



SANYO COOKING CENTRE

Microwave Oven

OPERATING INSTRUCTIONS

Model EM-3560

Read these instructions carefully before use.
If you follow the instructions, your Microwave Oven will serve you long and well.

TABLE OF CONTENTS

INSTALLATION	3
WARNING-This appliance must be earthed	3
WHAT TO DO IF REPAIRS ARE NEEDED	3
FEATURES AND OVEN CONTROL PANEL	4 ~ 5
OPERATION	6 ~ 15
SUMMARIZED OPERATING INSTRUCTIONS	7
CONVENTIONAL TIMER FEATURE	7
DETAILED DIRECTIONS	8 ~ 15
HI POWER COOKING	8
COOKING GUIDE FOR MULTI-POWER SETTINGS	9
MULTI-POWER COOKING	10
TEMPERATURE CONTROL	11 ~ 13
HI POWER TEMPERATURE CONTROL COOKING	14
MULTI-POWER TEMPERATURE CONTROL COOKING	15
CARE AND CLEANING	16
QUESTIONS AND ANSWERS	17 ~ 18
TEMPERATURE AND WEIGHT CONVERSION TABLE	19

The SANYO microwave oven, although simple to use, must be respected as a electric cooking appliance. Become familiar with microwave energy, its uses and limitations.

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 closes 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.

INSTALLATION

1. Install the oven on a flat, level surface

- Strong enough to safely bear the weight of the oven, which is 33 kg. To avoid the possibility of causing vibration or noise the oven must be in a stable position.
- When oven is first plugged in, "0 : 00" will appear in the Display window, If it won't appear, unplug the unit and reinsert the plug in the wall outlet.
- To set Time of Day, touch CLEAR; then touch TIME OF DAY; touch numbers for correct time; then touch TIME OF DAY.

2. Keep the oven away from heat and water

Exposure to heat and water can lower oven efficiency and lead to malfunctioning, so be sure to install the oven away from heat and water sources.

3. The exhaust vents of the oven are at the back and the left side, so keep it at least 5cm away from the rear wall and the side wall.

Covering the exhaust vent may lead to malfunctioning. Hot air escapes from this vent, so be sure not to obstruct it or let curtains come between the oven and the rear wall.

4. Place the oven as far away from radios and T.V.'s as possible

To prevent static and "snow" in T.V.'s and radios, place the oven as far away from radios and T.V.'s as possible.

WARNING-This appliance must be earthed.

IMPORTANT

The wires in this mains lead are coloured in accordance with the following code:

Green-and-yellow: Earth.
Blue: Neutral.
Brown: Active.

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol \perp or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured black. The wire which is coloured brown must be connected to the terminal which is marked with the letter A or coloured red.

What to Do If Repairs Are Needed

Get in contact with your nearest Sanyo Servicenter. Do not remove the outer cabinetry. Danger!

Make the following simple check before contacting the Sanyo Servicenter:

- If the interior lamp does not light when the Start Pad is touched:
 1. Make sure that the power cord is securely plugged in.
 2. Make sure that the door is properly closed.
 3. Check the fuse or circuit breaker of your house.

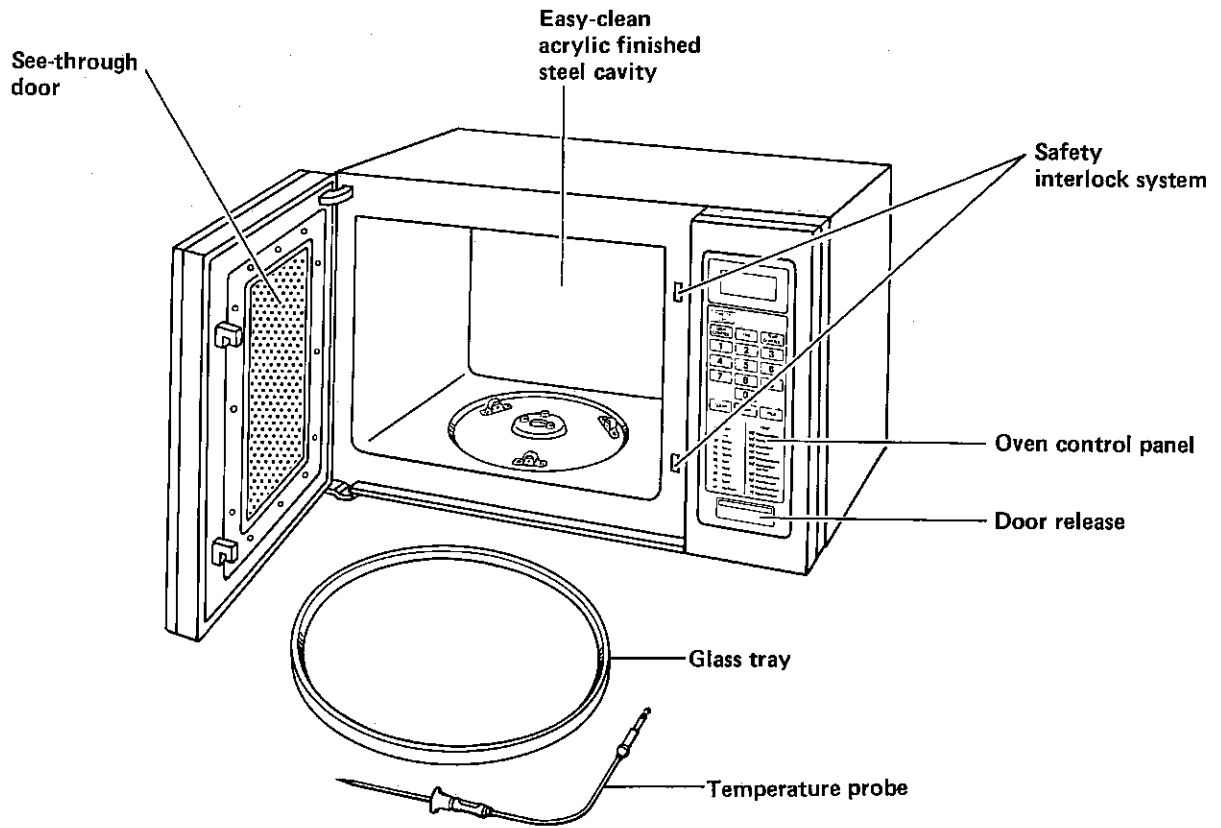
- If the lamp inside lights but the food is not heated:

Make sure that the food is not completely covered with a metal container.

