
MICROWAVE OVEN WITH CONVECTION

FOUR À MICRO-ONDES AVEC CONVECTION

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TABLE DES MATIÈRES

MICROWAVE OVEN SAFETY

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER" or "WARNING."

These words mean:

⚠ DANGER

You can be killed or seriously injured if you don't immediately follow instructions.

⚠ WARNING

You can be killed or seriously injured if you don't follow instructions.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:

- Read all instructions before using the microwave oven.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found in this section.
- The microwave oven must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found in the "INSTALLATION INSTRUCTIONS" section.
- Install or locate the microwave oven only in accordance with the provided Installation Instructions.
- Some products such as whole eggs in the shell and sealed containers - for example, closed glass jars - are able to explode and should not be heated in the microwave oven.
- Use the microwave oven only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in the microwave oven. 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.
- Do not operate the microwave oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
- The microwave oven should be serviced only by qualified service personnel. Call an authorized service company for examination, repair, or adjustment.
- Do not cover or block any openings on the microwave oven.
- Do not store this microwave oven outdoors. Do not use the microwave oven near water - for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- See door surface cleaning instructions in the "Microwave Oven Care" section.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend the microwave oven 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 bags 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.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

- 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 THE CONTAINER IS DISTURBED OR 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.
- After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

SAVE THESE INSTRUCTIONS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 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.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. 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.

This device complies with Part 18 of the FCC Rules.

INSTALLATION INSTRUCTIONS

Unpacking

1. Empty the microwave oven of any packing materials.
2. Clean the inside with a soft, damp cloth.
3. Check for damage, such as:
 - a door that is not lined up correctly,
 - damage around the door, or
 - dents on the interior or exterior of the microwave oven.

If there is any damage, do not operate the microwave oven until a designated service technician has checked it and made any needed repairs.

NOTE: To avoid damage to the microwave oven, **do not remove microwave inlet cover.** See the "Parts and Features" section.

Location Requirements

⚠ WARNING

Excessive Weight Hazard

Use two or more people to move and install microwave oven.

Failure to do so can result in back or other injury.

IMPORTANT: The control side of the microwave oven is the heavy side. Handle the microwave oven gently. The weight of the microwave oven is over 35 lbs (15.9 kg).

- Place the microwave oven on a cart, counter, table, or shelf that is strong enough to hold the microwave oven and the food and utensils you place inside it.
- The microwave oven should be at a temperature above 50°F (10°C) for proper operation.

NOTE: Some models can be built into a wall or cabinet by using one of the trim kits listed in the "Assistance or Service" section.

- Install the microwave at a height of minimum 36" (91.4 cm) from floor.
- Do not block the exhaust vents or air intake openings. Allow a few inches of space at the back and side of the microwave oven where the exhaust vents are located. Blocking the exhaust vents could cause damage to the microwave oven as well as poor cooking results.
- Make sure the microwave oven legs are in place to ensure proper airflow. If vents are blocked, a sensitive thermal device may automatically turn the microwave oven off. The microwave oven should work properly once it has cooled.

Electrical Requirements

⚠ WARNING



Electrical Shock Hazard

Plug into a grounded 3 prong outlet.

Do not remove ground prong.

Do not use an adapter.

Do not use an extension cord.

Failure to follow these instructions can result in death, fire, or electrical shock.

Observe all governing codes and ordinances.

Required:

- A 120 V, 60 Hz, AC only, 15 or 20 A electrical supply with a fuse or circuit breaker.

Recommended:

- A time-delay fuse or time-delay circuit breaker
- A separate circuit serving only this microwave oven

GROUNDING INSTRUCTIONS

■ For all cord connected appliances:

The microwave oven must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. The microwave oven 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.

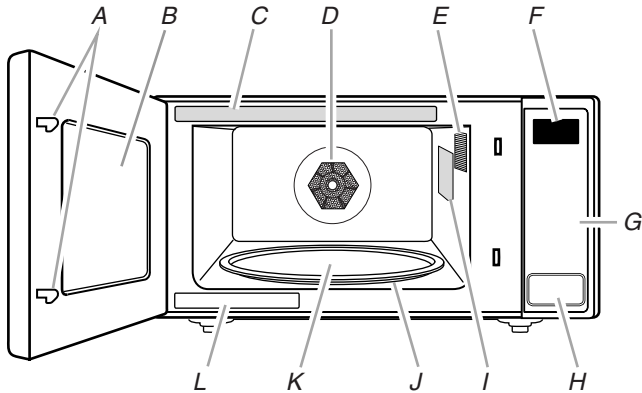
WARNING: Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the microwave oven is properly grounded.

Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the microwave oven. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

SAVE THESE INSTRUCTIONS

PARTS AND FEATURES

This manual may cover several different models. The model you have purchased may have some or all of the features shown here. The appearance of your particular model may differ slightly from the illustrations in this manual.



- | | |
|-------------------------------|----------------------------------|
| A. Door lock system | H. Door open push button |
| B. Window | I. Microwave inlet cover |
| C. Cooking guide label | J. Removable turntable support |
| D. Convection element and fan | K. Glass turntable |
| E. Microwave oven light | L. Model and serial number plate |
| F. Display | |
| G. Control panel | |
- Parts and Features Not Shown:**
Grill element (on cavity ceiling)

Grill Element

The microwave oven uses a calrod thermal element for grilling. The microwave oven cavity and door will become hot. The use of oven mitts is recommended.

