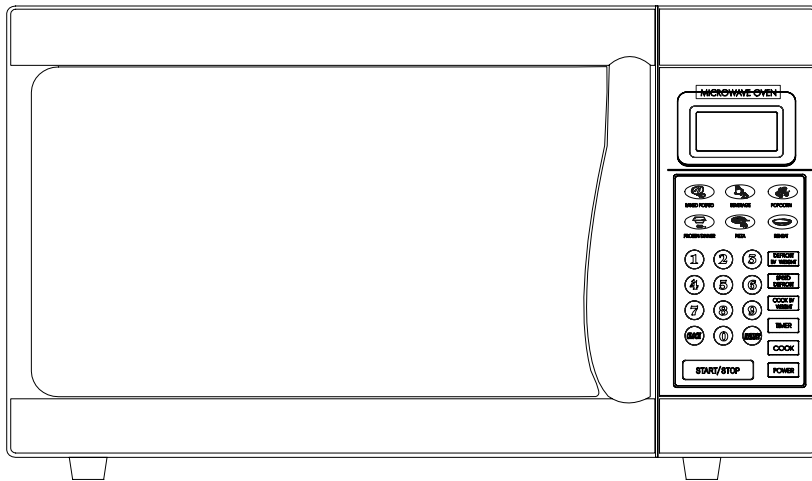


# SUNBEAM

Microwave Oven

## SMW978



1. READ these instructions carefully before installing and operating the oven.

Keep them for further reference.

2. Record in the space below the SERIAL NO. found on the nameplate on your oven and retain this information for future reference.

SERIAL NO.:

## **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” on page 1.
3. Select a level surface that provides enough open space for the intake and/or outlet vents. A minimum clearance of 3 inches is required between the oven and any adjacent wall. One side must be open. Leave a minimum clearance of 3 inches above the oven. Do not cover or block any openings on the appliance. Do not remove feet from the bottom of the oven. This appliance must be grounded. Connected only to properly grounded outlet. See “GROUNDING INSTRUCTIONS ” on page 3.
4. Some products such as whole eggs and sealed containers, for example, closed glass jars may explode and should not be heated in this oven.
5. 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.
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 appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
  - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.**
  - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.

## SAVE THESE INSTRUCTIONS

8. Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handle the container.
9. Do not deep fry food in the microwave. It is difficult to control the fat which could cause a fire hazard.
10. Pierce foods with heavy skins such as potatoes, whole squash, apples and chestnuts before cooking.
11. 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.
12. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
13. Do not cover or block any openings on the appliance.
14. Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
15. 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.
16. 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.
17. Use only thermometers which are specifically designed for use in microwave ovens.
18. Do not operate any heating or cooking appliance beneath this appliance.
19. Be certain the glass tray and roller ring are in place when you operate the oven.
20. **WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy. If there is any damage, do not operate the oven and contact your dealer or Sunbeam authorized servicer.

## GROUNDING INSTRUCTIONS

This appliance 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.

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

## SAVE THESE INSTRUCTIONS

### Electrical Requirements

The electrical requirements are a 120 volt 60 Hz, AC only, 20 amp. 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

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.

- Notes:**
1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
  2. 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.

### 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.

## UTENSILS GUIDE

This section lists which utensils can be used in the microwave, which ones have limited use for short periods, and which ones should not be used in the 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 spattering. Do not use recycled paper towels, which may contain metal and could ignite.

## SAVE THESE INSTRUCTIONS

- **Glass and glass-ceramic bowls and dishes** — Use for heating or 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 spattering.
- **Thermometers** — Use only those labeled “Microwave Safe” and follow all directions. Check the food in several places. Conventional thermometers may be used on microwave food once the food has been removed from the oven.

### Limited Use

- **Aluminum foil** — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful. Please keep a minimum distance of 1 inch (2.54cm) between aluminum foil and 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** — Use only if labeled “Microwave Safe”. Other plastics can melt.
- **Straw, wicker, and wood** — Use only for short-term heating, such as warming dinner rolls for a few seconds; baskets and bowls may be flammable.

### 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 an 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 oven. Remove all metal before cooking.

**Note:** 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.

## SAVE THESE INSTRUCTIONS

### 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 more quickly, so stir from the outside to the center. The oven will turn off when you open the door to stir your food.

