

GoldStar

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MICROWAVE OVEN

OWNER'S MANUAL & COOKING GUIDE

PLEASE READ THIS OWNER'S MANUAL
THOROUGHLY BEFORE OPERATING.

GMS-7020UW

P/NO. 3828W5A2623
Printed in China

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

The serial number is found on the back of this unit. This number is unique to this unit and not available to others. You should record requested information here and retain this guide as a permanent record of your purchase.

Date of Purchase

Dealer Purchased From

Dealer Address

Dealer Phone No.

Model No.

Serial No.

3	/	TECHNICAL SPECIFICATIONS
4	/	IMPORTANT SAFETY INSTRUCTIONS
5	/	INSTALLATION
6	/	INTRODUCTION
9	/	CONTROL PANEL
9	/	FEATURE DIAGRAM
10	/	OPERATING INSTRUCTIONS
		SETTING TIME OF DAY
		TIMED COOKING
		EZ ON
		TIMER
		CHILD LOCK
		ONE TOUCH CONTROL
		ONE TOUCH CONTROL CHART
		MICROWAVE POWER LEVELS
		AUTO DEFROST
15	/	COOKING GUIDES
17	/	VEGETABLE COOKING CHART
18	/	REHEATING CHART
19	/	OTHER HELPFUL INSTRUCTIONS
20	/	CARE OF YOUR MICROWAVE OVEN
20	/	PRECAUTIONS
21	/	QUESTIONS AND ANSWERS
22	/	SERVICE CENTER LIST

	GMS-7020UW
Power Supply	120V AC., 60Hz
Rated Power Consumption	1000W
Microwave Output	*700W
Frequency	2,450MHz
Overall Dimensions (WXHxD)	17 ¹⁵ / ₁₆ "X11 ¹ / ₁₆ "X12 ⁵ / ₁₆ "
Oven Cavity Dimensions (WXHxD)	12 ³ / ₁₆ "X7 ¹⁵ / ₁₆ "X11 ⁹ / ₁₆ "
Effective Capacity of Oven Cavity	0.7 Cu.ft.

* IEC 60705 RATING STANDARD

Specifications subject to change without prior notice.

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 come 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 instructions 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. a. Do not operate any heating or cooking appliance beneath this appliance.

b. Do not mount unit over or near any portion of a heating or cooking appliance.

c. Do not mount over a sink.

d. Do not store anything directly on top of the appliance surface when appliance is in operation.

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

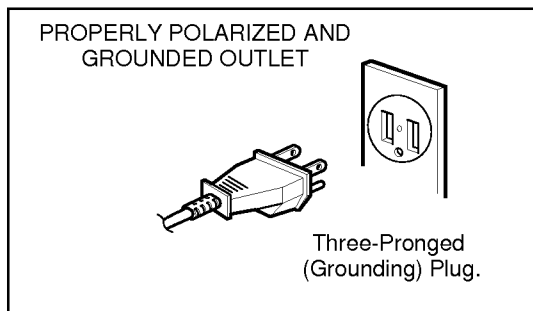
19. Avoid using corrosive and vapors, such as sulfide and chloride.

20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. 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

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 a three-prong (grounding) 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. Do not, under any circumstances, cut or remove the third ground prong from the power cord plug.

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. Where a standard two-prong wall receptacle is encountered, it is the responsibility and obligation of the consumer to have it replaced with a properly grounded three-prong wall receptacle.

- a) If customer has two-prong wall receptacle, he should replace it with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.
- b) Use of extension cords: If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

NOTE:

- 1. A 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 extension cord must be a grounding-type 3-wire cord, and (3) 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.

B. CIRCUITS

For safety purposes this oven must be plugged into a 15 Amp 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. PLACEMENT OF THE OVEN

Your microwave oven can easily be placed in your kitchen, family room or any other room in your home. Place the oven on a flat surface such as a kitchen counter top 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.

E. 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.

F. RADIO INTERFERENCE

- 1. Operation of the microwave oven can 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.

HOW YOUR MICROWAVE OVEN WORKS

Microwaves are a form of energy similar to radio and television waves. Your microwave oven is constructed in such a way as to take advantage of microwave energy.

Electricity is converted into microwave energy by the magnetron tube, and microwaves are then directed into the cooking area through openings in the oven. Microwaves reflect off the metal walls of the oven. They can be transmitted through glass, paper, wicker and microwave-safe cooking dishes. Microwaves do not heat the cookware, though dishes will eventually feel hot from the heat generated by the food.

Microwaves are attracted to the moisture in foods and cause the water molecules to vibrate, 2,450 million times per second. This is called absorption. As the water molecules vibrate they rub against each other, producing friction. This friction, in turn, causes the food to get hot. If you have trouble imagining how this is possible, just think how hot your hands would get if you rubbed your palms together 2,450 million times per second!

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. By the time microwave energy has been converted into heat in the process of making food hot, the microwaves have completely dissipated.

GETTING THE BEST RESULTS FROM YOUR MICROWAVE OVEN

Keeping an eye on things:

The recipes in this book have been developed with great care, but your success in preparing them depends upon how much attention you pay to the food as it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation. You can see inside the oven and check the progress of your food. Directions given in recipes to "elevate", "stir", "rotate", etc., should be thought of as the minimum steps recommended, for evenness and speed in microwave cooking.

Factors affecting cooking time:

The cooking times given in the recipes in this book are approximate. Many factors affect cooking times. The temperature of ingredients used in a recipe, makes a big difference in the cooking time. For example, a cake made with cold butter, milk and eggs will take considerably longer to cook than one made with ingredients that are at room temperature.

On very cold or very hot days, a great deal of electricity is diverted for heating or cooling. Therefore, less electricity is available for your oven, and the food will cook more slowly than usual.

Range of cooking times:

All of the recipes in this book give a range of cooking times. In general, you will find that the food remains undercooked at the lower end of the time range.

You may sometimes want to cook your food beyond the maximum time given. Personal preferences vary, as do the cooking speeds of different ovens under different conditions. While undercooked food may always be cooked a bit more, overcooked food can be ruined.

Some of the recipes, particularly those for breads, cakes and custards suggest that food be removed from the oven when it is still slightly undercooked. This is not a mistake. When allowed to stand, the food will continue to cook outside of the oven, as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked. 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 CHARACTERISTICS OF FOOD AFFECT MICROWAVE COOKING

Quantity:

The greater the volume of food, the longer it takes to cook it. In general, cooking time is increased by about 50 percent, when doubling a recipe. Time is reduced by approximately 40 percent when cutting a recipe in half.

Density:

Light, porous foods such as cakes and breads cook more quickly than heavy, dense food such as roasts, potatoes and casseroles.

Height:

Whether conventional or microwave cooking methods are used, areas of food close to the energy source may need to be turned or shielded for even cooking.

