



LG

Life's Good

INSTRUCTION MANUAL MICROWAVE OVEN

Please read this manual carefully before using this appliance.

MS1682XE



MFL30494125

www.lg.com

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy. It is important not to force the security locks.

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

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 (twists), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces .

The oven should not be adjusted or repaired by anyone other than qualified and suitable.

WARNING

Make sure you set the correct cooking time because overcooking can cause FIRE and consequently damage the oven.

WARNING

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 necks straight narrow..
2. Do not overheat.
3. Stir the liquid before placing the dish in the oven and again halfway through cooking time.
4. After heating, let stand in oven for a short period of time, then stir or whisk thoroughly and check your temperature before consumption to avoid burns (especially the contents of bottles and jars of baby food).

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. Special form read and observe the **"PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE POWER FROM MICROWAVE "** found on page 2 of this manual.

3. This appliance must be grounded. Only plug into an outlet properly grounded. see **"GROUNDING INSTRUCTIONS "** on page 5 of this manual..

4. Install and locate this appliance only following the installation instructions provided in this manual.

5. Some products such as whole eggs and sealed containers, bottles closed, for example, can exploit and therefore should not be heated in the microwave oven.

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

7. As with any appliance, close supervision should be exercised when it has to be used by children..

8. Do not operate this appliance if cord or plug is damaged or in poor condition, it is not working properly, if the engine itself has been damaged or dropped.

9. This appliance should be serviced exclusively by qualified skilled personnel. Go to the center nearest authorized service facility for examination, repair or adjustment.

10. Do not cover or block any ventilation openings on this appliance.

11. Do not store this appliance outdoors. Do not use this appliance near water, for example, near the kitchen sink, in a wet basement, near a swimming pool (pool or sink) or in similar settings.

12. Do not immerse cord or plug in water or let them get wet.

13. Keep the power cord of this appliance away from heated surfaces.

14. Do not let cord hang over edge of table or counter where you have a microwave

15. (A) When cleaning surfaces of door and oven that come together when you close the door, use only mild soap or detergent, nonabrasive, applied with a sponge or soft cloth, or when separate cleaning instructions apply, (b) See instructions for cleaning the surface of the door at the specified page or section to be included in this manual.

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

a. Do not overcook food. Carefully monitor the oven especially if it is positioned inside the oven paper, plastics or other combustible material to facilitate cooking.

b. Remove all wire used to close bags of paper or plastic insert in the oven.

c. If any product in the oven caught fire, KEEP OVEN DOOR CLOSED, turn oven off immediately, disconnect the power cord from the outlet or turn off the corresponding fuse in the fuse panel.

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

17. Do not heat any food in bottles or containers of baby food in general. Uneven heating may occur that can cause injury.

18. Avoid heating containers or jars with narrow neck, such as bottles of syrup.

19. Avoid using corrosive vapors, such as sulfate or chloride.

20. Avoid heating of liquids in certain forms (especially cylindrical), because they may overheat. The liquid may be splashed 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, stir the liquid is better many times before heating. Always stir the liquid several times between an action and a reheating.

SAVE THESE INSTRUCTIONS

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Technical Specifications

	MS1682XE
Input Power	127V AC / 60Hz
output	1 000W (Standatd IEC 60705)
Microwave Frequency	2 450MHz
External Dimensions	556mm X 320mm X 443mm (width x high x depth)
Internal Dimensions	398mm X 265mm X 402mm (width x high x depth)
Power Consumption	1 450W

INSTALLATION

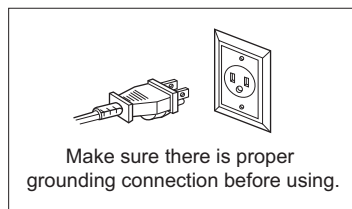
A. GROUNDING INSTRUCTIONS

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 electrical shock by providing an escape wire for electrical energy.

This appliance has a cord with three prong plug (one of which is to ground). (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.

⚠WARNING — Improper use of the grounding plug can result in electric shock. Do not cut or remove the third prong ground, under any circumstances.



You 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 only there is a conventional two pins outlet is consumer responsibility and have it replaced by one of three, properly grounded.

⚠CAUTION: Plug the adapter ground terminal to the wall outlet does not produce the ground unless the screw holding the lid of the container is metal, not isolated and the wall outlet is grounded through wiring system the house or building.

- a) In situations where the product power cord must be disconnected frequently, do not use a plug as disconnecting the power cord 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, by a qualified electrician.
- b) If you must use an extension cord, use only one of three wires that plug has three blades or pins and socket that accepts the plug of the appliance. The ability of the extension must be equal to or greater than the electrical capacity of the apparatus.

⚠NOTES:

1. A short cord is provided with this unit in order to reduce the risk of tangling with the same or tripping over a longer cord.
2. Longer appropriate cords are available but must be used with due care.
3. If it were to use a longer cord (1), the electrical 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 so as not to fall sides of the table where the device can be pulled by children or tripped over accidentally.

INSTALLATION

B. CIRCUITS

For security reasons, this oven must be connected to a circuit above 15 amps for 120V, 60Hz or greater of 10 amps for 220V, 60Hz. No other electrical appliances or lighting circuits must be connected in this circuit. If in doubt, consult a qualified electrician.

C. VOLTAGE WARNING

The voltage of the outlet should be the same as specified in the serial plate which is located at the rear of the apparatus, or beside the oven control panel. The use of higher voltages can be dangerous and may result in a fire or other accident causing oven damage. Insufficient voltage, moreover, can result in slower cooking. If your microwave oven is not operating normally in order to be related to the power source and AC voltage, disconnect the power cord and reconnect it.

D. NOT OBSTRUCT THE AIR VENTS

All vents should be kept clear during cooking. If the vents are covered during operation of the oven, the oven may overheat.

In this case, a sensitive thermal safety device automatically shuts down the oven. The oven will be inoperable until it has cooled sufficiently.

E. LOCATION OF THE OVEN

Your microwave oven can be located easily in your kitchen, family room or anywhere in your home. Place the oven on a flat surface, such as the kitchen counter or a car specially designed for microwave ovens. Do not place the oven on a gas or electric stove. The air flow around the oven is important.

