

 **Dometic[®]**

MICROWAVE OVEN

OWNER'S GUIDE

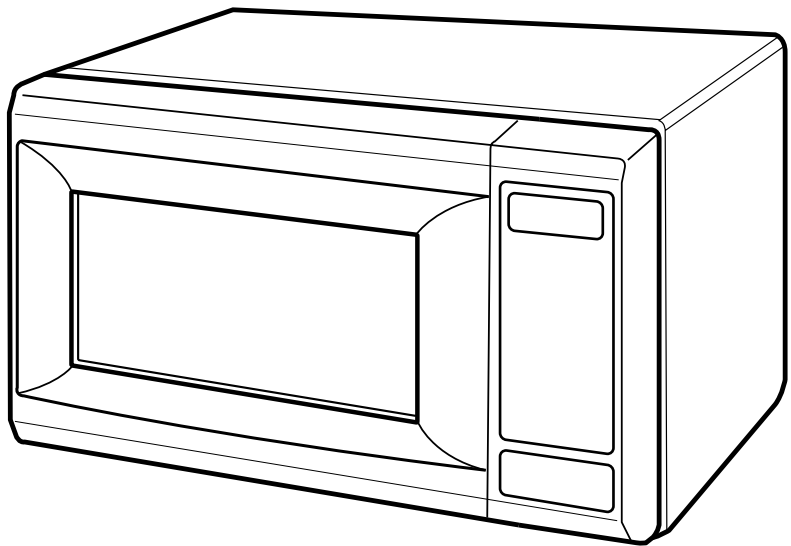


LISTED



LISTED

To help you get the
most out of your
new appliance



MODEL NO.: DMW14MW/DMW14MB

P/No.:3828W5A2795

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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.

TECHNICAL SPECIFICATIONS

MODEL	DMW14MW / DMW14MB
Power Supply	120V AC, 60Hz
Rated Power Consumption	1,500W
Microwave Output	*1,100W
Frequency	2,450MHz
Rated Current	13.0A
Overall Dimensions (WXHxD)	21 ⁷ / ₈ " x 12 ¹ / ₂ " x 17 ¹ / ₈ "
Oven Cavity Dimensions (WXHxD)	15 ¹¹ / ₁₆ " x 9 ¹¹ / ₁₆ " x 15 ⁹ / ₁₆ "
Effective Capacity of Oven Cavity	1.4 Cu.ft.

*IEC 60705 RATING STANDARD

Specifications subject to change without prior notice.

<p>The serial number is found on the back of this unit. This number is unique to this unit and not available to others. You should record requested information here and retain this guide as a permanent record of your purchase.</p>	Date of Purchase _____
	Dealer Purchased From _____
	Dealer Address _____

	Dealer Phone No. _____
	Model No. _____
Serial No. _____	

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

WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufactures' 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 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in particular installation.

If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the followings:

- Reorient the receiving antenna of radio or television.
- Relocate the microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that microwave oven and receiver are no different branch circuits.

THE MANUFACTURER is not responsible for any radio TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.

IMPORTANT SAFETY INSTRUCTIONS

The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven.

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 of this manual.
3. This appliance must be grounded. Connect only to properly grounded outlet. See **GROUNDING INSTRUCTIONS** found on page 6 of this manual .
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 are able to explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair, or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store this appliance outdoors. Do not use this product near water – for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over the edge of a table or counter.
15. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance when 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 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. Liquids such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to persons; 1) Do not overheat the liquid. 2) Stir the liquid both before and halfway through heating it. 3) Do not use straight-sided containers with narrow necks. 4) After heating, allow the container to stand in the microwave oven for a short time before removing the container. 5) Use extreme care when inserting a spoon or other utensil into the container.
18. Avoid heating small-necked containers such as syrup bottles.
19. Avoid using corrosive and vapors, such as sulfide and chloride.
20. 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 injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

SAVE THESE INSTRUCTIONS

INSTALLATION

A. GROUNDING INSTRUCTIONS

For personal safety, this appliance must be properly grounded.

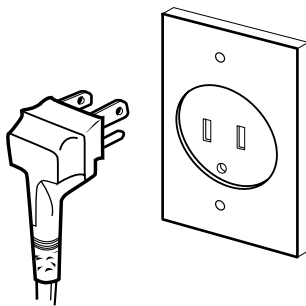
In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape route for the electric current.

The power cord of this appliance is equipped with a three-prong (grounding) plug (Fig. 1) to minimize the possibility of electric shock hazard from this appliance.

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

PROPERLY POLARIZED AND GROUNDED OUTLET



Three-Pronged (Grounding) plug Fig. 1

The consumer should have it checked by a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. Where a standard two-prong wall receptacle is encountered, it is the responsibility and obligation of the consumer to have it replaced with a properly grounded three-prong wall receptacle.

- a) If customer has two-prong wall receptacle, he should replace it with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.
- b) Use of extension cords: If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

INSTALLATION

B. CIRCUITS

For safety purposes this oven must be plugged into a 20 Amp circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

C. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. In case your microwave oven does not perform normal operation in accordance with AC power source and voltage, remove the power cord and then insert it again.

