

Sunbeam

User's Manual

**0.7 Cu. Ft. Countertop Microwave
Model: SGDJ701**



GLN071912

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IMPORTANT SAFETY INSTRUCTIONS

READ ALL SAFETY INSTRUCTIONS BEFORE USING THIS MICROWAVE

WARNING - to reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy, basic safety precautions should be followed, including the following:

1. Read all instructions before using the microwave.
2. This microwave must be grounded. Connect only to properly grounded outlets. See page 4 for grounding instructions.
3. Install or place this microwave only in accordance with installation instructions.
4. Some produce such as whole eggs and sealed containers-for example, closed glass jars - are able to explode and should not be heated in this oven.
5. This microwave is intended for use only as described in this manual. Do not use corrosive chemicals or vapors in this microwave. This type of microwave is specifically designed to heat, cook, or dry foods. It is not designed for laboratory use.
6. As with any appliance, close supervision is necessary when used by children.
7. To reduce the risk of fire in the oven cavity:
 - a. do not overcook food. Carefully attend to the microwave when paper, plastic, or other combustible materials are placed inside the microwave to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing in microwave.
 - c. If materials inside the microwave should ignite, keep microwave door closed, turn it off, and disconnect the power cord or turn off the power fuse at the circuit breaker panel. Do not use the microwave cavity for storage purposes.
 - d. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
8. Liquids, such as water, coffee, or tea may overheat 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 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: do not overheat the liquid; stir the liquid both before and halfway through heating; do not use straight-sided containers with narrow necks; after heating, allow the container to stand in the microwave a short time before removing; use extreme care when inserting a spoon or other utensil into the container.
9. Do not heat oil or fat for deep-frying in this microwave. It is difficult to control the temperature of oil in the microwave.
10. Pierce foods with heavy skins, such as potatoes, before cooking.
11. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving to avoid burns.
12. Cooking utensils may become hot from heat transferred from the heated food. Pot holders may be needed to handle these utensils.
13. Do not cover or block any openings on the microwave.
14. Do not store or use this microwave outdoors. Do not use this microwave near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
15. Do not operate this microwave if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
16. Do not immerse the cord or plug in water. Keep cord away from heated surfaces. Do not let the cord hang over the edge of the table or counter.

IMPORTANT SAFETY INSTRUCTIONS (continued)

17. Use only thermometers specifically designed for microwaves.
18. Do not operate any heating or cooking under this microwave.
19. Be certain the glass tray and roller rings are in place when using the microwave.
20. Read and follow the specific "Precautions to Avoid Possible Exposure to Excessive Microwave Energy" section found below.
21. When cleaning microwave surface and door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
22. This microwave should be serviced only by qualified service personnel. For service and repair, please contact our Customer Support Center at 1-866-257-3336.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this microwave with the door open. Door open operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the door interlocks.
2. Do not place any objects between the microwave front face and the door, or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the microwave if damaged. It is particularly important that the microwave door be properly closed and there is no damage to the door (bent), hinges and latches (broken or loosened), or door seals and sealing surfaces.
4. The microwave should not be adjusted or repaired by anyone except properly qualified service personnel.

INSTALLATION GUIDE

1. Make sure all packing materials are removed from inside the microwave door.
2. Check the microwave for damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches, and dents inside the cavity or on the door. If there are any damages, do not operate the microwave and contact Customer Service at 1-866-257-3336.
3. This microwave must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked inside.
4. Do not place the oven where heat, moisture, or high humidity is generated. Do not place microwave near combustible materials.
5. For correct operation, the oven must have sufficient air flow. Allow 8" of space above the microwave, 4" at the back, and 2" on each side of the unit.
6. Do not cover or block any openings on the microwave. Do not remove microwave feet. Do not operate the oven without the glass tray, roller support, and shaft in their proper positions. Make sure the power supply cord is undamaged and does not run under the microwave or over any hot or sharp surface.
7. The socket must be readily accessible so the microwave can be easily unplugged in an emergency.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This microwave must be grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. 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. For questions regarding the grounding instructions, please contact our Customer Support Center at 1-866-257-3336. 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, and either:

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 appliance. 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.

