

## Table of contents

<b>Finding information</b> .....	<b>2</b>
<b>Safety</b> .....	<b>3-8</b>
<b>Information You Need To Know</b> .....	<b>9-12</b>
<b>Features</b> .....	<b>13-16</b>
<b>Getting Started</b> .....	<b>17-18</b>
• Power up, control display modes & timers .....	17
• Control lock & oven lights .....	18
<b>Settings for Best Results</b> .....	<b>19-20</b>
<b>Setting Microwave Controls</b> .....	<b>21-35</b>
• Time cooking .....	21
• Sensor modes .....	22
• Popcorn .....	24
• Auto cook .....	24
• Auto defrost .....	26
• Auto reheat .....	27
• Convection cooking .....	28
• Auto cooking .....	30
• Preheat- Slow cook .....	33
• Fast cooking .....	34
<b>Setting Lower Oven Controls</b> .....	<b>36-58</b>
• Fast preheat .....	36
• Bake .....	37
• Using cook time .....	38
• Using cook time with end time .....	39
• Broil .....	40-41
• Convection bake .....	42
• Using convection convert .....	43
• Convection roast.....	44-45
• Probe .....	46-47
• Convection broil .....	48
• Keep warm .....	49
• Slow cook .....	50
• Perfect Turkey .....	51
• Defrost .....	52
• Dehydrate .....	52
• Bread proof .....	53
• My favorites .....	54
• Multi stage .....	55
• Setting Sabbath mode .....	57
<b>Setting Your Preferences</b> .....	<b>59-63</b>
• Setting clock .....	59
• Setting clock display .....	59
• Setting 12 or 24 hour mode .....	60
• Changing between F° or C° .....	60
• Setting 12hr energy saving mode .....	61
• Setting audio mode .....	61
• Adjusting oven temperature .....	62
• Factory default reset .....	62
• User preferences chart .....	63
<b>Lower Oven Self-Clean</b> .....	<b>64-65</b>
<b>Lower Oven Care &amp; Cleaning</b> .....	<b>66-70</b>
• Cleaning recommendations .....	66-67
• Oven door removal .....	68-69
• Changing oven lights .....	70
• Caring for your glide racks .....	71
<b>Microwave Care &amp; Cleaning</b> .....	<b>72</b>
<b>Solutions to Common Problems</b> .....	<b>73-75</b>
<b>Microwave Service Call Check</b> .....	<b>76</b>
<b>Warranty</b> .....	<b>77</b>

## Please read & save this guide

Thank you for choosing **Electrolux**, the new premium brand in home appliances. This *Use & Care Guide* is part of our commitment to customer satisfaction and product quality throughout the service life of your new appliance.

We view your purchase as the beginning of a relationship. To ensure our ability to continue serving you, please use this page to record important product information.

## Keep a record for quick reference

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Purchase date

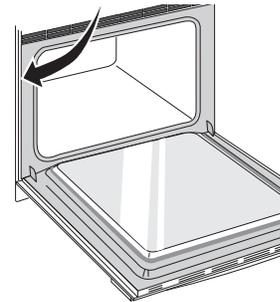
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Electrolux model number

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Electrolux serial number

## Serial plate location



### NOTE

Registering your product with Electrolux enhances our ability to serve you. You can register online at [www.electroluxappliances.com](http://www.electroluxappliances.com) or by dropping your Product Registration Card in the mail.

## Questions?

For toll-free telephone support in the U.S. and Canada:

**1-877-4ELECTROLUX (1-877-435-3287)**

For online support and Internet production information visit <http://www.electroluxappliances.com>

## What you need to know about safety instructions

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Warning and Important Instructions appearing in this guide are not meant to cover all possible conditions and situations that may occur. Common sense, caution and care must be exercised when installing, maintaining or operating a microwave.

**ALWAYS** contact your dealer, distributor, service agent or manufacturer about problems or conditions you do not understand.

## Recognize Safety Symbols, Words, Labels

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### **WARNING**

**WARNING**— Hazards or unsafe practices which **COULD** result in severe personal injury or death.



### **CAUTION**

**CAUTION**— Hazards or unsafe practices which **COULD** result in minor personal injury.

## **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**

### **Adhere to the following precautions:**

- **DO NOT** attempt to operate the microwave oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- **DO NOT** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- **DO NOT** operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

# 4 Important Safety Instructions

## WARNING

When using electrical appliances, basic safety precautions should be followed to reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- **READ ALL** instructions before using the appliance.
- **READ AND FOLLOW** the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 3.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Some products such as whole eggs and sealed containers - for example, closed jars - are able to explode and **SHOULD NOT** be **HEATED** in this oven.
- Use this appliance **ONLY** for its intended use as described in this 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.
- As with any appliance, **CLOSE SUPERVISION** is necessary when used by **CHILDREN** or **INFIRM PERSONS**.
- This appliance, including power cord, must be serviced **ONLY** by qualified service personnel. Contact nearest Electrolux Authorized Servicer for examination, repair or adjustment.
- **DO NOT** cover or block any vents or openings on the oven.
- **DO NOT** store or use 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 locations.
- Oversized foods or oversized metal utensils should **NOT** be inserted in a microwave oven as they may create a fire or risk of electric shock.
- **DO NOT** clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
- **DO NOT** use paper products when appliance is operated in the convection or mix mode.
- **DO NOT** cover racks or any other part of the microwave oven with metal foil. This will cause overheating of the oven.
- Review the door cleaning instructions on page 61 (oven door) and 68 (microwave door).

## CAUTION

To reduce the risk of fire in the oven cavity:

- **DO NOT overcook food. Carefully attend to appliance when paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.**
- Remove wire twist-ties from paper or plastic bags before placing bag in oven.
- **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.**
- **DO NOT** use the cavity for storage purposes. **DO NOT** leave paper products, cooking utensils or food in the cavity when not in use.

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

To reduce the risk of injury to persons:

- **DO NOT** overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks. Use a wide-mouthed container.
- After heating, allow the container to stand in the Microwave Oven at least for 20 seconds before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

If the oven light fails, consult a Electrolux Authorized Servicer.

## Recognize safety symbols, words and labels

Safety items throughout this manual are labeled with a WARNING or CAUTION based on the risk type as described below:

### **WARNING**

This symbol alerts you to situations that may cause serious body harm, death or property damage.

### **CAUTION**

This symbol alerts you to situations that may cause bodily injury or property damage.

## Read all of the following safety instructions before using this appliance:

- **Remove all tape and packaging before using the appliance.** Destroy the carton and plastic bags after unpacking the appliance. Never allow children to play with packaging material.
- **Proper Installation—Be sure your appliance is properly installed and grounded by a qualified technician in accordance with the National Fuel Gas Code ANSI Z223- latest edition, or in Canada CAN/CGA B149.1 and CAN/GGA B149.2, and the National Electrical Code ANSI/NFPA No.70-latest edition, or in Canada CSA Standard C22.1, Canadian Electrical Code, Part 1, and local code requirements.** Install only per installation instructions provided in the literature package for this appliance.

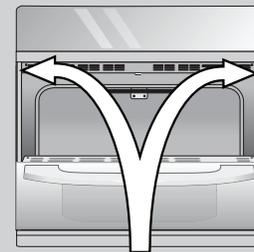
Ask your dealer to recommend a qualified technician and an authorized repair service. Know how to disconnect the power to the appliance at the circuit breaker or fuse box in case of an emergency.
- **User servicing—Do not repair or replace any part of the appliance unless specifically recommended in the manuals.** All other servicing should be done only by a qualified technician. This may reduce the risk of personal injury and damage to the appliance.
- **Never modify or alter the construction of an appliance by removing leveling legs, panels, wire covers, anti-tip brackets/screws, or any other part of the product.**

## **WARNING**



### Tip Over Hazard

- A child or adult can tip the oven and be killed.
- Install the anti-tip device to oven and/or structure per installation instructions.
- Ensure the anti-tip device is re-engaged when the oven is moved.
- Do not operate the oven without the anti-tip device in place and engaged.
- Failure to follow these instructions can result in death or serious burns to children and adults.



Refer to the installation instructions supplied with your appliance for proper installation.

Check for proper installation with a visual check that the anti-tip screws are present.

### **Anti-tip mounting holes**

Test the installation with a light downward pressure on the open oven door. The oven should not tip forward.

## **WARNING**

- **Never Use Your Appliance for Warming or Heating the Room.**
- **Do not use the oven for storage.**
- **Stepping, leaning or sitting on the doors of this appliance can result in serious injuries and also cause damage to the appliance.** Do not allow children to climb or play around the appliance. The weight of a child on an open door may cause the appliance to tip, resulting in serious burns or other injury.

## **CAUTION**

**Do not store items of interest to children in the cabinets above the appliance.** Children climbing on the appliance to reach items could be seriously injured.