D. DO NOT BLOCK AIR VENTS

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

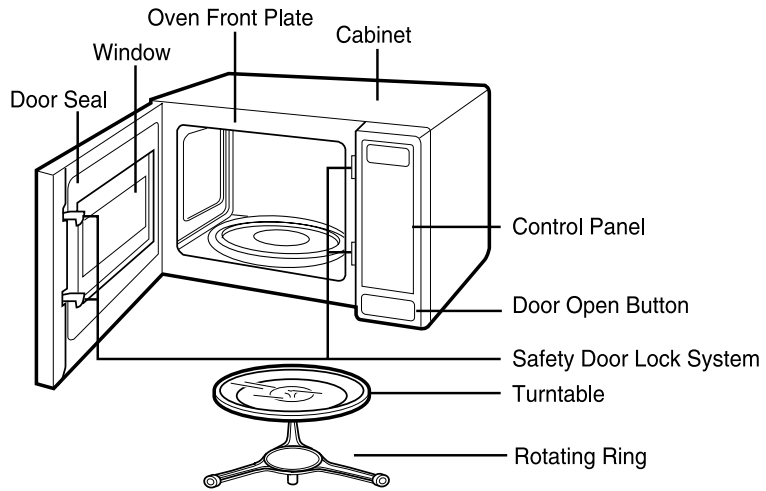
E. RADIO INTERFERENCE

1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surfaces of the oven.
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven with respect to the receiver.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

NOTE:

1. Short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If 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.

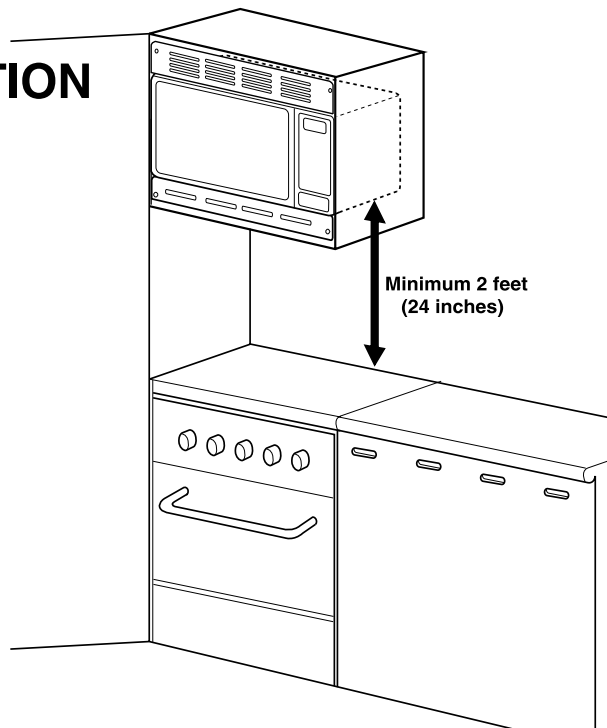
FEATURE DIAGRAM



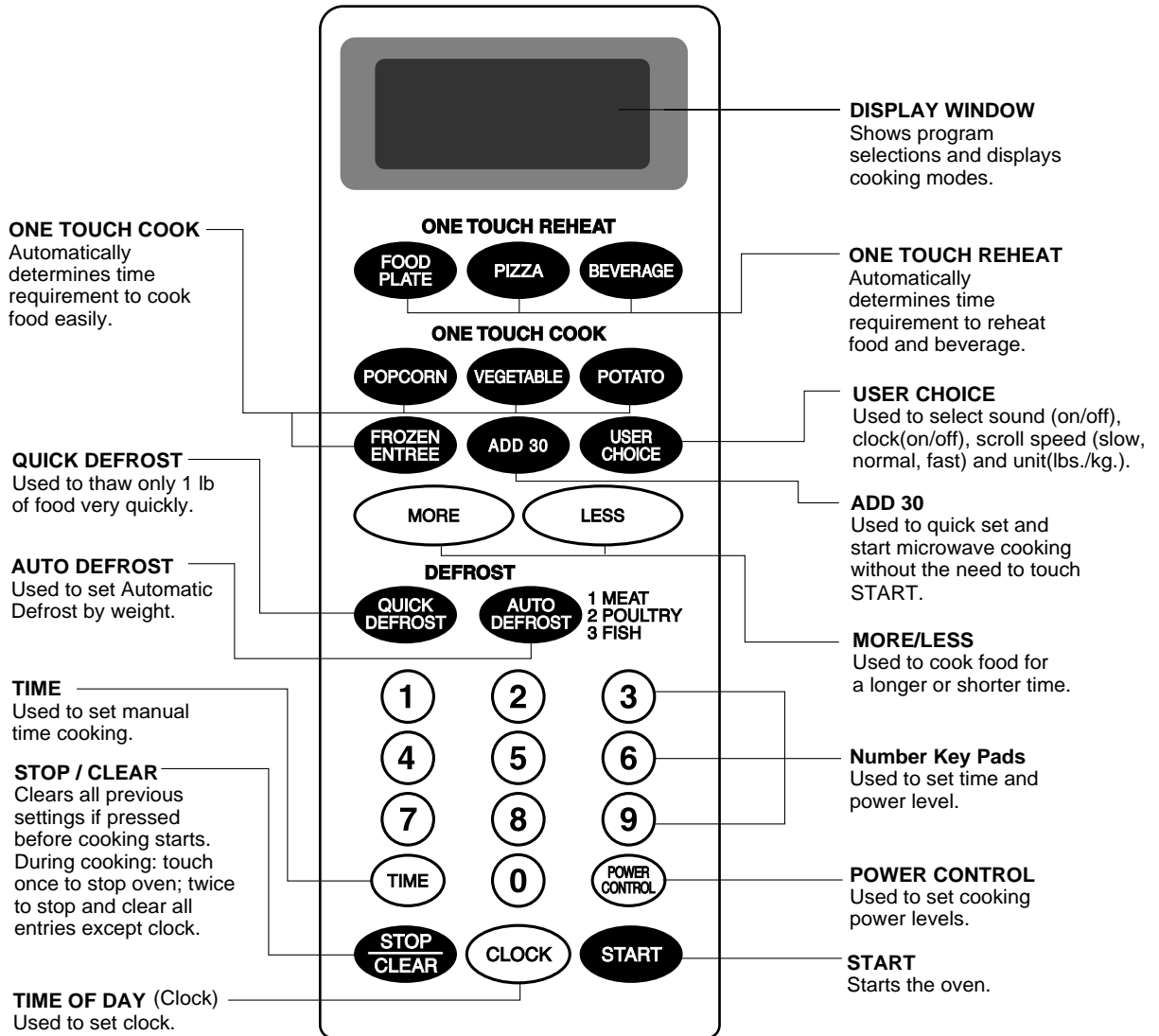
Remove your Microwave Oven and all material from the shipping carton.
Your oven will be packed with the following material:

- Turntable 1 each
- Owner's Guide 1 each
- Rotating Ring 1 each

INSTALLATION



CONTROL FEATURES







OPERATING INSTRUCTIONS

1. SETTING THE CLOCK

When your oven is plugged in or after a power interruption, PLEASE SET TIME OF DAY will scroll on the display.

Example: To set the clock for 11:11.

Touch: **Display Shows:**



1.  once. Time of day.
2.  once. *ENTER TIME OF DAY*
3.  four times. *11:11 TOUCH START*
4.  to start the clock. *11:11*

2. ADD 30

A time-saving pad, this simplified control lets you quickly set and start microwave cooking without the need to touch START.

Example: To set ADD 30 cooking 2 minutes.

Touch: **Display Shows:**

1.  once. Time of day.
2.  four times *2:00*
Time counting down.
3. Beeps sound at the end. *END*



NOTE: If you touch ADD 30, it will add 30 seconds up to 3 minutes; after 3 minutes, every touch will add 1 minute up to 99 minutes 59 seconds.

3. CHILD LOCK

You can use this safety feature to lock the control panel so that children cannot use the oven when you do not want them to use and when you are cleaning the oven.


To set CHILD LOCK:

Touch: **Display Shows:**

1.  once. Time of day.
2.  Touch and hold until LOCKED appears in the display. *LOCKED*

To cancel CHILD LOCK:

Touch: **Display Shows:**

-  Touch and hold 4 seconds until LOCKED disappears from the display. Time of day.





OPERATING INSTRUCTIONS

4. USER CHOICE

USER CHOICE provides four modes that make using your microwave oven quite handy. These are listed in the following table.

Example: To set the sound.

Touch: **Display Shows:**

1.  once. Time of day.
2.  once. The four modes display repeatedly.
3.  to select the sound mode. *SOUND ON TOUCH 1*
OFF TOUCH 2
4.  to set turn on the sound. *SOUND ON*

NOTE: When you first plug in the oven, the default settings are used.




5. ONE TOUCH REHEAT

Three preset categories for microwave reheating have been included in the ONE TOUCH REHEAT menu.

1. Food Plate
2. Pizza
3. Beverage

Example: To reheat FOOD PLATE

Touch: **Display Shows:**

1.  once. Time of day.
2.  once. *TOUCH 1 TO 2*
SERVINGS
3.  The oven will start automatically. *2 SERVINGS*
Time counting down.
4. At the end of cooking time four tones will sound. *END*
The oven will stop.

USER CHOICE FUNCTION TABLE

number	function	choices	default
1	sound	on, off	on
2	clock	on, off	on
3	scroll speed	slow, normal, fast	normal
4	lbs.,kg.	lbs.,kg.	lbs.

ONE TOUCH REHEAT TABLE

Category	Serving	Quantity	Direction
Food Plate	Plate of Food (Refrigerated, precooked food)	1 serving	Use a microproof plate. Cover tightly with wax paper. Use one plate for 1-2 servings. Examples of one serving for a Plate of Food: 1 chicken breast, 1/4 cup vegetables, 1/4 cup mashed potatoes or precooked meatloaf, 1/4 cup cooked vegetables.
		2 servings	
Pizza	Pizza (Refrigerated Temp.)	1 slice	Place the refrigerated pizza on the plate in the center of the microwave oven.
		2 slices	
		3 slices	
Beverage	Coffee/Tea (Refrigerated Temp.)	1 cup	No cover. Use uncovered microproof cup(s) or mug(s). Stir after reheating.
		2 cups	

OPERATING INSTRUCTIONS




6. ONE TOUCH COOK

Use this function to cook food without entering a cook time or power. Refer to the One Touch Cook Table below for more information.