- Noisy operation:

1. Make sure that sparks are not being produced due to the use of metal utensils.
2. Make absolutely sure that the contents of the oven are not touching the stirrer shield.

FEATURES



- **PRACTICAL DIMENSIONS**

Overall: 610(W) x 530.5(D) x 405(H)mm

Oven: 374(W) x 414(D) x 232(H) mm

Net weight: 33kg

- Remove your Oven and all material from the shipping carton. Your Oven will come with the following material:

Glass Tray	1 each	Multi-power Cookbook	1 each
Temperature Probe	1 each	Operating Instructions	1 each

Requirements for Safe Operation

Oven must be level.

Glass tray must be in oven during cooking.

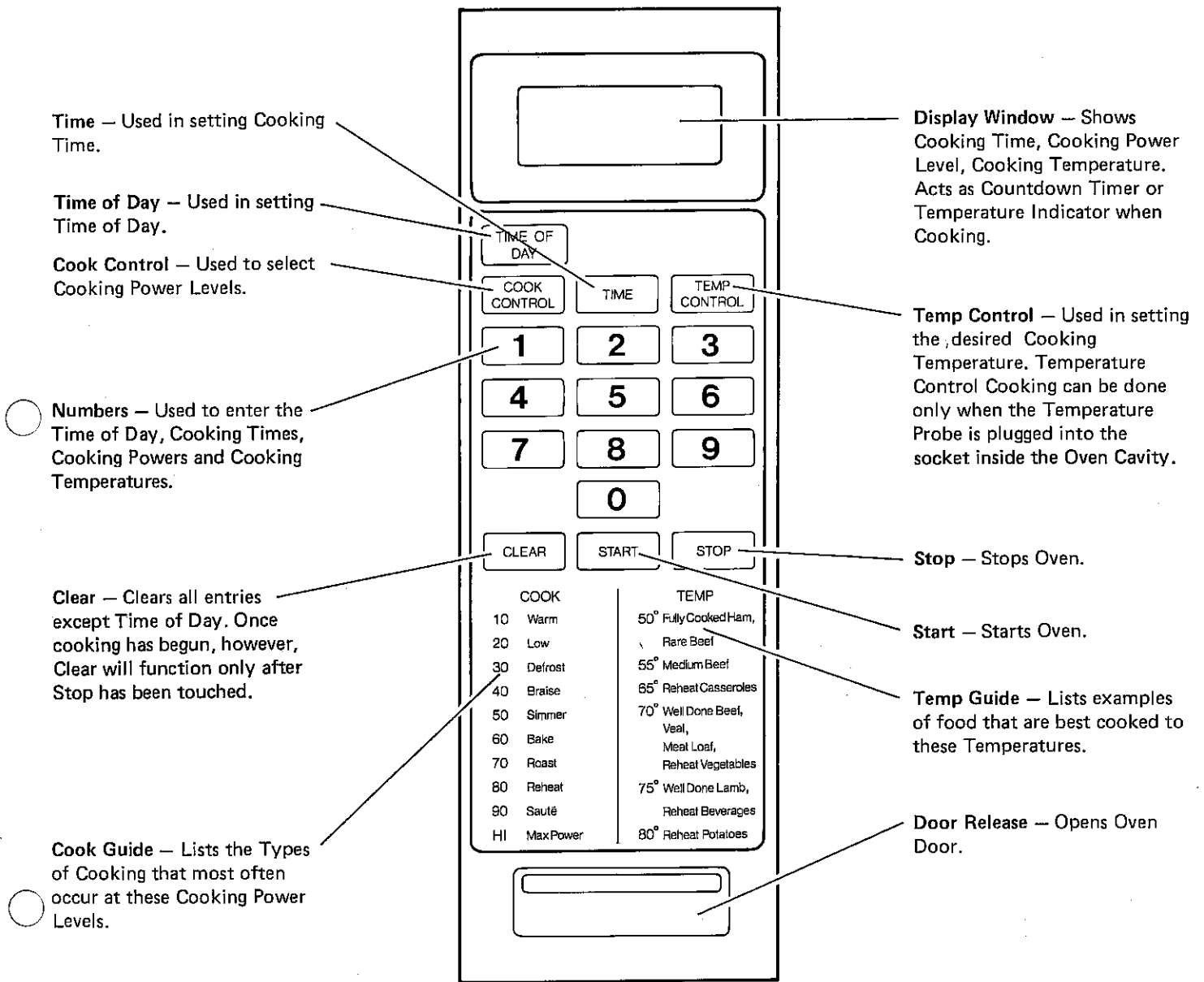
If this oven is dropped or damaged, do not use it until it is thoroughly checked by a trained service technician.

Electrical power cord must be kept dry and must not be pinched or crushed in anyway.

DO NOT ATTEMPT TO OPERATE THIS APPLIANCE WITH THE DOOR OPEN.