F. RADIO INTERFERENCE

1. The operation of the microwave oven may cause interference to radio, television or similar equipment.
2. When there is interference, it can be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surfaces of the oven.
 - b. Reorient the antenna of your radio or TV.
 - c. Relocating the microwave oven with respect to the receiver.
 - d. Move the microwave receiver.
 - e. Connect the microwave oven in another outlet, so that the receiver and the oven are connected to two different circuits.

INSTALLATION

How The Microwave Oven.

Microwaves are a form of energy similar to radio waves, television and the light of ordinary day. Typically, 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 microwave energy. The electricity supplied to the tube is used magnetron microwave energy to create. These microwaves entering the cooking area through openings in the oven. A turntable is located at the bottom of the furnace. The microwaves can not pass through the metal walls of the oven, but may penetrate.

Materials such as glass, ceramics and paper materials of which the plates for cooking microwave are built. Microwaves do not heat the pans, pots but eventually warmed from the heat generated by food. A very safe device: Your microwave oven is one of the safest in the home appliances. When the door is opened, the oven automatically stops the production of microwaves. Microwave energy is completely converted to heat when it comes to food, while “waste” of energy that damage when cooking your food.

Getting the Best Results of Microwave Oven.

Maintain Security. The recipes in this book have been made with great care, but its success in preparing them depends, of course, how much attention you put the food as it kitchen. Always look at the food while cooking. Your oven is equipped with a light that turns on automatically when the oven is in operation, so you can see inside and review the progress of your prescription. The instructions on the recipes for “raise”, “beat”, and the like, should be considered as the minimum recommended steps. If the food being cooked unevenly seem simply make adjustments as it deems appropriate to correct the problem.

Factors that affect cooking times. To check the voltage in your oven, refer to the specifications at the beginning of this book. Many factors affect cooking times. The temperature of the ingredients used in a recipe makes a big difference in cooking times. For example, a frozen cake made with butter, milk and eggs will take considerable time to bake more than one made ingredients that are at room temperature. All recipes in this book provide ranges of cooking times. Generally, you find that undercooked food remains in the lower end of the range of time and may sometimes want to cook your food beyond the maximum time given, depending on personal preference.

The philosophy of this book is that it is better to be conservative with a recipe cooking times given. While the food goes learn when they are raw, some of the recipes, particularly those for breads, cakes and custards, recommend removing food from the oven when cooking has not been fully completed. This is not an error.

When let stand, usually covered, these foods remain outside the cooking oven, as the temperature trapped in the portion outside of the food gradually travels inside the food. If food is left in the oven until cooked completely, external parties or even be burn. As you gain experience using their microwave oven, you will become skilled estimating cooking times and rest for different foods.

How Characteristics Affect Food Microwave Cooking.

Density of food: light and porous foods such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You should be careful when cooking foods porous, because the outer edges may become dry and brittle. Height of food:

The upper portion of the high food, especially roasts, are cook faster than the lower portion. Therefore, it is advisable to turn the food high during cooking, several times.

INSTALLATION

Moisture content of food: Since the heat generated by microwaves tends to evaporate moisture, relatively dry foods such as roasts and some vegetables are sprayed with water prior to cooking or whole cover to retain moisture.

Bone and fat content of foods: Bones conduct heat and fat cooks faster than beef. Therefore, be careful when cooking cuts of meat with bones or high-fat to the meat to cook evenly and do not overcook.

Quantity of food: The number of microwaves in your oven remains constant regardless of the amount of food you're cooking. Therefore, a larger amount of food in the microwave oven, the longer the cooking time. Remember to reduce cooking times at least one third when preparing 1/2 recipe.

Food shapes: The microwaves penetrate only about 1 inch.(2.5 cm.) In foods, the inner portion of food is cooked thick as the externally generated heat travels inwards. In other words, only the outer edges of food truly cooked by microwave energy, the rest is cooked by convection. Therefore, the worst form of a food to be cooked in a microwave is that square and thick. The corners will burn long before the center is still hot. Food is thin and rounded food form of rings are cooked in the microwave successfully.

Special Techniques to Microwave cooking.

Brown: Meat and poultry that is cooked 15 minutes or longer will brown slightly in its own fat. Foods that are cooked for shorter periods can be sprayed with a browning sauce and get an appetizing color. Sauces most often used to gild are Worcestershire, soy sauce and barbecue sauce. Since they are added in relatively small amounts to food, the original flavor of the recipe is not altered.

Cover: A cover keeps the heat and steam causing food to cook faster. You can use a plastic lid or microwave-safe with the edges folded down to prevent splashing.

Cover with greaseproof paper: this role effectively prevents splashing and help food to retain some heat. But because this paper does not cover as well as a lid or microwave plastic wrap, allows food to dry slightly.

Wrap in grease proof paper or towel: sandwiches and other foods containing bread must be wrapped before placing in the microwave to prevent drying.

Placement and space: Individual foods such as baked potatoes, small cakes and snacks heat more evenly if placed in the oven at the same distance from each other and preferably in a circle. Never place food on another.

Stir: Stir is one of the most important of all the techniques for cooking in microwave ovens. In conventional cooking, food is mixed with the purpose of mixing. The microwaved foods, but are scrambled to spread and redistribute heat. Always stir from the outside of the food is heated first.

Filp: Big and tall foods such as roasts and whole chickens should be turned so that the top and bottom are cooked evenly. It is also a good idea to turn the chicken and chops.

Place thicker portions out: Since microwaves are attracted to the outer portions of food, it makes sense to place the thickest portion of meat, poultry and/or fish on the outer edge of the plate. Thus, the thicker parts receive more energy food will cook evenly.

Warp: Aluminum foil, which block microwaves, are sometimes placed in the corners or edges Of food with rectangular or square shape to prevent overcooking of these portions. Never used a lot of aluminum foil and make sure it is securely fastened to the plate where foods are placed as it may cause arcing in the oven.

Elevation: The very thick or dense foods are usually placed high, so that microwaves can be absorbed by the bottom and the center thereof.

Drill: The food enclosed in a shell, skin or membrane can burst in the oven unless pinched before cooking. These foods include both yolk and white of eggs, oysters and clams, and many vegetables and whole fruits.

INSTALLATION

Verification of cooking: Since fast food is cooked in a microwave oven, food must be checked frequently. Some foods are left in the microwave to complete cooking, but many foods, including meat and poultry, are removed from the oven before they are fully cooked and left to finish cooking during the dwell time. The internal temperature of the food will rise between 5 ° F (3 ° C) and 15 ° F (8 ° C) during the resting time.

