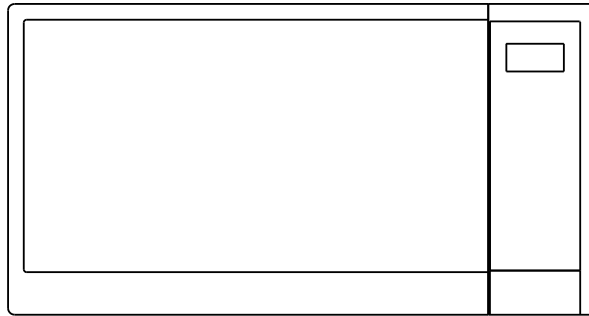


Microwave Oven Instructions



Model: SED340L3B-PA0C2A

Please read these instructions carefully before installing and operating the oven.

技术要求：符合欧盟 ROHS 最新标准要求。

					说明书 SED340L3B-PA0C2A (P10034AP-L3 (L2))				JS1M0609-25616-004-(00)			
标 记	处数	更改单号	签 字	日 期								
设 计	李胜海	标准化	关业红		图样标记	数量	重量	比例				
校 对		审 定	李丰		S	A		1:1	广东格兰仕微波生活 电器制造有限公司			
审 核	黄玲											
工 艺		日 期	2023-11-23	共 12 页	第 / 页							

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. 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.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is very important that the oven door close properly and that there is no damage to the
 - a) Door (including any bent),
 - b) Hinges and latches (broken or loosened),
 - c) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except qualified service personnel.

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IMPORTANT SAFETY INSTRUCTIONS

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" on page 1.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 4.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Do not operate the oven when empty.
6. 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.
7. 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.
8. **HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE.** Use caution when removing hot items.
9. 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 should ignite, keep oven door closed, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
 - d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
10. 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 person:
 - a) Do not overheat the liquid.
 - b) Stir the liquid both before and halfway through heating it.
 - c) Do not use straight-sided containers with narrow necks.
 - d) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - e) Use extreme care when inserting a spoon or other utensil into the container.
11. Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.

12. Do not cover or block any openings on the appliance.
13. 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.
14. Do not operate this appliance if it has a damaged cord or a plug, if it is not working properly or if it has been damaged or dropped.
15. Do not immerse cord or plug in water. Keep cord away from heated surface. Do not let cord hang over edge of table or counter.
16. This appliance should be serviced only by qualified service personnel, contact nearest authorized service facility for examination, repair, or adjustment.
17. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth.
18. This equipment has been tested and found to comply with Part 18 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

19. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful 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 measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

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

WARNING!-- Improper use of the grounding plug can result in a risk of electric shock.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded, and 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 shall be equal to or greater than the electrical rating of the appliance.

Electrical Requirements

The electrical requirements are a 120 volt 60 Hz, AC only, 20 amp. It is recommended that a separate circuit serving only the oven be provided. The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall outlet properly installed and grounded.

Power Cord

1. A 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:
 - a) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
 - b) The extension cord must be a grounding-type 3-wire cord, and The longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

INSTALLATION GUIDE

1. Make sure that all the packing materials are removed from the inside of the door.
2. This microwave oven must be placed on a flat.
3. For correct operation, the oven must have sufficient air flow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet on which oven stands.
4. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
5. Make sure that the power cord is undamaged and does not run under the oven or over any hot or sharp surface.
6. The socket must be readily accessible so the microwave oven can be easily unplugged in an emergency.

COOKING UTENSILS GUIDE

This section lists which utensils can be used in this microwave, which have limited use for short periods, and which should not be used in this microwave.

RECOMMENDED

Microwave browning dish — Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish.

Microwaveable plastic wrap — Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.

Paper towels and napkins — Use for short-term heating and covering; these absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and could ignite.

Glass and glass-ceramic bowls and dishes — Use for heating or cooking.

Paper plates and cups — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and could ignite.

Wax paper — Use as a cover to prevent spattering.

Thermometers — Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used on microwave food once the food has been removed from the oven.

