

 FRIGIDAIRE

# OWNER'S MANUAL

READ AND SAVE THESE INSTRUCTIONS

**MVH 1190A**

**MVH 1199A**

# Microwave



# 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  $\frac{3}{16}$  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 Frigidaire 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 26.
16. To reduce the risk of fire in the oven cavity:
  - a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
  - d. Do not use the cavity for storage purposes. Do not leave paper products cooking utensils, or food in the cavity when not in use.
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

# TABLE OF CONTENTS

## General Instructions

■ Location of Model Number Label .....	5
■ IMPORTANT-Electrical Grounding Instructions .....	6
■ Installation .....	7
■ Setting "Clock" .....	7
■ Names of Oven Parts .....	8
■ Control Panel .....	9
■ Easy Use Chart .....	10

## Detailed Directions

■ "MAX-Power" Cooking .....	11
■ Cooking Guide for "Multi-Power" Settings .....	12
■ "Multi-Power" Cooking .....	13
■ "Temperature Controlled" Cooking with the Probe .....	14
■ Temperature Controlled "MAX-Power" Cooking with the Probe .....	15
■ Temperature Controlled "Multi-Power" Cooking with the Probe .....	16
■ Auto Defrost .....	17-20
■ Multi-Stage Cooking .....	21-22
■ Auto Start Cooking .....	23
■ Programming popcorn and other recipes .....	24
■ Temp Hold with the probe .....	24
■ Fast Set .....	24
■ Timer .....	24

Utensils .....	25
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Care and Cleaning .....	26-27
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Questions and Answers .....	28-29
-----------------------------	-------

Before Calling for Service .....	30
----------------------------------	----

Warranty .....	Back Cover
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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.

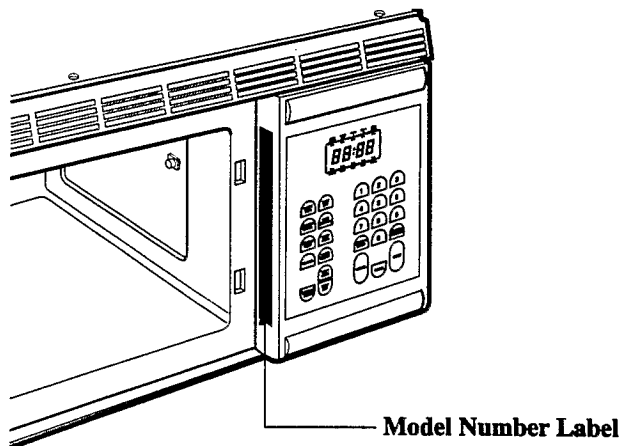
## FRIGIDAIRE MICROWAVE OVEN "USE AND CARE MANUAL"— MICROWAVE OVEN USE INSTRUCTIONS

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 you 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.)



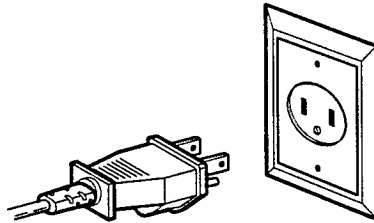
# IMPORTANT- ELECTRICAL GROUNDING INSTRUCTIONS

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 a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

**WARNING** – Improper use of the grounding 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 Frigidaire 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 or when power resumes after a power interruption, the numbers in the display window show ":0". This means that the time of day clock must be set. Refer to "Setting Time of Day" below.

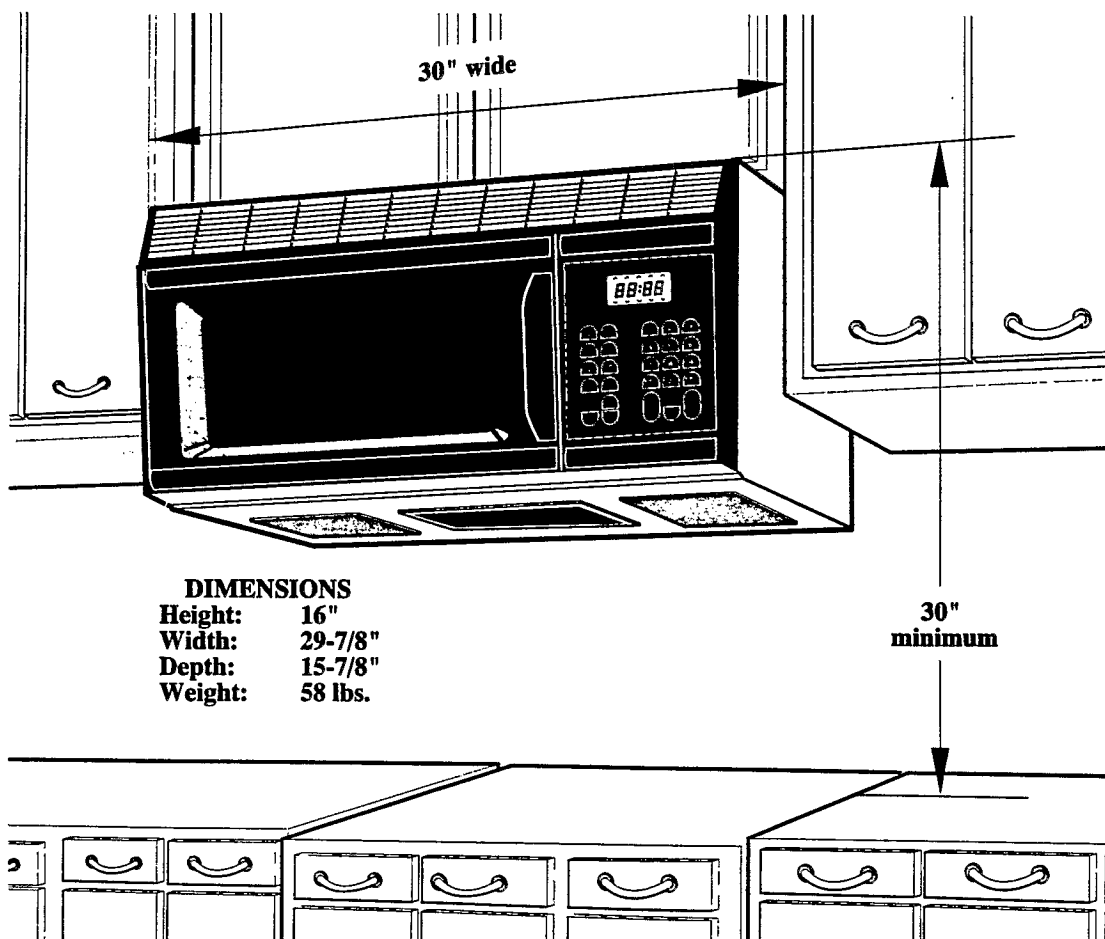
**NOTE :** If your oven does not operate properly, unplug the oven from the 120 volt/60 Hz AC household outlet and then plug it back in.