Shape and Size:

For more even cooking results, choose food pieces that are similar in size and shape. Arrange small, thin pieces toward the center of the dish and thicker pieces toward the outside of the dish.

Sugar, Fat and Moisture:

Food with high sugar, fat and moisture content cooks faster than food low in these elements.

SPECIAL TECHNIQUES IN MICROWAVE COOKING

Browning:

Meat and poultry with high fat content that are cooked 10-15 minutes or longer, will brown lightly. Food that is cooked for a shorter period of time, may be brushed with a browning agent to achieve an appetizing color. The most commonly used browning sauces are Worcestershire sauce, soy sauce, barbecue sauce and bouquet sauce.

Covering:

A cover traps heat and steam causing the food to cook more quickly. You may either use a lid or plastic wrap with a corner folded back, for excess steam to escape. Waxed paper effectively prevents food from spattering and helps food to retain some heat. Sandwiches and many other foods can be wrapped in paper towels to prevent them from drying out.

Spacing:

Individual foods such as baked potatoes, cupcakes, and hors d'oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern.

Stirring:

Stirring is an important microwaving technique. Microwaved foods are stirred in order to blend flavors and redistribute heat. Always stir from the outside toward the inside, since the outside of the food cooks first.

Turning over:

Larger size food such as roasts and whole poultry should be turned, so that the top and bottom will cook evenly. It is also a good idea to turn chicken pieces and chops.

Arrangement:

Since microwaves cook from the outside-in, 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 food will cook evenly.

Shielding:

Strips of aluminum foil, which reflect microwaves, are sometimes placed over the corners or edges of square and rectangular shaped pans to prevent those portions from over cooking. Keep foil at least one inch away from the oven walls.

Testing for doneness:

Because food cooks so quickly in a microwave oven, it is necessary to test for doneness frequently. Most foods are removed from the oven while still slightly undercooked, and finish cooking during standing time.

The internal temperature of food will rise from 5°F to 15°F during standing time.

Piercing:

To prevent bursting, food enclosed in a shell, skin or membrane must be pierced prior to cooking. Such foods include both the yolks and whites of eggs, clams and oysters, and many whole vegetables, such as potatoes and squash.

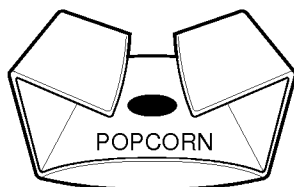
MICROWAVE-SAFE UTENSILS

Never use metal or metal-trimmed utensils in your microwave oven. Microwaves cannot penetrate metal. They will bounce off metal objects in the oven and cause "arcing", which resembles lightning. Most heat-resistant, nonmetallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable for microwave cooking. 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 measure filled with water, in the microwave oven. Microwave at (Power Level 10) for 1-2 minutes. If the water heats up, but the utensil remains cool, the utensil is microwave-safe. However, if the utensil becomes warm, microwaves are being absorbed by the utensil and it should not be used 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. Read through the following checklist.



When popping a popcorn;
Place carefully bag does not touch oven walls.
Fold each end of the bag in half toward the center top of the bag.

1. Dinner Plates:

Many kinds of tableware are microwave safe. If in doubt, consult the manufacturer's literature or perform the microwave dish test.

2. Glassware:

Some glassware that is heatresistant is microwave-safe. This would include most brands of oven-tempered glass cookware. Do not, however, use delicate tumblers, wine glasses, etc. in the oven, as they are likely to shatter.

3. Paper:

Paper plates and containers without wax coatings are convenient and safe to use in your microwave oven, for short cooking times. Paper towels are also very useful for absorbing moisture and grease. In general, use white paper products.

4. Plastic Storage Containers:

These can be used to hold foods that are to be quickly reheated. However, they should not be used to heat foods that will need considerable time in the oven, as hot foods will eventually warp or melt the container.

5. Cooking Bags:

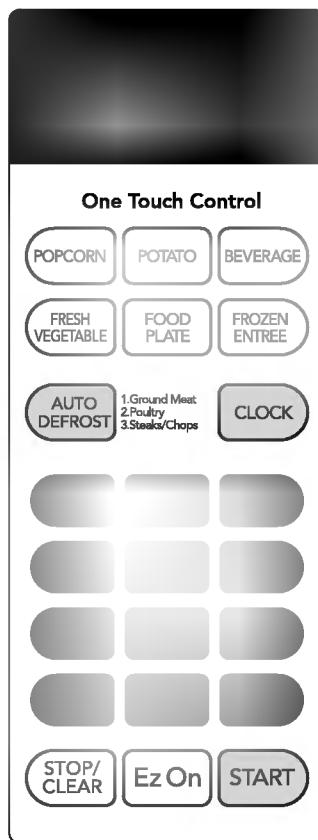
Cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Substitute string for metal twist ties.

6. Plastic Microwave Cookware:

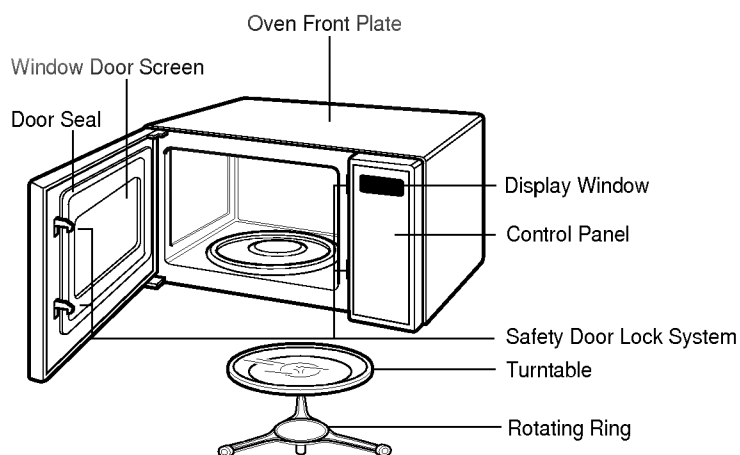
A variety of cookware is available. Certain special items such as plastic ring molds, muffin pans, etc. are convenient. Check the manufacturer's instructions.

7. Pottery, Stoneware and Ceramic:

Containers made of these materials are usually fine for use in your microwave oven. They should be checked by using the dish test.



NOTE: A beep sounds when a pad on the control panel is touched to indicate a setting has been entered.



Remove your Microwave Oven and all material from the shipping carton.

Your oven will be packed with the following materials:

Glass Turntable 1 each
 Owner's Manual &
 Cooking Guide..... 1 each
 Rotating Ring..... 1 each

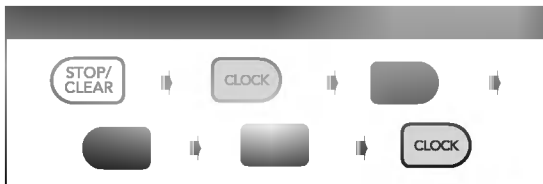
This microwave oven is designed for household use only. It is not recommended for commercial purposes.

