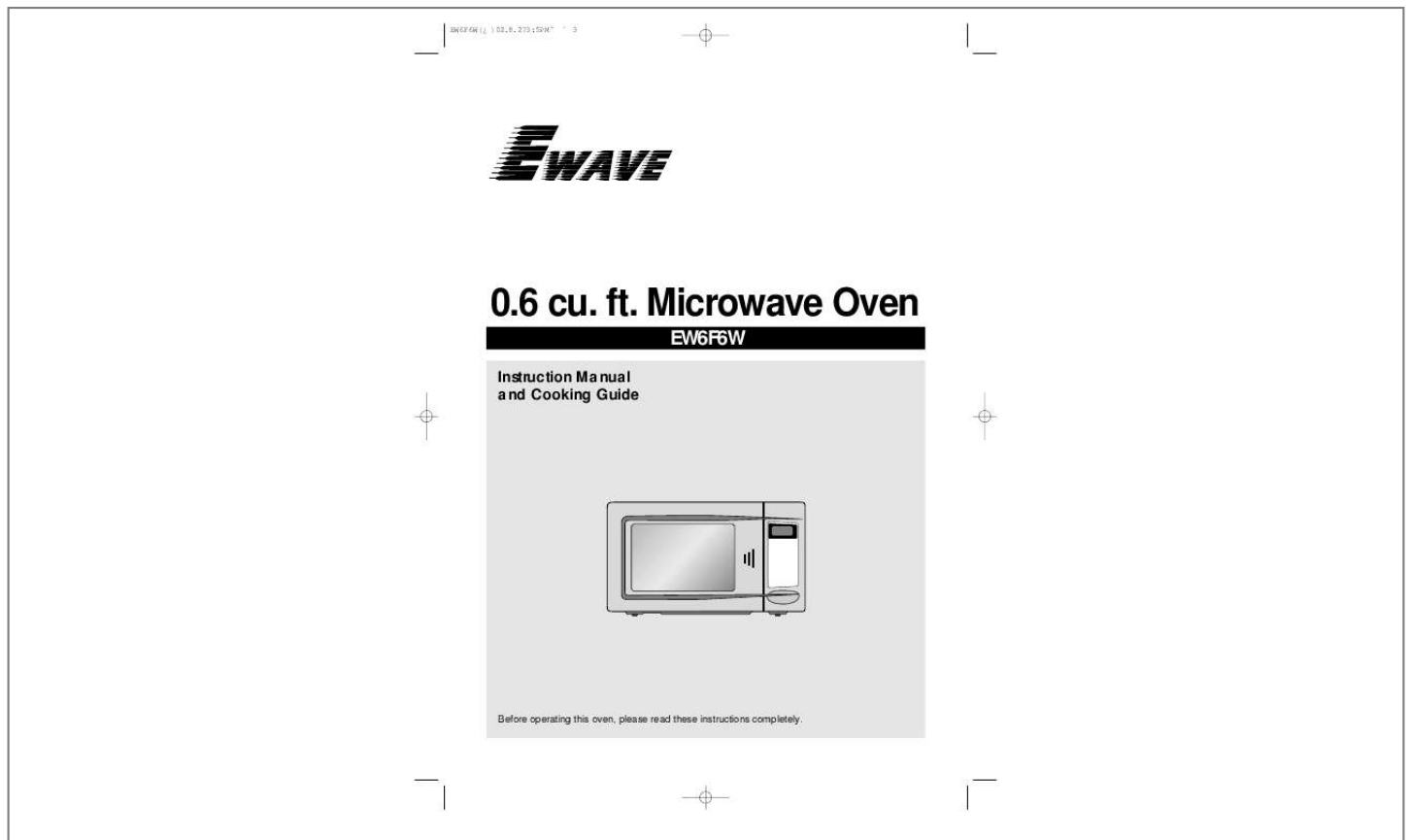




Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for EWAVE EW6F6W. You'll find the answers to all your questions on the EWAVE EW6F6W in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual EWAVE EW6F6W
User guide EWAVE EW6F6W
Operating instructions EWAVE EW6F6W
Instructions for use EWAVE EW6F6W
Instruction manual EWAVE EW6F6W



[You're reading an excerpt. Click here to read official EWAVE EW6F6W user guide](http://yourpdfguides.com/dref/482515)
<http://yourpdfguides.com/dref/482515>

Manual abstract:

8.273:5PM 3 0.6 cu. ft. @It is important not to defeat or tamper with the safety interlocks. @@(c) Do not operate the oven if it is damaged. @@@@...

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

... IMPORTANT SAFETY INSTRUCTIONS.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

.... FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT (U.S.A. ONLY) ...

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

GROUNDING INSTRUCTIONS.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

. INSTALLATION. ...

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

SPECIFICATIONS.

.....
.....
.....

.....
.....
.....
... 5

.....
.....
.....
.....

..... *FEATURES DIAGRAM*

.....
.....
.....

.....
.....
. 6

.....
.....
.....

..... *OPERATION PROCEDURE*

.....
.....
.....
.....

... 8

.....
CONTROLS

.....
.....

.....
.....
.....
..... 9

.....
.....
.....
.....

.....
... *SETTING THE CLOCK* . .

.....
.....

.....
.....
.....
. 9

.....
.....
.....

..... *TIME DEFROSTING* .

.....
.....

.....
.....
..... 9 .
.....
.....
.....

... *WEIGHT DEFROSTING* ..

.....
.....
.....
..... 10

. *COOKING IN ONE STAGE*

.....
.....
.....
..... 11

. *COOKING IN TWO STAGES*

.....
.....
.....
..... 11

.... *KITCHEN TIMER MODE* .

.....
.....
.....
..... 12

.. *SPEEDY COOK*

.....
.....
.....
..... 13 .
.....
.....

.....
.....
.....
..... *ONE TOUCH COOKING*

.....
.....
.....
.....

.. *13*

..... *AUTO COOK* ..

.....
.....
.....

.....
.....
.....
..... *14*

.....
.....
.....
.....

.... *LESS, MORE*

.....
.....
.....

.....
.....
..... *15* ...

.....
.....
.....
.....

CHILD SAFETY LOCK

.....
.....
.....

..... *15* ..

.....
.....
.....

.....
.....
TO STOP THE OVEN WHILE THE OVEN IS OPERATING

.....
.....
..... *15*

.... *UTENSIL TEST* .

.....
.....

.....
.....
.....

. 16

.....
.....
.....

.....
.. *MICROWAVE UTENSILS* . . .

.....
.....

.....

.....
... 16 ..

.....

.....
.....
.....

.... *COOKING GUIDE*

.....
.....
.....
.....

... 17

.....
.....
.....

.....
.... *CARE OF YOUR MICROWAVE OVEN.*

.....
.....

.....

... 26 ..

.....
.....

.....
. *USE YOUR MICROWAVE OVEN SAFELY*

.....
.....

..... 27 ...

.....
.....
.....

... *BEFORE YOU CALL FOR SERVICE*

.....
.....
.....

... 28

.....
.....
.....

.. *QUESTIONS AND ANSWERS*

.....
.....

.....
..... 28
.....
.....
.....

..... I EW6F6W(¿) 02.8.