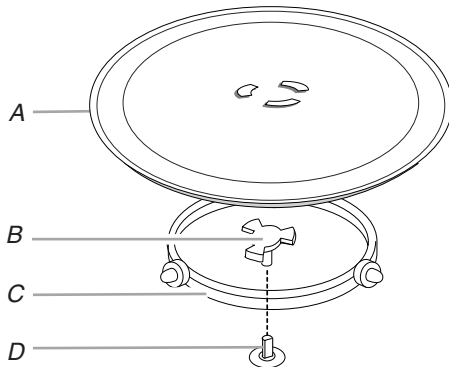
Convection Element and Fan

The microwave oven's convection system is composed of a convection element which heats in conjunction with the convection fan for true convection cooking. The convection system is embedded in the wall of the microwave oven cavity, behind the screen. See the "Parts and Features" section. The microwave oven cavity and door will become hot. The use of oven mitts is recommended.

Grill and Convection Accessories

Accessory Configurations

Turntable



- A. Turntable
- B. Hub
- C. Support
- D. Shaft

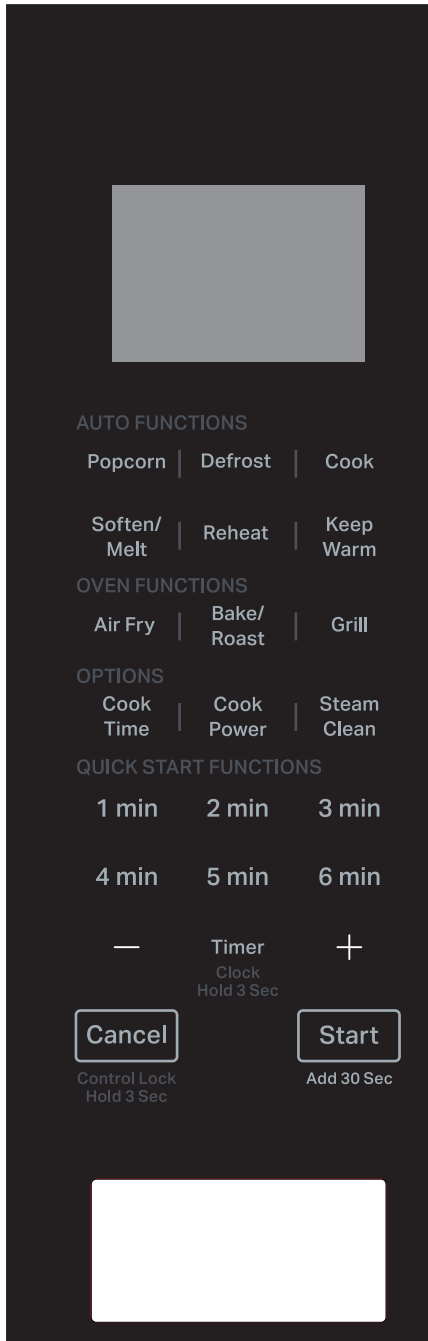
The turntable can rotate in either direction to help cook food more evenly. For best cooking results, do not operate the microwave oven without having the turntable in place. See the "Assistance or Service" section to reorder any of the parts.

To Install:

1. Place the support on the microwave oven cavity bottom.
2. Place the turntable on the support.

Fit the raised, curved wedges in the center of the turntable bottom between the 3 spokes of the hub. The rollers on the support should fit inside the turntable bottom ridge.

MICROWAVE OVEN CONTROL



Display

When power is first supplied to the microwave oven, "12Hr" will appear in the display. User can press TIMER/Clock button or +/- button to toggle between 12Hr or 24Hr within 5 seconds.

Press START button to confirm. If the "12:00" appears in the display at any other time, a power failure has occurred. Reset the clock if needed. See the "Clock" section.

Standby mode

When no functions are being used, the microwave oven will switch to Standby Power mode and slightly dim the display brightness after about 5 minutes. Touch any key or open/close the door, and the display will return to the normal brightness.

Start

The START button begins any function. If non-sensor cooknig is interrupted by opening the door, pressing START button will resume the cycle.

NOTE:To avoid unintentional operation of the microwave oven, a cooking function cannot be started if the microwave oven door has ben closed for about 1 minute. The word "door" will appear in the display until the door is opened and closed.

Quick Start / Add 30 seconds

In Standby mode, pressing START button automatically starts the microwave oven at 100% power for 30 seconds and adds 30 seconds of cook time, with each additional touch of the control.

Time may be added to any manual cooking cycle in 30 second increments, at the current power level, by pressing START button during cooking.

Cancel

The CANCEL button clears any incorrect command and cancels any program during cooking. Press the CANCEL button to cancel the cycle. It will not erase the time of day. The microwave oven will also turn off when the door is opened. Close the door and press START to resume the cycle. The CANCEL button is also used to lock and unlock the control panel. See the "Control Lock" section.

