

Sunbeam

User's Manual

**Stainless Steel Over-the-Range Microwave
Model: SNM1502RAS**



PTT050906

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.

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IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:

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".
3. This appliance must be grounded. Connect only to properly grounded outlet. See "grounding instructions".
4. Install or locate this appliance only in accordance with the provided installation instruction.
5. 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 oven.
6. 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 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. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance when 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 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.
9. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. 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 person:
 - e. Do not overheat the liquid.
 - f. Stir the liquid both before and halfway through heating it.
 - g. Do not use straight-sided containers with narrow necks.
 - h. After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - i. Use extreme care when inserting a spoon or other utensil into the container.
10. Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.
11. Pierce foods with heavy skins such as potatoes, whole squash, apples and chestnuts before cooking.
12. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
13. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
14. Do not cover or block any openings on the appliance.
15. 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, near a swimming pool, or similar locations.
16. Do not operate this appliance if it has a damaged cord or a plug, if it is not working properly or if it has been damaged or dropped.
17. Do not immerse cord or plug in water. Keep cord away from heated surface. Do not let cord hang over edge of table or counter.
18. Use only thermometers, which are specifically designed for use in microwave ovens.
19. Do not operate any heating or cooking appliance beneath this appliance.
20. Be certain the glass tray and roller rings are in place when you operate the oven

SAVE THESE INSTRUCTIONS

As required by UL the following statements must be incorporated in the User Manual for Safety:

- a. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair, or adjustment.
- b. Either: i) 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 ii) When separate cleaning instructions are provided. See door surface cleaning instructions on (specific page or section to be included).

UNPACKING INSTRUCTIONS

Carefully remove oven from carton.

- **SAVE THE CARTON AS IT MAY MAKE INSTALLATION EASIER.**

Remove:

1. All packing materials from inside the oven cavity; however, **DO NOT REMOVE THE WAVEGUIDE COVER**, which is located on the ceiling in the oven cavity. Check to see that there are Installation Instructions, Wall Template, Top Cabinet Template, bag of Installation Hardware, Charcoal Filter and Exhaust Damper Assembly. Read enclosures and **SAVE** the Owner's Instructions.
2. The feature sticker from the outside of the door, if there is one.

Check the 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 oven and contact your dealer.

See Installation Instruction for more details.

GROUNDING INSTRUCTIONS

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

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

ELECTRICAL REQUIREMENTS

The electrical requirements are a 120 volt 60 Hz, AC only, 20 amps. It is recommended that a separate circuit serving only the oven be provided. The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded.

EXTENSION CORD

1. 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 microwave oven. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance, or
2. 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.

RADIO OR TV INTERFERENCE

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different circuit, relocate the radio or TV as far away from the oven as feasible or check position and signal of receiving antenna.

Notes:

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

INFORMATION YOU NEED TO KNOW

ABOUT YOUR MICROWAVE OVEN

- **NEVER** use the oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the oven. The turntable will turn both clockwise and anticlockwise. See page 9 for complete instructions.
- **ALWAYS** have food in the oven when it is on to absorb the microwave energy.
- When using the oven at power levels below 100%, you may hear the magnetron cycling on and off.
- 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 oven. Generally, covered foods will not cause as much condensation as uncovered ones.
- Ventilation openings must not be blocked.
- In using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

ABOUT FOOD

FOOD	DO	DON'T
Eggs, Sausages, Fruits, and 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 egg in shells. • Reheat whole eggs.
Popcorn	<ul style="list-style-type: none"> • Use specially bagged popcorn for the microwave oven. • 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 boil-overs. 	<ul style="list-style-type: none"> • Heat or cook in closed glass jars or airtight containers. • Can in the microwave as harmful bacteria may not be destroyed. • Deep fat fry. • Dry wood, gourds, herbs or wet papers.

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 oven and stir, if possible. Cover for standing time that 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 SAFETY

Check foods to see that they are cooked to the following recommended temperatures.

TEMP	FOOD
160°	...for fresh pork, ground meat, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.
165°	...for leftover, ready-to-reheat refrigerated, and deli and carry-out "fresh" food.
170°	...white meat of poultry.
180°	...dark meat of poultry.

