up to 99 minutes 99 seconds.

Setting Timed Cooking With Power Level

This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH (100%) power.

- Suppose you want to cook for five minutes, 30 seconds at 80% power.

Touch:	Display Shows:
1. (5) (3) (0)	5:30 <small>PRESS START</small>
2. Power Level x 3	PL-80 <small>PRESS START</small>
3. start enter + 30 sec	5:30 <small>COOK</small> Time counting down



NOTE

If you do not select a power level, the oven will automatically cook at HIGH (100%) power.

Setting Two-Stage Cooking

For best results, some recipes call for different power levels during a cook cycle. You can program your oven for two power level stages during the cooking cycle.

- Suppose you want to set a 2-stage cook cycle. The first stage is a 3 minute cook time at 80% cook power then a 7 minute cook time at 50% cook power.

Touch:	Display Shows:
1. (3) (0) (0)	3:00 <small>PRESS START</small>
2. Power Level x 3	PL-80 <small>PRESS START</small>
3. (7) (0) (0)	7:00 <small>PRESS START</small>
4. Power Level x 6	PL-50 <small>PRESS START</small>



NOTE

You can program a "0" power second stage for standing time inside the oven.

5. start enter + 30 sec	3:00 <small>COOK</small> Time counting down
--------------------------------------	---

MANUAL COOKING

To Set Power Level

There are eleven preset power levels.

Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

PRESS POWER LEVEL PAD NUMBER OF TIMES FOR DESIRED POWER	APPROXIMATE PERCENTAGE OF POWER	COMMON WORDS FOR POWER LEVELS
POWER LEVEL x 1	100%	High
POWER LEVEL x 2	90%	
POWER LEVEL x 3	80%	
POWER LEVEL x 4	70%	Medium High
POWER LEVEL x 5	60%	
POWER LEVEL x 6	50%	Medium
POWER LEVEL x 7	40%	
POWER LEVEL x 8	30%	Med Low/Defrost
POWER LEVEL x 9	20%	
POWER LEVEL x 10	10%	Low
POWER LEVEL x 11	0%	

Using the Rack

The rack allows several foods to be cooked or reheated at one time. However, for the best cooking and reheating, use Turntable ON function and cook with SENSOR COOKING or AUTO COOKING without the rack. When the rack is used, set time and power level manually. Allow plenty of space around and between the dishes. Pay close attention to the cooking and reheating progress. Reposition the foods and reverse them from the rack to turntable and/or stir them at least once during any cooking or reheating time. After cooking or reheating, stir if possible. Using a lower power level will assist in better cooking and reheating uniformity.

Avoid:

- Storing the rack in the microwave oven when not in use.
- Popping popcorn with the rack in the microwave oven.
- Using any browning dish on the rack.
- Using SENSOR COOKING and AUTO COOKING with the rack.
- Cooking directly on the rack—use microwave-safe cookware.



NOTE

Turntable on/off function can be used in Manual Operation. See page 28.

Manual Defrost

If the food that you wish to defrost is not listed on the Defrost chart or is above or below the limits in the Amount column on the Defrost chart (see page 22-23), you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using power level for 30%.

For either raw or previously cooked frozen food the rule of thumb is approximately 4 minutes per pound. For example, defrost 4 minutes for 1 pound of frozen spaghetti sauce.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on power level 30% until totally defrosted.

When using plastic containers from the freezer, defrost only long enough to remove from the plastic in order to place in a microwave-safe dish.

SENSOR COOKING

Sensor cooking has an electronic controlled sensor that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power level for various foods and quantities automatically.

Using Sensor Settings:

1. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
2. The oven works with foods at normal storage temperature. For example, popcorn would be at room temperature.
3. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
4. During the first part of SENSOR COOKING, food name will appear in the display. Do not open the oven door or press the **STOP clear** pad during this part of the cycle. The measurement of vapor will be interrupted. When the sensor detects the vapor emitted from the food, remainder of cooking time will appear. Door may be opened when remaining cooking time appears in the display. At this time, you may stir or season food, as desired.
5. If the sensor does not detect vapor properly when popping popcorn, the oven will turn off, and the correct time of day will be displayed. If the sensor does not detect vapor properly when cooking other foods, AN ERROR CODE will be displayed, and the oven will turn off.
6. Check food for temperature after cooking. If additional time is needed, continue to cook manually.

Covering Foods:

Some foods cook better when covered.

1. Casserole lid.
2. Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
3. Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.

NOTES for SENSOR COOKING

1. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.
2. Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
3. When SENSOR COOKING are selected Turntable On is automatically set for optimum cooking.

Sensor Cook

You can cook foods by pressing the **sensor cook** pad multiple times. You don't need to calculate cooking time or power level.

- Suppose you want to cook frozen breakfast .

Touch:	Display Shows:
1. sensor cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> BACON <small>SENSOR</small>
2. sensor cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FROZEN DINNER <small>SENSOR</small>
3. sensor cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> RICE <small>SENSOR</small>
4. sensor cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FROZEN BREAKFAST <small>SENSOR</small>
5. start enter + 30 sec	FROZEN BREAKFAST <small>SENSOR COOK</small>

SENSOR COOKING

Sensor Cook chart

FOOD	AMOUNT	PROCEDURE
1. Bacon	1-3 slices	Place bacon strips on a microwave bacon rack for best results. (Use dinner plate lined with paper towels if rack is not available).
2. Frozen Dinner	10 oz./ 20 oz.	Place in a appropriately sized microwave container. Cover with plastic wrap . After cooking, stir and allow to stand for 3 minutes.
3. Rice	1-2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.	Place rice and twice as much liquid (water, chicken or vegetable stock) in a 2 quart microwave dish. Cover with plastic wrap and vent. After cooking, allow to stand for 10 minutes. Stir for fluffier rice.
4. Frozen Breakfast	8/12 oz.	Place in a appropriately sized microwave container. Cover with plastic wrap . After cooking, stir and allow to stand for 3 minutes.

