



MICROWAVE OVEN

OWNER'S MANUAL

MODEL: MD-0983FTL

Please read this manual carefully before using this product.
Retain this manual for future reference.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

Do not attempt to operate the oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to tamper with the safety interlocks.

Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

Do not operate the oven if it is damaged. It is particularly important that the oven door 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.

The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

WARNING

Please ensure cooking times are correctly set as over cooking may result in FIRE and subsequent damage to the oven.

WARNING

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken :

1. Avoid using straight sided containers with narrow necks.
2. Do not overheat.
3. Stir the liquid before placing the container in the oven and again halfway through the heating time.
4. After heating, allow to stand in the oven for a short time, stir or shake them again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars).

IMPORTANT SAFETY INSTRUCTIONS

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

1. Read all instructions before using the appliance.

2. Read and follow the specific **“PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY”** found on page 2 of this manual.

3. This appliance must be grounded. Connect only to properly grounded outlet.

See **“GROUNDING INSTRUCTIONS”** found on page 5 of this manual.

4. Install or locate this appliance only in accordance with the provided installation instructions.

5. Some products such as whole eggs and sealed containers-for example, closed glass jars-may explode and should not be heated in this oven.

6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.

7. As with any appliance, close supervision is necessary when used by children.

8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.

9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

10. Do not cover or block any openings on the appliance.

11. Do not store this appliance outdoors. Do not use this product near water-for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.

12. Do not immerse cord or plug in water.

13. Keep cord away from heated surfaces.

14. Do not let cord hang over edge of table or counter.

15. Either-(a) When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth; or when separate cleaning instructions apply, (b) See door surface cleaning instruction on (specific page or section to be included).

16. To reduce the risk of fire in the oven cavity:

a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.

c. If materials inside the oven should ignite, **KEEP OVEN DOOR CLOSED**, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

17. Do not heat any type of baby bottles or baby food. Uneven heating may occur and could cause personal injury.

18. Avoid heating small-necked containers such as syrup bottles.

19. Avoid using corrosive and vapors, such as sulfide and chloride.

20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become over-heated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.) resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

SAVE THESE INSTRUCTIONS

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TECHNICAL SPECIFICATIONS

	MD-0983FTL
Power Input	120V AC / 60Hz
Power Consumption	1,350W (IEC60705 RATING STANDARD)
Microwave Frequency	2,450MHz
Outside Dimensions	541mm(W) X 309mm(H) X 420mm (D)
Cavity Dimensions	342mm(W) X 220mm(H) X 360mm (D)
Output	900W (Microwave) 800W (Toaster)

INSTALLATION

A. GROUNDING INSTRUCTIONS

For personal safety, this appliance must be properly grounded.

In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape route for the electric current.

The power cord of this appliance is equipped with plug to minimize the possibility of electric shock hazard from this appliance.

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.

The consumer should have it checked by a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Caution: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.

- Usage situations where the appliance power cord will be disconnected frequently: Do not use an adapter plug in these situations because disconnecting of the power cord causes undue strain on the adapter and leads to eventual failure of the adapter ground terminal.

NOTE:

1. Short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used. (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

INSTALLATION

B. CIRCUITS

For safety purposes this oven must be plugged into above 15 Amp for 120V, 60Hz and above 10 Amp for 220V, 60Hz circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

C. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage.

Low voltage will cause slow cooking. In case your microwave oven does not perform normal operation in accordance with AC power source and voltage, remove the power cord and then insert it again.

D. DO NOT BLOCK AIR VENTS

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

E. PLACEMENT OF THE OVEN

Your microwave oven can be placed easily in your kitchen, family room, or anywhere else in your home. Place the oven on a flat surface such as a kitchen countertop or a specially designed microwave oven cart. Do not place oven above a gas or electric range. Free air flow around the oven is important.

F. RADIO INTERFERENCE

1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surfaces of the oven
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven with respect to the receiver.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

INTRODUCTION

How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Ordinarily, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Microwave ovens, however, have a magnetron which is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy. These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed. Microwaves do not heat the cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance. Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you cook your food.

Getting The Best Results From Your Microwave Oven

Keeping an eye on things. The recipes in this book have been formulated with great care, but your success in preparing them depends, of course, on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your recipe. Directions given in recipes to 'elevate', 'stir', and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting cooking times. To check the wattage of your oven, refer to the specifications at the beginning of this book. Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times.

For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times. While undercooked food is ruined for good. Some of the recipes, particularly those for bread, cakes, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the foods gradually travels inward. If the foods are left in the oven until they are cooked all the way through, the outer portions will become overcooked or even burnt. As you gain experience in using your microwave oven, you will become increasingly skillful in estimating both cooking and standing times for various foods.

How Food Characteristics Affect Microwave Cooking

Density of foods: Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous foods that the outer edges do not become dry and brittle.

Height of foods: The upper portion of tall foods, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall foods during cooking, sometimes several times.

Moisture content of foods: Since the heat generated from microwaves tends to evaporate moisture, relatively dry foods such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to moisture.

Bone and fat content of foods: Bones conduct heat and fat cooks more quickly than meat. Therefore, care must be taken when cooking bony or fatty cuts of meat that the meats do not cook unevenly and do not become overcooked.

INTRODUCTION

Quantity of foods: The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time.

Remember to decrease cooking times by at least one third when halving a recipe.

Shape of foods: Microwaves penetrate only about 1 inch (2.5cm) into foods the interior portion of thick foods are cooked as the heat generated on the outside travels inward. In other words, only the outer edge of any foods is actually cooked by microwave energy; the rest is cooked by convection. It follows then that the worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm. Round thin foods and ring shaped foods cook successfully in the microwave.

Special Techniques In Microwave Cooking

Browning: Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Foods that are cooked for a shorter period of time may be brushed with a browning sauce to achieve an appetizing colour. The most commonly used browning sauces are Worcestershire sauce, soya sauce and barbecue sauce. Since relatively small amounts of browning sauces are added to foods, the original flavor of recipes are not altered.

Covering: A cover traps heat and steam which causes food to cook more quickly. You may either use a lid or microwave clingfilm with a corner folded back to prevent splitting.

Covering with greaseproof paper: Greaseproofing effectively prevents spattering and helps food retain some heat. But because it makes a looser cover than a lid or clingfilm, it allows the food to dry out slightly.

Wrapping in greaseproof or paper towel:

Sandwiches and many other foods containing pre-baked bread should be wrapped prior to microwaving to prevent drying out.

Arranging and spacing: Individual foods such as baked potatoes, small cakes and hors d'oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.

Stirring: Stirring is one of the most important of all microwaving techniques. In conventional cooking, foods are stirred for the purpose of blending.