Rest Time: The food is sometimes 3 to 10 min. after removal from microwave. Foods are generally covered during the rest time to retain unless heat supposed to be textured dry (eg cakes and biscuits). time rest allows food to complete its cooking and also helps the flavor mixing and develop.

Utensils Microwave Safe:

Never use metal utensils or metal edge in your microwave. Microwaves can not penetrate metal. They bounce off any metal object and cause electrical arcing, a phenomenon that resembles lightning. Most non-metallic utensils heat resistant can be used safely in microwave. However, some may contain materials that make them little suitable for use in microwave. If you have questions about the use of certain tools, there is an easy way to find out if they can be used in your microwave.

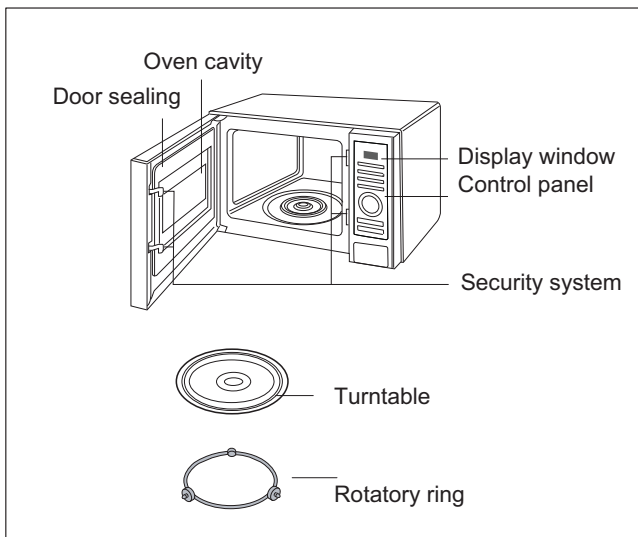
Test tools for use in the microwave. Place the utensil in question next to a glass beaker filled with water inside the oven. Turn the oven 1 minute on

ALTA, if the water is heated and pan is cool to the touch, the utensil is safe. However, if the water does not change its temperature and pan heats up, it means that microwaves are being absorbed by the utensil and it is not safe for use in the microwave. You probably have many items on hand in your kitchen right now that can be used as equipment for microwave. Just read the following list:

- 1. Dishes:** Many kinds of dishes are safe in the microwave. If you have questions, please read the label on the factory or perform the microwave test.
- 2. Glassware:** The glassware is heat resistant safe in the microwave. This would include all brands of tempered glass tableware dish. However, do not use delicate glassware, narrow neck or glasses of wine, as they may explode when heated food.
- 3. Paper:** Paper plates and containers are convenient and safe to use in your microwave, if the cooking time is short and the food to be cooked are low in fat and moisture. The paper towel is also useful for wrapping food and lining baking trays in which fatty foods such as bacon is cooked. In general, avoid colored paper, since the color can fade.
- 4. Plastic containers:** These can be used to keep foods that will be quick reheating. However, they should not be used to reheat foods that require considerable time in the oven because hot foods usually twist and melt the plastic container.
- 5. Plastic bags for cooking:** These are safe in the microwave as long as they are made especially for cooking. However, be sure to make a hole in the bag so that steam to escape. Never use ordinary plastic bags in your microwave oven as it will melt and break.
- 6. Plastic utensils Microwave:** A variety of shapes and sizes are available for microwave cooking.
- 7. Pottery, stoneware and ceramics:** Containers made from these materials are generally suitable for use in the microwave, but must be tested to make sure.

▲CAUTION: HIGH CONTENT OF IRON, LEAD ARE SOME ITEMS THAT SHOULD NOT BE USED TO COOK.

DIAGRAM FEATURES / CONTROL PANEL



Your oven will be packed with the following materials:

Turntable	1
User manual	1
Rotatory ring	1

This microwave is design only for domestic use. Not recommended for commercial use.

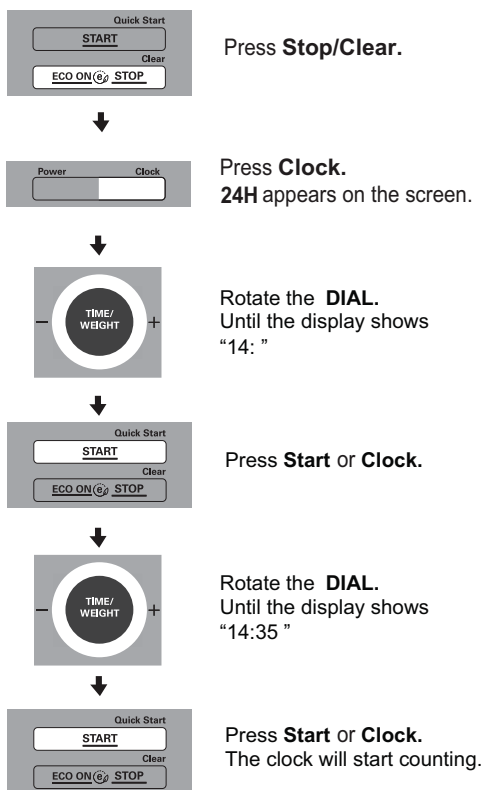
⚠ Warning

Do not operate the oven when is empty or without the glass tray. It is best to leave a glass of water in the oven when not in use. The water will absorb carefully all the energy of microwave oven if it started accidentally.

OPERATING INSTRUCTIONS

1. SCHEDULE

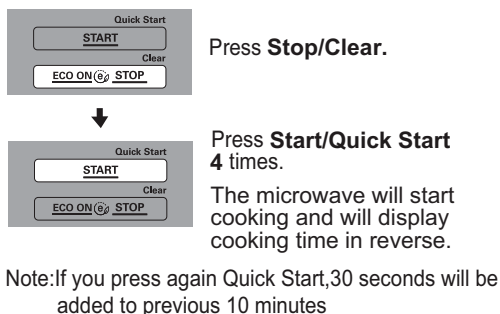
Example: For the time 14:35



2. QUICK START

By using this simplified control, you can save time by being provided the programming and start the microwave oven without having to press the START button.