LIMITED USE

Aluminum foil — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful. You should keep distance of 1 inch (2.54cm) between aluminum foil and cavity.

Ceramic, porcelain, and stoneware— Use these if they are labeled "Microwave Safe". If they are not labeled, test them to make sure they can be used safely.

Plastic — Use only if labeled "Microwave Safe". Other plastics can melt.

NOT RECOMMENDED

Glass jars and bottles — Regular glass is too thin to be used in a microwave. It can shatter and cause damage and injury.

Paper bags — These are a fire hazard, except for popcorn bags that are designed for microwave use.

Styrofoam plates and cups — These can melt and leave an unhealthy residue on food.

Plastic storage and food containers — Containers such as margarine tubs can melt in the microwave.

Metal utensils — These can damage your oven. Remove all metal before cooking.

Note:

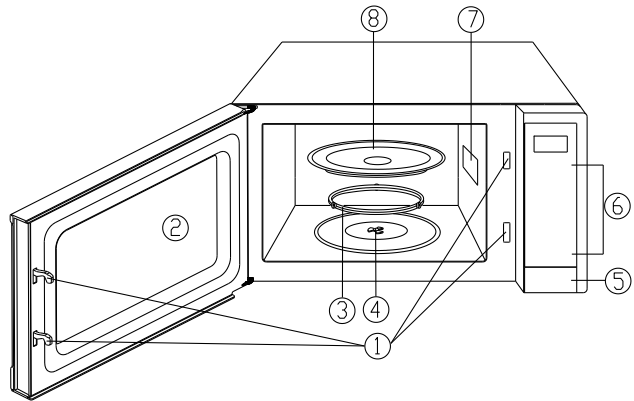
Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

SPECIFICATIONS

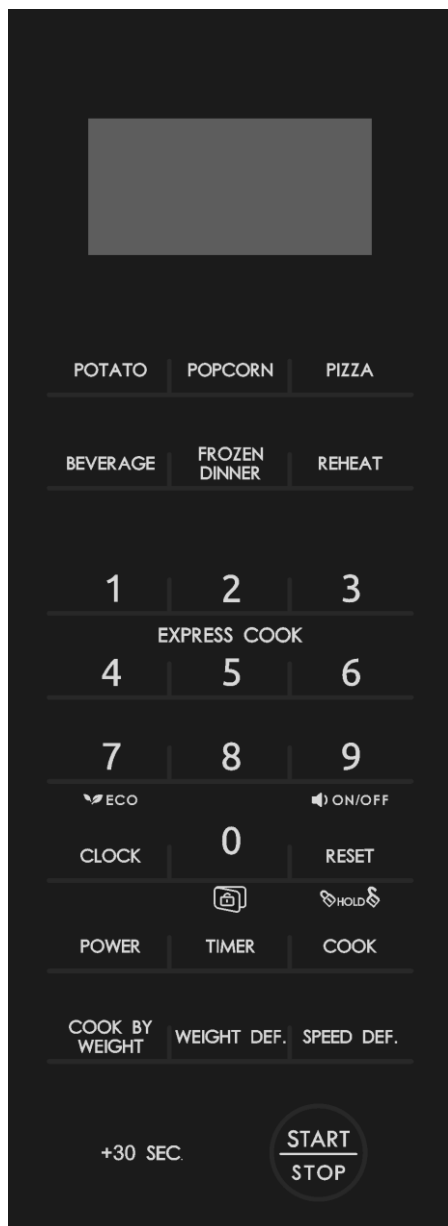
Power Consumption	120V/60Hz, 1500W(microwave)
Output	1000W
Operation Frequency	2450MHz
Outside Dimensions(H x W x D)	11 ¹³ / ₁₆ x 21 ¹ / ₄ x 17 ⁵ / ₁₆ in.
Oven Capacity	1.2cu.ft.
Net Weight	Approx.37.3lbs

PART NAMES

1. Door Safety Lock System
2. Oven Window
3. Roller Ring
4. Shaft
5. Door Release Button
6. Control Panel
7. Wave Guide
(Please do not remove the mica plate covering the wave guide)
8. Glass Tray



CONTROL PANEL



- **MENU ACTION SCREEN**

Time, power and indicators are displayed.