Sensor Reheat

- Suppose you want to reheat rolls with sensor reheat.

Touch:	Display Shows:
1. sensor reheat	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> DINNER PLATE <small>SENSOR</small>
2. sensor reheat	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> SOUP SAUCE <small>SENSOR</small>
3. sensor reheat	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CASSEROLE <small>SENSOR</small>
4. sensor reheat	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> ROLLS <small>SENSOR</small>
5. start enter + 30 sec	ROLLS <small>SENSOR COOK</small>

Sensor Reheat chart

FOOD	AMOUNT	PROCEDURE
Dinner Plate	1-2 Plates	Place on a low plate. Cover with vented plastic wrap. Let stand 3 minutes after cooking.
Soup/Sauce	1-2 Cups	Place in shallow microwavable casserole. Cover with vented plastic wrap. After cooking, stir and let stand 3 minutes.
Casserole/ Lasagna	1-4 Servings	Place in a microwavable bowl or casserole. Cover with vented plastic wrap. After cooking, stir and let stand 3 minutes.
Roll/Muffin	1-3 Pieces	Place on paper towel. Do not cover.

ONE TOUCH COOK

Popcorn

The Popcorn quick touch pad lets you pop 3.3, 3.0, 1.75 ounce bags of commercially packaged microwave popcorn. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions.

- Suppose you want to pop a 3.3 oz. popcorn.

Touch:	Display Shows:
1. popcorn	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> 3.3 <small>oz</small>
2. start enter + 30 sec	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> POPCORN <small>COOK</small> Time counting down

Amount	Press popcorn pad
3.30 oz.	once
3.00 oz.	2 times
1.75 oz.	3 times

NOTES

1. Remove the metal shelf from microwave oven when cooking popcorn. Do not use regular paper bags. Do not re-pop unpopped kernels. Do not pop popcorn in glass cookware.

Veggies

There are 2 options (Frozen Vegetables, Fresh Vegetables) under the Veggies.

- Suppose you want to cook two cups of frozen veggies.

Touch:	Display Shows:
1. veggies	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FRESH
2. veggies	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FROZEN
3. start enter + 30 sec	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FROZEN VEGGIES <small>COOK</small> Time counting down

Vegetables chart

FOOD	AMOUNT	PROCEDURE
(Initial temperature)		
1. Frozen Vegetables (-18 °C)	4 - 24 oz 0.2 - 0.7 kg	Add no water. Cover with lid or plastic wrap. Press the vegetables pad two times for Frozen Vegetables . After cooking, stir and let stand, covered, for 3 minutes.
2. Fresh Vegetables (5 °C)	4 - 24 oz 0.2 - 0.7 kg	Wash and place in casserole. Add no water if vegetables have just been washed. Cover with lid for tender vegetables. Use plastic wrap for tender-crisp vegetables. Press the vegetables pad one time for fresh Vegetables . After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.
Broccoli Brussels sprouts Cabbage Cauliflower (flowerets) Cauliflower (whole) Spinach Zucchini		
Carrots, sliced Corn on cob Green beans Winter squash - diced - halves		Place in casserole. Add 1-4 tbsp. water. Cover with lid for tender vegetables. Use plastic wrap cover for tender-crisp vegetables. Press the vegetables pad and number 1 for fresh Vegetables . After cooking stir, if possible. Let stand, covered, for 2 to 5 minutes.

ONE TOUCH COOK

Snack Menu

Snack Menu is for cooking/heating foods that take a short amount of time!

- Suppose you want to reheat 2 cups of beverage.

Touch:	Display Shows:
1. snack menu	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> BEVERAGE
2. start enter + 30 sec	1-3 CUP

3. ②

PRESS START
2 CUPS

4. start
enter
+ 30 sec

BEVERAGE
COOK
Time counting down

Snack Menu chart

FOOD	AMOUNT	PROCEDURE
1. Beverage	1 - 3 cups	To reheat beverages. Stir liquid briskly before and after heating to avoid "eruption" .
2. Frozen MW Pizza	(6 - 8 oz) (170 - 225 g)	Use for frozen microwave pizza. Remove from package and unwrap. Follow package directions for use of package and/or silver crisping disk.
3. Hot Dogs	1 - 6 pieces	Place hot dog in bun. Wrap each with paper towel or napkin.
4. Meal in a Cup	2.39 oz	This setting is ideal for individual portions of canned food packed in a small microwaveable container, usually 6 to 8 ounces. Remove inner metal lid and replace outer microwaveable lid. After cooking, stir food and allow to stand 1 or 2 minutes.
5. Frozen Kid's Meal	8.8 oz	Use this pad for frozen, convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered for 1 to 3 minutes.

Baked Potato

- Suppose you want to cook 1 to 4 baked Potatoes.

Touch:	Display Shows:
1. baked potato	<small>PRESS START</small> POTATO <small>SENSOR</small>
2. start enter + 30 sec	POTATO <small>SENSOR COOK</small>

NOTES

1. Cooking times are based on an average 8 ounce potato.

Baked Potato chart

FOOD	AMOUNT	PROCEDURE
Baked Potato*	1 - 4 pieces	Pierce with fork in several places. Place on paper towel on turntable. After cooking, remove from oven and let stand for 5 minutes.

* It is not necessary to enter amount or number.

Setting Melt/Soften

The oven uses low power to melt and soften items. See the following table.

- Suppose you want to melt 2 sticks of Butter.

