

*Read and save these instructions.*

# **OWNER'S GUIDE**

## **Microwave Oven**



**Models:**  
**FMT106T1B1**  
**FMT106T1A1**  
**FMT106T1W1**



# YOUR SAFETY FIRST

Your Frigidaire Microwave Oven, though simple to use, is not a toy. Respect it as an electric cooking appliance. Become familiar with microwave energy, its uses and limitations.

## 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.

### IMPORTANT - FOR PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The metal rack must be removed from the oven when the rack is not used for cooking.
- Place the cookware gently on the ceramic oven floor.
- When a browning dish is used, the browning dish bottom must be at least 3/16 inch above the oven floor. Carefully read and follow the instructions for the browning dish. Incorrect usage may cause the ceramic oven floor to break.
- If oven is dropped or damaged, have a trained service technician thoroughly check oven before it is operated again.
- The electrical power cord must be kept dry and must not be pinched or crushed in any way.
- The oven has several built-in safety switches to make sure the power remains off when the door is opened. DO NOT try to defeat these switches.
- When heating packaged microwave foods, always place them on a microwave proof dish. For example, microwave french fries or microwave popcorn.
- This appliance should not be used for commercial catering purpose.

### DON'TS

- DO NOT attempt to operate this oven with the door open.
- DO NOT run the oven empty without food in it.
- DO NOT cook bacon directly on the ceramic oven floor to avoid excessive local heating of the ceramic oven floor.
- DO NOT leave the temperature probe unplugged in the cavity when operating the oven.
- DO NOT let the temperature probe touch the side walls, oven floor or door of the cavity when in use.
- DO NOT plug the pointed end of the temperature probe into the socket inside the cavity.
- DO NOT use the temperature probe in a regular oven. This probe is designed for the microwave oven only.
- DO NOT do deep-fat frying in the microwave oven. It is difficult to control the temperature of the fat which could cause a fire hazard.
- DO NOT store combustible material, such as food, in your microwave oven.
- DO NOT attempt to do home canning in your microwave. It is impossible to be sure all areas of the jar have reached boiling temperature for the proper processing time.
- DO NOT use this microwave oven for commercial purposes. This Microwave Oven is made for household use only.

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### SAFETY CERTIFICATION

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Your Frigidaire Microwave Oven is designed and thoroughly tested to meet exacting safety standards. It meets UL and FCC requirements and complies with safety performance standards of the U.S. Department of Health and Human Services.

# 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"** found on

Page 2.

3. This appliance must be grounded. Connect only to properly grounded outlet. See **"GROUNDING INSTRUCTIONS"** found on Page 6.

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, such as sulfid and chloride, 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 your nearest authorized service center 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.

15. Either—(a) When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth; or when separate cleaning instructions provide, (b) See door surface cleaning instructions on page 30.

16. To reduce the risk of fire in the oven cavity:

a. DO NOT overcook foods. 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 phasic 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. Clean Ventilating Hoods frequently-grease should not be allowed to accumulate on hood or filter.

18. When flaming foods under the hood, turn the fan off. The fan, if operating, may spread the flame.

19. Suitable for use above both gas and electric cooking equipment 36 inches or less wide.

20. Use care when cleaning the vent hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.

21. Do not heat any type of baby bottles or baby food. Uneven heating may occur and could cause personal injury.

22. Avoid heating small necked containers, such as syrup bottles.

23. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.), resulting in harm to the oven and possible personal injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquids several times between reheatings.

## SAVE THESE INSTRUCTIONS

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# FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT

## 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 a ISM Equipment pursuant to part 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 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.
- Relocated 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.

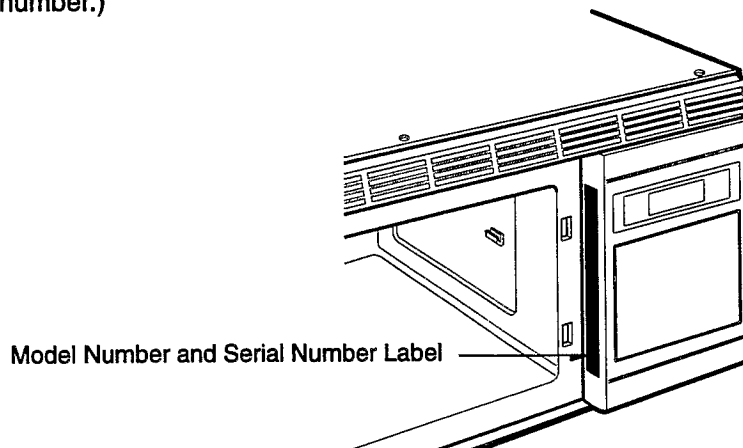
## FRIGIDAIRE MICROWAVE OVEN "OWNER'S GUIDE"— MICROWAVE OVEN USE INSTRUCTIONS

Enjoy a new cooking experience from Frigidaire. Please read this booklet. It takes just a few minutes—time well spent to learn how to use all of the features.

Advice on the use and care of Frigidaire appliances is always available at your nearest Frigidaire Dealer. When seeking information, be sure to have the complete model number located on the plastic label. See below for its location.

### MODEL NUMBER

To make a request for service, information or replacement of parts, Frigidaire will require the complete model number of your microwave oven. The number is on the inner left side of the control panel. (You must open the door to see the number.)

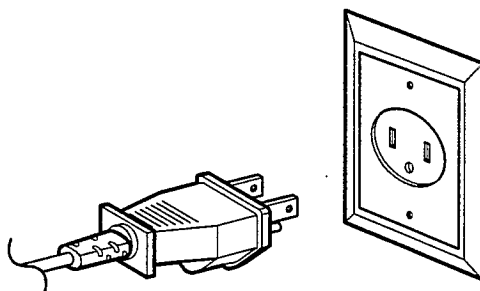


# IMPORTANT- ELECTRICAL GROUNDING INSTRUCTIONS

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

**WARNING** - Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

## PROPERLY POLARIZED AND GROUNDED OUTLET



**Three-Pronged (Grounding) Plug**

- NOTE:**
- Short power-supply cord is provided to reduce the risks resulting from 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 in their use.
  - If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3-wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

# INSTALLATION

Complete Installation Instructions are included in a separate instruction manual. If you have any questions on installation, please contact your dealer.

A mounting space of 30" or more from the surface of the cooktop to the bottom of the kitchen top cabinet, and at least 30" wide, is required to mount the oven.

When your microwave oven is plugged in for the first time for when power resumes after a power interruption, the numbers in the display window show "12.00". This means that the TIME OF DAY clock should be set. Refer to "Setting Time of Day" below.

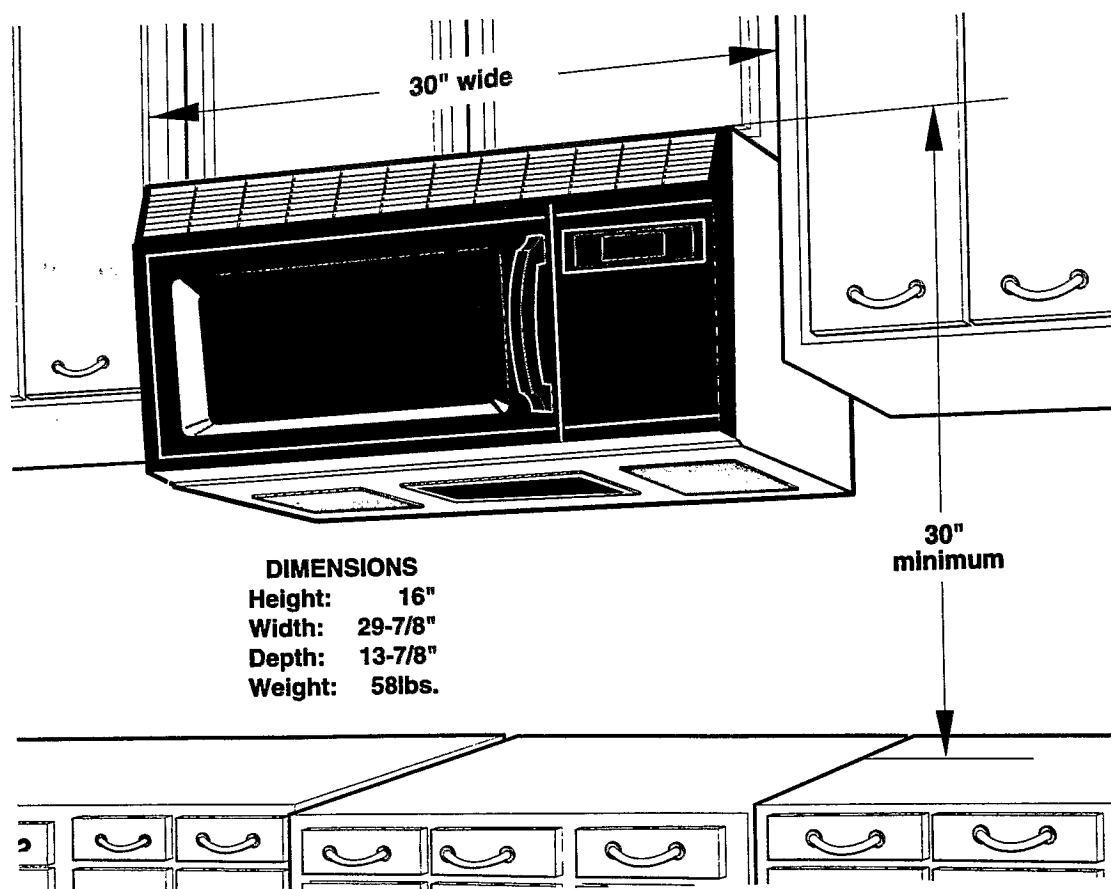
**NOTE :** If your oven does not operate properly, unplug the oven from the 120 volt/60 Hz AC household outlet and then plug it back in.

This unit is not designed for 50 Hz or any circuit other than a 120 volt/60 Hz AC circuit.

