

Over The Range Microwave Oven

Owner's Manual



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Mabe Canada Inc.
1-800-561-3344



IMPORTANT SAFETY INFORMATION

*READ ALL SAFETY
INFORMATION BEFORE USING*

FOR YOUR SAFETY



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

For your safety the information in this manual must be followed to minimize the risk of fire or explosion or to prevent property damage, personal injury or loss of life.

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.

Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

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.

The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

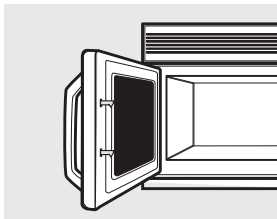
Welcome

We're proud of our quality products and we believe in dependable service.

You'll see it in this easy-to-use manual and you'll hear it in the friendly voices of our consumer service department.

Best of all, you'll experience these values each time you use your microwave. That's important, because your new microwave will be part of your family for a long time.

Start Here!...Before using your Microwave



Write down the model and serial numbers here.

They are on a label inside the oven.

Staple your receipt to the inside back cover of this manual. You will need it to obtain service under warranty.

Model number

Serial number

Date of purchase

Need Help?

Help us help you

Before you call for service, there are a few things you can do to help us serve you better.

Read this manual.

It contains instructions to help you use and maintain your microwave properly.

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

Save time and money.

Check the section titled "If Something Goes Wrong" before calling. This section helps you solve common problems that might occur.

If you do need service, you can relax knowing help is only a phone call away. A list of toll-free customer service numbers is included in the back of this manual.



IMPORTANT SAFETY INFORMATION

***READ ALL SAFETY
INFORMATION BEFORE USING***

⚠ WARNING

To reduce the risk of fire, burns, electric shock, injury to persons or exposure to excessive microwave energy when using your appliance, follow basic precautions, including the following sections.

SAFETY PRECAUTIONS

This microwave oven is cUL listed for installation over electric and gas ranges.

This microwave oven is not approved or tested for marine use.

- Read and follow the specific “Precautions to Avoid Possible Exposure to Excessive Microwave Energy” on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section on page 10.
- Do not mount this appliance over a sink.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- This over-the-range oven was designed for use over ranges no wider than 42” (106,7 cm). It may be installed over both gas and electric cooking equipment.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- Some products such as whole eggs and sealed containers - for example, closed glass jars - may explode and should not be heated in this oven.



- Do not store this appliance outdoors. Do not use this product near water – for example, in a wet basement, near a swimming pool or near a sink.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven while cooking.
 - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
 - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
 - If materials inside oven should ignite, keep the oven door closed, turn the oven off and disconnect the power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
- See door surface cleaning instructions in the Care and Cleaning section(s) of this manual.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- Clean Ventilating Hoods, Frequently – Grease should not be allowed to accumulate on hood or filter.
- When flaming foods under the hood, turn the fan on.
- Suitable for use above both gas and electric cooking equipment.
- Use care when cleaning the venthood filter. Corrosive cleaning agents may damage the filter.

SAVE THESE INSTRUCTIONS



IMPORTANT SAFETY INFORMATION

SPECIAL NOTES ABOUT MICROWAVING

ARCING

If you see arcing, press the STOP pad and correct the problem.

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory dish or unless you use popcorn labeled for use in microwave ovens.
- Some products such as whole eggs and sealed containers – for example, closed jars – are able to explode and should not be heated in this microwave oven. Heating these products in the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.



SAFETY FACT

SUPERHEATED WATER

Liquids, such as water, coffee or tea, are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.

- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.
- Spontaneous boiling – Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, we recommend the following: before removing the container from the oven, allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off. Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly – meat to at least an INTERNAL temperature of 160°F (71° C) and poultry to at least an INTERNAL temperature of 180°F (82° C). Cooking to these temperatures usually protects against foodborne illness.



IMPORTANT SAFETY INFORMATION

SPECIAL NOTES ABOUT MICROWAVING

MICROWAVE-SAFE COOKWARE

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled “suitable for microwaving.”



How to test for a microwave-safe dish.

• If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water – set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be used for microwaving. If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.

- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.