Microwaved foods, however, are stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

Turning over: Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

Placing thicker portions facing outwards: Since microwaves are attracted to the outside portion of foods, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the foods will cook evenly.

Shielding: Strips of aluminum foil, which block microwaves, are sometimes placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is tightly secured to the dish or it may cause 'arcing' in the oven.

Elevating: Thick or dense foods are often elevated so that microwaves can be absorbed by the underside and centre of the foods.

Piercing: Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include both yolks and whites of eggs, clams and oysters and many whole vegetables and fruits.

Testing if cooked: Because foods cook so quickly in a microwave oven, it is necessary to test food frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, are removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 5 °F(3 °C) and 15 °F (8 °C) during standing time.

Standing time: Foods are often allowed to stand for 3 to 10 minutes after being removed from the microwave oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture (some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavor blend and develop.

INTRODUCTION

Microwave-Safe Utensils

Never use metal or metal trimmed utensils in your

microwave oven. Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning.

Most heat resistant non metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven.

Testing utensils for microwave use: Place the utensil in question next to a glass bowl filled with water in the microwave oven.

Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

- 1. Dinner plates:** Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.
- 2. Glassware:** Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

- 3. Paper:** Paper plates and containers are convenient and safe to use in your microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run.
- 4. Plastic storage containers:** These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.
- 5. Plastic cooking bags:** These are microwave-safe. Provided they are specially made for cooking. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.
- 6. Plastic microwave cookware:** A variety of shapes and sizes of microwave cookware is available. For the most part, you can probably microwave items you already have on hand rather than investing in new kitchen equipment.
- 7. Pottery, stoneware and ceramic:** Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

CAUTION: HIGH IRON CONTENT, HIGH LEAD CONTENT, SOME ITEMS NOT FOR COOKING.

SAFETY - TOASTER

IMPORTANT SAFETY INSTRUCTIONS

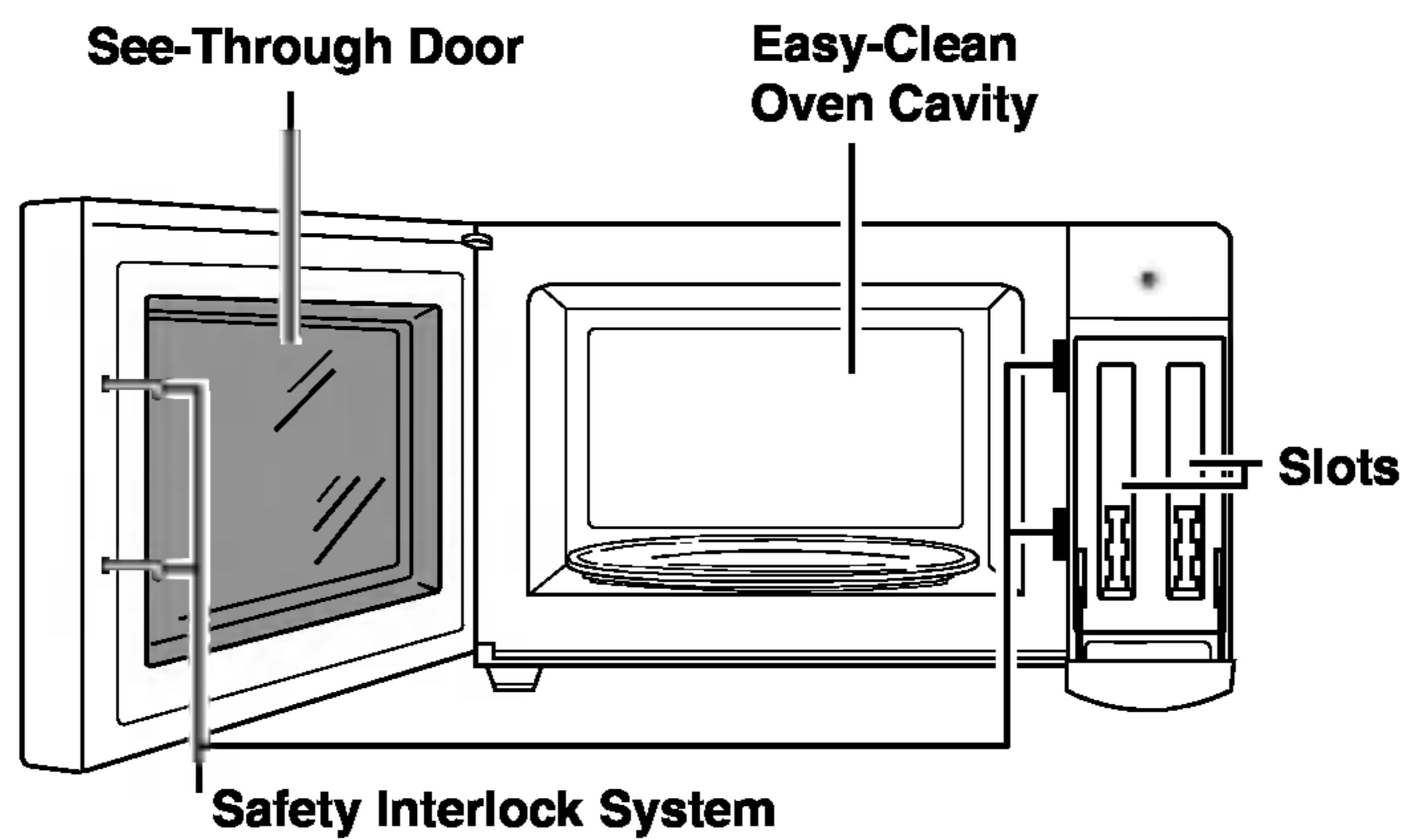
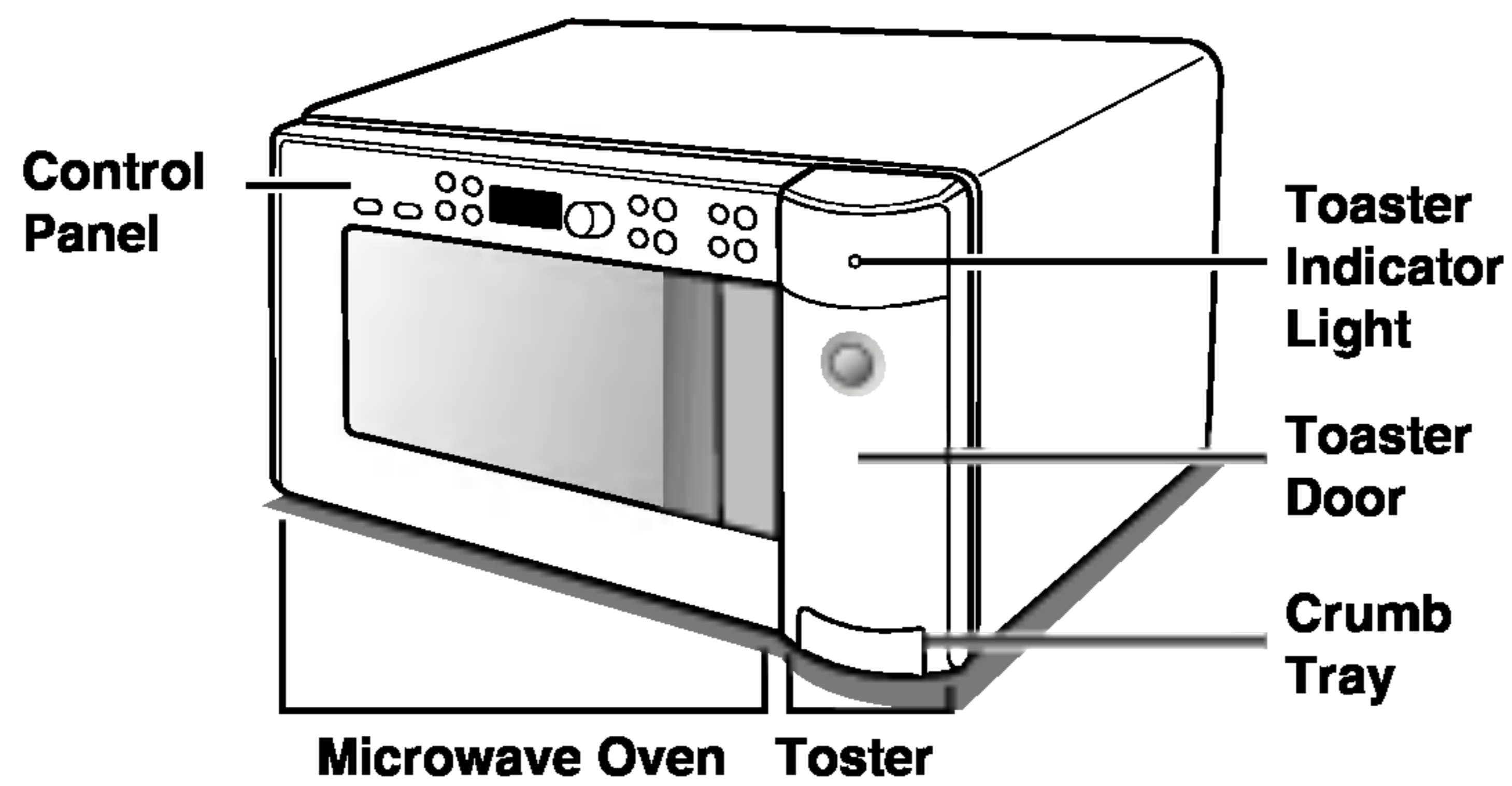
When using electrical appliances, especially when children are present, basic safety precautions should always be followed, including the following:

1. Read all instructions before using your toaster.
2. Do not touch hot surfaces.
3. To protect against electrical hazards, do not immerse cord, plug, or the appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been dropped or damaged in any manner. Return appliance to the nearest authorized service center for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended by the manufacturer may cause hazards.
8. Keep the cord away from heated surfaces. Do not let the cord hang over the edge of table or counter, as it could be pulled off.
9. Do not use outdoors.
10. Do not place on or near a hot gas or electric burner or in a heated oven.
11. Do not use the appliance for other than its intended use.
12. Oversized foods, metal foil packages or utensils must not be inserted in this appliance, as they may create a fire or electrical hazards.
13. A fire may occur if this toaster is covered or touching flammable material, including curtains, draperies, walls, etc., when in operation.
14. Do not attempt to dislodge food when this appliance is plugged in.
15. Toast Door must be closed before attaching or disconnecting the plug from wall outlet.
16. Do not close with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
17. Do not use paper products when appliance is operated in the toaster mode.
18. Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
19. Do not cover crumb tray or any other part of the oven with metal foil. This will cause overheating of this appliance.
20. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
21. Do not toast oversized bagel. Because thick bagel's surface may become closer to the heater, this may cause overdone of surface and smoke.

SAVE THESE INSTRUCTIONS!

UNDERSTANDING YOUR TOASTER COMBO

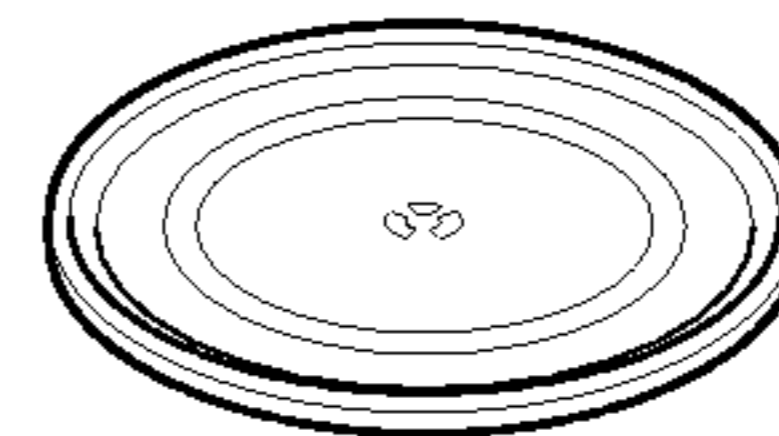
PARTS AND ACCESSORIES



Your oven comes with the following accessories:

- 1 Owner's Manual and Cooking Guide
- 1 Glass Turntable
- 1 Rotating Ring

Glass Turntable

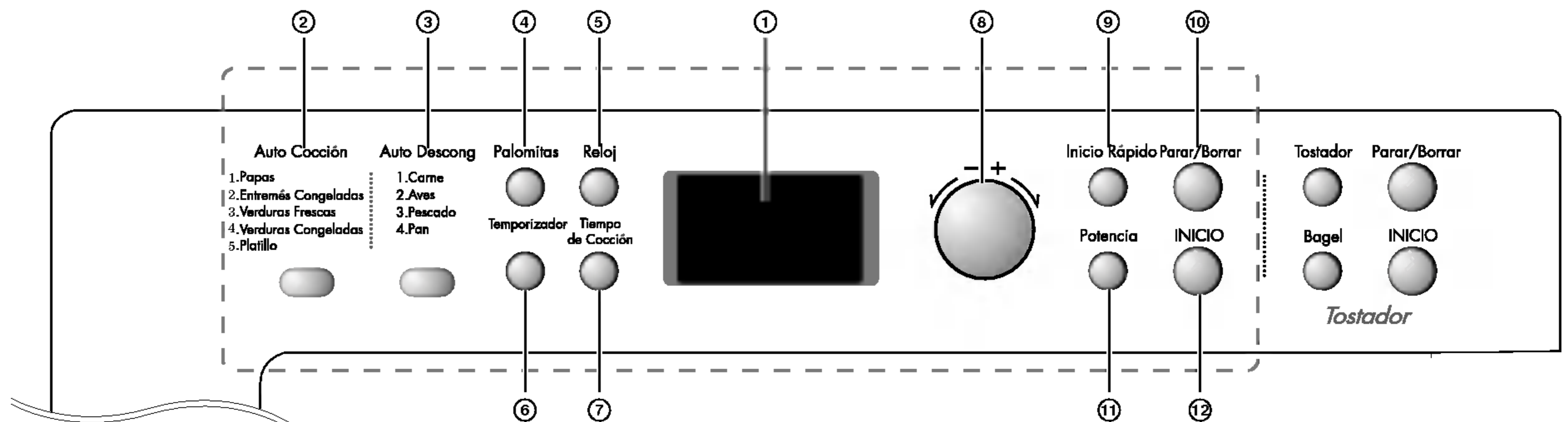


Rotating Ring

UNDERSTANDING YOUR TOASTER COMBO

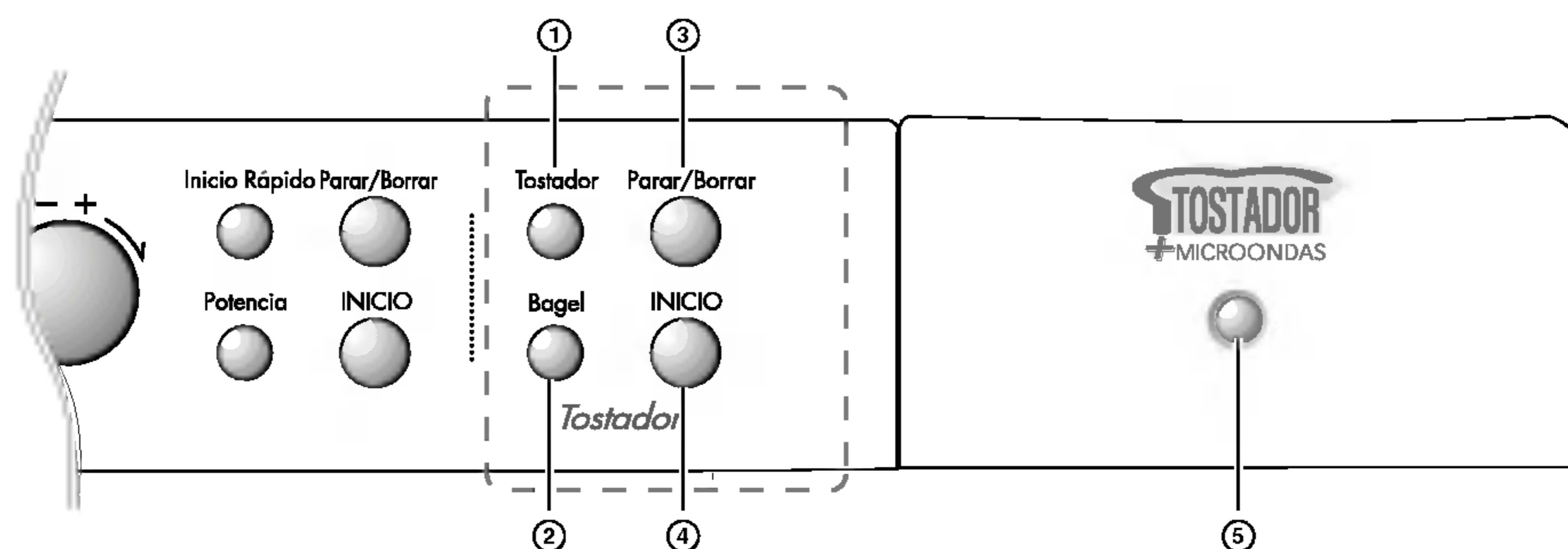
CONTROL PANEL

MICROWAVE CONTROL AREA



1. **DISPLAY:** The Display includes a clock and indicators that tell you time of day, cooking time settings, and cooking functions selected.
2. **AUTO COOK:** Touch this button and turn the dial knob to select programmed food items.
3. **AUTO DEFROST:** This button is an accurate defrosting method for frozen meat, poultry, fish up to 6.0 lbs. and Bread up to 1.0 lbs.. Touch this button and turn the dial knob to defrost.
4. **POPCORN:** Touch this button to pop a bag of microwave popcorn without entering a cook power or time.
5. **CLOCK:** Touch this button to set the time of day.
6. **KITCHEN TIMER:** Touch this button to use your microwave oven as a kitchen timer.
7. **COOK TIME:** Touch this button to set a cooking time.
8. **DIAL KNOB:** Turn the dial knob to set clock, kitchen timer, cook time, power level, food quantity and toast/bagel baking level.
9. **QUICK START:** Touch this button to cook at 100% cook power for 1 minute to 99 minutes 59 seconds.
10. **STOP/CLEAR:** Touch this button to stop the oven or clear entries.
11. **POWER:** Touch this button to set a cooking power.
12. **START:** Touch this button to start all entries (except Auto Cook, Popcorn and Ez on function which start automatically) and to turn Child Lock on or off.

TOASTER CONTROL AREA





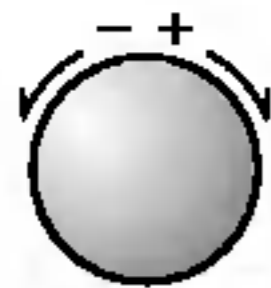



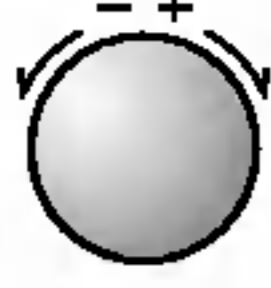
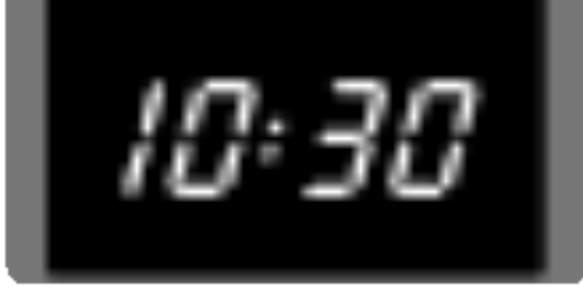

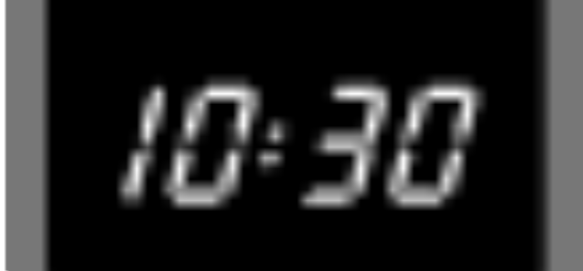
1. **TOAST:** Touch this button and turn the dial knob to bake toast bread.
2. **BAGEL:** Touch this button and turn the dial knob to bake bagel.
3. **STOP/CLEAR:** Touch this button to stop the toaster or clear entries.
4. **START:** Touch this button to start the toasting process.
5. **INDICATOR LIGHT:** When operating toaster with door closed, this will be illuminated. If you open the door during toasting, this will blink.