SETTING TIME OF DAY

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to **0**.

To set time of day:

1. Open the Door.
2. Touch **STOP/CLEAR**.
3. Touch **CLOCK**.
4. Enter the time by using the number key pads.
Example: To set 3:15, touch number key pads **[3]**, **[1]**, and **[5]**.
5. Touch **CLOCK**.
The clock starts counting.



NOTE:

If the clock (or display) shows any abnormality, unplug the oven from the AC outlet, plug it back in and then reset the clock.

TIMED COOKING

Many foods need slower cooking (at less than HI power) in order to give you the best results. In addition to HI-POWER, there are 10 multi-power settings.

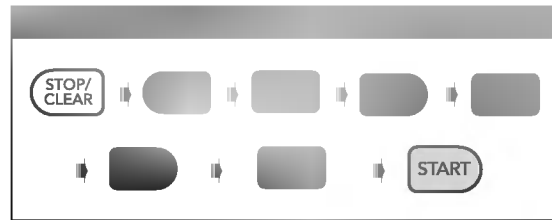
- EXAMPLE:** If you want to cook food on 80% Power(Power 8) for 5 minutes 30 seconds.
1. Open the Door.
 2. Touch **STOP/CLEAR**.
 3. Touch **TIME**. Display shows **0**.
 4. Enter 5 minutes 30 seconds by touching **[5]**, **[3]**, and **[0]**.
 5. Touch **POWER**.

P-HI appears in the display.

This is to tell you that the oven is set on HI unless a different power setting is chosen.

6. Touch **[8]** to select power level 8.
7. Close the Door.
8. Touch **START**.

Two short and one long tone sound and the word **End** shows in the display window when the cooking time is over. Then the oven shuts itself off.



NOTE :

If you do not select the power level, the oven will operate at power HIGH. To set HI-POWER cooking, skip steps 4, 5 above.

2 STAGE OR 3 STAGE TIMED COOKING

For Two or Three Stage cooking, repeat above step 2 through 5 before touching the START pad for every additional Time and Power program you want to add.

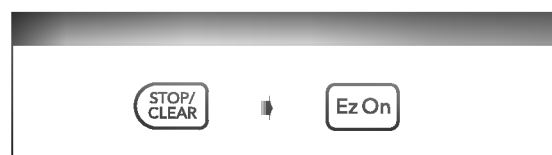
EZ ON

EZ ON allows you to cook for 30 seconds at 100% power by simply touching the Ez On pad.

You can also extend cooking time in multiples of 30 seconds by repeatedly touching the Ez On pad during cooking.

EXAMPLE: To set cooking for 2 minutes with Ez On pad.

1. Close the Door.
2. Touch **STOP/CLEAR**.
3. Touch **Ez On** 4 times. The oven begins cooking and display shows time counting down.



NOTE:

If you touch Ez On, it will add 30 seconds up to 3 minutes; after 3 minutes, every touch will add 1 minute up to 99 min 59 seconds.

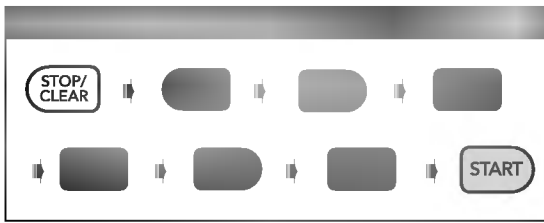
TIMER

You can use the Timer of your oven for purposes other than food cooking.

Example:

To count 3 minutes for an egg or telephone call.

1. Open the Door.
2. Touch **STOP/CLEAR**.
3. Touch **TIME**.
4. Touch numbers for time, **[3]**, **[0]**, **[0]**.
5. Touch **POWER**.
6. Touch **[0]** (power level 0).
7. Close the Door.
8. Touch **START**.



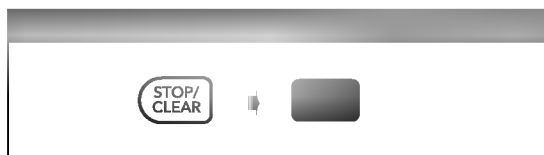
CHILD LOCK

This is a unique safety feature that prevents accidental running of the oven. Once the child lock is set, no cooking can take place.

When the child lock is set, you can't input any key.

To set the child lock:

1. Open the Door.
2. Touch **STOP/CLEAR**.
3. Touch and hold **0** until **L** appears in the display.
4. **L** remains in the display.



To cancel the child lock:

1. Open the Door.
2. Touch and hold **0** until **L** disappears in the display.
3. The time of day returns to the display window.



NOTE :

To set the Child Lock, You can use the button "START" also.

ONE TOUCH CONTROL

This function allows you to cook popcorn, potato, beverage, fresh vegetable, food plate, and frozen entree by touching the One Touch key pad.

Example:

To cook a 3.5 oz. bag of microwave popcorn.

1. Open the Door.
2. Touch **STOP/CLEAR**.
3. Touch **POPCORN** once.
The oven will start automatically.



ONE TOUCH CONTROL CHART

Key	Touch	Serving size	Directions
POPCORN	one Time two Times three Times	3.5 oz. 3.0 oz. 1.75 oz.	<ul style="list-style-type: none"> • Follow package instructions. • Use popcorn package which is made especially for microwave cooking.(Refer to 8 page) • Do not try to pop unpopped kernels. • Heat only 1 package at a time. • Do not leave the microwave oven unattended while popping popcorn.
POTATO	one Time two Times three Times four Times	1 2 3 4	<ul style="list-style-type: none"> • 8-10 oz. per potato. • Place in center of the turntable tray on paper towel. • Pierce potato several times with fork. • After cooking, let stand for 5 minutes. • No cover.
BEVERAGE	one Time two Times	1 cup 2 cups	<ul style="list-style-type: none"> • 240ml per cup. • Use mug or microwave-safe cup. • Stir after reheating.
FRESH VEGETABLE	one Time two Times three Times four Times	1 cup 2 cups 3 cups 4 cups	<ul style="list-style-type: none"> • Prepare vegetable(wash and cut into 1/2-inch pieces). • Cover with plastic wrap and vent. • Most vegetables need 2 to 3 minutes standing time to finish cooking. 1 & 2 cups - Add 2 tablespoon water. 3 & 4 cups - Add 4 tablespoon water.
FOOD PLATE	one Time two Times	1 serving 2 servings	<ul style="list-style-type: none"> • Arrange food on turntable tray. • Place meaty portions and bulky vegetable to the outside of the plate. • Cover with plastic wrap and vent. • After cooking, let stand for 2 minutes.
FROZEN ENTREE	one Time	10 oz.	<ul style="list-style-type: none"> • Follow the package instructions. • Example of one frozen entree is Lasagna with Meat Sauce, Chicken with Rice, Sliced Turkey Breast with Rice and Vegetable.