## SETTING TIME OF DAY

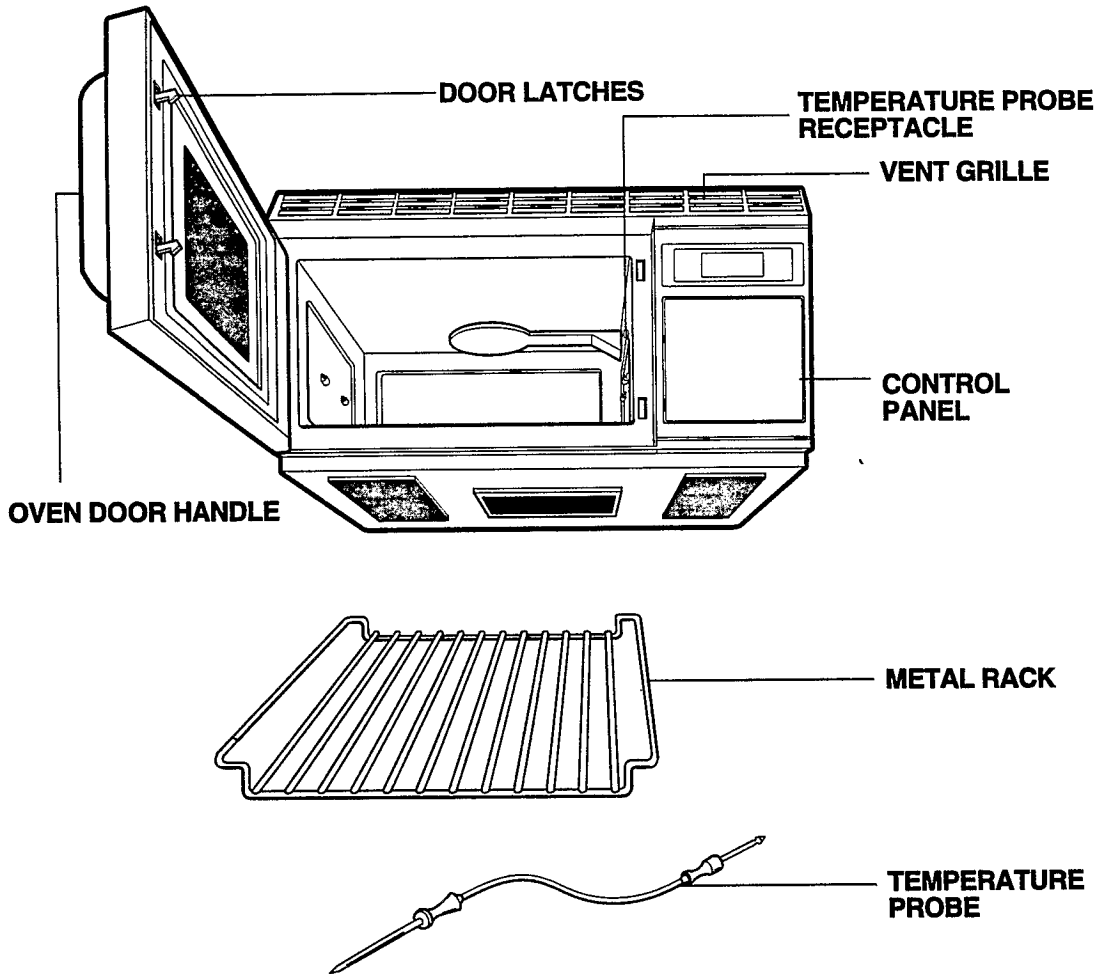
- Touch CANCEL.
- Touch CLOCK.
- Touch numbers indicating the correct time.
- Touch CLOCK.

(This is also explained in the "Easy Use Chart" Time of Day Section on page 10.)





# NAMES OF OVEN PARTS



Remove and read "Requirements for Installation" in the separate Installation manual.  
 Your oven will be packed with the following items:

Metal Rack .....	1 Each
Temperature Probe.....	1 Each
Cookbook .....	1 Each
Owner's Guide.....	1 Each
Installation Instruction Manual.....	1 Each
Top Cabinet Template.....	1 Each
Wall Template .....	1 Each
Mounting Kit Assembly .....	1 Each
Damper Duct Connector.....	1 Each
Grease Filter.....	2 Each

Do not use this Microwave Oven for commercial purposes.  
 This microwave oven is made for household use only.

# OVEN CONTROL PANEL

**Indicator Lights-**  
When cooking operations are set, lights will go on indicating the cycle in which your oven is cooking.

**Stage Light-**  
When cooking stages are set, lights will go on indicating the stage in which your oven is cooking.

**Display Window-**  
Used to show:  
• Time of day  
• Cooking time  
• Cooking power level  
• Cooking temperature  
• It also functions as a countdown time indicator when cooking.

**One Touch Cook-**  
Sets cook times for common foods with one touch.

**Auto Defrost Selection-**  
Used in setting Auto Defrost.

**Work Light Pad-**  
Lights up cooktop or countertop.

**Fan Control Pad-**  
Exhaust the air by using the hood fan.

**Cancel-**  
Used to stop the oven or clear all entries except time of day.

**Cook Time-**  
Used in setting cooking time.

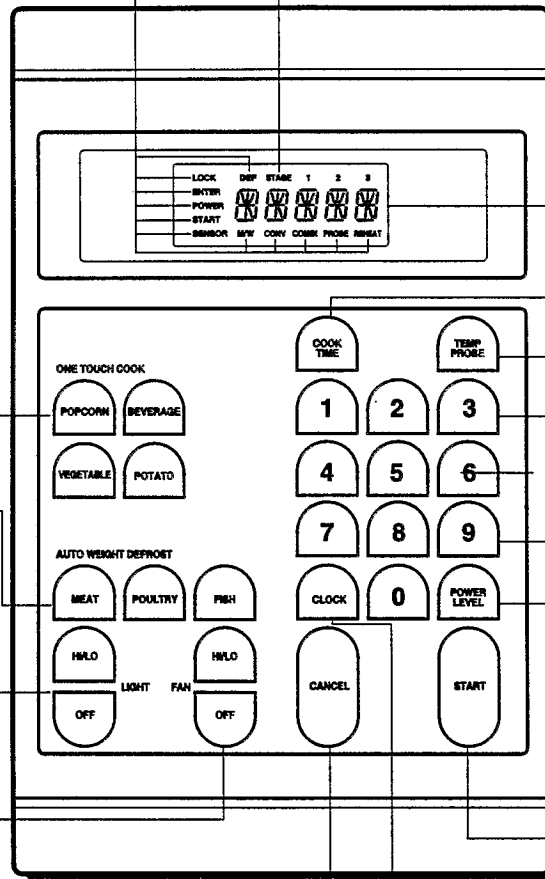
**Temp Probe-**  
Used for temperature probe cooking.

**Numbers-**  
Used to enter the:  
• Time of day.  
• Cooking times  
• Cooking powers  
• Cooking temperatures

**Power Level-**  
Used to select cooking power levels.

**Start-**  
Starts the oven.

**Clock-**  
Used in setting time of day.



# EASY USE CHART

Your new solid state control panel allows you to use your microwave oven in many ways.

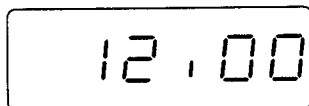
TIME OF DAY	MULTI-STAGE COOKING	ONE TOUCH COOK
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch CLOCK.</li> <li>3. Touch numbers for correct time of day.</li> <li>4. Touch CLOCK.*</li> </ol> <p>*This "locks" in the time and starts the clock running.</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch COOK TIME.</li> <li>3. Touch numbers for cooking time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch number for cooking power level.</li> <li>6. Repeat steps 2-5 to set 2nd cooking stage.</li> <li>7. Repeat steps 2-5 to set 3rd cooking stage.</li> <li>8. Touch START.</li> </ol>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch POPCORN, BEVERAGE, VEGETABLE or POTATO until the quantity appears in the display window.</li> <li>3. Touch START.</li> </ol>
<p><b>SECURITY LOCK</b></p>	<p><b>AUTO DEFROST</b></p>	<p><b>HOOD FAN CONTROL</b></p> <p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch the FAN OFF pad to turn off the fan.</li> </ol> <p>*Touch the FAN HIGH/LOW pad to change the fan speed.</p> <p>*If over-heating of the oven occurs the fan will run by itself until the temperature of the oven drops to a safe level.</p>
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch "0" for more than 2 seconds.</li> </ol> <p>To cancel:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch "0" for more than 2 seconds.</li> </ol>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch MEAT, POULTRY, or FISH to select the appropriate Auto Defrosting Sequence.</li> <li>3. Enter the weight of your food in decimal increments from 0.1 to 9.9 pounds.</li> <li>4. Touch START.</li> </ol> <p>*At the beeps, adjust food by following the instructions in the manual.</p> <p>*After adjusting food, touch START to resume defrosting.</p>	<p><b>WORK LIGHT CONTROL</b></p>
<p><b>INDEPENDENT TIMER</b></p>	<p><b>TEMP. PROBE</b></p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch the LIGHT OFF pad to turn off the light.</li> </ol> <p>*Touch the LIGHT HIGH/LOW pad to change the lightness.</p>
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch COOK TIME.</li> <li>3. Touch correct numbers for time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch "0"(power level 0)</li> <li>6. Touch START.</li> </ol>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Place probe tip into the food.</li> <li>2. Plug the probe into the socket in the oven.</li> <li>3. Touch TEMP PROBE.</li> <li>4. Touch numbers for desired temperature.</li> <li>5. Touch POWER LEVEL.</li> <li>6. Touch number for cooking power level.</li> <li>7. Touch START.</li> </ol>	
<p><b>HI-POWER/MULTI-POWER</b></p>		
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch COOK TIME.</li> <li>3. Touch numbers for cooking time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch number for desired cooking power level.</li> <li>6. Touch START.</li> </ol> <p><b>NOTE:</b> It is not necessary to touch POWER LEVEL when cooking with the highest power(HI). To set HI-POWER cooking, skip steps 4 and 5 above.</p>		

# SETTING TIME OF DAY

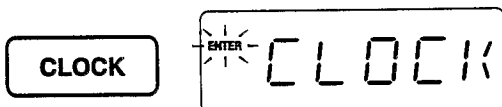
# INDEPENDENT TIMER

To set the TIME OF DAY, enter the correct time of day, for example, 4:30.

1. Plug the power cord into an electrical outlet.

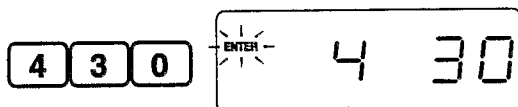


2. Touch **CLOCK**.



The "ENTER" will blink and the word "CLOCK" will show in the display window.

3. Enter the correct time of day.



For example, set 4 hours 30 minutes.

4. Touch **CLOCK** again.



The time will be set.

**NOTE:** This is a 12 hour clock. "ERROR" will appear in the display window if you attempt to enter an incorrect clock time, for example, 3:78 or 14:02.

To erase "ERROR", touch CANCEL pad.