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

## SETTING TIME OF DAY

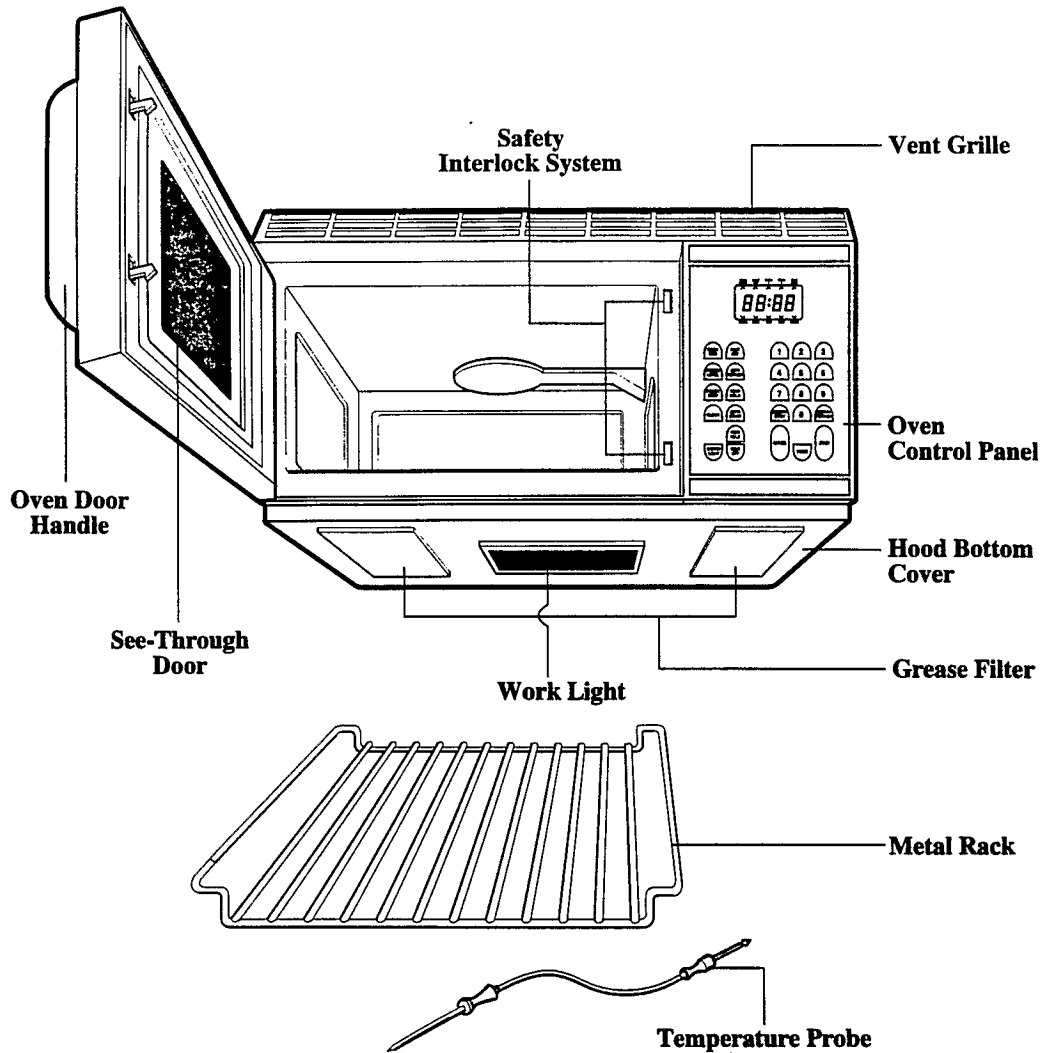
- Touch CLOCK.
- Enter time of day by touching number pads.
- Touch CLOCK.

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





# NAMES OF OVEN PARTS



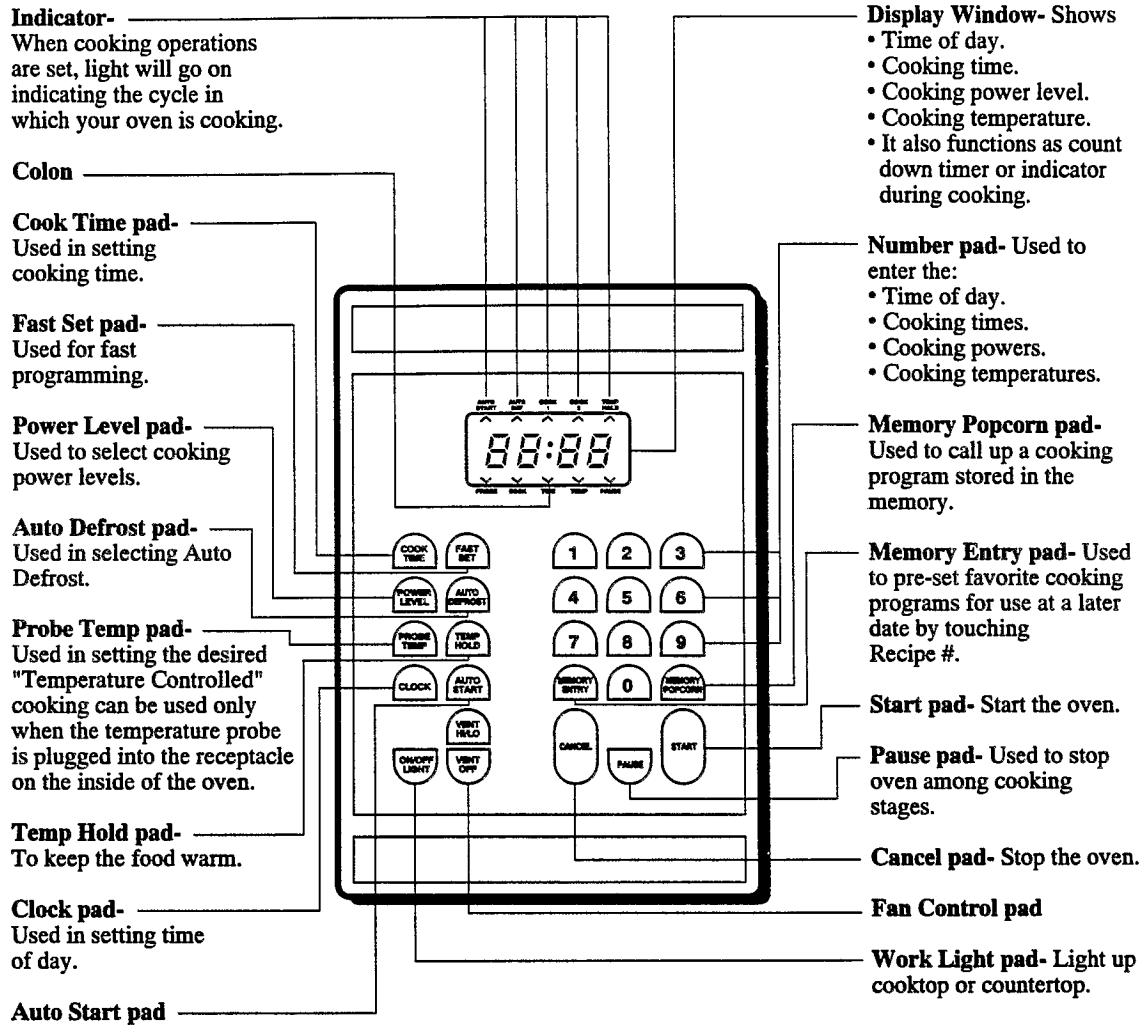
Please read "Requirements for Installation" section in Installation Manual before you remove the rest of contents from carton.

Your oven will be packed with the following materials:

Metal Rack .....	1 Each
Temperature Probe .....	1 Each
Cookbook .....	1 Each
Owner's Manual .....	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 Frigidaire Microwave Oven for commercial purposes.  
This microwave oven is made for household use only.