MICROWAVE POWER LEVELS

Your microwave oven is equipped with ten power levels (11 steps including 0) to give you maximum flexibility and control over cooking. When your cooking program is completed, a beep automatically sounds. The table below will give you some idea of which foods are prepared at each of the various power levels.

MICROWAVE POWER LEVEL CHART

Power Level	Output (of watts)	Use
10 (High)	100%	<ul style="list-style-type: none">● Boil water.● Brown ground beef.● Cook fresh fruits & vegetables.● Make candy.● Cook fish, meat & poultry.● Preheat browning dish.
9	90%	<ul style="list-style-type: none">● Heat precooked food.● Saute onions, celery & green pepper.
8	80%	<ul style="list-style-type: none">● All reheating
7	70%	<ul style="list-style-type: none">● Roast meat & poultry.● Cook mushrooms & shellfish.● Cook foods which contain cheese & eggs.
6	60%	<ul style="list-style-type: none">● Bake cakes, muffins.● Prepare eggs.
5	50%	<ul style="list-style-type: none">● Cook meat, poultry.● Cook custard● Prepare rice, soup.
4	40%	<ul style="list-style-type: none">● Melt butter & chocolate.● Cook less tender cuts of meat.
3	30%	<ul style="list-style-type: none">● All defrosting
2	20%	<ul style="list-style-type: none">● Soften butter & cheese.
1	10%	<ul style="list-style-type: none">● Soften ice cream.● Raise yeast dough.
0	0	<ul style="list-style-type: none">● Standing time.● Independent timer.

AUTO DEFROST

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

The oven automatically determines required defrosting times for each food item according to the weight you enter.

For added convenience, the Auto Defrost Feature contains a built-in beep mechanism that lets you check, turn over, separate or rearrange as recommended in the AUTO DEFROST GUIDE.

Three different defrosting levels are provided.

DEF1 GROUND MEAT

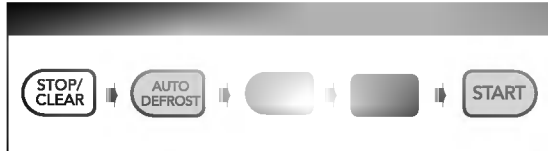
DEF2 POULTRY

DEF3 STEAKS/CHOPS

EXAMPLE:

To defrost 1.2lbs of ground beef, touch **AUTO DEFROST** once. **DEF1** appears in the display, and enter the weight.

1. Open the Door.
2. Touch **STOP/CLEAR**.
3. Touch **AUTO DEFROST** once.
4. Enter the weight by touching **[1]** and **[2]**.
1.2 appears in the display.
5. Close the Door.
6. Touch **START**.



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. The oven will not **STOP** during the BEEP unless the door is opened.

- 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.
- Place foods in a shallow glass baking dish or microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.

AUTO DEFROST GUIDE

SEQUENCE	TOUCH AUTO DEFROST	FOOD	MIN./MAX.
GROUND MEAT	one time	<ul style="list-style-type: none"> • BEEFGround beef, Cubes for stew, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty. • LAMBRolled roast • PORKHot dogs, Spareribs, Country-style ribs, Rolled roast, Sausage. • VEALCutlets (1lb., 1/2-inch thick) 	0.1/6.0 lbs.
POULTRY	two times	<ul style="list-style-type: none"> • POULTRYWhole (under 4 lbs), Cut up Breasts (boneless) • CORNISH HENS ...Whole • TURKEYBreast (under 6 lbs.) 	0.1/6.0 lbs.
STEAKS/CHOPS	three times	<ul style="list-style-type: none"> • STEAKSRound steak, Tenderloin steak. • CHOPSLamb chops (1-inch thick), Pork chops (1/2-inch thick). • FISHFillets, Steaks, Whole. • SHELLFISHCrab meat, Lobster tails, Shrimp, Scallops 	0.1/6.0 lbs.

WARNING : Do not use aluminum foil during cooking cycle.

GROUND MEAT

1. No special techniques are required. The roast should be prepared and seasoned (if desired) as for any other conventional method. Meat should be thoroughly defrosted before cooking.
2. Place the meat on a microwave roasting rack or ovenproof plate and place on the turntable.
3. Cook according to the cooking chart (below), using the longer time for large meats and the shorter time for smaller meats. For thicker chops, use the longer time.
4. Turn the meat once halfway through the cooking time.
5. STAND for 5-10 minutes wrapped in foil after cooking. The standing time is very important as it completes the cooking process.
6. Ensure meat, especially, pork is thoroughly cooked before eating.

GROUND MEAT COOKING CHART

Cut	Microwave power	Cooking Time per pound
Beef		
Standing/Rolled Rib-Rare	8	10~12 minutes
-Medium	8	11~13 minutes
-Well done	8	13~15 minutes
Ground Beef(to brown for casserole)	HIGH	8~10 minutes
Hamburgers, Fresh or defrosted (4 oz. each)		
2 patties	HIGH(100%)	4~6 minutes
4 patties	HIGH(100%)	5~7 minutes
Pork		
Loin, Leg	8	14~17 minutes
Bacon		
4 slices	HIGH	4~5 minutes
6 slices	HIGH	5~7 minutes

NOTE: The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the meat.

POULTRY

1. No special techniques are required. The poultry should be prepared as for any other conventional method. Season if desired.
2. Poultry should be thoroughly defrosted, ensuring giblets and any metal clamps are removed.
3. Prick the skin and brush lightly with vegetable oil unless self basting.
4. All poultry should be placed on a microwave roasting rack or a microwave-proof plate and placed on the turntable.
5. Cook according to the instructions in the cooking chart (on the following page), turning the bird over halfway through the cooking time.
Poultry, because of its shape, have a tendency to cook unevenly, especially in very bony parts. Turning the bird during roasting helps to cook these areas evenly.

NOTE: If whole birds are stuffed, the weight of the stuffed bird should be used when calculating the cooking time.

WARNING : Do not use aluminum foil during cooking cycle.

6. STAND for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important, as it completes the cooking process.
7. Ensure poultry is thoroughly cooked before eating. Whole poultry is completely cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry portions should be pierced with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

POULTRY COOKING CHART

Poultry	Microwave power	Cooking Time per pound
Chicken		
Whole	8	13~15 minutes
Breast(boned)	8	11~13 minutes
Portions	8	12~14 minutes
Turkey		
Whole	8	14~16 minutes

NOTE: The above times should be regarded only as a guide. Allow for differences in individual tastes and preferences.