Your oven also has a timer that can be used for non-cooking functions. When used as an independent timer, the oven is not running. The timer is simply counting down in seconds. For detailed instructions on using this timer, see below.

To use the independent timer feature:

1. Touch **CANCEL**.
2. Touch **COOK TIME**.
3. Touch the correct numbers for the time desired.
4. Touch **POWER LEVEL**.
5. Touch "0" (power level 0)
6. Touch **START**. The time will begin counting down in the display window with no cooking or heating in the oven. Two short and one long tone will sound and the word "END" will show in the display window at the end of the countdown period.

# SECURITY LOCK

Your oven has a "SECURITY LOCK" feature.

## TO SET THE SECURITY LOCK

1. Touch **CANCEL**.
2. Touch and hold **"0"** until **"LOCK"** appears at the left of the display and a single beep is heard.



When a cooking program is set and the **START** key has been touched, **"ERROR"** will appear along with four short beeps.

## TO CANCEL THE SECURITY LOCK

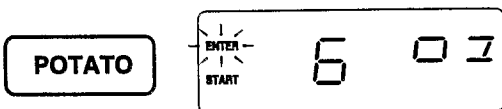
1. Touch **CANCEL**.
2. Touch and hold **"0"** until **"LOCK"** disappears at the left of the display and a single beep is heard. Oven is now ready to use.

# ONE TOUCH COOKING

This function allows you to cook POPCORN, BEVERAGE, VEGETABLE or POTATO by touching the appropriate one touch cook pad. See the table on page 14 for additional information.

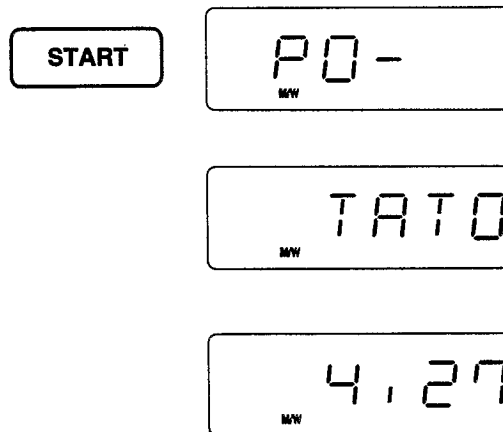
## 1. Touch CANCEL.

2. Select the desired one touch cook food category, i.e. POTATO pad until the quantity appears in the display window.



The "ENTER" will blink and the START light will show, and the word "6oz" will show in the display window.

## 3. Touch START.



The oven will begin cooking and the display window will show the words "PO-" and "TATO" and the time will start counting down in seconds. Two short and one long tone will sound and the word "END" will show in the display window when the cooking time is over. Then the oven will shut itself off.

**NOTE:** Foods less than 4 ounces should be cooked by power and COOK TIME.

## COOKING GUIDE FOR "ONE TOUCH COOK"

Category	Serving	Quantity	Direction
<b>POPCORN</b>	1 Serving	3.5oz.(100g)	Place the bag in a heatproof, ovenproof plate in the center of the oven. Following manufacturer's instructions.
<b>BEVERAGE</b> (Refrigerated Temp.) Touch pad 1 or 2 times depending on the number of servings.	1 cup	(8oz-230mL)	No cover. Use uncovered microproof cup(s) or mug(s).
	2 cups	(16oz-454mL)	Stir after reheating.
<b>POTATO</b> Touch pad 1 to 4 times depending on the number of servings.	1 Serving	6oz.(170g)	Wash and scrub well. Pierce with fork Place on microproof rack or paper towel in a circle (1"-2.5cm), apart. Let stand 3 to 5 minutes after cooking.
	2 Servings	12oz.(340g)	
	3 Servings	18oz.(510g)	
	4 Servings	24oz.(680g)	
<b>VEGETABLE</b> Touch pad 1 to 4 times depending on the number of servings.	1 Serving	4oz.(115g) Vegetables and 1 tbsp water	Use small bowl. Cover with microwave safe, plastic wrap. Vent one edge.
	2 Servings	8oz.(230g) Vegetables and 2 tbsps water	Use 1-quart casserole. Cover with microwave safe, plastic wrap. Vent one edge.
	3 Servings	12oz.(340g) Vegetables and 3 tbsps water	Use 1 1/2-quart casserole. Cover with microwave safe, plastic wrap. Vent one edge.
	4 Servings	16oz.(454g) Vegetables and 4 tbsps water	Use 1 1/2-quart casserole. Cover with microwave safe, plastic wrap. Vent one edge.
			Prepare vegetable(wash, cut-up vegetables into 1/2-1inch (1"-2.5cm) slices or pieces.). Place in microproof bowl or casserole. Add water. Cover. Most vegetables profit from 2 to 3 minutes standing time after cooking. <b>Note :</b> Fresh vegetable weight is given before peeling, trimming, slicing. etc.

# POPCORN

## COOKING GUIDE-POPCORN

Food	Quantity	Preparation	Special Notes
Package of popcorn.	Only 1 package at a time.	Follow manufacturer's directions.	Use only popcorn for microwave oven. Do not try to pop leftover unpopped kernels.

- Use popcorn packages which are made especially for microwave cooking.
- Follow the manufacturer's directions for the proper use of packaged popcorn.

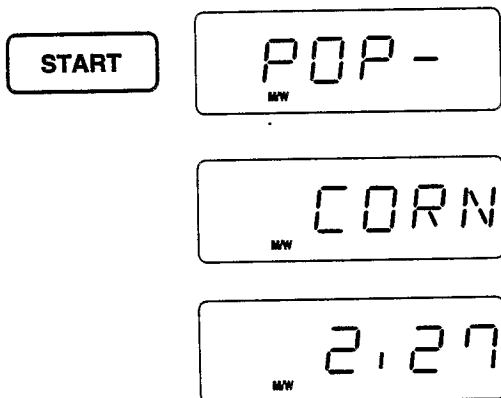
### 1. Touch CANCEL.

### 2. Touch POPCORN.



The "ENTER" will blink, and the START light will show. The word "3.5oz" will show in the display window.

### 3. Touch START.



The "MW" light will show and the word "POP-", "CORN" and "2.27" will show in the display window.

## MICROWAVE POPCORN BAG INSTRUCTIONS

1. Pop only one bag(3.5oz) at a time. DO NOT DOUBLE THE QUANTITY.
2. Place the popcorn bag on a HEATPROOF, MICROPROOF glass or ceramic plate in the center of the turntable or oven floor.
3. DO NOT place the bag on paper, plastic microwave cookware, or turntables which are not an original part of the oven.
4. Use the Popcorn pad or read and follow the popcorn manufacturer's instructions carefully.
5. DO NOT leave the oven unattended while popping corn.
6. Microwave ovens vary in performance. Do Not overcook as the popcorn will scorch.
7. Remove the bag from the oven carefully. The popcorn and steam are extremely hot. Open the Hot Bag carefully by pulling the top diagonal corners.
8. DO NOT repeat unpopped kernels or re-use the bag.
9. NEVER USE A BROWN PAPER BAG.
10. If additional time is required to complete popping the popcorn, use HIGH(100%) power in increments of 10 seconds.
11. When using Jumbo or Single serving prepackaged popcorn bags, follow the manufacturer's directions. DO NOT USE the POPCORN PAD.

## COOKING POPCORN IN THE MICROWAVE OVEN

There are two methods used to pop Popcorn in a Microwave oven:

1. Microwave-popping devices designed specifically for this type of cooking.
2. Pre-packaged room temperature Microwave Popcorn bags(3.5oz).



# COOKING GUIDE FOR "MULTI-POWER" SETTINGS

The "Multi-Power" feature lets you cook at the best power level for the food being cooked. Cooking directions can be found in the cookbook.

POWER LEVEL	EXAMPLES
1 (10%)	<ul style="list-style-type: none"><li>● Softening cream cheese.</li><li>● Keeping casseroles and main dishes warm.</li></ul>
2 (20%)	<ul style="list-style-type: none"><li>● Softening chocolate.</li><li>● Heating breads, rolls, pancakes, tacos, tortillas and French toast.</li><li>● Clarifying butter.</li></ul>
3 (30%)	<ul style="list-style-type: none"><li>● Defrosting many foods manually.</li><li>● Finish cooking casseroles, stews, and some sauces.</li></ul>
4 (40%)	<ul style="list-style-type: none"><li>● Cooking less tender cuts of meat in liquid or slow cooking dishes.</li></ul>
5 (50%)	<ul style="list-style-type: none"><li>● Cooking soups after bringing to a boil.</li><li>● Cooking baked custards and scrambled eggs.</li></ul>
6 (60%)	<ul style="list-style-type: none"><li>● Cooking pasta.</li><li>● Cooking meats.</li></ul>
7 (70%)	<ul style="list-style-type: none"><li>● Cooking cheese dishes.</li><li>● Cooking cakes, muffins, brownies, cupcakes, convenience baking mixes.</li><li>● Cooking quick breads and cereal products.</li><li>● Cooking meats.</li></ul>
8 (80%)	<ul style="list-style-type: none"><li>● Repeating precooked or prepared food quickly.</li><li>● Heating sandwiches.</li></ul>
9 (90%)	<ul style="list-style-type: none"><li>● Cooking onions, celery and green peppers quickly.</li><li>● Reheating meat slices quickly.</li></ul>
HI (Max Power)	<ul style="list-style-type: none"><li>● Cooking fish, vegetables and most casseroles.</li><li>● Boiling water.</li><li>● Thickening some sauces.</li><li>● Cooking poultry and fish.</li></ul>

# "HI-POWER"/"MULTI-POWER" COOKING

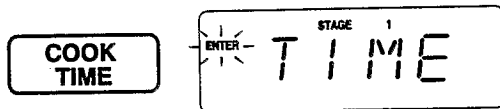
"HI" gives the highest cooking power possible with your microwave oven. It is the recommended setting for cooking foods with high moisture content or for cooking foods that need fast cooking to maintain their natural flavor and texture. Many foods need slower cooking (at less than full power) in order to give you the best results. In addition to "HI" there are nine multi-power settings.

**EXAMPLE:** To warm 6 doughnuts, you would cook at level 8 for 1-1/2 minutes. To do this, follow these six steps:

## 1. Touch CANCEL.

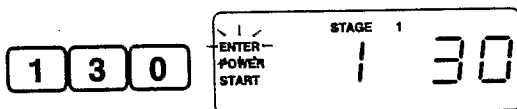
A beep tone will be heard. The CANCEL erases all previous settings except time of day.

## 2. Touch COOK TIME.



The "ENTER" will blink, and the STAGE 1 light will show. The word "TIME" will show in the display window.