The MICROWAVE OVEN has several concealed safety switches to make sure the power remains off when the door is open. Do not attempt to defeat them.

OVEN CONTROL PANEL



Note: A Beep Tone sounds when a Pad on the Control Panel is touched, so you can tell that a Setting has been entered.

OPERATION

“HI” POWER COOKING

“HI” provides maximum power and is a recommended setting for cooking foods with high moisture content or for foods that require fast cooking to retain natural flavor and texture. Your Multi-power Cookbook will tell you which foods are cooked best using maximum microwave power or “HI”. For detailed directions on “HI” (max power) cooking, see page 8.

MULTI-POWER COOKING

Many foods require slower cooking at less than full power in order to achieve the best results. In addition to “HI”, there are ninety-nine multi-power settings. Detailed directions for multi-power cooking are on page 10.

“HI” POWER TEMPERATURE CONTROL COOKING

“HI” power with Temperature Control enables you to cook food to a preset temperature using maximum speed. Follow the directions on page 14 and you will be able to preset the temperature you desire with the aid of the Temperature Control Cooking Guide.

MULTI-POWER TEMPERATURE CONTROL COOKING

Multi-power with Temperature Control allows you to cook more sensitive foods to a preset temperature using slower microwave speeds. See page 15 for detailed directions.

CONVENTIONAL TIMER

Your Oven also has a timer that can be used for non-cooking functions. When used as a conventional timer, the Oven is not operating, the timer is simply counting down. For detailed instructions on using this timer, see page 7.

SUMMARIZED OPERATING INSTRUCTIONS

Your new Solid State Control allows you to use your microwave oven many ways.

TIME OF DAY	HI POWER COOKING	MULTI-POWER COOKING
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch TIME OF DAY 3. Touch Numbers for Correct Time 4. Touch TIME OF DAY 	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch TIME 3. Touch Numbers for Cooking Time 4. Touch START 	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch TIME 3. Touch Numbers for Cooking Time 4. Touch COOK CONTROL 5. Touch Numbers for Cooking Power level 6. Touch START
HI POWER TEMPERATURE CONTROL COOKING	MULTI-POWER TEMPERATURE CONTROL COOKING	
<p>To Set</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe 2. Touch CLEAR 3. Touch TEMP CONTROL 4. Touch Numbers for selected Cooking Temperature 5. Touch START 	<p>To Set</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe 2. Touch CLEAR 3. Touch TEMP CONTROL 4. Touch Numbers for selected Cooking Temperature 5. Touch COOK CONTROL 6. Touch Numbers for Cooking Power level 7. Touch START 	

To change setting, touch STOP and repeat "To Set" steps.

To check power setting, touch COOK CONTROL, and Cooking Power level will appear in the Display Window.

To check temperature setting, touch TEMP CONTROL.

To recall Time of Day during cooking, touch TIME OF DAY, and it will show in the Display Window.

CONVENTIONAL TIMER FEATURE

To use the Conventional Timer feature:

1. Touch CLEAR.
2. Touch TIME.
3. Touch numbers for the desired time.
4. Touch COOK CONTROL.
5. Touch "0" (0% of cooking power).
6. Touch START. The Timer will begin counting down in the Display Window with no cooking or heating operation in the Oven. A tone will sound when the time has elapsed.

HI POWER COOKING

1. Touch CLEAR, and a beep tone will be heard. The CLEAR erases all previous setting.
2. Touch TIME. "0" will appear in the Display Window.
3. Touch Numbers for Cooking Time. Set the cook time by touching the suitable numbers on the Control Panel. For example, to set 30 seconds, you would touch "3" and then "0". For 3 minutes, touch "3" and then touch "0" twice. For 3-1/2 minutes, touch "3", "3" and "0". (Note: Remember, the timer is a digital clock that is divided into 60 seconds. So 1/2 minute is equal to 30 seconds. Touch 30 not 50 as with a calculator.) The time set will show in the Display Window at the top of the Control Panel.

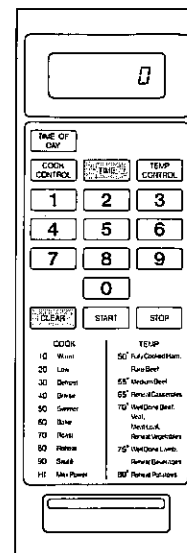
Note: It is not needed to touch COOK CONTROL when cooking with highest power ("HI"). However, if COOK CONTROL is touched, the word "HI" will show in the Display Window. This is to tell you that the oven will be running on "HI" power unless a different power setting is chosen.

4. Touch START. The oven will begin cooking, and the Display Window will show the time counting down by seconds. A tone sounds for two seconds when the time is up, and the oven shuts itself off.

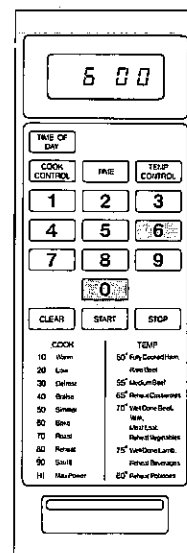
Note: To stir food during cooking, open oven door, stir or turn food, close oven door and touch START. Oven will count down the amount of time left on the timer.

Example: Fresh fish can be quick-cooked on "HI" (max power) for 6 minutes. Here is the procedure:

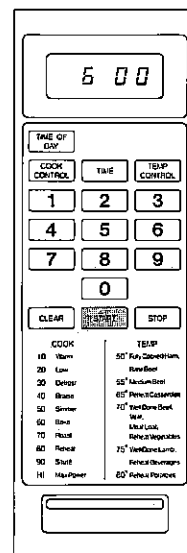
1. Touch CLEAR.
2. Touch TIME.