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

ELECTRICAL REQUIREMENTS

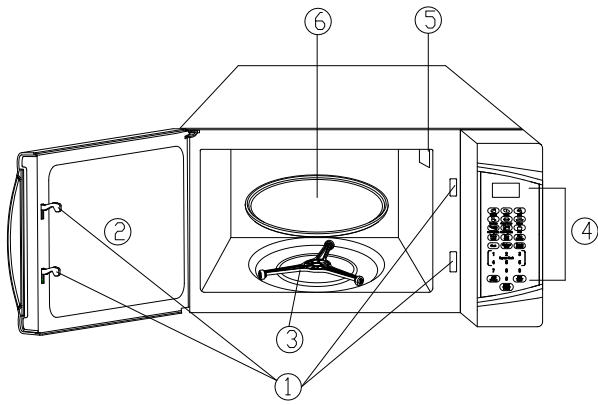
- The electrical requirements for this microwave are a 120V, 60Hz, AC only, 15 amp.
- It is recommended that a separate circuit serving only the microwave be provided.
- The microwave is equipped with a 3-prong grounding plug. It must be plugged into a wall outlet properly installed and grounded.

POWER CORD

- A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a long cord.
- Longer cord sets or extension cords are available and may be used if care is taken in using them.
- If using a longer cord, the marked electrical rating of the cord set or extension cord should be at least as great as the electrical marking of the microwave itself and the extension cord must be a grounded-type 3-wire cord. The longer cord should be arranged so it will not drape over the counter or tabletop.

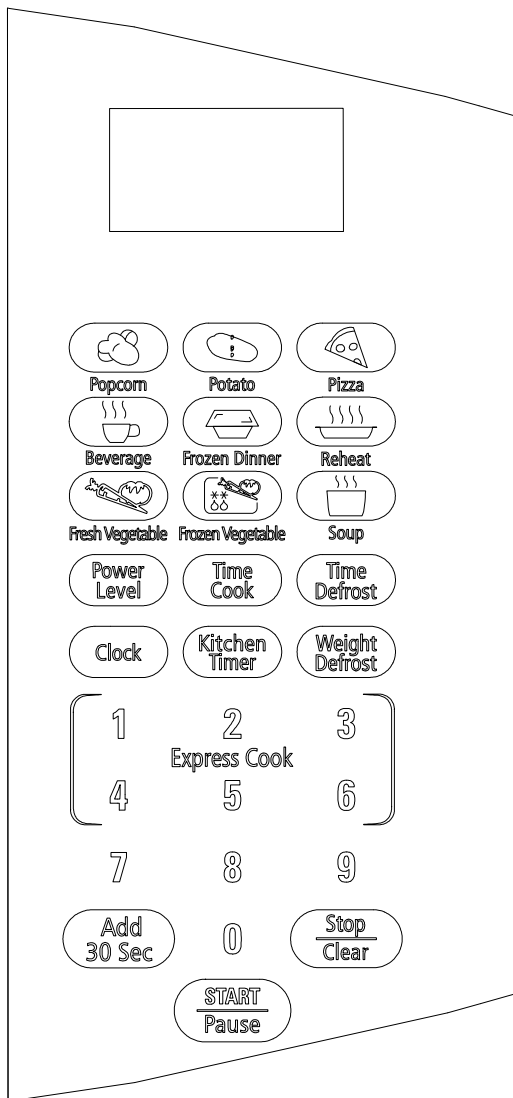
RADIO OR TV INTERFERENCE

- 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, relocated the radio or TV as far away from the oven as feasible or check position and signal of receiving antenna.



1. Door Lock System
2. Oven Window
3. Roller Ring
4. Control Panel
5. Wave Guide (Do not remove)
6. Glass Tray

CONTROL PANEL



- **DISPLAY**

Cooking time, power, indicators and present time are displayed.

- **QUICK COOK BUTTONS**

Instant settings to cook popular foods.

- **POWER LEVER**

Use to set power levels other than high.