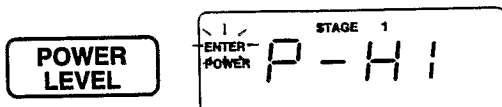
## 3. Touch the correct numbers on the control panel to set the cooking time.



The POWER and START lights will show in the display window. The time set will show in the display window at the top of the control panel. For example: Set 1-1/2 minutes by touching "1", "3" and "0". "130" will show in the display window.

**NOTE:** The timer is a digital clock that is divided into 60 seconds. Therefore, 1/2 minute is equal to 30 seconds. Touch 30 and not 50 as with a calculator to indicate 1/2 minute.

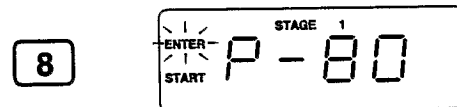
## 4. Touch POWER LEVEL.



The "ENTER" will blink, and POWER light will show. The word "P-HI" will show in the display.

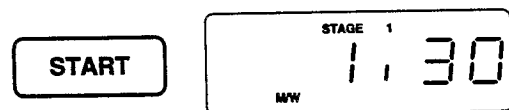
**NOTE:** It is not necessary to touch POWER LEVEL when you are cooking with HI-POWER. To set HI-POWER cooking, skip STEPS 4 and 5.

## 5. Touch the correct number on the control panel to set the power level.



The "ENTER" will blink, and START light will show. For example, set the power level 8 by touching the number "8", and the display window will show "P-80". This means that the oven is cooking at power level 8 or 80% power.

## 6. Touch START.



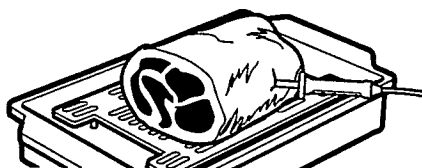
The oven will begin cooking, and the display window will show the time counting down in seconds. Two short and one long tone will sound and the word "END" will show in the display window when the cooking time is over. Then the oven will shut itself off.

**NOTE:** To stir food during cooking, open the oven door, and stir or turn the food. Close the oven door and touch START. The oven will automatically continue to count down the time left on the timer.

# TEMPERATURE CONTROLLED "HI-POWER"/"MULTI-POWER" COOKING

The "Temperature Controlled Reheating Guide" on page 20 will show you which multi-power setting and doneness temperature are recommended for the food you are cooking. When cooking with the temperature controlled settings, the timer is not used.

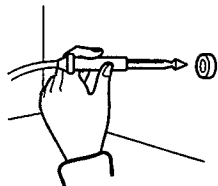
1. Place the temperature probe into the food with the first inch of the sensor in the center of the food. The probe should be in a level direction or on an angle as shown. It should not be put in from the top.



2. Plug the temperature probe into the socket of the oven.

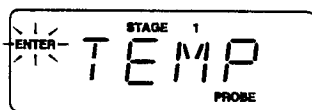
The "PROBE" light will show in the display window.

**CAUTION:** Do not plug the pointed end of the temperature probe into the socket.



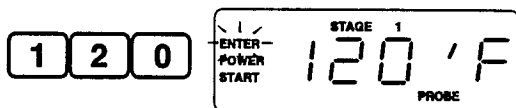
3. Touch CANCEL.

4. Touch TEMP PROBE.



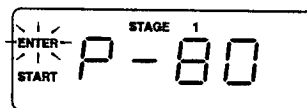
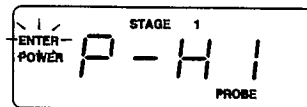
The STAGE 1 light will show, and "ENTER" light will blink "TEMP" will show in the display window.

5. Choose the food temperature and touch the corresponding numbers.



For example, if the recipe calls for doneness of 120°F, you would touch the numbers "1", "2", and "0". When you touch "120" the display window will show "120°F", and the START and POWER lights will show, and "ENTER" light will blink.

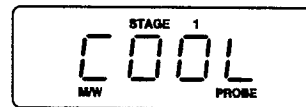
6. Touch POWER LEVEL.



The display window show POWER, and "ENTER" will blink. The word "P-HI" will show in the display window. For example, to set the oven at power level 8, touch "8". When you touch "8", the display window will show "P-80" and the START light will show. This means that the oven is set at 80% power.

**NOTE:** It is not necessary to touch POWER LEVEL when you are cooking with "HI-POWER". To set "HI-POWER" cooking, skip step 6 above.

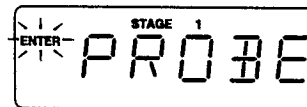
7. Touch START.



The oven will begin to cook and you will be able to see the temperature of the food rising in the display window once it exceeds 100°F.

**NOTE:** The highest temperature that can be set is 200°F. The display window will show "COOL" until the food temperature reaches 100°F.

If you don't plug the temperature probe into the socket and then start the oven, "ENTER PROBE" will appear in the display window. This means that you must plug the probe into the socket, and then start again.

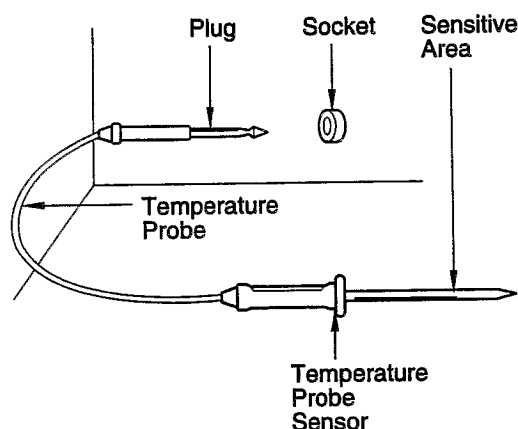


# TEMPERATURE CONTROLLED COOKING

The temperature probe is used to judge doneness when cooking or reheating food. Set the desired food temperature with the TEMP PROBE pad and the desired power level with the POWER LEVEL pad.

## TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperatures from 100°F to 200°F can be selected. The temperature can be set in one-degree increments, and the display window will show the rise in food temperature in one-degree increments. The display window will not accurately show food temperature below 100°F.



## DEFINITIONS

**TEMPERATURE PROBE SENSOR:** The pointed metal portion of the probe which is placed into the food.

**SENSITIVE AREA OF SENSOR:** The first inch, or tip of the temperature probe sensor.

**PLUG:** The end of the temperature probe that is plugged into the oven socket.

**SOCKET:** The outlet on the ceiling of the oven.

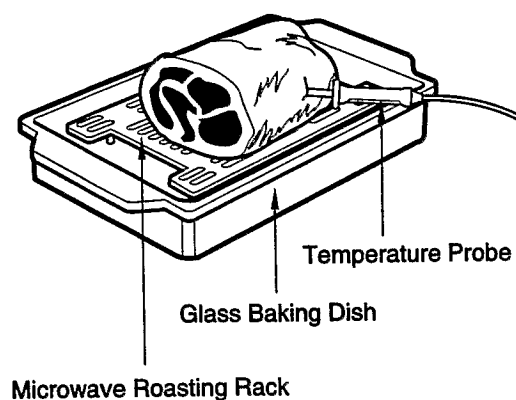
**CAUTION:** Do not plug the pointed end of the temperature probe into the socket.

**DISPLAY WINDOW:** Shows the cooking temperature rising as the food is cooking.

## MEATS

- Choose only fresh, completely thawed meat.
- Place meat fat side up on the microwave roasting rack in a glass baking dish and cover.
- Microwave cook on the first "multi-power" setting for half of the total cooking time.
- Turn the meat to fat side up and, follow these steps.

1. Place the temperature probe sensor into the meat with the first inch of the sensor in the center of the meat. The sensor should not touch the bone or a fat pocket. The sensor should be put in from the side or from the front—it should not be put in from the top of the meat.
2. Plug the temperature probe into the socket of the oven.
3. Select the desired temperature.
4. Microwave cook the meat on the second "multi-power" setting. The microwave oven will turn itself off when the preset temperature is reached. Take the food out of the oven. Insert the probe into another area and repeat steps 2-4.
5. Remove the temperature probe sensor. Let the meat stand, covered with foil for about 10 minutes before serving. The temperature will rise up to 5°F-15°F during **STANDING TIME**.



## TEMPERATURE CONTROLLED REHEATING FOODS

- Place the temperature probe sensor into the food to be reheated with the first inch of the sensor in the center of the food.
- Plug the temperature probe into the socket in the oven.
- Cover the food.
- Set the temperature for the desired doneness. (See chart below.)
- Select "Power Level" setting as shown below. Use the usual techniques of turning food, rearranging and stirring when reheating.
- The microwave oven will stop cooking when the set temperature is reached.
- Insert the temperature probe into another area of the food to ensure even reheating of the food.
- Remove the temperature probe from the oven after use.

## TEMPERATURE CONTROLLED REHEATING GUIDE

FOOD	SETTING	DONENESS	INSTRUCTIONS
Beverages	HI(MAX POWER)	150°F	Place the temperature probe sensor in the center of the beverage container. Cover.
Soups	8	150°F	Place the temperature probe sensor into the center of the soup. Cover with a casserole lid, wax paper, or plastic wrap.
Precooked Casseroles	8	150°F	Place the temperature probe sensor into the center of the food. The sensitive area of the sensor should rest in the middle of the food. Cover.
Canned Vegetables	8	150°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food. Cover.
Leftovers	8	150°F	Place the temperature probe sensor in the densest or largest amount of food. Cover.
Syrup	7	150°F	Place the temperature probe sensor into the center of the container. Cover.

**CAUTION:** From time to time, the same kind of foods may vary in shape, form and density and therefore, cooking will not produce the same results each time. For this reason, we do not recommend using the temperature controlled settings for thin food that require tenderizing by simmering. Also, in some cases the microwave oven may shut off prematurely.

This means that either the temperature probe is not inserted properly or that it should not be used with this type of food.

# AUTOMATIC DEFROST

Three defrost sequences are preset in the oven. The "Auto Weight Defrost" feature provides you with the best defrosting method for frozen foods. The Cookbook will show you which defrost sequence is recommended for the food you are defrosting.