# 6 Important Safety Instructions

- **Protective liners**—Do not use aluminum foil to line the oven bottom, except as suggested in the manual. Improper installation of these liners may result in a risk of electrical shock, or fire.
- **Storage in or on Appliance—Flammable materials should not be stored in an oven or microwave oven.** This includes paper, plastic and cloth items, such as cookbooks, plasticware and towels, as well as flammable liquids. Do not store explosives, such as aerosol cans, on or near the appliance.
- **Do not leave children alone—Children should not be left alone or unattended in the area where appliance is in use.** They should never be allowed to sit or stand on any part of the appliance.
- **DO NOT TOUCH HEATING ELEMENTS OR INTERIOR SURFACES OF THE OVENS.** ALL oven heating elements may be hot even though they are dark in color. During and after use, do not touch, or let clothing or other flammable materials touch these areas until they have had sufficient time to cool. Among these areas are the oven vent openings and surfaces near these openings, oven door and window.
- **Wear proper apparel—Loose-fitting or hanging garments should never be worn while using the appliance.** Do not let clothing or other flammable materials contact hot surfaces.
- **Do not use water or flour on grease fires—Smother the fire with a pan lid, or use baking soda, a dry chemical or foam-type extinguisher.**
- **When heating fat or grease, watch it closely.** Fat or grease may catch fire if allowed to become too hot.
- **Use only dry potholders - Moist or damp potholders on hot surfaces may result in burns from steam.** Do not let potholders touch hot heating elements. Do not use a towel or other bulky cloth instead of a potholder.

## IMPORTANT

**Do not attempt to operate the appliance during a power failure.** If the power fails, always turn off the appliance. If the appliance is not turned off and the power resumes, the appliance will begin to operate again. Once the power resumes, reset the clock and oven function.

- **Do not heat unopened food containers - Buildup of pressure may cause container to burst and result in injury.**
- **Remove the oven door from any unused appliance if it is to be stored or discarded.**

### Important instructions for using your oven

- **Use care when opening oven door**—Stand to the side of the appliance when opening the door of a hot oven. Let hot air or steam escape before you remove or replace food in the oven.
- **Keep oven vent ducts unobstructed.** The oven vents are located under the control panel and in between the ovens. Touching the surfaces in this area when the oven is operating may cause severe burns. Also, do not place plastic or heat-sensitive items on or near the oven vent. These items could melt or ignite.
- **Placement of oven racks.** Always place oven racks in desired location while oven is cool. If rack must be moved while oven is hot use extreme caution. Use potholders and grasp the rack with both hands to reposition. Do not let potholders contact the hot heating elements in the oven. Remove all utensils from the rack before moving.
- **Do not use the broiler pan without its insert.** The broiler pan and its insert allow dripping fat to drain and be kept away from the high heat of the broiler.
- **Do not cover the broiler insert with aluminum foil. Exposed fat and grease could ignite.**

- **Cold temperatures** can damage the electronic control. When using the appliance for the first time, or when the appliance has not been used for an extended period of time, be certain the unit has been in temperatures above 32°F (0°C) for at least 3 hours before turning on the power to the appliance.

## Important instructions for cleaning your appliance

- **Clean the appliance regularly to keep all parts free of grease that could catch fire.** Do not allow grease to accumulate.
- **Kitchen cleaners and aerosols—Always follow the manufacturer's recommended directions for use.** Be aware that excess residue from cleaners and aerosols may ignite causing damage and injury.
- **Clean ventilating hoods frequently—Grease should not be allowed to accumulate on the hood or filter.** Follow manufacturer's instructions for cleaning.

## Self cleaning ovens

- **Clean in the self-cleaning cycle only the parts listed in this Use & Care Manual.** Before self cleaning the oven, remove the broiler pan and any utensils or foods from the oven.
- **Do not use oven cleaners—**No commercial oven cleaner or oven liner protective coating of any kind should be used in or around any part of the oven.
- **Do not clean door gasket—**The door gasket is essential for a good seal. Care should be taken not to rub, damage or move the gasket.
- The health of some birds is extremely sensitive to the fumes given off during the self-cleaning cycle of any appliance. Move birds to another well-ventilated room.

## Important safety notice

The California Safe Drinking Water and Toxic Enforcement Act requires the Governor of California to publish a list of substances known to the state to cause cancer, birth defects or other reproductive harm, and requires businesses to warn customers of potential exposure to such substances.

SAVE THESE INSTRUCTIONS FOR  
FUTURE REFERENCE

# 8 Important Safety Instructions

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## Federal Communications Commission Radio Frequency Interference Statement (U.S.A. Only)

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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 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 a 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 following:

- Reorient the receiving antenna of the 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 the microwave oven and the receiver are on different branch circuits.

**The manufacturer** is not responsible for any radio or television interference caused by **unauthorized modification** to this microwave oven. It is the responsibility of the user to correct such interference.

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## About your oven

This Use and Care Guide is valuable: read it carefully and always save it for reference.

A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes.

**NEVER** use the Microwave Oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the oven. The turntable will turn both clockwise and counterclockwise.

**ALWAYS** have food in the Microwave Oven when it is on to absorb the microwave energy.

When using the Microwave Oven at power levels below 100%, you may hear the magnetron cycling

on and off. It is normal for the exterior of the oven to be warm to the touch when cooking or reheating.

Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the oven. Generally, covered foods will not cause as much condensation as uncovered ones. Ventilation openings must not be blocked.

The Microwave Oven is for food preparation only. It should not be used to dry clothes or newspapers.

Your Microwave Oven is rated 900 watts by using the IEC Test Procedure. In using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

## About safety

- Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures.

Temp	Food
160°F	For fresh pork, ground meat, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.
165°F	For leftover, ready-to-reheat refrigerated, and deli and carry-out "fresh" food.
170°F	White meat of poultry.
180°F	Dark meat of poultry.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave use.

- ALWAYS use potholders to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

- Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- NEVER use the cavity for storing cookbooks or other items.
- Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
- Keep waveguide cover clean. Food residue can cause arcing and/or fires.
- Use care when removing items from the oven so that the utensil, your clothes or accessories do not touch the safety door latches.
- Keep aluminum foil used for shielding at least 1 inch away from walls, ceiling and door.

## About microwave cooking

- Arrange food carefully. Place thickest areas towards outside of dish.
- Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
- Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent splattering and help foods to cook evenly.
- Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking before dense, thick areas are cooked thoroughly.
- Stir foods from outside to center of dish once or twice during cooking, if possible.
- Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
- Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
- Add standing time. Remove food from oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking.
- Check for doneness. Look for signs indicating that cooking temperatures have been reached.
- Doneness signs include:
  - Food steams throughout, not just at edge.
  - Center bottom of dish is very hot to the touch.
  - Poultry thigh joints move easily.
  - Meat and poultry show no pinkness.
  - Fish is opaque and flakes easily with a fork.

## About food

Food	Do	Don't
<b>Eggs, sausages, nuts, seeds, fruits &amp; vegetables</b>	<ul style="list-style-type: none"> <li>• Puncture egg yolks before cooking to prevent "explosion".</li> <li>• Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>• Cook eggs in shells.</li> <li>• Reheat whole eggs.</li> <li>• Dry nuts or seeds in shells.</li> </ul>
<b>Popcorn</b>	<ul style="list-style-type: none"> <li>• Use specially bagged popcorn for microwave cooking.</li> <li>• Listen while popping corn for the popping to slow to 1 or 2 seconds or use special <b>popcorn</b> pad.</li> </ul>	<ul style="list-style-type: none"> <li>• Pop popcorn in regular brown bags or glass bowls.</li> <li>• Exceed maximum time on popcorn package.</li> </ul>
<b>Baby food</b>	<ul style="list-style-type: none"> <li>• Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving.</li> <li>• Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding.</li> </ul>	<ul style="list-style-type: none"> <li>• Heat disposable bottles.</li> <li>• Heat bottles with nipples on.</li> <li>• Heat baby food in original jars.</li> </ul>
<b>General</b>	<ul style="list-style-type: none"> <li>• Cut baked goods with filling after heating to release steam and avoid burns.</li> <li>• Stir liquids briskly before and after heating to avoid "eruption".</li> <li>• Use deep bowl, when cooking liquids or cereals, to prevent boilovers.</li> </ul>	<ul style="list-style-type: none"> <li>• Heat or cook in closed glass jars or air tight containers.</li> <li>• Can in the microwave as harmful bacteria may not be destroyed.</li> <li>• Deep fat fry.</li> <li>• Dry wood, gourds, herbs or wet papers.</li> </ul>

## About utensils and coverings for microwave cooking

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your Convection Microwave Oven. The chart below will help you decide what utensils and coverings should be used in each mode.

Utensils and Coverings	Microwave Only	Convection, Broil, Slow Cook	Fast Roast, Fast Bake
Aluminum foil	<b>YES</b> - Small flat pieces of aluminum foil placed smoothly on food can be used to shield areas from cooking or defrosting too quickly. Keep foil at least 1 inch from walls of oven.	<b>YES</b> - For shielding	<b>YES</b> - For shielding
Aluminum containers	<b>NO</b>	<b>YES</b> - Broil. No cover.	<b>YES</b> - Can be used if 3/4 filled with food. Keep 1 inch away from walls and do not cover with foil.
Browning dish	<b>YES</b> - Do not exceed recommended preheating time. Follow manufacturer's directions.	<b>NO</b>	<b>NO</b>
Glass ceramic (Pyroceram®)	<b>YES</b> - Excellent	<b>YES</b> - Excellent	<b>YES</b> - Excellent
Glass, heat-resistant	<b>YES</b> - Excellent.	<b>YES</b> - Excellent	<b>YES</b> - Excellent
Glass, non-heat-resistant	<b>NO</b>	<b>NO</b>	<b>NO</b>
Lids, glass	<b>YES</b>	<b>YES</b> - Broil. No cover.	<b>YES</b>
Lids, metal	<b>NO</b>	<b>YES</b> - Broil. No cover.	<b>NO</b>
Metal cookware	<b>NO</b>	<b>YES</b>	<b>YES</b> - Do not use metal covering.
Metal, misc.: dishes with metallic trim, screws, bands, handles. Metal twist ties	<b>NO</b>	<b>NO</b>	<b>NO</b>
Oven cooking bags	<b>YES</b> - Good for large meats or foods that need tenderizing. DO NOT use metal twist ties.	<b>YES</b> - Broil. No cover.	<b>YES</b> - Do not use metal twist ties.
Paper plates	<b>YES</b> - For reheating	<b>NO</b>	<b>NO</b>