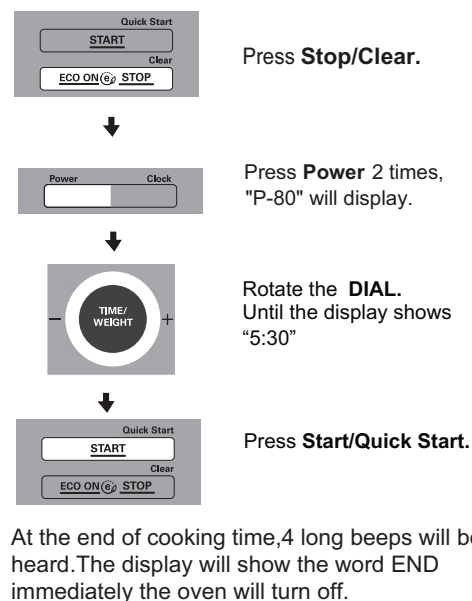
Example: Press START 4times to select 2minutes on higher power.



3. COOKING TIME

This function allows you to cook food in the desired time. There are 5 default power levels to add or decrease the high power, as some foods require greater or lesser potency.

Example: To cook food 80% (Power 8) for 5 min 30 second.



NOTE: If you do not select power level, the microwave will operate at HIGH power.
To set again high cooking power, follow steps 2 and 3 shown above.

OPERATING INSTRUCTIONS

4. 2 STAGES COOKING

To program the two cooking stages, repeat cooking times in steps 2 through 3 previous page, before you press Start to adding more time and the power level you want. Automatic defrosting can be scheduled before the first stage thaw before cooking.

5. POWER LEVEL MICROWAVE OVEN

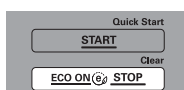
Your microwave oven is equipped with 5 power levels to give maximum flexibility and cooking control. The table below will give you some idea of power levels which food is prepared. The table below suggests levels power set for your oven.

NEVEL	USE
10	Boiled Water Ground Beef Poultry, fish and vegetable pieces Tender meat cuts
8	To heat Roast meat and poultry Cook mushrooms and seafood Cook foods containing cheese and eggs
6	Cakes and biscuits cooking eggs cook custard Cook rice, soup
4	Defrost Melt butter and chocolate Cooking less tender cuts of meat
2	Soften butter and cheese soften ice cream Upload masses

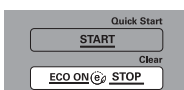
6. SECURITY LOCK - CHILD LOCK

This is the only feature that prevents unintentional operation when manipulated by children. Once Child Lock is set, no cooking is possible.

To set child lock:

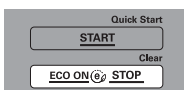


Press **Stop/Clear**.



Press Stop/Clear for 4 seconds. Press and hold Stop / Clear until "L" appears in the display and two beeps will be heard. "L" still display until press some keys, then actual time will appear.

If you touch another cooking key when CHILD LOCK is set, "L" will be display. Immediately you can cancel the lock based on the procedure:



Pulse **Stop/Clear**.
Until "L" disappears.

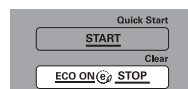
7. LATIN MENU

Latin Menu is easy!

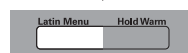
The microwave's menu has been pre-programmed cooking certain foods automatically.

Only enter the necessary information and allow microwaves cook your selection.

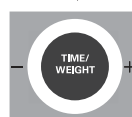
Example: To cook 2 cups of beans, only proceed as follow:



Press **Stop/Clear**.



Press Latin Menu 1 time
Display will show "Ac-1"



Rotate the DIAL.
Until the display shows "2.0"



Press **Start/Quick Start**.

OPERATING INSTRUCTIONS

AUTO COOK TABLE (LATIN MENU)

MENU	QTY	INGREDIENTS	PREPARATION
Beans (Ac-1)	1 Cup 1.5 cups 2 cups	Ingredients 1 cup of beans: 1 cup of beans 6 cups water Ingredients 1 1/2 cups of beans: 1 1/2 cups of beans 7 cups water Ingredients for 2 cups of beans: 2 cups of beans 8 cups water	In a deep pan, add water and beans, and pressing the function cook beans. when sound BEEP stir the beans. It is not necessary to cover the beans during cooking. When finished cooking let stand 10 minutes. Ingredients for the sauce: 1 tablespoon olive oil 1 tablespoon of parsley 2 tablespoons chopped onion 2 cloves garlic, minced 3 tablespoons tomato sauce Salt to taste Preparing the sauce: Mix all ingredients in a pan microwave and cook for 4 minutes at 100% power, then mix the sauce with the beans and cook for 5 minutes at 100% power. Let stand 10 minutes before serving. * Important: Before firing, the beans must be at least 8 hours to soak in water with 2 tablespoons sodium bicarbonate.
Garlic Prawns (Ac-2)	2 portions	5 medium shrimp 1/2 cup white wine 1/2 cloves garlic, crushed 1/4 chopped onion 1/4 cup olive oil dde 1/4 cup chopped parsley 1/2 tablet of butter 1/2 red pepper Lb 3 cloves of garlic 1 glass of wine. 1 tablespoon crumb bread 1/4 cup olive oil garlic	Butter Microwave tray, Add olive oil and heat. Add garlic, onion and cook Add prawns and fried up, Add white wine and cover with plastic wrap, cooking. Not being cooked enough add five minutes on medium Stand for 4 min. And serve.
Clams in Red Sauce (Ac-3)	4 portions	1 pound shelled clams 1 medium onion 1/2 Lb. green pepper 1/2 Lb. red pepper 3 cloves of garlic 1 glass of wine. 1 tablespoon crumbed bread 1/4 cup olive oil	Wash clams. Place in container for Micro. Add the garlic, onion and peppers and minced in cooking oil Add wine and clams, cover and cook. Add bread and cook sprinkled. Stand 3 minutes and serve
Bisk (Ac-4)	4 portions	1 pound shelled clams 1/2 pound of shrimps 4 prawns 1/2 pound sea bass fillet or 1/4 pound clean squid 1 onion chopped into matchstick 1 red pepper, cut into sticks Crushed 6 garlic cloves 1/2 cup white wine 1 can tomato sauce 1 sprig of parsley. 4 tablespoons breadcrumbs 1 on shrimp broth 4 cups water 1/4 cup olive oil	Place the oil to be heated in a microwave soup. Add the onion, garlic and pimento and cook. Add wine, tomato sauce and shrimp broth. Bring water and cook. Throw to all shellfish broth. Add prawns, add the bread crumbs and cook. Stand for 4 minutes, add the chopped parsley and serve.