3. Set 6 minutes by touching "6", then "0" twice. "600" will show in the Display Window.



4. Touch START. The oven begins cooking and the time shows counting down in the Display Window. A tone sounds for two seconds when the 6 minutes are up, and the oven shuts itself off.



COOKING GUIDE FOR MULTI-POWER SETTINGS

The Multi-Power feature enables cooking at a power level to suit the food being cooked. Cooking directions can be found in the Multi-power Cookbook.

POWER	POWER SETTINGS	EXAMPLES
10%	WARM	Softening cream cheese and butter; proving bread dough; keeping dinners warm.
20%	LOW	Softening chocolate, warming delicate foods.
30%	DEFROST	Defrosting frozen foods.
40%	BRAISE	Cooking less tender cuts of meat in liquid (for example, pot roast, Swiss steak).
50%	SIMMER	Cooking stews, soups and casseroles.
60%	BAKE	Starting cakes and quick breads (such as layer cakes and muffins).
70%	ROAST	Cooking rump roasts, ham, veal and lamb; cooking egg and cheese dishes.
80%	REHEAT	Reheating leftovers.
90%	SAUTÉ	Quickly frying mushrooms, onions, celery, green peppers.
100% (HI)	MAX POWER	Cooking poultry, vegetables, fish, and used for preheating the browning dish.

As you become more familiar with your microwave oven, you may find that a particular setting is too low or too high for the results you desire.

Multiple Power Control provides the means to obtain greater precision in setting power levels. For instance, if you want a power level between ROAST and REHEAT you would set the time as usual, touch COOK CONTROL, and then touch "7" and "5." The Display Window will show "75," indicating that your oven is set to operate at a 75% power level-halfway between ROAST and REHEAT.

MULTI-POWER COOKING

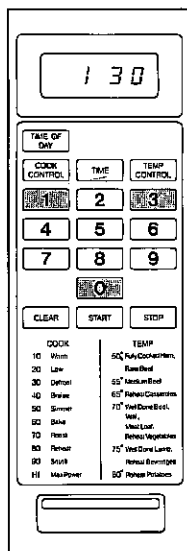
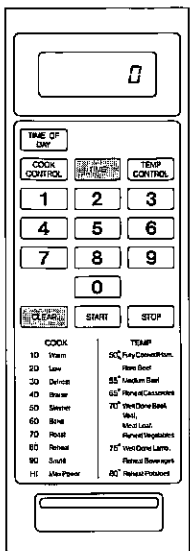
The Cookbook indicates which power setting is recommended for the food being cooked.

To Cook with Multi-Power

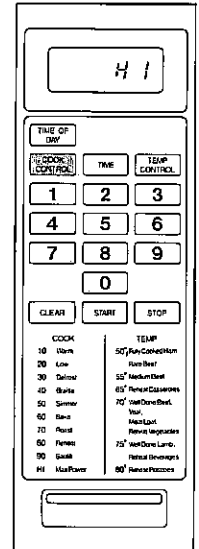
1. Touch CLEAR.
2. Touch TIME. "0" will appear in the Display Window.
3. Touch Numbers for Cooking Time.
Set the desired time by touching the appropriate numbers. The time set will appear in the Display Window.
4. Touch COOK CONTROL. The word "HI" will appear in the Display Window until a lower power setting is entered. This indicates that the Oven will always operate at maximum power unless a lower power is set.
5. Touch Numbers for Cooking Power level.
Select the cook control setting desired and touch numbers corresponding to it. For example, if the recipe calls for cooking at the 20 (LOW) setting, you would touch "2" then "0" (the number that is next to LOW on the Cook Guide Panel). When you touch "20", the Display Window will read "20". This means that in the LOW setting, the Oven is operating at a 20% power level.
6. Touch START. The Oven begins cooking, and the Display Window will show the time counting down. A tone will sound for two seconds when time is up and the Oven shuts off automatically.

Example: To Warm 6 doughnuts you would microwave on 80 (REHEAT) for 1-1/2 minutes. Follow this procedure:

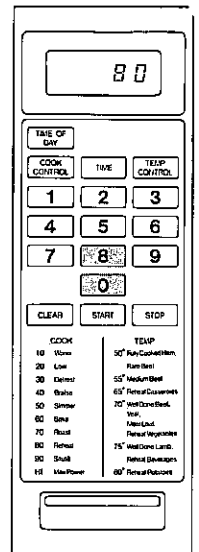
1. Touch CLEAR.
2. Touch TIME.
3. Set 1-1/2 minutes by touching "1" then "3", and then "0", "130" will appear in the Display Window.



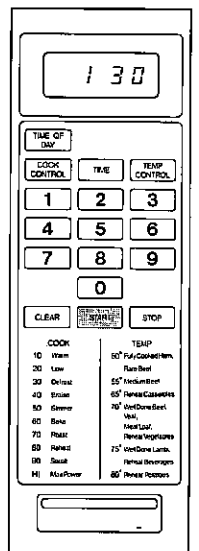
4. Touch COOK CONTROL. "HI" will appear in the Display Window.



5. Select the 80 (REHEAT) setting by touching the number "8" then "0" (the number that is next to "REHEAT"). The Display Window will read "80", meaning the Oven is operating at an 80% power level.



6. Touch START. The Oven begins cooking and the time appears counting down in the Display Window. A tone sounds for two seconds when the 1 minute, 30 seconds are up and the Oven shuts off automatically.