Touch:	Display Shows:
1. melt/ soften	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> MELT BUTTER
2. start <small>enter + 30 sec</small>	ENTER 1-2 STK
3. ②	<small>PRESS START</small> 2 STICK
4. start <small>enter + 30 sec</small>	MELT BUTTER <small>COOK</small> Time counting down

MELT TABLE

CATEGORY	AMOUNT	DIRECTION
BUTTER	1 or 2 sticks	Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.
CHOCOLATE	2, 4 or 8 oz.	Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in microwavable container. Stir at the end of cycle to complete melting.
ICE CREAM	Pint, 1.5 Quart.	Place container in oven. Ice cream will be soft enough to make scooping easier.
CREAM CHEESE	3 or 8 oz.	Unwrap and place in microwavable container. Cream cheese will be at room temperature and ready for use in recipe.

AUTO COOKING

Auto Cook

Auto cook is divided into 2 parts-Quick Meals (Scrambled Eggs, Hot Cereal, Frozen Pizza, Fudge Brownies) and Dinner Recipes (Garlic Shrimp, Asiago Red Potatoes, Roasted Vegetable Medley, Lemon and Shrimp Risotto, White Chicken Chilli).

Key	Food	Amount
Snacks x1	Scrambled Eggs	1 - 6 Eggs
Snacks x2	Hot Cereal	1 - 3 Servings
Snacks x3	Frozen Pizza	12 oz
Snacks x4	Fudge Brownies	
Snacks x5	Garlic Shrimp	Per Recipe
Snacks x6	Stuffed Mushrooms	Per Recipe
Snacks x7	Asiago Red Potatoes	Per Recipe
Snacks x8	Roasted Vegetable Medley	Per Recipe
Snacks x9	Lemon and Shrimp Risotto	Per Recipe
Snacks x10	White Chicken Chili	Per Recipe

<Quick Meals>

- Suppose you want to cook Hot Cereal for 1 serving .

Touch:	Display Shows:
1. auto cook	SCRAMBLED EGGS <small>PRESS AGAIN FOR OPTIONS/ PRESS START</small>
2. auto cook	HOT CEREAL <small>PRESS AGAIN FOR OPTIONS/ PRESS START</small>
3. start enter + 30 sec	1-3 SERVING
4. ③	3 SERVINGS <small>PRESS START</small>
5. start enter + 30 sec	HOT CEREAL <small>COOK</small> Time counting down

NOTES

When AUTO COOKING are selected, Turntable On is automatically set for optimum cooking.

Quick Meals chart

FOOD	AMOUNT	PROCEDURE
1. Scrambled Eggs	1 - 6 eggs	Whisk together egg and milk (use 1/2 tablespoon milk for each egg) in a microwave safe bowl that has been coated with cooking spray. Select "Scrambled Eggs" under the Auto Cook menu and the desired number of eggs to be cooked. Stir half way through cooking time.
2. Hot Cereal	1- 3 servings	Use individual packets or bulk cereal in your favorite variety: oatmeal, oat bran, cream of wheat, farina or wheatena. Follow package directions for the correct amount of water or milk. To prevent boilovers, it is very important to choose a large container because microwave cooking of cereal causes high boiling. Select "Hot Cereal" under the Auto Cook menu and the desired number servings.
3. Frozen Pizza	12 oz	Use for frozen microwave pizza. Remove from package and unwrap. Follow package directions for use of package and/or silver crisping disk.
4. Fudge Brownies	18-19 oz	Prepare brownie mix according to package directions. Spoon batter into an 8 x 8 inch microwave safe glass dish that has been coated with cooking spray. Select "Fudge Brownies" under the Auto Cook menu.

<Dinner Recipes>

- Suppose you want to cook Garlic shrimp.

Touch:	Display Shows:
1. auto cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> SCRAMBLED EGGS
2. auto cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> HOT CEREAL
3. auto cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FROZEN PIZZA
4. auto cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FUDGE BROWNIES
5. auto cook	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> GARLIC SHRIMP
6. start enter + 30 sec	GARLIC SHRIMP <small>COOK</small> Time counting down

<Dinner Recipes>

Garlic Shrimp

- ¼ cup butter
- 6 cloves garlic, minced
- 2 tablespoons chopped fresh chives
- 2 tablespoons lemon juice
- 1 tablespoon chili pepper paste
- Salt to taste
- 1 pound raw, peeled and deveined large shrimp

Place butter in a 2 quart microwave safe casserole dish with lid. Microwave on High power for 1 minute or until butter is melted. Stir in garlic, and microwave for an additional 1 minute. Stir in chives, lemon juice, chili pepper paste, and salt. Add shrimp, tossing to coat evenly. Cover, and microwave on High power for 5 minutes, or until shrimp is opaque, stirring after 3 minutes. Serve over hot cooked rice if desired.

Stuffed Mushrooms

- 1 pound whole baby bella mushrooms
- 2 tablespoons butter, melted
- 1 bunch green onion, chopped
- ¼ cup shredded Parmesan cheese
- 2 tablespoons bread crumbs
- 1 teaspoon lemon juice
- ¼ teaspoon garlic pepper
- Crushed red pepper to taste

Remove stems from mushrooms and set aside. Arrange mushroom caps on microwave safe plate. Finely chop reserved mushroom stems. Combine butter, chopped mushroom stems, and green onion in a 1 quart microwave safe dish; microwave on High power for 2 minutes. Add remaining ingredients and mix well. Spoon stuffing into mushroom caps. Microwave on High power for 4 to 5 minutes, or until mushrooms are tender.