273:5PM `2 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: 15. Either: a) When cleaning surfaces of door and oven that comes together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth , or b) When separate cleaning instructions are provided, See door surface cleaning instructions on (page 17). 16. To reduce the risk of fire in the oven cavity: a) Do not overcook food. Carefully attend appliance if paper, plastic, or other com-bustible materials are placed inside the oven to facilitate cooking. b) Remove wire twist-ties from paper or plastic bags before placing bag in oven. c) If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use. 17.
Do not use this microwave oven to heat corrosive chemicals (for example, sulfides and chlorides). Vapours from such corrosive chemicals may interact with the contact and springs of the safety interlock switches thereby rendering them inoperable. 18. Keep the waveguide cover clean at all times. Wipe the oven interior with a soft damp cloth after each use. If you leave grease or fat anywhere in the cavity it may overheat, smoke or even catch fire when next using the oven. 19. Never heat oil or fat for deep frying as you cannot control the temperature and doing so may lead to overheating and fire. 20. This device is to be serviced only by properly qualified service personnel.

Consult the service manual for proper service procedures to assure continued compliance with the federal performance standard for microwave ovens and for precautions to be taken to avoid possible exposure to excessive microwave energy. 1. Read all instructions before using the appliance. 2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 1. 3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 3. 4. Install or locate this appliance only in accordance with the provided installation instructions. 5. Some products such as whole eggs and sealed containers - for example, closed glass jars-may explode and should not be heated in this oven. 6. Use this appliance only for its intended use as described in 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. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped. 9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment. 10. Do not cover or block any openings on the appliance. 11. Do not store this appliance outdoors. Do not use this product near water -- for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.

12. Do not immerse cord or plug in water. 13. Keep cord away from heated surfaces. 14. Do not let cord hang over edge of table or counter. SAVE THESE INSTRUCTIONS 2 EW6F6W(¿) 02.8.273:5PM `3 FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT(U.S.

A. ONLY) WARNING: 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 an 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 followings.
· Reorient the receiving antenna of 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 microwave oven and receiver are on different branch circuits. THE MANUFACTURER is not responsible for any radio or TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference. GROUNDING INSTRUCTIONS This appliance must be grounded. In the event of an electrical short circuit, the grounding plug reduces the risk of electric shock by providing an escape wire for electric current.



[You're reading an excerpt. Click here to read official EWAVE EW6F6W user guide](http://yourpdfguides.com/dref/482515)
<http://yourpdfguides.com/dref/482515>

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 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, 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. 3 EW6F6W(¿) 02.

8.273:5PM `4 INSTALLATION 1. Examine the oven after unpacking. Check for damage such as a misaligned door, broken door or dent in the cavity. If any damage is visible, **DO NOT INSTALL**, and notify your dealer immediately. 2. Level, flat location. Install the microwave oven on a level, flat surface. 3.

Ventilation.

Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause a failure. For proper ventilation, allow 3 inches of space between oven top, sides, rear and adjacent surfaces. 4. Away from radio and TV sets.

Poor television reception and radio interference may result if the oven is located close to a TV, radio, antenna, feeder, etc. Place the oven as far from them as possible. 5. Away from heating appliances and water taps. Keep the oven away from heat, steam or splashing liquids.

These things can adversely affect oven wiring and contacts. 6. Power supply. This microwave oven requires a power supply of approximately 12 Amperes, 120 Volts, 60Hz and a grounded outlet. A short power cord is provided to reduce the risk of the user becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords are available and may be used if care is exercised. If an extension cord is used, the marked electrical rating of the cord should be at least as great as the electrical rating of the oven. The extension cord must be a grounding-type 3-wire cord. The longer cord should be arranged so it does not drape over the table top or counter where children can pull on it or trip over it. 7.

The minimum height of free space necessary above the top surface of the oven is 100mm. When use 3-pronged plug When use grounding adaptor, make sure the receptacle box is fully grounded. 3-prong Receptacle Receptacle Box cover Grounding Lead Receptacle Box Cover 3-prong plug Grounding Adaptor Receptacle "THE CANADIAN ELECTRICAL CODE DOES NOT ALLOW THE USE OF THE GROUNDING AD power-level is set by pressing the POWER pad. The chart shows the display, the power level and the percentage of power. Touch POWER pad Power level (Display) Approximate Percentage of Power once twice 3 times 4 times 5 times 6 times 7 times 8 times 9 times 10 times 11 times P-HI P-90 P-80 P-70 P-60 P-50 P-40 P-30 P-20 P-10 P-00 100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0% 8 EW6F6W(¿) 02.8.273:5PM `9 CONTROLS SETTING THE CLOCK When the oven is first plugged in, the display will flash ":0" and a tone will sound. If the AC power ever goes off, the display shows " : 0" when the power comes back on. 1. Touch CLOCK pad.

This is a 12 hour clock system. 2. Touch CLOCK pad once more. This is a 24 hour clock system. 3.

Enter the correct time of day by touching the numbers in sequence. 4. Touch CLOCK pad. The display stops blinking, and the colon starts blinking. If you selected 12 hour clock system, this digital clock allows you to set from 1:00 to 12:59.

If you selected 24 hour clock system, this digital clock allows you to set from 0:00 to 23:59. **CLOCK NOTE:** This oven has multiple clock systems. If you want 12 hour clock system, omit this step. **CLOCK NOTE:** If you attempt to enter an incorrect time, the time will not be set and a error signal tone will sound.

Touch the CLOCK pad and re-enter the time. **TIME DEFROSTING** When DEFROST is selected, the automatic cycle divides the defrosting time into periods of alternating defrost and stand times by cycling on and off. 1. Touch DEFROST pad. The DEF indicator lights and " : 0" is displayed. The display will show what you touched.

2. Touch number pads for the desired defrosting time. Note : Your oven can be programmed for 59 minutes 99 seconds. (59 : 99) DEFROST 3. Touch START pad. When you touch START pad, the DEF indicator starts blinking to show the oven is in the DEFROST mode. The display counts down the time to show you how much defrosting time is left in the DEFROST mode. The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged.

When the defrosting time ends, you will hear 3 beeps. 9 EW6F6W(¿) 02.

8.273:5PM `10 WEIGHT DEFROSTING AUTO DEFROST lets you easily defrost food by eliminating guesswork in determining defrosting time. Follow the steps below for easy defrosting. 1. Touch MEAT pad.

The lb indicator light and " 1.0 " is displayed. MEAT 2. Select the desired defrosting weight. (Refer to the weight defrost chart below.)

) 3. Touch START pad. 1. Touch POULTRY pad. The display will show what you touched. MEAT DEFROSTING begins. The lb indicator light and " 1.5 " is displayed. POULTRY 2. Select the desired defrosting weight.

(Refer to the weight defrost chart below.) 3. Touch START pad. The display will show what you touched. POULTRY DEFROSTING begins. 1. Touch FISH pad. The lb indicator light and " 0.5 " is displayed. FISH 2.

Select the desired defrosting weight. (Refer to the weight defrost chart below.) 3. Touch START pad. * WEIGHT DEFROST CHART Touch pad once twice 3 times 4 times MEAT 1.

0 lb 1.5 lb 2.0 lb 2.5 lb POULTRY 1.5 lb 2.