- **TIME COOK**

Touch to set the clock and the oven timer.

- **TIME DEFROST**

Touch to set defrost program by time.

- **CLOCK**

Touch to set clock time.

- **KITCHEN TIMER**

Timer functions independently, even while a cooking program is in process.

- **WEIGHT DEFROST**

Touch to set the weight of the food to be defrosted.

- **NUMBER PADS (0-9)**

Touch to set time, weight or the amount.

- **EXPRESS COOK**

1= 1 minute 2= 2 minutes 3= 3 minutes

4= 4 minutes 5= 5 minutes 6= 6 minutes

- **ADD 30 SEC**

Touch it to set cooking time to add 30 seconds each at full POWER.

- **STOP/CLEAR**

Touch to stop cooking program or clear all previous settings before cooking starts.

- **START/PAUSE**

Touch to start or stop cooking.

INSTALLING THE TURNTABLE

- Never place the glass tray upside down.
- The glass tray should never be restricted.
- Both the glass tray and turntable ring assembly must always be used during cooking.
- All food and containers of food should always be placed on the glass tray for cooking.
- If the glass tray or turntable ring assembly cracks or breaks, contact customer service 1-866-257-3336.

OPERATION INSTRUCTIONS

SETTING THE CLOCK

It is a 12-hour or 24-hour clock. Suppose you want to enter the correct time of day to 6:00 (A.M. or P.M.).

Steps:

1. Touch CLOCK pad once to select 24-hour cycle or press CLOCK twice to select 12-hour cycle.
2. Touch number pads to enter the clock time.
3. Touch CLOCK pad again to confirm.

NOTE:

You can check the clock time while cooking is in progress by touching the CLOCK pad.

SETTING THE TIMER

1. Touch KITCHEN TIMER.
2. Enter the amount of time by touching the number pads.
3. Touch KITCHEN TIMER.

NOTE:

- The longest time is 99 minutes and 99 seconds.
- Touch KITCHEN TIMER pad for 3 seconds, to cancel the timer program.

EXPRESS COOK

Use this feature to program the oven to start at 100% power conveniently.

1. In waiting mode, open the door and place the food into the oven, close it.
2. Touch 1-6 number pads in quick succession to set the cooking time. The oven will start immediately.

NOTE:

1= 1 minute 2= 2 minutes 3= 3 minutes 4= 4 minutes 5= 5 minutes 6= 6 minutes

ADD 30 SEC

In waiting mode, touch ADD 30 SEC pad to enter the cooking time. The oven will auto-start immediately. Use the microwave 100% power.

OPERATION INSTRUCTIONS (continued)

NOTE:

In the cooking process (Auto menu, except for the weight defrost), touch ADD 30 SEC pad for extra time. The maximum extra time is 99 minutes and 59 seconds.

SETTING THE MICROWAVE

The maximum time can be set is 99 minutes and 99 seconds.

Steps:

1. In waiting mode, place food into oven and close it.
2. Touch TIME COOK pad once.
3. Use the number pads to set a cooking time.
4. Touch POWER LEVEL pad.
5. Use the number pads to enter the power level.
6. Touch START/PAUSE pad.

Number pad	Cooking power
1,0	PL10 100%
9	PL-9 90%
8	PL-8 80%
7	PL-7 70%
6	PL-6 60%
5	PL-5 50%
4	PL-4 40%
3	PL-3 30%
2	PL-2 20%
1	PL-1 10%

TIME DEFROST

The longest defrosting time is 99 minutes and 99 seconds.

1. Touch TIME DEFROST pad.
2. Enter desired defrosting time by touching correct number pads.
3. Touch START/PAUSE pad.

NOTE: During defrosting program touch POWER LEVEL button to display the default cooking power in 10 seconds, you can use the number pad to readjust the cooking power.

WEIGHT DEFROST

1. Touch WEIGHT DEFROST pad.
2. Use the 0-6 number pad to enter food weight "LB".
3. Touch START/PAUSE pad to confirm.
4. Use the number pad to enter food weight "OZ".
5. Touch START/PAUSE pad.