Asiago Red Potatoes

- 1 ¼ pound red potatoes, peeled and thinly sliced
- 2 tablespoons all purpose flour
- ½ teaspoon salt
- 1 ¼ cups milk
- 1 tablespoon butter, melted
- 5 ounces shredded Asiago cheese

Combine potatoes, flour, and salt in a zip top plastic bag; seal bag and shake to coat potatoes. Transfer potatoes to a lightly greased 2 quart microwave safe casserole dish. Add milk and butter, stirring well. Cover and microwave on High power for 12 minutes or until potatoes are tender; sprinkle with cheese and microwave on High power for an additional 5 minutes or until cheese melts.

AUTO COOKING

Roasted Vegetables Medley

1 cup baby carrots
1 cup sliced yellow squash
1 cup sliced zucchini
½ cup sliced red bell pepper
½ cup thinly sliced onion
1 tablespoon butter
Garlic and herb seasoning to taste

Combine carrots, squash, zucchini, bell pepper, and onion in a 2 quart microwave safe casserole dish. Dot with butter and sprinkle with seasoning. Cover, and microwave on High power for 5 minutes or to desired degree of doneness.

Lemon and Shrimp Risotto

2 teaspoons butter
2 teaspoons olive oil
2 tablespoons finely chopped shallot
4 cups chicken broth
¼ cup fresh squeezed lemon juice
2 cups risotto
1 pound medium shrimp, peeled and deveined
1 cup frozen peas, thawed
2 teaspoons grated lemon zest
¼ teaspoon black pepper
¾ teaspoon salt

Combine butter, olive oil, and shallot in a 1 quart microwave safe dish. Microwave on High for 1 minute or until shallot is tender. Set aside.

Combine chicken broth and lemon juice in a 2 quart microwave safe measuring cup or casserole dish. Cover with lid or vented plastic wrap. Microwave on High power for 10 minutes. Stir in reserved shallot mixture and risotto. Cover and continue to microwave on High power for 17 minutes. Stir in shrimp, peas, grated lemon zest, pepper, and salt. Cover and microwave on 50% power for 3 minutes or until shrimp is opaque.

White Chicken Chilli

1 pound boneless, skinless chicken breast, cubed
½ cup chopped onion
3 garlic cloves, minced
1 (15 ounce) can white beans, drained
1 (4 ounce) can chopped green chili pepper
1 cup chicken broth
1 ½ teaspoon chili powder
¾ teaspoon cumin
½ teaspoon salt
½ teaspoon black pepper
½ cup chopped fresh cilantro
2 tablespoons fresh lime juice

Combine chicken, onion, and garlic in a 2.5 quart microwave safe dish. Cover, and microwave on High for 6 minutes, or until chicken is fully cooked and onion is tender, stirring after 3 minutes.

Add white beans, chili pepper, chicken broth, chili powder, cumin, salt and pepper, stirring well. Cover and microwave on High for 10 minutes, stirring after 5 minutes.

Stir in cilantro and lime juice before serving.

AUTO DEFROST

Using Auto Defrost

The auto defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange the food in order to get the best defrost results. Three different defrosting levels are provided:

1. MEAT
2. POULTRY
3. FISH

Available weight is 0.1-6.0 lbs

- Suppose you want to defrost 1.2 lbs of fish.

Touch:	Display Shows:
1. auto defrost	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> MEAT
2. auto defrost	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> POULTRY
3. auto defrost	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FISH
4. start enter + 30 sec	ENTER WEIGHT <small>lb</small>
5. ① and ②	<small>PRESS START</small> 1.2 <small>lb</small>
To enter weight	
6. start enter + 30 sec	<small>DEFRL</small> FISH Time counting down

NOTES

The oven will beep during the DEFROST cycle. At this time, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle.

Operating Tips

- For best results, remove fish, shell fish, meat and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- For best results, roll your ground meat into a ball before freezing. During the DEFROST cycle, the microwave will signal when it is time to turn the meat over. Scrape off any excess frost from the meat and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.

This table shows food type selections and the weights you can set for each type. For best results, loosen or remove covering on food.

KEY PRESS	Category	WEIGHTS YOU CAN SET (tenths of a pound)
Defrost	Meat	0.1 to 6.0
Defrost	Poultry	0.1 to 6.0
Defrost	Fish	0.1 to 6.0

Weight conversion table

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

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

Equivalent Weight	
OUNCES	DECIMAL WEIGHT
1.6	.10
3.2	.20
4.0	.25 One-Quarter Pound
4.8	.30
6.4	.40
8.0	.50 One-Half Pound
9.6	.60
11.2	.70
12.0	.75 Three-Quarters Pound
12.8	.80
14.4	.90
16.0	1.0 One Pound

NOTES

If between two decimal weights, choose the lower weight for the best defrosting results.

AUTO DEFROST

Auto Defrost Table

NOTE: Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of the defrost sequence.

Meat Settings

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
BEEF			
Ground Beef, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than 1/4 lb. Freeze in ball shape.
Ground Beef, Patties	MEAT	Separate and rearrange.	Do not defrost less than 2 oz. patties. Depress center when freezing.
Round Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Tenderloin Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Stew Beef	MEAT	Remove thawed portions with fork. Separate remainder.	Place in a microwave safe dish.
Pot Roast, Chuck Roast	MEAT	Return remainder to oven.	Place in a microwave safe dish.
Rib Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Rolled Rump Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
LAMB			
Cubes for Stew	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Chops (1 inch thick)	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwave safe dish.
PORK			
Chops (1/2 inch thick)	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Hot Dogs	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Spareribs Country-style Ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Sausage, Links	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Sausage, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwave safe dish.
Loin Roast, Boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.