- To test for doneness, insert a meat thermometer in a thick or dense area away from fat of 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 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 food-borne bacteria.
- Keep waveguide cover clean. Food residue can cause arcing and/or fires.
- Use care when removing items from the oven so that utensil, your clothes or accessories do not touch the safety door latches.

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
- Heat-resistant glass
- Microwave-safe plastics
- Paper plates
- Microwave-safe pottery, stoneware and porcelain
- Browning dish

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

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 bake ware
- Dishes with metallic trim
- Non-heat-resistant glass
- Non-microwave-safe plastic
- Recycled paper bags
- Food storage bags
- Metal twist-tie

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.
- 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 oven.

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. Sunbeam is not responsible for any damage to the oven when accessories are used.

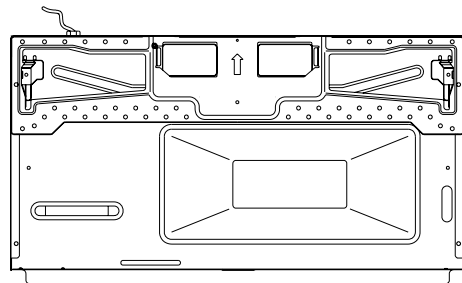
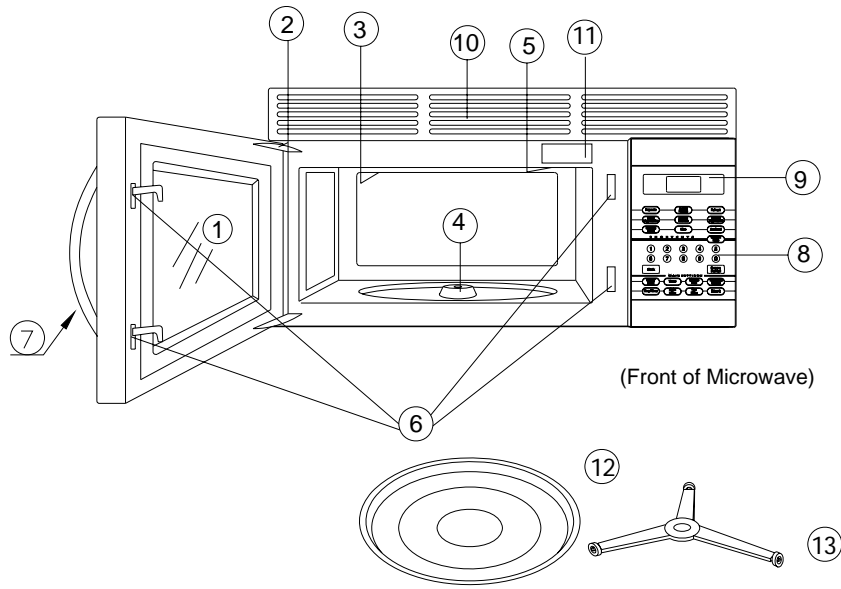
ABOUT CHILD SAFETY

- 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.
- The children must be able to reach the oven comfortably; if not, he/she should stand on a sturdy stool.
- At no time should anyone be allowed to lean or swing on the oven door.
- Children should be taught all safety precautions; use potholders, remove coverings carefully and 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.