USING YOUR MICROWAVE OVEN

CLOCK

Example: To set the clock for 10:30.

Touch: **Display Shows:**

1.  
2.  Turn the dial knob to set hours. 
3.  
4.  Turn the dial knob to set minutes. 
5.  

KITCHEN TIMER

Your microwave oven can be used as a kitchen timer. You can set up to 90 minutes.

Example: To set 3 minutes.

Touch: **Display Shows:**



1.  Time of day.
2.  
3.  Turn the dial knob until the display shows "3:00". 
4.  Starts timer.

CHILD LOCK

Use this safety feature to lock the control panel when you are cleaning the oven, or so that children cannot use the oven unsupervised.


To set CHILD LOCK:

Touch: **Display Shows:**

1.  Time of day.
2.  Touch and hold until "L" appears in the display. (approximately 4 seconds)

To cancel CHILD LOCK:

Touch: **Display Shows:**


1.  Touch and hold until "L" disappears from the display. (approximately 4 seconds)

QUICK START

A time-saving button, this simplified control lets you quickly set and start microwave cooking at 100% power without the need to touch START.

Example: To cook for 2 minutes.

Touch: **Display Shows:**

1.  Time of day.
2.  Twice  Starts cooking.

NOTE: Each time you touch **QUICK START**, it will add 1 minute up to 99 min 59 seconds.


USING YOUR MICROWAVE OVEN


AUTO COOK

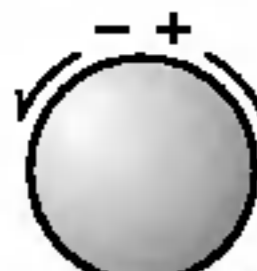
Use this function to cook food without entering a cook time or power. You don't need to touch START. Automatically microwave cooking will start. Refer to the "Auto Cook Table" below for more information.

Example: To cook 2 potatoes.

Touch:

1.  Parar/Borrar

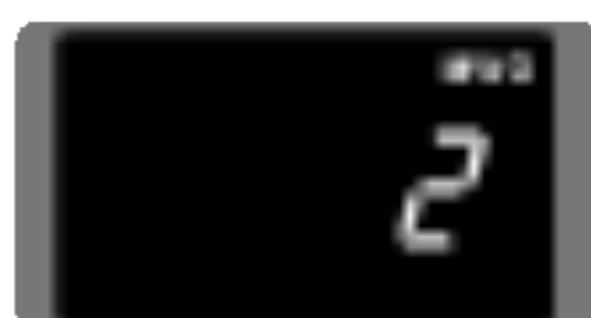
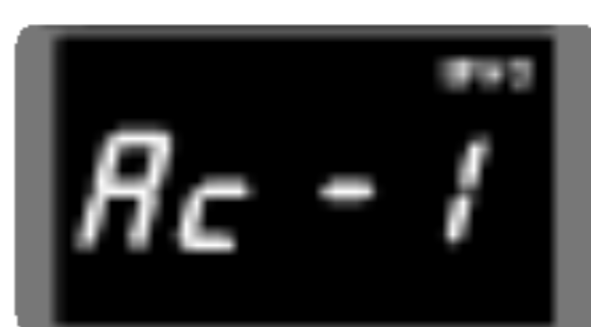
2.  Auto Cocción
1. Papas
2. Entramés Congeladas
3. Verduras Frescas
4. Verduras Congeladas
5. Platillo

3.  Turn the dial knob to set 2 potatoes.

4. Starts cooking after 4 seconds.

Display Shows:

Time of day



POPCORN

Use this function to cook only one bag of prepackaged microwave popcorn (3.0 or 3.5 oz.).

Example: To cook for a 3.0 oz. bag of microwave popcorn.

Touch:

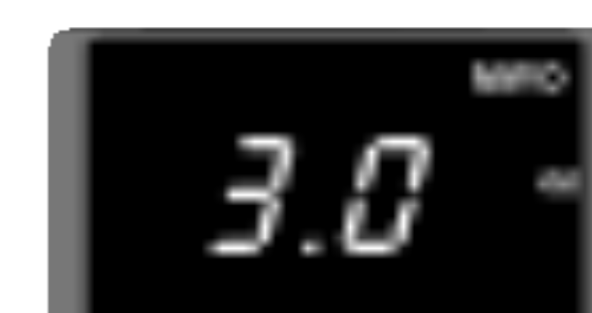
1.  Parar/Borrar

2.  Palomitas Twice

3. Starts cooking after 4 seconds.


Display Shows:

Time of day.



NOTE: Place the popcorn on the center of turn table. Use only the POPCORN button to cook popcorn.

AUTO COOK TABLE

CODE	CATEGORY	DIRECTION	AMOUNT
Auto Cocción 1. Papas 2. Entramés Congeladas 3. Verduras Frescas 4. Verduras Congeladas 5. Platillo 	Potato	Pierce each potato with a fork and place on the oven tray around the edge, at least one inch apart. After cooking, allow to stand for 5 minutes.	1, 2, 3 or 4 potatoes Medium size (approx. 8 to 10 oz. each)
	Frozen Entree	Remove from outer display package. Slit cover. If not in microwave safe container, place on plate, cover with plastic wrap and vent. After cooking, allow to stand for 3 minutes.	10.5 oz.
	Fresh Vegetable	Prepare as desired, wash, and leave residual water on the vegetables. Place in an appropriately-sized microwave container. Add amount of water according to the quantity. (1-2 cups: 2 tablespoons, 3-4 cups: 4 tablespoons) Cover with plastic wrap and vent. After cooking, allow to stand for 3 minutes.	1, 2, 3 or 4 cups
	Frozen Vegetable	Remove from package, rinse off frost under running water. Place in an appropriately sized microwave container. Add amount of water according to the quantity (1~2 cups : 2 tablespoons, 3~4 cups : 4 tablespoons). Cover with plastic wrap and vent. After cooking, stir and allow to stand for 3 minutes.	1, 2, 3 or 4 cups
	Dinner Plate	Place foods to be heated on dinner plate or similar dish. Cover with plastic wrap and vent. After cooking, allow to stand for 3 minutes.	1 or 2 servings (approx. 10 to 16 oz.)