1. Popcorn
2. Vegetable
3. Potato
4. Frozen Entree




Example: To cook a 3.5 oz. bag of microwave popcorn.

Touch: **Display Shows:**

- | | |
|--|--|
| 1.  once. | Time of day. |
| 2.  once. | <i>1.75 OZ TOUCH 1</i>
<i>3.0 OZ TOUCH 2</i>
<i>3.5 OZ TOUCH 3</i> |
| 3. 
The oven will start automatically. | <i>3.5 OZ</i>
Time counting down. |
| 4. At the end of cooking time four tones will sound. The oven will stop. | <i>END</i> |

Example 2: To cook 1 potato.

Touch: **Display Shows:**

- | | |
|--|--|
| 1.  once. | Time of day. |
| 2.  once. | <i>TOUCH 1 TO 4</i> |
| 3. 
The oven will start automatically. | <i>1 POTATO</i>
Time counting down. |
| 4. At the end of cooking time four tones will sound. The oven will stop. | <i>END</i> |

OPERATING INSTRUCTIONS

ONE TOUCH COOK TABLE

Category	Serving	Direction
FROZEN ENTREE	10oz.	Remove package from wrapper. Follow 1 package instructions for microwaving. Place entree on a microwave plate. Cover tightly with wax paper. Examples of one frozen dinner are Lasagna with Meat Sauce, Chicken with Rice and Sliced Turkey Breast with Rice.
VEGETABLE	1 cup	Cover with microwave safe, plastic wrap.
	2 cups	Cover with microwave safe, plastic wrap.
	3 cups	Cover with microwave safe, plastic wrap.
	4 cups	Cover with microwave safe, plastic wrap.
		Prepare vegetable(wash, cut-up vegetables into 1/2-inch (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. Note : Fresh vegetable weight is given after peeling, trimming, slicing. etc.
POTATO	1 Potato	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 Potatoes	
	3 Potatoes	
	4 Potatoes	
POPCORN	1.75 oz. 3.0 oz. 3.5 oz.	Place bag on turntable. Follow manufacturer's instructions.

OPERATING INSTRUCTIONS

7. AUTO DEFROST

AUTO DEFROST thaws frozen food without entering a cook time or cook power. Three defrost categories are preset in your oven: Ground Meat, Poultry, and Fish. See the Auto Defrost Table below.

NOTES:

- For added convenience, AUTO DEFROST has a built-in reminder tone to tell you when to check, turn over, separate, or rearrange food. The oven will sound a tone twice during the defrost cycle. At each tone, open the door and turn, separate, or rearrange food. Remove any portions that have thawed. Return frozen portion to the oven and touch START to resume the defrost cycle.
- You can defrost foods that weigh 0.1 to 6.0 lbs (0.1-4.0 kgs).

For best results:

- Remove fish, shellfish, meat, and poultry from its original closed paper or plastic 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.
- Shape ground meat into the form of a doughnut before freezing. When defrosting, remove thawed meat when the reminder tone sounds and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.


Example: To defrost 1.2 lbs. of ground beef.

Touch:

1.  once.

2.  once.

3. 

4.  
to enter 1.2 lbs.

5.  press

6. At the end of the defrost time, four tones will sound. The oven will stop.

Display Shows:

Time of day.

DEF - 1 TOUCH 1
DEF - 2 TOUCH 2
DEF - 3 TOUCH 3

ENTER WEIGHT

1.2 LBS TOUCH START

Time counting down.

END

Auto Defrost Table

Category	Touch keypad	Food to be Defrosted	At Reminder Tone	Standing Time	
GROUND MEAT (DEF1)	1	Beef			
		Ground beef	Turn over. Remove thawed portions and break apart. Return remainder to oven.	5 min.	
		Cubes for stew	Turn over. Remove thawed portions with fork.	5 min.	
		Hamburger patties	Turn over.	5 min.	
		Pot roast	Turn over. Cover warm areas with aluminum foil.	10-20 min.	
		Rib roast, Rump roast, Chuck roast	Same as above.	10-20 min. 10-20 min.	
		Pork			
		Bacon, Hot dogs	Turn over.	2 min.	
		Sausage links	Turn over.	5 min.	
		Sausage patties	Turn over.	5 min.	
		Ribs, Roast	Turn over. Cover warm areas with aluminum foil.	10-20 min.	
		Lamb			
Ribs	Turn over. Cover warm areas with aluminum foil.	10-20 min.			
Roasts	Same as above.	10-20 min.			