SPECIFICATIONS

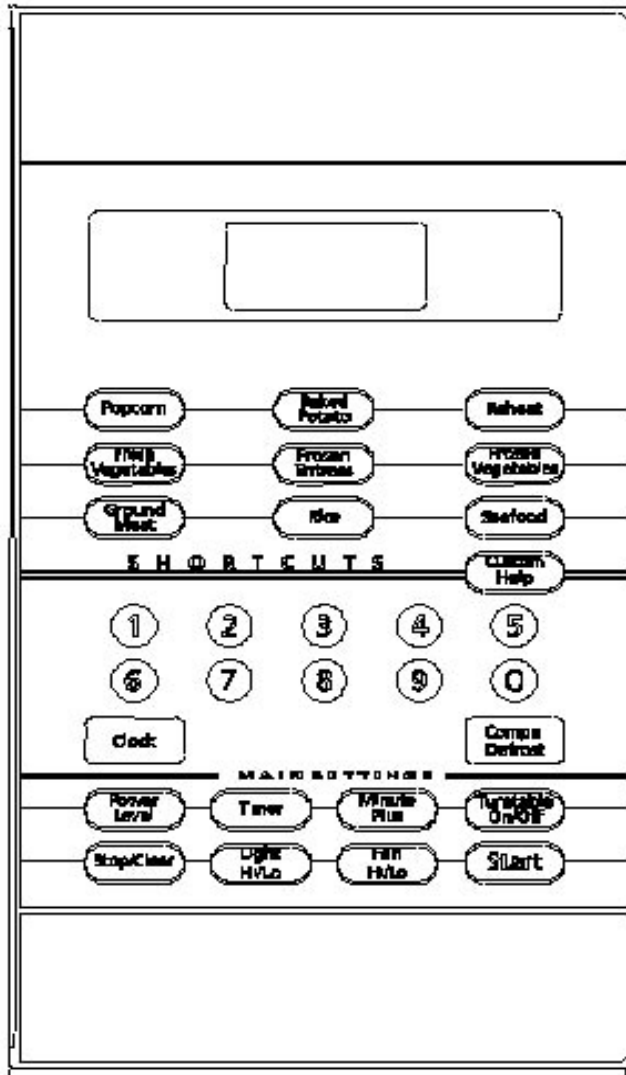
Power Supply		120V AC 60Hz Single phase
Microwave	Power Consumption	1450W
	Output Power	1000W
	Frequency	2450MHz
Outside Dimensions		29 15/16"(W)×16 3/8"(H)×15 1/4"(D)
Cavity Dimensions		20 1/4"(W)×8 3/16"(H)×14 1/2"(D)
Oven Capacity		1.5 Cu. Ft.
Cooking Uniformity		Turntable /Stirrer Fan System
Weight		Approx. (net) 55lb / (gross) 59.4lb

FEATURES DIAGRAM



- | | | | |
|---|-----------------------|----|-----------------------------|
| 1 | OVEN DOOR | 8 | CONTROL PANEL |
| 2 | DOOR HINGES | 9 | TIME DISPLAY |
| 3 | WAVEGUIDE COVER | 10 | VENTILATION OPENINGS |
| 4 | TURNTABLE MOTOR SHAFT | 11 | LABEL |
| 5 | OVEN LIGHT | 12 | REMOVABLE TURNTABLE |
| 6 | SAFETY DOOR LATCHES | 13 | REMOVABLE TURNTABLE SUPPORT |
| 7 | HANDLE | | |

CONTROL PANEL FEATURES



DISPLAY SCREEN

Cooking time, Lock indicator, timer, defrost sign and help information are displayed.

COMPU COOKING

Quick cook settings to cook food according to weight entered.

CUSTOM HELP

Information is available to help the user with cooking.

COMPU DEFROST

Easy settings to defrost according to weight entered.

POWER LEVEL

Used to set cooking power level.

TIMER/CLOCK

Used to set the oven clock or set the timer.

MINUTE PLUS/EXPRESS

Use the minute plus feature to add to cooking time. Also use to start the oven quickly at full power.

TURNTABLE ON/OFF

Touch to set turntable on or off.

STOP/CLEAR

Touch to stop the oven or reset the oven before setting a program.

START/TOUCH ON

Touch to start the oven.

LIGHT/Hi/Lo

Press to set the controls of the light outside the oven.

FAN Hi/Lo

Fan motor control key. Press to select set high, low or off mode.

The following pages contain more information for the use of these features.

BASIC CONTROLS

- Before operating your new microwave oven make sure you read and understand this operation manual completely.
- Plug in the oven.
- Close the door.
- The oven display will show **PRESS** **CLOCK** **TO SET** **CLCOK**

TO SET THE CLOCK

Suppose you want to enter the correct time of day 9:30.

1. Touch “Clock” pad once.
2. Use the number pads to enter clock time.
3. Touch “Clock” pad again.

This is a 24 hour clock.

TIME COOKING

Your oven can be programmed for 99 minutes 99 seconds. Suppose you want to cook for 3 minutes at 100% power.