NOTE:

· The maximum weight is 6 lbs. During defrosting program, the system will pause and sound beeps to remind user to turn food over, and then press START/PASUE to resume the defrosting.

OPERATION INSTRUCTIONS (continued)

- During defrosting program, the system will pause and sound beeps to remind user to turn food over, and then press START/PAUSE to resume the defrosting.

AUTO MENU

For the following foods or cooking operation, you do not need to input cooking power and time. Try to focus on telling the oven what you want to cook and how much the food weighs.

Steps:

1. Place food into oven and close it.
2. Touch the correct auto menu to enter the food weight or share. Automatic menu system automatically starts the program.

Code	Food	Note
1	Popcorn (3.5 oz.)	1. The result of auto cook depends on factors such as the shape and size of food, your personal preference as to the doneness of certain foods and even how well you happen to place food in the oven. If you find the result at any rate not quite satisfactory, please adjust the cooking time a little bit accordingly. 2. For beverage and potato, parameters on display are not weight but number of servings.
2	Potato (7-11 oz./each)	
3	Pizza (4-5 oz./each)	
4	Beverage (4-16 oz./cup)	
5	Frozen Dinner (7-9 oz./each)	
6	Reheat (12 oz.)	
7	Fresh Vegetable (4-16oz./each)	
8	Frozen Vegetable (4-16 oz./each)	
9	Soup (7-9 oz./soup)	

MULTI-STAGE COOKING

Your oven can be programmed for up to 2 automatic cooking sequences.

Suppose you want to set the following cooking program.

Microwave cooking → Microwave cooking

1. In waiting mode, place food into oven and close it.
2. Touch TIME COOK pad.
3. Use the number pads to set a cooking time.
4. Touch POWER LEVEL pad.
5. Use the number pads to enter the power level.
6. Touch TIME COOK
7. Use the number pads to set a cooking time.
8. Touch POWER LEVEL pad.
9. Use the number pads to enter the power level.
10. Touch START/PAUSE to start.

OPERATION INSTRUCTIONS (continued)

SETTING CHILD LOCK

The door lock prevents unsupervised operation by children.

- To set, in standby mode, press and hold STOP/CLEAR for 3 seconds. LOCK is indicated on the display.
- To cancel, press and hold STOP/CLEAR for 3 seconds. LOCK indication disappears.

COOKING UTENSILS GUIDE

This section lists which utensils can be used in this microwave, which have limited use for short periods, and which should not be used in this microwave.

RECOMMENDED

Microwave browning dish -- Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish.

Microwaveable plastic wrap -- Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.

Paper towels and napkins -- Use for short-term heating and covering; these absorb excess moisture and prevent splattering. Do not use recycled paper towels which may contain metal and could ignite.

Glass and glass-ceramic bowls and dishes -- Use for heating and cooking.

Paper plates and cups -- Use for short-term heating at low temperatures. Do not use recycled paper which may contain metal and could ignite.

Wax paper -- Use as a cover to prevent splattering.

Thermometers -- Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used on microwaved food once the food has been removed from the microwave.

LIMITED USE

Aluminum foil -- Use narrow strips of foil to prevent overcooking exposed areas. Using too much foil can damage your microwave, so be careful. Keep 1" between foil and microwave cavity.

Ceramic, porcelain, and stoneware -- Use these if they are labeled "Microwave Safe". If they are not labeled, test them to make sure they can be used safely.

Plastic -- Only use if labeled "Microwave Safe". Other plastics may melt.

NOT RECOMMENDED

Glass jars and bottles -- Regular glass is too thin to be used in a microwave. It can shatter and cause damage and injury.

Paper bags -- These are a fire hazard, except for popcorn bags that are designed for microwave use.

Styrofoam plates and cups -- These can melt and leave unhealthy residue on food.

Plastic storage and food containers -- Containers such as margarine tubs can melt in the microwave.

Metal utensils -- These can damage your microwave. Remove all metal before cooking.