OPERATING INSTRUCTIONS

Auto Defrost Table (continued)


Category	Touch keypad	Food to be Defrosted	At Reminder Tone	Standing Time
POULTRY (DEF2)	2	Poultry Whole Chicken	Turn over. Finish defrosting breast-side down. Cover warm areas with aluminum foil.	10-20 min. Rinse under cold running water.
		Chicken Pieces Cornish Hens: Whole, Split	Separate pieces and rearrange. Turn over. Cover warm areas with aluminum foil.	5-10 min. 10-20 min. Rinse under cold running water.
		Turkey Breast (under 6 lbs.)	Turn over and arrange.	10-20 min. Rinse under cold running water.
FISH (DEF3)	3	Fish	Turn over and rearrange. Cover head and tail with foil.	5 min.
		Steaks, whole fish fillets	Turn over. Separate fillets when partially thawed if possible.	5 min. Rinse with cold water to separate.
		Shellfish Crabmeat, Shrimp Lobster tails Scallops	Rearrange and break apart. Turn over and rearrange. Turn over and rearrange.	5 min. 5 min. 5 min.
		Beef Steaks	Turn over. Cover warm areas with aluminum foil.	10-20 min.
		Pork Chops Lamp Chops	Same as above. Same as above.	10-20 min. 10-20 min.

OPERATING INSTRUCTIONS

8. QUICK DEFROST

QUICK DEFROST sequences are preset in the oven. The QUICK DEFROST feature provides you with the quick defrosting method for 1.0 lb. frozen foods. The oven automatically sets the defrosting time.

Touch: **Display Shows:**

1.  Time of day.
2.  1.0 LBS
3. The oven will start automatically. Time counting down.





NOTES: When five tones sound, Open the door and then turn, separate or rearrange food.

9. MORE/LESS

By using the More and Less functions, you can adjust the cook time for One Touch Cook. Pressing More will add 10 seconds to the cooking time each time you press it. Pressing Less will subtract 10 seconds from the cooking time each time you press it.

Example: To adjust the One Touch (Popcorn) cooking time.

Touch: **Display Shows:**

1.  1.75 OZ TOUCH 1
3.0 OZ TOUCH 2
3.5 OZ TOUCH 3
2.  Time counting down.
3.  Remaining time will increase or decrease by 10 seconds.
or










10. TIMED COOKING

This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH power (100%). Refer to the "Microwave Power Level Table" on page 16 for more information.

NOTE: If you do not select a power level, the oven will automatically cook at HIGH (100%) power.

Example: To cook for 5 minutes, 30 seconds at 80% power.

Touch: **Display Shows:**

1.  once. Time of day.
2.  once. ENTER COOKING TIME
3.    5 : 3 0 TOUCH START OR POWER to set a cook time of 5 minutes, 30 seconds.
4.  once. ENTER POWER LEVEL 1 TO 10
5.  to set a cook power of 80%. P - 8 0 TOUCH START
6.  to start oven. 5 : 3 0
7. Beeps sound at the end END

OPERATING INSTRUCTIONS















11. MULTI-STAGE COOKING

For best results, some recipes call for different cook powers during different stages of a cook cycle. You can program your oven to switch from one power level to another for up to 3 stages.

Example: To set a 2-stage cook cycle.

Touch:

Display Shows:

1.  once. Time of day.
2.  once. *ENTER COOKING TIME*
3.    *3:00 TOUCH START OR POWER*
to set a 3 minutes cook time for the first stage.
4.  once. *ENTER POWER LEVEL 1 TO 10*
5.  to set an 80% cook power for the first stage. *P-80 TOUCH START*
6.  once. *ENTER COOKING TIME*
7.    *7:00 TOUCH START OR POWER*
to set a 7 minutes cook time for second stage.
8.  once. *ENTER POWER LEVEL 1 TO 10*
9.  to set an 50% cook power for the first stage. *P-50 TOUCH START*
10.  to start the oven. *3:00*

11. When the first stage is over, you will hear two short tones as the oven begins the second cook stage.
12. Beeps sound at the end *END*

MICROWAVE POWER LEVELS

Your microwave oven has 10 cook power levels to let you cook or heat a wide variety of foods. Refer to the table below for suggestions:

Microwave Power Level Table

Power Level	Use
10 (High)	<ul style="list-style-type: none"> Boiling water. Making candy. Cooking poultry pieces, fish, & vegetables. Cooking tender cuts of meat. Whole poultry.
9	<ul style="list-style-type: none"> Reheating rice, pasta, & vegetables.
8	<ul style="list-style-type: none"> Reheating prepared foods quickly. Reheating sandwiches.
7	<ul style="list-style-type: none"> Cooking egg, milk, & cheese dishes. Cooking cakes, breads. Melting chocolate.
6	<ul style="list-style-type: none"> Cooking veal. Cooking whole fish. Cooking puddings & custard.
5	<ul style="list-style-type: none"> Cooking ham, whole poultry, & lamb. Cooking rib roast, sirloin tip.
4	<ul style="list-style-type: none"> Thawing meat, poultry, & seafood.
3	<ul style="list-style-type: none"> Cooking less tender cuts of meat. Cooking pork chops, roast.
2	<ul style="list-style-type: none"> Taking chill out of fruit. Softening butter.
1	<ul style="list-style-type: none"> Keeping casseroles & main dishes warm. Softening butter & cream cheese.
0	<ul style="list-style-type: none"> Standing time.

MEATS, POULTRY AND FISH

WARNING: Do not use aluminum foil during cooking cycle.