1. Use the number pads to enter cooking time.
2. Touch “Start” pad.

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.

TOUCH POWER LEVEL PAD A NUMBER OF TIMES	APPROXIMATE PERCENTAGE OF POWER	COMMON WORDS FOR POWER LEVELS
2	100%	High
3	90%	
4	80%	
5	70%	Medium High
6	60%	
7	50%	Medium
8	40%	
9	30%	Med Low/Defrost
10	20%	
11	10%	Low
12	0%	

Suppose you want to cook for 5 minutes at 70% power.

1. Touch “Power Level” pad 5 times to select cooking power.
2. Use the number pads to enter cooking time.
3. Touch “Start” pad.

TURNTABLE ON/OFF

For most cooking, the turntable should be on; however the turntable can be turned off so that it does not rotate when extra large dishes, such as the popular 13x9x2 glass utility casserole, are used. The casserole should be placed on the turntable so that it is level.

Suppose you want to cook lasagna in a 13x9x2 casserole for 45 minutes on 40% power.

1. Touch "Turntable On/Off" pad and note TURNTABLE OFF in the display.
2. Touch "Power Level" pad a number of times to select the needed power level.
3. Use the number pads to enter cooking time.
4. Touch "Start" pad.

NOTE:

- The door can be opened for checking food and the turntable will stay in the off position. After checking, close door and touch "Start".
- The turntable will stay off for one minute after door is opened when the time appears in the display. It is possible to reprogram the oven during that minute without touching the "Turntable On/Off" pad. The display indicates when the turntable is off.
- When cooking large quantities of food which cannot be stirred, it is best to use a lower power level such as 40 or 50%. You may speed cooking or large amount by programming 5 to 10 minutes of 100% power followed by the desired time on lower power. You may wish to reverse a large casserole once during cooking, simply open door, reposition casserole, close door and touch "Start".

STOP/CLEAR

Touch the "Stop/Clear" pad to:

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

SPECIAL FEATURES

COMPU COOK

Compu Cook will automatically compute the correct cooking/warming time and microwave power level for foods shown in the chart below.

Suppose you want to use Compu Cook to prepare potatoes.

1. Touch "BAKED POTATO" pad.
2. Use the number pads to enter weight of the potato placed in the oven.
3. Touch "Start" pad. The heating time will count down. The display will indicate END when cooking is complete.

COMPU COOK CHART

List	Food	Weight	PROCEDURE
1	Popcorn	0.1kg or 3.5 oz	Use only popcorn packaged for microwave oven use.
2	Baked potato	0.2~1.3kg or 0.4~2.8LB	Pierce. Place on paper-towel-lined turntable. After cooking, remove from oven, wrap in aluminum foil and left stand 5 to 10 minutes.
3	Reheat	0.2~1.3kg or 0.4~2.8 LB.	Place in dish or casserole slightly larger than amount to be reheated. Flatten, if possible. Cover with lid, plastic wrap or wax paper. Use covers such as plastic wrap or lids with larger quantities of more dense foods such as stews. After reheating, stir well, if possible. Foods should be very hot. If not, continue to heat with variable power and time. After stirring, re-cover and allow to stand 2 to 3 minutes Ideal for reheating stirrable casseroles, such as macaroni and cheese or stew. Cover with vented plastic wrap or wax paper. Touch Turntable On/Off and Reheat. At signal, stir casserole and rotate dish. Touch Start. At end, stir and allow to stand, covered, for 5 to 10 minutes.
4	Fresh vegetables (soft) Broccoli Brussels sprouts Cabbage Cauliflower (flowerets) Cauliflower (whole) Spinach Zucchini	0.1~0.6kg or 4~22 oz	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 vegetable. Press Fresh vegetables pad once for soft. After cooking, stir, if possible, let stand, covered, for 2 to 5 minutes.
	Apples		Peel around top and remove core. Place sugar or cinnamon candies in core. Place apples in a glass pie plate. Cover with plastic wrap.
5	Frozen entrees	0.1~0.6kg or 4~22 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.