## AUTO DEFROST SEQUENCE LIST

SEQUENCE	FOOD	MIN./MAX. FOOD
DEFROST 1 (MEAT)	<ul style="list-style-type: none"> <li>● BEEF .....Ground Beef (bulk), Ground Beef (patties), Stew, Tenderloin Steak, Pot Roast, Rib Roast, Rump Roast, Chuck Roast</li> <li>● LAMB .....Chops (1-inch thick), Rolled roast</li> <li>● PORK.....Chops (1/2-inch thick) Spareribs, Country-style ribs, Rolled roast</li> <li>● VEAL.....Cutlets (1 lb., 1/2-inch thick)</li> </ul>	0.1/9.9 lbs.
DEFROST 2 (POULTRY)	<ul style="list-style-type: none"> <li>● POULTRY.....Whole (under 4 lbs.), Parts, Breasts</li> <li>● CORNISH HENS.....Whole</li> <li>● TURKEY.....Breast (under 6 lbs.)</li> </ul>	0.1/9.9 lbs.
DEFROST 3 (FISH)	<ul style="list-style-type: none"> <li>● FISH .....Fillets, Whole</li> <li>● SHELLFISH .....Crabmeat, Lobster tails, Shrimp, Scallops</li> </ul>	0.1/9.9 lbs.

### 1. Touch CANCEL.

2. Touch **MEAT, POULTRY or FISH** to select the appropriate defrosting sequence. The DEF 1 light will show, and the "ENTER" will blink. The display window will show "LB".

3. Enter weight of your food in decimal increments from 0.1 pound to 9.9 pounds. Remember to convert ounces to tenths of a pound. For example, to defrost 2 pounds 8 ounces, touch number keys "2" and "5" for 2.5 pounds. The display window will show "2.5".

### 4. Touch START.

The oven will begin the defrosting you selected and the display window will show the total defrosting time as it "counts down". At the end of the required time, two short and one long tone will sound and the oven will shut off automatically.

**NOTE:** For efficient defrosting results, your microwave oven provides different output powers automatically during the defrost cycle.

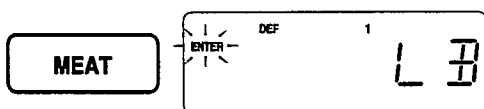
**IMPORTANT:** The oven will beep during the DEFROST cycle and say "PAUSE" in the display window. At this time, open the door, and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle. The oven will not STOP during the PAUSE unless the door is opened.

# AUTOMATIC DEFROST(Cont'd)

**EXAMPLE:** To defrost 2 pounds of Ground Beef.

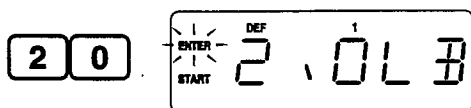
1. Touch **CANCEL**.

2. Touch **"MEAT"**.



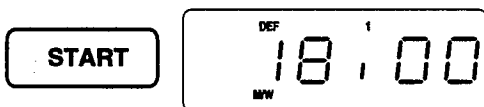
The "ENTER" will blink, DEF 1 light will show. The display window will show "LB".

3. Enter weight of the ground beef by touching "2" and then "0".



The "ENTER" will blink, and START light will show. The word "2.0 LB" will show in the display window.

4. Touch **START**.



The oven will begin the defrosting you selected and the display window will show the defrosting time as it "counts down".

Each sequence consists of five stages: (four power levels). After the second stage is completed, five tones will sound and the word "PAUSE" will show in the display window.

At this time, open the oven door, rotate or turn the food over. Close the oven door and touch START. The oven will automatically continue to count down the time left on the timer.

At the end of the desired time, two short and one long tone will sound and the oven will shut off automatically. The time of day will return to the display window.

## AUTO DEFROSTING INSTRUCTION

- The benefit of this Auto weight Defrost feature is automatic setting and control of defrosting, but just like conventional defrosting you must check the foods during the defrosting time.
- For best results, remove fish, shellfish, meat and poultry from its original paper or plastic closed package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods which can cause the outer surface of the foods to cook. Always remove metal twist ties before defrosting.
- When it is difficult to remove the wrap from the foods, defrost the wrapped food until the sound of the beep. Remove the foods from the oven at the beep and remove the wrap from foods.
- Place foods in a shallow glass baking dish or microwave roasting rack to catch drippings. Return food to the oven and touch START to resume defrosting.
- Food should still be somewhat icy in the center at the end of the defrost cycle.

**IMPORTANT NOTE:** The defrosting power setting (Power Level 3 DEFROST) should not be confused with this "Auto weight Defrost" feature. The defrost cooking level is a low-energy setting used to defrost foods that need slow, gentle defrosting.

- STANDING TIME must always be included to allow for even, safe, defrosting of foods.
- Cook food thawed in the microwave oven immediately after defrosting.

# AUTO DEFROST CHART

The defrosting categories in this chart have been made specifically for use with the "AUTO WEIGHT DEFROST" feature.

## AUTOMATIC DEFROST GUIDE—MEAT

Food	Setting	At Beep	Special Instruction
<b>BEEF</b>			Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence.
Ground beef (bulk)	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than 1/4 lb. Freeze in doughnut shape.
Ground beef (patties)	MEAT	Separate and rearrange.	Do not defrost less than two 4 oz. patties. Depress center when freezing.
Round steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Tenderloin steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Stew beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place on a microwavable roast rack.
Pot roast, chuck roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Rib roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Rolled rump roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
<b>LAMB</b>			
Cubes for stew	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwavable baking dish.
Chops (1-inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
<b>PORK</b>			
Chops (1/2-inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Hot dogs	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Spareribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Country-style ribs			
Sausage, links	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Sausage, bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwavable baking dish.
Loin roast, boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.



## AUTOMATIC DEFROST GUIDE—POULTRY

Food	Setting	At Beep	Special Instructions
<b>CHICKEN</b>			
Whole (under 4 lbs.)	POULTRY	Turn over (finish defrosting breast-side down). Cover warm areas with aluminum foil. Remove giblets when chicken is partially defrosted.	No poultry over 5.9 lbs. can be defrosted using AUTO DEFROST. Place chicken breast-side-up on a microwavable roast rack. Finish defrosting immersing in cold water.
Cut-up	POULTRY	Turn over. Cover warm areas with aluminum foil.	Separate pieces and rearrange. Place on a microwavable roast rack. Finish defrosting by immersing in cold water.
<b>CORNISH HENS</b> Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack. Finish defrosting by immersing in cold water.
<b>TURKEY</b> Breast (under 6 lbs.)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack. Finish defrosting by immersing in cold water.

## AUTOMATIC DEFROST GUIDE—FISH AND SHELLFISH

Food	Setting	At Beep	Special Instructions
<b>FISH</b>			
Fillet	FISH	Turn over. Separate fillets when partially thawed.	Place in a microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Turn over.	Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
<b>SHELLFISH</b>			
Crabmeat	FISH	Break apart. Turn over.	Place in a microwavable baking dish.
Lobster tails	FISH	Turn over and rearrange.	Place in a microwavable baking dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwavable baking dish.
Scallops	FISH	Separate and rearrange.	Place in a microwavable baking dish.

# DEFROSTING/MICROWAVING POULTRY

## DEFROSTING POULTRY: TIPS AND TECHNIQUES

- Poultry should be removed from its original packaging and placed in a microproof dish for defrosting. Remove all metal rings, wire twist ties, and any aluminum foil.
- Defrost only as long as necessary. Poultry should be cool in the center when removed from the oven; separate pieces as soon as possible.
- To speed defrosting during **STANDING TIME**, poultry may be placed in cold water.
- Wing and leg tips and the area near breastbone may begin cooking before center is thoroughly defrosted. When these areas appear thawed, cover them with small strips of aluminum foil; keep this foil at least one inch from oven walls.
- Cook defrosted poultry immediately after defrosting has been completed.

## MICROWAVING POULTRY: TIPS AND TECHNIQUES

- Be sure poultry is completely defrosted before proceeding to cook. Remove giblets and rinse poultry in cool water; then pat dry.
- Arrange poultry so that thicker, meatier pieces face the outside of the baking dish. If cooking legs, arrange them in a round microwave dish like spokes of wheels.
- Poultry has a tendency to splatter and pop as it heats. It is a good idea to cover the baking dish with wax paper, plastic wrap or a lid to ensure uniform heating.
- Turn both whole poultry and poultry pieces, to ensure even cooking.
- Drain any juices as they accumulate in the dish. If you wish, reserve the juices and use them to make sauce or gravy.
- Shield any thin or bony pieces with strips of aluminum foil molded tightly, to prevent overlooking.
- Cover cooked bird with foil for **STANDING TIME**. During standing time the internal temperature will equalize. **STANDING TIME** must always be included.
- Chicken pieces and Cornish hens microwave so fast, they don't have a chance to brown. Use a browning agent or cook with a sauce, if desired.
- To test poultry for doneness, check meat next to the bone. It should be fork tender and juices should be clear. Insert a thermometer in the meatiest part of the thigh and breast. After 1 minute the temperature should register 185°F. Continue cooking if necessary.
- **STANDING TIME** is important to complete cooking. Let stand 10-20 minutes before carving.

**NOTE:** Properly cooked chicken will be fork-tender. Juices should run clear with no trace of pink, and meat should not be pink.

# MULTI-STAGE COOKING

Multi-Stage cooking allows you to set the oven in a first stage at a certain power level for a chosen time and then in a second and a third stage at a different power level for a chosen time. The cooking process can be set for four memory stages when Auto Defrost is included as the first stage. The stages are programmed before cooking and will sequence automatically when oven is started.

## 1. Touch CANCEL.

## 2. Touch COOK TIME

The "ENTER" will blink, and the STAGE 1 light will show. The display window will show the word "TIME".

## 3. Touch the correct numbers for the time of the first cooking stage.

## 4. Touch POWER LEVEL.

The POWER light will show. The display window will show the "P-HI".

## 5. Touch the correct number for the cooking power level in the first cooking stage. (if other than "HI")

## 6. Touch COOK TIME.

The "ENTER" will blink, and STAGE 2 light will show. The display window will show the word "TIME".

## 7. Touch the correct numbers for the time of the second cooking stage.

## 8. Touch POWER LEVEL.

The POWER light will show. The display window will show the "P-HI".

## 9. Touch the correct numbers for the cooking power level in the second cooking stage (if other than "HI")

## 10. Touch START for two-stage cooking.

## 11. If three-stage cooking is desired, touch COOK TIME. The "ENTER" will blink, and STAGE 3 light will show. The display window will show the word "TIME".

Repeat steps #3 - #5 above to set the third cooking stage using the same power or use a different power level to set the chosen time.

## 12. Touch START.

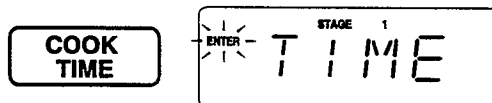
**EXAMPLE:** If preparing rice, place 1 cup rice and 2-1/2 cups hot water in a 2-quart glass casserole. Start with a first stage of 4 minutes at "HI-POWER" followed by a second stage of 10 minutes at power level 6 or 60%, and a third stage of 5 minutes at power level 5 or 50% power. The following steps explain how to set the oven.

