



# INSTRUCTION MANUAL MICROWAVE OVEN

Please read this manual carefully before using this appliance.

MS0741FE



MFL06335718

[www.lg.com](http://www.lg.com)

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

- (a) Not attempt to operate this oven with the door open as this can result in dangerous exposure to microwave energy. It is important to follow manufacturer's precautions for security of the locking system of the oven door.
- (b) Not place any object between the front of the unit and the oven door nor allow it to accumulate dirt or cleaner residue on the sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the door will close properly and there is no damage that affects:
  - (1) The door (Kinks)
  - (2) hinges and latches (broken or loose)
  - (3) Gaskets and door sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone other than qualified and suitable.
- (e) You may only use the microwave glass tray in place. Always place the food in a container on the glass tray.a)

### **CAUTION**

When heating liquids, eg soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can cause bubbles without being noticed from the outside.

This could result in a sudden boiling hot liquid.

To prevent this possibility the following steps:

1. Avoid using containers with narrow necks straight.
2. Do not overheat.
3. Pour the liquid before placing the dish in the oven and then partially measuring the cooking time.
4. After heating, leave the oven for a period of time, pour it or move it, then carefully check your temperature before serving. Be careful. (Especially, the contents of bottled foods and bottles).

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## IMPCFH5BH'G5 : 9HM-BGHFI 7H-CBG

**⚠ CAUTION** - To reduce the risk of burns, electric shock, physical damage to persons or excessive microwave exposure:

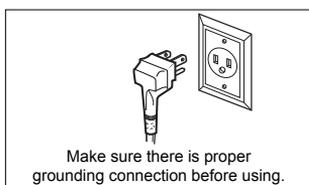
1. Read the instructions described here before using the appliance.
2. Carefully follow the **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** on page 2 of this manual.
3. This appliance must be grounded. A socket only properly grounded outlet. See **GROUNDING INSTRUCTIONS** on page 4 of this manual.
4. Install and position the device following the instructions provided in this manual regarding installation.
5. Some products, such as whole eggs and sealed containers, flasks closed can be exploited by cooking, reason why they should not be used in the microwave.
6. Use this appliance only for the purposes described in this manual. Do not use corrosive chemical vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. Its use is exclusively domestic.
7. As with any other device appliance, supervision should be exercised when close to be used by children.
8. Do not operate this appliance if the cord or plug is damaged or in disrepair, if not working properly or if the apparatus has been damaged or shock.
9. This appliance should be serviced only by qualified personnel and only qualified. Go to the center nearest authorized service facility for examination, repair or adjustment.
10. Do not block any openings on this appliance.
11. Do not use outdoors. Do not use this product near water, such as dishwashing tub in the kitchen, or in humid places, and not stored in near water or other liquids.
12. Do not immerse the appliance or its cord in water.
13. Keep the power cord of this unit away from heated surfaces.
14. Do not let power cord hang over edge of table or counter where you have installed.
15. When cleaning surfaces of door and inside the oven, use only mild soap, using a nonabrasive sponge or cloth. See instructions for cleaning the door in this booklet.
16. To reduce the risk of fire in the microwave oven:
  - a. Do not overcook food. Watch the oven carefully especially if you have placed in the oven paper, plastic or other easily combustible.
  - b. Remove all wire used to close bags of paper or plastic that enter into the oven.
  - c. If any product in the oven caught fire, **KEEP OVEN DOOR CLOSED**, turn oven **IMMEDIATE**, disconnect the power cord from the outlet or switch off the corresponding fuse in the fuse panel.
17. Do not heat any type of food in bottles or baby food in general. Food can be cooked in a nonuniform and therefore can cause some type of bodily harm.
18. Avoid heating containers or jars with narrow neck, such as bottles of wine.
19. Avoid using corrosive fumes, including chlorine eats sulfates or syrup bottles.
20. The heating of liquids in containers in certain ways (especially cylindrical), because they can excel. The liquid can scatter violently with a loud noise during or after heating or when adding ingredients (instant coffee, etc.), Which may result in damage to the oven and possible injury. In all types of containers for best results, it is best to stir the liquid several times before heating. Always stir the liquid to reheat between an action and another.

**SAVE THESE INSTRUCTIONS**

# INSTALLATION

## A. GROUNDING INSTRUCTIONS

This equipment must be properly grounded. In the case of an electrical short circuit, the fact of being connected to ground reduces the risk of electric shock by providing an escape wire for electrical energy. This appliance is equipped with a cord with three prong plug (one of which for grounding). (see Figure 1) to minimize the possibility that this apparatus produces an electric shock. This plug must be plugged into an outlet that is properly installed and grounded.