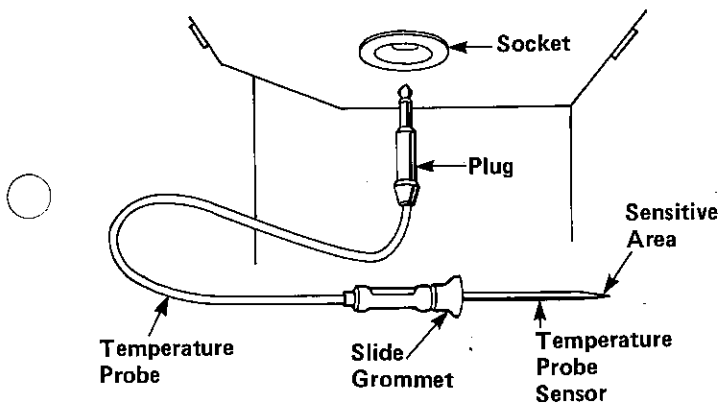


TEMPERATURE CONTROL

The Temperature Probe is used to judge doneness when cooking or reheating food. Set the desired food temperature with the TEMP CONTROL and power level with COOK CONTROL. When the food reaches that temperature, the Oven will shut itself off.

TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperatures from 30°C to 90°C can be chosen and set in the oven. Temperature should be set in five-degree increments, and the Display will show the rise in food temperature in five-degree increments. For example, when a temperature of 40°C is set, the Display Window will show the temperature rise from 30°C to 35°C and to 40°C.



DEFINITIONS

TEMPERATURE PROBE SENSOR: The pointed metal portion of the probe which is inserted or placed into food.

SENSITIVE AREA OF SENSOR: First inch, or tip, of Temperature Probe Sensor.

PLUG: End of Temperature Probe that is plugged into oven receptacle.

SOCKET: Outlet located on the ceiling of oven cavity.

SLIDE GROMMET: Adjust the length of Temperature Probe by sliding the Grommet, so that the Sensitive Area of the Probe can always be placed in the center of meat.

DISPLAY WINDOW: Shows the Cooking Temperature rising as the food is cooking. Chosen temperature may be seen during cooking by touching TEMP CONTROL.

meats

- Choose only fresh completely thawed meat.
- Place meat, fat side down, on microwave roasting rack in glass baking dish.
- Microwave on first multi-power setting for half of the total cooking time. (See Cooking Guide on page 12.)
- Turn meat, fat side up, and

1. Place Temperature Probe Sensor in meat with the first inch of Sensor in center of meat. Sensor should not touch bone or fat pocket. Sensor should be put in from side or front; Sensor should not be put in from top of meat.
2. Insert Temperature Probe into receptacle on the ceiling of oven cavity.
3. Choose temperature for Meat Probe Setting from chart on page 12; set TEMP CONTROL.
4. Microwave meat on second multi-power setting. The microwave oven will turn itself off when preset temperature is reached. Take the food out of the oven.
5. Remove Temperature Probe Sensor. Let meat stand, covered with foil, about 10 minutes before serving. Temperature will rise about 10°C during standing time.

Note: It is normal for meats to become slightly over-cooked in a small circular area in the immediate vicinity of the hole made by the meat probe.

TEMPERATURE CONTROL MEAT COOKING GUIDE

MEAT	FIRST SETTING AND TIME	SECOND SETTING AND TIME	MEAT PROBE SETTING	MINUTES STANDING TIME
BEEF Rolled Roast	HI (MAX. POWER) rare – 3 min. per 500 g medium – 4 min. per 500 g well done – 5 min. per 500 g	70 (ROAST) rare – 4 min. per 500 g medium – 6 min. per 500 g well done – 6 min. per 500 g	45°C 50°C 60°C	10 min. 10 min. 15 min.
Roast Beef Sirloin or Topside	HI (MAX. POWER) rare – 3 min. per 500 g medium – 4 min. per 500 g well done – 4 min. per 500 g	70 (ROAST) rare – 4 min. per 500 g medium – 6 min. per 500 g well done – 7 ~ 8 min. per 500 g	45°C 50°C 60°C	10 min. 10 min. 15 min.
Meat Loaf	HI (MAX. POWER) 14 ~ 15 min. per kg	none	60°C	10 min.
LAMB Leg	HI (MAX. POWER) medium – 3 min. per 500 g well done – 4 min. per 500 g	70 (ROAST) 5 ~ 6 min. per 500 g 6 ~ 7 min. per 500 g	65°C 75°C	10 min. 15 min.
Shoulder or Rack	HI (MAX. POWER) medium – 2 min. per 500 g well done – 3 min. per 500 g	70 (ROAST) 5 min. per 500 g 6 ~ 7 min. per 500 g	65°C 75°C	10 min. 10 min.
PORK Leg	HI (MAX. POWER) well done – 5 min. per 500 g	70 (ROAST) well done – 5 ~ 6 min. per 500 g	75°C	15 min.
Loin	HI (MAX. POWER) well done – 4 min. per 500 g	70 (ROAST) well done – 5 min. per 500 g	75°C	10 ~ 15 min.
VEAL Roast	HI (MAX. POWER) well done – 4 min. per 500 g	70 (ROAST) well done – 5 ~ 6 min. per 500 g	70°C	10 ~ 15 min.

Turn meat over between first and second settings.

POULTRY	FIRST SETTING AND TIME	SECOND SETTING AND TIME	MEAT PROBE SETTING	MINUTES STANDING TIME
CHICKEN Whole	HI (MAX. POWER) well done – 10 min. per 500 g	none	75°C	15 min.
Pieces	HI (MAX. POWER) well done – 8 ~ 10 min. per 500 g	none	75°C	10 min.
TURKEY Whole	HI (MAX. POWER) well done – 10 min. only (regardless of weight)	70 (ROAST) 8 min. per 500 g	75°C	15 ~ 20 min.
Hindquarters	HI (MAX. POWER) well done – 8 min. per 500 g	none	75°C	10 min.
DUCK	HI (MAX. POWER) well done – 5 min. per 500 g	70 (ROAST) 8 min. per 500 g	75°C	15 min.