### First Stage(4 minutes:"HI-POWER")

#### 1. Touch CANCEL.

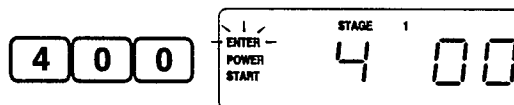
A beep tone will be heard. The CANCEL erases all previous settings except time of day.

#### 2. Touch COOK TIME.



The "ENTER" will blink, and the STAGE 1 light will show. The display window will show the word "TIME".

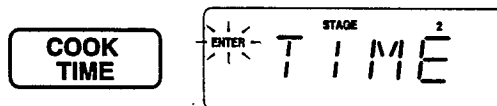
#### 3. Touch the correct numbers for the time of the first cooking stage.



For example, set 4 minutes by touching "4", "0" and "0". "400" will show in the display window. The first stage has been set.

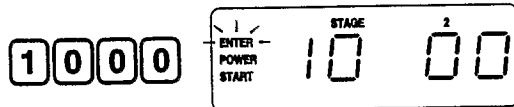
### Second Stage(10 minutes:"POWER LEVEL 6")

#### 4. Touch COOK TIME.



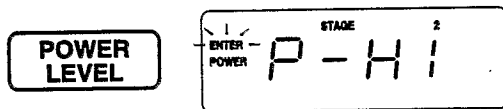
The "ENTER" will blink, and STAGE 2 light will show. The display window will show the word "TIME".

5. Touch the correct numbers for the time of the second cooking stage.



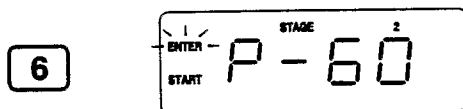
For example, set 10 minutes by touching "1", "0", "0" and "0". "1000" will show in the display window. (Power is on "HI")

6. Touch POWER LEVEL.



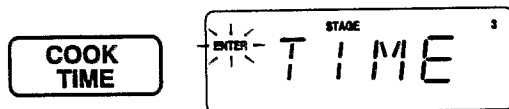
The "ENTER" will blink, and the POWER light will show. The display window will show the "P-HI".

7. Touch the correct number for the cooking power level in the second cooking stage (if other than "HI"- For example, 60% power).



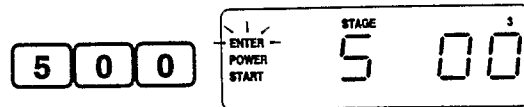
Third Stage(5 minutes:"POWER LEVEL 5")

8. Touch COOK TIME.

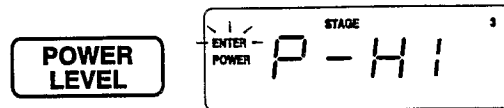


The "ENTER" will blink, and the STAGE 3 light will show. The display window will show the word "TIME".

9. Set 5 minutes by touching "5", "0" and "0". "500" will show in the display window.

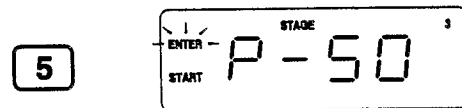


10. Touch POWER LEVEL.



The "ENTER" will blink, and the POWER light will show. The display window will show "P-HI".

11. Touch the correct number for the cooking power level in the third cooking stage.(if other than "HI"- For example, 50% power)



12. Cover the dish.

13. Touch START.



14. Stir the rice every 2-3 minutes.

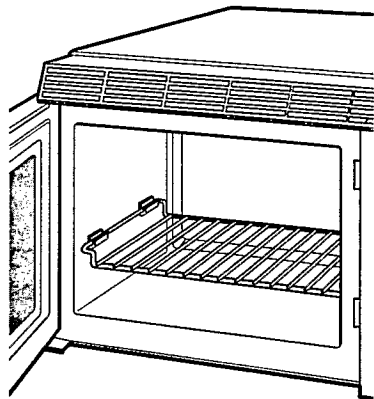
The first stage will begin. "400" will show in the display window. The oven will begin to cook at "HI-POWER" and the time will begin to count down in the display window. When the 4 minutes are over, two tones will sound and the oven will change into the second stage. The oven will begin to cook at "power level 6". When the 10 minutes are over, two tones will sound and the oven will change into the third stage. The oven will begin to cook at "power level 5".

When the 5 minutes are over, two short and one long tone will sound, and the oven will shut off. The oven will have finished all stages. Let rice stand 10 minutes.

# WHOLE MEAL COOKING

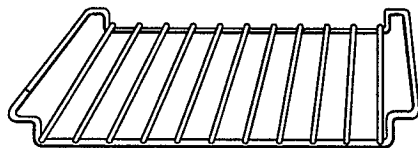
Whole meal cooking lets you cook two or more different foods at the same time.

1. Place the Metal Rack in the guides on the side wall of the oven cavity as shown.
2. Place food into the oven.
3. Set the oven following the instructions given in the cooking guide.



## WHOLE MEAL RACK OR METAL RACK CARE

- Remove the Metal Rack from oven when not being used for cooking.
- Do not use the oven empty with the Metal Rack in it.
- The Metal Rack may get hot during cooking. Pot holders may be needed to remove the Metal Rack after cooking.
- Do not use browning dishes on the Metal Rack.
- Do not use foil or metal containers on the Metal Rack.



**Metal Rack**

# UTENSILS

## MATERIALS TO USE IN YOUR MICROWAVE OVEN

### OVENPROOF GLASS

Ovenware (treated for high-intensity heat), such as utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.

### CHINA

Bowls, cups, serving pieces, plates, and platters without metallic trim

### POTTERY

Dishes, cups, mugs and serving pieces without metallic trim which do not absorb microwave energy. (See utensil test below.)

### PLASTIC

Microwavable plastic wrap may be used as a cover. Lay the plastic wrap loosely over the dish and press it to the sides. Vent plastic wrap by turning back one edge slightly to allow excess steam to escape. The dish should be deep enough so that plastic wrap will not touch the food. Excessive heat from the food may cause the wrap to melt wherever it touches the food. Plastic dishes, cups, semi-rigid freezer containers and plastic bags are usable for short-time cooking but are not really designed for prolonged microwave use. Some softening of the plastic may occur with heat from the food.

### PAPER

Paper towels, wax paper, paper napkins and paper plates are usable if there is no metallic trim or design. Look for manufacturer's label for use in microwave oven.

**UTENSIL TEST:** A simple way to find out if a utensil can be used for microwave cooking is to place it empty on the cooking tray. Measure 1 cup water in a glass measuring cup and place it beside the utensil. Microwave on HI power for 1 minute. If the utensil is warm to touch at the end of this time, it should not be used for microwave cooking.

**CAUTION:** Always vent plastic wrap when covering utensils and pierce plastic pouches of vegetables and other foods before cooking. Tightly covered utensils could cause the plastic to burst from buildup of steam.

## MATERIALS TO AVOID USING IN YOUR MICROWAVE OVEN

### METAL UTENSILS

Metal utensils are not recommended because the metal shields the food from microwave energy on the bottom and on the sides causing uneven cooking results. Metal utensils may also cause arcing and can damage the microwave oven.

### METAL DECORATION

Metal-trimmed or metal-banded dinnerware, casserole dishes, etc., should not be used. The metal trim interferes with normal cooking and may damage the dish.

### ALUMINUM FOIL

Large sheets or pieces of aluminum foil should be avoided because they will hinder cooking and may cause harmful arcing. However, smaller pieces may be used to shield areas such as poultry legs and wings. Any aluminum foil used should not be closer than 1 inch from the side walls of oven or door.

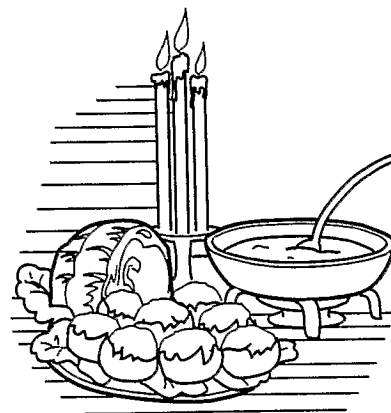
### WOOD

Wooden bowls and boards will dry out when used in the microwave oven and may split or crack.

### OTHER

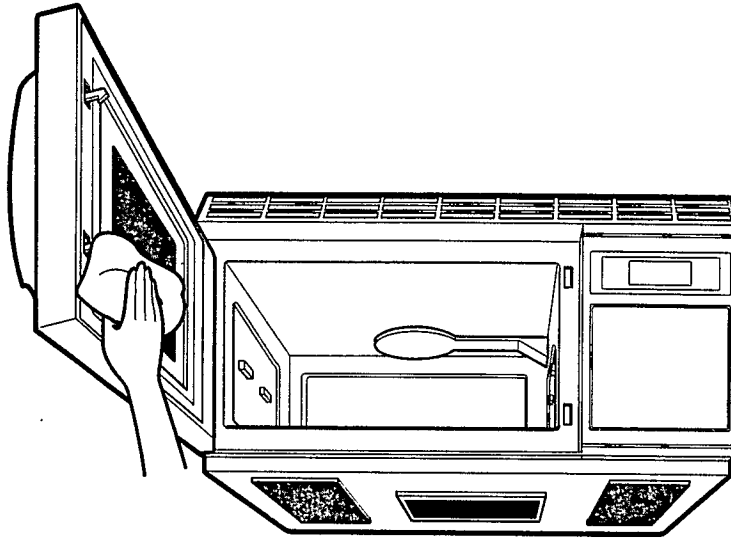
Avoid using cracked, flawed or chipped utensils, including ovenproof glassware. Also avoid using brown paper bags.

**CAUTION:** Do not use metal twist-ties on any paper or plastic bags; the ties become hot and could cause a fire.



# CARE AND CLEANING

Wipe the microwave inside, outside and the hood bottom cover with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis-more often if needed. Never use abrasive powders or scouring pads.



## REMOVABLE PARTS

- After each use of the temperature probe, it must be removed from the socket. Use a pot holder since the wire, plug and sensor sections may be hot. Wipe food or liquid from the sensor, with a soft damp cloth. Do not immerse in water.
- The Whole Meal Rack can be removed for cleaning at the sink.