# CONTROL PANEL



# EASY USE CHART

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

CLOCK	TEMPERATURE CONTROLLED "MAX-POWER" COOKING WITH THE PROBE	TEMPERATURE CONTROLLED "MULTI-POWER" COOKING WITH THE PROBE
<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. Plug in temperature probe.</li> <li>2. Touch CANCEL.</li> <li>3. Touch PROBE TEMP.</li> <li>4. Touch numbers for desired food temperature.</li> <li>5. Touch START.</li> </ol> <p>(See page 15 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Plug in temperature probe.</li> <li>2. Touch CANCEL.</li> <li>3. Touch PROBE TEMP.</li> <li>4. Touch numbers for desired food temperature.</li> <li>5. Touch POWER LEVEL.</li> <li>6. Touch numbers for desired cooking power level.</li> <li>7. Touch START.</li> </ol> <p>(See page 16 for more detailed instructions.)</p>
<b>MULTI-STAGE COOKING</b>	<b>AUTO START COOKING</b>	<b>PROGRAMMING DEFROST</b>
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch COOK TIME or PROBE TEMP.</li> <li>3. Touch numbers for cooking time or temperature</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch numbers for cooking power level.</li> <li>6. Touch COOK TIME or PROBE TEMP.</li> <li>7. Touch numbers for cooking time or temperature.</li> <li>8. Touch POWER LEVEL.</li> <li>9. Touch numbers for cooking power level.</li> <li>10. Touch START.</li> </ol> <p>(See page 21 and 22 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch AUTO START.</li> <li>3. Touch numbers for desired start time.</li> <li>4. Touch COOK TIME.</li> <li>5. Touch numbers for desired cooking time.</li> <li>6. Touch START.</li> </ol> <p>(See page 23 for more detailed, instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CANCEL.</li> <li>2. Touch AUTO DEFROST.</li> <li>3. Touch numbers for desired defrost time.</li> <li>4. Touch START.</li> </ol> <p>(See page 17 and 20 for more detailed instructions.)</p>
<b>"MAX-POWER" COOKING</b>	<b>"MULTI-POWER" COOKING</b>	<b>HOOD FAN CONTROL</b>
<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 desired cooking time.</li> <li>4. Touch START.</li> </ol> <p>(See page 11 for more detailed instructions.)</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 desired cooking time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch numbers for desired cooking power level.</li> <li>6. Touch START.</li> </ol> <p>(See page 13 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch the Fan Control Pad (HIGH/LOW) for desired fan speed. <ul style="list-style-type: none"> <li>• HIGH/LOW pad-touch once for low speed, touch twice for high speed.</li> </ul> </li> <li>2. Touch the OFF pad to turn the Fan off. <ul style="list-style-type: none"> <li>• If over-heating of the oven occurs, the fan will run by itself until the temperature of the oven drops to a safe level.</li> </ul> </li> </ol>

# "MAX-POWER" COOKING

1. Touch CANCEL.
2. Touch COOK TIME. The light below COOK 1 will blink. ("0" will show in the display window.)
3. Touch the correct numbers on the control panel to set the cooking time. The time set will show in the display window at the top of the control panel. For example:
  - To set 30 seconds, you would touch "3" and then "0".
  - To set 3 minutes, touch "3", "0" and "0".
  - To set 3<sup>1</sup>/<sub>2</sub> minutes, touch "3", "3" and "0".

Remember, 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.

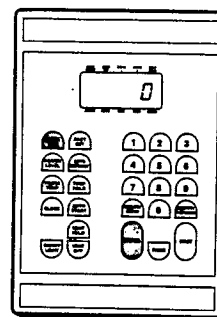
**NOTE:** It is not necessary to touch POWER LEVEL when you are cooking with "PL 10 (MAX-POWER)". However, if you touch POWER LEVEL the word "PL 10" will show in the display window. This is to remind you that the oven will work at "PL 10 (MAX-POWER)" unless a different power level is chosen.

4. Touch START. The oven will begin cooking, and the display window will show the time counting down in seconds. A tone will sound and the word "End" will show in the display window when the cooking time is completed. Then, the oven will shut itself off.

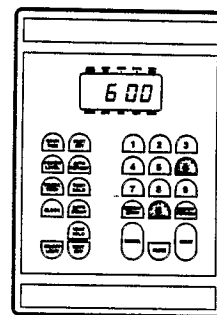
**NOTE:** To stir food during cooking, open the oven door; stir or turn the food. Close the oven door and touch START. The oven will automatically continue to count down the amount of time left on the timer.

**EXAMPLE:** Fresh fish can be cooked quickly on "PL 10" (maximum power) for 6 minutes. To do this, follow these 4 simple steps:

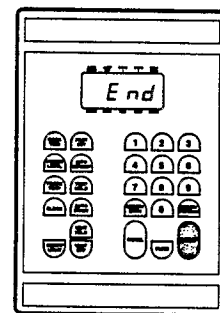
1. Touch CANCEL.
2. Touch COOK TIME.



3. Set 6 minutes by touching "6", "0" and "0". "600" will show in the display window.



4. Touch START. The oven will begin to cook and the time will begin to count down in the display window. Two short and one long tone will sound and the word "End" will show in the display window when the 6 minutes are over. Then the oven will shut itself off.



# 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	OUTPUT IN WATTS	USE
10 MAX POWER HIGH	750	<ul style="list-style-type: none"> <li>● Boil water.</li> <li>● Brown ground beef.</li> <li>● Make candy.</li> <li>● Cook poultry pieces, fish, vegetables.</li> <li>● Cook tender cuts of meat.</li> </ul>
9	675	<ul style="list-style-type: none"> <li>● Reheat rice, pasta and vegetables.</li> </ul>
8	600	<ul style="list-style-type: none"> <li>● Reheat prepared foods quickly.</li> <li>● Reheat sandwiches.</li> </ul>
7	525	<ul style="list-style-type: none"> <li>● Cook veal, whole fish.</li> <li>● Cook eggs.</li> <li>● Cook cakes, breads.</li> <li>● Melt chocolate.</li> </ul>
6	450	<ul style="list-style-type: none"> <li>● Cook milk and cheese dishes.</li> <li>● Cook puddings and custards.</li> </ul>
5	375	<ul style="list-style-type: none"> <li>● Cook ham, whole poultry, lamb.</li> <li>● Cook rib roast, sirloin tip.</li> </ul>
4	300	<ul style="list-style-type: none"> <li>● Thaw meat, poultry and seafood.</li> </ul>
3	225	<ul style="list-style-type: none"> <li>● Cook less tender cuts of meat.</li> <li>● Cook pork chops, roast.</li> </ul>
2	150	<ul style="list-style-type: none"> <li>● Take chill out of fruit.</li> <li>● Clarify butter.</li> </ul>
1	75	<ul style="list-style-type: none"> <li>● Keep casseroles and main dishes warm.</li> <li>● Soften butter and cream cheese.</li> </ul>
0		<ul style="list-style-type: none"> <li>● Standing time.</li> <li>● Independent timer.</li> </ul>

\* Approximate watts as measured by the IEC-705 test procedure.

# "MULTI-POWER" COOKING

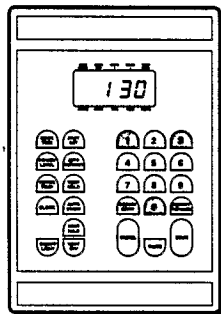
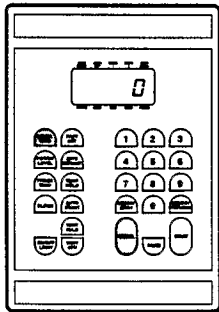
Many foods need slower cooking (at less than max power) in order to give you the best results. In addition to "MAX" there are nine multi-power settings. The cookbook tells you which power setting is recommended for the food being cooked.

## To Cook with "Multi-Power"

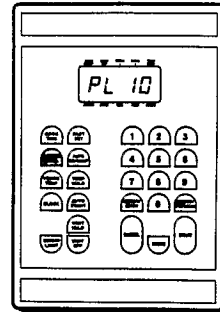
1. Touch CANCEL.
2. Touch COOK TIME. The light below COOK 1 will blink. ("0" will show in the display window.)
3. Touch numbers for the desired cooking time. The time set will show in the display window.
4. Touch POWER LEVEL. The word "PL 10" will show in the display window until a lower setting is entered. This is to tell you that the oven will be operating on "MAX" power unless a different power setting is chosen.
5. Touch numbers for desired cooking power level. For example, if the recipe calls for cooking at the "PL 2" setting, you would touch "2". The display window will show "PL 2".
6. Touch START. The oven begins to cook and the display window will show the time counting down. A tone will sound and the word "End" will show in the display window when the cooking time is completed. Then the oven will shut itself off.