- Use foil only as directed in this manual. TV dinners may be microwaved in foil trays less than 3/4" (1.9 cm) high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1" (2.5 cm) away from the sides of the oven.
 - Plastic cookware – Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.
- Follow these guidelines:
- 1** Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
 - 2** Do not microwave empty containers.
 - 3** Do not permit children to use plastic cookware without complete supervision.

THE VENT FAN

Take care to prevent the starting and spreading of accidental cooking fires while the vent fan is in use.

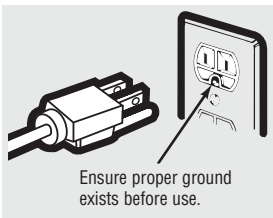
- Clean the underside of the microwave often. Do not allow grease to build up on the microwave or the fan filters.
- In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan on the surface unit by covering the pan completely with a lid, a cookie sheet or a flat tray.
- Use care when cleaning the vent fan filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filters.
- When preparing flaming foods under the microwave, turn the fan on.
- Never leave surface units beneath your microwave oven unattended at high heat settings. Boilovers cause smoking and greasy spillovers that may ignite and spread if the microwave vent fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat on surface units only when necessary.



IMPORTANT SAFETY INFORMATION

GROUNDING INSTRUCTIONS/OPTIONAL KITS

GROUNDING INSTRUCTIONS



! WARNING

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

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance.

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

Optional Kits

Filter Kits

JX81K – Recirculating Charcoal Filter Kit

Filter kits are used when the microwave oven cannot be vented to the outside.

Available at extra cost from your local parts store.

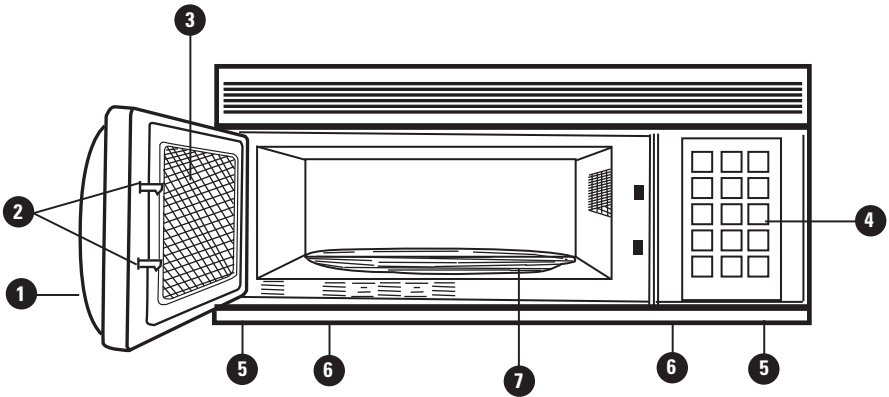
Operating Instructions

Features of Your Microwave

(Throughout this manual, features and appearance may vary from your model.)



Features



1000 Watts

1 Door Handle. Pull to open the door. The door must be securely latched for the microwave to operate.

2 Door Latches.

3 Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.

4 Touch Control Panel. You must set the clock before using the microwave.

5 Cooktop Lights.

6 Grease Filters.

7 Removable Turntable. Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.

NOTE: Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.



Quick Start

The Controls on Your Microwave Oven

(Throughout this manual, features and appearance may vary from your model.)

You can microwave by time or with the convenience features.



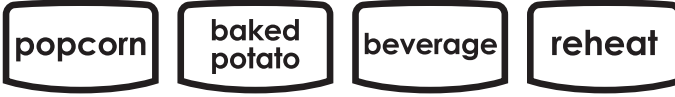
1 Time Features

Time Cooking

Press	Enter
TIME COOK (Press once or twice)	Amount of cooking time.
DEFROST AUTO/TIME (Press twice)	Amount of defrosting time.
EXPRESS COOK	Starts immediately!
POWER	Power level 1–10.
ADD 30 SEC	Starts immediately!