## ⚠ ATTENTION

Improper use of the plug of land can result in electrical short. Do not, cut do not remove the third grounding terminal, under any circumstance, the balance. You will do well to consult a qualified electrician if these grounding instructions have not been sufficiently understood or if doubt persists about how this unit can be connected to ground. If you only have a conventional two prong outlet is the responsibility and obligation of the consumer have it replaced by one of three, properly grounded.

### ⚠ ATTENTION

Plug the adapter ground terminal to the wall outlet does not make the connection to ground except that the screw holding the receptacle cover is metal, not isolated, and the wall outlet is grounded through wiring system house or building.

- 1) In situations where the power cord of the appliance must be disconnected frequently, do not use a plug adapter as the power cord disconnect cause undue pressure on the adapter ring and eventually leads to their usefulness. If the user has a two-prong outlet, you must have it replaced by one of three, per a technician electrician.
- b) If you must use an extension cord, use only one of three wires that plug has three blades or blades and a receptacle that will accept the plug on the appliance. The ability of the extension must be equal to or greater than the electric capacity of the apparatus.

### ⚠ NOTES:

1. A short power cord is provided with this unit in order to reduce the risk of tangling with the same or tripping over a longer cord.
2. Cords available estbn longer appropriate but should be used with due care.

3. If llegara to use a longer cord (1), the electric capacity of the cord must be at least equal to the capacity of the apparatus. (2) the extension cord should be the type that has three wires and grounding and (3) the resulting long cord should be arranged rnanera that does not fall to the sides of the table where this appliance where it can be pulled by children or tripped over accidentally.

## B. CIRCUITS

For security reasons, this oven must be connected to a circuit of 15 amperes. No other appliance should be connected to the same circuit. If in doubt, consult a qualified electrician.

## C. PREVENTION OF VOLTAGE

The outlet voltage must be the same as specified on the serial plate is located on the back of the unit or next to the furnace control panel. The use of higher voltages can be dangerous and cause fires or other accidents that are causing damage to the oven. Insufficient voltage, moreover, can result in slower cocciónde. If your microwave is not functioning normally in order to be related to the source of AC power and voltage, disconnect the power cord and reconnect it.

## D. LOCATION OF THE OVEN.

Your microwave oven can be easily installed in your kitchen, the living room of the family or any another room of the house. Place the oven on a flat surface like the kitchen cupboard or on a cart specially designed for use with microwave ovens. Never place it on top of a stove or gas or electric stove. It is important that air can flow around the furnace.

## E. DO NOT BLOCK AIR

DUCTS All outlets should be kept free of obstruction during the cooking function. If the outputs are covered during the operation of the oven, this can overheat. In this case, a sensitive safety device automatically shuts down the oven. The oven will remain unable to function until it has cooled sufficiently.

## F. RADIO INTERFERENCE

1. The operation of the microwave oven may cause interference to the reception of radio, television or similar equipment.
2. When there is interference, it can be reduced or eliminated by taking the following measures:
  - a. Clean the door and the sealing surfaces of the oven.
  - b. Change the orientation of the antenna of your radio or TV.
  - c. Relocate the microwave oven.
  - d. Move the microwave receiver.
  - e. Connect the microwave into another receptacle so that the receiver and the resulting furnace connected to two different circuits.

## OTHER USEFUL INSTRUCTIONS

### PRECAUTIONS

- \* Do not attempt repairs or adjustments or in the control panel door fastenings or any of the other parts of the oven. Repairs should always be made by qualified and suitable.
- \* Be sure to fit the front surface of the door at least 3 inches (7.5 cms.) Or more from the edge of the table or counter when the oven is positioned to prevent accidental falls or rollover during normal use.
- \* For the programming is more efficient, touch the center of each key decision and security. You should hear a beep when you press a key, as confirmation that the same have been properly pressed.
- \* Do not touch the controls or hit with objects such as cutlery, utensils etc.. Breakage may occur.
- \* Be careful when removing cookware from the oven. Some dishes absorb heat from the cooked food can be very hot.
- \* Do not proceed to rinse utensils immediately after removing from oven. This can cause breakage. Allow to cool turntable.
- \* Do not use glassware. See the section on tools in this manual.
- \* Do not operate the oven when empty. There should always be in the oven either food or water to absorb microwave energy
- \* Do not heat food in closed containers. The pressure can cause the explosion and cause injury.
- \* 0. Do not use your microwave to dry paper or clothes. May cause a fire.
- \* 1. Use only approved for use in thermometers Microwave ovens.
- \* Make sure the turntable is in place and turn right before operating the oven.
- \* Before cooking, pierce the skin of potatoes, whole squash, apples or any fruit or vegetable covered by any type of shell.
- \* Never use your microwave to cook eggs in their shell. The internal pressure can cause an explosion.
- \* Do not prepare popcorn, "popcorn" except in appropriate containers specifically manufactured for use in microwave ovens. Never try to cook popcorn "popcorn" in bags other than as expressly made for that purpose. Overcooking may result in smoke and fire.  
Do not try to blow the seeds that may remain unruptured.  
Utifice No special bags for the second time.