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

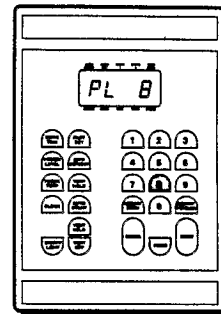
1. Touch CANCEL.
2. Touch COOK TIME.
3. Set 1-1/2 minutes by touching "1", "3" and then "0". "130" will show in the display window.



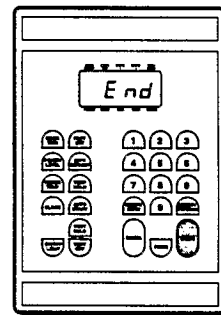
4. Touch POWER LEVEL. The display window will show "PL 10".



5. Choose the "8" setting by touching the numbers "8". The display window will show "PL 8". This means the oven is cooking at power level 8.



6. Touch START. The oven begins to cook and the time will begin to count down in the display window. Two short and one long tone will sound and the word "End" will show in the display window when the 1-1/2 minutes is over. Then the oven will shut itself off.

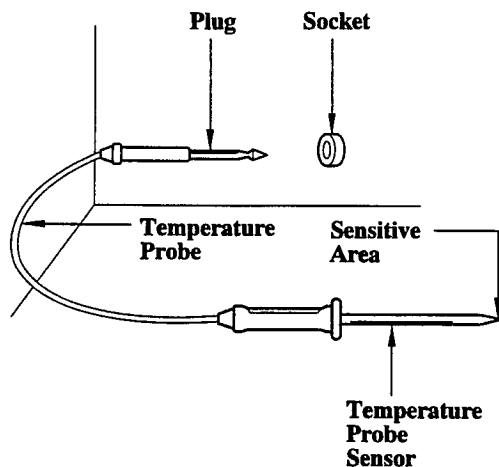


# "TEMPERATURE CONTROLLED" COOKING WITH THE PROBE

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

## TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperatures from 100°F to 200°F can be chosen and set in the oven. 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 lowest temperature number that can be displayed is 100°F. Therefore, even though the food may be less than 100°F, the display will remain at Cool until the food is heated to above 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 side of the oven wall.

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

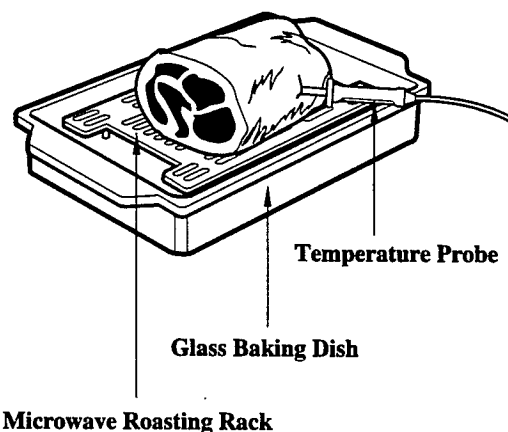
**DISPLAY WINDOW:** Shows the cooking temperature rising as the food is cooking.

## MEATS

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

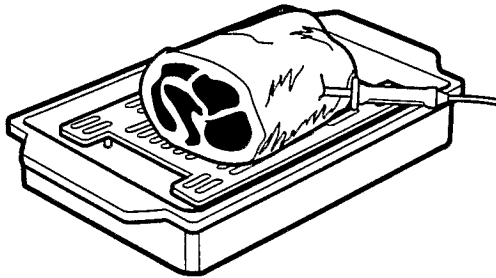
1. Place the temperature probe sensor into the meat with the first inch of the sensor in the centre of the meat. The sensor should not touch the bone or a fat pocket. The sensor should be put in from the side or from the front—it should not be put in from the top of the meat.
2. Plug the temperature probe into the socket on the side of the oven wall.
3. Select the doneness temperature.
4. The microwave oven will turn itself off when the preset temperature is reached. Take the food out of the oven.
5. Remove the temperature probe sensor. Let the meat stand, covered with foil for about 10 minutes before serving. The temperature will rise about 15°F during standing time.

**NOTE:** It is normal for meats to become slightly overcooked in a small circular area in the immediate vicinity of the hole made by the meat probe.



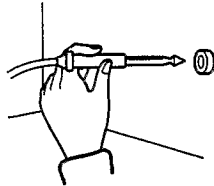
# TEMPERATURE CONTROLLED "MAX-POWER" COOKING WITH THE PROBE

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.

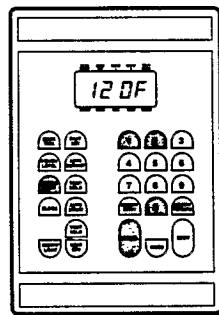


2. Plug the temperature probe into the socket on the side of the oven.

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

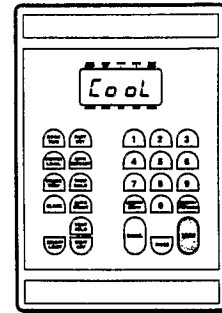


3. Touch CANCEL.
4. Touch PROBE TEMP. The light below COOK 1 will blink, and "F" will show in the display window.
5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness of 120°F, you would touch the numbers "1", "2" and "0". When you touch "120" the display window will show "120°F".



**NOTE:** It is not necessary to touch POWER LEVEL when you are cooking with "PL 10 (MAX-POWER)". However, if you touch POWER LEVEL the word "PL 10" will show in the display window. This is to remind you that the oven will work at "PL 10 (MAX POWER)" unless a different power setting is chosen.

6. 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. Two short and one long tones will sound and the word "End" will show in the display window when the desired temperature is reached.



**NOTE:** The highest temperature that can be set is 200°F.

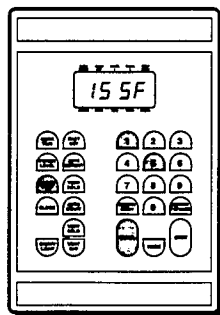


# TEMPERATURE CONTROLLED "MULTI-POWER" COOKING WITH THE PROBE

1. Place the temperature probe into the food with the first inch of the sensor in the center of the food. See step 1 on page 15.
2. Plug the temperature probe into the socket on the side of the ovens.

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

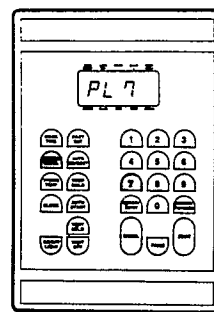
3. Touch CANCEL.
4. Touch PROBE TEMP. The COOK 1 light will blink, and "F" will show in the display window.



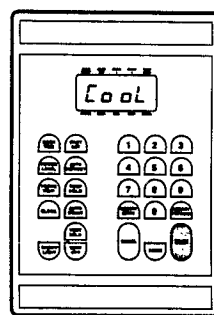
5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 155°F, you would touch the numbers "1", "5" and "5". When you touch "155" the display window will show "155°F".

6. Touch POWER LEVEL. The word "PL 10" will show in the display window until you enter a lower power setting. This is to remind you that the oven will always operate at highest power unless you set a lower power.

7. Choose the power level you desire and touch the corresponding numbers. For example, if the recipe should call for cooking at the "PL 7" setting, you would touch numbers "7". When you touch "7" the display window will show "PL 7". This means that in the "PL 7" setting the oven is at power level 7.

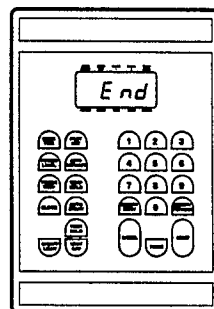


8. Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window once it exceeds 100°F.



9. Two short and one long tone will sound for 3 seconds when the temperature is reached.

**NOTE:** The highest temperature that can be set is 200°F.



# AUTO DEFROST

The power levels for defrosting are predetermined and programmed into this oven.