Turn poultry over between first and second settings.

FISH	FIRST SETTING AND TIME	SECOND SETTING AND TIME	MEAT PROBE SETTING	MINUTES STANDING TIME
Whole	HI (MAX. POWER) 6 min. per 500 g	none	none	5 min.
Filletts	HI (MAX. POWER) 4 min. per 500 g	none	none	nil

temperature control Do's and Don'ts

DO

- Place Temperature Probe Sensor in thickest part of meat or in center of food to reheat. Avoid touching bone or fat.
- Check that the first inch of Sensor is inserted in the denser part of food to cook.
- Remove Temperature Probe from oven after use.

DON'T

- Do not operate the oven empty with the Temperature Probe plugged in.
- Do not let the Temperature Probe Sensor touch the sides, bottom and door of oven interior when in operation.
- Do not use the Temperature Probe in a conventional oven.

reheating foods

- Place Temperature Probe Sensor in food to be reheated, with the first inch of sensor in the center of the food.
- Plug Temperature Probe into receptacle on side of oven cavity.
- Cover food if desired.

- Set temperature of desired doneness.
- Select multi-power setting as directed in chart below.
- Microwave oven will stop cooking when desired temperature is reached.
- Remove Temperature Probe from Oven after use.

TEMPERATURE CONTROL REHEATING GUIDE

FOOD	SETTING	DONENESS	SPECIAL HELP
Beverages	HI (MAX POWER)	75°C	Place Temperature Probe Sensor in center of beverage glass.
Soups	80 (REHEAT)	70°C	Place the Temperature Probe Sensor in the center of the soup. Cover food if desired.
Precooked Casseroles	80 (REHEAT)	65°C	Place Temperature Probe Sensor in center of food. Cover food if desired.
Meat Sandwiches (thick)	80 (REHEAT)	50°C	Insert the Temperature Probe Sensor in the thickest part of the sandwich to be warmed. The sensitive area of the Sensor should be located in the sandwich filling.
Leftovers	80 (REHEAT)	65°C	Insert Temperature Probe Sensor in the most dense or largest amount of food.
Canned Vegetables	80 (REHEAT)	70°C	Place Temperature Probe Sensor in center of food to be reheated. Sensitive area of Sensor should rest in middle of food.
Baked Foods	80 (REHEAT)	50°C	
Syrup	70 (ROAST)	65°C	Place Temperature Probe Sensor in center of the container.

other foods

At times the same kinds of foods may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the Temperature Control for poultry, thin food items and foods that require tenderizing by simmering.

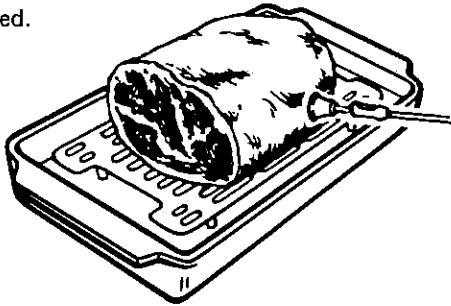
In some cases the microwave oven may shut off prematurely. This indicates either that the Temperature Probe is not inserted properly or that it should not be used with this type of food.

HI POWER TEMPERATURE CONTROL COOKING

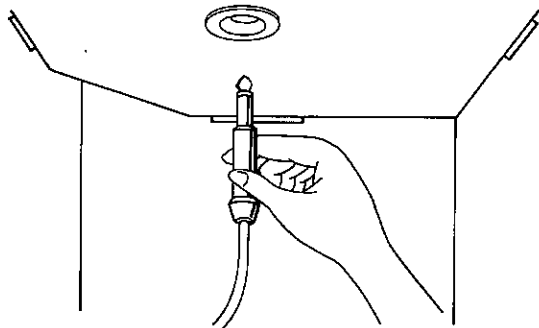
The Temperature Control Meat Cooking Guide and Reheating Guide on pages 12 and 13 will tell you which multi-power setting and doneness Temperature are recommended for the food you're cooking.

When cooking with Temperature, the Timer is not set.

1. Place Temperature Probe in food, with the first inch of Sensor secured in center of food. Probe should be inserted in a horizontal direction or on an angle as illustrated.



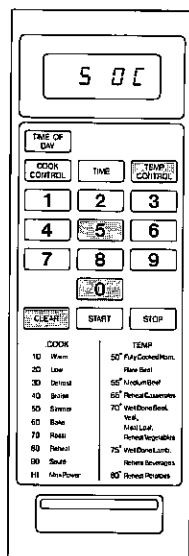
2. Plug Temperature Probe into receptacle on the ceiling of oven cavity.



3. Touch CLEAR.

4. Touch TEMP CONTROL. "C" will show in the Display Window.

5. Select food temperature you desire and touch the corresponding Numbers. For example, if the recipe calls for doneness at 50°C you would touch numbers "5" and "0" (the temperature that is next to Rare Beef on the Temperature Guide). When you touch "50", the Display Window will read "50".

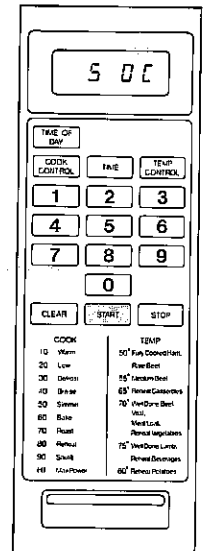


Note: You do not need to touch COOK CONTROL when you are cooking with HI (max power). However, you may touch COOK CONTROL. The word "HI" will show in the Display Window. This is to tell you that the Oven will work at HI (highest microwave power) unless a different power setting is chosen.