0 lb 2.5 lb 3.0 lb FISH 0.5 lb 1.0 lb 1.5 lb 2.0 lb The display will show what you touched. FISH DEFROSTING begins. The defrosting time is automatically determined by the weight selected. When you touch START pad, the lb indicator goes off and the DEF indicator blinks and the defrosting time counts down in the display window.

The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged. When the defrosting time ends, you will hear 3 beeps. 10 EW6F6W(¿) 02.8.273:5PM `11 COOKING IN ONE STAGE POWER X6 1. Touch POWER pad. (Select the desired power level.) The M/W indicator lights.

The display will show what you touched. This example shows power level 5.

Note : If steps 1 and 2 are omitted, the oven will cook at full power. 2. Touch number pads for the cooking time. The display will show what you touched. Note : Your oven can be programmed for 59 minutes 99 seconds.

(59 : 99) 3. Touch START pad. When you touch START pad, the M/W indicator starts blinking to show the oven is cooking.



[You're reading an excerpt. Click here to read official EWAVE](http://yourpdfguides.com/dref/482515)

[EW6F6W user guide](http://yourpdfguides.com/dref/482515)

<http://yourpdfguides.com/dref/482515>

The display counts down the time to show how much cooking time is left. When the cooking time ends, you will hear 3 beeps.

NOTE: Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and slow cooking of meats. **COOKING IN TWO STAGES** All recipes require the frozen foods to be defrosted fully before cooking. This oven can be programmed to automatically defrost foods before cooking. 1. Touch DEFROST pad. The DEF indicator lights and " : 0" is displayed. DEFROST 2. Touch number pads for the defrosting time you want. The display will show what you touched. POWER X6 3.

Touch POWER pad. The M/W indicator lights and "P-HI" is displayed. (Select the desired power level.) The display will show what you touched. This example shows power level 5. The display will show what you touched. 4. Touch number pads for the desired cooking time. 5. Touch START pad. When you touch START pad, the DEF and M/W indicators come on to confirm the power levels selected. The DEF indicator starts blinking to show you that the oven is in DEFROST mode. The display counts down the time remaining in DEFROST mode. When the oven beeps, turn over, break apart and/or redistribute the food. At the end of DEFROST mode, the oven will beep and start M/W cook.

The DEF indicator goes off and the M/W indicator starts blinking. The display counts down the time remaining in M/W mode. When M/W cook ends, you will hear 3 beeps. 11 EW6F6W(¿) 02.8.

273:5PM `12 KITCHEN TIMER MODE Timer operates as a minute timer, can be set to delay cooking and used to set a holding time after cooking. However delay cooking can not be programmed for defrost. Timer operates without microwave energy. **HOW TO USE AS A MINUTE TIMER KITCHEN TIMER 1.** Touch KITCHEN TIMER pad. The TIMER indicator lights and " : 0" is displayed. The display will show what you touched. 2. Press the amount of time you want to count down. 3.

Touch START pad. The TIMER indicator starts blinking and the display counts down the time remaining in KITCHEN TIMER mode. When KITCHEN TIMER mode ends, you will hear 3 beeps. **HOW TO USE TO DELAY THE START OF COOKING KITCHEN TIMER 1.** Touch KITCHEN TIMER pad. The TIMER indicator lights and " : 0" is displayed. 2. Press the amount of time you want to delay. 3. Program the desired power level and cooking time for food to be cooked.

4. Touch START pad. The display will show what you touched. The M/W indicator lights and the selected power level & cooking time are displayed. When you touch START pad, the TIMER indicator starts blinking and the display counts down the time remaining in KITCHEN TIMER mode.

When KITCHEN TIMER mode ends, the oven will beep. The TIMER indicator goes off and M/W indicator starts blinking. The display counts down the time remaining in M/W mode. When M/W cook ends, you will hear 3 beeps. **HOW TO USE TO SET A HOLDING TIME 1.**

Program the desired cooking time. The M/W indicator lights and the selected time is displayed. The TIMER indicator lights and " : 0" is displayed. The display will show what you touched. **KITCHEN TIMER 2.** Touch KITCHEN TIMER pad. 3. Press the amount of time you want the oven to hold. 4. Touch START pad.

The M/W indicator starts blinking and the display counts down the time remaining in M/W mode. When the M/W cook ends, the oven will beep. The M/W indicator goes off and TIMER indicator starts blinking. The display counts down the time remaining in KITCHEN TIMER mode. When the KITCHEN TIMER mode ends, you will hear 3 beeps. Note : Your oven can be programmed for 59 minutes 99 seconds. (59 : 99) 12 EW6F6W(¿) 02.8.273:5PM `13 **SPEEDY COOK SPEEDY COOK** allows you to reheat for 30 seconds at 100% (full power) by simply touching the SPEEDY COOK pad. By repeatedly touching the SPEEDY COOK pad, you can also extend reheating time to 5 minutes by 30 second increments.

SPEEDY COOK 1. Touch SPEEDY COOK pad. When you touch SPEEDY COOK, " :30" is displayed. After 1.5 seconds, the oven starts reheating.

ONE TOUCH COOKING One touch cook allows you to cook or reheat many of your favorite foods by touching just one pad. To increase quantity, touch the chosen pad until number in display is same as the desired quantity to cook. (except for POPCORN) 1. Touch POPCORN pad once for 3.5 oz bag.

When you touch POPCORN pad once, " 3.5 " is displayed. After 1.5 seconds, the display is changed into cooking time and the oven starts cooking.

POPCORN NOTE: 1. Use prepackaged room-temperature microwave popcorn. 2. Place bag in oven according to manufacturer's directions. 3. Pop only one bag at a time.

4. After popping, open bag carefully: popcorn and steam are extremely hot. 5. Do not reheat unpopped kernels or reuse bag. 6. Do not leave oven unattended while popping popcorn. **CAUTION:** If prepackaged popcorn is of a different weight than the recommended weight, do not use the popcorn pad. Follow the manufacturer instruction. **FROZEN PIZZA 1.** Touch FROZEN PIZZA pad once for 7 oz pizza or twice for 14 oz pizza.

When you touch FROZEN PIZZA pad once, " 7 " is displayed. After 1.5 seconds, the display is changed into the cooking time and the oven starts cooking. * **FROZEN PIZZA * · 7 oz :** Touch FROZEN PIZZA once. · 14 oz : Touch FROZEN PIZZA twice within 1.

5 seconds. **NOTE:** 1 Use only one frozen pizza at a time 2. Use only frozen pizza made for microwave ovens. 3. If the cheese of frozen pizza does not melt sufficiently, cook a few seconds longer.

4. Some brands of frozen pizza may require more or less cooking time. 13 EW6F6W(¿) 02.8.273:5PM `14 **ONE TOUCH COOKING (continued) DINNER PLATE 1.** Touch DINNER PLATE pad once for 12 oz of dinner plate or twice for 15 oz of dinner plate. When you touch DINNER PLATE pad once, " 12 " is displayed. After 1.5 seconds, the display is changed into cooking time and the oven starts cooking. * **DINNER PLATE * · 12 oz :** Touch DINNER PLATE once.