quick touch



2 Quick Touch Features

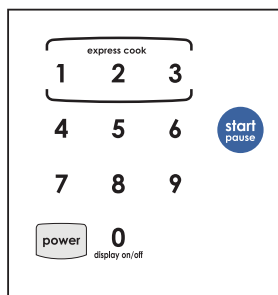
Table A

<i>Press</i>	<i>Enter</i>	<i>Start</i>
POPCORN Press once Press twice Press 3 times	1 (1.75 oz./50 g) 2 (3.0 oz./85 g) 3 (3.5 oz./100 g)	Press START .
BAKED POTATO Press once Press twice Press 3 times	1 (7.1 oz./201 g) 2 (14.2 oz./402 g) 3 (21.3 oz./604 g)	Press START .
BEVERAGE Press once Press twice Press 3 times	1 2 3	Press START .
GROUND MEAT Press once Press twice Press 3 times	1 (7.1 oz./201 g) 2 (14.2 oz./402 g) 3 (21.3 oz./604 g)	Press START .



Operating Instructions

Changing Power Levels



How to Change the Power Level

The power level may be entered or changed immediately after entering the feature time for TIME COOK, TIME DEFROST or EXPRESS COOK. The power level may also be changed during time countdown.

- 1 Press **TIME COOK** or select **Time Defrost**.
- 2 Enter cooking or defrosting time.
- 3 Press **POWER**.
- 4 Select desired power level 1–10.
- 5 Press **START**.

Variable power levels add microwave flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. High (power level 10) or full power is the fastest way to cook. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time.

A high setting (10) will cook faster but food may need more frequent stirring, rotating or turning over. Most cooking will be done on High (power 10). A lower setting will cook more evenly and need less stirring or rotating of the food.

Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

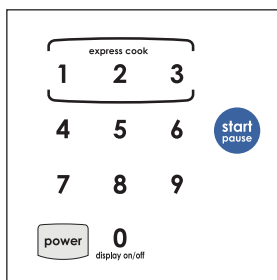
Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with power level 3 – the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

Power Level	Best Uses
High 10	Fish, bacon, vegetables, boiling liquids.
Med-High 7	Gentle cooking of meat and poultry; baking casseroles and reheating.
Medium 5	Slow cooking and tenderizing such as stews and less tender cuts of meat.
Low 3	Defrosting without cooking; simmering; delicate sauces.
Warm 1	Keeping food warm without overcooking; softening butter.



Time Cook



- 1 Press TIME COOK.**
- 2 Enter cooking time.**
- 3 Change power level if you don't want full power. (Press POWER. Select a desired power level 1–10.)**
- 4 Press START.**

Time Cook I

Allows you to microwave for any time up to 99 minutes and 99 seconds.

Power 10 (High) is automatically set, but you may change it for more flexibility.

You may open the door during Time Cook to check the food. Close the door and press START to resume cooking.

Time Cook II

Lets you change power levels automatically during cooking. Here's how to do it:

- 1 Press TIME COOK.**
- 2 Enter the first cook time.**
- 3 Change the power level if you don't want full power. (Press POWER. Select a desired power level 1–10.)**
- 4 Press TIME COOK.**
- 5 Enter the second cook time.**
- 6 Change the power level if you don't want full power. (Press POWER. Select a desired power level 1–10.)**
- 7 Press START.**

At the end of Time Cook I, Time Cook II counts down.