6	Ground meat	0.2~1.3kg or 0.4~2.8Lb.	Use this setting to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave-safe rack and cover with wax paper or plastic wrap. When oven stops and TURN FOOL OVER OR STIR is displayed, turn patties over or stir meat in casserole to break up large pieces. Re-cover and touch Start/Touch On. After cooking, LET STAND COVERED will be displayed.
7	Rice	0.2~0.9kg or 0.4~2.0 LB	Place rice into a deep casserole and add double quantity of water. Cover with lid or plastic wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed.
8.	Fish/seafood Fillet, steak Shrimp Scallops	0.2~0.9kg or 0.4~2.0 LB.	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with vented plastic wrap. After cooking, let stand, covered, for 3 minutes.
	Clam, fresh		Place in plastic bag. Secure end. Slit bag with a knife. After cooking, let stand, covered approximately 3 minutes.
9	Frozen vegetables	0.1~0.6kg or 4~22 oz	Add no water. Cover with lid or plastic wrap. After cooking, stir and let stand, covered, for 3 minutes.
10	Pizza	0.2~0.6kg or 0.4~ 1.4 LB	Reheat pizza

NOTE:

- Compu Cook can be programmed with More or Less Time Adjustment. Touch the “Power Level” pad once or twice after selecting the amount.
- Each food has a cooking hint. Touch “Custom Help” when the HELP indicator is lighted in the display.
- Should you attempt to enter more or less than the allowed amount; an error message will appear in the display. More or less than the quantity listed in the chart should be cooked following the guidelines in any microwave book.
- 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.

COMPU DEFROST

Compu Defrost automatically defrosts foods from the following chart. Press COMPU DEFROST, the display shows COMPU DEFROST SELECT FOOD NUMBER SEE LABEL and DEF symbol, then Enter number 1~6 to select.

Suppose you want to defrost a 2.0 pound steak.

1. Touch “Compu Defrost” pad once,
2. Touch 2 for steak, until the display shows “STEAK CHOPS OR FISH DEFROST” and touch “Start” to confirm.
3. Enter weight by touching the number pads 2 and 0. (Ex: 2.0 lb steak.)
4. Touch “Start” pad.
5. After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door. Touch “Start” pad.
6. After the 2nd stage, open the door. Shield any warm portions. Close the door. Touch Start pad.
7. After defrost cycle ends, cover and let stand as indicated in the following chart.

NOTE:

- Compu Defrost can be programmed with More or Less Time Adjustment.
- Each food has a defrosting hint. Touch “Custom Help” after step 2 above.
- Should you attempt to enter more or less than the allowed amount; an error message will appear in the display.
- To defrost other food or foods above or below the weights allowed on the chart, use time and 30% power.

COMPU DEFROST CHART

FOOD	AMOUNT	PROCEDURE
1. Ground meat	0.2 ~ 1.8 kg/ 0.4 ~ 4.0 LB	Remove any thawed pieces after each stage. Let stand, covered, for 5 to 10 minutes.
2. Steak, chops or fish	0.2 ~ 1.8 kg/ 0.4 ~ 4.0 LB	After each stage, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is almost defrosted. Let stand, covered, for 10 to 20 minutes.
3. Chicken pieces	0.2 ~ 1.8 kg/ 0.4 ~ 4.0 LB	After each stage, rearrange pieces or remove portions should they become warm or thawed. Let stand, covered, for 10 to 20 minutes.
4. Roast	0.2 ~ 1.8 kg/ 0.4 ~ 4.0 LB	Start defrosting with fat side down. After each stage, turn roast over and shield the warm portions with aluminum foil. Let stand, covered, for 30 to 60 minutes.
5. Casserole	1 ~ 5 cups	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.
6. Soup	1 ~ 5 cups	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.

NOTE:

- Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed.
- Shielding prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

MANUAL DEFROST

- If the food that you wish to defrost is not listed on the COMPU DEFROST CHART or is above or below the limits in the “Amount” column on the COMPU DEFROST CHART, you need to defrost manually.
- You can defrost any frozen food, either raw or previously cooked, by using Power Level 3. Follow the exact 3-step procedure found under Time Cooking.
- 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 3 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.