· 15 oz : Touch DINNER PLATE twice within 1.5 seconds. **AUTO COOK AUTO COOK** allows you to cook or reheat many of your favorite foods by repeatedly touching auto cook pad. **AUTO COOK 1.** Touch AUTO COOK pad. When you touch AUTO COOK pad once, " AC-1 " is displayed. By repeatedly touching this pad, you can select other food category as shown in the chart below. **CATEGORY AC-1 AC-2 AC-3 AC-4 AC-5 FOOD BREAD SOUP BAKED POTATO FRESH VEGETABLE FROZEN VEGETABLE WEIGHT 4slices(1.5-2 oz. each) 12 oz.**

3potatoes(7-8 oz. each) 7 oz. 7 oz. package **TOUCH PAD Touch AUTO COOK once. Touch AUTO COOK twice Touch AUTO COOK three times Touch AUTO COOK four times Touch AUTO COOK five times.**

2. Touch START pad. **START** When you touch START pad, the display is changed into cooking time and the oven starts cooking. 14 EW6F6W(¿) 02.8.

273:5PM `15 **LESS, MORE** To alter one touch cooking or cooking time whilst oven is in operation, use **LESS** or **MORE**. (except for defrosting) Press **LESS/MORE** to decrease/increase the one touch cooking time in multiples of 10 seconds.



[You're reading an excerpt. Click here to read official EWAVE](http://yourpdfguides.com/dref/482515)

[EW6F6W user guide](http://yourpdfguides.com/dref/482515)

<http://yourpdfguides.com/dref/482515>

The overall one touch cooking time can be increased to a maximum of 59 minutes 50 seconds. Press LESS/MORE to decrease/increase the cooking time in multiples of 1 minute. The overall cooking time can be increased to a maximum of 59 minutes. CHILD SAFETY LOCK The safety lock prevents unwanted oven operation such as by small children. To set, press and hold STOP/CLEAR for 3 seconds, a beep sounds and LOCK indicator lights. To cancel, press and hold STOP/CLEAR for 3 seconds, a beep sounds and LOCK indicator goes off. TO STOP THE OVEN WHILE THE OVEN IS OPERATING 1. Press STOP/CLEAR pad.

· You can restart the oven by touching START pad. · Touch STOP/CLEAR once more to erase all instructions. · You must enter in new instructions. 2. Open the door. · You can restart the oven by closing the door and touching START. NOTE: Oven stops operating when door is opened. 15 EW6F6W(¿) 02.8.273:5PM `16 UTENSIL TEST Dishes that do not absorb microwave energy are best for microwave cooking.

Lock on the label to verify that particular cups, glasses, plates are indeed suitable, especially paper goods. If you are not sure, try this utensil test to check. · Put the empty utensil in the microwave oven. · Put one cup of water in a glass measure next to the empty utensil. · Heat on HI for 1 minute. · After 1 minute the water should be warm but the utensil should not. If the utensil is warm, it is not suitable for microwave cooking. MICROWAVE UTENSILS Glass, Ceramic and China Ovenproof glass or ceramic baking dishes are the most used microwave utensils. Many of these items are readily available in most homes: glass measures, custard cups, mixing bowls, covered casseroles, pie plates and round or square cake dishes. Ovenproof dinnerware is usually safe to use in the microwave.

Do not heat or cook in glass jars or bottles. Do not use dishes with silver, gold, platinum or other metal trim. Arcing may occur and/or the dish may break. Do not use delicate or stemmed glassware. Although the glass may be transparent to microwave energy, heat from the food may cause the glassware to crack. Plastics Plastic dishes, cups, mugs and bowls may be used in the oven for short periods of time. None of these should be used in the oven for prolonged periods because distortion and melting may occur. Check manufacturer's recommendations concerning microwave safety. Plastic wrap can be used to cover dishes in most recipes if the dish is deep enough to avoid plastic wrap touching the food. Always vent the wrap by folding back one corner to allow excess steam to escape.

Plastic cooking bags should be slit before cooking so excess steam can escape. Do not use wire twist ties to close the bag. Wire twist ties can cause arcing which can damage the oven. Paper Paper cups, wax paper, napkins, paper towels, and plates may be used for short cooking. Prolonged time in the oven can cause paper to burn. Do not use recycled paper products, such as brown paper bags. They contain impurities which may cause arcing and damage the oven. Metal Metal utensils should not be used in the oven. Metal reflects microwave energy so foods will not cook evenly. Metal can cause arcing and damage the oven.

16 EW6F6W(¿) 02.8.273:5PM `17 COOKING GUIDE EGGS AND CHEESE Eggs and cheese are delicate foods requiring care in microwave cooking.

Piercing the yolks of eggs helps to release steam during cooking. Stirring egg mixtures frequently helps distribute the heat evenly.

Because the microwave energy cooks so quickly, always check to see if the eggs are done to your satisfaction after the standing time. At this time, stir, rearrange or turn over. If needed, add additional time gradually. To cook only one egg, try a lower Power setting until you get satisfactory results. Shredded soft cheeses and grated hard cheeses melt well if stirred into a hot mixture.

Cheese may not look melted so always stir before determining if cheese is melted enough. Sprinkle cheese over a hot casserole in a thicker layer at the edges. Microwave energy cooks from the outside in, so the outer edges will melt faster than the center. @@@@In a 4-cup glass measure, break eggs. Pierce each yolk twice with a fork. 2. Cover with wax paper. Press P-5. @@Press P-5. @@Let stand 3 minutes.

@@In a 2-quart glass casserole, combine macaroni, water and salt. Cook, uncovered, on P-HI for 7 minutes; stir once during cooking. @@Drain; rinse macaroni in a colander with hot water. 2. @@Add onion. Cook, uncovered, on P-HI for 1 minute or until onion is tender. 3. Add flour, mustard, salt and pepper. Gradually stir in milk. @@Stir in cheese.

Continue cooking on P-HI for 1 minute. 4. Add macaroni to cheese sauce; mix well. @@Let stand 1 minute. @@@@2.

@@@Add Monterey Jack cheese; stir until well blended. 3. Spread on bread or crackers and top with almonds. @@@@Use care in removing lid to prevent steam burn. @@@@each salt and pepper cups low fat cottage cheese cup sliced green onions tablespoons chopped fresh parsley Paprika 1.

Scrub potatoes and pierce several times with a fork. Arrange in a circle on a microwave rack. 2. Cook, uncovered, on P-HI for 8 minutes. Turn each potato over. Continue cooking on P-HI for 7-9 minutes, or until potatoes are soft if squeezed lightly. Let stand for 5 minutes. Cut slit on top of potato and press ends to make opening for stuffing. Salt and pepper to taste. 3.

Meanwhile in a small bowl, combine cottage cheese, green onions and parsley. Divide mixture evenly among potatoes. Arrange stuffed potatoes in a circle on a serving platter. Sprinkle with paprika 4 servings SPINACH AND ARTICHOKE DIP 2 1 1 1 1 1 1 1/4 tablespoons chopped onion medium red bell pepper, chopped (about 1 cup) clove garlic, minced package (10 oz.) frozen chopped spinach, defrosted can (14 oz.) artichoke hearts, drained and chopped package (8 oz.) cream cheese, softened tablespoon lemon juice teaspoon seasoned salt teaspoon hot pepper sauce 1. In a 2-quart casserole, combine onion, bell pepper, and garlic. 2. Cook, uncovered, on P-HI for 3 minutes or until red pepper is crisp-tender; drain spinach and squeeze dry.