Auto Defrost Table (Continued)

Poultry Settings

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

Fish Settings

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS	
FISH Fillets	FISH	Turn over. Separate fillets when partially thawed, if possible.	Place in a microwave safe dish. Carefully separate fillets under cold water.	
		Steaks		Separate and rearrange.
		Whole		Turn over
SHELLFISH				
Crab meat	FISH	Break apart. Turn over.	Place in a microwave safe dish.	
Lobster tails	FISH	Turn over and rearrange.	Place in a microwave safe dish.	
Shrimp	FISH	Separate and rearrange.	Place in a microwave safe dish.	
Scallops	FISH	Separate and rearrange.	Place in a microwave safe dish.	

AUTO DEFROST

Defrosting Tips

- When using Auto Defrost, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- Before starting, make sure to remove any and all metal twist-ties that often come with frozen food bags, and replace them with strings or elastic bands.
- Open containers, such as cartons, before placing in the oven.
- Always slit or pierce plastic pouches or packaging.
- If food is foil wrapped, remove foil and place food in a suitable container.
- Slit the skin of skinned food, such as sausage.
- Bend plastic pouches of food to ensure even defrosting.
- Always underestimate defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting.
- The length of defrosting time varies according to how solidly the food is frozen.
- The shape of the package affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- As food begins to defrost, separate the pieces. Separated pieces defrost more easily.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- For better results, let food stand after defrosting.
- Turn over food during defrosting or standing time. Break apart and remove food as required.

CONVENIENT FEATURES

User Pref

The microwave oven has settings that allow you to customize the operation for your convenience. Below is the table showing the various settings. Touch the User Pref key multiple times to scroll to the desired setting function.

Key press	Option
User Pref x1	Clock
User Pref x2	Control Lock
User Pref x3	Volume Off/Low/Med/High
User Pref x4	Weight lb/kg
User Pref x5	Demo
User Pref x6	Language

(1). Setting Clock

The clock can be disabled when the microwave is first plugged in and the STOP key is selected. To re-enable the clock follow clock instructions.

- Suppose you want to set the clock for 10:59.

Touch:	Display Shows:
1. user pref	<small>PRESS AGAIN FOR OPTIONS/</small> 12:00 ENTER TIME
2. (1) (0) (5) (9)	<small>PRESS START</small> 10:59
3. start enter + 30 sec	10:59

NOTE

1. If you begin to enter in an incorrect time (e.g. 2:89) the 8 is an invalid digit and cannot be entered. Enter the correct time.
2. If you touch STOP while setting the clock, the display will show the last time of day set or a blank display if no time of day has been set.

(2).Setting Control Lock On/Off

To turn ON Control Lock .

Touch:	Display Shows:
1. user pref	<small>PRESS AGAIN FOR OPTIONS/</small> 12:00 ENTER TIME
2. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. start enter + 30 sec	Time of day if time of day was set LOCK

To turn OFF the Control Lock, touch User Pref then touch start
enter
+ 30 sec

CONVENIENT FEATURES

(4).Turning Sound On/Off/Low/Med/High

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

- **A programming tone** will sound each time you touch a pad.
- **Three tones** signal the end of a Kitchen Timer count down.
- **Three tones** signal the end of a cooking cycle.
- Suppose you want to turn audible signal off.

Touch:	Display Shows:
1. user pref	<small>PRESS AGAIN FOR OPTIONS/</small> 12:00 ENTER TIME
2. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME ON
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME LOW
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME MED
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME HIGH
4. start enter + 30 sec	OFF

NOTE

When START is pressed and the previous setting was ON then it will be set to OFF. If you want to turn the audible signal back ON you will have to again press User Pref three times and then START.

When the cooking cycle is completed END will be displayed and the audible signal will sound if the sound is turned on.

(5).Setting Weight Ib/Kg

- Suppose you want to toggle weight between pounds & kilograms.

Touch:	Display Shows:
1. user pref	<small>PRESS AGAIN FOR OPTIONS/</small> 12:00 ENTER TIME
2. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME ON
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME LOW
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME MED
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME HIGH
4. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> KG / LB
5. start enter + 30 sec	KG <small>kg</small>

NOTE

If the display shows kg, pressing the START button will reset the oven controls to lbs. To return to kg, you will have to again press User Pref Four times and then START.

CONVENIENT FEATURES

(6).Setting Demo Mode On/Of

- Suppose you want to enter Demo mode.

Touch:	Display Shows:
1. user pref	<small>PRESS AGAIN FOR OPTIONS/</small> 12:00 ENTER TIME
2. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME ON
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME LOW
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME MED
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME HIGH
4. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> KG / LB
5. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> DEMO OFF
6. start enter + 30 sec	ON

NOTE

When START is pressed and the previous setting was OFF then it will be set to ON. If you want to turn the demo mode back OFF you will have to again press User Pref five times and then START.

SETTING LANGUAGE ENGLISH/FRANCAIS

- Suppose you want to set the language.

Touch:	Display Shows:
1. user pref	<small>PRESS AGAIN FOR OPTIONS/</small> 12:00 ENTER TIME
2. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME ON
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME LOW
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME MED
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME HIGH
4. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> KG / LB
5. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> DEMO OFF
6. user pref	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> LANGUAGE ENGLISH
7. start enter + 30 sec	FRANCAIS

NOTE

When START is pressed and the previous setting was English it will be set to French. If you want switch back to English you will have to again press User Pref six times and then press START.

CONVENIENT FEATURES

2. Setting Kitchen Timer

Your microwave oven can be used as a kitchen timer. You can set up to 99 minutes, 99 seconds. The kitchen timer can be used while the microwave oven is running.

- Suppose you want to set for three minutes.

Touch:	Display Shows:
1. timer	TIMER ENTER TIME
2. (3) (0) (0)	TIMER 3:00 PRESS START
3. start enter + 30 sec	TIMER 3:00 Timer starts counting down



NOTE

Timer count down does not stop even if the door is open. To cancel the timer, press the "STOP" key once.