1. Touch CANCEL.
2. Touch AUTO DEFROST. The light below AUTO DEFROST will go on and "0" will show in the display window.
3. Set the defrosting time by following the "Auto Defrost Chart" on page 18 through 20.
4. Touch START. The oven will start and the time will begin counting down in the display window. Two short and one long tone will sound when the time is over and the oven will shut itself off.

**NOTE:** If you plan to use additional cooking stages immediately following Auto Defrost cycles, you must allow for standing time as recommended on the Auto Defrost Charts on pages 18 through 20.

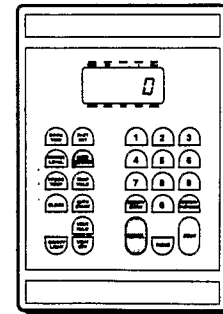
This can be accomplished as follows:

1. Touch AUTO DEFROST and enter the defrosting.
2. Touch COOK TIME.
3. Enter standing time per charts (page 18 through 20).
4. Touch POWER LEVEL.
5. Enter "0".
6. Set the next cooking stage.

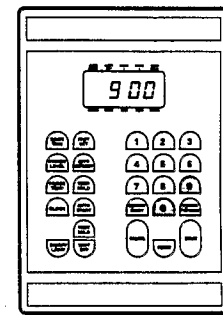
The cooking process can be set for up to 3 stages when Auto Defrost is one of the stages.

**EXAMPLE:** To defrost two pounds of ground beef, use the AUTO DEFROST cycle for 9 minutes.

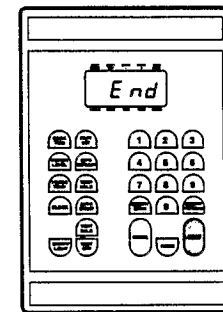
1. Touch CANCEL.
2. Touch AUTO DEFROST. The light below AUTO DEFROST will blink. The display window will show "0".



3. Set 9 minutes by touching "9", "0" and "0", "900" will show in the display window.



4. Touch START. The oven will begin to operate and time will begin to count down in the display window. Two short and one long tone will sound and the word "End" will show in the display window when time is over and the oven will shut itself off.



# AUTO DEFROST CHART

The defrosting times in this chart have been made available specifically for use with the "Auto Defrost" feature.

## AUTO DEFROSTING INSTRUCTIONS:

- For best results, remove fish/shellfish/meat/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.
- When it is difficult to remove the wrap from the foods, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at beginning of the defrost cycle.  
Remove the wrap from foods .
- Metal clip and pop-up timers may be left in poultry. Metal twist-ties must be removed from bags. They may be replaced with rubber bands.
- Install the metal rack in the oven cavity.
- Place food in a flat glass baking dish to catch drippings and place it on the metal rack.
- Use the "Auto Defrost" setting to thaw fish, shellfish, meat and poultry, according to the times in the chart below. Thaw completely before cooking.
- Food should still be somewhat icy in the center when removed from the oven.
- The chart gives you standing times and standing techniques needed to complete the thawing process.

**NOTE:** The auto defrost power level is a low energy setting and can be used to cook foods that need slow, gentle cooking. Use the defrost cooking level to reheat many frozen convenience foods and also to defrost small bread items.

## FISH AND SHELLFISH DEFROSTING TABLE

Cut and Weight	Auto Defrost Time	Standing Time	Directions
<b>FISH</b> Fish fillets (1 lb.)	6-8 minutes	5-10 minutes	Turn over once.* After defrosting and standing time, carefully separate fillets under cold water.
Fish steaks (1 lb.)	6-8 minutes	5-10 minutes	After defrosting and standing time, carefully separate steaks under cold running water.
Whole fish (8 to 10 oz.) (1½ to-2 lbs )	4-6 minutes 6-8 minutes	5-10 minutes 5-10 minutes	Use a shallow dish; the shape of the fish determines size. Cover the head and tail with aluminum foil. Turn over once.* The fish should be icy when removed from oven. Finish thawing while standing at room temperature.
Lobster tails (8 oz. pkg.)	3-5 minutes	5-10 minutes	Remove from package to baking dish.
Crab legs (8 to 10 oz.)	3-5 minutes	5-10 minutes	
Crab meat (6 oz.)	4-5 minutes	5-10 minutes	
Shrimp (1 lb.)	7-8 minutes	5-10 minutes	
Scallops (1 lb.)	7-8 minutes	5-10 minutes	

\* Turning or stirring should be done in the middle of the defrosting cycle.

# AUTO DEFROST CHART (Cont'd)

## MEAT DEFROSTING TABLE

Cut and Weight	Auto Defrost Time	Standing Time	Directions
<b>BEEF</b> Cubes in stew (2 lbs.)	7-8 min.	8-10 minutes	Turn over once.* Separate cubes and continue defrosting.
Ground beef (1 lb.) (2 lbs.)	11-13 min. 17-19 min.	10 minutes 10 minutes	Turn over once.* Remove thawed portion with fork. Return remainder into oven to defrost. (The best way to freeze ground beef is in a doughnut shape.)
Pot roast chuck (under 4 lbs.)	9-10 min. per lb.	15 minutes	Turn over once.*
Rib roast, rolled (3 to 4 lbs.)	9-10 min. per lb.	15 minutes	Turn over once.*
Rump roast (3 to 4 lbs.)	9-10 min. per lb.	15 minutes	Turn over once.*
Round steak	8-9 min. per lb.	10 minutes	Turn over once.*
Flank steak	9-10 min. per lb.	5-10 minutes	Turn over once.*
Sirloin steak (1/2 inch thick)	8-9 min. per lb.	5-10 minutes	Turn over once.*
Tenderloin steak	8-9 min. per lb.	10 minutes	Turn over once.*
<b>LAMB</b> Cubes for stew	9-10 min. per lb.	10 minutes	Turn over once.* Separate cubes and continue defrosting.
Ground lamb (under 4 lbs.)	8-9 min. per lb.	10 minutes	Turn over once.*
Chope (1 inch thick)	8-9 min. per lb.	15 minutes	Turn over once.*
Leg (5 to 8 lbs.)	9-10 min. per lb.	15-20 minutes	Turn over once.*
<b>PORK</b> Chops (1/2 inch thick)	9-11 min. per lb.	10 minutes	Separate chops and continue through defrosting.
Country-style ribs (2 to 3 lbs.)	11-13 min. per lb.	10 minutes	Turn over once.*
Roast (under 4 lbs.)	8-9 min. per lb.	30 minutes	Turn over once.*
Bacon (1 lb.)	4-5 min.	3-5 minutes	Turn over once.*
Sausage, bulk (1 lb.)	9-11 min.	3-5 minutes	Turn over once.* Remove defrosted portions with fork. Return remainder into oven to defrost.

# AUTO DEFROST CHART (Cont'd)

## MEAT DEFROSTING TABLE

Cut and Weight	Auto Defrost Time	Standing Time	Directions
Sausage, links, (1 lb.)	5-6 min.	4-6 minutes	Turn over once.* Defrost until pieces can be separated.
Hot dogs (1 lb.)	6-8 min.	5 minutes	Turn over once.* Separate hot dogs and continue defrosting.
<b>VEAL</b> Roast (3 to 4 lbs.)	7-8 min. per lb.	30 minutes	Turn over once.*
Chops (1/2 inch thick)	7-8 min. per lb.	20 minutes	Turn over once.* Separate chops and continue defrosting.

\* Turning or stirring should be done after 1/4 of the defrosting cycle.