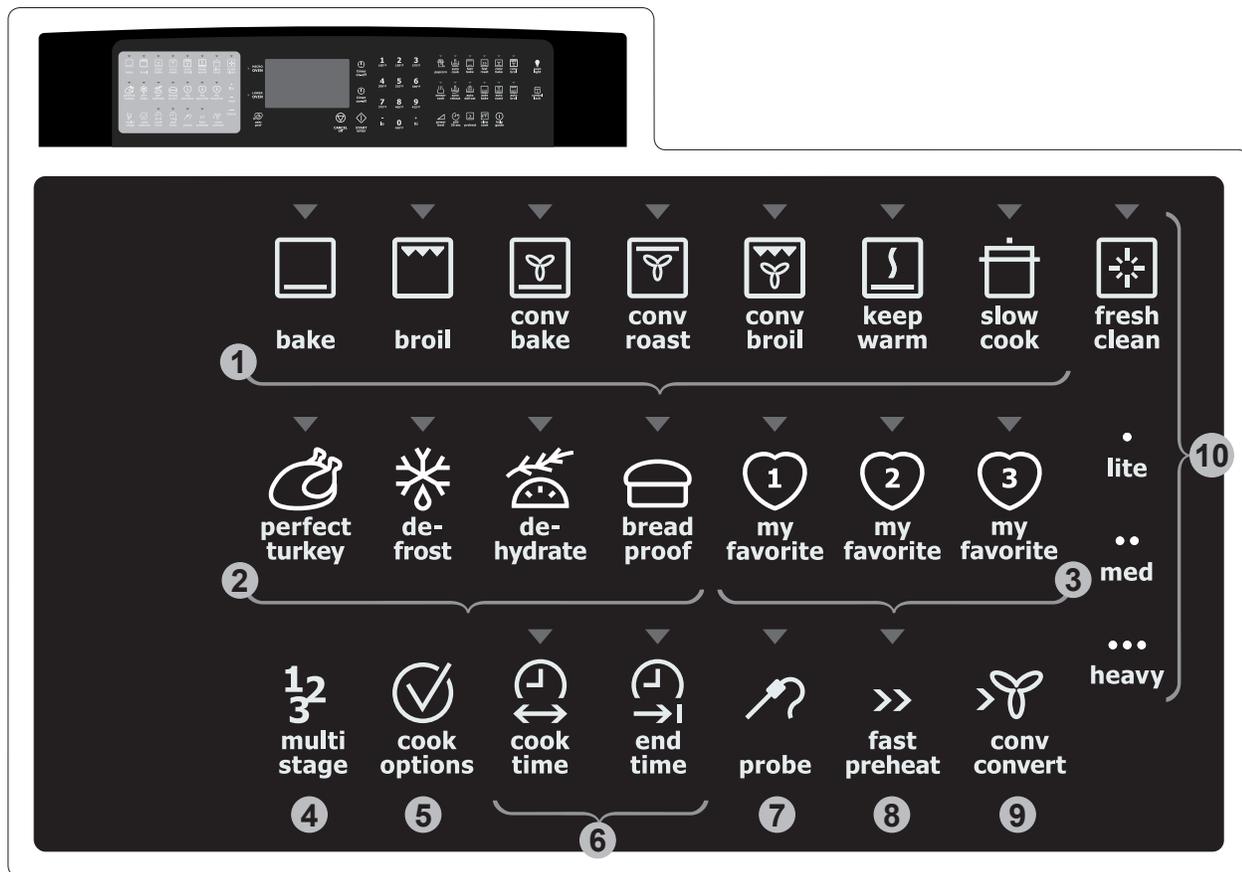
Utensils and Coverings	Microwave Only	Convection, Broil, Slow Cook	Fast Roast, Fast Bake
Paper towels	<b>YES</b> - To cover for reheating and cooking. Do not use recycled paper towels which may contain metal fillings.	<b>NO</b>	<b>NO</b>
Paper, ovenable	<b>YES</b>	<b>YES</b> - For temperatures up to 400°F. Do not use for broiling.	<b>YES</b> - For temperatures up to 400°F.
Microwave-safe plastic containers	<b>YES</b> - Use for reheating and defrosting. Some microwave-safe plastics are not suitable for cooking foods with high fat and sugar content. Follow manufacturer's directions.	<b>NO</b>	<b>NO</b>
Plastic, Thermoset®	<b>YES</b>	<b>YES</b> - Are heat resistant up to 425°F. Do not use for broiling.	<b>YES</b>
Plastic wrap	<b>YES</b> - Use brands specially marked for microwave use. DO NOT allow plastic wrap to touch food. Vent so steam can escape.	<b>NO</b>	<b>NO</b>
Pottery, porcelain stoneware	<b>YES</b> - Check manufacturer's recommendation for being microwave safe.	<b>YES</b>	<b>YES</b> - Must be microwave safe AND ovenable.
Styrofoam	<b>YES</b> - For reheating	<b>NO</b>	<b>NO</b>
Wax paper	<b>YES</b> - Good covering for cooking and reheating.	<b>NO</b>	<b>NO</b>
Wicker, wood, straw	<b>YES</b> - May be used for short periods of time. Do not use with high fat or high sugar content foods. Could char.	<b>NO</b>	<b>NO</b>

**DISH CHECK** If you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. If the dish becomes very hot, DO NOT use it for microwaving.

**ACCESSORIES** There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures when using microwave-only cooking.

Electrolux is not responsible for any damage to the oven when accessories are used.

## Oven features & options



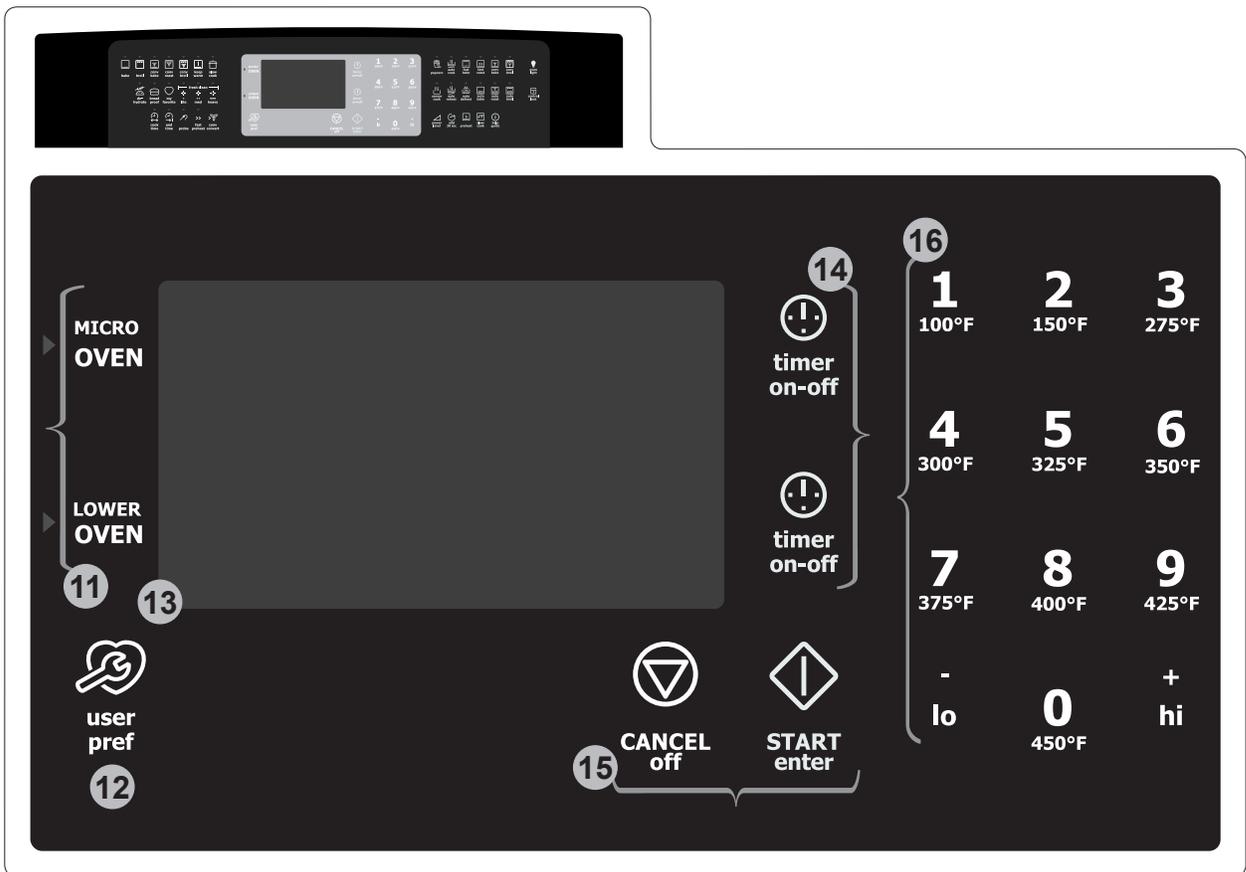
1. Standard cooking
  - Bake
  - Broil
  - Perfect-Convect<sup>3</sup>™ convection bake
  - Perfect-Convect<sup>3</sup>™ convection roast
  - Perfect-Convect<sup>3</sup>™ convection broil
  - Keep warm
  - Slow cook
2. Specialized cooking
  - Perfect Turkey™
  - Defrost
  - Dehydrate
  - Bread proof
3. Favorite settings
4. Perfect Program™ multi stage cooking
5. Cook options
6. Cooking time
  - Cook time
  - End time
7. Probe