3.Using Vent Fan

The pad controls the 2-speed vent fan. If the vent fan is OFF the first touch of the Vent pad will turn the fan on HIGH, second touch LOW and third touch OFF.

- Suppose you want to set the vent fan speed to LOW from the OFF position.

Touch:	Display Shows:
1. 	HIGH
2. 	LOW

Turn off fan when desired


NOTE

If the temperature from the range or cooktop below the oven gets too hot, the vent fan will automatically turn on to protect the oven. It may stay on up to an hour to cool the oven. When this occurs, the Vent pad will not turn the fan off.

4.Using Cooktop Light

The pad controls the cooktop light. If the light is OFF the first touch of the light pad will turn the light ON (high), second touch Nite (low) and third touch OFF.

- Suppose you want to set the light for HIGH from the OFF position.

Touch:	Display Shows:
1. 	ON

5. Setting Turntable On/Off

Press **Turntable On-Off** to turn the turntable on or off.

For best cooking results, leave the turntable on. It can be turned off for large dishes.

Touch:	Display Shows:
1. turntable on-off	ON
2. turntable on-off	OFF

NOTE

Sometimes the turntable can become hot to the touch during and after cooking. Do not run the oven empty without food in it.

CLEANING AND CARE

Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

EXTERIOR

The outside surface is precoated steel and plastic. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

DOOR

Wipe the window on both sides with a soft cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a soft cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

EASY CARE™ STAINLESS STEEL (SOME MODELS)

Your microwave oven finish may be made with Easy Care™ Stainless Steel (some models). Clean the stainless with warm soapy water using a clean sponge or cloth. Rinse with clean water and dry with a soft clean cloth. **DO NOT** use ANY store bought cleaners like Stainless Steel cleaners or any other types of cleaners containing any abrasive, chlorides, chlorines or ammonia. It is recommended to use mild dish soap and water or a 50/50 solution of water and vinegar.

TOUCH CONTROL PANEL

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the microwave oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch **STOP/CLEAR**

INTERIOR

Cleaning is easy because little heat is generated to the interior surfaces. To clean the interior surfaces, wipe with a soft cloth and warm water. **DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS.** For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. The round wire rack and shelf can be cleaned with hot soapy water, rinsed and dried.

WAVEGUIDE COVER

The waveguide cover is located on the side in the microwave oven cavity. It is made from mica so requires special care. Keep the waveguide cover clean to assure good microwave oven performance. Carefully wipe with a damp cloth any food splatters from the surface of the cover immediately after they occur. Built-up splashes may

overheat and cause smoke or possibly catch fire. **DO NOT REMOVE THE WAVEGUIDE COVER.**

ODOR REMOVAL

Occasionally, a cooking odor may remain in the microwave oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in microwave oven until cool. Wipe interior with a soft cloth.

TURNTABLE/TURNTABLE SUPPORT

The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and non-abrasive scouring sponge. They are also dishwasher-proof. Use upper wire rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

CLEANING AND CARE

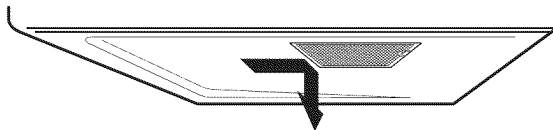
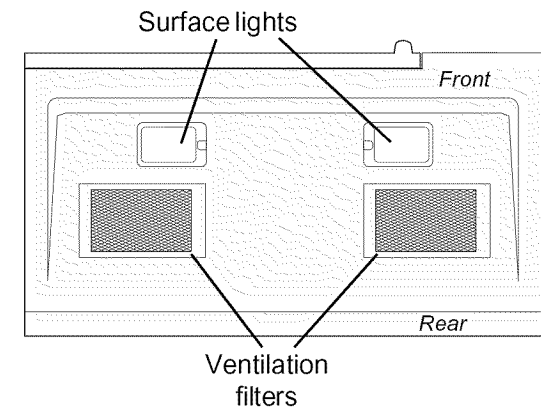
Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

Cleaning the exhaust filters

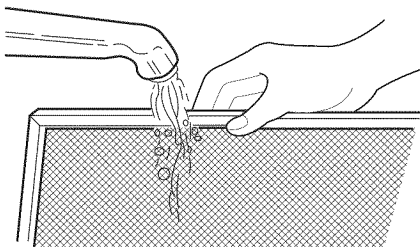
The oven ventilation exhaust filters should be removed and cleaned often; generally at least once every month.

CAUTION

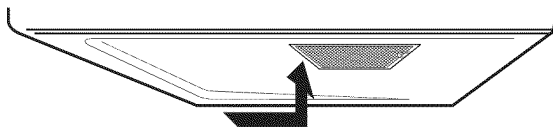
To avoid risk of personal injury or property damage, do not operate oven hood without filters properly in place.



1. To remove the exhaust ventilation filters, slide the filter to the rear. Then pull filter downward and push to the other side. The filter will drop out. Repeat for the 2nd filter.



2. Soak the ventilation filters in hot water using a mild detergent. Rinse well and shake to dry or wash in a dishwasher. **Do not use ammonia. The aluminum on the filter will corrode and darken.**



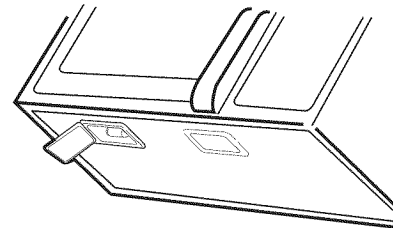
3. To reinstall the exhaust ventilation filter, slide it into the side slot, then push up and toward oven to lock. Reinstall the 2nd filter using the same procedure.