Add spinach, artichokes hearts, cream cheese, lemon juice, salt and hot pepper sauce to red pepper mixture; stir to mix well. Serve warm. 3 cups 18 EW6F6W(¿) 02.8.273:5PM `19 BROCCOLI AND CAULIFLOWER SALAD 1 cup broccoli florets 1 cup cauliflower florets 1/2 cup mayonnaise 1 to 2 teaspoons prepared mustard 1/2 teaspoon dried basil, crushed 1/4 teaspoon salt 1.

In a 2-quart glass casserole, combine broccoli and cauliflower 2. Cover with lid or vented plastic wrap. Cook on P-HI for 3 to 4 minutes or until vegetables are tender-crisp; cool. 3. In a small bowl, combine mayonnaise, mustard, basil and salt.

Pour over vegetables; toss gently to mix. 4 servings HOT JALAPENO SALAD 1 1/2 cups shredded cabbage 1/2 cup shredded carrots 1/4 cup medium green bell pepper, cut into 1-inch long thin strips 1/2 cup sliced cherry tomatoes 1/4 cup sliced green onion 2 tablespoons fresh, chopped cilantro 1/4 cup Monterey Jack jalapeno cheese, cut into 1 inch cubes 3 oz.



[You're reading an excerpt. Click here to read official EWAVE EW6F6W user guide](http://yourpdfguides.com/dref/482515)
<http://yourpdfguides.com/dref/482515>

cream cheese, softened 1 tablespoon white wine vinegar 1. In a 1/2-quart glass casserole, combine cabbage, carrots, bell pepper, tomatoes, green onion and cilantro. Set aside. 2. In a 4-cup glass measure, combine cheese cubes, creamed cheese and vinegar; blend well. 3. Press P-3. Cook, uncovered, for 4 minutes; stir twice during cooking.

Continue cooking on P-HI for 1 minute; stir. Let stand for 2 minutes; stir until smooth. Pour cheese over vegetable mixture; toss gently to mix. 4. Cover with vented plastic wrap. Cook on P-HI for about 3 minutes or until mixture is heated thoroughly; stir once during cooking. Let stand for 2 minutes. 4 servings CHINESE STIR-FRY 2 1 1 1/4 4 1/2 1 1 2 1 tablespoons vegetable oil clove garlic, minced teaspoon fresh ginger cup sliced green onion medium (or 12 small carrots, peeled and sliced cup green bell pepper, cut into strips package (6 oz.) frozen pea pods cup fresh bean sprouts tablespoons soy sauce cup sliced mushrooms 1. In a 2-quart glass casserole, combine oil, garlic, ginger and onion.

Cook, uncovered, on P-HI for 1 minute. Add carrots and green pepper. 2. Cover with lid or vented plastic wrap. Continue cooking on P-HI for 3 minutes. 3. Add pea pods, bean sprouts and soy sauce, stirring to mix; cover. Continue cooking on P-HI for 3 minutes. Stir in mushrooms. Continue cooking on P-HI for 3 minutes; stir once.

Let stand, covered, for 3 minutes. 4 servings WILTED SPINACH SALAD 6 1/4 1/2 2 2 slices bacon cup bacon drippings or oil pound fresh spinach leaves tablespoons sugar tablespoons vinegar 1. Arrange bacon on microwave rack. Cover with microwave paper towel. Cook on P-HI for 4 to 5 minutes or until bacon is crisp, rearrange once during cooking. Pour 1/4 cup bacon drippings into a 2-cup glass measure; discard any remaining drippings. Drain and crumble bacon. 2. Wash spinach leaves, pat dry and put in a serving bowl. Add sugar and vinegar to reserved drippings; stir to mix well.

3. Cook, uncovered, on P-HI for 1 minute or until boiling. Carefully stir, then pour over fresh spinach. Serve immediately. 4 servings 19 EW6F6W(¿) 02.8.273:5PM `20 VEGETARIAN CHILI 1/2 1 1/2 1 1 1/4 1/8 1 1 2 cup celery, chopped small onion, chopped (about 1/2 cup) medium green bell pepper, chopped (1/4 cup) tablespoon chili powder teaspoon salt teaspoon crushed red pepper flakes teaspoon freshly ground black pepper can (15 1/2 oz.) mild chili beans in sauce, undrained can (15 oz.) Great Northern beans, drained can (15 oz.) chick peas (garbanzo beans), drained cans (about 15 oz. each) diced tomatoes, undrained 1. In a 2-quart glass casserole, combine celery, onion and green pepper. 2. Cover with lid or vented plastic wrap. Cook on P-HI for 3 to 4 minutes or until vegetables are tender.

Add chili powder, salt, red pepper and black pepper to vegetables; mix well. Stir in chili beans with sauce, Great Northern beans, chick peas and tomatoes. 3. Continue cooking on P-HI for 18 to 20 minutes or until heated thoroughly; stir once during cooking. Stir before serving.

4 servings GLAZED BABY CARROTS 1 pound peeled baby carrots 2 tablespoons butter 1 tablespoon brown sugar 1/2 teaspoon cinnamon Dash ground cloves 1. In a 1 1/2-quart glass casserole, combine carrots, butter, brown sugar, cinnamon and cloves. 2. Cover with lid or vented plastic wrap. Cook on P-HI for 11~12 minutes or until carrots are tender; stir every 2 minutes during cooking. Let stand for 3 minutes. 4 servings CANDIED SWEET POTATOES 2 2 1/4 1/4 1 2 1/4 medium sweet potatoes (about 1 1/4 lbs.) medium tart baking apples cup apple cider or juice cup firmly packed brown sugar teaspoon cinnamon tablespoon margarine or butter cup coarsely chopped pecans or walnuts 1. Wash and peel sweet potatoes and apples; slice in 1/4-inch slices. Layer slices in a 1 1/2-quart glass casserole.

Pour juice over the top. In a small bowl, combine brown sugar and cinnamon; sprinkle on top; cut margarine into small pieces; place evenly on top. Sprinkle with nuts. 2. Cover with lid or vented plastic wrap. Cook on P-HI for 13~16 minutes or until potatoes are tender. 3. Let stand for 3 minutes. 4 servings GREEN BEANS IN CREAM SAUCE 1 package (10 oz.) frozen French-style green beans 1 can (10 3/4 oz.)

) condensed cream of celery soup, undiluted 1/2 cup sliced fresh mushrooms 1/4 cup milk 1/2 teaspoon soy sauce 1 can (2.8 oz.) French fried onions 1. In a 2-quart glass casserole, place green beans. Cover with lid or vented plastic wrap. Cook on P-HI for 4 to 5 minutes or until heated. Let stand, covered, for 5 minutes; drain. Stir in mushrooms, soup, milk and soy sauce. 2. Continue cooking on P-HI for 5 minutes or until heated thoroughly.