- **AUTO COOK MENUS**

Instant settings to cook popular foods

- **NUMBER BUTTONS(0-9)**

Press to set time or food weight. But use the number buttons from 1 to 6 to set express cooking programs.

- **ECO (7)**

Press to set power saving function.

- **ON/OFF (9)**

Press to set mute function.

- **CLOCK**

Press to set clock time.

- **RESET**

Clear all previous settings before cooking. It is also used to set child lock.

- **POWER**

Press to select microwave cooking power level.

- **TIMER**

Press to set timer function.

- **COOK**

Use to set multi-stage cooking program.

- **COOK BY WEIGHT**

Press to cooking food based on weight.

- **WEIGHT DEF.**

Press to defrost food based on weight.

- **SPEED DEF.**

Press to defrost food based on time.

- **+ 30 SEC**

Simply press it a number of times to set cooking time and cook immediately at full power level.

Press to add cooking time.

- **START/STOP**

Press to start and stop cooking programs.

OPERATION INSTRUCTIONS

- When the oven is plugged in, the display will show "ENTER", "CLOCK", "TIME". You can press number buttons to set clock time, then press CLOCK button to confirm. If you don't have to set the clock time, press RESET button directly to enter next operation.
- During setting, the system will return to standby mode if there is not any operation within 30 seconds.
- During cooking, if press START/STOP button once, the program will be paused, and then press START/STOP button once again to resume. If press RESET/HOLD button once at pausing state, the program will be cancelled.
- After cooking ends, the display will show End and beep will sound every two minutes until user press any button or open the door.
- In the process of operation, press a valid button, the buzzer rings once, but if press a invalid button, the buzzer rings twice.

ENABLING AND DISABLING THE ELECTROMAGNETIC LOCK FUNCTION

Enabling the electromagnetic lock function: When in standby mode and the electromagnetic lock is in disabled, press and hold number button "0" for 3 seconds, the display will show "U-O". Press the number buttons "7" and "9" in sequence, the display will show "L-F". After 1 second, the system will return to the standby mode, and then turn on the electromagnetic lock function.

Disabling the electromagnetic lock function: When in standby mode and the electromagnetic lock is in able, press and hold number button "0" for 3 seconds, the display will show "L-F". Press number buttons "7" and "9" in sequence, the display will show "U-O". After 1 second, the system will return to the standby mode, and the electromagnetic function will be disabled at this time.

NOTE:

- If setting the electromagnetic lock is not completed within 10 seconds, the setting is unsuccessful and the system returns standby mode.
- The initial state is in the enabling state, and the electromagnetic lock setting status will not be changed when power on again after power outage.
- When the electromagnetic lock function is disabled, the door can be opened and closed normally.

HOW TO USE THE ELECTROMAGNETIC LOCK

a) In standby mode:

The oven door can be opened and closed normally.

b) During cooking:

- Locking during cooking cannot directly open the door.
- Press number button "0" once to unlock the electromagnetic lock and pause cooking work. If the door does not open within 10 seconds, the electromagnetic lock will automatically lock. If the door is not opened for 30 minutes, the electromagnetic lock will automatically unlock.
- Press START/STOP button once to pause cooking, and then press number button "0" once to unlock the electromagnetic lock. After pressing number button "0", if the door is not opened for 10 seconds, the electromagnetic lock will automatically lock. If the door is not opened for 30 minutes, the electromagnetic lock will automatically unlock.
- Press number button "0" once, then open the door, the electromagnetic lock does not need to be locked again until the next cooking.

c) Cooking ends state:

- After the cooking ends, the buzzer will emit four beeps of "DE -" and the display will show "End". At the same time, the display will switch to "Loc" every 5 seconds. The system will prompt once

every two minutes.