### HOW TO GET THE BEST POSSIBLE RESULTS OF YOUR MICROWAVE.

The instructions in this manual have been made to provide excellent support for good kiln operation, the food you prepare or cook in the oven will get a good result if you put attention on the steps. Always check food while on the cooking process. Your microwave oven is equipped with an inner light that turns on automatically when you open the oven door or when in operation. This way you can see food and therefore how the process of cooking. Factors that affect the cooking time: To check the voltage in your oven, refer to the drawing at the beginning of this book. Many factors affect the cooking time. The temperature of the ingredients used in a recipe makes a big difference in cooking time. For example, a cake made with butter, eggs and milk cold or chilled, would take considerably more time than that which is made with ingredients at room temperature. All recipes in this book indicate cooking time ranges. Generally find that the food is not well cooked using smaller ranges of time, and sometimes you wanted to cook for longer than suggested cooking according to your personal preference. The philosophy that governs this book is that it is better to be conservative in the cooking time for the recipe, since the food infracocinada becom. However, some, particularly those relating to breads, pastries and meats, including suggestions that the food is removed from the oven while still slightly infracocinada are. This is not a mistake. When given a chance to rest, food continues to cook outside the oven, as the heat trapped in the outer portions of food moves inward. If you keep food in the oven until they are fully cooked, the outer portions are overcooked or even burnt. As you gain experience in using your microwave, you yourself may more efficiently estimate the appropriate time for cooking and to rest, the different foods. pleted, while overcooked food is lost.

## OTHER USEFUL INSTRUCTIONS

### SPECIAL TECHNIQUES FOR MICROWAVE COOKING

**To brown:** Meat and poultry that are cooked 10 to 15 minutes or more, will brown slightly through its own fat. Foods that have to cook for less time, they can permeate sauces and reach that appetizing brown color. The sauces most commonly used are the "Worcestershire" or Worcestershire sauce, the soy or soy and barbecue sauce, or barbecue. As the amount of sauce used to brown is small, the original flavors of the recipes are not altered.

**Covers or guards:** The cover traps heat and steam which causes food to cook faster. You can use either the lid or cover the pan with plastic wrap ("Plastic wrap") but always leaving a corner open to vent steam.

**Covered with wax paper:** Wax paper effectively prevents the food from splashing into the oven and while maintaining the heat. But as a cover or lid over loose lid or transparent paper, allows food to dry a bit.

**Wrap in waxed paper or paper towel:** sandwiches and many other foods containing bread and baking should be wrapped before microwaving to prevent drying.

**Ordering and spacing:** Food in units as baked potatoes, cakes and sandwiches or antipasto glasses, cook more evenly if placed in the oven with at least an inch of separation between them, preferably in a circular pattern. Never put food on the other.

**Stir:** Stir food is one of the most important techniques for microwave cooking. In conventional cooking, food riots are in order to mix them. However, microwave baked goods are stirred to disperse and redistribute the heat. Always stir from the outside toward the center and outside the food is heated first.

**Flip:** food big and tall, such as roasts or whole poultry should be turned so that the top and bottom will cook evenly. It is also a good idea to cut the poultry or meat loaf.

**Placing thicker portions facing out:** Since microwaves are attracted to the outside of food, it makes sense to put lots of meat, poultry and fish, on the edge of baking dish. Thus, the thicker portions cook alike.

**Protecting:** In order to prevent the corners of square or rectangular food is cooked too much with the microwaves, they are covered with aluminum foil pieces that block microwave. Never use too much foil and make sure it is well adhered to the plate as cause sparks in the oven.

**Elevation:** Thick or dense foods are often high so that microwaves can be absorbed by the inside and the food center.

**Punch:** To prevent food burst erase that word or are covered by husks, shells, skins or membranes should drill them before cooking. These foods include the white and egg yolk, scallops, oysters and many vegetables and whole fruits.

**Test if they are cooked:** Because the food is cooked very quickly in the microwave, you need to check frequently. Aigunos food is left in the oven until they are fully cooked, but most foods, including meat and poultry, are removed from the oven when they lack a bit allowing them to nish cooking during standing time. The internal temperature [as food to rise between 5 ° F (3 ° C) and 15 ° F (8 ° C) during rest time.