Directions for Cooking Meats, Poultry and Fish

Meat

1. No special techniques are required. Meat should be prepared as with conventional cooking. Season if desired. Always thoroughly defrost meat before cooking.
2. Place the meat on a microwave roasting rack or microwave-proof plate and place on the turntable.
3. Cook according to the Meat Cooking Table (below). Use the longer time for large meats and the shorter time for smaller meats. For thicker chops, use the longer time.
4. Turn the meat once halfway through the cooking time.
5. **Let stand** for 5-10 minutes wrapped in foil after cooking. The standing time is very important as it completes the cooking process.
6. Make sure meat, especially pork, is thoroughly cooked before eating.

Meat Cooking Table

Meat	Microwave Power	Cooking Time Per Pound
BEEF		
Standing/Rolled Rib		
– Rare	8	8 to 10 minutes
– Medium	8	9 to 11 minutes
– Well-done	8	10 to 13 minutes
Ground Beef (to brown for casserole)	HIGH(100%)	5½ to 8½ minutes
Hamburgers, Fresh or defrosted (4 oz. each)		
– 2 patties	HIGH(100%)	2 to 4 minutes
– 4 patties	HIGH(100%)	3 to 5 minutes
PORK		
Loin, Leg	8	11 to 15 minutes
Bacon		
– 4 slices	HIGH(100%)	2 to 3 minutes
– 6 slices	HIGH(100%)	3 to 4 minutes

NOTE: The times listed above are only a guide. Allow for difference in individual tastes and preferences. The times may also vary due to the shape, cut, and composition of the food.

Poultry

1. No special techniques are required. Poultry should be prepared as with conventional cooking. Season if desired.
2. Poultry should be thoroughly defrosted. Remove giblets and any metal clamps.
3. Prick the skin and brush lightly with vegetable oil unless the poultry is self-basting.
4. All poultry should be placed on a microwave roasting rack or a microwave-proof plate and placed on the turntable.
5. Cook according to the instructions in the Poultry Cooking Table below. Turn over halfway through the cooking time. Because of its shape, poultry has a tendency to cook unevenly, especially in very bony parts. Turning during roasting helps to cook these areas evenly.
6. **Let stand** for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important, as it completes the cooking process.
7. Make sure poultry is thoroughly cooked before eating. Whole poultry is completely cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry pieces should be pierced with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

Poultry Cooking Table

Poultry	Microwave Power	Cooking Time Per Pound
CHICKEN		
Whole	8	10 to 14 minutes
Breast (boned)	8	9 to 13 minutes
Portions	8	10 to 16 minutes
TURKEY		
Whole	8	10 to 14 minutes

NOTES:

- The times listed above are only a guide. Allow for difference in individual tastes and preferences. The times may also vary due to the shape, cut, and composition of the food.
- If whole poultry is stuffed, the weight of the stuffed bird should be used when calculating the cooking time.

MEATS, POULTRY AND FISH

Directions for Cooking Meats, Poultry and Fish (continued)

Fish

1. Arrange fish in a large shallow non-metallic dish or casserole.
2. Cover with pierced microwave plastic wrap or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the Fresh Fish Cooking Table below. Flakes of butter can be added to the fish if desired.
5. Let stand as directed in the Cooking Table before serving.
6. After standing time, check to see that the fish is thoroughly cooked. The fish should be opaque and flake easily.

Fresh Fish Cooking Table

Fish	Microwave Power	Cooking Time Per Pound	Butter	Standing Time
Fish Fillets	HIGH	4 to 7 minutes	Add 15 to 30 ml (1 to 2 tbsp.)	2 to 3 minutes
Whole Mackerel, Cleaned and Prepared	HIGH	4 to 7 minutes	–	3 to 4 minutes
Whole Trout, Cleaned and Prepared	HIGH	5 to 8 minutes	–	3 to 4 minutes
Salmon Steaks	HIGH	5 to 7 minutes	Add 15 to 30 ml (1 to 2 tbsp.)	3 to 4 minutes

HEATING OR REHEATING GUIDE

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will be heated more evenly if covered with a microwavable lid or plastic wrap and vented. Remove cover carefully to prevent steam burns. Use the following table as a guide for reheating cooked food.

Items	Cook time (at HIGH)	Special Instructions
Sliced meat 3 slices (1/4-inch thick)	1-2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. *Note: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	2-3 1/2 minutes 1 1/2-3 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (6-8 oz.)	2-4 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagna 1 serving (10 1/2 oz.)	6-8 minutes	Place lasagna on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1-3 1/2 minutes 5-8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Casserole – cream or cheese 1 cup 4 cups	1 1/2-3 minutes 3 1/2-5 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sloppy Joe or Barbecued beef 1 sandwich (1/2 cup meat filling) without bun	1-2 1/2 minutes	Reheat filling and bun separately. Cook filling covered in microwavable casserole. Stir once. Heat bun as directed in table below.
Mashed potatoes 1 cup 4 cups	1-3 minutes 5-8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Baked beans 1 cup	1 1/2-3 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2 1/2-4 minutes 7 1/2-11 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Rice 1 cup 4 cups	1 1/2-3 1/2 minutes 4-6 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	15-30 seconds	Wrap in paper towel and place on glass microwavable rack
Vegetables 1 cup 4 cups	1 1/2-2 1/2 minutes 4-6 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Soup 1 serving (8 oz.)	1 1/2-2 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.