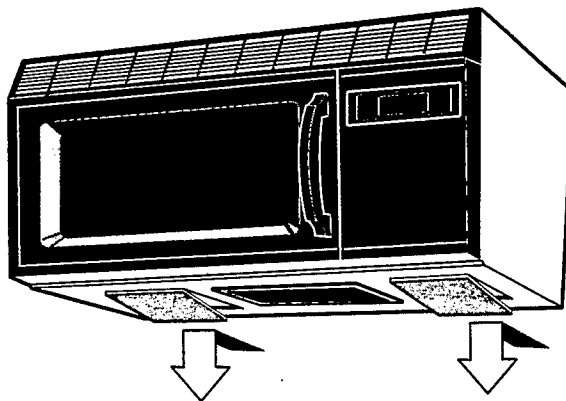
### ■ Grease Filter

The mesh grease filter on the hood bottom cover can be removed for washing. To remove them, slide each filter to the rear.

Pull filters downward and to the front. The filters will drop out. Wash in warm detergent water. Rinse and wipe dry.

Do not use ammonia for aluminum mesh filter.

Do not run the hood fan without the filter.



### ■ Charcoal Filter Replacement

To order replacement Charcoal Filter, contact the parts Department at your nearest store or if Service Center and order as a replacement part.

The charcoal filter should be replaced every 6 to 12 months more often if needed.

To replace charcoal filter, remove the Vent Grille mounting screws.

Tip the Grille forward, then lift out to remove.

Lift the back of the Charcoal Filter. Slide the filter straight out.

Slide a new charcoal filter into place. (Figure 1)

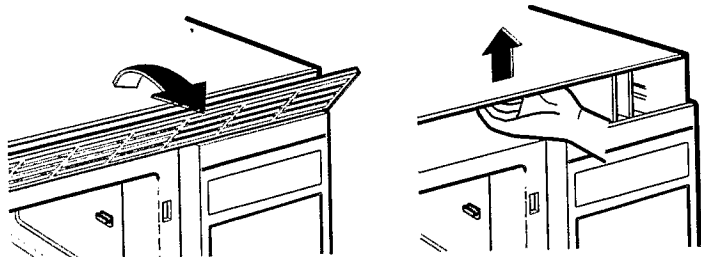


Figure 1



Figure 2

### ■ Work Light Replacement

Be sure the power is disconnected at the house circuit breaker, or by unplugging the power cord.

To replace the incandescent lamp, the work light cover must be removed.

Remove the screw from the work light cover and open the cover.

Remove the lamp.

An incandescent lamp of the same size and wattage (40 watts) must be used for replacement.

Put back the work light-cover and fasten the screw (Figure 2).

### ■ Oven Lamp Replacement

Be sure the power is disconnected at the house circuit breaker, or by unplugging the power cord.

Remove the Vent Grille mounting screws.

Tip the Vent Grille forward, then lift out to remove.

Remove the Bulb Holder Mounting screw.

Lift up the Bulb Holder.

Remove the Oven Lamp.

A oven lamp of the same size and wattage (30 watts) must be used for replacement.

Put back the Bulb Holder and fasten the screw (Figure 3).

### SPECIAL CARE

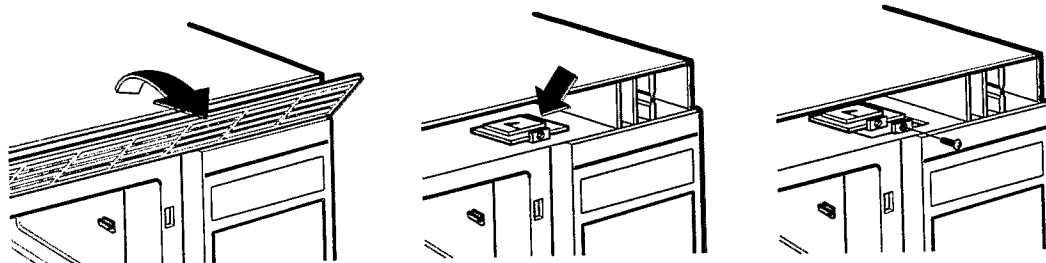


Figure 3

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease build-up. Wipe both often with a mild detergent. Then rinse and wipe dry. Never use rough powders or pads.

After cleaning the control panel, touch CANCEL. This will clear any entries that might have been entered accidentally while cleaning the panel.



# QUESTIONS AND ANSWERS

## OPERATION

---

Q. What is wrong when the oven light will not glow during cooking?

A. There may be several reasons why the oven light will not glow. Perhaps:

- The light bulb has burned out.
  - START has not been touched.
- 

Q. Why does steam come out of the air exhaust vent?

A. Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out of the exhaust vent.

---

Q. Will the microwave oven be damaged if it operates empty?

A. Yes. Never operate the oven empty.

---

Q. Does microwave energy pass through the viewing screen in the door?

A. No. The metal screen bounces back the energy into the oven cavity. The holes (or ports) are made to allow light to pass through. They do not let microwave energy pass through.

---

Q. Why does the "beep tone" sound when a "pad" on the control panel is touched?

A. The "beep tone" sounds to assure that the setting is being properly entered.

---

Q. Can my microwave oven be damaged if food is cooked for too long a period of time?

A. Like any other cooking appliance, it is possible to overcook food to the point where the food creates smoke and even possible fire damage to the inside of the oven. It is always best to stay near the oven while it is in the cooking process. See "Important Safety Instructions" on page 3.

---

Q. When the oven is plugged into a wall outlet for the first time, it might not work properly. What is wrong?

A. Only when the oven is plugged in for the first time or when power resumes after a power interruption, the microcomputer used in the oven control assembly may temporarily become scrambled and fail to function as programmed. Unplug the oven from the 120-volt household outlet and then plug it back in. The microcomputer will reset for proper function.

---

Q. Why do I see light reflection around the outer case?

A. This light is from the oven light which is located outside the oven cavity.

---

# QUESTIONS AND ANSWERS (CONT'D)

## FOODS

---

Q. What is wrong when baked foods have a hard, dry, brown spot?

A. A hard, dry, brown spot indicates overlooking. Shorten the cooking or repeating time.

---

Q. Why do eggs sometimes pop?

A. When baking, frying or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a wooden pick before cooking.

**CAUTION:** Never microwave eggs in the shell.

---

Q. Why are scrambled eggs sometimes a little dry after cooking?

A. Eggs dry out if they are overcooked though the same recipe is used each time. The cooking time may need to be varied for one of these reasons:

- Eggs vary in size.
  - Eggs are at room temperature one time and at refrigerator temperature another time.
  - The shapes of utensils vary, thereby making it necessary to vary the cooking time.
  - Eggs continue cooking during **STANDING TIME**.
- 

Q. Is it possible to pop popcorn in a microwave oven?

A. Yes, if using one of the two methods described below:

- (1) Microwave-popping devices designed specifically for microwave cooking
- (2) Prepackaged commercial microwave popcorn that has directions for specific times and power outputs needed for an acceptable final product.

**FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN POPPING PRODUCT AND DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERLOOKING COULD RESULT IN AN OVEN FIRE!**

**CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN OR ATTEMPT TO POP LEFT-OVER KERNELS.**

---

Q. Why do baked apples sometimes burst during cooking?

A. The peeling has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in conventional cooking methods, the interior of the apple expands during the cooking process.

---

Q. How are boil-overs avoided?

A. When cooking foods that tend to boil over, such as milk, use a larger utensil than usual for cooking. If you open the oven door the food will stop boiling. Remember to touch **START** again after closing the door to restart the cooking cycle.

---

Q. Why is a **STANDING TIME** required after microwave cooking time is over?

A. Standing time is required after microwave cooking time is over. This is to allow foods to continue cooking evenly for a few minutes after the actual microwave oven cooking cycle. The amount of standing time depends upon the density of the food. **STANDING TIME** must be included in thawing, cooking, or repeating food. Let food stand 5 to 20 minutes depending upon the density of the food.

---

Q. Why is an additional time required for cooking food stored in refrigerator?

A. As in conventional cooking, the initial temperature of food affects total cooking time. More time is needed to cook food taken out of a refrigerator than food at room temperature.

---

# BEFORE CALLING FOR SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the chart below and try the solutions marked for each problem. If the microwave oven still does not work properly, contact your Dealer. See next page.

## PROBLEM

Oven Will Not Start	X	X	X	X															
Arcing or Sparking					X	X	X												
Time of Day Incorrect								X											
Probe Light Flashes									X										
Unevenly Cooked Foods					X					X	X								
Overcooked Foods						X						X	X						
Undercooked Foods					X	X					X	X	X	X					
Improper Defrosting					X					X		X							
Oven Lamp does not Light	X	X	X																X

## SOLUTION

- Is power cord plugged in? \_\_\_\_\_
- Is door closed? \_\_\_\_\_
- Cooking time not set. \_\_\_\_\_
- Temperature not set or probe not plugged in. \_\_\_\_\_
- Use approved cookware only. \_\_\_\_\_
- Properly position temperature probe. \_\_\_\_\_
- Do not operate with oven empty. \_\_\_\_\_
- Reset time of day. \_\_\_\_\_
- Is temperature probe properly plugged in? \_\_\_\_\_
- Turn or stir food. \_\_\_\_\_
- Completely defrost food. \_\_\_\_\_
- Use correct Time/Power Level setting. \_\_\_\_\_
- Use correct Temp setting. \_\_\_\_\_
- Check to see that oven ventilation ports are not restricted. \_\_\_\_\_
- Is Light Bulb burned out? \_\_\_\_\_

# No One Knows How To Service Our Appliances Better Than We Do

With regular use and care, your appliance will provide a long life of service. However, if you need help or information, call on the people who made your appliance.

## Avoid Unnecessary Cost And Inconvenience

Make a few simple checks before calling for service. Common occurrences and their solutions can be found in the "Avoid Service Checklist" included in this owner's guide. All service should be performed by a qualified servicer to assure safe and proper operation.

## If Service Is Necessary

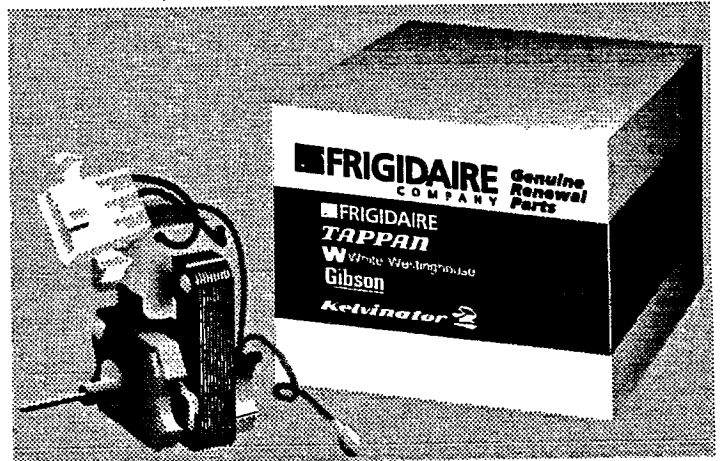
Before you call, have your **model number**, **serial number**, **date of purchase**, and a **description of your problem** ready. This information will help us to serve you quickly. For prompt, professional service:



- Refer to the Service Center listing included in this manual.
- Or, call toll-free **1-800-451-7007** for the Frigidaire Company Service Center or authorized servicer nearest you.