To Use Non-Sensor Menu (Popcorn, Potatoes and Frozen Entry in Cook; Beverage in Reheat)

1. Place food on the turntable and close the door.
2. Touch desired menu control. The first programmed amount will appear in the display. Touch control keypad repeatedly or touch number keypads to change quantity.
3. Touch START. When the cycle ends, "End" will appear in the display and te end-of-cycle tone will sound.
4. Touch CANCEL or open the door to clear the display.

Clock

To Set:

The microwave oven must be in standby.

1. Press TIMER/Clock button for 3 seconds to enter clock setting. It will also appear every time the product is plugged into the power source, or power is back after a power fail.
2. Press +/- button to set the hour.
3. Press START button to confirm.
4. Press +/- button to set the minute.
5. Press START button into confirm the setting.

Tones on/off

This function allows the user to activate/deactivate all the sounds played by the appliances, includes button press, warnings, alarm, even end audio feedback.

Press STEAM CLEAN button and hold for 5 seconds to put into mute, hold the button again for 5 seconds to turn on the sound. This function can operate at any time.

To use Sensor Menu (Reheat, Cook Menu)

1. Place food on the turn table and close the door.
2. Touch the desired menu control.
3. Touch START, the running segment and sensor animation will appear in the display. The microwave oven will start and sensor cooking will begin.



The running segment will remain in the display until the sensor has determined the remaining cook time.

4. When the cycle end, "End" will appear in the display and the end-of-cycle tones will sound.
5. Touch CANCEL or open the door to clear the display

Timer

To Set:

1. Press Timer/Clock button
2. Press +/- button to enter desired time.
3. Press START button. When the set time ends, the end-of-timer tone will sound.
4. When the Timer countdown is achieved in the display, press CANCEL to cancel the timer.

NOTE: The Timer does not start or stop the microwave oven. The function can be set only in Standby mode.

Control Lock

The Control Lock disables the control panel keypads to avoid unintended use of the microwave oven.

To Lock/Unlock Control: The microwave oven must be OFF. Touch and hold CANCEL button for about 3 seconds, until the tone sounds and the LOCK icon appears in the display. Repeat to unlock and clear the display.

If any cook function control is touched while the Control Lock is active, a tone will sound.

Cooking End

When the cooking is finished, the display will show the text "End".

An acoustic beep will signal once a minute for 10 minutes.

The cavity lamp is OFF, fan is ON for three minutes.

Keypad	Feature	Instructions
Timer (Hold to set Clock)	Hold to Set the Clock	To set the clock, follow the instructions below: 1. Press TIMER for 3 seconds to enter clock setting. 2. Press the +/- button to set the hour, press START button to confirm. 3. Press the +/- button to set the minute. 4. Press START button. NOTE: The microwave oven must be in standby. It will also appear every time the product is plugged into the power source, or power is back after a power fail.
Timer (Hold to set Clock)	Set Kitchen Timer	The kitchen timer functions is like a stop watch. To set the kitchen timer, following the instructions below: 1. Press TIMER button. 2. Press +/- button to enter desired time. 3. Press START button. NOTE: While the Timer countdown is active in the display, touch CANCEL to cancel the Timer. The Timer does not start or stop the microwave oven.
START + 30 sec	Add 30 Seconds	The button START can be used in two ways: 1. To start the microwave by cooking for 30sec with FULL power in standby mode. 2. To increase a cooking time using increments of 30seconds. Each press adds 30 seconds.
START + 30 sec	Start Function	Press the START button to start any cooking function. If cooking is interrupted by opening the door, touch the START button after the door is closed again to resume the cycle.
CANCEL	Microwave Oven Cancel	The CANCEL button stops any microwave oven function except for the clock and control lock. The microwave oven will also turn off when the door is opened. When the door is opened, the element(s) will turn off, but the microwave oven light will remain on. Close the door and touch the START button to resume the preset cycle.
CANCEL (Hold to Lock)	Activate Control Lock	Activate Control Lock to avoid an unintended start. To activate, press and hold the CANCEL button for 3 seconds until the CONTROL LOCKED icon appears on the display. Repeat to unlock control.
1 min - 6 min	Quick Start	Default power is full in this function (P100) Press 1 min, 2min.. or 6 min to start with the time mentioned on the button.