Operating Instructions

Cooking Guide for Time Cook I & II

NOTE: Use power level High (10) unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb. (454 g)	6 to 9 min., Med-High (7)	In 1½-qt. (1.5 L) glass baking dish, place ¼ cup (60 mL) water.
(frozen spears)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole.
Beans (fresh green)	1 lb. (454 g) cut in half	9 to 10 min.	In 1½-qt. (1.5 L) casserole, place ½ cup (120 mL) water.
(frozen green)	10-oz (283 g) package	6 to 8 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
(frozen lima)	10-oz (283 g) package	6 to 8 min.	In 1-qt. (1 L) casserole, place ¼ cup (60 mL) water.
Beets (fresh, whole)	1 bunch	17 to 21 min.	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
Broccoli (fresh cut)	1 bunch 1¼ to 1½ lbs. (570 to 680 g)	7 to 10 min.	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(fresh spears)	1 bunch 1¼ to 1½ lbs. (570 to 680 g)	9 to 13 min.	In 2-qt. (2 L) glass baking dish, place ¼ cup (60 mL) water.
(frozen, chopped)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole.
(frozen spears)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
Cabbage (fresh)	1 medium head about 2 lbs. (900 g)	8 to 11 min.	In 1½- or 2-qt. (1.5 or 2 L) casserole, place ¼ cup (60 mL) water.
(wedges)		7 to 10 min.	In 2- or 3-qt. (2 or 3 L) casserole, place ¼ cup (60 mL) water.
Carrots (fresh, sliced)	1 lb. (454 g)	7 to 9 min.	In 1½-qt. (1.5 L) casserole, place ¼ cup (60 mL) water.
(frozen)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
Cauliflower (flowerets)	1 medium head	9 to 14 min.	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(fresh, whole)	1 medium head	10 to 17 min.	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(frozen)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.



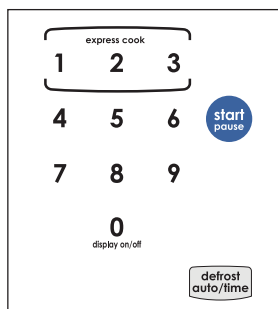
Vegetable	Amount	Time	Comments
Corn (frozen kernel)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
Corn on the cob (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. (2 L) oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add ¼ cup (60 mL) water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	5 to 6 min. 3 to 4 min. per ear	Place in 2-qt. (2 L) oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables (frozen)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
Peas (fresh, shelled)	2 lbs. (900 g) unshelled	9 to 12 min.	In 1-qt. (1 L) casserole, place ¼ cup water.
(frozen)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
Potatoes (fresh, cubed, white)	4 potatoes 6 to 8 oz each (170 to 227 g)	9 to 12 min.	Peel and cut into 1" (2,5 cm) cubes. Place in 2-qt. (2 L) casserole with ½ cup (120 mL) water. Stir after half of time.
(fresh, whole, sweet or white)	1 – 6 to 8 oz (170 to 227 g)	3 to 4 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz (283 to 454 g)	5 to 7 min.	In 2-qt. (2 L) casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
Squash (fresh, summer and yellow)	1 lb. (454 g) sliced	5 to 7 min.	In 1½-qt. (1.5 L) casserole, place ¼ cup (60 mL) water.
(winter, acorn, butternut)	1 to 2 squash about 1 lb. (454 g) each	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. (2 L) oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.



Operating Instructions

Time Features

Time Defrost



**1 Press DEFROST
AUTO/TIME twice.**

2 Enter defrosting time.

3 Press START.

**4 Turn food over when
the oven signals.**

5 Press START.

*(Auto Defrost explained
in the section on Quick
Touch Features.)*

Allows you to defrost for the length of time you select. See the Defrosting Guide for suggested times.

Power 3 is automatically set, but you may change this for more flexibility. You may defrost small items more quickly by raising the power level after entering the time. However, they will need more frequent attention than usual.

Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. Rotate or stir food frequently.

At one half of selected defrosting time, the oven signals TURN. At this time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil.

A dull thumping noise may be heard during defrosting. This sound is normal when the oven is not operating at High power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Tightly closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be at least partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily, such as milk, eggs, fish, stuffings, poultry and pork, should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of large foods, such as beef, lamb and veal roasts, use Auto Defrost.
- Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.