OPERATING INSTRUCTIONS

AUTO COOK TABLE (LATIN MENU)

MENU	QTY	INGREDIENTS	PREPARATION
Seafood Casserole (Ac-5)	2 portions	4 peeled medium shrimp 3 ounces of shrimps 6 ounces sliced squid 2 pieces of corvina 3 oz each 3 ounces of shelled clams 1 small can tomato sauce 1 medium onion, cut into sticks 1 green pepper, cut into sticks 2 cloves garlic, thinly sliced 1/4 cup olive oil 1/2 cup white wine 1/4 cup of water	Put oil in a pan and microwave heating. Adding the garlic, onion and paprika Add wine and cook in tomato sauce, 1/4 of agua.Colocar cup stinos croaker and squid. spiced, add shrimp. Stir thoroughly and add the shrimps cooking. Stand for 4 minutes and serve. They like thicker dissolve a teaspoon of cornstarch. three teaspoons of water already? adirselo to sauce and cook for 1 minute.
Lasagna (Ac-6)	8 portions	1 package precooked lasagna 1 can tomato sauce 2 pounds of ground beef 4 cloves of garlic 1 carrot, chopped 2 onions, chopped 3 tablespoons oil 1 tablespoon oregano 2 pounds of sliced mozzarella cheese 1/2 cup white wine (optional)	Place in a microwave-safe bowl oil, garlic, oregano and chopped carrots and onion chopped and press the function lasagna. When the BEEP sounds add the meat and sauce with the wine glass (if applicable) and continue cooking. At the sound of the second BEEP make lasagna in a placing a flat bowl of pasta, a salsa floor, a flat cheese and so on. Once done this pour the remaining sauce over the lasagna. Locate lasagna in the microwave and continue cooking by the remaining time. optional: 1 - When the cooking time is complete, give a placing appetizing color in the browning function by 7 minutes. 2 - When you prepare the sauce add 1/2 glass of wine.

OPERATING INSTRUCTIONS

AUTO COOK TABLE (LATIN MENU)

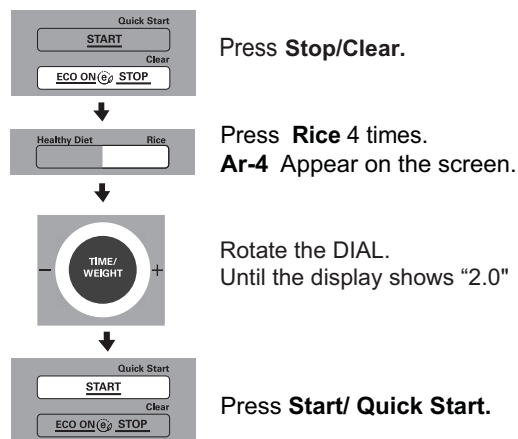
MENU	QTY	INGREDIENTS	PREPARATION
Chicken Soup (Ac-7)	5 portions	1 pound chicken breast seasoned chopped 1/2 tsp. oregano 2 tbsp. sliced onion 3 tbsp. coriander 1 cup potatoes in boxes 1/2 cup diced carrots 2 envelopes with achiote chicken broth 1/2 tbsp. black pepper 7 cups water 1 Tbsp. salt	Cut all vegetables into cubes and place in a large container safe for microwave, Add water and cook according chicken soup. When the beep sounds, add the cilantro and cook for the remaining time. Add salt and pepper to taste. Note: One of the envelopes with achiote chicken broth is to season the chicken breasts with salt and pepper.
Stew Chicken (Ac-8)	5 portions	1 skinless chicken chopped 1 onion 1 green pepper 3 cloves of garlic 1/2 can of tomato sauce 1 cup chicken broth 2 tablespoons oil salt and pepper to taste	Place oil, paprika, onion, garlic and chicken in a pan and cook on high function "Chicken Stew". During the ring BEEP add the tomato sauce and chicken broth and continue cooking. At the sound of the second beep, reverse the chicken and cook for the remaining time. At the end of cooking let stand for 8 minutes.
Roast Chicken (Ac-9)	4 portions	4 pieces of skinless chicken chopped English sauce Chinese sauce Parsley Oil Salt and pepper	Season the chicken quarters, place in a baking roasting in microwave and press the function roasted chicken. When the beep sounds, turn chicken quarters. At the sound of the second beep, turn over again and cook for the remaining time. At the end of cooking leave stand for 6 minutes. Note: For best flavor marinate 8 hours before cooking.

OPERATING INSTRUCTIONS

8. RICE

The microwave menu has been pre-programmed to cook certain foods automatically. Simply enter required information and let your microwave cook your selection.

Example: To cook 2 cups white rice



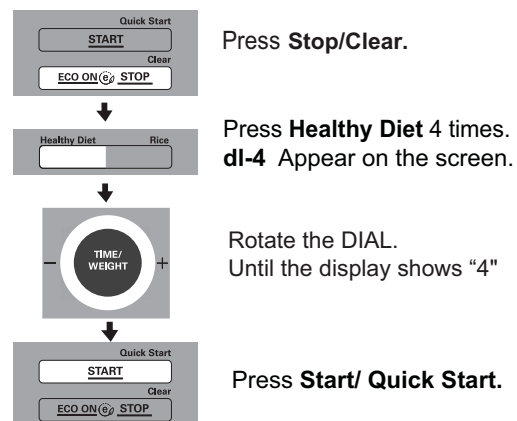
NOTE:

If you press the Pause/Delete when finished cooking, the oven will beep at intervals of time.

9. HEALTHY DIET

The microwave menu has been pre-programmed to cook certain foods automatically. Simply enter the required information and let your microwave cook your selection. Be sure to close the oven door before making your selection.

