



MICROWAVE OVEN OWNER'S GUIDE

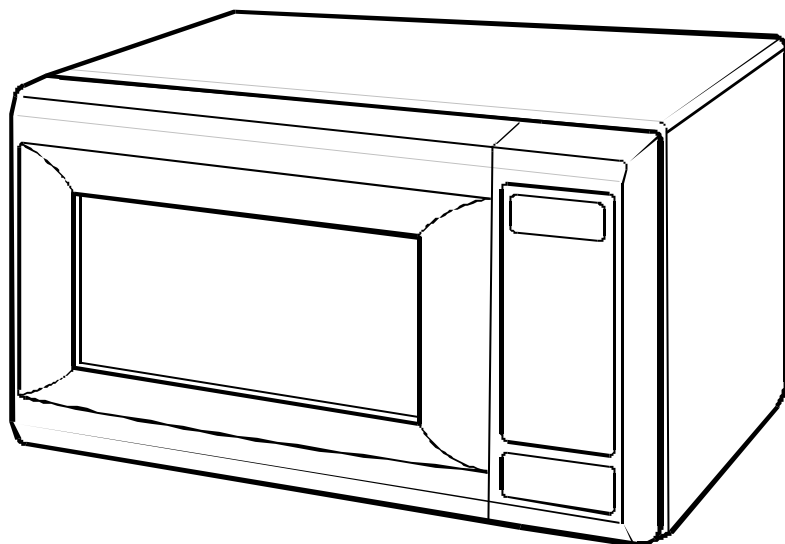


LISTED



LISTED

To help you get the
most out of your
new appliance



MODEL NO.: CDMW12W/CDMW12B

F/No.:3828W5A3063

TABLE OF CONTENTS

Precautions to Avoid Possible Exposure to Excessive Microwave Energy	2
Technical Specifications	3
Federal Communications Commission Radio Frequency Interference Statement	3
Important Safety Instructions	4
Installation	5-6
Feature Diagram	7
Control Features	8
Operating Instructions	9-15
1. Setting The Clock	9
2. Add Minute	9
3. Child Lock	9
4. Timer	10
5. One Touch Reheat	10
6. One Touch Cook	11
7. Auto Defrost	12-13
8. Quick Defrost	14
9. Timed Cooking	15
10. Multi-Stage Cooking	15
Meats, Poultry and Fish	16-17
Heating or Reheating Guide	18
Vegetable	19
Baked Goods and Desserts	20
Conversion Table	21
Precautions	22
Questions and Answers	22

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	CDMW12W / CDMW12B
Power Supply	120V AC, 60Hz
Rated Power Consumption	1,500W
Microwave Output	*1,100W
Frequency	2,450MHz
Rated Current	13 A
Overall Dimensions (WXHxD)	20 1/8" x 12" x 15 5/16"
Oven Cavity Dimensions (WXHxD)	14 3/16" x 9 1/2" x 14 15/16"
Effective Capacity of Oven Cavity	1.2 Cu.ft.

*IEC 60705 RATING STANDARD

Specifications subject to change without prior notice.

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.

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 on 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.

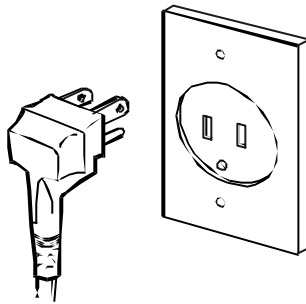
In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape route for the electric current.

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.

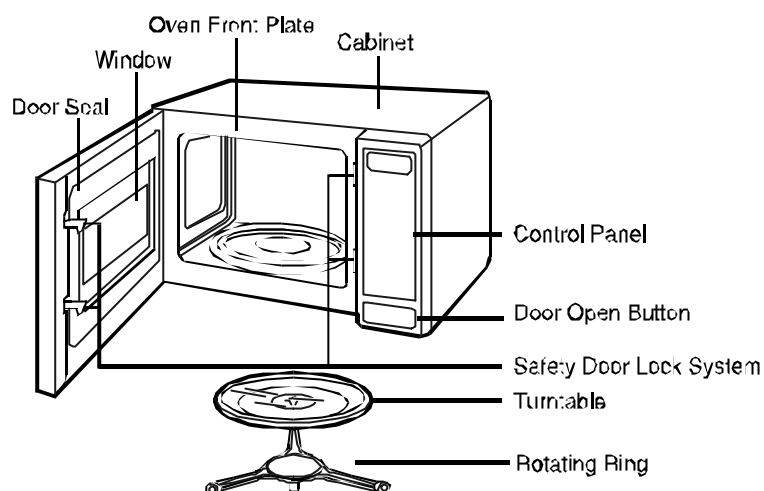
E. RADIO INTERFERENCE

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.