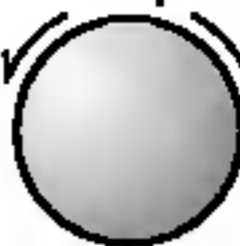






USING YOUR MICROWAVE OVEN

TIMED COOKING

This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH power (100%). Refer to the "Microwave Power Level Table" on page 16 for more information.

NOTE: If you do not select a power level, the oven will automatically cook at HIGH (100%) power.



















Example: To cook for 5 minutes, 30 seconds at 80% power.

- | Touch: | Display Shows: |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 1.  Parar/Borrar | Time of day. |
| 2.  Tiempo de Cocción |  |
| 3.  Turn the dial knob until the display shows "5:30". |  |
| 4.  Potencia |  |
| 5.  Turn the dial knob until the display shows "P-80". |  |
| 6.  INICIO | Starts cooking. |

MULTI-STAGE COOKING

For best results, some recipes call for different cook powers during different stages of a cook cycle. You can program your oven to switch from one power level to another for up to 2 stages.

Example: To set 2-stage cook cycle.

- | Touch: | Display Shows: |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 1.  Parar/Borrar | Time of day. |
| 2.  Tiempo de Cocción |  |
| 3.  Turn the dial knob to set 3 minutes cook time for the first stage. |  |
| 4.  Potencia |  |
| 5.  Turn the dial knob to set 80% cook power for the first stage. |  |
| 6.  Tiempo de Cocción |  |
| 7.  Turn the dial knob to set 7 minutes cook time for the second stage. |  |
| 8.  Potencia |  |
| 9.  Turn the dial knob to set 50% cook power for the second stage. |  |
| 10.  INICIO | Starts cooking. |
| 11. | When the first stage is over, you will hear two short tones as the oven begins the second cook stage. |

USING YOUR MICROWAVE OVEN

MICROWAVE POWER LEVELS

Your microwave oven has 10 cook power levels to let you cook or heat a wide variety of foods. Refer to the table below for suggestions:

Microwave Power Level Table

Power Level	Use
10 (High)	<ul style="list-style-type: none"> Boiling water. Making candy. Cooking poultry pieces, fish, & vegetables. Cooking tender cuts of meat. Whole poultry.
9	<ul style="list-style-type: none"> Reheating rice, pasta, & vegetables.
8	<ul style="list-style-type: none"> Reheating prepared foods quickly. Reheating sandwiches.
7	<ul style="list-style-type: none"> Cooking egg, milk, & cheese dishes. Cooking cakes, breads. Melting chocolate.
6	<ul style="list-style-type: none"> Cooking veal. Cooking whole fish. Cooking puddings & custard.
5	<ul style="list-style-type: none"> Cooking ham, whole poultry, & lamb. Cooking rib roast, sirloin tip.
4	<ul style="list-style-type: none"> Thawing meat, poultry, & seafood.
3	<ul style="list-style-type: none"> Cooking less tender cuts of meat. Cooking pork chops, roast.
2	<ul style="list-style-type: none"> Taking chill out of fruit. Softening butter.
1	<ul style="list-style-type: none"> Keeping casseroles & main dishes warm. Softening butter & cream cheese.
0	<ul style="list-style-type: none"> Standing time.

AUTO DEFROST







Four defrost sequences are preset in the oven. The auto defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange to get best defrost results.

- 1 MEAT**
- 2 POULTRY**
- 3 FISH**
- 4 BREAD**

*Available weight { Meat, Poultry, Fish : 0.1~6.0 lbs.
 { Bread : 0.1~1.0 lbs.

Example: To defrost 1.2 lbs. of poultry.

Touch:	Display Shows:
1. 	Time of day.
2.  Twice	
3.  Turn the dial knob to set 1.2 lbs.	
4. 	Starts defrosting.

USING YOUR MICROWAVE OVEN

NOTE:

When you touch the INCIO button, the display changes to defrost time count down. The oven will beep during the DEFROST cycle. At this time, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle.

OPERATING TIPS

- For best results, remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- For best results, shape your ground meat into the form of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.

AUTO DEFROST SEQUENCE LIST

Category	Food to be Defrosted
def-1 (MEAT)	<p>Beef Ground beef, Round steak, Cubes for stew, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty</p> <p>Lamb Chops (1 inch thick), Rolled roast</p> <p>Pork Chops (1/2 inch thick), Hot dogs, Spareribs, Country-style ribs. Rolled roast, Sausage</p> <p>Veal Cutlets (1 lbs., 1/2 inch thick)</p>
def-2 (POULTRY)	<p>Poultry Whole (under 4 lbs.), Cut-up, Breasts (boneless)</p> <p>Cornish Hens Whole</p> <p>Turkey Breast</p>
def-3 (FISH)	<p>Steaks/Chops Round beef steak, Tenderloin steak Lamb chops (1 inch thick) Pork chops (1/2 inch thick) Veal cutlets (1 lbs., 1/2 inch thick)</p> <p>Fish and Shellfish Fillets, Whole Steaks Crab meat, Lobster tails, Shrimp, Scallops</p>
def-4 (BREAD)	<p>Bagel Dinner Roll Muffin Hamburger Hot Dog Bun Slices of Bread Loaf of Bread</p>

USING YOUR MICROWAVE OVEN

AUTO DEFROST TABLE

Meat setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
BEEF			Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence.
Ground Beef, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than 1/4 lbs. Freeze in doughnut shape.
Ground Beef, Patties	MEAT	Separate and rearrange.	Do not defrost less than 2 oz. patties. Depress center when freezing.
Round Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Tenderloin Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Stew Beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in a microwavable baking dish.
Pot Roast, Chuck Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Rib Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Rolled Rump Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
LAMB			
Cubes for Stew	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwavable baking dish.
Chops (1 inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
PORK			
Chops (1/2 inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Hot Dogs	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Spareribs Country-style Ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Sausage, Links	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Sausage, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwavable baking dish.
Loin Roast, Boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.

USING YOUR MICROWAVE OVEN

AUTO DEFROST TABLE (CONT.)

Poultry setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
CHICKEN Whole	POULTRY	Turn over (finish defrosting breast-side down). Cover warm areas with aluminum foil.	Place chicken breast-side up on a microwavable roasting rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.
Cut-up		Separate pieces and rearrange. Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
CORNISH HENS Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
TURKEY Breast	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.

Fish setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
FISH Fillets	FISH	Turn over. Separate fillets when partially thawed if possible.	Place in a microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Turn over.	Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
SHELLFISH Crabmeat	FISH	Break apart. Turn over.	Place in a microwavable baking dish.
Lobster tails	FISH	Turn over and rearrange.	Place in a microwavable baking dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwavable baking dish.
Scallops	FISH	Separate and rearrange.	Place in a microwavable baking dish.