- Press number button "0" once to unlock the electromagnetic lock. If the door does not open within 10 seconds, the electromagnetic lock will automatically lock. If the door does not open within 30 minutes, the electromagnetic lock will unlock automatically.
- Press number button "0" once and open the door, and the electromagnetic lock does not need to be locked again until the next cooking.
- Press START/STOP button once, and the display will show "Loc", which can be set normally. During setting, if the setting is not completed for 30 seconds, the display will show "Loc". Open the door once or after 30 minutes, the display will show clock time and the system will return to standby mode.

NOTE: If the electromagnetic lock function is in disabled mode, pressing number button "0" in the above state will result in an invalid sound.

SETTING THE CLOCK

This is a 12- hour clock.

1. In standby mode, press CLOCK button once.
2. Use number buttons to set the correct time.
3. Press CLOCK button to confirm.

SETTING THE TIMER

1. Press TIMER button once.
2. Use number buttons to set desired time. The longest time is 99 minutes and 99 seconds.
3. Press START/STOP button to confirm.

NOTE: When the countdown ends, the buzzer will beep to remind you. Time countdown can be seen in display for 5 seconds by pressing TIMER button, you can cancel the program by pressing RESET button when display shows the time.

EXPRESS COOKING

Directly in standby mode, when you press a number button (1, 2, 3, 4, 5 or 6) once, The system starts the cooking program directly with the corresponding time (respectively 1 minute, 2 minutes, 3 minutes, 4 minutes, 5 minutes and 6 minutes). The microwave oven will start to cook at full power level.

+30 SEC. FUNCTION

Use this feature to program the oven to microwave food at 100% power conveniently. In standby mode, press +30 SEC. button repeatedly to set cooking time (each press to increase 30 seconds, and up to 99 minutes and 59 seconds). The oven will start working automatically. During cooking, you can add the current cooking time by pressing +30 SEC. button.

NOTE: Auto cook menus, cook by weight, weight defrost and speed defrost cannot be added cooking time.

MICROWAVE COOKING

1. In standby mode, press POWER button repeatedly to select power level.
2. Use number buttons to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START/STOP button to confirm.

Press POWER button to select power level:

Press POWER	Power (Display)	Press POWER	Power (Display)
Once	100% (P-100)	7 times	40% (P-40)
Twice	90% (P-90)	8 times	30% (P-30)
3 times	80% (P-80)	9 times	20% (P-20)
4 times	70% (P-70)	10 times	10% (P-10)
5 times	60% (P-60)	11 times	0% (P-00)
6 times	50% (P-50)		

NOTE: During cooking, you can check the current cooking power level by pressing POWER button.

SPEED DEFROST

1. Press SPEED DEF. button once.
2. Use number buttons to set defrosting time. The longest time is 99 minutes and 99 seconds.
3. Press START/STOP button to confirm.

NOTE: During cooking, the system will pause to remind user to turn food over, and then press START/STOP button to resume.

COOK BY WEIGHT

1. Press COOK BY WEIGHT button once.
2. Press number button 1, 2 or 3 to select food type.

Code	Food	Maximum Weight
1	Beef	5 lb. 16 oz
2	Mutton	5 lb. 16 oz
3	Pork	4 lb. 8 oz

3. Use number buttons to set food weight.
4. Press START/STOP button to confirm.

NOTE: During cooking, the system will pause and sound to remind user to turn food over, and then press START/STOP button to resume.

Converting fractions of a pound to ounces:

Fractions of a pound	Ounces
Less than .03	0
.03 to .09	1
.10 to .15	2
.16 to .21	3
.22 to .27	4
.28 to .34	5
.35 to .40	6
.41 to .46	7
.47 to .53	8

Fractions of a pound	Ounces
.54 to .59	9
.60 to .65	10
.66 to .71	11
.72 to .78	12
.79 to .84	13
.85 to .90	14
.91 to .97	15
above .97	go to next even

WEIGHT DEFROST

1. Press WEIGHT DEF. button once.
2. Use number button set food weight. The maximum weight is 5 lb. 16 oz.
3. Press START/STOP button to confirm.

NOTE: During cooking, the system will pause and sound beep to remind user to turn food over, and then press START/STOP button to resume.