**Standby time:** Often foods are allowed to stand between 3 and 10 minutes after removing from oven. Usually you keep food covered to retain heat unless the texture has to be dry (such as cakes and cookies). Rest allows meals are nished cooking and the avor is impregnated and develop.

### CHARACTERISTICS OF THE FOOD AND ITS EFFECT ON THE RANGE MICROWAVE.

**Density:** Food lightweight, porous, such as cakes and breads are cooked food more rapidly than heavy and dense roasts and casseroles eat. You should be careful that the edges of light foods do not dry out and break. Tape the edges with stove or baking paper to a higher level baio.

**Height:** The top high food, particularly roasts, will cook more rapidly than the bottom. Therefore, it is wise to turn tall food during cooking, sometimes with frequency.

**Moisture content:** Moisture attracts the microwaves, so dry foods such as roasts and some vegetables should be soaked before cooking or covered to keep the steam.

**Bone and fat content:** Bones conduct heat and attract large amounts of fat microwave energy. Therefore, care must be taken when cooking cuts of meat with bones and fat, they do not cook unevenly or to overcook.

**Form a meal:** The microwaves penetrate only 1 inch (2.5 cm) meals, the food inside is cooked thick with the heat from penetrating the outside inward. In other words, only the outside of any food is actually cooked by microwave energy. The rest is cooked by convection. It follows, therefore, that the worst possible way for a meal that would hornmeada microwave, is a large square. The corners will burn long before the center even hot.

**Quantity:** The number of microwaves in your oven remains constant regardless of the amount of food that is cooking. Therefore, the more food you put in your oven, but cooking time will be needed. Remember to reduce the cooking time by at least one third when one half of the food.

## OTHER USEFUL INSTRUCTIONS

For best results and a pleasant culinary operations, please read the cooking guide in its entirety.

### FOR BEST RESULTS:

1. When you need to determine the time needed to cook a given food, start by using the minimum time and occasionally check for doneness reached. The microwave oven cooks very rapidly and is therefore easy to cook the food over the desired.
2. When the amount of food to be cooked is very small or has a low water content, the food can dry and harden when cooked for long.
3. Do not use the microwave to dry kitchen towels or other paper products. It can burn.
4. Do not cook in the microwave, eggs in shell.
5. When cooking foods such as apples, potatoes, egg yolks, chicken livers. Etc., take care to pierce the shell or membrane to prevent bursting while being cooked.

## COOKING UTENSILS

### TOOLS FOR USE IN MICROWAVE

Never use metal utensils or have edges metal in your microwave oven. Microwaves can not pass through metal. These waves bounce o any object in the oven are deected by the metal walls and can cause sparks. Most of the utensils thermal (heat resistant) metal are not acceptable for use in a microwave oven. Some, however, may contain materials that should not be used in a microwave oven. If you have a question about a particular tool, there is an easy way to know. Testing tools to verify if they are used in microwave oven: Place the empty pan in the oven microwave along with a full glass of water. Cook for one minute at maximum power. If the water is hot and the cold remains utensil, the utensil is suitable for use in microwave. But if the pan is hot, is because it contains materials that absorb microwaves and hence should not be used i n microwaves. Surely you have in your kitchen many vessels that could be used in microwave ovens. The following list may give you an idea.

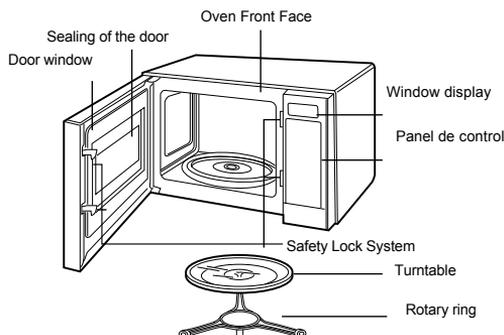
1. **Dinnerware Dishes:** Most of the dishes are used in microwave ovens. If in doubt, please refer to the manufacturer or have the evidence referred to above.
2. **Glass:** Glass or heat resistant glass are used in microwave. This includes all brands of thermal glass. Do not use wine glasses or cups delicate. Because of the possibility of breakage.
3. **Paper:** Paper plates and other containers are not waxed convenient and safe to use in your microwave oven as long as they are used for short periods and food to be cooked are low in fat and moisture. The paper towel is also useful for wrapping food and lining trays for fatty foods such as bacon. In general, use white

paper towels because the dyes of colorful paper tend to stain the food.