Add half onions; stir. Continue cooking on P-HI for 5 minutes. Sprinkle with remaining onions. Cook, uncovered, for 1 minute. Let stand, uncovered, for 2 minutes before serving. 4 servings 20 EW6F6W(¿) 02.8.273:5PM `21 FISH AND SEAFOOD Delicate, tender fish is the result when cooked in the microwave. Because it is moist cooking, the finished fish and seafood, if cooked for the appropriate time, will be opaque and flake with a fork with no signs of dryness. Because fish is unevenly shaped, the arrangement is critical to success.

To arrange several fillets in a deep glass pie plate, put thicker edges to the outside and thinner edges to the inside. Try to create a circle for best results, even overlap thin ends where necessary to achieve overall even thickness. Single items may do better if the thin ends are shielded with a foil. Some rules apply to the use of foil—Never cover more than one-third of any item; do not let the foil pieces touch each other or the sides of the microwave oven, and be sure that all ends are tucked under and lie flat to the food. Cover with wax paper to prevent spattering. Seafood cooks very quickly in the microwave—about 3 to 4 minutes per pound. Wait for stand time, then proceed carefully with extra time, to finish cooking without overcooking. Cooked seafood will be opaque and firm, but not tough. Frozen fish and seafood are convenient to keep on hand. See the "FISH-AUTO DEFROSTING" chart on page 11 of this cookbook for defrosting details.

CRUMB-COATED BAKED FISH 1 1 1 1/2 1 cup seasoned bread crumbs teaspoon dried parsley teaspoon lemon pepper cup plain yogurt pound fresh or thawed frozen fish fillets 1. In a deep glass pie plate, combine bread crumbs, parsley and lemon pepper. Coat fish with yogurt; then coat with crumb mixture. 2. Arrange fish in an 8-inch square glass baking dish with thick edges to the outside.

Cover with a wax paper with the vented corner. Cook on P-HI for 8~10 minutes or until fish flakes easily when tested with a fork. 4. servings FISH ROLL-UPS 1 1 2 1/4 4 1/2 package (10 oz.) frozen chopped spinach teaspoon instant minced onion teaspoons lemon juice cup soft cream cheese fresh fish fillets, 1/2-inch thick (about 3/4 lb.)

) teaspoon paprika 1. Open spinach package. Place package on a paper towel. Cook on P-HI for 8 minutes. Drain spinach and place in a mixing bowl. Stir in onion and lemon juice.



[You're reading an excerpt. Click here to read official EWAVE EW6F6W user guide](http://yourpdfguides.com/dref/482515)
<http://yourpdfguides.com/dref/482515>

2. Spread cream cheese evenly on fish fillets. Divide spinach evenly; spread over cream cheese. Roll up fish; secure with wooden picks.

Place fish in a deep glass pie plate; sprinkle with paprika. 3. Cover with vented plastic wrap. Cook on P-HI for 6 to 8 minutes or until fish flakes easily when tested with a fork. Remove wooden picks. 4 servings 21 EW6F6W(¿) 02.8.273:5PM `22 FISH FILLET AMANDINE 1/4 1/2 1 1 1 cup margarine or butter, divided cup slivered almonds teaspoon almond liqueur, optional pound fresh or thawed frozen fish fillets tablespoon lemon juice 1. In a 2-cup glass measure, heat 2 tablespoons margarine on P-HI for 1 minute or until melted. Add almonds.

Cook, uncovered, on P-HI for 2 minutes or until almonds are lightly toasted; stir twice during cooking. Stir in liqueur if desired. 2. In an 8-inch square glass baking dish, heat 2 tablespoons margarine on P-HI for 1 minute. Place fish in baking dish, turning to coat both sides in margarine.

Sprinkle with lemon juice. Cover with vented plastic wrap. Cook on P-HI for 7-8 minutes or until fish flakes easily when tested with a fork. 3. Top with toasted almonds.

4 servings WINE-POACHED FISH 1 1/4 1/4 1/8 1 1/2 cup dry white wine teaspoon rosemary leaves, crushed teaspoon salt teaspoon white pepper pound fresh or defrosted fish fillets lemon, thinly sliced 1. In an 8-inch square glass baking dish, combine wine, rosemary, salt and pepper. Add fish, thick edges to the outside. Top with lemon slices. 2. Cover with vented plastic wrap. Cook on P-HI for 5 to 7 minutes or until fish flakes easily when tested with a fork. 4 servings COOKING FISH AND SEAFOOD 1. 2. 3.

4. Arrange fish and seafood on a microwave rack (fillets, steaks, lobster) or in an appropriate glass casserole (scallops). Cover with wax paper and set on glass turntable in a microwave. Calculate cooking time by multiplying weight of the fish or seafood by the time recommended per pound. The microwave will cook on P-HI unless another power level is entered at the time of cooking. To choose another power level, and begin cooking, press Power continuously to program the recommended power level. Press the number pad to program the calculated time. Press START. 5. Check progress about halfway through the cooking time; turn over, rearrange or shield, as needed.

6. Within several minutes before the end of cooking check fish or seafood to determine if time needs adjusting. Wait until the stand time before making the final decision. ITEM Fish Fillets--or-Fish Steaks Shrimp--or-Scallops Lobster Tail POWER P-HI P-HI P-HI COOK 5-7 minutes per pound 3-4 minutes per pound 6-8 minutes per pound STAND TIME 2 minutes 2 minutes 2 minutes 22 EW6F6W(¿) 02.8.

273:5PM `23 POULTRY Juicy and moist describes poultry cooked by microwave energy. It is a superior method for cooking chicken to be used in casseroles, salads, or to have for sandwiches. See Poached Chicken recipe. Arrangement is very important with poultry and its uneven shapes. Try to arrange pieces in a circular pattern wherever possible for the most even defrosting or cooking.

The rounded part of the drumstick should go at the outer edge, for example, while the thinner end goes to the middle of the dish. Continue with other pieces until the overall layer is fairly even. Cover with wax paper to prevent spattering. Poultry defrosts well with our AUTO DEFROST feature (see page 15). Be sure that all poultry is completely defrosted before cooking. Check for doneness after stand time is over. Remember that more cooking will take place during standing time. Poultry must be cooked to an internal temperature of 160°F for boneless pieces, to 170°F for bone-in pieces and to 185°F for whole birds.

Poultry is done when the meat is no longer pink and the juices are the colour of chicken broth with no traces of pink. Be sure to check for these signs by cutting into the inner thigh.

You may also check for the internal temperature with an instant-read thermometer. Occasionally the bones will show red spots, but this does not affect the doneness. POACHED CHICKEN 2 1 1 1 1 bone-in chicken breast halves (about 1 lb.) celery stalk, cut up medium carrot, cut up small onion, chopped (about 1/2 cup) cup chicken broth 1. In a 2-quart casserole, place chicken breast halves. Add celery, carrot, onion and chicken broth. 2. Cover with lid or vented plastic wrap. Cook on P-HI for 12 to 15 minutes or until chicken is no longer pink and juices run clear; turn chicken over halfway through cooking. Let stand 5 minutes.

4 servings BBQ CHICKEN 1 broiler-fryer chicken, cut in serving pieces (2 1/2 to 3 lbs.) 1/2 cup catsup 2 tablespoons brown sugar 2 tablespoons vinegar 1 teaspoon Worcestershire sauce 1 teaspoon prepared mustard 1/2 teaspoon salt 1/4 teaspoon pepper 1. Rinse chicken and pat dry with paper towels. On a microwave rack, arrange chicken pieces skin side down in a single layer with thickest parts to outside. 2.