8. Fast preheat
9. Convection convert
10. Fresh cleaning

Minimum & maximum control settings		
Feature	Min. temp	Max. temp
Bake	170°F / 76°C	550°F / 288°C
Bread Proof	85°F / 30°C	100°F / 38°C
Broil	300°F / 148°C	550°F / 288°C
Conv Bake	170°F / 76°C	550°F / 288°C
Conv Roast	170°F / 76°C	550°F / 288°C
Conv Broil	300°F / 148°C	550°F / 288°C
Keep Warm	150°F / 66°C	190°F / 88°C
Slow Cook	Lo (225°F / 108°C)	Hi (275°F / 135°C)
Dehydrate	100°F / 38°C	225°F / 108°C
Perfect Turkey	170°F / 76°C	550°F / 288°C

# 14 Features

## Oven control display & keys



### 11. Perfect-Pair™ oven key pads

- Microwave upper oven
- Sure-2-fit™ Lower oven

### 12. User preferences

The following options are available under User Preferences:

- Clock setting
- Clock display setting
- 12 hr/ 24 hr
- Fahrenheit / Celsius
- 12 Hr energy save mode on/off
- Audio mode
- Temperature adjustment (UPO offset)
- Factory default reset

### 13. Oven display

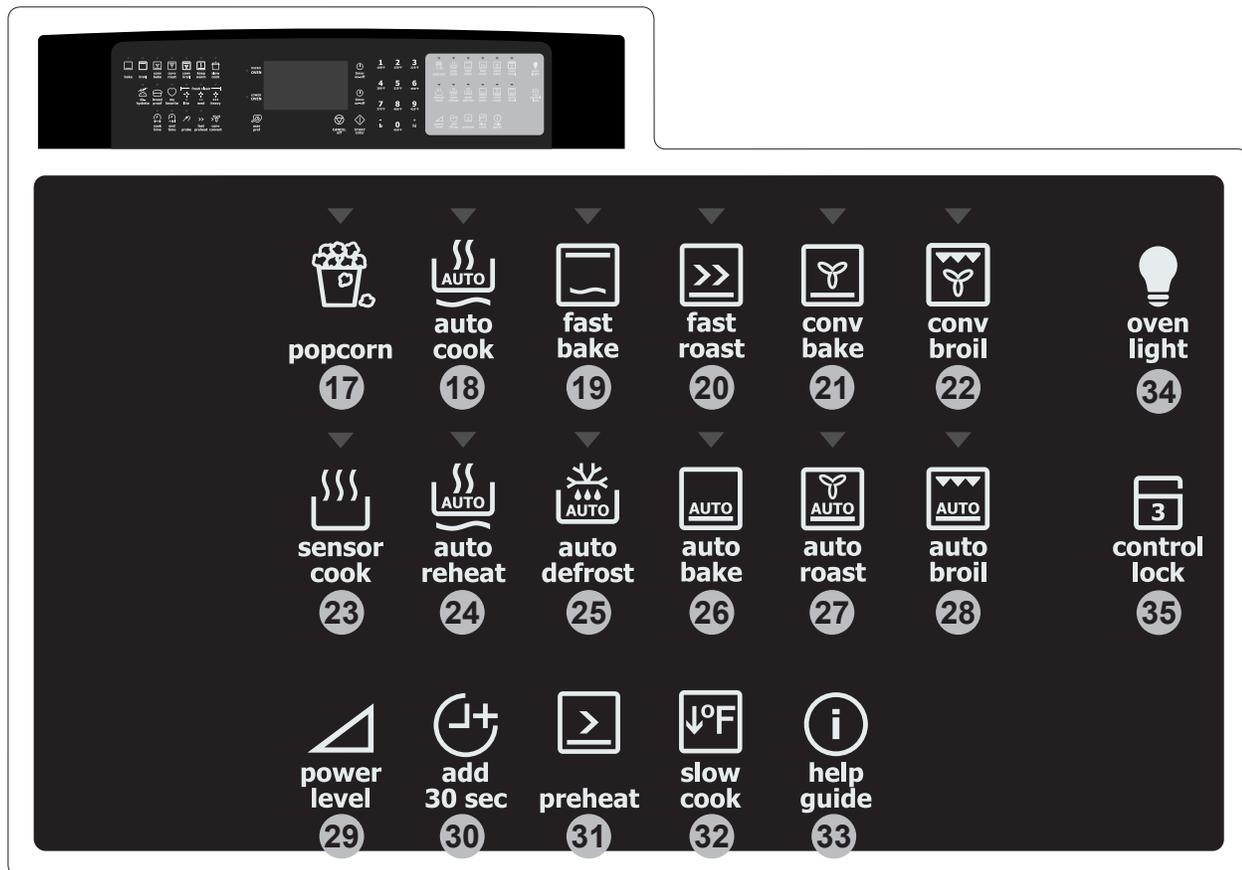
### 14. Timers

### 15. Cancel & Start key pads

### 16. Numeric key pads

Minimum & maximum time settings		
Feature	Min. time	Max. time
Timer 1	1 min	11 hr 59 min
Timer 2	1 min	11 hr 59 min
Clock 12 hr	1:00 hr	11 hr 59 min
Clock 24 hr	0:00 hr	23 hr 59 min
Cook time 12 hr	1 min	11 hr 59 min
Cook time 24 hr	1 min	11 hr 59 min
End time 12 hr	1:00 hr	12 hr 59 min
End time 24 hr	0:00 hr	23 hr 59 min
Fresh Clean	Lite (2 hr)	Heavy (4 hr)

## Microwave convection oven features & options



- 17. Popcorn
- 18. Auto cook
- 19. Fast bake
- 20. Fast roast
- 21. Convection bake
- 22. Convection broil
- 23. Sensor cook
- 24. Auto reheat
- 25. Auto defrost
- 26. Auto bake
- 27. Auto roast
- 28. Auto broil
- 29. Power level
- 30. Add 30
- 31. Preheat
- 32. Slow cook
- 33. Help guide
- 34. Oven light
- 35. Control lock

Auto Bake
1 Bundt Cake
2 Cookies
3 Muffins
4 French Fries

Auto Broil
1 Hamburgers
2 Chicken Pieces
3 Steaks
4 Fish Steaks

Auto Roast
1 Chicken
2 Turkey
3 Turkey Breast
4 Pork

Sensor Cook
1 Ground Meat
2 Baked Potato
3 Frozen Veggies
4 Fresh Veggies, Soft
5 Fresh Veggies, Hard
6 Frozen Entrees
7 Chicken Breast
8 Rice
9 Bacon
0 Fish, Seafood

Popcorn
1 Snack
2 Regular

Auto Cook
1 Pizza
2 Beverage
3 Melt, Soften
4 Snacks

Melt, Soften
1 Ice Cream
2 Cream Cheese
3 Butter
4 Chocolate

Snacks
1 Microwave Pizza
2 Hand Held Snacks 3-4 oz
3 Hand Held Snacks 5-6 oz
4 Chicken Nuggets
5 Frozen Kid's Meal
6 Hot Dogs

Auto Defrost
1 Ground Meat
2 Steak / Chops / Fish
3 Chicken Pieces
4 Roast
5 Casserole
6 Soup

Reheat
1 Sensor Reheat
2 Auto Reheat

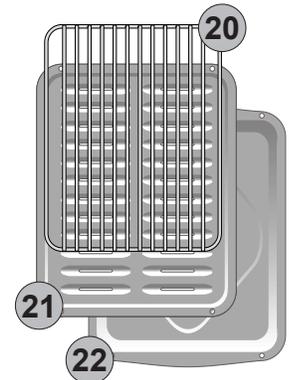
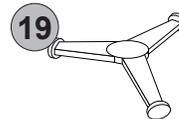
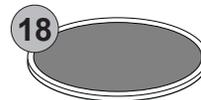
Auto Reheat
1 Fresh Rolls / Muffins
2 Frozen Rolls/ Muffins
3 Pasta

# 16 Features

## Your oven features

Your oven features include:

1. Glass touch control panel.
2. Stainless steel micro-wave upper oven interior.
3. Micro-wave convection fan (hidden).
4. Micro-wave oven ventilation.
5. Full-width door with tinted window glass.
6. Large metal door handles.
7. Cobalt blue self-cleaning lower oven interior with halogen lighting system.
8. Dual convection fan & element system.
9. Extendable telescoping interior oven rack.
10. 1 regular interior oven rack.
11. Color coordinated or stainless steel oven exterior panels & trim.
12. Ladder oven rack supports with oven rack sensors.
13. Broil element.
14. Hidden bake element.
15. Automatic interior oven door light switch.
16. Self-cleaning lower oven ventilation.
17. Self-clean oven door latch.
18. Removable turntable - Place the turntable on the turntable support securely. The turntable will rotate clockwise or counterclockwise. Only remove for cleaning.
19. Removable turntable support - Carefully place the turntable support in the center of the oven floor.
20. Convection roasting rack.
21. Broiler pan insert.
22. Broiler pan.



## Setting clock at power up

You will be prompted to enter the time of day in the event of a **power failure** or when you **first provide electric power** to your appliance.