## Rely On Frigidaire Company Genuine Renewal Parts

To maintain your original appliance warranty, make sure repairs are completed with only Genuine Renewal Parts. Only Frigidaire Company Genuine Renewal Parts are guaranteed for maximum quality, durability, and performance.



For the location of your nearest genuine parts source, refer to the Service Center listing included in this manual, or call **1-800-451-7007** for the Frigidaire Company Authorized Parts Distributor nearest you.

## Extend The Life Of Your Warranty

Purchase our Service Contract while your warranty is still in effect, and we will give you a discount on the extended coverage. Keep your appliance in good operating condition and avoid unexpected repair bills. Just call toll-free **1-800-451-7007** to initiate your continued coverage.



**FRIGIDAIRE** Consumer Services  
COMPANY

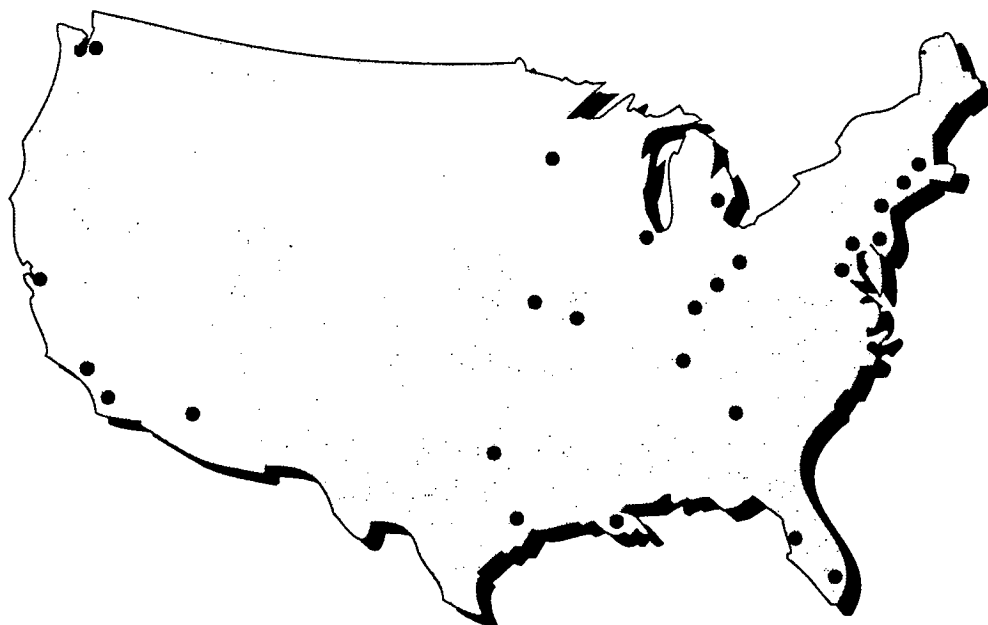
**FRIGIDAIRE TAPPAN W** White-Westinghouse **Gibson Kelvinator**

# Service Center Locations

**Frigidaire Company** maintains a national network of company-owned Service Centers and authorized servicers to provide prompt, professional service for your appliance anywhere you live or move in the U.S.A. If you reside in one of our Service Center areas

(see directory below), you can contact the Service Center directly to obtain quick, professional repair of your product. If a Service Center is not located in your area, call the toll-free number below for the authorized independent servicer nearest you.

**Call Us Toll-Free, 1-800-451-7007**



**Atlanta area**

4795 Fulton Industrial Blvd.  
P.O. Box 43807 (zip 30378-6201)  
Atlanta, GA 30336  
(404) 691-1334

**Baltimore/Washington area**

8332 Bristol Court  
Jessup, MD 20794  
(410) 792-4400

**Boston area**

34 St. Martin Drive.  
Marlborough, MA 01752  
(508) 485-0833

**Chattanooga area**

(615) 622-1023  
1-800-944-4086

**Chicago area**

899 Carol Court  
Carol Stream, IL 60188  
(708) 752-9000

**Cincinnati/Dayton area**

11325 Reed Hartman Hwy.  
Suite 130  
Cincinnati, OH 45241  
(513) 489-9210

**Columbus area**

2541 Westbelt Drive  
Columbus, OH 43228  
(614) 876-4644

**Cleveland area**

(216) 663-8182  
1-800-678-6644

**Dallas/Ft. Worth area**

901 W. North Carrier Pkwy.  
Grand Prairie, TX 75050  
(214) 988-0371

**Detroit area**

13211 Northend  
Oak Park, MI 48237  
(313) 542-5780

**Ft. Lauderdale/Miami area**

1203 N.W. 65th Place  
Ft. Lauderdale, FL 33309-2144  
(305) 972-2741

**Hartford area**

100 Production Court  
New Britain, CT 06051  
(203) 225-0811

**Houston area**

9151 Wallisville Road  
Houston, TX 77029  
(713) 674-1444

**Kansas City area**

9101 Cody  
Overland Park, KS 66214  
(913) 894-6100

**Louisville area**

Airport Trade Center, Suite C  
4750 Crittendon Drive  
Louisville, KY 40209  
(502) 361-5282

**Los Angeles area**

1671 South Champagne  
Ontario, CA 91761  
(909) 986-8991

**Minneapolis area**

9160 Zachary Lane North  
Maple Grove, MN 55369  
(612) 493-2537

**Nashville area**

1120 Elm Hill Pike, Suite 165  
Nashville, TN 37210  
(615) 742-1163

**Newark area**

100 Naylon Avenue  
Livingston, NJ 07039  
(201) 994-7222

**New Orleans area**

5600 Jensen Street  
Harahan, LA 70123  
(504) 733-7900

**New York City area**

603 Cantiague Rock Road  
Westbury, NY 11590  
(516) 997-9560

**Philadelphia area**

1610 Republic Road  
P.O. Box 223  
Huntingdon Valley, PA  
19006  
(215) 322-8210

**Phoenix area**

3602 W. Thomas Road #15  
Phoenix, AZ 85019  
(602) 269-6236

**San Diego area**

4686 Cardin Street  
San Diego, CA 92111  
(619) 571-1081

**San Francisco area**

20969 Cabot Blvd  
Hayward, CA 94545  
(510) 887-1790

**Seattle area**

6805 South 220th Street  
Kent, WA 98032  
(206) 872-2170 (Alaska also)

**St. Louis area**

4686 World Parkway Circle  
Berkeley, MO 63134  
(314) 423-8600

**Tampa Bay area**

5060 Great Oak Drive  
Lakeland, FL 33801  
(813) 879-4881



# FRIGIDAIRE OVER-THE-RANGE MICROWAVE WARRANTY

Your Frigidaire product is protected by this warranty

	WARRANTY PERIOD	FRIGIDAIRE, THROUGH ITS AUTHORIZED SERVICERS, WILL:	THE CONSUMER WILL BE RESPONSIBLE FOR:
<b>FULL ONE-YEAR WARRANTY</b>	One year from original purchase date.	Pay all costs for repairing or replacing any parts of this appliance which prove to be defective in materials or workmanship.	Costs of service calls that are listed under <b>NORMAL RESPONSIBILITIES OF THE CONSUMER.*</b>
<b>EXTENDED LIMITED SECOND-YEAR WARRANTY</b>	Second year from original purchase date.	Provide a replacement for any part which proves to be defective in materials or workmanship.	Cost of shipping the replacement part to the nearest authorized servicer, and for all labor and service charges.
<b>EXTENDED LIMITED 2ND - 10TH YEAR WARRANTY (Magnetron Tube)</b>	Second through tenth years from original purchase date.	Provide a replacement for any magnetron tube which fails due to a defect in materials or workmanship.	Cost of shipping the replacement part to the nearest authorized servicer, and for all labor and service charges.
<b>LIMITED WARRANTY (Applicable to the State of Alaska)</b>	Time periods listed above.	All of the provisions of the full and limited warranties above and the exclusions listed below apply.	Costs of the technician's travel to the home and any costs for pick up and delivery of the appliance required because of service.

Your appliance is warranted by Frigidaire Company, a division of White Consolidated Industries, Inc. We authorize no person to change or add to any of our obligations under this warranty. Our obligations for service and parts under this warranty must be performed by Frigidaire Company Consumer Services or an authorized Frigidaire servicer.

**\*NORMAL RESPONSIBILITIES OF THE CONSUMER**      **This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:**

1. Proper use of the appliance in accordance with instructions provided with the product.
2. Proper installation by an authorized servicer in accordance with instructions provided with the appliance and in accordance with all local plumbing, electrical and/or gas codes.
3. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
4. Expenses for making the appliance accessible for servicing, such as removal of trim, cupboards, shelves, etc., which are not a part of the appliance when it was shipped from the factory.
5. Damages to finish after installation.
6. Replacement of light bulbs and/or fluorescent tubes (on models with these features).

## EXCLUSIONS

**This warranty does not cover the following:**

1. CONSEQUENTIAL OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.  
*Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.*
2. Service calls which do not involve malfunction or defects in workmanship or material, or for appliances not in ordinary household use. The consumer shall pay for such service calls.
3. Damages caused by services performed by persons other than authorized Frigidaire servicers; use of parts other than Frigidaire Company Genuine Renewal Parts; obtained from persons other than such servicers; or external causes such as abuse, misuse, inadequate power supply or acts of God.
4. Products with original serial numbers that have been removed or altered and cannot be readily determined.

## SERVICE

Keep your bill of sale, delivery slip, or some other appropriate payment record. The date on the bill establishes the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact the dealer where you purchased your appliance, Frigidaire Company Consumer Services (check listing in this manual), or an authorized Frigidaire servicer.
2. If there is a question as to where to obtain service, call or write our Consumer Relations Department at the toll-free number or address in the side column.

Frigidaire  
P.O. Box 7181  
Dublin, Ohio 43017  
(800) 451-7007



Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by White Consolidated Industries, Inc. This warranty applies only in the 50 states of the U.S.A. and Puerto Rico.