Example: To cook 4 Baked Potatoes simply proceed as follows



OPERATING INSTRUCTIONS

AUTO COOK TABLE (RICE)

MENU	QTY	INGREDIENTS	PREPARATION
Rice Pudding (Ar-1)	6 portions	1 cup rice 4 cups water 2 cups whole milk 6 tablespoons sugar (300 grams) 1/2 a lemon peel 2 cinnamon stick 1 tablespoon butter (60 grams)	Place rice (unwashed), water, cinnamon and lemon peel in a microwave-safe bowl and cook function bypassing the rice pudding. When the BEEP sound add sugar, milk and cook the remaining time. At the end add the butter and whisk to give creaminess. Let stand for 15 minutes. * At the end you can add raisins, cinnamon and lemon zest for garnish if desired. * It should be cooked uncovered in a tall container because it tends to grow enough rice.
Rice with vegetables (Ar-2)	6 portions	1/2 cup of peas 1/2 cup onion 1 cup rice 1/2 green pepper 1/2 cup chopped carrot oil, salt and pepper 4 cloves of garlic 1 cup chopped green beans 1/4 cup chopped celery 1 1/2 cup vegetable broth 1 envelope chicken broth	Place all vegetables in a microwave bowl and cook the RICE function. When the BEEP sound add rice, stir and continue cooking. When the second beep sounds add the vegetable broth, chicken broth and continue cooking. When the third BEEP sound, stir and cook for the remainder.
Seafood Rice (Ar-3)	4 portions	1 cup rice 4 cups water 2 cups whole milk 6 tablespoons sugar (300 grams) 1/2 a lemon peel 2 cinnamon stick 1 tablespoon butter (60 grams)	Put oil in pan and heat in microwave maxima. A {adirle the onion and garlic, add the paprika and cook. Having previously squid troceadosal clean taste, along with fish and camarones. ademas the can of tomato sauce after cooking after which add a cup of water for every cup of rice. Add cups rice with saffron and seasoning, then cook. according likes or drier or wetter. Check for doneness also add salt and cook the rice. If you use plain rice using a cup more water per cup of rice.
White Rice (Ar-4)	1 Cup 1.5 cups 2 cups	Ingredients 1 cup 1 cup rice 1 1/2 cups water salt 1 teaspoon oil or margarine Ingredients 1 1/2cup 1 1/2 cup rice 1 1/2 cups water salt 1/2 teaspoon oil or margarine Ingredients for 2 cups 2 cups rice 3 cups water salt 1 tablespoon oil or margarin	Place rice, water, salt and oil or margarine in one large container as rice tends grow. Press the Function RICE, select the desired quantity and press Start. During the ring first BEEP stir and cook for the time remaining. When finished cooking let stand for 5 minutes.

OPERATING INSTRUCTIONS

AUTO COOK TABLE (HEALTHY DIET)

MENU	QTY	INGREDIENTS	PREPARATION
STEAMED FISH (dl-1)	4 portions	4 fish fillets 1 onion 3 cloves of garlic 1 bay leaf 1/2 cup white wine 1 carrot Water 1 cup salt and pepper to taste	Add salt and pepper to the steaks. Place vegetables along with water, wine and bay leaf in a microwave-safe bowl, cover and press the function grilled fish. When the beep sounds, add the fish fillets and cook uncovered. Let stand 4 minutes before serving. The baking time may vary depending on the thickness of the fillets.
SCRAMBLED EGGS (dl-2)	5 portions	6 eggs 1 teaspoon margarine 1/2 cup onion 1/2 cup chopped tomato 1/2 cup chopped ham 1/2 cup green pepper 1/2 cup heavy cream salt and pepper to taste	Add onions, tomatoes, ham, paprika and margarine in a microwave-safe container and SCRAMBLED EGGS press function. When the beep sounds, stir and continue cooking. Meanwhile mix the eggs with the cream. When BEEP sound a second time, add this mixture to the rest of the ingredients in a previously greased container and cook for the remainder stirring every 3 minutes. * It is important to stir the eggs in each BEEP, if not become a cake.
VEGETABLE SOUP (dl-3)	6 portions	6 cups water 1 onion 1 carrot 1 chicken broth or vegetable 1/2 medium head cabbage 1 cup chopped green beans 1/2 cup chopped celery 1 green pepper 1 potato 1 leaf of cilantro 1 tomato 4 cloves of garlic	Cut the vegetables into squares. Place in a microwave-safe pot, add water and press the function vegetable soup. to the BEEP sound, add the cilantro, broth and cook for the remainder. Add salt and pepper to taste. Note: For more broth in the soup reduces any plant included in the recipe.
Baked Potato (dl-4)	2Potatos 3Potatos 4Potatos	Potato	Wash potatoes and pierce around several times with a cooking fork. Place them in a secure microwave container and press the function.

OPERATING INSTRUCTIONS

10. AUTOMATIC DEFROST.

The microwave oven has three thawing sequences. This feature gives the best result for defrost your food. The cooking guide will show which sequence is the recommended for food that thawing. With the automatic defrost feature, the oven automatically sets the thawing time and power level. The oven automatically determines the time required according for each type of food to the weight you instructed.

For convenience, the automatic defrost function contains an internal beep that enable to review, rotate, arranging, ordering or separate food as recommended.

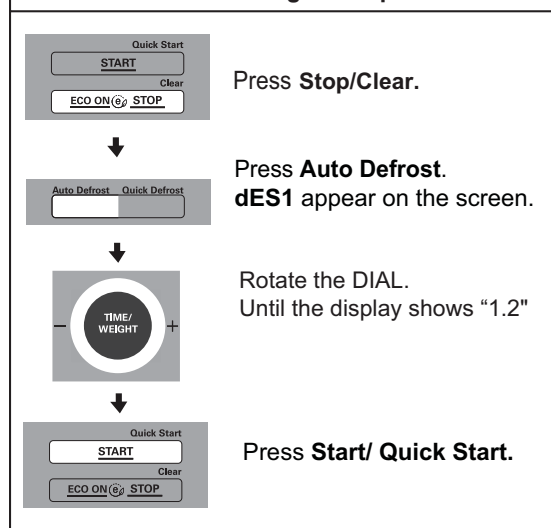
There are 3 levels of automatic defrost.

dES1 - MEAT
dES2 - POULTRY
dES3 - FISH

- For best results, remove fish, seafood, meat and poultry closed from original container. They keep food juices which can cause the outer surface food is cooked.
- Place food in a refractory heat supporting on the turntable. (without "Browning grill")

SERIE	USE
dES1 MEAT (0.1-2.0 kg)	BEEF German Beef, slice of meat, chopped meat, hamburger, ribs, etc. LAMB – Chops, rolls. SWINE: - Chops, Hot dog, etc. BEEF - CHOPS
dES2 POULTRY (0.1-2.3 kg)	Whole BIRDS billet Quail TURKEY breast
dES3 FISH (0.1-2.0 kg)	FISH - steak, whole. Seafood - shrimps, Crustacean meat, etc.