Bread setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
Bagel Dinner Roll Muffin Hamburger Hot Dog Bun Slices of Bread Loaf of Bread	BREAD	Turn over and rearrange.	Place on 3 sheets of paper towel.

USING YOUR TOASTER

TIPS FOR TOASTER

IMPORTANT

Before using the toaster for the first time, set the baking level at medium and operate the toaster without bread in order to burn off residues on the heating elements. You will notice an odor that is characteristic of new heating elements. This is normal and will soon disappear.

MAINTENANCE

This toaster requires little maintenance. It contains no user-serviceable parts inside the housing. Do not remove the cover. Contact qualified service center, if the product requires servicing.

CLEANING THE TOASTER

Always unplug your oven and allow the toaster to cool completely before cleaning.

Exterior :

Wipe surface with a soft, clean, damp cloth. Never use abrasive cleaners, as they may scratch the surface.

Interior :

If food jams in the slots, disconnect the plug of oven from wall outlet and wait until cooled completely. Remove food with wooden tongs. Do not use fork or other sharp, metal object to clean inside of the toaster, or to remove toast, as it may damage heating elements.

Crumb Tray :

After allowing the toaster to cool down and closing the door, gently slide out the crumb tray. Brush crumbs off the tray and, if necessary, wipe it with a clean, damp cloth. Always dry the tray thoroughly. When sliding the crumb tray into place, be sure you feel and hear it snap into position.

COOKING TIPS

WARNING

Never place any object in the toaster for any reason!

- DO NOT toast pastries with runny fillings or frosting.
- DO NOT toast torn slices of bread or broken pastries.
- DO NOT place buttered bread, wrapped food, or frozen pastries in the toaster.
- DO NOT use this toaster to toast or warm small-size bread slices. These include "melba" size breads, slices of mini-baguettes, breadsticks, etc.
- DO NOT toast oversized bagel. Because thick bagel's surface may become closer to the heater, this may cause overdone of surface and smoke.

NOTE: Different types of bread and their moisture levels may require different baking settings.

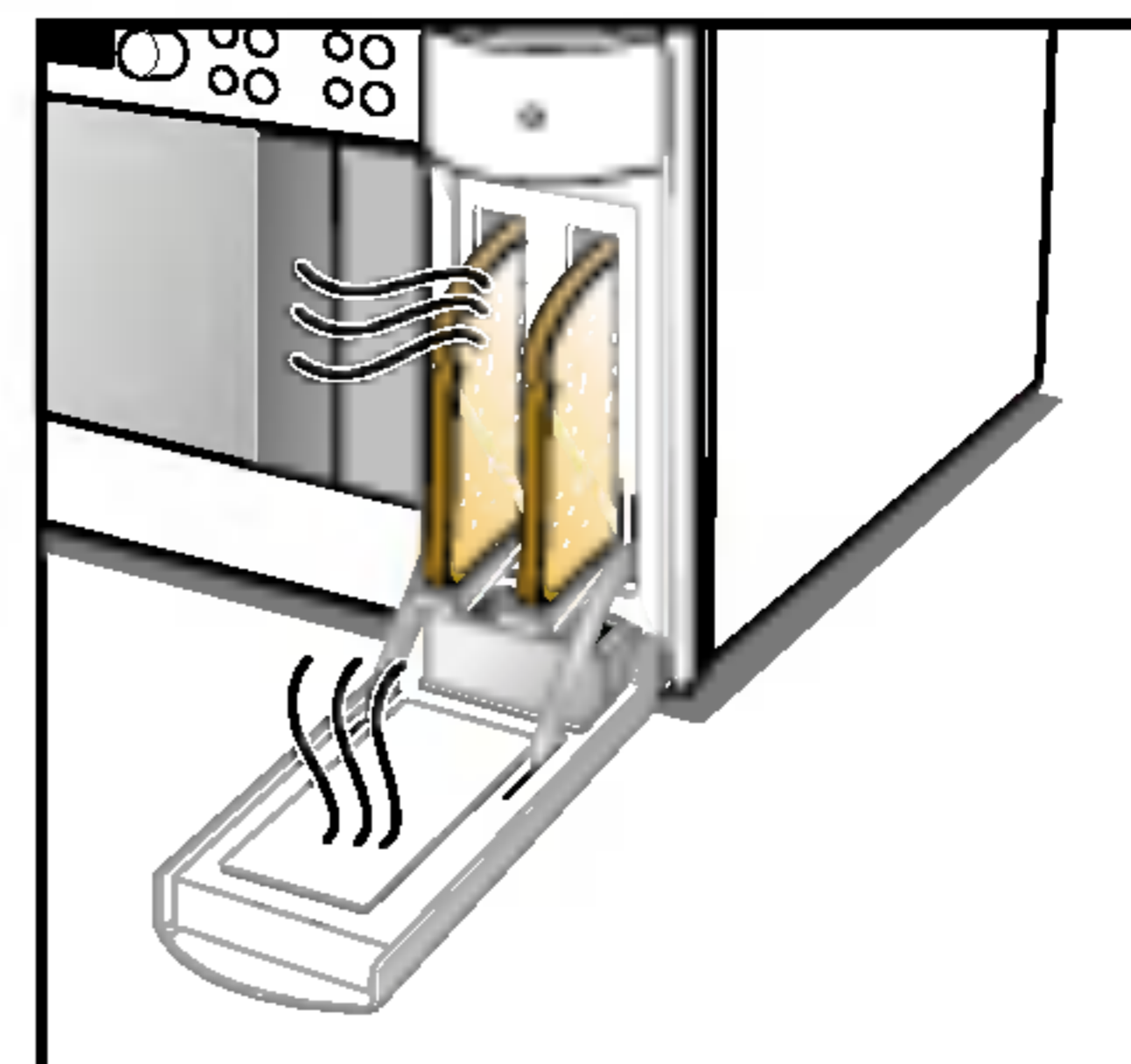
For example, dry bread will brown more rapidly than moist bread and so will be toasted to your taste at a low baking level.

USING YOUR TOASTER

OPERATING INSTRUCTION

- Make sure the crumb tray is pushed all the way in place before plugging toaster into wall outlet.
- Remove all protective wrappings from food before placing into toasting slots. Place bread into slots and Close the door. Then select one mode (Toast/Bagel) and turn the dial knob to the desired setting (experiment to suit individual taste). When you press the Start button, the heating element will turn on.
- Centering guides will automatically center the food for even browning. **However, uneven browning may occur if you are only using one toasting slot.** If you operate toaster several times using one slot continuously, the toaster's internal temperature will be hot and may cause "Hot" to appear in the display. This will go away after several minutes after the toaster cools down.
- Do not adjust the baking level while the toaster is in use. To interrupt the toasting cycle, press the "stop/clear" control button.
- During the toasting cycle, the indicator light will be illuminated. If you open the door, toasting will stop and the light will blink. The toasting cycle can be resumed by closing the toaster door and pressing the start button.
- When the beep sounds, take out food carefully not to touch toaster's hot surface.