## POULTRY DEFROSTING TABLE

Cut and Weight	Auto Defrost Time	Standing Time	Directions
<b>CHICKEN</b> Chicken Whole (2 to 3 lbs.)	8-9 min. per lb.	25-30 minutes	Turn over once.* Immerse in cold water for standing time.
Cup up (2 to 3 lbs.)	5-6 min. per lb.	10-15 minutes	Turn over once.* Separate pieces when partially thawed.
<b>TURKEY</b> Whole (under 8 lbs.)	5-6 min. per lb.	60 minutes	Turn over once.* Immerse in cold water for standing time.
Breast (under 4 lbs.)	5-6 min. per lb.	20 minutes	Turn over once.*
Drumsticks (1 to 1 1/2 lb.)	5-6 min. per lb.	15-20 minutes	Turn over once.* Separate pieces when partially thawed.
<b>CORNISH HENS</b> Whole (1 to 1 1/2 lb.)	12-13 min. per lb.	25 minutes	Turn over once.*

\* Turning or stirring should be done after 1/4 of the defrosting cycle.

# MULTI-STAGE COOKING

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

1. Touch CANCEL.
2. Touch COOK TIME or PROBE TEMP depending on whether the probe will be used or not. The light below COOK 1 will blink. The display window will show "0" or "F".
3. Touch the correct numbers for the time or temperature of the first cooking stage.
4. Touch POWER LEVEL. The display window will show "PL 10".
5. Touch the correct number for the cooking power level of the first cooking stage (if other than "PL 10").
6. Touch PAUSE. The display window will show "PAUS" This is optional. If you touch PAUSE here, the oven will stop at this point during cooking until you touch START. If you do not touch PAUSE here, the oven will immediately go into the next set stage.
7. Touch COOK TIME or PROBE TEMP.
8. Touch the correct numbers for the time or temperature of the second cooking stage.
9. Touch POWER LEVEL. The display window will show "PL 10".
10. Touch the correct number for the cooking power level in the second cooking stage (if other than "PL 10").
11. Touch START.

## MULTI-STAGE COOKING WITH AUTO DEFROST

If you want to cook after using the Auto Defrost, before setting the above multi-stage cooking, set the Auto Defrost then follow the above instructions numbered 2-11.

The cooking process can be set up to three stages when AUTO DEFROST is one of the stages.

### • To pause between stages

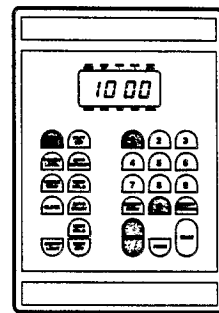
To set the oven to stop between stages, touch PAUSE after setting the first stage.

**NOTE:** If you do not touch PAUSE, the oven will not stop but will remember the next stage and continue working.

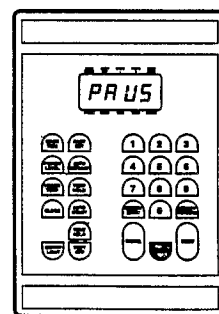
**EXAMPLE:** In preparing a Corned Beef (1 lb.) which calls for a stage of 10 minutes at the "PL 10 (MAX POWER)" power level followed by a second stage of 30 minutes at "PL 3". The following steps explain how to set the oven.

### First Stage (10 minutes: power level 10 MAX POWER)

1. Touch CANCEL.
2. Touch COOK TIME.
3. Set 10 minutes by touching "1" "0", "0" and "0". "1000" will show in the display window.



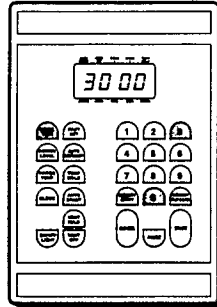
4. Touch PAUSE. This is optional. If you touch PAUSE here, the oven will stop at this point during cooking until you touch START. If you do not touch PAUSE here, the oven will immediately go into the next set stage.



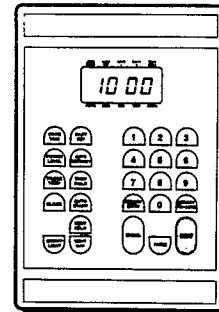
# MULTI-STAGE COOKING (Cont'd)

## Second Stage (30 minutes: "PL 3")

5. Touch COOK TIME.
6. Set 30 minutes by touching "3", "0", "0" and "0". "3000" will show in the display window.  
(Power is on "PL 3".)



7. Touch START. The first stage will begin. "1000" will show in the display window. The oven will begin to cook at "PL 10 (MAX POWER)" and the time will begin to count down in the display window. When the 10 minutes are over, two tone will sound and "PAUS" will show in the display window. When you touch "START" the oven will start the second stage. The oven will begin to cook at "PL 3". When the 30 minutes are over, two short and one long tone will sound and the word "End" will show in the display window and the oven will shut itself off. The oven will have finished both stages.



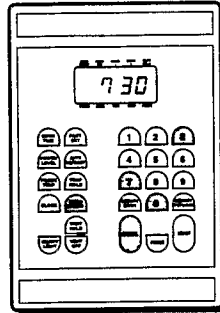
**NOTE:** When TEMP HOLD is selected as the second stage, the oven will switch to "Temp Hold" after cooking see page 24.

# AUTO START COOKING

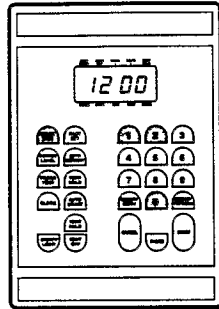
Auto Start cooking starts the cooking automatically and finishes at a preset time for the chosen cooking time.

1. Touch CANCEL.
2. Touch AUTO START. The light below AUTO START blinks. A display window will read "0".

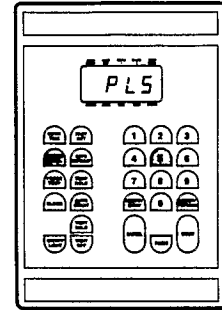
3. Touch numbers for the time of day to start cooking. For example, touch numbers "7", "3" and "0" for the cooking to be started at "7:30", and "7 30" will show in the display window.



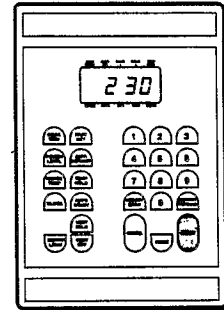
4. Touch COOK TIME.
5. Touch numbers for cooking time. For example, set 12 minutes by touching "1" then "2" then "0" twice. "1200" will show in the display window.



6. Touch POWER LEVEL.
7. Touch numbers for cooking power level. For example, touch numbers "5", "PL 5" will show in the display window.



8. Touch START. The time of day will show in the display window. As soon as the clock shows the Cook-Start Time, the oven will start cooking and the cooking time counts down in the display window.



**NOTE:** The cooking start time must be less than 12 hours away from present time.

- Multi-Stage cooking can be used with Auto Start. After step 3 above, follow instructions for Multi-Stage cooking beginning with step 2.



## "PROGRAMMING POPCORN AND OTHER RECIPES"

You can set cook programs for up to four (1-4) of your favorite recipes for easy recall. This feature is especially useful in the preparation of items for which you most frequently use your microwave oven (for example: popcorn, baked potato, beverage, etc.). Use MEMORY ENTRY to program the recipe and MEMORY POPCORN to recall the recipe.

You can program the exact popping time of your favorite popcorn brand into memory and get perfect results every time.

Determine the perfect cook time for your favorite popcorn brand. Then program that time into memory as one of the four recipes. Follow the steps below to program the recipes:

### **To enter a cook program into memory;**

1. Set the cook program as you would normally. Each cook program can have up to three stages.
2. Touch the MEMORY ENTRY.
3. Touch the number (1-4) for the cook program. The program can later be recalled when you touch that number.
4. Touch MEMORY ENTRY. "Yes" will show in the display to confirm that the recipe has been programmed into memory.
5. Touch CANCEL to return the display to the time of day.

A cook program can be changed to a new program by repeating the above steps. The new program will replace the previous one. If electrical power to the oven has been interrupted, your programmed recipes will be lost. You can easily set them again by following the steps explained above.

### **To recall a memory cook program;**

You can recall a memory cook program once it has been set by following the steps outlined under above section titled "To enter a cook program into memory".