4. **Plastic Containers:** These can be used for fast heating of food. However, should not be used for foods which are to be cooked for a long time, since overheating can melt the plastic.
5. **Plastic bags for cooking:** As long as they were made specifically for cooking, the bags are safe for microwave ovens. However, make sure you have a cut in the bag to allow steam in your microwave because it will break and melt.
6. **Special plastic utensils Microwave:** A variety of special plastic utensils for microwave ovens. Usually, you can probably use your bakeware in the microwave instead of investing in new cooking equipment.
7. **Ceramic ware, stone, clay:** these are usually good for use in microwave ovens. It can be tested as described above.
8. **Utensils straw, wood and shells:** All these materials are safe to use in your microwave for short operations, together with wooden skewers.
9. **Metal utensils:** Do not use any metal utensil or utensils with metal edges, staples, screws, hooks or the like. They can cause sparks. Metal skewers may be used provided they are fully covered with food. It is recommended to use wooden skewers.

**⚠ CAUTION: SOME CONTAINERS ARE NOT MADE FOR USE IN MICROWAVE. CONTAINERS SUCH AS PORCELAIN AND ALLOYS IN ANY KIND OF METAL.**

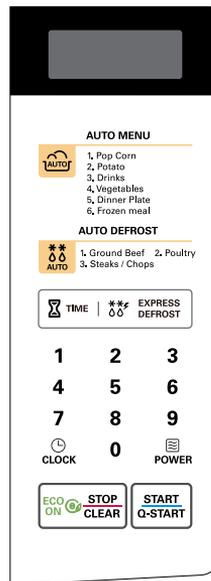
# FEATURES DIAGRAM / CONTROL PANEL



This microwave oven has been packed with the following items:

- Turntable** ..... 1
- Manual** ..... 1
- Rotary ring**..... 1

This microwave oven is manufactured exclusively for use in the home should not be used for commercial purposes.



**NOTE:** A slight BEEP sound will be issued whenever one of the functions of control panel are put into execution.

## TECHNICAL SPECIFICATIONS

Specifications	MS0741FE
Power Required	127 V ~ 60Hz
Power Consumption	1000W
Microwave Power	*700W
Frequency	2450 MHz
Power Rating	9,0 A
Dimensions ( AN X AL X PX )	455mm X 260mm X 330mm
Internal Dimensions ( AN X AL X P )	310mm X 197mm X 316mm
Effective capacity of the furnace	0,7

### TECHNICAL SPECIFICATIONS

\* IEC 60705 STANDARD WORK SCHEME.

Specifications subject to change without notice.

# OPERATING INSTRUCTIONS

## CLOCK

When the microwave is turned on for the first time or have been disconnected and put into use again, the display will indicate the time at 0.

Example: For the time 11:11	
	Press <b>STOP/CLEAR</b> .
	
	Press <b>CLOCK</b> .
<b>CLOCK</b>	
	
<b>1 1 1 1</b>	Enter the time using the controls numbered. <b>[1], [1], [1] y [1]</b>
	
	Press <b>CLOCK</b> . From this moment the clock starts its function.
<b>CLOCK</b>	

### NOTE:

If the clock (or display) shows strange signs on the hour, unplug the oven from outlet and plug it back in time again.

## COOKING TIME

This function lets you adjust the cooking time of foods. To provide the best results the microwave has 10 adjustable power levels.

Example : To cook food at 80% power (POWER 8) for 5 minutes and 30 second.	
	Press <b>STOP/CLEAR</b> .
	
	Press <b>TIME</b> .
	
<b>5 3 0</b>	Enter the 5 minutes, 30 seconds by pressing numbered controls <b>[5], [3] y [0]</b> .
	
	Press <b>POWER</b> . The PH indicator appears in the display. This indicates the oven is set to HI, that unless some change is made.
<b>POWER</b>	
	
<b>8</b>	Press <b>8</b> . To select the power level of 80%. The display will indicate <b>P- 80</b> .
	
	Press <b>START/Q-START</b>

When the cooking has been made, one would hear two short beeps and one long. The word end will see in the viewfinder. Then the furnace went into shutdown mode.

### NOTE:

If you do not select any power level, the oven will work on HIGH power. To select a cooking HIGHPOWER not do steps 4 and 5.

# OPERATING INSTRUCTIONS

## 3 STAGES COOKING

For cooking in multiple time steps, repeat steps 2 to 5 (previous page), before pressing START and power level. The “auto defrost” can be set before starting the cooking stages, so first thaw and then cook.

## POWER LEVEL

### MICROWAVE OVEN

For cooking in multiple time steps, repeat steps 2 to 5 (previous page), before pressing START and power level. The “auto defrost” can be set before starting the cooking stages, so first thaw and then cook.