Keypad	Feature	Instructions
Cook Time	Set Manual Cooking	<p>Press "Cook Time" button to set manual cooking time. The default power level is 100%. Press +/- button / 1min-6min to set the cooking time, follow the instructions below:</p> <ol style="list-style-type: none"> 1. Press "Cook Time" button, "0:15" will show on the display. 2. Press +/- button / 1min-6min to adjust the cooking time. 3. Press START button to start. <p>NOTE: Press the "Power" button to increase /decrease power levels in cyclic way P10 P20 P30.....P100</p>
Cook Power	Set Manual Cooking	<p>Press "Power" button to set manual power. The default power level is 100%. Press the "Power" button or +/- button to change power level.</p> <p>For example, to set the time to 2:30 in 90% power:</p> <ol style="list-style-type: none"> 1. Press "Power" button, P100 will show on the display. 2. Press - button to decrease power level to 90% (P90 on display). 3. Press START button to confirm and jump to cooking time setting default "0:15" will show on the display. 4. Press +/- button to adjust the cooking time to "2:30". 5. Press START button.
Popcorn	Popcorn	<p>To use the popcorn preset, follow the instructions below:</p> <ol style="list-style-type: none"> 1 Press "Popcorn" button repeatedly to select the bag size (3.0 or 3.5 oz) 2. Press START button
Defrost	Defrost Menu	<p>The Defrost function helps thaw frozen food. To defrost, follow the the instruction below:</p> <ol style="list-style-type: none"> 1. Press "Defrost" button, P1 will show on display. 2. Press "Defrost" button or +/- button to select Manual Defrost(P1), or the desired food class. (P2 ... P4) 3. Press START button to confirm. <p>P1-Manual Defrost:</p> <ol style="list-style-type: none"> 4. Default time "0:30" will show on the display. 5. Press +/- button to adjust defrost cooking time. 6. Press START button. <p>P2-P4 Auto Defrost (Poultry, Meat, Fish)</p> <ol style="list-style-type: none"> 4. Display will show the default weight. 5. Press +/- button to adjust desired weight. 6. Press start button.
Cook	Auto Cook Menu	<p>To use the auto cook presets, follow the instructions below:</p> <ol style="list-style-type: none"> 1. Press "Cook Menu" button, the "P1" will show on the display. 2. Use +/- button or "Cook Menu" to select a food category. 3. Press START button. <p>-See the Cook Menu section in this guide for the food category or reference sticker on the front plate of the microwaves. -(except potato P1 and P2, Frozen Entry p6) a sensor in the microwave oven detects humidity released from the food as it heats and adjusts the cook time accordingly.</p>
Soften / Melt	Soften / Melt Menu	<p>The Soften/Melt function is used to soften or melt food. To use:</p> <ol style="list-style-type: none"> 1. Press "Soften / Melt" button, the display will show "P1" 2. Use "Soften Menu" button or +/- button to select a food category, see the Soften Menu section in this guide for the food category or reference the sticker on the door of the microwave. <p>Press START button to confirm.</p> <ol style="list-style-type: none"> 3. Use +/- button to adjust the quantity. 4 Press START button.

Keypad	Feature	Instructions
Reheat	Automatic Reheat	<p>To reheat using preset functions, follow the instructions below:</p> <ol style="list-style-type: none"> 1. Press "Reheat" button, the "P1" will show on the display. 2. Use +/- button or "Reheat" to select a food category. 3. Press START button. <p>- See the REHEAT section in this guide for the food category or reference sticker on the front plate of the microwaves. - (except beverage) a sensor in the microwave oven detects humidity released from the food as it heats and adjusts the cook time accordingly.</p>
Keep Warm	Keep Warm	<p>The function allows to keep your dishes warm. To use:</p> <ol style="list-style-type: none"> 1. Press "Keep Warm" button, default time "30:00" will show on the display. 2. Press "Keep Warm" or +/- button to select 15min, 30min, 45min or 60min 3. Press START button <p>NOTE: The Keep Warm cycle last for a duration of 15 minutes (default 30 minutes), the maximum time is 60 mins. Each 15 mins cycle, microwave will be turned on 1.5 mins, then cavity lamp and fan are off, only the countdown time is shown.</p>
Air Fry	Air Fry cooking (use Air Fry accessory)	<p>Using with the air fryer accessory, the function allows to have air fry cooking. To use:</p> <ol style="list-style-type: none"> 1. Press "Air Fry", the display will show "P1" 2. Use "Air Fry" button or +/- button to select a food category, see the Air Fry section in this guide for the food category or reference the sticker on the door of the microwave. Press START button to confirm. <p>P1-Manual Air Fry:</p> <ol style="list-style-type: none"> 3. Default temperature "400 "F will show on the display. 4. Press +/- button to adjust cooking temperature. 5. Press START button to confirm, the display will show default time "00:30" 6. Press +/- button to adjust cooking time. 7. Press START button. <p>P2-P8 Auto Air Fry Menu:</p> <ol style="list-style-type: none"> 4. Display will show the default weight/quantity. 6. Press +/- button to adjust desired weight. 7. Press START button.
Bake / Roast	Baking / Roasting (Baking - use backing plate) (Roasting - use airfryer without flipping legs and put it on the baking plate)	<p>The function allows to have bake / roast cooking. To use:</p> <ol style="list-style-type: none"> 1. Press "Bake / Roast", the display will show "P1" 2. Use "Bake / Roast" button or +/- button to select a food category, see the Bake / Roast section in this guide for the food category or reference the sticker on the door of the microwave. Press START button to confirm. <p>P1- Manual Bake, P-8 Manual Roast</p> <ol style="list-style-type: none"> 3. Default temperature "400 "F will show on the display. 4. Press +/- button to adjust cooking temperature, then press START button to confirm. "Pre-heat" will display and flash on screen,waiting for the customer to confirm Pre-heating by pressing START. 5. After pressing START to confirm, the animation will show on display to indicate it is under Pre-heating. (Note:Customers can skip Pre-heating by pressing +/- key when "Pre-heat" is flashing on display, it will go to Cooking Time setting mode directly.)