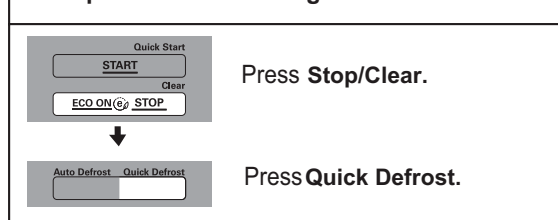
Example: To defrost 1.2 kg meat, select MEAT, introduce weight and press START.



11. QUICK DEFROST

This function is similar to the QUICK START function and with it you can automatically thaw (0.5 kg meat)

Example: To defrost 500g meat.



NOTE:

When you press START, the display changes defrosting time in reverse countdown. The oven beep twice during the defrost cycle. In each beep open the door and turn rearranging food.

Remove the portions that are defrosted.

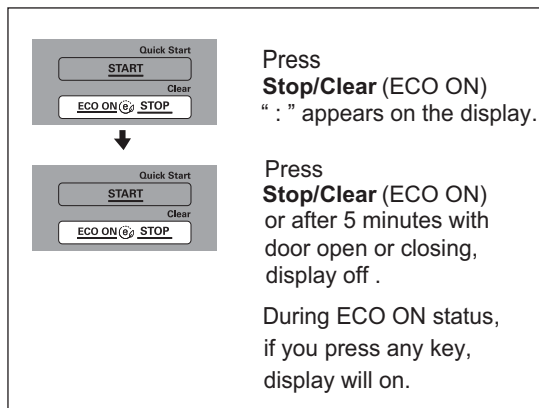
Press start to continue defrosting the other portions.

The microwave will not stop ringingbeep until you open the door.

OPERATING INSTRUCTIONS

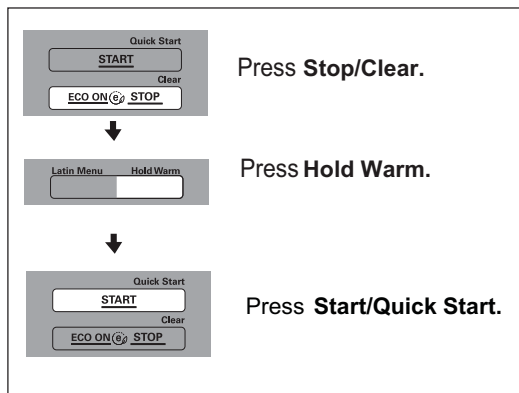
12.ENERGY SAVING

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.



13.HOLD WARM

The "HOLD WARM" will continue for up to 99 minutes until the door has been opened or the "Stop / Clear" has been pressed.



Your oven is the "HOLD WARM" which keeps your food hot after cooking is complete.

OPERATING INSTRUCTIONS (CONTINUED)

⚠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.

TABLE OF COOKING MEAT IN MICROWAVE

CUTS	COOKING TIME BY 454g (1 lb)	MICROWAVE POWER
Lomo	8 1/2 a 9 min.	M-HIGH (80%)
Low Bake	9 a 10 min.	M-HIGH (80%)
Medium	11 a 12 1/2 min.	M-HIGH (80%)
Well Done		M-HIGH (80%)
Hamburguers	7 a 9 min.	M-HIGH (60%)
Ground Beef	6 a 8 min.	M-HIGH (80%)
Sausage 2	2 a 3 min.	HIGH
4	4 a 5 min.	HIGH
8	5 a 7 min.	HIGH
Lamb Leg, steak and shoulder steak	13 a 16 min.	M-HIGH (80%)
Pork	12 a 15 min. 1/2 min.	M-HIGH (80%)
Loin, leg	Per piece	HIGH
Bacon		

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.

GENERAL PROCEDURES FOR COOKING POULTRY

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

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.

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

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.

GENERAL PROCEDURES FOR COOKING POULTRY

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.

POULTRY COOKING TABLE

BIRDS	COOKING TIME PER 454 G (1 Lb.)	POWER LEVEL
CHICKEN Whole Chicken Breast with bone Portions	9 1/2 a 12 min. 8 a 10 min. 9 a 11 min.	M- HIGH (80%) M- HIGH (80%) M- HIGH (80%)
TURKEY Whole	8 1/2 a 11 1/2 min.	M- HIGH (80%)

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.

GENERAL PROCEDURES FOR COOKING FISH

▲WARNING

Do not use aluminum foil for cooking in the oven

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 standing time have passed , check that the fish is fully cooked. The fish should be opaque and the meat tender. This indicate that is well done.

FRESH FISH TABLE MICROWAVE COOK

FISH	Cooking Time per 454 G (1Lb)	Selection	Method	Standing Time
Fish Fillet	4 a 6 min	High	Add lemon juice 1-2 Tbs	2-3 min.
Codfish / Ling	5 a 7 min.	High	1-2 Tbs	3-4 min.
Sole Fillet with lemon	2 1/2 a 4 min.	High	1-2 Tbs	2-3 min.
Dutch Sole	4 a 6 min.	High	1-2 Tbs	2-3 min.
Whole Mackerel, cleaning	4 a 6 min.	High	—	3-4 min.
and already prepared	5 a 7 min.	High	—	3-4 min.
Salmon Steak	5 a 6 min.	High	1-2 Tbs	3-4 min.

OTHER INSTRUCTIONS FOR HELP

For Best Results:

1. When determining the cooking time for a particular food, start using the minimum of time and check occasionally to check how it is. It is easy overcooking foods because microwaves cook very fast.
2. Small amounts of foods with little food or water content can dry out and become tough if cooked too long.
3. Do not use the oven to dry cloths or paper products. Could burn.
4. Break the eggs before cooking in the microwave.
5. For foods such as apples, potatoes, egg yolk, chicken livers etc. Be sure to puncture the skin or membrane to prevent bursting while cooking in the microwave.

Food thawed

1. Foods that have been frozen can be placed directly on the oven to thaw. (Be sure to remove any metal tie wraps.)
2. Thaw according to the Guidelines for Thaw of this manual.
3. For parts of the food defrost more quickly than others, protect if necessary.
4. Some foods should not be completely, the fish is cooked so quickly that sometimes it is best to start cooking while still slightly frozen,
5. May be necessary to increase or decrease the cooking time in recipes, depending on the initial temperature foods.