VEGETABLE

Directions for Cooking Fresh Vegetables

Place vegetables in casserole. Add amount of water recommended in table. Cover with lid or plastic wrap. Whole vegetables, such as potatoes, or eggplant should be pierced with a fork several times before cooking. Halfway through cooking, stir, rearrange and/or turn vegetables over. Let stand, covered, before serving.

Fresh Vegetable Table

Vegetable	Amount	Cook time at HIGH	Instructions	Standing Time
Artichokes (8oz. each)	2 medium 4 medium	5~8 10~13	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2-3 minutes
Asparagus, Fresh, Spears	1lb.	3~6	Add 1/2 cup water. Cover.	2-3 minutes
Beans, Green & Wax	1 lb.	6~10	Add 1/2 cup water in 1 1/2 qt. casserole. Stir halfway through cooking.	2-3 minutes
Beets, Fresh	1 lb.	10~14	Add 1/2 cup water in 1 1/2 qt. covered casserole. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, Spears	1lb.	4~6	Place broccoli in baking dish. Add 1/2 cup water.	2-3 minutes
Cabbage, Fresh, Chopped	1lb.	4~6	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Carrots, Fresh, Sliced	2 cups	2~4	Add 1/4 cup water in 1 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, Whole	1lb.	4~6	Trim. Add 1/4 cup water in 1 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Flowerettes, Fresh Celery, Fresh, Sliced	2 cups 4 cups	2 1/2~4 4~6	Slice. Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Corn, Fresh	2 ears	4~8	Husk. Add 2 tbsp water in 1 1/2 qt. baking dish. Cover.	2-3 minutes
Mushrooms, Fresh, Sliced	1/2 lb.	2~3 1/2	Place mushrooms in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, Sliced	1lb.	4~6	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	6~8	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Sweet Potatoes Whole Baking (6-8 oz. each)	2 medium 4 medium	5~8 7~12	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes 2-3 minutes
White Potatoes, Whole Baking (6-8 oz. each)	2 potatoes 4 potatoes	6~9 10~14	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes 2-3 minutes
Spinach, Fresh, Leaf	1lb.	3~6	Add 1/2 cup water in 2 qt. covered casserole.	2-3 minutes
Squash, Acorn or Butternut, Fresh	1 medium	5~7	Cut squash in half. Remove seeds. Place in 8 x 8-inch baking dish. Cover.	2-3 minutes
Zucchini, Fresh, Sliced	1lb.	4~6	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Zucchini, Fresh, Whole	1lb.	5~8	Pierce. Place on 2 paper towels. Turn zucchini over and rearrange halfway through cooking.	2-3 minutes

BAKED GOODS AND DESSERTS

CONVERTING RECIPES

When adapting "quick bread" recipes, you will find it necessary to reduce the amount of leavening (baking powder or soda) by about one-quarter the normal amount. A bitter aftertaste is apparent if too much leavening is used in biscuits or muffins. Since food rises higher in the microwave oven, you will not see a loss in volume from the reduction of soda or baking powder. If a recipe contains buttermilk or sour cream, do not change the amount of soda, since it serves to counteract the sour taste as well as leavening agent.

When using a mix where leavening cannot be reduced, allow the dough to stand about 10 minutes before cooking in order for some of the gas to be lost. Otherwise observe the following guidelines.

- Breads and rolls should be reheated only until they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.

Cooking / Reheating Guide

ITEM	POWER (%)	APPROX. COOKING/ REHEATING TIME	SPECIAL NOTES
Hamburger buns, hot dog rolls frozen: 1 lb (450g) Room temp: 1 2 4	5 (50) 5 (50) 5 (50) 5 (50)	1/2 - 2 1/2 min. 10 - 15 sec. 15 - 20 sec. 15 - 25 sec.	Place on paper plate or wrap in paper towel.
Doughnuts, 1 sweet rolls, 2 muffins 4	5 (50) 5 (50) 5 (50)	10 - 15 sec. 20 - 25 sec. 25 - 40 sec.	Place on paper plate or towel. Add 15 seconds if frozen.
Whole coffee cake, Frozen: 10-13 oz (280-370g) Room temp.: 10-13 oz (280-370g)	5 (50) 5 (50)	1 - 1 1/2 min. 1 - 1 1/2 min.	Place on paper plate or towel.
French bread, Frozen: 1 lb (450g) Room temp.: 1 lb (450g)	5 (50) 5 (50)	1 1/2 - 2 min. 25 - 35 sec.	Place on paper plate or towel.

ITEM	AMOUNT OF BATTER	DISH	COOKING POWER AND TIME (in minutes)		STAND TIME	SPECIAL NOTES
			FIRST STAGE	SECOND STAGE		
Butter Cake: Single layer or half of prepared mix	2 1/4 cups (550mL)	8 to 9-inch (20 to 23cm) round dish	5 (50) 5 to 7 min.	HIGH 2 to 3 min.	10 min.	Place on inverted pie plate.
Brownies	2 cups (500mL)	8 to 9-inch (20 to 23cm) round dish	5 (50) 8 to 11 min.	—	Cool with waxed paper.	Cover with waxed paper. Place on inverted pie plate.
Bar Cookies	1 1/2 cups (400mL)	8 to 9-inch (20 to 23cm) round dish	5 (50) 6 to 8 min.	HIGH 2 to 3 min.	Cool completely.	Cover with waxed paper during 1st stage.
Muffins large size	1/4 cup (50mL) each	1 2 6	7 (70) 35 to 60 sec. 1 to 1 1/2 min. 4 to 5 min.	—	—	—

CONVERSION TABLE

NOTES: 1Kg = 1000 grams

Only 1 digit can be entered after a decimal point.