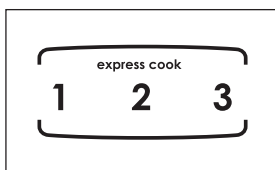
Food	Time	Comments
Breads, Cakes Bread, buns or rolls (1 piece) Sweet rolls approx. 12 oz (340 g)	1 min. 3 to 5 min.	
Fish and Seafood Fillets, frozen 1 lb. (454 g) Shellfish, small pieces 1 lb. (454 g)	6 to 8 min. 5 to 7 min.	Place block in casserole. Turn over and break up after half the time.
Fruit Plastic pouch – 1 to 2 10-oz (283 g) package	3 to 6 min.	
Meat Bacon 1 lb. (454 g) Franks 1 lb. (454 g) Ground meat 1 lb. (454 g) Roast: beef, lamb, veal, pork Steaks, chops and cutlets	2 to 5 min. 2 to 5 min. 5 to 7 min. 12 to 16 min. per lb./454 g 5 to 7 min. per lb./454 g	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after half the time. Turn meat over after half the time. Place unwrapped meat in cooking dish. Turn over after half the time and shield warm areas with foil. When finished, separate pieces and let stand to complete defrosting.
Poultry Chicken, broiler-fryer cut up 2½ to 3 lbs. (1.1 to 1.4 kg) Chicken, whole 2½ to 3 lbs. (1.1 to 1.4 kg) Cornish hen Turkey breast 4 to 6 lbs. (1.8 to 2.7 kg)	15 to 19 min. 17 to 21 min. 7 to 13 min. per lb./454 g 5 to 9 min. per lb./454 g	Place wrapped chicken in dish. Unwrap and turn over after half the time. When finished, separate pieces and microwave 2 to 4 minutes more, if necessary. Let stand to finish defrosting. Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. Finish defrosting. If necessary, run cold water in the cavity until giblets can be removed. Place unwrapped hen in the oven breast-side up. Turn over after half the time. Run cool water in the cavity until giblets can be removed. Place unwrapped breast in dish breast-side down. After half the time, turn over and shield warm areas with foil. Finish defrosting. Let stand 1 to 2 hours in refrigerator to complete defrosting.



Operating Instructions

Time Features

Express Cook



This is a quick way to set cooking time for 1–3 minutes.

Press one of the Express Cook pads (from 1 to 3) for 1 to 3 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time.

The power level can be changed as time is counting down. Press POWER and enter 1-10.

Add 30 Seconds



You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.

- It can be used as a quick way to set 30 seconds of cooking time.



Beverage



1. The Beverage feature heats 1 to 3 servings of any beverage.
- 2 Press BEVERAGE. The oven starts immediately. The serving size is automatically set at 1, but you may change it for more flexibility (see Table A).
- 3 Press START.

Drinks heated with the Beverage feature may be very hot. Remove the container with care.

Popcorn



How to Use the Popcorn Feature

- 1 Follow package instructions, using Time Cook if the package is less than 1.75 ounces (50 g) or larger than 3.5 ounces (100 g). Place the package of popcorn in the center of the microwave.
- 2 Press POPCORN. The oven starts immediately. Tap POPCORN to select the bag size you are cooking.

How to Adjust the Popcorn Program to Provide a Shorter or Longer Cook Time

If you find that the brand of popcorn you use underpops or overcooks consistently, you can add or subtract 7% popping time.

Important:

Never leave the microwave oven unattended during the cooking of popcorn.

Important:

Light Popcorn does not contain as much cooking ingredients (oil, butter, etc) as Regular type popcorn, so cooking time will be substantially reduced. When the popping action slows down or stops, stop the microwave oven immediately, otherwise the popcorn will overcook, burn and possibly catch on fire.



Operating Instructions

Quick Touch Features

Reheat



- 1** The Reheat feature heats 1 to 3 servings food (7.1Oz).
- 2** Press REHEAT. The serving size is automatically set at 1, but you may change it for more flexibility (see table A).
- 3** Press START.

Baked Potato

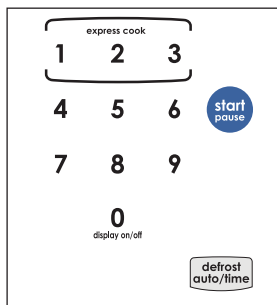


- 1** The Potato feature heats 1 to 3 servings of any potato.
- 2** Press BAKED POTATO. The serving size is automatically set at 1, but you may change it for more flexibility (see table A).
- 3** Press START.



Auto Feature

Auto Defrost



1 Press DEFROST AUTO/TIME once.

2 Using the Conversion Guide at right, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces/544 g).

3 Press START.

(Time Defrost is explained in the Time Features section.)

The Defrost Auto/Time feature gives you two ways to defrost frozen foods.