MULTI-STAGE COOKING

Your oven can be programmed for up to 3 automatic cooking sequences. It can be composed of speed defrost with one or two microwave cooking program, or composed of two microwave cooking program. Speed defrost can only be set in the first sequence.

A. Speed defrost with one or two-stage microwave cooking programs:

1. Open the door and place the food into the oven, close it.
2. Press SPEED DEF. button once.
3. Use number buttons to set defrosting time.
4. Press COOK button once.
5. Input the first microwave cooking program. Do not press START/STOP button.
6. Press COOK button once.
7. Input the second microwave cooking program.
8. Press START/STOP button to start.

NOTE: Step 6 and 7 are not necessary if you just need one microwave cooking program.

B. Two-stage microwave cooking programs:

Some recipes require different stages of cooking at different temperatures.

1. Input the first microwave cooking program. Do not press START/STOP button.
2. Press COOK button once.
3. Input the second microwave cooking program.
4. Press START/STOP button to start.

MUTE FUNCTION

To set mute function: In standby mode, press and hold ON/OFF button for 3 seconds, the display will show "OFF" for 3 seconds. At this time, the system has entered mute mode.

To relieve mute function: In standby mode, press and hold ON/OFF button for 3 seconds, a beep will sound and the display will show "ON" for 3 seconds, the mute function has been turned off.

POWER SAVING

To set: In standby mode, press and hold ECO button for 3 seconds, a beep will sound and the display will go out. The power saving function has been activated at this time. Press any button, open or close the door once to light up the screen, if there is no operation within 10 seconds, the display will go out.

To cancel: In the power saving mode, press and hold ECO button for 3 seconds, a beep will sound.

CHILD LOCK

The safety lock prevents unsupervised operation by children.

To set: In standby mode, press and hold RESET button for 3 seconds, a beep will sound and the display will show "- - -" for 3 seconds, the oven will auto enter child lock mode. Press any button, the display will show "- - -" for 3 seconds.

To cancel: Press and hold RESET button for 3 seconds, a beep will sound and the "- - -" will disappear.

BUTTON ADHESION PROTECTION

In any state, if any button on the control panel is adhesion for 1 minute, the program stops working immediately, the display shows "FAIL" and the system will sound beep. If the button is adhesion all the time, beep will sound every one minute. Any button is invalid at this time. After troubleshooting, press RESET button to return standby mode.

AUTO COOK MENUS

For the following food or cooking mode, it is not necessary to program the cooking power and time. It is sufficient to indicate the type of food that you wish to cook as well as the weight or servings of the food.

For small portions, simply press the applicable button and start. For large portions, push the button twice.

POTATO

1. Press POTATO once or twice.
2. Enter number of potatoes by pressing number buttons from 1 to 4.
3. Press START/STOP button to confirm.

POPCORN

1. Press POPCORN once.
2. Press START/STOP button to confirm.

NOTE: To change the preset popcorn time: Press POPCORN twice. Use number buttons to set minutes and seconds. Press START/STOP button . The longest time is 99 minutes and 99 seconds. This new cooking time will be set as the default one until you change it or next power on.

PIZZA

1. Press PIZZA once or twice.

2. Press START/STOP button to confirm.

BEVERAGE

1. Press BEVERAGE once or twice.
2. Enter number of cups by pressing number buttons from 1 to 4.
3. Press START/STOP button to confirm.

FROZEN DINNER

1. Press FROZEN DINNER once or twice.
2. For 1 entree, press number button "1". For 2 entrees, press number button "2".
3. Press START/STOP button to confirm.

REHEAT

To reheat a plate of leftover (12 ~18 oz):

1. Press REHEAT button once.
2. Press START/STOP button to confirm.

CLEANING AND CARE

1. Turn off the oven and unplug the power cord from the wall when cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergents may be used if the oven gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.
3. The outside of the oven should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water

or in a dishwasher.

8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild, soapy water or in a dishwasher. When removing the roller ring, be sure to replace it in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. If the light bulb burns out, please contact customer service to have it replaced.
11. The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the unit and could possibly result in a hazardous situation.
12. Please do not dispose of this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.