Keypad	Feature	Instructions
		<p>After the temperature is reached, the display will show "Add Food" to remind customers, after putting in the food and closing the door, the display will show the cooking time mode.</p> <p>6. Press +/- button to adjust cooking time.</p> <p>7. Press START button.</p> <p>P2-P7 Auto Bake Menu, P9-P12 Auto Roast Menu</p> <p>4. Display will show the default weight/quantity.</p> <p>6. Press +/- button to adjust desired weight.</p> <p>7. Press START button.</p> <p>Note:</p> <p>When ADD FOOD comes to display after preheating temperature is reached, if the door is not open, the machine will keep warm for 30 mins before going back to IDLE state. If the door is open, the user has to put in the food within 1 min or it will go to IDLE state.</p>
Grill	Grill cooking (use Air Fry accessory)	<p>The function allows to grill cooking. To use:</p> <ol style="list-style-type: none"> 1. Press "Grill" button, default time "00:30" will show on the display. 2. Press +/- button to adjust cooking time. 3. Press START button
Steam Clean	Auto cleaning cycle	<p>The cleaning cycle will help to clean the microwave oven cavity</p> <ol style="list-style-type: none"> 1. Place 1 cup of water (~250mL) on the middle of the cavity. 2. Press "Steam Clean" button, default "14:00" time will show on display 3. Press START button to start the function (Cavity lamp and fan will be off after finish the water heat-up cycle, the countdown time is shown.) <p>NOTE:</p> <p>Please follow Tips and Suggestions in Steam Clean section After heating up the water, cavity lamp and fan will be off and display will show the countdown time</p>

MICROWAVE OVEN USE

A magnetron in the microwave oven produces microwaves which reflect off the metal floor, walls, and ceiling and pass through the turntable and appropriate cookware to the food. Microwaves are attracted to and absorbed by fat, sugar, and water molecules in the food, causing them to move, producing friction and heat which cooks the food.

- To avoid damage to the microwave oven, do not lean on or allow children to swing on the microwave oven door.
- To avoid damage to the microwave oven, do not operate microwave oven when it is empty.
- Baby bottles and baby food jars should not be heated in microwave oven.
- Clothes, flowers, fruit, herbs, wood, gourds, and paper, including brown paper bags and newspaper, should not be dried in the microwave oven.
- Paraffin wax will not melt in the microwave oven because it does not absorb microwaves.
- Use oven mitts or pot holders when removing containers from microwave oven.
- Do not overcook potatoes. At the end of the recommended cook time, potatoes should be slightly firm. Let potatoes stand for 5 minutes. They will finish cooking while standing.
- Do not cook or reheat whole eggs inside the shell. Steam buildup in whole eggs may cause them to burst, requiring significant cleanup of microwave oven cavity. Cover poached eggs and allow a standing time.

Food Characteristics

When microwave cooking, the amount, size and shape, starting temperature, composition, and density of the food affect cooking results.

Amount of Food

The more food heated at once, the longer the cook time needed. Check for doneness and add small increments of time if necessary.

Size and Shape

Smaller pieces of food will cook more quickly than larger pieces, and uniformly shaped foods cook more evenly than irregularly shaped food.

Starting Temperature

Room temperature foods will heat faster than refrigerated foods, and refrigerated foods will heat faster than frozen foods.

Composition and Density

Foods high in fat and sugar will reach a higher temperature and will heat faster than other foods. Heavy, dense foods, such as meat and potatoes, require a longer cook time than the same size of a light, porous food, such as cake.

Cooking Guidelines

Covering

Covering food helps retain moisture, shorten cook time, and reduce spattering. Use the lid supplied with cookware. If a lid is not available, wax paper, paper towels, or plastic wrap approved for microwave ovens may be used. Plastic wrap should be turned back at one corner to provide an opening to vent steam. Condensation on the door and cavity surfaces is normal during heavy cooking.

Stirring and Turning

Stirring and turning redistribute heat evenly to avoid overcooking the outer edges of food. Stir from outside to center. If possible, turn food over from bottom to top.

Arranging

If heating irregularly shaped or different-sized foods, arrange the thinner parts and smaller-sized items toward the center. If cooking several items of the same size and shape, place them in a ring pattern, leaving the center of the ring empty.

Piercing

Before heating, use a fork or small knife to pierce or prick foods that have a skin or membrane, such as potatoes, egg yolks, chicken livers, hot dogs, and sausage. Prick in several places to allow steam to vent.

Shielding

Use small, flat pieces of aluminum foil to shield the thin pieces of irregularly shaped foods, bones, and foods such as chicken wings, leg tips, and fish tails. See the "Aluminum Foil and Metal" section first.

Standing Time

Food will continue to cook by the natural conduction of heat, even after the microwave cooking cycle ends. The length of standing time depends on the volume and density of the food.

Cookware and Dinnerware

Cookware and dinnerware must fit on the turntable. Always use oven mitts or pot holders when handling because any dish may become hot from heat transferred from the food. Do not use cookware and dinnerware with gold or silver trim. Use the following chart as a guide, then test before using.

Material	Recommendations
Aluminum Foil, Metal	See the "Aluminum Foil and Metal" section.
Browning Dish	Bottom must be at least 3/16" (5 mm) above the turntable. Follow manufacturer's recommendations.
Ceramic Glass, Glass	Acceptable for use
China, Earthenware	Follow manufacturer's recommendations.
Melamine	Follow manufacturer's recommendations.
Paper: Towels, Dinnerware, Napkins	Use non-recycled and those approved by the manufacturer for microwave oven use.