NOTE: After use of toaster, fan will run for 1 minute to cool.



Toast/Bagel Baking Settings

Degree of baking	Select baking level
Light	1~3
Medium	4~6
Dark	7~9

NOTE : For English Muffins, use bagel settings.

Toast

This toaster automatically determines required cooking times for toasting

Example : To bake toast bread at level 3.

Touch:	Display Shows:	Indicator Light:
1. Parar/Borrar 	Time of day	off
2. Tostador 		off
3. Turn the dial knob to set level 3.		off
4. INICIO 		on

NOTE: If you plug in and touch "Toastador", the display shows level 5. After using it, the display shows the last baking level.

USING YOUR TOASTER

Bagel








Use this function to bake bagel.

Example : To bake bagel at level 7.

Touch:

Display Shows:

Indicator Light:

- | | | | |
|----|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----|
| 1. |  | Time of day | off |
| 2. |  |  | off |
| 3. |  Turn the dial knob to set level 7. |  | off |
| 4. |  |  | on |

NOTE: If you plug in and touch “Bagel”, the display shows level 5. After using it, the display shows the last baking level.

OTHER HELPFUL INSTRUCTIONS

For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking occasionally for doneness. It is easy to overcook food because microwaves cook very quickly.
2. Small quantities of food or foods with low water content may dry out and become hard if cooked too long.
3. Do not use the oven for drying kitchen towels or paper products. They may burn.
4. Break eggs before cooking them in the microwave.
5. For food items such as apples, potatoes, egg yolks, chicken livers, etc., be sure to pierce the skin or membrane to prevent bursting of the food while cooking in the oven.

Defrosting Frozen Foods:

1. Foods that have been frozen can be placed directly in the oven for thawing. (Be certain to remove any metallic ties or wraps.)
2. Defrost according to the Defrost Guide found in this Manual.
3. For areas of the food thawing faster than others, shield if necessary.
This helps slow down or stop the defrosting process.
4. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen.
5. It may be necessary to increase or decrease the cooking time in some recipes, depending on the starting temperature of the foods.

NOTE:

Air from the vent may become warm during cooking. This is normal.

Browning:

There are a few foods which are not cooked long enough in the microwave oven to brown and may need additional colour.

Coatings such as SHAKE & BAKE® , paprika, and browning agents such kitchen bouquet® or Worcestershire sauce may be used on chops, meat patties or chicken parts.

Roasts, poultry or ham, cooked for 10-15 minutes or longer, will brown nicely without extra additives.

Cooking Utensils:

1. Most glass, ceramic glass and heat resistant glassware utensils are excellent.
2. Most paper napkins, towels, plates, cups, cartons, and cardboard are convenient utensils. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.
3. Some plastic dishes, cups, containers, and wraps may be used in the microwave oven. Follow the manufacturer's instructions or information given in the cooking guide when using plastics in the microwave oven.
4. Metal utensils and utensils with metallic trim should not be used in the microwave oven.

To Clean Your Oven:

1. Keep the inside of the oven clean,
Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a sudsy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.
2. Keep the outside of the oven clean.
Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings.
To clean control panel, open the door to prevent oven from accidentally starting, and wipe with a damp cloth followed immediately by a dry cloth. Press Parar/borrar after cleaning.
3. If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
4. The door and door seals should be kept clean.
Use only warm, soapy water, rinse then dry thoroughly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS.
Metal parts will be easier to maintain if wiped frequently with a damp cloth.

SAFETY PRECAUTIONS

1. Do not attempt to tamper with, or make any adjustments or repairs to the door, control panel, safety interlock switches or any other part of the oven. Repairs should only be undertaken by a qualified service technician.
2. Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
3. Do not dry clothes in the microwave oven, which may become carbonized or burned if heated too long.
4. Do not cook food wrapped in paper towels, unless your cook book contains instructions, for the food you are cooking.
5. Do not use newspaper in place of paper towels for cooking.
6. Do not use wooden containers. They may heat-up and char.
Do not use metal containers or crockery containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties.
Metal objects in the oven may arc, which can cause serious damage.
7. Do not operate the oven with a kitchen towel, a napkin or any other obstruction between the door and the front edges of the oven, which may cause microwave energy leakage.
8. Do not use recycled paper products since they may contain impurities which may cause sparks and/or fires when used in cooking.
9. Do not rinse the turntable by placing it in water just after cooking. This may cause breakage or damage.
10. Small amounts of food require shorter cooking or heating time. If normal times are allowed they may overheat and burn.
11. Be certain to place the oven so the front of the door is 8cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.
12. Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.
13. Do not cook eggs in their shell. Pressure will build up inside the egg which will burst.
14. Do not attempt deep fat frying in your oven.
15. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking, as detailed in microwave cook books.
16. The oven must never be used if the door sealing is not in good working order.
17. When liquids are cooked in microwave units, they may be overheated above their boiling point without visible bubbling. When the container is removed, the shock may cause the sudden formation of steam bubbles. A fountain of hot liquid can spring up out of the container explosively.
18. If smoke is observed keep the oven door closed and switch off or disconnect the oven from the power supply.
19. When food is heated or cooked in disposable containers of plastic, paper or other combustible materials look at the oven frequently to check if the food container is deteriorating.

WARNING—Please ensure cooking times are correctly set as over cooking may result in FIRE and subsequent DAMAGE to the OVEN.

QUESTIONS AND ANSWERS

Q. What's wrong when the oven light will not glow?

A. There may be several reasons why the oven light will not glow.

- Light bulb has blown.
- Door is not closed.

Q. Does microwave energy pass through the viewing screen in the door?

A. No. The holes, or ports, are made 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. Will the microwave oven be damaged if it operates while empty?

A. Yes. Never run it empty or without the glass tray.

Q. Why do eggs sometimes pop?

A. When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

Q. Why is standing time recommended after microwave cooking is over?

A. After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

Q. Is it possible to pop popcorn in a microwave oven?

A. Yes, if using one of the two methods described below:

- (1) Popcorn-popping utensils designed specifically for microwave cooking.
- (2) Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN PRODUCT. DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN AN OVEN FIRE.

CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN. NEVER ATTEMPT TO POP LEFTOVER KERNELS.

Q. Why doesn't my oven always cook as fast as the cooking guide says?

A. Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent over-cooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test for doneness, just as you would do with a conventional cooking.