The times may vary due to the shape and composition of the food.

STEAKS/CHOPS

1. Arrange fish in a large shallow non-metallic dish or casserole.
2. Cover with pierced microwave plastic film or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the cooking chart (below). Flakes of butter can be added to the fish if desired.
5. Let STAND as directed in the cooking chart before serving.
6. After standing time, check to see that the fish is thoroughly cooked. The fish should be opaque and flake easily.

STEAKS/CHOPS FRESH FISH COOKING CHART

Steaks/Chops	Microwave power	Cooking Time per pound	Method	Standing Time
Fish Fillets	HIGH	6~8 minutes	Add 15~30 ml (1-2 tbsp.) lemon juice.	2-3 minutes
Whole Mackerel, Cleaned and Prepared	HIGH	6~8 minutes	—	3-4 minutes
Whole Trout, Cleaned and Prepared	HIGH	7~9 minutes	—	3-4 minutes
Salmon Steaks	HIGH	7~9 minutes	Add 15~30 ml (1-2 tbsp.) lemon juice.	3-4 minutes

Vegetable	Preparation	Quantity	Cooking Time at power Level 10	Standing Time
artichokes, fresh	whole	4 (8-oz. each.)	13-15 minutes	5 minutes
artichoke, frozen	hearts	9-oz. package	11-12 minutes	5 minutes
asparagus, fresh	1½-in. pieces	1 lb.	10-11 minutes	3 minutes
asparagus, frozen	whole spears	10-oz. package	10-12 minutes	3 minutes
beans, green or wax, fresh	1½-in. pieces	1lb.	11-13 minutes	—
beans, green or wax, frozen	cut up	9-oz. package	9-11 minutes	3 minutes
beets, fresh	sliced	1½ - 2 lb.	17-19 minutes	5 minutes
broccoli, fresh	spears	1lb.	10-12 minutes	—
broccoli, frozen	whole or cut	10 oz. package	10-11 minutes	3 minutes
brussels sprouts, fresh	whole	10-oz. tub	9-11 minutes	—
brussels sprouts, frozen	whole	10-oz. package	10-11 minutes	3 minutes
cabbage, fresh	chopped	1 lb.	10-11 minutes	5 minutes
	wedges	1 lb.	10-12 minutes	5 minutes
carrots, fresh	½-in. slices	1 lb.	6-9 minutes	3 minutes
carrots, frozen	sliced	10-oz. package	9-11 minutes	3 minutes
cauliflower, fresh	florets	1 medium head	10-12 minutes	3 minutes
	whole	1 medium head	10-13 minutes	5 minutes
cauliflower, frozen	florets	10-oz. package	9-11 minutes	3 minutes
celery, fresh	½-in. slices	1lb.	10-12 minutes	5 minutes
corn, fresh	on cob, husked	4 ears	12-14 minutes	5 minutes
corn, frozen	on cob, husked	4 ears	14-16 minutes	5 minutes
	whole kernel	10-oz. package	10-11 minutes	3 minutes
eggplant, fresh	cubed	1 lb.	10-12 minutes	3 minutes
	whole, pierced	1-1½ lb.	11-13 minutes	5 minutes
leeks fresh	whole, ends	1 lb.	11-13 minutes	5 minutes
lima beans, frozen	whole	10 oz. package	9-11 minutes	3 minutes
mixed vegetables frozen	—	10 oz. package	9-11 minutes	3 minutes
mushrooms, fresh	sliced	1 lb.	8-10 minutes	3 minutes
okra, frozen	sliced	10 oz. package	9-11 minutes	5 minutes
onions, fresh	whole, peeled	8-10 small	14-18 minutes	5 minutes
peas, fresh	shelled	1 lb.	9-11 minutes	—
peas, frozen	shelled	10-oz. package	9-11 minutes	3 minutes
pea pods(snow peas), frozen	whole	6-oz. package	8-9 minutes	—
peas and carrots	—	10-oz. package	10-12 minutes	3 minutes
parsnips, fresh	cubed	1 lb.	10-11 minutes	5 minutes
potatoes, white or sweet, fresh	whole	4 (6 oz. each)	14-16 minutes	3 minutes
	whole	8 (6 oz. each)	19-21 minutes	5 minutes
rutabaga, fresh	cubed	4 cups	15-17 minutes	5 minutes
spinach, fresh	whole leaf	1 lb.	9-12 minutes	—
spinach, frozen	leaf or chopped	10-oz. package	10-11 minutes	3 minutes
squash, summer, fresh	½-in. slices	1 lb.	10-12 minutes	3 minutes
squash, summer, frozen	sliced	10-oz. package	9-11 minutes	3 minutes
squash, winter, fresh	whole, pierced	1½ lbs.	16-18 minutes	5 minutes
squash, winter, frozen	whipped	12-oz. package	11-13 minutes	3 minutes
succotash, frozen	—	10-oz. package	10-12 minutes	3 minutes
turnips	cubed	4 cups	15-17 minutes	3 minutes

Item	Quantity	Power Level	Heating Time (in minutes)	Special Instructions
Appetizers (bite size)	2 servings	10	5 to 7	Heat 12 at a time on paper towel lined paper plate or microwave oven roasting rack.
Breakfast entree	4 to 5 oz.	10	4 to 6	If container is 3/4-inch deep, remove foil cover and replace foil tray in original box. For containers more than 3/4 inch deep, remove food to similar size glass container; heat, covered. If no top crust stir occasionally.
Entree	8 to 9 oz.	10	9 to 11	
Regular TV-style dinner	21 oz.	10	15 to 18	
Hearty TV-style dinner	11 oz.	10	8 1/2 to 10	
Fried chicken	2 pieces	10	6 to 8	Arrange, on paper towel lined paper plate, covered with paper towel.
	4 pieces	10	7 to 9	
	6 pieces	10	8 to 10	
Fried fresh fillets	2 fillets	10	4 to 5	
	4 fillets	10	5 to 7	
Pizzas	1	5	3 to 5	Arrange on microwave oven roasting rack.
	2	5	5 to 6	
	4	5	6 to 8	
Pouch dinners	5 to 6 oz.	10	6 to 7	Pierce pouch. Set on plate. Turn over halfway through cooking.
	10 to 11 oz.	10	10 to 12	
Bagels	2	4	2 1/2 to 3	Each individually wrapped in paper toweling (for 1 to 2) or arrange on paper plate, cover with paper toweling.
	4	4	3 to 5	
Danish	1	4	2 to 3	
	2	4	3 to 4	
	4 (6 oz. pkg)	4	4 to 5	
	6 (13 oz. pkg)	4	5 to 6	
Dinner rolls	6	4	3 to 4	
Hard rolls	1 (1 to 1 1/4 oz.)	4	2 to 3	
	2	4	2 1/2 to 3 1/2	
	4	4	3 to 4	
Frozen juice	6 oz.	10	2 to 3	Remove lid. If container is foil lined transfer to a pitcher or open carton. Let stand after defrosting.
Concentrates	12 oz.	10	3 to 6	
Non-Dairy creamer	16 oz.	4	11 to 13	
Pancake	10 oz	4	6 to 7	
Frozen vegetables	6 oz.	10	4 to 6	Pierce box, set on plate. If box is foil wrapped, remove foil. If vegetables are in pouch, pierce pouch. Let stand 5 minutes.
	10 oz.	10	6 to 7 1/2	
Cheese cake	17 oz.	4	5 to 6	Remove from original container. Arrange on a serving plate. Let stand 5 minutes after cooking (to defrost). Add an additional 1 to 2 minutes to serve warm.
Brownies	13 oz.	4	3 to 5	
Pound cake	10 3/4 oz.	4	2 1/2 to 4	
Coffee cake	11 to 12 oz.	4	4 to 6	