Round figures off to the lower number to avoid overdefrosting. Ex. 1.28lbs, use 1.2.

lbs	lbs/oz.	grams	kg.	lbs	lbs/oz.	grams	kg.
0.3	4oz	100	0.1	5.7	5lb 12oz	2600	2.6
0.5	7oz	200	0.2	5.9	5lb 15oz	2700	2.7
0.7	10oz	300	0.3		6lb 3oz	2800	2.8
0.9	14oz	400	0.4		6lb 6oz	2900	2.9
1.1	1lb 2oz	500	0.5		6lb 10oz	3000	3.0
1.3	1lb 5oz	600	0.6		6lb 13oz	3100	3.1
1.6	1lb 9oz	700	0.7		7lb	3200	3.2
1.8	1lb 12oz	800	0.8		7lb 4oz	3300	3.3
2.0	2lb	900	0.9		7lb 8oz	3400	3.4
2.2	2lb 4oz	1000	1.0		7lb 11oz	3500	3.5
2.4	2lb 7oz	1100	1.1		7lb 15oz	3600	3.6
2.7	2lb 11oz	1200	1.2		8lb 3oz	3700	3.7
2.9	2lb 14oz	1300	1.3		8lb 6oz	3800	3.8
3.1	3lb 2oz	1400	1.4		8lb 10oz	3900	3.9
3.3	3lb 5oz	1500	1.5		8lb 13oz	4000	4.0
3.5	3lb 9oz	1600	1.6		9lb	4100	4.1
3.8	3lb 12oz	1700	1.7			4200	
4.0	4lb	1800	1.8				
4.2	4lb 3oz	1900	1.9				
4.4	4lb 7oz	2000	2.0				
4.6	4lb 10oz	2100	2.1				
4.9	4lb 14oz	2200	2.2				
5.1	5lb 1oz	2300	2.3				
5.3	5lb 5oz	2400	2.4				
5.5	5lb 8oz	2500	2.5				

PRECAUTIONS

1. Do not attempt to tamper with, or make any adjustments or repairs to door, control panel, safety interlock switches or any other part of the oven. Repairs should be done by qualified service personnel only.
2. Be certain to place the front surface of the door three inches or more away from the countertop edge to avoid accidental tipping of the appliance in normal usage.
3. For the most accurate programming of the electronic units, touch the center of each pad securely. Do not touch several pads at one time or touch in between pads. A beep sound should be heard with each touch when pad is touched correctly.
4. Do not hit or strike the control with objects such as silverware, utensils, etc. Breakage may occur.
5. Be careful when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot.
6. Do not rinse cooking utensils by immediately placing them into water just after cooking. This may cause breakage. Allow the turntable to cool down.
7. Do not operate the oven empty. Either food or water should always be in the oven during operation to absorb microwave energy.
8. Do not heat unopened food containers in the oven. Pressure build-up can cause the container to burst, resulting in injury.
9. Do not use your microwave oven to dry newspapers or clothes. They can catch fire.
10. Only use thermometers approved for microwave oven cooking.
11. Be certain the turntable is in place when you operate the oven.
12. Pierce the skin of potatoes, whole squash, apples or any fruit or vegetable which has a skin covering, before cooking.
13. Never use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell causing it to burst.
14. **Do not** pop popcorn, except in a microwave-approved popcorn popper or commercial package designed especially for microwave ovens.
Never try to pop popcorn in a paper bag not designed for microwave oven use. Overcooking may result in smoke and fire. Do not repop unpopped kernels. Do not reuse popcorn bags.

QUESTIONS AND ANSWERS

- Q.** What's wrong when the oven light will not glow?
A. There may be several reasons why the oven light will not glow.
 ■ Door is not closed. ■ Light bulb is burned out ■ START has not been touched
-
- Q.** Does microwave energy pass through the viewing screen in the door?
A. No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.
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- 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.
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- Q.** Will the microwave oven be damaged if it operates empty?
A. Yes. Never run it empty or without the glass tray.
-
- 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 before cooking. Never microwave eggs in the shell.
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- Q.** Why is standing time recommended after microwave cooking is over?
A. After microwave cooking is finished, food keep on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.
-
- Q.** Is it possible to pop popcorn in a microwave oven?
A. Yes, if using one of the two methods described below:
 (1) Popcorn-popping devices designed specifically for microwave cooking.
 (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 PRODUCT. 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 OR ATTEMPT TO POP LEFTOVER KERNELS.
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- Q.** Why doesn't my oven always cook as fast as the cooking guide says it should?
A. Check your cooking guide again to make sure you've followed the directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions chosen to help prevent over-cooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food could require longer cooking time. Use your own judgement along with the cooking guide suggestions to test for doneness, just as you would do with conventional cooking.