Surface light replacement

CAUTION

To avoid risk of personal injury or property damage, wear gloves when replacing the light bulbs.

1. Unplug the microwave oven or turn off power at the main circuit breaker.
2. Remove the bulb cover mounting screws at both light positions under the microwave.
3. Replace bulb with 30 watt appliance bulb.
4. Re-install bulb cover and mounting screw.
5. Plug the microwave back into the power supply or turn the power back on at the main circuit breaker.



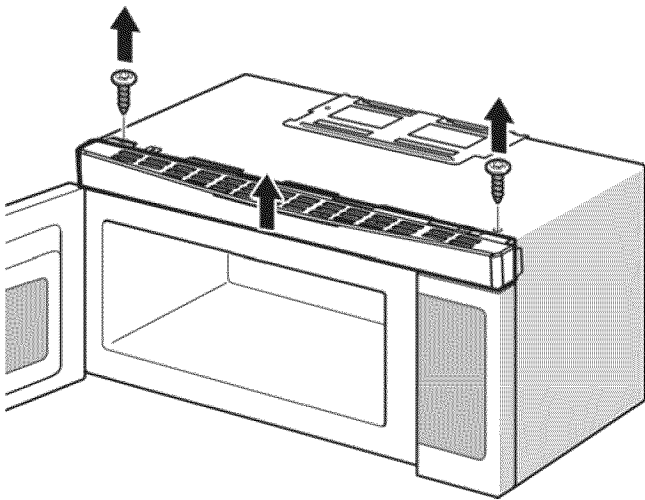
CLEANING AND CARE

Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

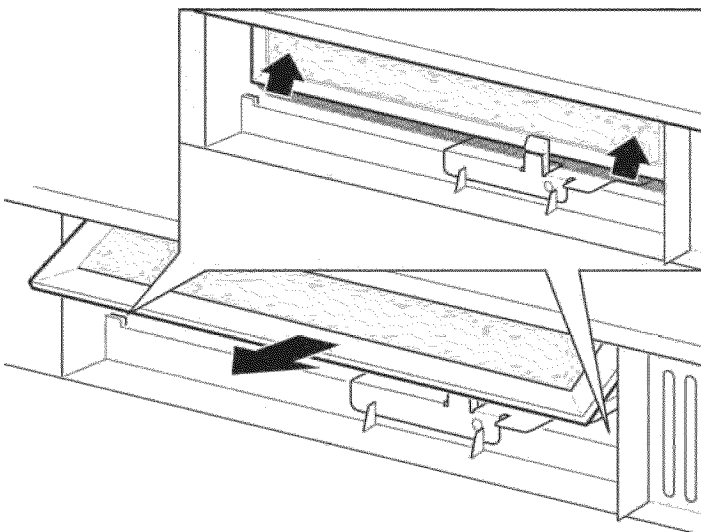
Charcoal filter replacement

Charcoal Filter installed in your microwave oven, is used for nonvented, recirculated installation. The filter should be changed every 6 to 12 months depending on use.

1. Disconnect power to the microwave oven at the circuit breaker panel or by unplugging.
2. Remove the vent grill mounting screws.
3. Pull the vent grill away from the unit.



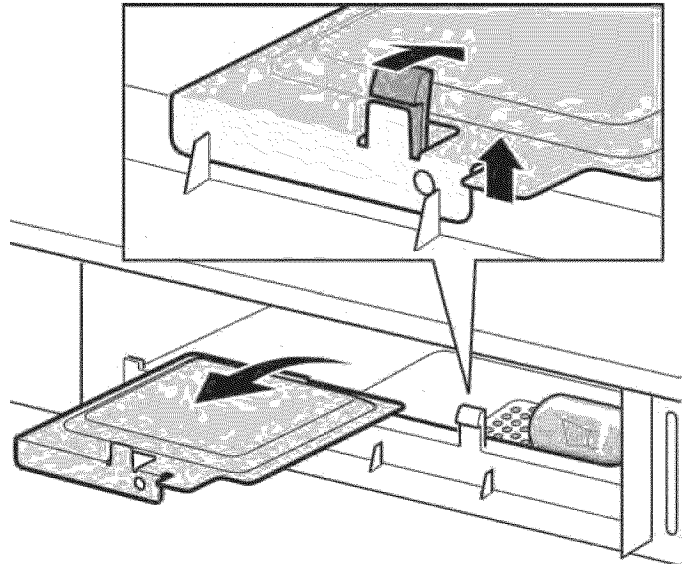
4. Remove the charcoal filter by pushing it inwards, then turn and pull it away from the unit.



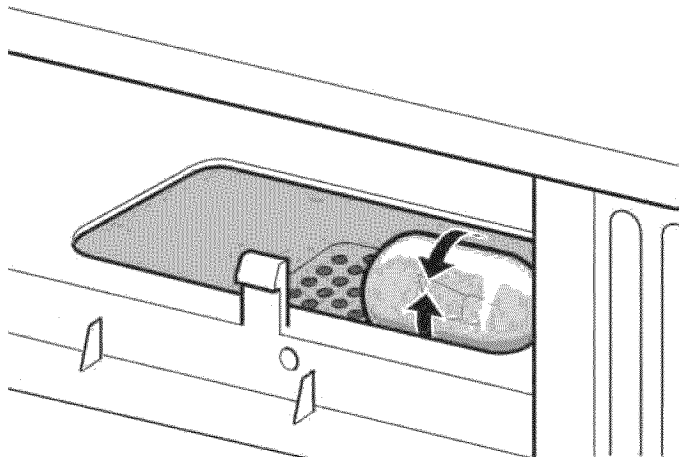
Oven light replacement

Remove the vent grill per instructions 1-4 above and charcoal filter, if used.