6. Touch START. The Oven begins cooking, and you will be able to see the temperature of the food rising in the Display Window. A Tone will sound for two seconds when the temperature is reached.

The Oven will shut itself off. If the Temperature Probe is not plugged into the socket, the Oven will not run.

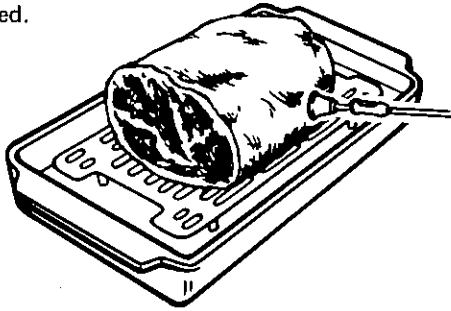
Note: The temperature which first appears in the Display Window will be 30°C, if the temperature of the food is below 30°C when the Oven starts cooking. When the temperature of the food is above 30°C, the Display Window will show the temperature of the food in 5-degree increments. The highest temperature that can be set is 90°C.



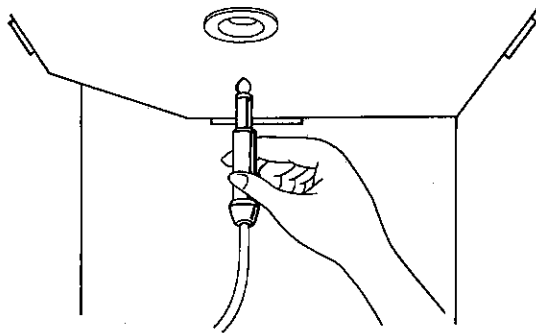
MULTI-POWER TEMPERATURE CONTROL COOKING

Temperature Control Meat Cooking Guide and Reheating Guide on pages 12 and 13 will tell you which multi-power setting and temperature setting are recommended for the food you're cooking.

1. Place Temperature Probe in food, with the first inch of Sensor secured in center of food. Probe should be inserted in a horizontal direction or on an angle as illustrated.



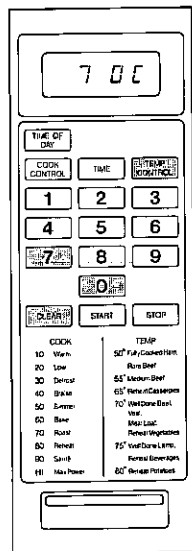
2. Plug Temperature Probe into receptacle on the ceiling of oven cavity.



3. Touch CLEAR.

4. Touch TEMP CONTROL. "C" will show in the Display Window.

5. Select food temperature of desired doneness and touch the numbers corresponding to it. For example, if the recipe calls for doneness at 70°C, you would touch numbers "7" and "0" (the temperature that is next to Meat Loaf on the Temperature Guide Panel). When you touch "7" and "0", the Display Window will read "70°C".

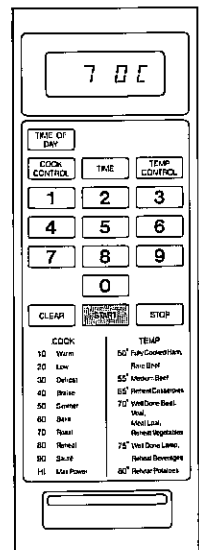
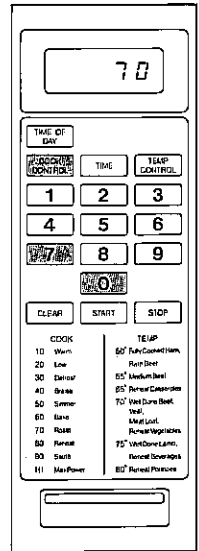


6. Touch COOK CONTROL. The word "HI" will show in the Display Window until you enter a lower power setting. This is to remind you that the Oven will always operate at full power unless you set a lower power.

7. Select the cook control setting you desire and touch the numbers corresponding to it. For example, if the recipe calls for cooking at the 70 (ROAST) setting, you would touch numbers "7" and "0" (the number that is next to ROAST on the Cook Guide Panel). When you touch "7" and "0", the Display Window will read "70". This means that in the ROAST setting, the Oven is operating at a 70% power level.

8. Touch START. The Oven begins cooking, and you will be able to see the temperature of the food rising in the Display Window. A tone will sound for two seconds when the temperature is reached. The Oven will shut itself off. If the Temperature Probe is not plugged into the socket, the Oven will not run.

Note: The temperature which first shows in the Display Window will be 30°C, if the temperature of the food is below 30°C when the Oven starts cooking. When the temperature of the food is above 30°C, the Display Window will show the temperature of the food in 5-degree increments. The highest temperature that can be set is 90°C.



CARE AND CLEANING

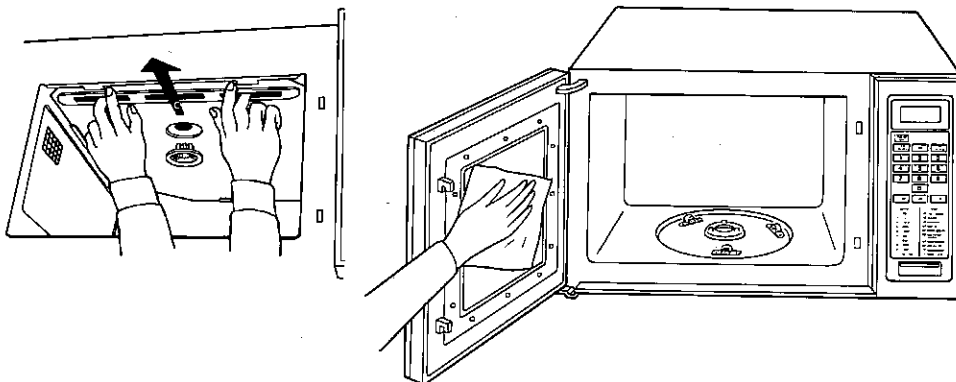
Wipe the microwave inside and out with a mild detergent solution, rinse, and wipe dry. This should be done on a weekly basis — more often if needed. Never use rough powders or pads.