Press DEFROST AUTO/TIME once for Auto Defrost or twice for Time Defrost.

Use Auto Defrost for meat, poultry and fish. Use Time Defrost for most other frozen foods.

Auto Defrost automatically sets the defrosting times and power level to give even defrosting results for meats, poultry and fish weighing up to six pounds.

- Remove meat from package and place on microwave-safe dish.
- Twice during defrost, the oven signals TURN. At each TURN signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

<i>Weight of Food in Ounces</i>	<i>Weight of Food in Grams</i>	<i>Enter Food Weight (tenths of a pound)</i>
1-2	28-56	.1
3	85	.2
4-5	113-142	.3
6-7	170-200	.4
8	225	.5
9-10	255-283	.6
11	312	.7
12-13	340-370	.8
14-15	400-425	.9



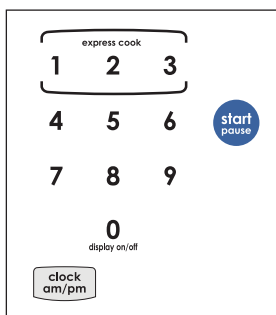
Operating Instructions

Other Features

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will beep five times.

Clock



Press to enter the time of day or to check the time of day while microwaving.

- 1** Press CLOCK AM/PM.
- 2** Press CLOCK AM/PM to select AM or PM.
- 3** Enter time of day.
- 4** Press CLOCK AM/PM.

Display On/Off

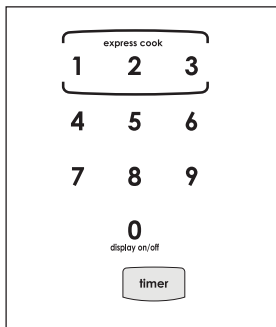


To turn the clock display off, press and hold 0 for about three seconds.

To redisplay the clock, press STOP.




Timer On/Off



- 1 Press TIMER.
- 2 Enter time you want.
- 3 Press TIMER to start.

When time is up, the oven will signal and display “OFF”. To turn off the timer signal, press TIMER.

NOTE: The timer indicator  will be lit while the timer is operating.

Start/Pause



In addition to starting many functions, START/PAUSE allows you to stop cooking without opening the door or clearing the display.



Operating Instructions

Other Features

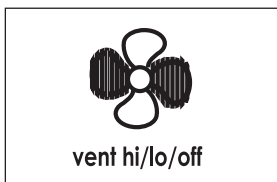
Child Lock-Out



You may lock the control panel to prevent the microwave from being accidentally started or used by children.

To lock or unlock the controls, press and hold STOP for about three seconds. When the control panel is locked, “lock” will be displayed to the extreme right.

Vent Fan



The vent fan removes steam and other vapors from surface cooking.

Press VENT FAN H/L/OFF once for high fan speed, twice for low fan speed or a third time to turn the fan off.

Automatic Fan

An automatic fan feature protects the microwave from too much heat rising from the cooktop below it. It automatically turns on at low speed if it senses too much heat.

If you have turned the fan on you may find that you cannot turn it off. The fan will automatically turn off when the internal parts are cool. It may stay on for 30 minutes or more after the cooktop and microwave controls are turned off.

Surface Light



Press SURFACE ON/OFF to turn the surface light on or off.

Helpful Information

Microwave Terms



Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: <ul style="list-style-type: none">• metal or foil touching the side of the oven.• foil that is not molded to food (upturned edges act like antennas).• metal such as twist ties, poultry pins, gold-rimmed dishes.• recycled paper towels containing small metal pieces.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.



Helpful Information

Care and Cleaning

Helpful Hints

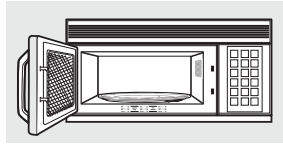


Open the over door a few minutes after cooking to air out the inside. An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

NOTE: Be certain the power is off before cleaning any part of this oven.

How to Clean the Inside

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door



Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

Never use a commercial oven cleaner on any part of your microwave.

Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

How to Clean the Outside

Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.

Outer Case

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.