## POWER LEVEL

Power Level	Use
High	* Boiled Water * Ground Beef * Candy * Poultry, fish and vegetable pieces * Tender meat cuts
9	* Re-heat rice, pasta and vegetables
8	* Re-heat quick cooking food * Re-heat sandwiches
7	* Dairy. Eggs, milk and cheese * Desserts (flour) and bread * Melt chocolate
6	* Beef * Whole Fish * Sweet and custard
5	* Cooking ham, whole poultry, lamb * Rib roast, tenderloin
4	* Meat, poultry and seafood
3	* Cook tender meat cuts * Pork chops * Juicy food
2	* Chilled fruit
1	* Hold food warm * Soften butter and cheese
0	* Timeout * Independent Timer

## SECURITY LOCK - CHILD LOCK

This feature prevents the oven from being used by others without experience as children. Once the security lock is set the oven can not be operated.

### Example: To set the security lock



Press **STOP/CLEAR.**



**0**

Press and hold “0” until “L” appears in the display and a faint sound is heard. The “L” will remain on the display.

In this mode each control you press on the panel show “L” in the display. To cancel this function follow the steps outlined below.

### Example: To cancel the security lock function

**0**

Press and hold “0” until “L” disappears in the display. Time and date will be show in the display.

## QUICK DEFROST

This function is for a quickly defrost for 0.5kg frozen food. When the oven make a sound during the countdown, open the door, turn, separate or arrange the food.



Press **STOP/CLEAR.**



Press **EXPRESS DEFROST.**

# OPERATING INSTRUCTIONS

## AUTO MENU

The menu in the oven has been programmed to cook food automatically. Just need to pick your selection and the oven will cook it.

**Example: To cook pop corn, follow the steps:**

 Press **STOP / CLEAR**

↓

 Press **AUTO MENU** once "AC-1 at display

↓

**1** Press **1**

↓

 Press **START / Q-START**

## 9B9F ; MG5 J=B;

The ECO ON feature allows you to save energy through display off during stand-by status, or after 5 minutes with door open or closing, display will off automatically.

 Press **GHCD# @ 5 F (ECO ON)**. "0" appears on the display

↓

 Press **GHCD# @ 5 F (ECO ON)**. or after 5 minutes with door open or closing, display off

.During ECO ON status, if you press any key, display will on.

## AUTO COOKING TABLE

Auto Menu	Use	Instructions
Pop Corn (AC-1)	100 g	<ul style="list-style-type: none"> <li>* Follow package instructions</li> <li>* Use a especial container for popcorn</li> <li>* Cook one package at a time</li> <li>* Do not leave the oven unattended</li> </ul>
Potato (Ac-2)	1ea (230g) 2ea (460g) 3ea (690g) 4ea (920g)	<ul style="list-style-type: none"> <li>* Place in center of oven on paper towels.</li> <li>Prick the potatoes frequently. After cooked let stand for 5 minutes.</li> </ul>
Drinks (Ac-3)	1 Cups (236 ml) 2 Cups (472 ml)	<ul style="list-style-type: none"> <li>* Use only microwave cups.</li> <li>* Let stand after heating</li> </ul>
Vegetables (Ac-1)	1 Cups (130 g) 2 Cups (260 g) 3 Cups (390 g) 4 Cups (520 g)	<ul style="list-style-type: none"> <li>* Prepare the vegetables (wash and cut vegetables into slices or pieces of 1.3cm)</li> <li>* Wrap it with plastic with holes</li> </ul>
Dinner Úlate (Ac-5)	1 service (289 g) 2 service (440 g)	<ul style="list-style-type: none"> <li>* Place the food on a plate</li> <li>* Wrap it with plastic with holes</li> </ul>
Frozen { ^æ (Ac-6)	284 g	<ul style="list-style-type: none"> <li>* Follow package instructions</li> </ul>

# OPERATING INSTRUCTIONS

## AUTO DEFROST

In the furnace there are three preset defrost sequences. The feature of automatic defrost provides the best method to thaw their food from a faster way. The cooking guide will show the sequence of thawing required. With automatic defrost system the oven adjusts the level of power and time. The weight of the food determine the time and power. For convenience the automatic defrost system has a sound mechanism that monitors, flip, remove or add as recommended in the guide AUTOMATIC DEFROST

**WEIGHT.** The system has three levels according to food:

- dES1 : Ground Beef
- dES2 : Poultry
- dES3 : Steaks / Chops

\* You can select just press control GROUND BEEF (once), POULTRY (twice), STEAKS / CHOPS (three times).

\* The weight ranges from 0.1 to 4, 0 kg However, when you want to defrost and multiple sequence cooking, you must enter less than 4.0 kg Attempting to do so in the viewfinder indicate Err.