Material	Recommendations
Plastic: Wraps, Bags, Covers, Dinnerware, Containers	Use those approved by the manufacturer for microwave oven use.
Pottery and Clay	Follow manufacturer's recommendations.
Silicone Bakeware	Follow manufacturer's recommendations.
Straw, Wicker, Wooden Containers	Do not use in microwave oven.
Wax Paper	Acceptable for use

To Test Cookware or Dinnerware for Microwave Use:

1. Place cookware or dinnerware in microwave oven with 1 cup (250 mL) of water beside it.
 2. Cook at 100% cooking power for 1 minute.
- Do not use cookware or dinnerware if it becomes hot and the water stays cool.

Aluminum Foil and Metal

Always use oven mitts or pot holders when removing dishes from the microwave oven.

Aluminum foil and some metal can be used in the microwave oven. If not used properly, arcing (a blue flash of light) can occur and cause damage to the microwave oven.

OK for Use

Racks and bakeware supplied with the microwave oven (on some models), aluminum foil for shielding, and approved meat thermometers may be used with the following guidelines:

- To avoid damage to the microwave oven, do not allow aluminum foil or metal to touch the inside cavity walls, ceiling, or floor.
- Always use the turntable.
- To avoid damage to the microwave oven, do not allow contact with another metal object during microwave cooking.

Do Not Use

Metal cookware and bakeware, gold, silver, pewter, non-approved meat thermometers, skewers, twist ties, foil liners such as sandwich wrappers, staples, and objects with gold or silver trim or a metallic glaze should not be used in the microwave oven.

For Use with Grill Element

Use the provided air fry accessories with an ovenproof pan to catch the drippings.

For Use with Convection System

Use the provided an ovenproof baking dish for convection baking. Use the provided airfry accessory and baking tray for convection roasting.

Cook

The microwave oven has been programmed with common microwave foods, their quantities, cook powers, and cook times. Use the following chart as a guide for preset cooking.

Item	Food Category	Quantity
1	Potato - Large	1 - 4 pieces / 1 piece
2	Potato - Small Enter 1 - 16 pieces, 4-7 oz (110-200g) each. Pierce each potato several times with a fork. Place on paper towel on turntable center. Let stand 5min after cooking.	1 - 16 pieces / 1 piece
3	Fresh Vegetables From room temperature. Put food into microwave safe dish. Add 2 tablespoons water to 1-2 cups, add 4 tablespoons water to 3-4 cups. Cover the dish, leaving an air ventilation. Stir and let stand 2-3 min after cooking.	1 - 4 cups / 1 cup
4	Frozen Vegetables Place in microwave-safe container and add 2-4 tbs water. Cover with plastic wrap and vent. Stir and let stand 2-3 min after cooking	1 - 4 cups / 1 cup
5	Oatmeal Place in microwave-safe container and add water depends on package directions add water cover with plastic wrap and fold back one edge about 1/4 inch (6 mm) to make a vent. Place container in the center of the oven. after cooking stir with spoon or whisk until uniform	1 - 4 cups / 1 cup
	Frozen Entrée Remove entrée from package and loosen film covering on 3 sides of the container leaving one of the short sides still attached. Loosely cover with film. after cooking for 7~19oz stand 3 minutes. for 19~28oz stand 5 minutes	40oz, 60oz(1.1kg, 1.7kg)

Popcorn

3.0 or 3.5oz bags.

- Do not use regular paper bags or glassware
- Pop only one package of popcorn at a time.
- Follow manufacturer's instructions when using a microwave popcorn popper.
- Listen for popping to slow to one pop every 1 or 2 seconds, and then stop the cycle.
Do not repop unpopped kernels.
- For best results, use fresh bags of popcorn.
- Cooking results may vary by brand and fat content.

NOTE:

Follow the instructions provided by the microwave popcorn manufacturer.

Reheat

Times and cooking powers have been preset for reheating a number of food types. Use the following chart as a guide.

Item	Food Category	Quantity
1	Dinner plate Place food on plate. Cover with plastic wrap and vent. Let stand 2-3 min after reheating.	10 - 15 oz (283g - 425g)
2	Sauce Place in microwave -safe container. Cover with plastic wrap and vent. Stir and let stand 2-3 min after reheating.	1 - 4 cups / 1 cup
3	Soup Place in microwave -safe container. Cover with plastic wrap and vent. Stir and let stand 2-3 min after reheating.	1 - 4 cups / 1 cup
4	Beverage Do not cover.	1 or 2 cups
5	Reheat Pizza Place on paper towel lined microwave-safe plate	1 - 3 sliced, 4 oz (113g) each

Soften/Melt

Soften function may be used to soften your food. Times and cooking powers have been preset for a number of food types. Use the following chart as a guide.