OTHER CONVENIENT FEATURES

MINUTE PLUS/EXPRESS

Minute Plus/EXPRESS allows you to cook for a minute at 100% by simple touching the Minute Plus pad. You can also extend cooking time in multiples of 1 minute by repeatedly touching the Minute Plus pad during manual cooking.

Suppose you want to heat a cup of soup for one minute.

- Touch “Minute Plus” pad.

NOTE:

- To use Minute Plus, touch pad within 1 minute after cooking, closing the door, touching the “Stop/Clear” pad or during cooking.
- Minute Plus cannot be used with Special Features.

KITCHEN TIMER

Suppose you want to time a 3 minute long distance phone call.

1. Touch "Timer" pad **twice**.
2. Enter time. Touch "3, 0, 0".
3. Touch "Start" pad.

CUSTOM HELP

Custom Help provides 4 features which make using your oven easy because specific instructions are provided in the Interactive Display.

1. CHILD LOCK

The child lock prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated or locked. To set, touch Custom Help, the number "1" and "Start" twice. Should a pad be touched, **LOCK** **ON** will appear in the display.

To cancel, touch "Custom Help" and "Stop/Clear".

2. SOUND ON/OFF

If you wish to have the oven operate with no audible signals, touch "Custom Help", the number "2", "Start" and "Stop/Clear".

To cancel and restore the audible signal, touch "Custom Help", the number "2" and "Start" twice.

3. AUTO START

If you wish to program your oven to begin cooking automatically at a designated time of day, follow this procedure:

Suppose you want to start cooking a stew for 20 minutes on 50% at 4:30. Before setting, check to make sure the clock is set correctly.

1. Touch "Custom Help" pad.
2. Touch the number "3".
3. Touch "Start/ Touch On" pad
4. Enter the start time "4, 3, 0".

5. Touch "Clock" pad.

6. Enter cooking program.

7. Touch "Start" pad.

NOTE:

- Auto Start can be used for manual cooking and Comp Cook, if clock is set.
- If the oven door is opened after programming Auto Start, it is necessary to touch the Start pad for Auto Start time to appear in the display so that the oven will automatically begin programmed cooking at the chosen Auto Start time.
- Be sure to choose foods that can be left in the oven safely until the Auto Start time.

4. COMPU UNIT SELECT

SELECT "LB":

1. Touch "Custom Help" pad.
2. Touch the number "4".
3. Touch "Start" pad twice.

SELECT "KG":

1. Touch "Custom Help" pad.
2. Touch the number "4".
3. Touch "Start" pad.
4. Touch the number "1".
5. Touch "Start" pad.

ADJUSTING COOKING TIME

Should you discover that you like any of the Compu Cook, Compu Defrost settings slightly more done, touch the Power Level pad once after touching your choice of pads and before touching Start/Touch On.

The display will show **MORE**.

Should you discover that you like any of the Compu Cook, Compu Defrost settings slightly less done, touch the Power Level pad twice after touching your choice of pads and before touching Start/Touch On.

The display will show **LESS**.

HELP: Each setting of Compu Cook, Compu Defrost has a cooking hint. If you wish to check, touch "Custom Help" whenever HELP is lighted in the Interactive Display.

CLEAN AND CARE

Exterior

The outside surface is percolated 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 damp cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

Touch control panel

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the 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; therefore, there is no baking and setting of spills or spattering. 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.

Waveguide Cover

The waveguide cover is located on the ceiling in the oven cavity. It is made from mica so requires special care. Keep the waveguide cover clean to assure good 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 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 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 as described above. They are also dishwasher-proof. Use upper rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

Grease Filters

Filters should be cleaned at least once a month. Never operate the fan or oven without the filters in place.

1. Pull down slightly on the tab toward the front of the oven and remove the filter. Repeat for the other filter.
2. Soak the filter in a sink or dish pan filled with hot water and detergent. **DO NOT** use ammonia or other alkali; they will react with the filter material and darken it.
3. Agitate and scrub with a brush to remove embedded dirt.
4. Rinse thoroughly and shake dry.
5. Replace by fitting the filter back into the opening.