#### **Arrangement**

Arrange unevenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the turntable where they receive more microwave energy. To prevent overcooking, place delicate areas, such as asparagus tips, toward 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. Larger amounts can damage your oven.

#### **Turning**

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

#### **Standing**

Foods cooked in the microwave build up internal heat and continue to cook for a few minutes after heating stops. Let foods stand to complete cooking, especially 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. Let liquids stand a moment before serving. When heating baby food, stir well at removal and test the temperature before serving.

#### **Adding moisture**

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 disperse evenly. Add

a small amount of water to dry food to help it cook.

## SAVE THESE INSTRUCTIONS

### BEFORE YOU CALL FOR SERVICE

If the oven fails to operate:

A) Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds and plug it in again securely.

B) 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.

C) Check to ensure that the control panel is programmed correctly and the timer is set.

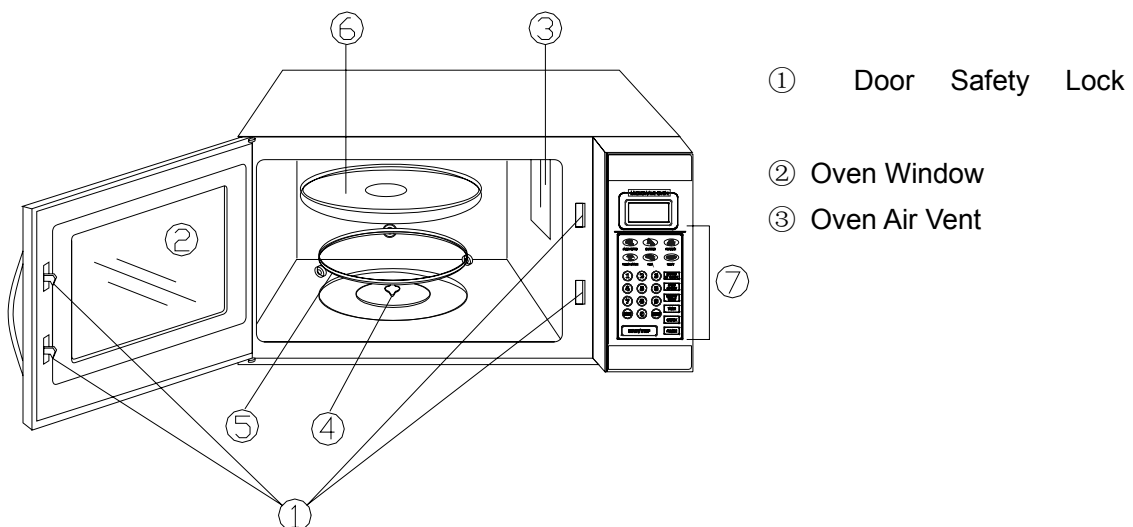
C) Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven.

IF NONE OF THE ABOVE RECTIFY THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

### SPECIFICATIONS

Power Consumption:	120V~60Hz, 1450W
Output:	1000W
Operation Frequency:	2450MHz
Outside Dimensions(H×W×D):	12×20 11/16×17 7/8 in.
Oven Cavity Dimensions(H×W×D):	8 5/8×13 3/4×14 in.
Oven Capacity:	1.0cu.ft
Cooking Uniformity:	Turntable System (Φ 12 3/8" )
Net Weight:	Approx. 39.4lbs.