1. Touch MEMORY POPCORN.
2. Select cook program by touching the appropriate number pad (between 1 and 4).
3. Touch START.

## "TEMP HOLD WITH THE PROBE"

Your oven has a "Temp Hold" feature that allows you to keep food warm after cooking is finished.

### **To use the "Temp Hold" feature:**

1. Touch CANCEL.
2. Set the desired cooking cycle, following operating instructions on pages 11 through 23 in this manual.
3. Touch TEMP HOLD.
4. Select desired temperature to keep food warm.
5. Touch TEMP HOLD.
6. Select length of time that the food is to be held at selected temperature.
7. Touch START. When the cooking cycle is over, the oven will switch into "Temp Hold" to keep food warm.

The "Temp Hold" feature can be used independently without setting the cooking cycle. Follow steps 4 through 7 above.

## "FAST SET"

### **To use the "Fast Set" feature:**

1. Touch CANCEL.
2. Touch FAST SET to set 2 minutes of cooking time at full power. Touch FAST SET two times to set 5 minutes of cooking time, 3 times for 10 minutes of cooking time and 4 times for 20 minutes of cooking time (each at full power).
3. Touch START.

## "TIMER"

You can use the clock as a count down timer for other kitchen tasks by programming a cook time with a power level of 0. This will cause the clock to count down but the oven will not generate any microwave energy.

### **To use the control as an independent timer:**

1. Touch CANCEL.
2. Touch COOK TIME.
3. Touch number pads to select desired amount of time.
4. Touch POWER LEVEL.
5. Touch 0.
6. Touch START.

# 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 trimming.

### POTTERY

Dishes, cups, mugs and serving pieces without metallic trimming.

### PLASTIC

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. As the food heats, it 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. Use with care as some softening of the plastic may occur with heat from the food.

### PAPER

Paper towels, wax paper, paper napkins and paper plates are usable.

**UTENSIL TEST:** A simple way to find out if a utensil can be used for microwave cooking is to place it empty in the oven. Measure 1 cup water in a glass measuring cup and place it beside the utensil. Microwave 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 explode.

## 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.

### CENTURA TABLEWARE

Corning Glass does not recommend the use of its Centura tableware or Corelle closed-handle cups for microwave cooking.

### 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 cover areas such as poultry legs and wings. Any aluminum foil used should be at least 1 inch from the side walls of oven or door.

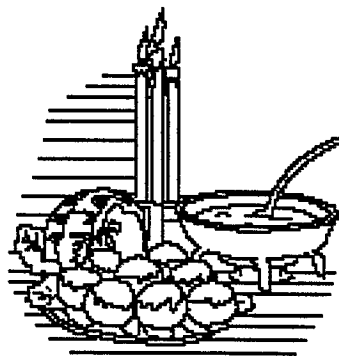
### WOOD

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

### OTHER

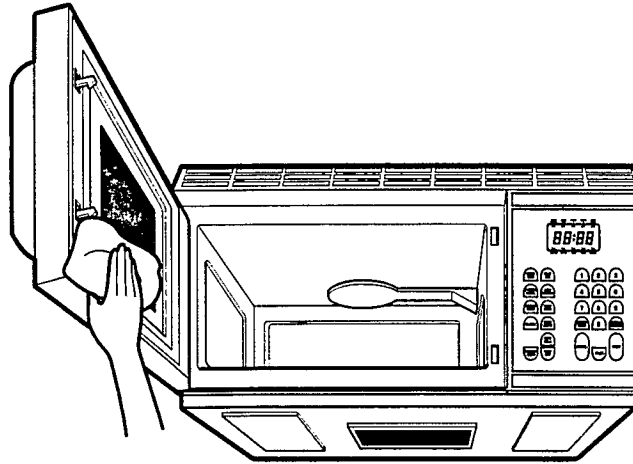
Avoid using brown paper and cracked, flawed or chipped utensils, including ovenproof glassware.

**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 and outside and the hood bottom cover outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. Use a chrome cleaner and polish on chrome, metal and aluminum surface. This should be done on a weekly basis-more often if needed. Never use rough cleaning powders or pads.



## REMOVABLE PARTS

- After each use of the temperature probe, it must be removed from the socket. Use pot holder since the wire, plug and sensor sections may be hot. Wipe food or liquid from the sensor with a soft damp cloth.
- Metal Rack can be removed for cleaning at the sink.

### ■ Grease Filters

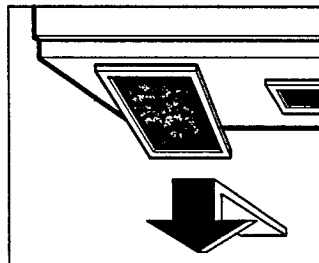
The mesh grease filters on the hood bottom cover can be removed for washing in a sink. To remove grease filters, slide each filter to the front.

Pull filters downward and to the front. The filters will drop out.

Wash only 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.



## SPECIAL CARE

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.

### ■ Charcoal Filter Replacement

To order replacement Charcoal Filter, contact the parts Department at your nearest Frigidaire Store or 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)

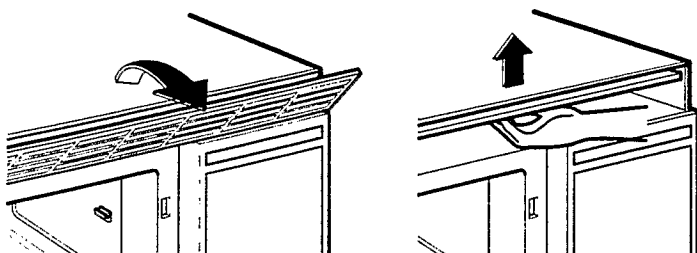


Figure 1

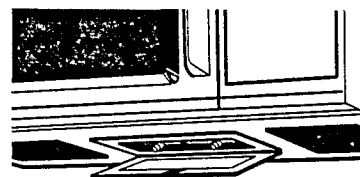


Figure 2

### ■ 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 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)

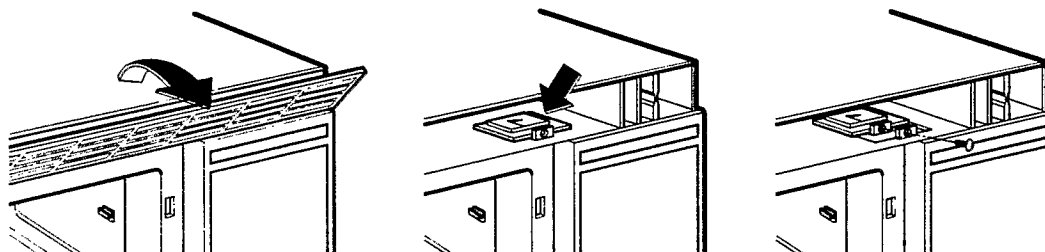


Figure 3

# QUESTIONS AND ANSWERS

## OPERATION

---

Q. What is wrong when the oven light will not glow during cooking, or when the oven door is open?

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

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

Q. Why does steam come out of the grill work?

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

---

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 to the oven cavity. The holes (or ports) only allow light to pass through. They do not let microwave energy pass through.

---

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

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

---

Q. Why does the display show ":0"?

A. This indicates that there has been a temporary loss of electrical power to the oven, and the CLOCK must be reset.

---

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 of destruction which may result in the food creating smoke and even possible fire damage to the inside of the oven. It is always best to attend the oven while it is in the cooking process. See "Important Safety Instructions" on page 3.

---

Q. When does the exhaust fan start when the Fan Control Button is not pushed?

A. High temperature air from the heating surface below can cause an overheating condition of the oven, and may damage it. The exhaust fan will start automatically to cool off the oven prevent damage to it.

---

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

A. 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 functioning.

---

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.

---

Q. How can you be sure your oven is turned off when the exhaust fan is operating?

A. When you are operating the microwave, the sound of the exhaust fan may be louder than the oven. This could possible prevent you from knowing for sure if the oven is turned off. The oven is designed to automatically turn off when the door is open.