- When your appliance is first powered up, 12:00 will flash in the display.
- Enter the time of day using the numeric key pads and press **START** to set.

If an invalid time of day is entered, the control will triple beep. Re-enter a valid time of day and press **START**. If **CANCEL** is pressed your clock will start with the time set for **12:00**.

Select the user pref key to modify the time of day during other situations such as day light savings.

## Display modes

### Sleep mode

Your control will remain in a sleep mode when not in use, unless there is a hot element -*Fig. 1*-. Only the clock will display during this mode. You will need to wake the control to begin any function.

### Awake mode

To awake the control touch within the display panel -*Fig. 2*-. If the control panel is not touched again within 2 minutes, the control will return to the sleep mode. To start cooking you must select either the micro oven or the lower oven. User preferences will be available during this mode as well as timers, oven light and the control lock.

## Timers

The two timers provided with the oven control serve as extra reminders in the kitchen. When a timer reaches less than 1 minute the display will start to count down in seconds. When the time runs out the active timer will beep, "0:00" will flash.

The following time settings apply to the timers:

- Min. time: 1 minute
- Max. time: 11 hours 59 minutes

See example below to set the timer for 5 minutes:

Example	
Step	Press
1. Press <b>TIMER</b>	
2. Enter <b>5</b> minutes	<b>5</b>
3. Press <b>TIMER</b>	

To cancel after setting the timer, press the **TIMER** key again.

### NOTE

The timer(s) will not affect the cooking process.



Sleep mode

Fig.1



Awake mode

Fig.2

# 18 Getting Started

## Changing settings

Software controls the micro and lower ovens so that both may be set to operate at the same time with unique settings. It is very important to understand that before setting or modifying either oven, you must first **select** which oven you desire to set or modify.

The display will provide which oven is currently **selected** for setting/changes by displaying a small red triangle indicator next to the micro or lower oven text.

If the micro oven text symbol displays the red triangle indicator but you wish to set or change the settings for the lower oven, press **LOWER OVEN** once to change the oven selection -Fig. 1-. Then make the setting/changes. You may toggle between either oven and make setting changes at any time except when you are currently setting a cooking mode.

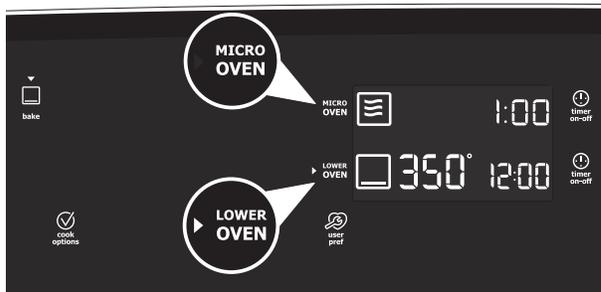


Fig.1

## Preheat Temperature Display

Once a cooking feature has been started in the lower oven, the control will display the actual oven temperature while preheating. Once the oven reaches the oven set temperature only the oven set temperature will display.

The preheat temperature display is available with the following cooking modes:

- Bake
- Conv Bake

## Control lock

The control lock will lock the oven controls and the lower oven door. Once locked, the lower oven light will not switch from on to off or off to on.

Control lock is available only in the awake mode.

See example below to lock the lower oven.

Example	
Step	Press
To lock, press and hold <b>CONTROL LOCK</b> for 3 seconds.	 3sec
To unlock, press and hold <b>CONTROL LOCK</b> for 3 seconds.	 3sec

**DOOR**  will flash in the display until the door has finished locking. Once the door has been locked the door lock indicator will turn on. LOC will then display in the upper oven cavity only.

Do not attempt to open the oven door while the door lock indicator is flashing.

## Interior Luxury-Lighting™

Your appliance includes interior oven Luxury-Lighting™ that gradually brightens and dims the lights for both the lower oven.

The  key controls the interior lower oven lights.

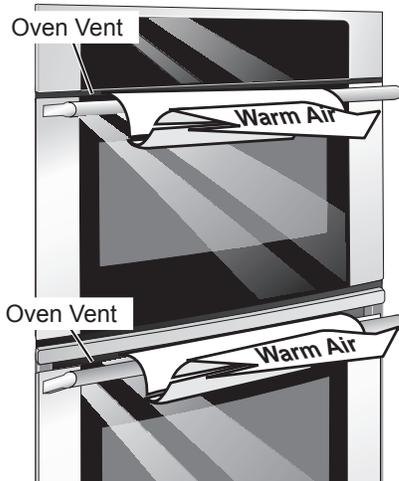
This model includes 2 halogen lights in the lower oven.

The oven lights will automatically turn ON whenever the lower oven door is opened. The lights will remain on until the door has been shut.

To replace any of the interior light bulbs see "Changing the oven lights" in the Care and Cleaning section.

## Oven vents Location

The ovens are vented above the doors. When the oven is on, warm air flows through the vents. This venting is necessary for proper air circulation in the oven and good baking results. Steam or moisture may appear near the vents, this is normal. Do not block the oven vents.



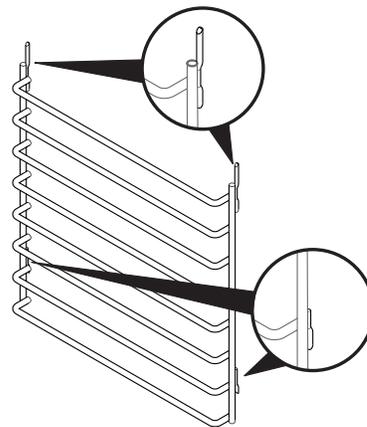
## Lower oven rack supports

### Installing Oven Rack Supports

#### CAUTION

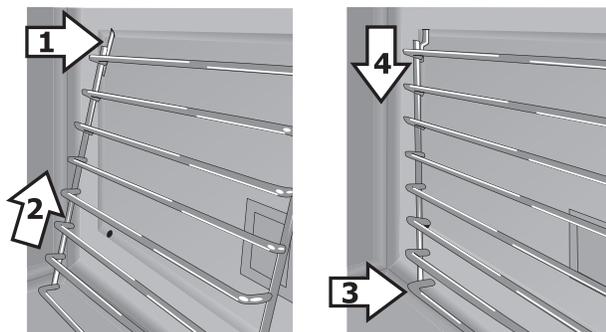
*Always install oven rack support before turning on the oven (when the oven is cool).*

To aid installation of the porcelain oven rack supports, apply a thin layer of cooking oil to all the prongs of the supports shown below.



To install oven rack supports:

1. Hold the oven rack support at a slight angle and insert prongs into the holes at the top of the oven cavity (Arrow 1).
2. Lift the rack into the top holes, aligning the bottom prongs with the bottom holes (Arrow 2).
3. Once the upper prongs are in place, hold the oven rack support flush with the oven side and insert the bottom prongs into the bottom holes (Arrow 3).
4. Slide the bottom prongs down into the lower holes. Some force may be required to set the rack into place (Arrow 4).



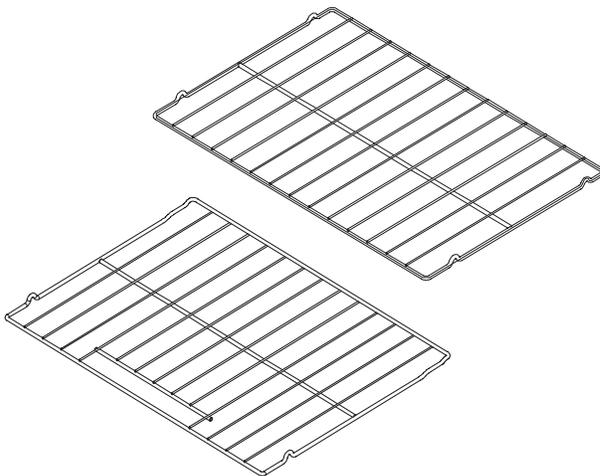
To remove the ladder rack support for a self-clean cycle, reverse the order used when installing the ladder rack supports.

## Oven racks

### CAUTION

Always use potholders or oven mitts when removing food or adjusting the oven racks. Wait until the oven has completely cooled if possible. Oven racks may be very hot and may cause burns.

Flat oven racks may be used for most cooking needs and may be placed in most oven rack positions.



### Removing and replacing flat or offset oven racks

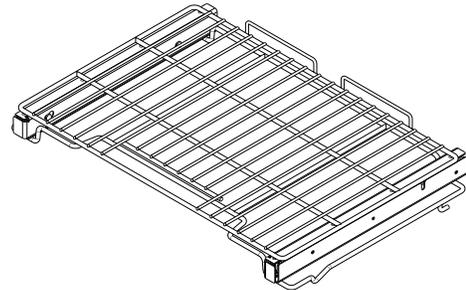
- To remove - pull the oven rack straight forward until it reaches the stop position. Lift up front of oven rack slightly and slide out.
- To replace - place the oven rack on the rack guides on the oven walls. Tilt the front of the rack upward slightly and slide the oven rack back into place.

### NOTE

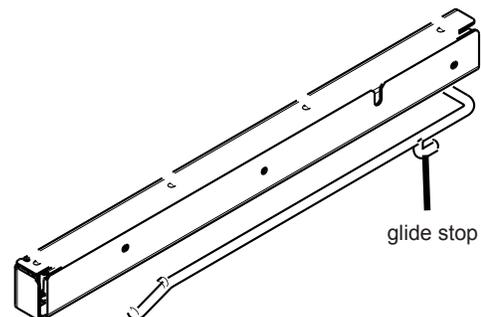
Remove all oven racks and rack supports from the oven before starting a fresh clean cycle.