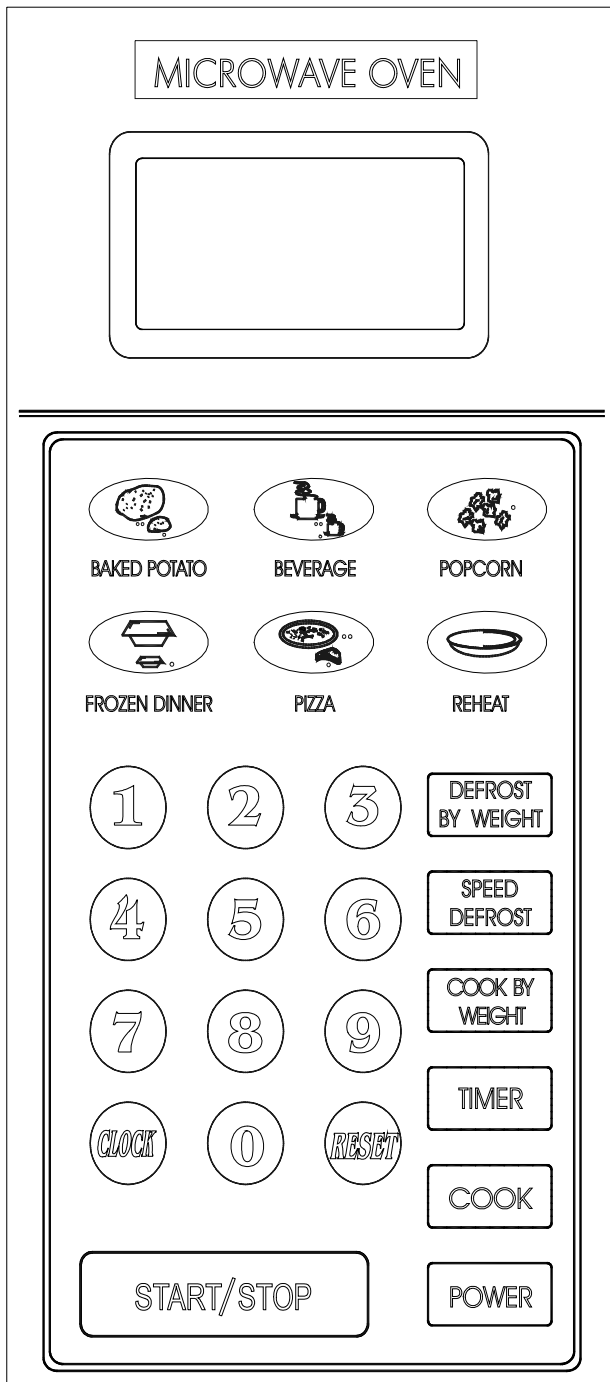
### PART NAMES





- ④ Shaft
- ⑤ Roller Ring
- ⑥ Glass Tray
- ⑦ Control Panel

## CONTROL PANEL



(Also see following pages for more detail.)

### DISPLAY

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

**BAKED POTATO      BEVERAGE**  
**POPCORN          FROZEN DINNER**  
**PIZZA              REHEAT**

Allows you to reheat or cook food automatically without entering power level or time.

### POWER

Use to set power level.

### TIMER

You can use the TIMER function independently, even while a cooking program is going on in the oven.

### COOK

Cook at one power level for a period of time, then the oven automatically switch to another power level for the rest of cooking

time.

### **COOK BY WEIGHT**

Touch to enter weight of meat accurately.

The oven automatically sets the cooking time and power level.

### **DEFROST BY WEIGHT**

Touch to set the weight of the food to be defrosted; the oven automatically sets the defrosting time and power level.

### **SPEED DEFROST**

Touch to set defrosting time; the oven automatically divides the defrosting time into periods of alternating defrost and

stand

times by cycling on and off.

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

Touch to set times or amounts.

### **CLOCK**

Touch to set the clock.

### **RESET**

Clears all previous settings if touched before cooking starts.

### **START/STOP**

Touch to start or stop cooking.

## **OPERATION INSTRUCTIONS**

### **BEEPS DURING OVEN SETTINGS**

ONE BEEP: Oven accepts the entry.

TWO BEEPS: Oven does not accept the entry, check and try again.

### **SETTING THE CLOCK**

1. Touch CLOCK pad.
2. Use the number pads to enter the correct time. You must touch at least three numbers to set the clock(one for hour and two for minutes).
3. Touch CLOCK pad again.

#### **NOTE:**

This is a 12 hour clock. When the oven is first plugged in or when power resumes after a power interruption, the display will show ENTER CLOCK TIME, if you

prefer

to not have the clock displayed, touch RESET pad. You can check the clock time while cooking is in progress by touching the CLOCK pad.

### **SETTING THE OVEN TIMER**

1. Touch TIMER pad.
2. Enter the amount of time you want to count down by touching the number pads. Digit time is in minutes and seconds and set left to right. Set one digit (a 5 for 5 seconds) or up to four digits (2405 for 24 minutes, 5 seconds).
3. Touch START/STOP pad.

#### **NOTE:**

- Time countdown can be seen in display for 3 seconds before clock or

cooking time is returned to display.

- Touch TIMER and then touch RESET to cancel TIMER during timing process.