For Best Results:

1. When determining time for a particular food, begin by using the minimum time and check occasionally for desired doneness.
2. Small quantities of food or foods with low water content may burn, dry out, or become hard if cooked too long.
3. Do not cook eggs in the shell. They may burst.
4. Foods with non-porous skin or membrane (i.e. apples, potatoes, eggs) should be pierced when heated whole to prevent bursting.
5. Do not use narrow neck bottles in the microwave oven. They may shatter.

Defrosting Frozen Foods:

1. Foods that have been frozen in non-metallic wrapping can be placed directly in the oven for thawing.
2. If some portions of the foods thaw faster than other areas, cover the thawed portions with small pieces of aluminum foil. This helps slow down or stop the defrosting process in the shielded areas.

Browning:

There are some foods which are not cooked long enough in the microwave oven to brown and for more eye appeal may need additional color. Coating mixes such as SHAKE & BAKE[®], paprika, steak sauce or browning sauce such as Kitchen Bouquet[®] or Worcestershire sauce may be used on chops, meat patties or chicken parts. Roasts and poultry (cooked for 15 minutes or longer) brown nicely without anything added.

Browning Dish:

Micro Browning dishes may be used to achieve a brown surface on small items such as steaks, chops, pancakes, etc. Follow instructions provided with Micro browning dish. The Micro browning dishes are designed only for use in microwave ovens. Do not use in conventional oven or range top.

NOTE: DO NOT PREHEAT THE BROWNING DISH ON THE TURNTABLE TRAY MORE THAN 8 MINUTES.

Time Variations:

Foods available vary throughout the country and may cause cooking times to differ from those given in the Cooking Guide. For this reason, cooking times given are approximate. Factors that may affect cooking time include starting temperature, volume, size and shape of foods and utensils used. As you become more familiar with the oven, you will be able to adjust the timing to these factors.

Cooking Utensils:

1. Most glass, glass ceramic, and heat resistant glassware utensils are excellent. Those with metallic trim should not be used in the microwave oven. (Check Cooking Guide for "DISH TEST".)
2. Paper napkins, towels, plates, cups, cartons, freezer wrap and cardboard are great convenient utensils. Some recycled paper products may contain impurities which when combined with hot fat could cause sparking (arcing) or fires when used for cooking in the microwave oven. Do not use. (CONSULT COOKING GUIDE FOR CORRECT USE OF THESE PRODUCTS.)
3. Plastic dishes, cups, freezer containers and plastic wraps may be used in the microwave oven. Follow Manufacturers' instructions of information given in Cooking Guide when using plastics in the microwave oven.
4. Meat utensils and utensils with metallic trim should not be used in the microwave oven. For more instructions on the proper use of metal in your oven, please read the Introduction section in the Cooking Guide.

When using foil, skewers, or utensils made of metal in the oven allow at least one inch of space between metal material and interior oven walls. If arcing (sparking) appears, remove metal material (skewer, etc) and transfer to a non-metallic container.
5. Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave oven. Because of the heat generated, without these precautions, the container could catch fire.

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 the control panel, open the door to prevent the oven from accidentally starting, and wipe with a damp cloth followed immediately by a dry cloth. Press STOP/CLEAR 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.

- Do not attempt to tamper with or make any adjustments or repairs to door control panel, safety interlock switches, or any other part of the oven. Repairs should be made by qualified service personnel only.
- Be certain to place the front surface of the door three inches away or more from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- For the most accurate programming of the electronic units, touch the center of each pad securely. Do not touch several pads at one time or touch between pads. A beep sound should be heard with each touch when a pad is touched correctly.
- Do not hit or strike the control with objects such as silverware, utensils, etc. Breakage may occur.
- Be careful when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot.
- Do not rinse cooking utensils by immediately placing them into water just after cooking. This may cause breakage. Allow the turntable to cool.
- Use only specific glass utensils. See cooking utensils section in this manual.
- Do not operate the oven empty. Either food or water should always be in the oven during operation to absorb microwave energy.
- Do not heat unopened food containers in the oven. Pressure build-up can cause the container to burst, resulting in injury.
- Do not use your microwave oven to dry newspapers or clothes. They can catch fire.
- Only use thermometers approved for microwave oven cooking.
- Be certain the turntable is in place when you operate the oven.
- Pierce the skin of potatoes, whole squash, apples, or any fruit or vegetable which has a skin covering before cooking.
- Never use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell causing it to burst.
- Do not pop popcorn, except in a microwave-safe container or commercial package designed especially for microwave ovens. Never try to pop popcorn in a paper bag not designed for microwave oven use. Overcooking may result in smoke and fire. Do not repop unpopped kernels. Do not reuse popcorn bags.

- Q.** Why won't the oven light will glow?
- A.** There may be several reasons why the oven light will not glow.
- Light bulb is burned out.
 - START has not been touched.
- 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 entered properly.
- 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 keep 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 pocorn 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 ITS 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 it should?
- A.** Check your cooking guide again to make sure you've followed the 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 could require a variation in cooking time. Use your own judgement along with the cooking guide suggestions to test for doneness, just as you would do with conventional cooking.