NOTE:

The air from the openings may be hot during cooking, this is normal.

Brown:

There are a few foods that are not cooked enough in the microwave oven to brown and may need additional color.

SHAKE&BAKE Seasonings such as, paprika and brown as agents KITCHEN BOUQUET or Worcestershire sauce may be used with pork, meat or chicken pieces. Roasts, poultry or pork cooked for 10-15 minutes or longer will brown better without extra additives.

Cookware:

1. Most glass, ceramics and glass heat resistant, are excellent tools.
2. Most paper napkins, towels, plates, bowls, small boxes and cardboard are tools convenient. Some paper products recycling may contain impurities which can cause arcing or fire when used in the microwave oven.

3. Some plastic plates, bowls, cups and wrappers can be used in the oven microwave. Follow the manufacturer's instructions or information given in the cook book when use plastic in your microwave.
4. Metal utensils and utensils with edges metal should not be used in the oven microwave.

To clean your microwave

1. Keep the oven clean. Food splashes or spilled liquids stick to the walls and between the door seals. It is best to clean up spills immediately with a damp cloth. Crumbs and spills absorb microwave energy and lengthen cooking times. Use a soft cloth to remove the crumbs that fall between the door and frame. It is important to keep this area clean to ensure a tight seal. Remove greasy spatters with a soapy cloth, then rinse and dry. When you do not use strong detergents or abrasive cleaners. The glass tray can be washed manually or in the dishwasher.
2. Keep the outside clean. Clean 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, water will not seep through the vents. To clean the control panel, open the door to prevent accidentally operate the oven and wipe with a damp cloth followed immediately with a dry cloth. Press dissociate / Cancel after cleaning.
3. If steam accumulates inside or outside the oven door, wipe panels with a soft cloth. This can occur when the microwave oven is operated under conditions of high humidity and in no way indicates malfunction of the unit.
4. The door and door seal must be kept clean. Use only warm soapy water, rinse and dry quickly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING SPONGE POWDER OR PLASTIC OR ALUMINUM. The metal parts will be easier.

SAFETY PRECAUTIONS

1. Do not tamper with or adjust or repair the door, control panel, the safety device or any part of the oven. Repairs should only be performed by a qualified technician.
2. Do not operate the oven empty. It's good to have a glass of water inside when not in use. The water will absorb microwave energy, if the oven starts accidentally.
3. Do not dry clothes in the microwave may burn or char when heated for long.
4. Do not cook food wrapped in paper towels unless the cookbook that use at that time so state.
5. Do not use newspaper instead of paper towels for cooking.
6. Do not use wooden packaging. They can overheat and burn. Do not use metal containers or pots that have metal parts (eg gold or silver). Always remove Mooring metal. Metal objects in the oven electrical arcing, which can cause severe damage.
7. Do not operate the oven with the door or the front edges obstructed by a tea towel or napkin, this can cause leakage of microwaves.
8. Do not use recycled paper products because they may contain impurities which can cause sparks and / or fires for cooking.
9. Do not rinse the turntable by placing it in water immediately after cooking. This can cause breakage and damage.
10. Require small amounts of food cooking or heating time shorter. If the normal times (default) are assigned to them, can overheat and burn.
11. Set oven so that the front of the door is at least 8cm behind the edge of the surface where it is located, to prevent it from tipping accidentally.
12. Before cooking pierce the skin of potatoes, apples and other fruits or vegetables.
13. Do not cook eggs in their shells. The internal pressure burst the egg.
14. Do not try to fry pieces of fat in the oven.
15. Remove the plastic wrap food before cooking or defrosting. Note that in some cases the food should be covered with plastic to microwave heating or cooking, as indicated in the microwave cookbooks.
16. The oven should never be used if the door seal is not working well.
17. When liquids are cooked in the microwave, they may have on its overheating boiling without bubbles visible. When the container is removed, the change may cause formation of vapor bubbles. A jet hot liquid out of the container can spread explosively.
18. If there is smoke, keep oven door closed, turn off or unplug the oven.
19. When food is heated or cooked in disposable plastic containers, paper or material fuel, check the oven frequently to check if the container is deterioratin.

▲WARNING: Make sure the cooking times are set correctly as overcooking can cause FIRE and consequently damage the oven.

QUESTIONS AND ANSWERS

Q : What is wrong with the oven when the interior light does not turn on?

A : May be several reasons why the oven light does not light:

- The fuse is blown.
- The door is not closed.

Q : microwave energy pass through the door window?

A : No. The holes or ducts are made to allow the passage of light, they do not allow the passage of microwave energy.

Q : Because it sounds the “Beep” when a button control panel is touched?

A : The Beep sounds to ensure that the selection is being entered correctly.

Q : Be damaged if operated microwave while empty?

A : yes, I never run empty or glass tray.

Q : Because sometimes eggs hatch?

A : When you cook, fry or poach eggs, the yolk may pop due to the accumulation of vapors in inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never bake eggs in their shells.

Q : Why is standing time recommended after microwave cooking?

A : After the ends microwave cooking, cooking foods continue during the time of repose. This rest ends uniformly cooking food. The amount of dwell time depends on the density of the food.

Q : Is possible to make popcorn (Popcorn) in the microwave?

A : Yes, using one of the 2 methods described below:

(1) Using devices specifically designed to make “ popcorn” in microwave ovens.

(2) The popcorn specially prepared and packaged to be cooked in microwave ovens, which contain detailed instructions on the power and time required for obtaining an acceptable product FOLLOW THE INSTRUCTIONS GIVEN BY EACH MANUFACTURER FOR YOUR PRODUCTS AND NOT KEEP THE OVEN WHILE COOKING THE “POPCORN”. OCCUR IF THE CORN burst- on time, STOP PROCESS. Overcooking MAY RESULT IN A FIRE.

⚠WARNING: NEVER USE ANY PAPER BAG BURST FOR CORN. NEVER ATTEMPT TO BURST THE SURPLUS GRAINS NOT CAME TO BURST.

Q : Why is the oven not always cook as fast as the cooking guide says?

A : Check your cooking guide again to make sure you correctly followed directions, and see what caused the variation in cooking time. Times the cook book and power are selected suggestions to help prevent overcooking, the most common problem get used to using your microwave oven. Variations in the size, weight and shape of the food require longer cooking time. Use your own judgment in addition to the tips of the guide cooking to see if the food is cooked as you would in conventional cooking.



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