COOKING UTENSILS GUIDE (continued)

Note:

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

COOKING TECHNIQUES

Your microwave makes cooking easier than conventional cooking, provided you keep these considerations in mind:

STIRRING

- Stir foods such as casseroles and vegetables while cooking to distribute heat evenly.
- Food at the outside of the dish absorbs more energy and heats quicker, so stir from the outside to the center.
- The microwave will turn off when you open the door to stir your food.

ARRANGEMENT

- Arrange evenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts towards the outside of the turntable where they receive more microwave energy.
- To prevent overcooking, place delicate areas, such as asparagus tips, towards the center of the turntable.

SHIELDING

- Shield food with narrow strips of aluminum foil to prevent overcooking.
- Areas that need shielding include poultry wing tips, the ends of poultry legs, and corners of square baking dishes.
- Use only small amounts of aluminum foil, as larger amounts may damage your microwave.

TURNING

- Turn foods over midway through cooking to expose all parts to microwave energy.
- This is especially important when cooking large foods such as roasts.

STANDING

- Foods cooked in a microwave build up internal heat and continue to cook for a few minutes after heating stops.
- Let foods stand to complete cooking, especially for foods such as cakes and whole vegetables.
- Roasts need this time to complete cooking in the center without overcooking the outer areas.
- All liquids, such as soup or hot chocolate, should be shaken or stirred when cooking is complete.
- When heating baby food, stir well after removing from microwave and test temperature before serving.

COOKING TECHNIQUES (continued)

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- Microwave energy is attracted to water molecules.
 - Food that is uneven in moisture content should be covered or allowed to stand so that the heat disperses evenly.
 - Add a small amount of water to dry food to help it cook.

CLEANING AND CARE

1. Turn off the microwave and unplug the power cord from the wall when cleaning.
2. Keep the inside of the microwave clean. When food splatters or spilled liquids adhere to microwave walls, wipe with a damp cloth. Mild detergents may be used if the microwave gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak, or dull the door surface.
3. The outside of the microwave should be cleaned with a damp cloth. To prevent damage to the operating parts inside the microwave, water should not be allowed to seep into the ventilation openings.
4. Wipe the window on both sides with a damp cloth to remove any spills or splatters.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the panel, leave the microwave door open to prevent it from accidentally turning on.
6. If steam accumulates inside or around the outside of the door, wipe with a soft cloth. This may occur when the microwave is operated under high humidity. This is normal.
7. It may be necessary to remove the glass tray for cleaning. Wash the tray in warm, soapy water or in a dishwasher. The roller ring and microwave floor should be cleaned regularly to avoid excessive noise. Wipe the bottom surface of the microwave with a mild detergent.
8. The roller ring may be washed in mild, soapy water or in a dishwasher. When removing the roller ring, be sure to replace it in the proper position.
9. Remove odors from your microwave by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. If the light bulb burns out, please contact customer service (1-866-257-3336) to have it replaced.
11. The microwave should be cleaned regularly and any food deposits should be removed. Failure to maintain the microwave in a clean condition could lead to deterioration of surfaces that could adversely affect the life of the unit and could possibly result in a hazardous situation.
12. Please do not dispose of this appliance into a regular garbage receptacle. Please check to see where you can dispose such appliances.

BEFORE CALLING FOR SERVICE

Before asking for service, please check each item below:

- Check to ensure the microwave is plugged in securely. If not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
- Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
- Check to ensure the control panel is programmed correctly and the timer is set.
- Check to ensure the door is securely closed, engaging the door lock system. If the door is not properly closed, the microwave energy will not flow inside.

SPECIFICATIONS

Power Consumption	120V, 60Hz, 1050W
Output	700W
Operation Frequency	2450MHz
Outside Dimensions (HxWxD)	10 5/16 x 17 13/16 x 13 3/16 inches
Oven Cavity Dimensions (HxWxD)	8 11/16 x 12 3/8 x 11 9/16 inches
Oven Capacity	0.7 cu. ft.
Cooking Uniformity	Turntable System
Net Weight	Approx. 23.1 lbs.



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For service, support and warranty information, call 1-866-257-3336.