REMOVABLE PARTS

- After each use of the Temperature Probe, it must be removed from the socket. Use pot holder, as the wire, plug and sensor sections may be hot. Wipe food or liquid from sensor with damp cloth.
- The glass tray can be removed for cleaning at the sink.
Before removing tray, wipe up spillovers with paper towel or cloth.
Be careful not to chip or scratch the edges of the tray as this may cause the tray to break during use.
- The oven inside top (stirrer shield) can be wiped gently in place or removed for washing at the sink. It rests in slots along the sides and in the rear of the oven and is held by two tabs in front. Pull the plastic holder for the probe jack down. The front edge down and forward to remove. Wash only in warm (not hot) detergent water, rinse, and wipe dry. Avoid hitting or bending the metal stirrer blades, as this could cause uneven cooking or damage to the oven.
of the shield with the two tabs.
- Wash in warm soapy water and dry.
Do not use rough cleaning powders, steel wool, or rough cleaning pads.

SPECIAL CARE

For best performance and safety, the inner door panel and oven front frame should be free of food or grease buildup. Wipe both often with a mild detergent, rinse, and wipe dry. Never use rough powders or pads. After cleaning the control panel, touch CLEAR. This will clear any entries that might have been entered accidentally while cleaning the panel.



QUESTIONS AND ANSWERS

OPERATION

- Q. What's wrong when the oven light will not glow?
- A. There may be several reasons why the oven light will not glow.
- Timer has not been set.
 - Light bulb is burned out.
 - START has not been touched.
-

- Q. Why is steam coming out of the air exhaust vent?
- A. Steam is normally produced during cooking operations. The microwave oven has been designed to vent this steam out the rear vent.
-

- Q. Will the microwave oven be damaged if it operates empty?
- A. Yes. Never run it empty.
-

- Q. Does microwave energy pass through the viewing screen in the door?
- A. No. The metal screen reflects the energy to the oven cavity. The holes, or ports, are designed to allow light to pass; they do not let microwave energy through.
-

- Q. Why does the beep tone sound when a pad on the Control Panel is touched?
- A. The beep tone sounds, to assure that the setting is being properly entered.
-

- Q. Why does the Display Window flash?
- A. Flashing numbers indicate there has been a loss of electrical power to the Oven and the Time of Day must be reset.
-

FOODS

- Q. What is wrong when baked foods have a hard, dry, brown spot?
A. A brown, hard spot indicates overcooking. Shorten the cooking or reheating time.
-

- Q. Why do eggs sometimes pop?
A. When baking, frying, or poaching eggs, the yolk may pop due to steam built up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking.

Never overcook eggs.

Never microwave cook eggs in the shell.

- Q. Why are scrambled eggs sometimes a little dry?
A. Eggs dry out if they are overcooked. Though the same recipe is used each time, you may need to vary the cooking time for one of these reasons.
- Eggs vary in size.
 - Eggs are at room temperature one time and refrigerator temperature another.
 - The shapes of utensils vary, which makes it necessary to vary the cooking time.
 - Eggs continue to cook during standing time.
-

- Q. Can I cook popcorn in my microwave oven?
A. Cooking popcorn in a microwave oven is not recommended.

Microwaves pop too few kernels to make the technique successful. Prolonged cooking does not yield more popped corn, but can cause fire or make the cooking dish too hot to handle and even break.

Microwave popping devices are available. While safe to use, they usually do not give results equal to conventional popping methods. If used, carefully follow the instructions provided with the popping product.

Never attempt to pop corn in a paper bag.

- Q. What is wrong when three potatoes bake thoroughly and the fourth is still not cooked?
A. The fourth potato may be slightly heavier than the others and will need to cook 30 to 60 seconds longer. Remember to allow space around each potato when baking.

For more even cooking, arrange potatoes in a circle.

- Q. Why do baked apples sometimes burst during cooking?
A. The peel should be removed from the top half of each apple to allow for expansion of the interior of the apple during cooking, as in conventional cooking.
-

- Q. How are boilovers prevented?
A. For foods that tend to boil over, use a larger utensil. If you open the oven door or touch STOP the food will stop boiling. (Remember to touch START again after closing the door, to allow cooking to resume.)
-

- Q. Why is a standing time recommended after microwave cooking is completed?
A. After microwave cooking is completed, foods continue to cook during standing time.

This standing time completes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

TEMPERATURE AND WEIGHT CONVERSION TABLE

°F	°C
90	32.2
95	35.0
100	37.8
105	40.6
110	43.3
115	46.1
120	48.9
125	51.7
130	54.4
135	57.2
140	60.0
145	62.8
150	65.6
155	68.3
160	71.1
165	73.9
170	76.7
175	79.4
180	82.2
185	85.0
190	87.8
195	90.6
200	93.3

OZ	g
1	28.3
2	56.7
3	85.0
4	113.4
5	141.7
6	170.1
7	198.4
8	226.8
9	255.1
10	283.5
11	311.8
12	340.2
13	368.5
14	396.9
15	425.2
16 (1 lb)	453.6

lb	g
1	453.6
2	907.2
3	1360.8
4	1814.4
5	2268.0
6	2721.6
7	3175.2
8	3628.8
9	4082.4
10	4536.0