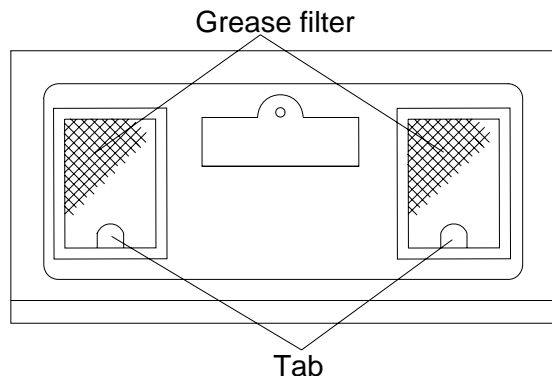
Fan

The fan will automatically start when heat rises from range surface units or burners. This protects the microwave oven from excessive temperature rise. The fan will stay on until the temperature decreases. It cannot be turned off manually during this time.

For other uses, select either HI or LO speed.

Light

1. To replace light bulbs, first disconnect power to the oven at the circuit breaker panel or by unplugging.
2. To release cover, remove the screw on the light cover. (See illustration.)
3. **DO NOT USE A BULB LARGER THAN 30 WATTS.**
4. Close light cover and secure with screw removed in step 2.

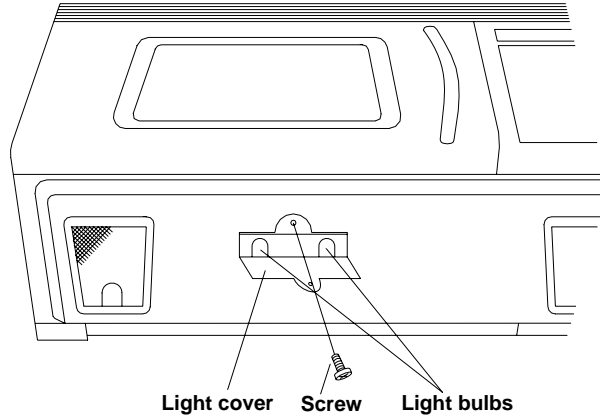


CAUTION: Light cover may become very hot. Do not touch glass when light is on.

Charcoal Filter

Charcoal filter is used for non-vented, re-circulated installation. The filter should be changed every 6 to 12 months depending on use.

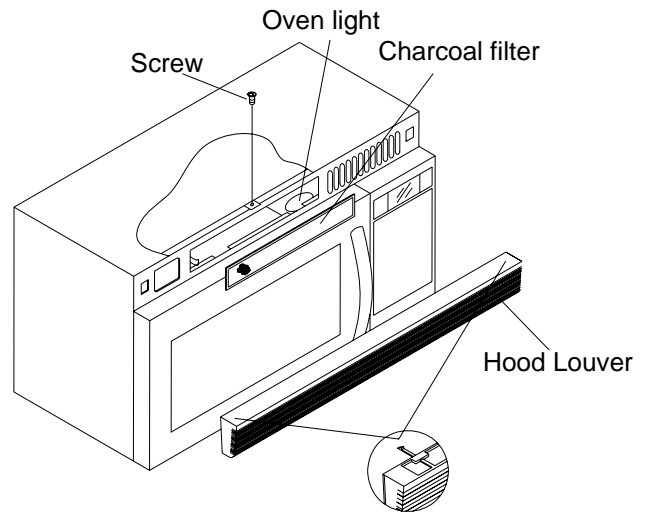
1. Disconnect power to the oven at the circuit breaker panel or by unplugging.
2. Remove the louver mounting screw from the top center of the louver and push down carefully on the tab at each end of the louver to disengage it. (See illustration.)
3. Pull the louver away from the unit.
4. Change the charcoal filter.
5. Carefully push the louver back into place and replace the screw remove in step 2.



Oven Light

Remove the louver per instructions 1~3 above and charcoal filter, if used.

1. Open light cover located behind filter mounting by carefully pulling up on the front edge.
2. **DO NOT USE A BULB LARGER THAN 30 WATTS.**
3. Replace the oven light cover by carefully pushing into place. Replace the charcoal filter, if used. Push the louver back into place and replace the louver mounting screw.



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