If for some reason you are not sure the oven is turned off, turn the exhaust fan off to eliminate the sound and check to see if the oven is operating. If you are still not satisfied, have your oven checked.

---

# 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 overcooking. Shorten the cooking or reheating time.

---

Q. Why do eggs sometimes pop?

A. When cooking 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 popcorn in a microwave oven?

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

- (1) Microwave-popping devices designed specifically for this type of microwave cooking or
- (2) Prepackaged commercial microwave popcorn that contains 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. OVERCOOKING COULD RESULT IN AN OVEN FIRE.**

**CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN.**

---

Q. What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?

A. The fourth potato may be slightly heavier than the others and should be cooked 30 to 60 seconds longer. Remember to allow space around each potato when baking. Also for more even cooking, put potatoes in a circle.

---

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 regular 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, use a larger utensil than usual for cooking. If you open the oven door or touch CANCEL, 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 recommended after microwave cooking time is over?

A. 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.

---

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 just 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 Frigidaire 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		

## SOLUTION

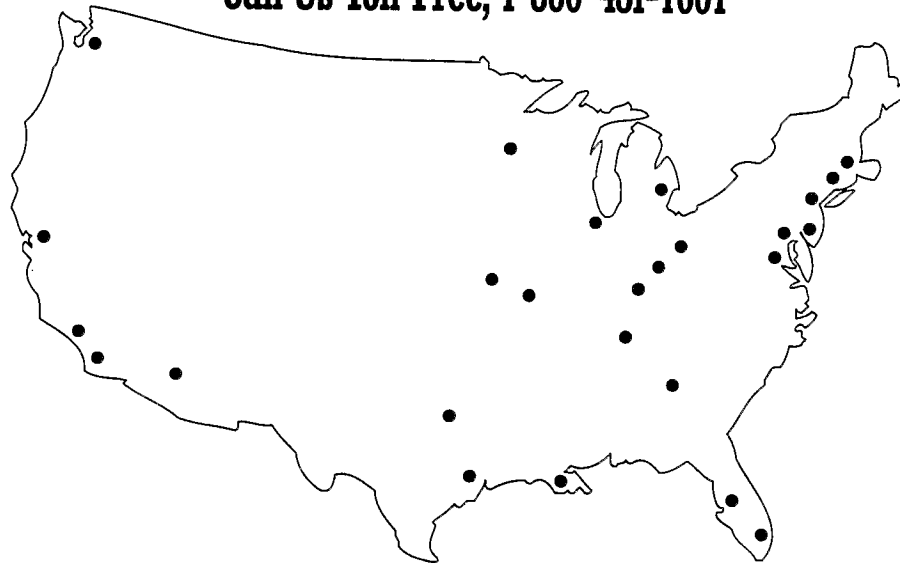
- Is power cord plugged in? \_\_\_\_\_
- Is door closed? \_\_\_\_\_
- Cooking time not set. \_\_\_\_\_
- Temperature not set or probe not plugged in. \_\_\_\_\_
- Use approved cookware only. \_\_\_\_\_
- Properly position temperature probe. \_\_\_\_\_
- Do not operate with oven empty. \_\_\_\_\_
- Reset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

# 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 Frigidaire Company authorized servicer nearest you.

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



**Atlanta Area**  
4795 Fulton Industrial Blvd.  
Atlanta, GA 30336  
(404) 691-1334

**Baltimore/Washington Area**  
8332 Bristol Court #115  
Jessup, MD 20794  
(410) 792-4400

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

**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

**Dallas/Ft. Worth Area**  
901 W. North Carner 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  
(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**  
5360 Merriam Drive  
Merriam, KS 66203  
(913) 677-3355

**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  
(714) 986-8991

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

**Nashville Area**  
531 Space Park North  
Goodlettsville, TN 37072  
(615) 859-2884

**Newark Area**  
100 Naylor Avenue  
Livingston, NJ 07039  
(201) 994-7222

**New Orleans Area**  
5600 Jensen Street  
Harahan, LA 70123  
(504) 733-7900

**New York City Area**  
603 Cantuague Rock Road  
Westbury, NY 11590  
(516) 997-9560

**Philadelphia Area**  
1610 Republic Road  
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  
(206) 575-0320 - Alaska

**St. Louis Area**  
4686 World Parkway Circle  
Berkeley, MO 63134  
(314) 423-8600

**Tampa/Orlando Area**  
5060 Great Oak Drive  
Lakeland, FL 33801  
(813) 879-4881

**FRIGIDAIRE** Consumer  
COMPANY Services

Frigidaire Tappan White-Westinghouse Gibson Kelvinator



# 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.

## Extend The Life Of Your Warranty

Purchase our Extended Protection Plan 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.



## 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 guaran-



teed 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.

**FRIGIDAIRE** Consumer Services  
COMPANY

Frigidaire Tappan White-Westinghouse Gibson Kelvinator

# NOTE



# FRIGIDAIRE WARRANTY

**You Frigidaire Microwave Oven is protected by these warranties.**

## **FULL ONE-YEAR WARRANTY (Excluding Alaska)**

Frigidaire Company, a Division of White Consolidated Industries, Inc., warrants that Frigidaire will provide in-home service to repair, without charge, any defect or malfunction occurring in this Microwave Oven during the first year after date of purchase by the original consumer-owner.

## **EXTENDED LIMITED ONE-YEAR WARRANTY ON PARTS**

Frigidaire will furnish a replacement part free of charge for the microwave oven section which has a defect in material or workmanship during the second year after the date of original purchase by a consumer. The consumer-owner will be responsible for all labor and service charges.

## **LIMITED WARRANTY ON THE MAGNETRON ASSEMBLY (After First Year)**

During the second through tenth years, after date of purchase by the original consumer-owner, Frigidaire will furnish free of charge a replacement for any defective or malfunctioning Magnetron Assembly. The consumer-owner will be responsible for all labor costs.

## **THESE WARRANTIES DO NOT APPLY:**

1. To conditions resulting from (A) improper installation, or (B) incorrect electric current.
2. To conditions resulting from consumer damage, such as (A) improper maintenance, or (B) misuse, abuse, accident, alteration.
3. If the original serial number cannot be readily determined.
4. To service calls not involving malfunction or defects in materials or workmanship, and naturally the consumer-owner shall pay for such calls.
5. To Microwave Ovens installed outside the continental United States and Hawaii.
6. If used in any commercial application.
7. To Microwave Ovens installed in the State of Alaska.

## **LIMITED WARRANTY—Applicable to the State of Alaska**

In the State of Alaska all of the provisions of the full and limited warranties and the exclusions thereunder listed on this form are unchanged except that Frigidaire does not pay for the cost of the technician's travel to your home not for the cost of transporting the product to his shop. You are responsible for these charges.

These warranties give you specific legal rights, and you may also have other rights which vary from state to state.

These are the only written warranties applicable to Frigidaire Microwave Ovens and Frigidaire neither assumes nor authorizes anyone to assume for it any other obligation or liability in connection with such Microwave Ovens. **FRIGIDAIRE SHALL NOT BE LIABLE FOR CONSEQUENTIAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM BREACH OF THESE WRITTEN WARRANTIES OR ANY IMPLIED WARRANTY.**

Some states do not allow the exclusion or limitation of incidental or consequential damages so this exclusion or limitation may not apply to you.

## **FOR IN-HOME SERVICE UNDER THESE WARRANTIES**

Contact a Frigidaire dealer, an authorized Frigidaire servicer, or WCI Parts & Service, or if there is a question as to where to obtain warranty service, write our Customer Relations Department at this address:

Frigidaire Company  
Customer Relations Department  
P. O. Box 7181  
Dublin Ohio 43017  
**(800) 451-7007**

Product features or specifications as described or illustrated are subject to change without notice.

 **FRIGIDAIRE**