## Luxury Glide™ oven racks

The fully extendable Luxury Glide™ rack makes food preparation easier. This oven rack has glide tracks that allow the rack to be pulled away from the oven without rubbing the sides of the oven wall.



The Luxury Glide™ rack installs like all other oven racks. Before sliding the rack all the way in, lift the back of the rack slightly to set the glide stop above the ladder rail. Be sure to slide the rack all the way in so the glide stop catches the ladder rack supports.



The glide portion of the rack can be easily moved while the rack frame remains locked into the ladder supports.

This allows bakeware to remain in place on the Luxury Glide™ rack and slide out easily to check food items without removing them from the oven.

## Time cooking

Your Microwave Oven can be programmed for 99 minutes 59 seconds (99.59). Always enter the seconds after the minutes, even if they are both zeros.

- Suppose you want to cook for 5 minutes at 100%.

Example	
Step	Press
1. Press <b>MICRO OVEN</b>	<b>MICRO OVEN</b>
2. Enter cooking time.	<b>5 0 0</b>
3. Press <b>START</b>	

## To set power level

There are ten preset power levels.

Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

Numeric pad	Power level	Common words for power levels
0	100	High
9	90	
8	80	
7	70	Medium High
6	60	
5	50	Medium
4	40	
3	30	Med Low/ Defrost
2	20	
1	10	Low

## Manual defrost

If the food that you wish to defrost is not listed on the Defrost chart (page 26) or is above or below the limits in the "Amount" column on the Defrost chart, you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using Power level 30. Follow the exact procedure found under Time cooking. Estimate defrosting time and lower your power level to 30%.

For either raw or previously cooked frozen food the rule of thumb is approximately 5 minutes per pound. For example, defrost 5 minutes for 1 pound of frozen spaghetti sauce.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on power level 30 until totally defrosted.

When using plastic containers from the freezer, defrost only long enough to remove from the plastic in order to place in a microwave-safe dish.

- Suppose you want to defrost for 5 minutes at 30%.

Example	
Step	Press
1. Press <b>MICRO OVEN</b>	<b>MICRO OVEN</b>
2. Enter defrosting time.	<b>5 0 0</b>
3. Press <b>POWER LEVEL.</b>	 power level
4. Press <b>3</b>	<b>3</b>
5. Press <b>START</b>	

## Sensor Modes

The sensor is a semi-conductor device that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power level for various foods and quantities.

### Using Sensor Modes:

1. After oven is plugged in, wait 2 minutes before using Sensor Modes.
2. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
3. The oven works with foods at normal storage temperature. For example, popcorn would be at room temperature.
4. Any Sensor Modes selection can be programmed with More or less time adjustment.
5. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
6. During the first part of any sensor cooking or reheating, *SENSING* will appear on the display. Do not open the oven door during this part of the cycle. The measurement of vapor will be interrupted. If this occurs, an error message will appear. To continue cooking, press the **CANCEL/off** pad and cook manually.  
  
When the sensor detects the vapor emitted from the food, remainder of cooking time will appear. Door may be opened when remaining cooking time appears on the display. At this time, you may stir or season food, as desired.
7. Except for popcorn, if the sensor does not detect vapor properly when cooking other foods, *ERROR* will be displayed.
8. Check food for temperature after cooking. If additional time is needed, continue to cook manually.
9. Each food has a cooking hint. Touch **user pref** pad when the *HELP* indicator is lighted in the display.

## Covering Foods:

Some foods cook better when covered. Use the cover recommended in the food charts.

1. Casserole lid.
2. Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
3. Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.

## Sensor Cook

You can cook many foods by touching the **sensor cook** pad and the food number. You don't need to calculate cooking time or power level.

- Suppose you want to cook baked potato.

Example	
Step	Press
1. Press <b>MICRO OVEN</b>	
2. Press <b>SENSOR COOK</b>	
3. Press <b>2</b> for baked potato	
4. Press <b>START</b>	

## NOTES

1. The final result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after heating. If additional time is needed, continue to heat manually.
2. Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
3. Sensor Cook can be programmed with More or less time adjustment.

## Sensor Cook chart

Food	Amount	Procedure															
<b>1. Ground Meat</b>	0.25 - 2.00 lb	Use this setting to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave-safe rack and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When oven stops, turn patties over or stir meat in casserole to break up large pieces. After cooking, let stand, covered, for 2 to 3 minutes.															
<b>2. Baked Potato</b>	1 - 8 med.	Pierce with fork in several places. Place on paper towel on turntable. After cooking, remove from oven and let stand wrapped in foil for 5 to 10 minutes.															
<b>3. Frozen Veggies</b>	0.25 - 1.25 lb	Add no water. Cover with lid or plastic wrap. After cooking, stir and let stand, covered, for 3 minutes.															
<b>4. Fresh Veggies, Soft</b>																	
Broccoli	0.25 - 2.0 lb	Wash and place in casserole. Add no water if vegetables have just been washed. Cover with lid for tender vegetables. Use plastic wrap for tender-crisp vegetables. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.															
Brussels sprouts	0.25 - 2.0 lb																
Cabbage	0.25 - 2.0 lb																
Cauliflower (flowerets)	0.25 - 2.0 lb																
Cauliflower (whole)	1 medium																
Spinach	0.25 - 1.0 lb																
Zucchini	0.25 - 2.0 lb																
Baked apples	2 - 4 medium																
<b>5. Fresh Veggies, Hard</b>																	
Carrots, sliced	0.25 - 2.0 lb	Place in casserole. Add 1-4 tbsp. water. Cover with lid for tender vegetables. Use plastic wrap cover for tender-crisp vegetables. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.															
Corn on cob	2 - 4 pcs.																
Green beans	0.25 - 2.0 lb																
Winter squash																	
- diced	0.25 - 2.0 lb																
- halves	1 - 2																
<b>6. Frozen Entrees</b>	6 - 17 oz	Use this pad for frozen, convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered for 1 to 3 minutes.															
<b>7. Chicken Breast</b>	0.25 - 2.00 lb	Cover with vented plastic wrap. When oven stops, turn over. Shield with small, flat pieces of aluminum foil any areas that are cooking too rapidly. After cooking, let stand, covered 3 to 5 minutes. Chicken should be 160°F.															
<b>8. Rice</b>	0.5 - 2.0 cups	Place rice into a deep casserole dish and add double quantity of water. Cover with lid or plastic wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed.															
		<table border="1"> <thead> <tr> <th>Rice</th> <th>Water</th> <th>Size of casserole dish</th> </tr> </thead> <tbody> <tr> <td>.5 cup</td> <td>1 cup</td> <td>1.5 quart</td> </tr> <tr> <td>1 cup</td> <td>2 cups</td> <td>2 quart</td> </tr> <tr> <td>1.5 cups</td> <td>3 cups</td> <td>2.5 or 3 quart</td> </tr> <tr> <td>2 cups</td> <td>4 cups</td> <td>3 quart or larger</td> </tr> </tbody> </table>	Rice	Water	Size of casserole dish	.5 cup	1 cup	1.5 quart	1 cup	2 cups	2 quart	1.5 cups	3 cups	2.5 or 3 quart	2 cups	4 cups	3 quart or larger
Rice	Water	Size of casserole dish															
.5 cup	1 cup	1.5 quart															
1 cup	2 cups	2 quart															
1.5 cups	3 cups	2.5 or 3 quart															
2 cups	4 cups	3 quart or larger															
<b>9. Bacon</b>	1 - 6 slices	Prepare a microwave-safe dish. Place several layers of paper towels over the dish. Lay up to six uncooked bacon strips across the paper towels. Place several layers of paper towels over the bacon. Remove from the plate and place on paper towel to absorb any bit of fat there is. Allow it to sit for about 1 minute to cool. The bacon will be crispy and delicious.															
<b>0. Fish</b>	0.25 - 2.0 lb	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with plastic wrap. After cooking, let stand, covered, 3 minutes.															

## Popcorn

You can cook popcorn by touching a quick pad (**popcorn**). You don't need to calculate cooking time or power level.

### WARNING

Do not place microwave popcorn directly on the metal turntable as metal on metal may produce sparking. Always use the popcorn/bacon tray provided with the unit to cook popcorn.

- Suppose you want to pop a 3.5 oz. bag of popcorn.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	
2. Press <b>POPCORN</b> .	
3. Press <b>2</b> for regular size.	<b>2</b>
4. Press <b>START</b>	

Amount	
1. <b>Snack</b>	1.5-1.75 oz bag
2. <b>Regular</b>	3.0 - 3.5 oz bag

**Procedure**

Use only popcorn packaged for the microwave. Try several brands to decide which you like. Do not try to pop unpopped kernels. Use the popcorn/bacon tray provided with your unit to cook popcorn quickly and efficiently. This sensor works well with most brands of microwave popcorn. You may wish to try several and choose your favorite. Pop only one bag at a time. Unfold the bag and place in oven according to directions.

### NOTES

1. The final result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after heating. If additional time is needed, continue to heat manually.
2. Popcorn can be programmed with More or less time adjustment.

## Auto Cook

Your oven has convenient pads to assist with meal preparation. The Auto Cook settings will automatically compute the correct cooking time and microwave power level for foods shown in the following charts.

- Suppose you want to melt 1/2 cup of butter.