**Example: To defrost 1.2kg of ground beef, select the menu ; fci bX 6 YYZ enter the weight and press START.**

	Press <b>STOP / CLEAR.</b>
	
	Press <b>AUTO DEFROST</b> dES1 will be seen in the viewfinder.
	
<b>1 2</b>	Enter the weight by pressing the numbered control panel. <b>[1]</b> and <b>[2]. 1.2</b> we will see in the viewfinder.
	
	Press <b>START / Q-START</b> Will start defrosting.

## NOTE:

When you press START the display change to the defrosting time counts down. The oven beeps during the proceso. Esto allows you to open the door for changes or fixes to the food. Remove deseads parts, then put the food back to the oven and press START to resume the process. The oven will not stop during the emission of sound if the door itself is not open.

\* For best results, remove the paper or plastic food. Otherwise the material, paper or plastic will adhere to the food and juice it produces could cook some parts of the food.

\* Place food in a glass container or on a grill microwave liquids.

\* The food could be a little cold in the middle when you pick the oven.

## AUTOMATIC SEQUENCE WEIGHT DEFROST

SEQUENCE	FOOD
1 Ö! [ ^ } â Ô^~	RES Ground beef, beef casserole, steak, roasts, ribs, burgers. LAMB Chop (2.5 em thick) PIG Chops (1.27 em thick), Hot Dogs, Ribs, Ribs grilled sausages BEEF Courts of 0.45 kg
2 P [ ^   d ^	BIRDS Whole (1.8 kg or less) boneless chicken breast TURKEY Breasts (2.7 kg or less)
3 S c æ / Á ÄÖ @ ] •	STEAK CHOPS Veal Cutlet (0.45 kg - 1.27 em thick)

# OPERATING INSTRUCTIONS

**⚠WARNING : Do not use aluminum foil for cooking in the oven**

## MEAT:

1. There is no special technique to good cooking of meats. The same must be prepared and seasoned (to taste).  
The meat must be thawed before cooking.
2. Place the meat on a plate or microwave-grill.
3. Follow the instructions given in the below cooking guide, using longer periods for large cuts and short periods for small cuts.
4. Turn the meat at least once during the cooking time.
5. Let stand for a period of time of from 5 to 10 minutes in the oven. This period is important for proper cooking.
6. Ensure that meat, especially pork, is cooked before eating. (The pork just like other meat, can have harmful bacteria to humans, it is for this reason that you should take all necessary precautions for proper cooking of these foods. Following this instructions you and your family can enjoy great, healthy meals.

## POULTRY:

1. There is no special technique to good cooking of poultry. Is recommended that chicken has to be previously seasoned.
2. Poultry meat must be thawed and previously neatly clean.
3. Permeate the bird with oil (of your choice).
4. Place the bird in a plate or microwave grill.
5. Follow the instructions given in the below cooking guide, flip the bird during cooking time. Poultry meat has a generally uniformly cooking, especially in bones areas.
6. Let stand for a period of time of from 5 to 10 minutes in the oven. This period is important for proper bird cooking.
7. Ensure that the bird is well cooked before eating. A whole bird is fully cooked when their natural juices are clear, check clicking slightly with a fork. The bird should be cut into the thickest part with a knife to see if the meat is well cooked in that area.

### MEAT COOKING TABLE

MEAT CUTS	POWER	COOKING PERIOD PER MINUTES
<b>Meat</b>		
-Rare	8	9-11 minutes
-Medium	8	10-11 minutes
-Well done	8	12-14 minutes
Round beef (For casserole)	High	7-9 minutes
Hamburgers		
Fresh or frozen (4.0 onz)	HIGH 100	3-5 minutes
-2 croquettes	HIGH 100	4-6 minutes
-4 croquettes		
<b>PORK</b>		
Loin, leg	8	13-16 minutes
Bacon		
-4 pieces	HIGH	3-4 minutes
-6 pieces	HIGH	4-6 minutes

**Note:**

The cooking times given here are only a practical guide for you, however, differences in tastes can vary in cooking times, meat cuts and compositions.

### POULTRY COOKING TABLE

BIRDS		COOKING PERIOD PER MINUTES
<b>CHICKEN</b>		
-Whole Chicken	8	12-14 minutes
-Breast with bone		10-12 minutes
-Portions		1-13 minutes
<b>TURKEY Whole</b>	8	13-15 minutes

**Note:**

\* The cooking times given here are only a practical guide for you, however, differences in tastes can vary in cooking times, meat cuts and compositions.

\* In whole birds, the weight of the prepared bird must be use to calculate cooking time.