In a 2-cup glass measure, combine catsup, brown sugar, vinegar, Worcestershire, mustard, salt and pepper. Reserve 1/2 cup of sauce. 3. Brush half of remaining barbecue sauce over chicken. Cover with wax paper.

Cook on P-HI for 10 minutes. Rearrange and turn over chicken; brush with remaining sauce. Continue cooking on P-HI for 8 to 10 minutes or until chicken is no longer pink and juices run clear. Let stand 3 minutes. Serve with reserved sauce. 4 servings MEXICAN CHICKEN RICE CASSEROLE 1 pound boneless, skinless chicken breasts, cut into strips 1/2 teaspoon cumin 1/4 teaspoon salt 1 tablespoon margarine or butter 1 clove garlic, minced 1 cup mild or medium salsa 1 cup chicken broth 3/4 cup quick cooking rice 1 cup corn chips, crushed to 1/2 cup 1/2 cup (2 oz.) shredded Monterey Jack or cheddar cheese 1. Season chicken with cumin and salt. In a 1 1/2-quart casserole, heat margarine on P-HI for 50 to 60 seconds or until melted; stir in chicken and garlic. 2.

Cook, uncovered, on P-HI for 7-9 minutes or until chicken is no longer pink; stir three times during cooking. Stir in salsa, chicken broth and rice. 3. Cover with lid or vented plastic wrap. Cook on P-HI for 5-6 minutes or until boiling. Let stand, covered, until liquid is absorbed, about 4 minutes. Stir; sprinkle with crushed corn chips and cheese. 4. Cook, uncovered, on P-HI for 2-3 minutes or until cheese is melted. 4 servings 23 EW6F6W(¿) 02.

8.273:5PM `24 MEATS Tender cuts of meat do well in the microwave, especially when cooked at lower power levels. Be sure meat is fully defrosted before cooking. Consult the meat cooking charts (pages 30-32) for details. The exact time to cook each piece of meat will depend on the shape of the meat, the weight, the starting temperature of the meat and the desired doneness.

Our timings assume the meat is taken from the proper storage (refrigerated). The lower number in the time range reflects time suggested for medium meat; the higher number for well done. It is always possible to add time if needed, so it is best to start with the lower number for calculating the time.



[You're reading an excerpt. Click here to read official EWAVE](http://yourpdfguides.com/dref/482515)

[EW6F6W user guide](http://yourpdfguides.com/dref/482515)

<http://yourpdfguides.com/dref/482515>

Stand time after cooking is an important aspect of microwave cooking since more cooking will take place then. The residual heat in the food will equalize and finish the cooking process.

Always check for doneness after the stand time. **MEATBALLS** 1 1/3 1/4 1/4 1 1 1 1/4 egg, beaten cup milk cup quick cooking oats, uncooked cup dry bread crumbs pound lean ground meat (combination of beef and pork or turkey) medium onion, chopped tablespoon dried parsley flakes teaspoon salt teaspoon freshly ground black pepper 1. In a small bowl, combine egg, milk, oats and bread crumbs; let stand 2 minutes. In mixing bowl, combine ground meat, onion, parsley, salt and pepper. Add egg mixture; mix well. Form meat mixture into 24 meatballs. 2. In a 2-quart casserole, place meatballs in a single layer. Cover with wax paper. Cook on P-HI for 12 to 14 minutes or until meat is no longer pink; turn meatballs twice during cooking.

Drain meatballs; let stand for 3 minutes before serving. 4 servings **PEPPER STEAK** 1 pound beef steak (flank, round or sirloin) 2 tablespoons white wine vinegar 1 tablespoon water 1/4 cup soy sauce 1 teaspoon garlic/salt 1/2 teaspoon sugar 1/4 teaspoon ground ginger 1 large green bell pepper, cut into strips 1 medium onion, sliced 2 medium tomatoes, peeled and quartered 1 cup fresh mushrooms, sliced 1 cup brown gravy Hot cooked rice 1. Slice beef across the grain into strips. In a 2-quart glass casserole, combine vinegar, water, soy sauce, garlic, salt, sugar and ground ginger. Add meat to mixture; coat each piece. Cover with lid or plastic wrap and marinate in refrigerator for 30 minutes. 2. Remove bowl from refrigerator. Stir in green bell pepper and onion; cover.

Press Power pad continuously by P-8.

Cook, uncovered, for 5 minutes. Stir in tomatoes and mushrooms. 3. Cover with lid or vented plastic wrap. Press Power pad by P-9.

Continue cooking for 10 minutes or until meat is tender; stir once during cooking. Add brown gravy to meat mixture; stir. 4. Continue cooking on P-HI for 4 to 5 minutes or until meat mixture is thoroughly heated. Let stand for 3 minutes.

4 servings **TIP** Thin pieces of meat are no longer pink when fully cooked. Take meat from the microwave while slightly pink to prevent overcooking during standing time. 24 EW6F6W(¿) 02.8.273:5PM `25 **PORK SAUSAGE CASSEROLE** 1 3 2 1 medium red onion green apples, seeded and cubed tablespoons margarine or butter package (12 oz.) bulk pork sausage, cooked, drained and crumbled 1 sweet potato (about 8 oz.) cooked, peeled and cubed 1 jar (12 oz.) pork gravy 1. Peel onion and cut in half. Slice it thinly.

In a 2-quart glass casserole, combine onion, apples and margarine. 2. Cover with lid or vented plastic wrap. Cook on P-HI for 5 minutes, or until onions and apples are tender. Stir in sausage, sweet potato and gravy. 3. Continue cooking on P-HI for 8~10 minutes or until heated thoroughly. 4 servings **SWEET 'N' SOUR PORK** 1 3/4 2 2 1 1 1 2 2 1/4 pound boneless pork cubes cup apricot preserves tablespoons mustard tablespoons apple cider vinegar tablespoons light soy sauce can (8 oz.) sliced water chestnuts, drained can (8 oz.) pineapple chunks, drained can (11 oz.)

) mandarin orange segments, drained pounds frozen pea pods, cooked and drained cups cooked rice cup sliced almonds 1. In a 2-quart glass casserole, place pork cubes. Cover with wax paper. Cook on P-HI for 8 minutes; stir once during cooking to rearrange cooked cubes. Drain pork.

2. Stir in apricot preserves, mustard, vinegar, soy sauce, water chestnuts, pineapple, oranges and pea pods. Cook, uncovered, on P-HI for 4 minutes or until heated thoroughly. Serve over cooked rice and top with sliced almonds. 4 servings **BEEF, PEPPERS AND PASTA** 3 cups bell pepper chunks (red, yellow and green) 1 cup onion, sliced 2 tablespoons margarine or butter 1/2 cups chopped cooked beef 2 cups cooked elbow macaroni, drained 1 can (14.