Example	
Step	Press
1. Press <b>MICRO OVEN</b>	
2. Press <b>AUTO COOK</b> .	
3. Press <b>3</b> for Melt, Soften.	<b>3</b>
4. Press <b>START</b> to confirm.	
5. Press <b>3</b> for Butter.	<b>3</b>
6. Press <b>START</b> to confirm.	
7. Press <b>2</b> for 1/2 cup.	<b>2</b>
8. Press <b>START</b> .	

### NOTES

1. All Auto Cook settings can be programmed with More or less time adjustment. Touch the **power level** pad once or twice before touching **START** pad. See More or less adjustment.
2. Most food has a cooking hint. Touch **help** pad when it is lighted in the display.
3. Should you attempt to enter more or less than the allowed amount, an error beep will sound.  
  
More or less than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
4. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.

## Auto Cook chart

Food	Amount	Default	Procedure
<b>1. Pizza</b>	1 - 6 slices (6 - 8 oz)	1 slice	Use this setting to reheat refrigerated leftover pizza, 1 slice is approximately 1/8th of a 12-inch pizza or 1/12th of a 16-inch pizza. If possible, place on paper towel on a microwave-safe rack.
<b>2. Beverage</b>	0.5 - 2.0 cups	1 cup	This setting is good for restoring a cool beverage to a better drinking temperature. Stir liquid briskly before and after heating to avoid "eruption". The <b>beverage</b> setting must be entered in 0.1 cup measurements.
<b>3. Melt, Soften</b>			DO NOT COVER.
1- Ice Cream	1 pint 1/2 gallon	1 pint	Touch number 1 for 1 pint. Touch number 2 for 1/2 gallon.
2- Cream Cheese	3 oz 8 oz	3 oz	Touch number 1 for 3 oz. Touch number 2 for 8 oz.
3- Butter	2 tbsp 1/2 cup	2 tbsp	Use a Pyrex measuring cup. Cover with plastic wrap. Touch number 1 for 2 tbsp. Touch number 2 for 1/2 cup.
4- Chocolate	1 cup chips 1 square	1 cup chips	Touch number 1 for 1 cup of chips. Touch number 2 for 1 square.
<b>4. Snacks</b>			
1- Microwave Pizza	1 (6 - 8 oz)	N/A	Use for frozen microwave pizza. Remove from package and unwrap. Follow package directions for use of package and/or silver crisping disc.
2- Hand-held Snacks	3 - 4 oz	N/A	Use for frozen French fries, cheese sticks, appetizers etc. Remove from outer package. Follow package directions for how to wrap or cover. Be careful when removing from the oven as snack may be very hot.
3- Hand-held Snacks	5 - 6 oz	N/A	Use for frozen French fries, cheese sticks, appetizers etc. Remove from outer package. Follow package directions for how to wrap or cover. Be careful when removing from the oven as snack may be very hot.
4- Chicken Nuggets	0.3 - 1.0 lb	0.4 lb	Place frozen chicken nuggets on a flat plate allowing space between each, cover food with paper towel. Enter weight and touch <b>START</b> . After cooking, open door, rearrange, close door and touch <b>START</b> . Let stand, covered, for 1 to 3 minutes.
5- Frozen Kid's Meal	6 - 8 oz	N/A	Use this pad for frozen, convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered for 1 to 3 minutes.
6- Hot Dogs	1 - 6	1	Place hot dog in bun. Wrap each with paper towel or napkin. Enter the quantity of hot dogs and touch <b>START</b> .

## Auto Defrost

Auto Defrost automatically defrosts all the foods found in the Auto Defrost chart below.

- Suppose you want to defrost a 2.0 pound steak.

Example	
Step	Press
1. Press <b>MICRO OVEN</b>	
2. Press <b>AUTO DEFROST</b> pad.	
3. Press number 2 for steaks.	<b>2</b>
4. Enter weight by touching the number pads 2 and 0. Ex: 2.0 lb steak.	<b>20</b>
5. Press <b>START</b> pad. The oven will stop so the food can be checked.	
6. After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door. Press <b>START</b> pad.	

After defrost cycle ends, let stand, covered.

## NOTES

1. To defrost other food or foods above or below the weights allowed on the Defrost chart, use time and 30% power. See Manual defrost.
2. Auto Defrost can be programmed with More or less time adjustment. Touch the **power level** pad once or twice before touching **START** pad.
3. Touch **help** pad when it is lighted in the display for a helpful hint.
4. Should you attempt to enter more or less than the allowed amount, an error beep will sound.
5. Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed.
6. Shielding prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

## Auto Defrost chart

Food	Amount	Default	Procedure
1. Ground Meat	0.5 - 3.0 lb	0.5 lb	Remove any thawed pieces after each stage. Let stand, covered, for 5 to 10 minutes.
2. Steaks/Chops/ Fish	0.5 - 4.0 lb	0.5 lb	After each stage, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is almost defrosted. Let stand, covered, for 10 to 20 minutes.
3. Chicken Pieces	0.5 - 3.0 lb	0.5 lb	After each stage, rearrange pieces or remove portions should they become warm or thawed. Let stand, covered, for 10 to 20 minutes.
4. Roast	2.0 - 4.0 lb	2 lb	Start defrosting with fat side down. After each stage, turn roast over and shield the warm portions with aluminum foil. Let stand, covered, for 30 to 60 minutes.
5. Casserole	2 - 6 cups	2 cups	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.
6. Soup	1 - 6 cups	1 cup	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.

## Auto Reheat

The auto reheat pad includes two different way of reheating your favorite meals.

The sensor reheat detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the reheat times and power level for various foods and quantities. Refer to the sensor modes section for more informations.

The auto reheat settings automatically computes the correct warming and heating time and microwave power level for foods shown in the chart below.

### NOTES

1. To reheat different foods or foods above or below the quantity allowed, use manual operation.
2. Reheat settings can be programmed with More or less time adjustment.

• Suppose you want to heat 2 fresh rolls or muffins.

Example	
Step	Press
1. Press <b>MICRO OVEN</b>	
2. Press <b>AUTO REHEAT</b> .	
3. Press number 2 for auto reheat.	<b>2</b>
4. Press <b>START</b> to confirm.	
5. Press number 1 for fresh rolls or muffins.	<b>1</b>
6. Press <b>START</b> to confirm.	
7. Select desired number to select quantity.	<b>2</b>
8. Press <b>START</b>	

## 1. Sensor Reheat chart

Amount	Procedure
4 - 36 oz	Place in dish or casserole slightly larger than amount to be reheated. Flatten, if possible. Cover with lid, plastic wrap or wax paper. Use covers such as plastic wrap or lids with larger quantities of more dense foods such as stews. After reheating, stir well, if possible. Re-cover and allow to stand 2 to 3 minutes. Foods should be very hot. If not, continue to heat with variable power and time.

## 2. Auto Reheat chart

Food	Amount	Default	Procedure
1. Fresh Rolls/ Muffins	1 - 10	1	Use this pad to warm rolls, muffins, biscuits, bagels etc. Large items should be considered as 2 or 3 regular size. Arrange on plate; cover with paper towel. For refrigerated rolls or muffins, it may be necessary to double the entered amount to ensure the proper serving temperature. For example, enter quantity of 2 for 1 refrigerated muffin. Touch desired number to select quantity and touch <b>START</b> .
2. Frozen Rolls/ Muffins	1 - 10	1	Use this pad to warm frozen rolls, muffins, biscuits, bagels, etc. Large items should be considered as 2 or 3 regular size. Arrange on plate, cover with paper towel. Touch desired number to select quantity and touch <b>START</b> .
3. Pasta	1 - 6 cups	1 cup	Use this pad to reheat refrigerated canned or homemade pasta with sauce. For room temperature pastas, use Less option. Pasta without sauce double the quantity per setting. For example, measure 2 cups of cooked noodles and program for 1 cup. Cover with lid or plastic wrap. Enter the desired number of cups and touch <b>START</b> . After cooking, let stand, covered, 2 to 3 minutes.

This section gives you specific convection cooking instructions and procedures.

The oven should not be used without the turntable in place, and it should never be restricted so that it cannot rotate. You may remove the turntable when preheating the oven and when preparing food to be cooked directly on the turntable.



### CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To **PREVENT BURNS**, use thick oven gloves when removing the food or turntable from the oven.

## CONVECTION COOKING

During convection heating, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly.

### To set temperature level in convection cooking

There are ten preset temperature levels.

Using lower temperature levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

Temperature numeric pad	Preset temperature level
1	100 °F
2	150 °F
3	275 °F
4	300 °F
5	325 °F
6	350 °F
7	375 °F
8	400 °F
9	425 °F
0	450 °F

## Preheat and Cook with Convection

Your oven can be programmed to combine preheating and convection cooking operations. You can preheat to the same temperature as the convection temperature or change to a higher or lower temperature.

### Convection Bake

- Suppose you want to cook at 350°F for 20 minutes.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	<b>MICRO OVEN</b>
2. Press <b>CONV. BAKE</b> .	
3. Select temperature (350°F) by pressing number pad 6.	<b>6</b>
4. Press <b>START</b> .	
5. Enter cooking time by pressing the number pads.	<b>2000</b>
6. Press <b>START</b> .	

The following temperature settings apply to the convection bake feature:

- Auto-suggest (default) setting: **350°F/176°C**
- Min. bake setting: **100°F/38°C**
- Max. bake setting: **450°F/232°C**

## Convection Broil

Use convection broil setting for steaks, chops, chicken pieces and many other foods. Only actual cooking time is entered; the temperature is set at 450°F and cannot be changed.

- Suppose you want to broil a steak for 15 minutes.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	
2. Press <b>CONV. BROIL</b> .	
3. Enter cooking time by touching the number pads.	<b>1500</b>
4. Press <b>START</b> .	