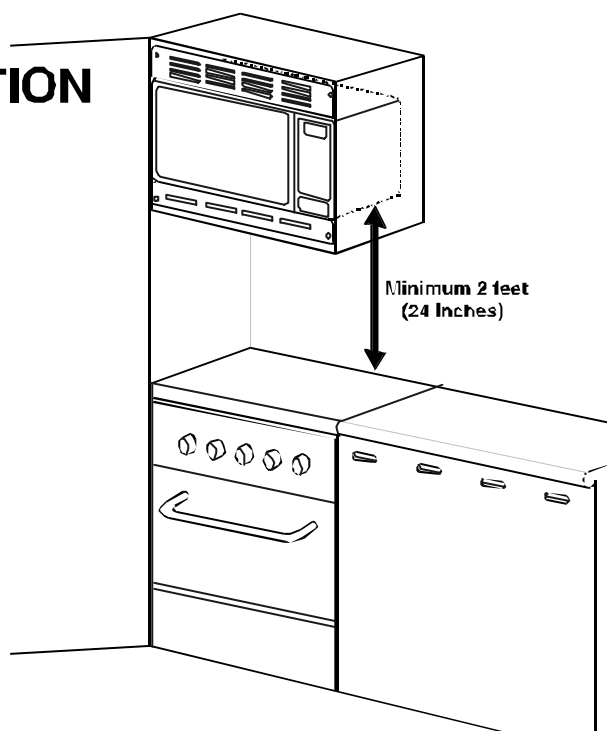
FEATURE DIAGRAM



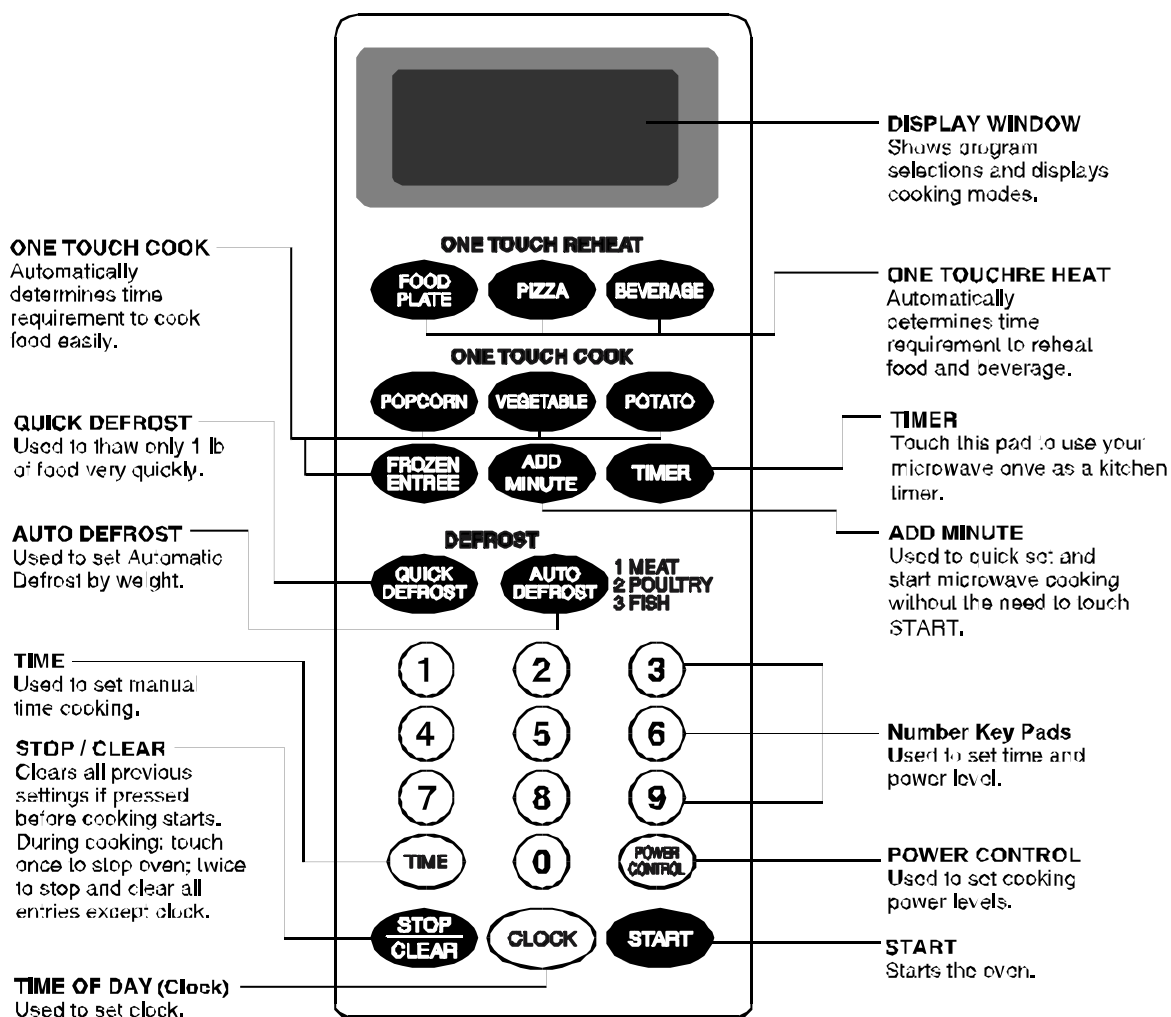
Remove your Microwave Oven and all material from the shipping carton.
Your oven will be packed with the following material:

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

INSTALLATION



CONTROL FEATURES




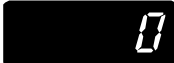
OPERATING INSTRUCTIONS

1.SETTING THE CLOCK

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to 0.


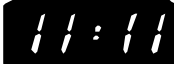
Example: To set the clock for 11:11.

Touch: **Display Shows:**

1.  once. 

2.  once. 

3.  four times. 


4.  to start the clock. 



2. ADD MINUTE

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 MINUTE cooking 2 minutes.

Touch: **Display Shows:**

1.  once. Time of day.

2.  two times 
(Time counting down.)


3. Beeps sound at the end. 



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 and when you are cleaning the oven.

To set **CHILD LOCK**:


Touch: **Display Shows:**

1.  once. Time of day.

2.  Hold until L appears in the display. 

To cancel **CHILD LOCK**:

Touch: **Display Shows:**

 Hold until L disappears from the display. Time of day.

OPERATING INSTRUCTIONS

4. TIMER

You can use the timer of your oven for purposes other than food cooking.

Example: To set 3 minutes.

Touch: **Display Shows:**

1. **TIMER** once.
2. **3 0 0** to set a cook time of 3 minutes.
3. **START** to start over.
(Time counting down.)

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. **STOP CLEAR** once. Time of day.
2. **FOOD PLATE** once.
(Time counting down.)
3. Beeps sound at the end.

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 Chart below for more information.

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

Touch:

1.  once.

Display Shows:



The oven begins the cooking you selected without the need to touch START.

Example 2: To cook 1 potato.

Touch:

1.  once.

Display Shows:



The oven begins the cooking you selected without the need to touch START.

One Touch Cook Chart

NOTE: No cover is needed for the ONE TOUCH foods listed in this chart unless called for in the directions.

Category	Serving	Quantity	Directions
POPCORN	3.5 oz. 3.0 oz. 1.75 oz.	3.5 oz. 3.0 oz. 1.75 oz.	<ul style="list-style-type: none"> Follow package instructions. Use popcorn package which is made especially for microwave cooking. Do not try to pop unpopped kernels. Heat only 1 package at a time. Do not leave the microwave oven unattended while popping popcorn.
POTATO	1 ea 2 ea 3 ea 4 ea	8-10 oz. each	<ul style="list-style-type: none"> Place in center of the oven on paper towel. Pierce potato several times with fork. After cooking, let stand for 5 minutes.
FROZEN ENTREE	10 oz.	10 oz.	<ul style="list-style-type: none"> Follow the package instructions. Example of one frozen entrée is Lasagna with Meat Sauce, Chicken with Rice, Sliced Turkey Breast with Rice and Vegetable.
FRESH VEGETABLE	1 cup 2 cups 3 cups 4 cups	8 oz. 16 oz. 24 oz. 32 oz.	<ul style="list-style-type: none"> Prepare vegetable (wash and cut into 1/2-inch pieces). Most vegetables need 2 to 3 minutes standing time to finish cooking. 1 cup – Add 2 tablespoon water 2 cups – Add 2 tablespoon water 3 cups – Add 4 tablespoon water 4 cups – Add 4 tablespoon water

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 Steaks/Chops. See the Auto Defrost Chart 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 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:

Display Shows:

1.  once.



2.  
to enter 1.2 lbs.



3.  to start the oven.