## SETTING COOKING TIMES AND POWER LEVELS

### A. One-stage Cooking

1. Use the number pads to set a cooking time. You can set a cooking time from one seconds to 99 minutes and 99 seconds. If you are setting a time greater than one minute, you must enter numbers for both minutes and seconds. For example, to set 20 minutes, enter 2,0,0,0.
2. If you want to set a power level other than 100% power, touch POWER, then use the number pads to enter the power level. You can set the power level from 1 to 9.
3. Touch START/STOP to start cooking.

#### USE THESE SINGLE DIGIT TO REPRESENT POWER LEVELS

Number pad	% of Power
9	90%
8	80%
7	70%
6	60%
5	50%
4	40%
3	30%
2	20%
1	10%

### B. Two-stage Cooking

Some recipes require different stages of cooking at different temperatures.

#### 1. SET STAGE 1:

Follow steps 1 and 2 in “One-stage

Cooking”.

DO NOT TOUCH START/STOP PAD.

#### 2. SET STAGE 2:

Touch COOK pad then enter proper cooking time and (lower) power level. (Most 2-stage recipes use lower power for second stage.)

#### 3. Touch START/STOP pad.

#### NOTE:

After stage 1 time has elapsed, one beep sounds, signaling the beginning of stage 2. After total time has elapsed, 4 beeps sound and END appears in display. Touch RESET pad or open oven door to clear END before starting another cooking function.

## SETTING “SPEED DEFROST”

1. Touch SPEED DEFROST pad.
2. Enter desired defrosting time by touching correct number pads. Digital timer sets minutes and seconds from left to right so a single digit can be set (5 for 5 seconds ) or up to 4 digits (2405 for 24 minutes 5 seconds).
3. Touch START/STOP pad.

#### NOTE:

- After time has elapsed four beeps sound and END appears in display. Touch RESET pad or open door to clear END before starting another cooking function.
- After setting SPEED DEFROST, oven

can be programmed to automatically switch to one or two-Stage cooking.

- A. For speed defrost and one stage cooking, follow steps above. Before touching START/STOP pad, touch COOK pad, enter time and power level. Then touch START/STOP pad.
- B. For speed defrost and two stage cooking, follow steps above. Before touching START/STOP pad, enter two-stage cooking programs.

**SETTING “COOK BY WEIGHT”**

1. Touch COOK BY WEIGHT pad.
2. Enter the one-digit code by touching the correct number pad.
3. Enter weight.
4. Touch START/STOP PAD.

**NOTE:**

- Your microwave oven makes cooking easy. You set the type and weight of food, and the oven automatically sets the cooking time and power level.

“COOK BY WEIGHT ” CODE DESCRIPTIONS		
CODE	TYPE	MAX WEIGHT
1	Beef	5 lb. 16 oz.
2	Mutton	5 lb. 16 oz.
3	Pork	5 lb. 14 oz.

- Meat must be defrosted and at refrigerated temperature.
- Weight must be in pounds and ounces. Ounce weights less than 10 must be preceded by a 0. If label gives weight in pounds only, change the fraction

of a pound to ounces using the following chart.

CONVERTING FRACTIONS OF A POUND TO OUNCES	
FRACTIONS OF A POUND	OUNCES
Less than .03	0
.03 to .09	1
.10 to .15	2
.16 to .21	3
.22 to .27	4
.28 to .34	5
.35 to .40	6
.41 to .46	7
.47 to .53	8
.54 to .59	9
.60 to .65	10
.66 to .71	11
.72 to .78	12
.79 to .84	13
.85 to .90	14
.91 to .97	15
above .97	go to next even

- Turn meat over when oven beep twice. Touch START/STOP to resume cooking.
- After total cooking time, 4 beeps sound and END appears in display. Touch RESET or open oven door to clear END before starting another cooking function. Let meat stand few minutes before carving.

**SETTING “DEFROST BY WEIGHT”**

1. Touch DEFROST BY WEIGHT pad.
2. Enter weight.
3. Touch START/STOP pad.

**NOTE:**

- Weight must be in pounds and ounces. Ounce weights less than 10 must be preceded by a 0. If label gives weight in pounds only, change the fraction

of a pound to ounces using the chart on this page.

- Turn food over when oven beep twice. Touch START/STOP pad to resume defrosting.
- After total defrosting time, 4 beeps sound and END appears in display. Touch RESET or open oven door to clear END before starting another cooking function.