### NOTES

The oven will reach the broil temperature in 7 to 10 minutes depending on temperature of room and available power.

Although time is usually set for the maximum broiling time, always check food at the minimum time recommended in the chart of cookbook. This will eliminate the need to completely reprogram the oven if additional cooking time is needed. Simply close the oven door and touch **START** to continue.

### CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To PREVENT BURNS, use thick oven gloves when removing the food or turntable from the oven.

## Auto Bake

**auto bake** automatically bakes cakes, brownies, muffins and French fries.

- Suppose you want to bake a bundt cake.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	
2. Press <b>AUTO BAKE</b> .	
3. Select desired setting. Ex: for bundt cake, press number <b>1</b> .	
4. Press <b>START</b> .	

### NOTES

Auto Bake can be programmed with More/Less Time Adjustment. See corresponding section.

### CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To **PREVENT BURNS**, use thick oven gloves when removing the food or turntable from the oven.

## Auto Bake Chart

Setting/Food	Amount	Default	Rack	Procedure
1. Bundt cake	1 cake	N/A	No rack	Ideal for packaged cake mix or your own recipe. Prepare according to package or recipe directions and place in a greased and floured bundt pan. Place pan in oven. Cool before frosting and serving.
2. Cookies	1 or 2 pizza pan	N/A	1 pizza pan No rack  2 pizza pans High	Ideal for refrigerated cookie dough. Prepare according to package or recipe directions and place on a greased and floured 12-inch pizza pan. Cookies should be approximately 1/3-inch thick and 2-inches in diameter for best results. After the preheat is over, place pan in oven. Cool before serving.
3. Muffins	6 - 12 cups  1 or 2 muffin pans	N/A	1 pan No rack  2 pans High	Ideal for packaged muffin mix or your own recipe for 6-12 medium size muffins. Prepare according to package or recipe directions and place in muffin pan. After the preheat is over, place pan in oven.
4. French fries	3 - 24 oz  1 or 2 pizza pans  For more than 12 oz use 2 pans	3 oz	1 pizza pan No rack  2 pizza pans High	Use frozen prepared French fries.  No preheat is required for the French fries baking procedure. Place French fries on pizza pan.  For shoestring potatoes, touch <b>power level</b> pad twice to enter less time before touching Start pad.

## Auto Roast

**auto roast** automatically roasts chicken, turkey, turkey breast or pork.

- Suppose you want to roast a 2.5 pound chicken.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	<b>MICRO OVEN</b>
2. Press <b>AUTO ROAST</b> .	
3. Select desired setting. Ex: for chicken, touch number <b>1</b> .	<b>1</b>
4. Press <b>START</b> .	
5. Enter weight by touching the number pads. Ex: 2.5 lb.	<b>25</b>
6. Press <b>START</b> .	

After Auto Roast cycle ends, a long tone will sound. Follow the indicated message.

### NOTES

1. Auto Roast can be programmed with More/Less Time Adjustment. See corresponding section.
2. Should you attempt to enter more or less than the allowed amount, an error beep will sound.

### CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To **PREVENT BURNS**, use thick oven gloves when removing the food or turntable from the oven.

## Auto Roast Chart

Setting/Food	Amount	Default	Rack	Procedure
1. Chicken	2.5 - 7.5 lb	2.5 lb	Low	After the cycle ends, cover with foil and let stand for 5-10 minutes.
2. Turkey	6.5 - 16 lb	6.5 lb	Low	Season, as desired. Place on low rack. After the cycle ends, cover with foil and let stand 10 minutes. Internal temperature of white meat should be 170°F and of dark meat, 180°F.
3. Turkey breast	3 - 6 lb	3 lb	Low	Season, as desired. Place on low rack. After the cycle ends, cover with foil and let stand 10 minutes. Internal temperature of white meat should be 170°F.
4. Pork	2 - 3.5 lb	2 lb	Low	Boneless pork loin is recommended because it cooks evenly. Place on a low rack. After cooking, remove from oven, cover with foil and allow to stand 5-10 minutes. Internal temperature should be 160°F.

## Auto Broil

**auto broil** automatically broils hamburgers, chicken pieces, steaks and fish steaks.

- Suppose you want to broil 2 hamburgers.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	
2. Press <b>AUTO BROIL</b> .	
3. Select desired setting. Ex: for hamburgers, touch number 1.	<b>1</b>
4. Press <b>START</b> .	
5. Press number pad to enter quantity.	<b>2</b>

Follow information in display for cooking information. For well done or rare burgers, touch **POWER LEVEL** pad to select More for well done or Less for rare. See More/Less Time Adjustment.

6. Press **START**. 

After broil preheat cycle ends, the oven will stop and directions will be displayed. Follow the indicated message. Open the door and place hamburgers into oven. Close the door.

7. Press **START**. 

### NOTES

1. Auto Broil can be programmed with More/Less Time Adjustment. See corresponding section.
2. Should you attempt to enter more or less than the allowed amount, an error beep will sound.

### CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To **PREVENT BURNS**, use thick oven gloves when removing the food or turntable from the oven.

## Auto Broil Chart

Setting/Food	Amount	Default	Rack	Procedure
1. Hamburgers	1 - 8 pieces 0.25 lb each	1 piece	Low	Use this setting to broil hamburger patties. Place on low rack.
2. Chicken pieces	0.5 - 3.5 lb	0.5 lb	Low	Arrange pieces on low rack. After cooking, let stand, 3-5 minutes. Dark meat should be 180°F, and white meat should be 170°F.
3. Steaks	0.5 - 2 lb	0.5 lb	Low	Use this setting to broil steaks from 3/4" to 1" thick. Individual boneless steaks broil evenly. Place steak on low rack. For well done, touch <b>POWER LEVEL</b> once; for rare, touch <b>POWER LEVEL</b> twice.
4. Fish steaks	0.5 - 2 lb	0.5 lb	Low	Use this setting to broil fish steak which is 3/4" to 1" thick. Place on low rack.

## Preheat

Your oven can be programmed to preheat. This feature is preset at 350°F. The temperature can be changed to from 100°F to 450°F.

- Suppose you want to preheat to 375°F.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	<b>MICRO OVEN</b>
2. Press <b>PREHEAT</b> .	
3. Select temperature (375°F) by pressing number pad <b>7</b> .	<b>7</b>
4. Press <b>START</b> .	

When the oven reaches the programmed temperature, signal will sound 1 time.

If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes. After this time has elapsed, an audible signal will sound and the oven will turn off.

## Slow Cook

**slow cook** is preset at 300°F for 4 hours. The temperature can be changed to below 300°F. The cooking time cannot be changed. This feature can be used for foods such as baked beans or marinated chuck steak.

- Suppose you want to set oven temperature to 275°F.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	<b>MICRO OVEN</b>
2. Press <b>SLOW COOK</b> .	
3. Select temperature (275°F) by pressing number pad <b>3</b> .	<b>3</b>
4. Press <b>START</b> .	

### **NOTE**

If you do not change the temperature, omit step 3.

# 34 Setting Microwave Controls

## Fast Cooking

This oven has two pre-programmed settings that make it easy to cook with both convection heat and microwave automatically.

	Oven temperature	Microwave power
Fast Roast	300°F	30%
Fast Bake	325°F	10%

With the exception of those foods that cook best by convection heating alone, most foods are well suited to fast cooking using either Fast Bake or Fast Roast.

The marriage of these two cooking methods produces juicy meats, moist and tender cakes and fine textured breads, all with just the right amount of browning and crispness.

The temperatures can be changed; however, the microwave power cannot.

The oven temperature can be changed from 100°F to 450°F. When the display says SELECT TEMP, touch desired temperature pad. Ex: Fast Roast pad, 7. The Fast Roast temperature will change to 375°F automatically.

## To Cook with Fast Cooking

- Suppose you want to bake a cake for 25 minutes on **fast bake**.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	<b>MICRO OVEN</b>
2. Press <b>FAST BAKE</b> .	
3. Select temperature by pressing number pad.	<b>7</b>
4. Press <b>START</b> .	
5. Enter cooking time by pressing the number pads.	<b>2500</b>
6. Press <b>START</b> .	

### NOTE

If you do not change the temperature, omit step 3.

## More or less time adjustment

Should you discover that you like any of the Sensor Modes, Auto Cook, Auto Reheat or Auto Defrost slightly more done, touch the **power level** pad once after touching your choice of pads or before touching **START** pad. The display will show *MORE*.

Should you discover that you like any of the Sensor Modes, Auto Cooks, Auto Reheat or Auto Defrost slightly less done, touch the **power level** pad twice after touching your choice of pads or before touching **START** pad. The display will show *LESS*.

## Quick Start

**quick start** is a short-cut method to set time for 1-9 minutes at power level 100.

- Suppose you want to heat a cup of soup for two minutes.

Example	
Step	Press
1. Press <b>MICRO OVEN</b> .	<b>MICRO OVEN</b>
2. Press number 2 pad.	<b>2</b>

The oven will start after 5 seconds and will signal then turn off automatically when finished.

## Add 30 Seconds

**add 30 seconds** provides a convenient way to extend cooking time by 30 seconds while the oven timer is counting down. It will add 30 seconds to the time shown each time the pad is touched.

This pad may also be used as a quick start for 30 seconds of cooking. No need to touch **START**, the oven will start immediately.

## Help

Most setting has a cooking hint. If you wish to check, touch **help** whenever the pad is lighted in the Interactive Display for these and other manual operation hints.