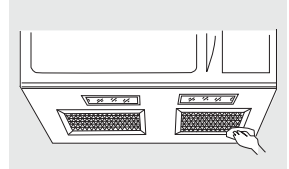
Control Panel and Door

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel – they can damage it. Some paper towels can also scratch the control panel.

Door Surface

It's important to keep the area clean where the door seals against the microwave. Use only mild, nonabrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Bottom



Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.



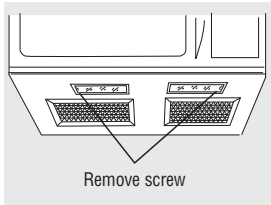
Helpful Information

Light Bulb Replacement

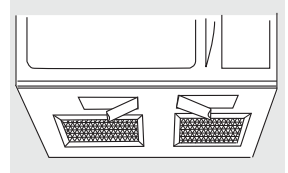
Cooktop Lights

Replace the burned-out bulb with a 40-watt incandescent bulb (WB36X10003), available from your local parts store.

- 1 To replace the bulb(s), first disconnect the power at the main fuse or circuit breaker panel or pull the plug.
- 2 Remove the screw at the front of the light cover and lower the cover.



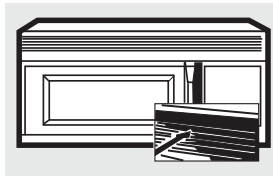
- 3 Be sure the bulb(s) to be replaced are cool before removing. After breaking the adhesive seal, remove the bulb by gently turning.
- 4 Replace the screw. Connect electrical power to the oven.



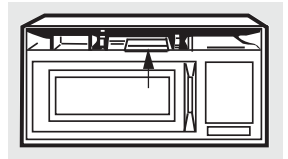
Oven Light

Replace the burned-out bulb with a 40-watt incandescent bulb (WB36X10003), available from your local parts store.

- 1 To replace the oven light, first disconnect the power at the main fuse or circuit breaker panel or pull the plug.
- 2 Remove the grille by taking out the 2 screws that hold it in place.



- 3 Next, remove the screw located above the door near the center of the oven that secures the light housing.

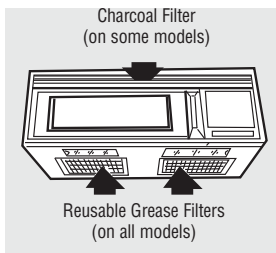


- 4 Replace the screw. Connect electrical power to the oven.

The Exhaust Feature



The Vent Fan



The vent fan has 2 metal reusable grease filters.

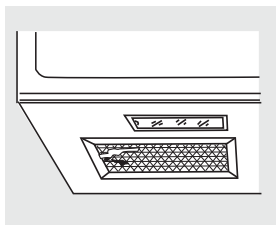
Models that recirculate air back into the room also use a charcoal filter.

Reusable Grease Filters

The metal filters trap grease released by foods on the cooktop. They also prevent flames from foods on the cooktop from damaging the inside of the microwave.

For this reason, the filters must ALWAYS be in place when the hood is used. The grease filters should be cleaned once a month, or as needed.

Removing and Cleaning the Filter



To remove, slide it to the left/right using the tab. Pull it down and out.

To clean the grease filter, soak it and then swish it around in hot water and detergent. Don't use ammonia or ammonia products because they will darken the metal. Light brushing can be used to remove embedded dirt.

Rinse, shake and let it dry before replacing.

To replace, slide the filter in the frame slot on the left/right of the opening. Pull up and to the left/right to lock into place.



Helpful Information

Charcoal Filter (on some models)

The charcoal filter cannot be cleaned. It must be replaced.

If the model is not vented to the outside, the air will be recirculated through a disposable charcoal filter that helps remove smoke and odors.

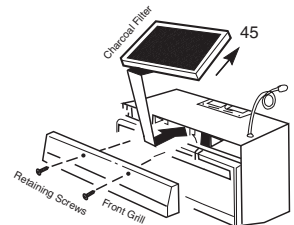
The charcoal filter should be replaced when it is noticeably dirty or discolored (usually after 6 to 12 months, depending on hood usage).