5 oz.) seasoned diced tomatoes, undrained 1 jar (14 oz.) traditional-style pasta sauce 1. In a 2-quart glass casserole, combine bell peppers, onions and margarine. Cover with lid or vented plastic wrap. Cook on P-HI for 6 to 7 minutes or until vegetables are tender. 2. Stir in beef, macaroni, tomatoes and pasta sauce. Continue cooking on P-HI for 6 to 7 minutes or until heated thoroughly. 4 servings **LAMB SHEPHERD CASSEROLE** 2 1 2 2 2 1 1 1 cups sliced celery cup sliced carrots tablespoons margarine or butter cups cubed cooked potatoes cups cubed cooked lamb can (15 1/4 oz.

) whole kernel corn, drained can (10 3/4 oz.) cream of celery soup, undiluted jar (12 oz.) onion gravy 1. In a 2-quart glass casserole, combine celery, carrots and margarine. Cover with lid or vented plastic wrap. Cook on P-HI for 6 minutes or until vegetables are tender. 2. Stir in potatoes, lamb, corn, soup and gravy. Continue cooking on P-HI for 8 to 10 minutes or until heated thoroughly. 4 servings 25 EW6F6W(¿) 02.

8.273:5PM `26 **CARE OF YOUR MICROWAVE OVEN** 1 2 Turn the oven off before cleaning. Keep the inside of the oven clean. When food spatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty.

The use of harsh detergent or abrasives is not recommended. The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings. If the Control Panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel.

If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit. 6 It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher. 3 4 5 7 The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller guide may be washed in mild sudsy water. **ROLLER GUIDE** 1 2 The **ROLLER GUIDE** and oven floor should be cleaned frequently to prevent excessive noise. The **ROLLER GUIDE** MUST ALWAYS be used for cooking together with the Glass Tray. Glass Tray Roller Guide **GLASS TRAY** 1 2 3 4 DO NOT operate the oven without the Glass Tray in place.

DO NOT use any other Glass Tray with this oven. If Glass Tray is hot, ALLOW TO COOL before cleaning or placing it in water. DO NOT cook directly on the Glass Tray. 26 EW6F6W(¿) 02.8.273:5PM `27 **USE YOUR MICROWAVE OVEN SAFELY** General Use Do not attempt to defeat or tamper with safety interlocks. Do not place any object between the oven front frame and the door or allow residue to build up on sealing surfaces. Wipe with a mild detergent, rinse and dry. Never use abrasive powders or pads. Do not subject the oven door to strain or weight such as a child hanging on an open door.



[You're reading an excerpt. Click here to read official EWAVE EW6F6W user guide](http://yourpdfguides.com/dref/482515)
<http://yourpdfguides.com/dref/482515>

@@@Do not operate the oven empty. This will damage the oven. @@They may catch on fire. @@Do not hit or strike the control panel with hard objects. This can damage the oven.

Food Never use your microwave oven for home canning. The oven is not designed for proper home canning. Improperly canned food may spoil and be dangerous to consume. Always use the minimum recipe cooking time. It is better to undercook rather than overcook foods.

Undercooked foods can be returned to the oven for more cooking. If food is overcooked, nothing can be done. Heat small quantities of food or foods with low moisture carefully. These can quickly dry out, burn or catch on fire. Do not heat eggs in the shell. Pressure may build up and eggs can explode. Potatoes, apples, egg yolks and sausages are examples of food with non-porous skins. These must be pierced before cooking to prevent bursting. Do not attempt to deep fat fry in your microwave oven. Always stir liquids before heating.

Heated liquids can erupt, if not mixed with air. Do not leave the oven unattended while popping corn. Do not pop corn in a paper bag unless it is the commercially prepared Microwave Popcorn product. The kernels can overheat and ignite a brown paper bag. Do not put packaged Microwave Popcorn bags directly on the oven tray. Place the package on a microwave safe glass or ceramic plate to avoid overheating and cracking the oven tray. Do not exceed the Microwave Popcorn manufacturers' suggested popping time. Longer popping does not yield more popcorn but it can result in scorch, burn of fire. Remember, the Popcorn bag and tray can be too hot to handle. Remove with caution and use pot holders.

27 EW6F6W(¿) 02.8.273:5PM `28 BEFORE YOU CALL FOR SERVICE Refer to the following checklist, you may prevent an unnecessary service call. * The oven doesn't work : 1. Check that the power cord is securely plugged in. 2. Check that the door is firmly closed. 3. Check that the cooking time is set. 4.

Check for a blown circuit fuse or tripped main circuit breaker in your house. * Sparking in the cavity; 1. Check utensils. Metal containers or dishes with metal trim should not be used. 2. Check that metal skewers or foil does not touch the interior walls. If there is still a problem, contact the service station. A list of these stations is included in the oven. **DO NOT ATTEMPT TO SERVICE THE OVEN YOURSELF ! QUESTIONS AND ANSWERS** * Q : I accidentally ran my microwave oven without any food in it. Is it damaged? * A : Running the oven empty for a short time will not damage the oven.

However, it is not recommended. * Q : Can the oven be used with the glass tray or roller guide removed? * A : No. Both the glass tray and roller guide must always be used in the oven before cooking. * Q : Can I open the door when the oven is operating? * A : The door can be opened anytime during the cooking operation. Then microwave energy will be instantly switched off and the time setting will maintain until the door is closed and START is touched. * Q : Why do I have moisture in my microwave oven after cooking? * A : The moisture on the side of your microwave oven is normal. It is caused by steam from cooking food hitting the cool oven surface. * Q : Dose microwave energy pass through the viewing screen in the door? * A : No. The metal screen bounces back the energy to the oven cavity. The holes are made to allow light to pass through.

They do not let microwave energy pass through. 28 Version NO. IM-00 EW6F6W(¿) 02.8.273:5PM `29 Warranty DAEWOO ELECTRONICS CORPORATION OF AMERICA warrants each new electronic product manufactured by it to be free from defective material and workmanship and agrees to remedy any such defect or to furnish a new part (at the Company's option) in exchange for any part of any unit of its manufacture which under normal installation, use, and service disclosed such defect, provided the unit is delivered by the owner to us or to our authorized distributor from whom purchased or authorized service station, intact, for our examination with all transportation charges prepaid to our factory, To establish and receive warranty service at our factory or authorized service facilities, proof of purchase/dated sales invoice is required Return authorization must be obtained before any merchandise is returned to the factory.

This warranty does not extend to any of our electronic products which have been subjected to misuse, neglect, accident, incorrect wiring not our own, improper installation, unauthorized modification, or to use in violation of instructions furnished by us, nor units which have been repaired or altered outside of our factory, nor to cases where the serial number thereof has been removed, defaced, or changed This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for us any other liability in connection with the sale of our electronic products. Over-the-counter exchange for units that are initially defective. "Initially defective" is described as when the dealer opens the unit and finds that it is inoperative or a customer opens a new unit and finds that it is inoperable. This unit may be returned to the factory by the dealer for exchange. Under no circumstances will the customer be permitted to return the defective unit directly to the factory.

Exchange must be directly with the dealer. Model EW6F6W Parts 1 year Labor 1 year Magnetron 8 years For Service or Assistance, please call 1-800-553-4355 or visit website www.magicchef-ewave.com .



[You're reading an excerpt. Click here to read official EWAVE EW6F6W user guide](http://yourpdfguides.com/dref/482515)
<http://yourpdfguides.com/dref/482515>