LG ELECTRONICS CANADA INC. AUTHORIZED SERVICE CENTERS LISTING

PROVINCE: ALTA

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
CALGARY	MICROTECH	2735 - 39 AVE. N.E. #100	403 250 7041	IS
CALGARY	NATIONAL ELECT. SERVICE ASC 2	4-6115 - 4TH STREET S.E.	403 252 6988	IS
CALGARY	THORNCLIFFE RADIO & TV LTD.	4519 -1ST ST. SOUTH EAST	403 243 0925	IS
EDMONTON	AMBASSADOR ELECTRONICS LTD.	15902 - 100A AVE.	403 484 5877	IS
EDMONTON	ELECTRONIC ANALYST	9006 - 51 AVE.	403 466 0662	IS
EDMONTON	NATIONAL ELECT. SERVICE ASC	10577 - 109 STREET	403 428 0248	IS
EDMONTON	STERLING T.V. AND VIDEO	15608 - 116 AVE.	403 455 8725	IS
EDMONTON	WOODWARDS CUSTOMER SERVICE (1)	3850 - 98TH STREET	403 463 2751	SSD
GRANDE PRAIRIE	T.V. KORNER	9827 - 97TH AVE.	403 539 6073	SD
LETHBRIDGE	FAITH ELECTRONICS LTD.	929 - 2 AVE. A NORTH	403 327 2977	SD
LETHBRIDGE	PRO TELEVISION SALES	1815 - 2ND AVENUE SOUTH	403 328 4977	IS
LLOYDMINSTER	BURRTRONICS LTD.	5905 - 44TH STREET	403 875 8884	IS
MEDICINE HAT	TEL-RAY TELEVISION	683 SOUTH RAILWAY STREET	403 526 4588	IS
RED DEER	R.D. CENTRAL TV LTD.	5130-47TH ST.	403 346 2101	SSD
RED DEER	TOWN & COUNTRY RADIO & TV	4A 4999-76 STREET	403 347 4388	IS
WESTLOCK	KYETECH INC.	BOX 2760	403 349 3933	IS
WETASKIWIN	IMPERIAL T/V & STEREO CENTER	5210 - 50TH AVENUE	403 352 5975	IS

PROVINCE: BC

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
150 MILE HOUSE	TRIAC SYSTEM LTD.	BOX 470	604 296 4575	SD
BURNABY	AUDIO VIDEO ELECTRONICS	5097 CANADA WAY	604 524 4224	IS
BURNABY	CHROMA INDUSTRIES LTD.	5607 HASTINGS STREET	604 291 2242	IS
CAMPBELL RIVER	BILL & EDS TV	590 11TH AVENUE	604 287 9208	SD
CLEARBROOK	SYNTREX ELECTRONICS	#1-2826 LANGDON STREET	604 859 5712	IS
CRANBROOK	DANNYS HOME ENTERTAINMENT	37 - 9TH AVENUE SOUTH	604 426 7413	IS
KAMLOOPS	GIDDENS SERVICES LTD.	2345 TRANS CANADA HWY	604 372 8842	IS
KAMLOOPS	JOHNS ELECTRIC REPAIR CENTER	773 VICTORIA STREET	604 374 0388	IS
KELOWNA	TELTRONICS	1546 HARVEY AVENUE	604 860 9888	IS
KELOWNA	VALLET DIGITRONICS SERVICE LTD.	2453 HIGHWAY 97 NORTH	604 763 8366	IS
LANGLEY	FRASER VALLEY VIDEO REPAIR	21271- 40TH STREET	604 530 6094	IS
MAPLE RIDGE	HANEY TV & SOUND SERVICE	11969-224 STREET	604 467 4955	SD
NANAIMO	ELECTRONIC CLINIC LTD.	1609A BOWEN ROAD	604 754 6335	IS
NEW WESTMINSTER	WOODWARDS CUSTOMER SERVICE (2)	109 BRAID STREET	604 520 5811	SSD
PORT ALBERNI	QUALITY ELECTRONICS	3561 3RD AVE.	604 724 3422	IS
PORT MOODY	VILLAGE ELECTRONIC LTD.	3006A SPRING STREET	604 461 1313	IS
PRINCE GEORGE	ABC TV & STEREO	1-1839 1ST AVENUE	604 564 9081	IS
RICHMOND	MASTER TV SERVICE LTD.	5431 MINORU BLVD.	604 273 7247	IS
SARDIS	STARDUST AMUSEMENTS LTD.	7484 VEDDER ROAD	604 858 4622	IS
SURREY	A.A.A. TV SERVICE	#19 9316 194TH STREET	604 888 7777	IS
TERRACE	PRO TECH ELECTRONICS	4519 LAKELSE AVE.	604 635 5134	IS
VANCOUVER	NATIONAL ELECT. SERVICE ASC	1775 WEST 4TH AVE.	604 734 7606	IS
VERNON	JOHNSON'S TV SALES & SERVICE	2808A 48 AVE.	604 542 0311	SD
VERNON	WRIGHT & THORNBURN RADIO LTD.	3213 - 31ST AVENUE	604 545 1737	IS
VICTORIA	BC SOUND & RADIO SERVICE	931 FORT STREET	604 383 4731	IS
VICTORIA	Q-TEL SERVICE	627 DUNEDIN STREET	604 388 9333	IS
VICTORIA	RAC ELECTRONICS LTD	3385 TENNYSOW AVE.	604 382 8141	IS
WILLIAMS LAKE	NYTECH ELECTRONIC SERVICE	BOX 4329	604 398 8146	IS

PROVINCE: MAN

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
BRANDON	PEMBINA ELECTRONICS	1433 PRINCESS AVE.	204 728 8318	IS
PORTAGE LA PRAIRIE	REEVES SERVICES	446 TUPPER STREET NORTH	204 857 7223	IS
WINNIPEG	ADVANCE ELECTRONICS	575 WALL STREET	204 786 5533	SSD
WINNIPEG	AUTEK LAB LTD.	488 ST. ANNES ROAD	204 256 4048	IS
WINNIPEG	JAPAN AUDIO	1037 ERIN STREET	204 775 0494	IS
WINNIPEG	MM ELECTRONICS SYSTEMS LTD.	9-2166 NOTRE DAME AVE	204 632 4483	IS
WINNIPEG	NATIONAL ELECT. SERVICE ASC 1	1580 ERIN STREET	204 783 6185	IS
WINNIPEG	RWW ELECTRONICS SERVICE	1245 INKSTER BLVD.	204 633 3772	IS
WINNIPEG	THE VIDEO RE-FIT SHOP	931 ST. MARYS RD.	204 257 7555	IS

PROVINCE: NB

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
BATHURST	NORTHCOAST ELECTRONICS	2045 ST. PETER AVE.	506 546 2336	SSD
EDMUNSTON	DATA ELECTRONICS	25 HILL STREET	506 735 4073	IS
FREDERICTON	LYNNCO SOUND LTD.	108 PROSPECT STREET	506 452 6776	SSD
MONCTON	B.J.W. ELECTRONICS LTD.	10 LESLIE STREET	506 857 2118	IS
MONCTON	CHAMPLAIN ELECTRONICS LTD.	47 SHEDIAC ROAD	506 854 6665	IS
MONCTON	SOUNDS FANTASTIC	48 RUE BONACCORD STREET	506 857 0000	SSD
SACKVILLE	TANTRAMAR ELECTRONICS	72 WEST MAIN STREET	506 536 3953	IS
ST. JOHN	COX RADIO & TV	843 FAIRVILLE BLVD.	506 635 8207	SSD
ST. GEORGE	BALDWIN ELECTRONICS	700 OLD ST. ANDREW ROAD	506 755 6166	IS
WOODSTOCK	MACMILLAN TV & SATELLITE	PO. BOX 1793	506 328 8021	SSD