### **SETTING “SAFETY LOCK”**

The safety lock prevents unsupervised operation by little children.

To set, press and hold RESET pad for 3 seconds, LOCK indicator lights.

To cancel, press and hold RESET pad

for 3 seconds, LOCK indicator goes off.

### **TO STOP THE OVEN WHILE THE OVEN IS OPERATING**

1. Touch START/STOP pad.
- You can restart the oven by touching START/STOP pad.
  - Touch RESET to erase all instructions.
2. Open the door.
- You can restart the oven by closing the door and touching START/STOP pad.

#### **NOTE:**

- Oven stops operating when door is opened.

## **ABOUT “ QUICK COOK ” SETTINGS**

“QUICK COOK” allows you to cook or reheat food automatically without entering power level or time. When setting “quick cook”, check visual guide on pad for correct

setting. Three “quick cook” settings allow you to cook several amounts of the same food. These include the “FROZEN DINNER”, “BAKED POTATO” and “BEVERAGE”. After you touch these pads, ENTER AMT appears in the display.

In each “quick cook” category, smaller size food is set by touching pad once. One dot ( • ) below picture of smaller-size food

signifies one touch of the pad. The large size can be set by touching the picture pad twice. Two dots ( •• ) below the picture of large size food signifies two touches of the pad.

### **SETTING “POPCORN”**

1. Touch POPCORN pad. “CODE” and cooking time will be displayed. POPCORN automatically sets the cooking time for a 3 to 3 1/2 oz. bag of microwave popcorn.
2. Touch START/STOP pad.

#### **NOTE:**

- To reset POPCORN time: Tap POPCORN pad twice. ENTER TIME appears in display. Touch number pads to enter minutes and seconds. Touch START/STOP pad. This new cooking time will remain whenever you touch the POPCORN pad until you reset it.

### **SETTING “ BAKED POTATO”**

For 4 to 6 oz. potatoes:

1. Touch POTATO pad once.
2. Enter number of potatoes by touching number pads from 1 to 4. "CODE" and cooking time for small-medium potatoes will be displayed.
3. Touch START/STOP pad.

For the large 8 to 10 oz. potatoes:

1. Tap POTATO pad twice.
2. Enter number of potatoes by touching number pads from 1 to 4. "CODE" and cooking time for large potatoes is shown on the digital display.
3. Touch START/STOP pad.

### **SETTING “PIZZA”**

Reheating a slice (or two thin ones) of leftover pizza:

1. Touch PIZZA pad once. "CODE" and cooking time are displayed.
2. Touch START/STOP pad.

Heating a whole frozen pizza:

1. Tap PIZZA pad twice. "CODE" and cooking time are displayed.

2. Touch START/STOP pad.

### **SETTING “ BEVERAGE ”**

For 5 to 7 oz. coffee cups:

1. Touch BEVERAGE pad once.
2. Enter number of cups by touching number pads from 1 to 4. "CODE" and cooking time are seen on screen.
3. Touch START/STOP pad.

For the larger 10 to 12 oz. coffee mugs:

1. Tap BEVERAGE pad twice.
2. Enter number of mugs by touching number pads from 1 to 4. "CODE" and cooking time will be displayed.
3. Touch START/STOP pad.

### **SETTING “FROZEN DINNER”**

Microwaving one or two small (7-9 oz.) frozen dinner:

1. Touch FROZEN DINNER pad once.
2. For 1 entree, just touch START/STOP. For 2 entrees, touch the number pad “2”. "CODE" and cooking time are displayed on screen.
3. Touch START/STOP pad.

Microwaving one large (10-12 oz.) frozen dinner :

1. Tap FROZEN DINNER pad twice.
2. For 1 entree, just touch START/STOP. For 2 entrees, touch the number pad “2”. "CODE" and cooking

time are displayed.

3. Touch START/STOP pad.

#### **SETTING " REHEAT"**

1. Touch REHEAT pad. "CODE" and cooking time are displayed.

2. Touch START/STOP pad.

#### **NOTE:**

This setting lets you reheat a dinner plate of chilled leftovers with good results.

## **CLEANING AND CARE**

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, 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 spatters.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. 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, this is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult a dealer

to have it replaced.

**SAVE THESE INSTRUCTIONS**