Time counting down.

Auto Defrost Chart

Category	Touch keypad	Food to be Defrosted	At Reminder Tone	Standing Time
GROUND MEAT	1 time	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.

Continued on next page

OPERATING INSTRUCTIONS

Auto Defrost Chart (continued)

Category	Touch keypad	Food to be Defrosted	At Reminder Tone	Standing Time
POULTRY	2 times	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.
STEAKS/ CHOPS	3 times	Beef Steaks	Turn over. Cover warm areas with aluminum foil.	10-20 min.
		Pork Chops	Same as above.	10-20 min.
		Lamp Chops	Same as above.	10-20 min.
		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.

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:

1. 

Display Shows:

Time of day.

2. 



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. 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 Chart on page 15 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.

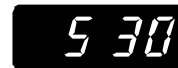
Touch:

1.  once.


Display Shows:




2.   
to set a cook time of
5 minutes, 30 seconds.



3.  once.



4.  to set a
cook
power of
80%.



5.  to start
oven.



(Time counting down.)

OPERATING INSTRUCTIONS

10. 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.

NOTE: If you are using the AUTO DEFROST feature as one of the cooking stages, it must be programmed as the first stage.

Example: To set a 2-stage cook cycle.

Touch: **Display Shows:**

1. **TIME** once. **0**

2. **3 0 0**
to set a 3 minute cook time for the first stage. **3 00**

3. **POWER CONTROL** once. **P-HI**

4. **8** to set an 80% cook power for the first stage. **P-80**

5. **TIME** once. **0**

6. **7 0 0**
to set a 7 minute cook time for second stage. **7 00**

7. **POWER CONTROL** once. **P-HI**

8. **5** to set a 50% cook power for the second stage. **P-50**

9. **START** to start the oven.

3:00

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 chart below for suggestions:

Microwave Power Level Chart

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	1 lb.	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	1 lb.	4-6	Place broccoli in baking dish. Add 1/2 cup water.	2-3 minutes
Cabbage, Fresh, Chopped	1 lb.	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	1 lb.	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	1 lb.	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	1 lb.	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	1 lb.	4-6	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Zucchini, Fresh, Whole	1 lb.	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 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 uncooked 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.

Q. Why does the beep tone sound when a pad on the Control Panel is touched?

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

Q. 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.

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.

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.

Limited Warranty

For Dometic Microwave Models CDMW12W/CDMW12B

THE SELLER NAMED BELOW MAKES THE FOLLOWING WARRANTY WITH RESPECT TO THIS DOMETIC MICROWAVE OVEN.

1. This Warranty is made **only** to the first Purchaser (hereinafter called the "Original Purchaser") who acquires this product for his own use.
2. This Warranty will be in effect for one year from the date of purchase by the Original Purchaser. It is suggested that the Original Purchaser retain a copy of the dated bill of sales as evidence of the date of purchase.
3. This Warranty covers only specified parts which shall be free from defects in material and workmanship under normal use. This Warranty does not cover conditions unrelated to the material and workmanship of the product. Such unrelated conditions include, but are not limited to (a) faulty installation and any damage resulting from such; (b) the need for normal maintenance and any damage resulting from the failure to provide such maintenance; (c) failure to follow Seller's instructions for use of the product, and (d) any accident to, or misuse of any part of this product and any alteration by anyone other than Seller or the authorized representative.
4. In order to obtain the benefits of this Warranty, you should return the product which you find defective to your dealer during the period that this Warranty is in effect. All charges incurred in delivery of the microwave to Seller must be paid by the Original Purchaser. A copy of the dated bill of sale must accompany the returned microwave oven.
5. Any item returned in the manner described in paragraph 4 will be examined by your dealer. If it is found that the microwave is defective in material and workmanship, the Seller will replace the appliance.
6. The Seller does not authorize any person or company to create an warranty obligation or liability on their behalf.
7. IN NO EVENT SHALL SELLER BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR IMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.
8. ANY IMPLIED WARRANTY, INCLUDING THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR ANY PURPOSE, IS LIMITED TO THE DURATION OF THIS LIMITED WARRANTY, SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLPY TO YOU.
9. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.
10. All appliances (except those specifically built for commercial use) are warranted only when installed in vehicles built to the R.V.I.A and CSA Standards.

Seller in USA

The Dometic Corporation
The Warranty Department
509 South Poplar Street
LaGrange, Indiana 46761

Seller in CANADA

The Dometic Corporation
The Warranty Department
866 Langs Drive
Cambridge, Ontario
Canada N3H 2N7