## OPERATING INSTRUCTIONS

### FISH

1. Place the fish in a non metallic large recipient.
2. Cover it with microwave plastic or with the container cover (if it has it).
3. Place the recipient in the turntable.
4. Cook based on the below cooking table.
5. Once cooking cycle is finish let stand as indicate in the cooking table.
6. After having passed the standing time, check that the fish is fully cooked.  
The fish should be opaque and the meat tender. This indicate that is well done.

### FISH COOKING TABLE

FISH	POWER	COOKING PERIOD PER POUND	METHOD	STAND TIME
<b>Steak</b>	High	5-7 Minutes	Anadir 15-30 ml (1-2 Tbsp.)	2-3 Minutes
<b>Whole mackerel</b>	High	5-7 Minutes	–	3-4 Minutes
<b>Whole Trout</b>	High	6-8 Minutes	–	3-4 Minutes
<b>Cuts of Salmon</b>	High	6-7 Minutes	Add 15-30 ml(1-2 Tbs)	3-4 Minutes

## **WARNING**

1. Do not attempt repairs or adjustments or in the control panel door fastenings or any of the other parts of the oven. Repairs should always be made by qualified and suitable.
2. Be sure to fit the front surface of the door at least 3 inches (7.5 cms.) Or more from the edge of the table or cabinet placed in this furnace to avoid accidental falls or rollover during normal use.
3. For the most efficient programation, touch the center of each key decision and security. You should hear a beep when you press a key, confirming that it has been properly pressed.
4. Do not touch the controls or hit with objects such as cutlery, utensils etc.. Breakage may occur.
5. Be careful when removing cookware from the oven. Some dishes absorb heat from the cooked food can be very hot.
6. Do not proceed to rinse utensils immediately after removal from the ovens. This can cause breakage. Allow to cool turntable.
7. Do not use glassware. See the section on tools in this manual.
8. Do not operate the oven when empty. There should always be in the oven either food or water to absorb microwave energy.
9. Do not heat food in closed containers. The pressure can cause the explosion and cause injury.
10. Do not use your microwave to dry paper or clothes. May cause a fire.
11. Thermometers use only approved for use in microwave ovens.
12. Be sure that the turntable is in place and turn right before operating the oven.
13. Before cooking, pierce the skin of potatoes, whole squash, apples or any fruit or vegetable covered shell.
14. Never use your microwave to cook eggs in their shell. The internal pressure may cause explosive on.
15. Do not prepare popcorn, popcorn except in appropriate containers specifically manufactured for use in microwave ovens. Never attempt to cook popcorn bags of popcorn mais than the expressly made to this effect. Overcooking may result in smoke and fire. Do not try to blow the seeds that may remain unruptured. Do not use special bags for the second time.

## QUESTIONS AND ANSWERS

P: What has happened that the oven light will not turn on?

R: ■ The focus (or bulb) is burned.

■ The door is not closed.

P: Why does steam come out of the fan duct?

R: The steam normally produced during the cooking operation. The microwave oven has been designed so that the steam can exit through ventilation ducts.

P: Microwave energy passes through the glass oven door?

R: No metal mesh that covers the door window reflects energy returning it to the oven cavity. The holes or ports have been made to allow the passage of light but not the energy to microwave.

P: It will damage the oven if I do run empty?

R: Yes. We never run empty.

P: Because sometimes the eggs hatch?

R: When baking or poaching eggs, the yolk may pop due to pressure generated within the membrane. To avoid this, always pierce the membrane with a toothpick before cooking. Never cook eggs without piercing the shell.

P: Why is standing time recommended after having completed the process of cooking?

R: The period of rest is very important. The microwave cooking makes the heat lie in the food and not in the oven. Many foods store enough heat to the cooking process continue, even after they are removed from the oven. The resting time allows the pieces of meat, large vegetables and cakes finish cooking inside without over cooking the outside.

P: Why is my oven not always cook as fast as the manual says?

R: Check your cooking guide again, to ensure you have followed the instructions exactly used and see what may be what has caused variations in cooking time. The guide's times and times given are suggestions to avoid overcooking. The most common problem is getting used to the microwave oven. Variations in size, shape, weight and dimensions may require different cooking times. Use your own judgment as well as indications of the cooking guide to verify that foods are cooked properly, as you have done with conventional cooking system.

P: Why do sparks fly and there are noises in the oven?

R: There may be several reasons for sparking (arcing) and its clicks inside cavity of the oven cavity.

■ Have you been using plates having edges or metal parts (silver or gold) in the oven?

■ left a fork or some other utensil in the oven.

■ Have you used too much paper or aluminum foil.

■ Have you used those little wires that are used to close plastic bags.



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