Item	Food Category	Quantity
1	Soften Butter Unwrap and place in microwave-safe container	0.5 - 2.0 sticks / 0.5 stick
2	Melt Butter Unwrap and place in microwave-safe container	0.5 - 2.0 sticks / 0.5 stick
3	Soft Ice-cream Place ice-cream container on turntable	16 - 64 oz / 16 oz (454g - 1.8kg / 454g)
4	Soft Cream Cheese Unwrap and place in microwave-safe container	3 oz, 8 oz(85g, 227g)
5	Soften Brown Sugar place in microwave-safe container	3 oz, 8 oz(85g, 227g)
6	Soften Frozen Juice Remove lid.	8oz, 12oz(227g, 340g)
7	Soften Caramel Dip Remove lid from caramel dip and place in center of microwave oven	8 oz, 16 oz (227g, 454g)
8	Melt Chocolate Chips Place in microwave-safe container place in center of microwave oven	4- 12 oz / 4 oz (113-340g / 113g)
9	Melt Cream Cheese Unwrap and place in microwave-safe container	8 oz, 16 oz (227g, 454g)
10	Melt Caramel Dip Unwrap and place in microwave-safe container	8 oz, 16 oz (227g, 454g)

Auto Defrost

- For optimal result, food should be 0F (-18C) or colder when defrosting.
- Unwrap foods and remove lids (from fruit juice) before defrosting.
- Shallow packages will defrost more quickly than deep blocks.
- Separate food pieces as soon as possible during or at the end of the cycle for more even defrosting.
- Foods left outside the freezer for more than 20 min or frozen ready-made food should not be defrosted using the Defrost feature but should be defrosted manually.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, and fish tails. See the 'Aluminum Foil and Metal' section first.
- Times and cooking powers have been preset for defrosting a number of food types.

Item	Food Category	Weight
1	Poultry	0.5 lbs - 6.6 lbs / 0.1 lbs
2	Meat	0.5 lbs - 6.6 lbs / 0.1 lbs
3	Fish	0.5 lbs - 6.6 lbs / 0.1 lbs

DEFROST PREPARATION CHART

POULTRY

Chicken: whole and cut up	Place in a microwave safe container, chicken breast side up. Remove giblets from whole chicken.
Cornish hens	
Turkey: breast	

MEAT

Beef: ground, steaks, roast, stew	The narrow or fatty areas of irregular-shaped cuts should be shielded with foil before defrosting. Do not defrost less than 1/4 lb (113g) or two 4 oz (113g) patties. Place all meats in a microwave-safe container.
Lamb: stew and chops	
Pork: chops, ribs, roasts, sausage	

FISH

Fillet, Steaks, Whole, Shellfish	Place in a microwave-safe container.
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Steam clean

This automatic cleaning cycle will help you to clean the microwave oven cavity and to remove unpleasant odors.

Before starting the cycle:

1. Put 250 mL water into a container (see our recommendations in the below section "Tips and suggestions").
2. Place the container directly on the middle of the cavity.

To Start The Cycle:

1. Press the Steam Clean button, the cleaning cycle duration will be visible on the display.
2. Press the Start button to start the function.

When The Cycle Is Finished:

1. Press the Cancel button.
2. Remove the container.
3. Use a soft cloth or a paper towel with mild detergent to clean the interior surfaces.

Tips and suggestions:

For a better cleaning result, it is recommended to use a container with a diameter of 17-20 cm, and a height that is lower than 6.5 cm.

It is recommended to use a container of light plastic material that is suitable for the microwave.

As the container will be hot after the cleaning cycle is completed, it is recommended to use a heat resistant glove when removing the container from the microwave.

For a better cleaning effect and removal of unpleasant odors, add some lemon juice or vinegar to the water.

Keep warm

This function allows you to keep your dishes warm.

1. Press "Keep Warm" button
2. Press +/- button to select suitable time (15, 30, 45, 60 mins), then press START button to start.

Default time is 30min, max. time is 60min

Food	Weight Container	Temperature Container
Tuna	4 cups (880g)	165F(73.8C) Microwave safe dish
Noodle		
Casserole		

Grill

The Grill function uses a calrod thermal element that heats quickly to grill a variety of foods.

- Use the Airfry Accessory to place food closer to the grill element for faster grilling.
- Oven cavity and door will become very hot during grill element use.

The use of oven mitts is recommended.

- Use an ovenproof pan to catch drippings
- The Airfry Accessory and pan will become very hot. Use oven mitts to grasp pan for removal.

To avoid damage, do not place hot pan directly on heat-sensitive surfaces.

- The turntable must be in place when using the Airfry Accessory.
- For best results, apply light amount of cooking oil to Airfry Accessory.

Examples of Grill Times

Food	Weight Container	Temperature Container
	Toast	5 - 5 1/2 min
	Sirloin steak	1 lb (454g), 3/4" (1.9cm) thick, medium doneness; Side 1: 15min, Side 2: 10min

To use:

1. Place securely on pan and place both on the turntable. Then position food on rack and close the door.
 2. Touch GRILL.
"00:30" will appear in the display. Enter the length of time to grill in minutes and seconds.
 3. Touch START.
Grill time will count down in the display.
- When the cycle ends, "End" will appear in the display and the End-of-cycle tones will sound.
4. Touch CANCEL or open the door to clear the display.

Convection Bake/Roast

The convection system circulates hot air through the microwave oven cavity with a fan. The constantly moving air surrounds the food to heat the outer portion quickly.

- The microwave oven cavity and door will become hot during the Convection Roast cycle. The use of oven mitts is recommended.

- Use the provided baking tray and airfry accessory.

- Do not cover turntable or baking tray and airfry accessory with aluminum foil as it interferes with the circulation of hot air.