To Install Charcoal Filter

When installing the charcoal filter, disconnect power at the main fuse or circuit breaker panel or pull the plug.

- 1 Remove the 2 retaining screws from top air grille and detach it from microwave.
- 2 Discard plastic wrapping from new charcoal filter and install upwards at a 45° angle.
- 3 Push filter inward until secured beneath the top center tabs of the filter mounting bracket.

- 4 Lower the filter until the bottom section is secured in place with the lower bracket tabs.
- 5 Replace the grille and retaining screws.



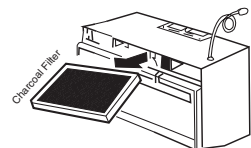
To Remove Charcoal Filter

When removing the charcoal filter, disconnect power at the main fuse or circuit breaker panel or pull the plug.

- 1 Remove the 2 retaining screws from top air grille and detach it from microwave.

- 2 Gently pull back on the lower bracket tabs and lift the bottom portion of filter upward to release it from the filter bracket and remove.

- 3 Follow steps listed in “To Install Charcoal Filter” to replace the charcoal filter.



If Something Goes Wrong



Before You Call For Service

Problem	Possible Cause	What to Do
<i>Oven will not start</i>	<p>A fuse in your home may be blown or the circuit breaker tripped.</p> <p>Power surge.</p> <p>Plug not fully inserted into wall outlet.</p>	<ul style="list-style-type: none">• Replace fuse or reset circuit breaker.• Unplug the microwave oven, then plug it back in.• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
<i>Floor of the oven is warm, even when the oven has not been used</i>	<p>The cooktop light is located below the oven floor. When the light is on, the heat it produces may make the oven floor get warm.</p>	<ul style="list-style-type: none">• This is normal.
<i>“LOCKED” appears on display</i>	<p>The control has been locked.</p>	<ul style="list-style-type: none">• Press and hold STOP for about 3 seconds to unlock the control.
<i>You hear an unusual, low-tone beep</i>	<p>You have tried to start the Reminder without a valid time of day.</p> <p>You have tried to change the power level when it is not allowed.</p>	<ul style="list-style-type: none">• Start over and enter a valid time of day.• Many of the oven’s features are preset and cannot be changed.



If Something Goes Wrong

Things That Are Normal

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV-radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.

MOFFAT MICROWAVE OVEN WARRANTY

Staple your receipt here. Proof of the original purchase date is needed to obtain service under the warranty.



All warranty service provided by our Factory Service Centers, or an authorized Customer Care® technician during normal working hours. For service, call 1-800-561-3344.

For The Period Of:

One Year

From the date of the original purchase

Mabe Will Replace:

Any part of the microwave oven which fails due to a defect in materials or workmanship. During this **full one-year warranty**, Mabe will also provide, **free of charge**, all labour and related service costs to repair or replace the defective part.

What Mabe Will Not Cover:

- Service trips to your home to teach you how to use the product.
- Improper installation.
- Failure of the product if it is abused, misused, or used for other than the intended purpose or used commercially.
- Replacement of house fuses or resetting of circuit breakers
- Damage to the product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage to

personal property caused by possible defects with this appliance.

Read your Use & Care Material:

If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call toll free:

Mabe Canada Inc.

1-800-561-3344

Consumer Information Service

This warranty is extended to the original purchaser and any succeeding owner for products purchased for use in Canada.

Some provinces do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from province to province. To know what your legal rights are in your province, consult your local or provincial consumer affairs office.

Warrantor: Mabe Canada Inc.

*If further help is needed concerning this warranty, write;
Consumer Relations Manager - Mabe Canada Inc.
1 Factory Lane, Suite 310, Moncton NB E1C 9M3*

Service Telephone Numbers.



In-Home Repair Service 1-800-561-3344

Expert Mabe repair service is only a phone call away.



Product Satisfaction

If you are not satisfied with the service you receive from Mabe, follow these steps. **First**, contact the people who serviced your appliance. **Next**, if you are still not pleased, write all the details– including your phone number–to:

Manager, Consumer Relations,
Mabe Canada Inc.,
Suite 310, 1 Factory Lane,
Moncton, NB E1C 9M3.