1. Open light cover located behind filter mounting by carefully pulling up on the front edge.



2. Remove old light bulb and replace only with equivalent 30 watt bulb available from parts distributor. Bulbs are also available at most hardware stores or lighting centers.



Note: DO NOT USE BULB LARGER THAN 30 WATTS.

3. Replace the microwave oven light cover by carefully pushing into place. Replace the charcoal filter. Push the vent grill back into place (engaging both the bottom and top tabs) and replace the vent grill mounting screws.

SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water in a glass measuring cup in the microwave oven and close the door securely.
Operate the microwave oven for one minute at HIGH 100%.

- | | | | |
|----------|--|-----------|----------|
| A | Does the microwave oven light come on? | YES _____ | NO _____ |
| B | Does the cooling fan work? (Put your hand on the louver above the Control Panel.) | YES _____ | NO _____ |
| C | Does the turntable rotate? (It is normal for the turntable to turn in either direction.) | YES _____ | NO _____ |
| D | Is the water in the microwave oven warm? | YES _____ | NO _____ |

If "NO" is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker. If they are functioning properly, CONTACT YOUR NEAREST ELECTROLUX AUTHORIZED SERVICER.

A microwave oven should never be serviced by a "do-it-yourself" repair person.

NOTES

If time appearing in the display is counting down very rapidly, check Demonstration Mode on page 27 and cancel.

SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1600W 14.2 amps. (for FGMV173QF, FGMV173QB/W/Q/M)
Output Power*:	1000 W
Frequency:	2450 MHz (Class B/Group2)**
Outside Dimensions:	29 7/8"(W) x 16 13/32"(H) x 15 1/32"(D)
Cavity Dimensions:	20 15/16"(W) x 9 7/16"(H) x 14 13/32"(D)
Microwave oven Capacity***:	1.7 Cu.Ft.
Cooking Uniformity:	Turntable
Weight:	Approx. (net) 61.7 lb, (gross) 28.0 lb
Work/Night Light:	2 bulbs 30w each (incandescent light bulbs)
Oven Light:	1 bulb 30w (incandescent light bulbs)

* The International Electrotechnical Commission's standardized method for measuring output wattage. This test method is widely recognized.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

*** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

In compliance with standards set by:

FCC - Federal Communications Commission Authorized.

DHHS - Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.

NHW - Department of National Health and Welfare of Canada.



- This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.



- This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc. for use in USA or Canada.

MAJOR APPLIANCE WARRANTY INFORMATION

Your appliance is covered by a one year limited warranty. For one year from your original date of purchase, Electrolux will pay all costs for repairing or replacing any parts of this appliance that prove to be defective in materials or workmanship when such appliance is installed, used and maintained in accordance with the provided instructions.

Exclusions This warranty does not cover the following:

1. Products with original serial numbers that have been removed, altered or cannot be readily determined.
2. Product that has been transferred from its original owner to another party or removed outside the USA or Canada.
3. Rust on the interior or exterior of the unit.
4. Products purchased "as-is" are not covered by this warranty.
5. Food loss due to any refrigerator or freezer failures.
6. Products used in a commercial setting.
7. Service calls which do not involve malfunction or defects in materials or workmanship, or for appliances not in ordinary household use or used other than in accordance with the provided instructions.
8. Service calls to correct the installation of your appliance or to instruct you how to use your appliance.
9. 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 is shipped from the factory.
10. Service calls to repair or replace appliance light bulbs, air filters, water filters, other consumables, or knobs, handles, or other cosmetic parts.
11. Surcharges including, but not limited to, any after hour, weekend, or holiday service calls, tolls, ferry trip charges, or mileage expense for service calls to remote areas, including the state of Alaska.
12. Damages to the finish of appliance or home incurred during installation, including but not limited to floors, cabinets, walls, etc.
13. Damages caused by: services performed by unauthorized service companies; use of parts other than genuine Electrolux parts or parts obtained from persons other than authorized service companies; or external causes such as abuse, misuse, inadequate power supply, accidents, fires, or acts of God.

DISCLAIMER OF IMPLIED WARRANTIES;LIMITATION OF REMEDIES

CUSTOMER'S SOLE AND EXCLUSIVE REMEDY UNDER THIS LIMITED WARRANTY SHALL BE PRODUCT REPAIR OR REPLACEMENT AS PROVIDED HEREIN. CLAIMS BASED ON IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO ONE YEAR OR THE SHORTEST PERIOD ALLOWED BY LAW, BUT NOT LESS THAN ONE YEAR. ELECTROLUX SHALL NOT BE LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN LIMITED WARRANTY OR ANY IMPLIED WARRANTY. SOME STATES AND PROVINCES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, OR LIMITATIONS ON THE DURATION OF IMPLIED WARRANTIES, SO THESE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS WRITTEN WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

If You Need Service Keep your receipt, delivery slip, or some other appropriate payment record to establish the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. Service under this warranty must be obtained by contacting Electrolux at the addresses or phone numbers below.

This warranty only applies in the USA and Canada. In the USA, your appliance is warranted by Electrolux Major Appliances North America, a division of Electrolux Home Products, Inc. In Canada, your appliance is warranted by Electrolux Canada Corp. Electrolux authorizes no person to change or add to any obligations under this warranty. Obligations for service and parts under this warranty must be performed by Electrolux or an authorized service company. Product features or specifications as described or illustrated are subject to change without notice.

USA
1.800.944.9044
Electrolux Home Products, Inc.,
10200 David Taylor Drive
Charlotte, NC 28262



Canada
1.800.265.8352
Electrolux Canada Corp.
5855 Terry Fox Way
Mississauga, Ontario, Canada
L5V 3E4