- Do not use light plastic containers, plastic wrap, or paper products.

All ovenproof cookware or metal utensils can be used with the Convection Bake function.

(Round pizza pans are excellent cooking utensils for many convection-only items.) Metal utensils cannot be used with the Convection Roast function.

- No special techniques are needed to adapt standard oven recipes to convection cooking, although some temperatures might need to be reduced and some cooking times might need to be shortened.

Using convection pan, Bake / Roast function may be used to have convection cooking. Times and cooking powers have been preset for a number of food types. Use the following chart as a guide.

Item	Food Category	Quantity
1	Manual Bake(with preheat)	
2	Thin Crust Frozen Pizza	12inch
3	Thick Crust Frozen Pizza	12inch
4	Suger Cookies	1 batch
5	Muffins	1 batch
6	Fruit Pie	1 batch
7	Layer Cake	1 batch
8	Manual Roast (with preheat)	
9	Roast Whole Chicken	2 - 6lb / 0.5lb
10	Roast Pork Loin	2 - 4lb / 0.5lb
11	Roast Pork Tenderloin	1 - 2lb / 0.5lb
12	Beef Roast	2 - 4lb / 0.5lb

For Manual Bake, to use Preheat:

- after you select the temperature, the 'Pre-heat' on the display will start blinking, press START to confirm, the machine will start Pre-heating, once the desired temperature is reached, the end-of-preheat tone will sound.

- Press +/- to set cooking time directly

- Press START, convection bake time will count down in the display.

When the cycle ends, 'End' will appear in the display and the end-of-cycle tones will sound

For Manual Bake, to use Preheat:

- after you select the temperature, the 'Pre-heat' on the display will start blinking, just press +/- will skip Pre-heat and go to set cooking time directly

- Press START, convection bake time will count down in the display.

When the cycle ends, 'End' will appear in teh display and the end-of-cycle tones will sound

Air fryer

Using with the air fryer accessory, the function allows to have air fry cooking. Times and cooking powers have been preset for a number of food types. Use the following chart as a guide.

Item	Food Category	Weight
1	Manual Airfry	4
2	Roast Potatoes	1 - 4 servings / 1 serving (oz)
3	Broccoli	1 - 4 servings / 1 serving (oz)
4	Asparagus	1 - 4 servings / 1 serving (3.3oz)
5	Brussel Sprouts	1 - 4 servings / 1 serving (4oz)
6	Chickent Nuggest	6 - 18oz / 2oz
7	Chicken Wings	8 - 20oz / 2oz
8	French Fries	1 - 4 serviings / 1 serving (2.5oz)

MICROWAVE OVEN CARE

General Cleaning

IMPORTANT: Before cleaning, make sure all controls are OFF and the microwave oven is cool. Always follow label instructions on cleaning products.

Soap, water, and a soft cloth or sponge are suggested unless otherwise noted.

MICROWAVE OVEN CAVITY

To avoid damage to the microwave oven cavity, do not use soap-filled scouring pads, abrasive cleaners, steel-wool pads, gritty washcloths, or some recycled paper towels.

To avoid damage to stainless steel models, rub in direction of grain.

The area where the microwave oven door and frame touch when closed should be kept clean.

Average soil

- Mild, nonabrasive soaps and detergents:
Rinse with clean water and dry with soft, lint-free cloth.

Heavy soil

- Mild, nonabrasive soaps and detergents:
Heat 1 cup (250 mL) of water for 2 to 5 minutes in microwave oven. Steam will soften soil. Rinse with clean water and dry with soft, lint-free cloth.

Odors

- Lemon juice or vinegar:
Heat 1 cup (250 mL) of water with 1 tbs (15 mL) of either lemon juice or vinegar for 2 to 5 minutes in microwave oven.

Microwave Inlet Cover

To avoid arcing and microwave oven damage, the microwave inlet cover (see the Parts and Features section) should be kept clean.

- Wipe with wet cloth.

MICROWAVE OVEN DOOR AND EXTERIOR

The area where the microwave oven door and frame touch when closed should be kept clean.

- Mild, nonabrasive soaps and detergents:
Rinse with clean water and dry with soft, lint-free cloth.
- Glass cleaner and paper towels or nonabrasive plastic scrubbing pad:
Apply glass cleaner to towel, not directly to surface.

Stainless Steel (on some models)

To avoid damage to microwave oven door and exterior, do not use soap-filled scouring pads, abrasive cleaners, steel-wool pads, gritty washcloths, or some paper towels. Rub in direction of grain.

- Stainless steel cleaner (not included):
See the "Assistance or Service" section to order.
- All-purpose cleaner:
Rinse with clean water and dry with soft, lint-free cloth.
- Vinegar for hard water spots

CONTROL PANEL

- Sponge or soft cloth and water:
Dampen sponge with water and wipe panel. Dry with soft cloth.
- To avoid damage to the control panel, do not use chemical or abrasive cleansers.

TURNTABLE

Replace turntable immediately after cleaning. Do not operate the microwave oven without the turntable in place.

- Mild cleanser and scouring pad
- Dishwasher

AIR FRY ACCESSORY

Dishwasher cleaning is not recommended. To avoid damage to the air fry accessory, do not use abrasive cleansers or scrubbers.

- Mild soap, water, and washcloth.