PROVINCE: NFLD

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
BAY ROBERTS	COHENS FURNITURE LTD.	P.O. BOX 350	709 489 6431	IS
CORNERBROOK	A-1 ELECTRONICS	98 WEST STREET	709 634 1581	IS
GOOSE BAY	LABRADOR BARGAIN STORE	167 HAMILTON RIVER ROAD	709 896 5525	SSD
ST. JOHNS	KELLYS (DOUGS STEREO LTD.)	470 TOPSAIL ROAD	709 363 7737	SD
ST. JOHNS	SMITHS ELECTRONICS	P.O. BOX 8141	709 726 0709	IS

PROVINCE: NS

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
DARTMOUTH (HALIFAX)	C A. MUNRO LTD.	10 MORRIS DRIVE SUITE 19	902 465 4991	IS
FLORENCE	FLORENCE TV SERVICE	BOX 9	902 736 8751	SSD
HALIFAX	ARGYLE TV SALES & SERVICE	2063 GOTTINGEN STREET	902 422 5930	SSD
LUNenburg COUNTY	CALVINS TV SALES AND SERVICE	RR #1 CHESTER BASIN	902 275 4366	SD
LUNenburg	EDDY'S T.V.	RR #1 ITALY CROSS	902 543 8772	IS
NEW MINAS	VIDEO W.	1009 KENTUCKY COURT	902 678 7577	SSD
NEW WATERFORD	BURKES TV & APPLIANCES	487 HEELAN STREET	902 862 6416	IS
PICTOU	BESTWAY TV	RR #2 SCOTSBURN	902 485 6655	IS
SHUBENACADIE	F. W. PREISS & SON LTD.	P.O. BOX 122	902 758 2922	SSD
TRURO	ALPHA ELECTRONICS LTD.	1298A EAST PRINCE STREET	902 895 9254	IS
TRURO	SCHNEIDER ENT LTD.	914-920 PRINCE STREET	902 895 0588	SSD

PROVINCE: ONT

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
AJAX	DUNBARTON RADIO & TV LTD.	29 HARWOOD AVE. SOUTH #3	416 683 5880	IS
BARRIE	SPECTRONICS AND VIDEO LOGIC	44 WOODSTOCK RD.	705 722 0440	SD
BARRIE	TRIPLE D ELECTRONICS	376 YONGE STREET	705 737 3256	SD
BELLEVILLE	HOME ENTERTAINMENT SERVICE	256 COLEWYN STREET	613 968 6791	IS
BELLEVILLE	MILLER ELECTRONICS SERVICING	P.O. BOX 750	613 968 7687	IS
BRAMPTON	ACCURATE ELECTRONICS	42 REGM RODA #4	416 840 1722	IS
BRAMPTON	BRAMPTON COLOUR & SOUND	160 MAIN STREET SOUTH	416 453 4455	SD
BRANTFORD	BRANT STEREO	44 MARKET STREET	519 752 1783	SSD
BRANTFORD	PARSONS RADIO ELECTRIC	230 COLBORN STREET	519 752 4329	SD
CAMBRIDGE	CAMBRIDGE TV	415 HEDPETER ROAD	519 622 1621	IS
COBourg	UNITED TELEVISION COBourg LTD.	66 KING STREET EAST	416 372 6832	SSD
CORNWALL	GLOBE TV	410 PITT STREET	613 938 8736	IS
DON MILLS	SK AUDIO	9 CLINTWOOD GATE	416 447 9391	SD
ELLIOT LAKE	KOBB ELECTRONICS	80 DIEPPE AVE	705 848 2366	IS
ETOBICOKE	THE ELECTRONICS & TV SERVICE	110 MIMICO AVE.	416 251 1214	IS
GEORGETOWN	MILLIERE TV	14 WESLEYAN STREET	416 877 3405	SSD
GUELPH	ALLTEK RADIO AND TV	84 NORFOLK	519 767 2331	SD
GUELPH	SHORTREED TV LTD.	82 NORFOLK STREET	519 837 1061	SD
HAMILTON	BRANKOS AUDIO & VIDEO	1384 BARTON AVE.	416 545 8952	IS
HAMILTON	IRWIN ALLEN	1365 MAIN STREET EAST	416 528 8531	SSD
HAMILTON	MOBIUS AUDIO SYSTEMS	119 JOHN STREET NORTH	416 528 1368	IS
HAMILTON	N MURRAY TV	70 NEBO RD #3	416 575 3486	IS
HUNTSVILLE	COKER ELECTRONICS SERVICING	437 ASPEN ROAD	705 789 5397	IS
KANATA	NATIONAL VIDEO SPECIALTIES	150 KATMARK ROAD	613 592 9402	IS
KAPUSXASING	MICHEL T.V. SERVICE	110 BRUNELLE NORTH	705 335 5223	IS
KINGSTON	EASTERN ONTARIO DESCRAM INC.	877 DIVISION STREET	613 542 7242	IS
KINGSTON	MONTGOMERY ELECTRONICS	3079 PRINCESS STREET PR #3	613 389 2846	IS
KITCHENER	TOP TECH ELECTRONICS LTD.	907 FREDRICK STREET	519 578 7600	IS

PROVINCE: ONT

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
LAMBETH	WICKHAMS TV	101 MEADOWBROOK PLAZA	519 652 2125	SD
LEAMINGTON	STAR RADIO	33 TALBOT STREET EAST	519 326 6321	SD
LINDSAY	THOR ELECTRONICS	RR #5	705 324 0441	IS
LISKEARD	CARLEA ELECTRONICS	HIGHWAY 118 BOX 1565	705 647 5666	SD
LISTOWEL	MERWOOD C. SMITH LTD.	RR #2	519 291 3810	IS
LONDON	DYN-ARC ELECTRONICS	681 ADELAIDE STREET NORTH	519 659 8258	SD
LONDON	REX SERVICE INC.	605 NEWBOLD STREET	519 686 8123	IS
MARKHAM	MULTI ELECTRONICS SERVICE	190 DON PARK ROAD UNIT #5	416 475 5068	IS
MIDLAND	THONG'S TV REPAIR	539 BAY STREET	705 526 8038	SD
MISSISSAUGA	GOLDSTAR CANADA LTD. SERVICE	7391 PACIFIC CIRCLE	416 670 0650	IS
MISSISSAUGA	KODAN ELECTRONICS	980 DUNDAS STREET EAST	416 625 5613	IS
MISSISSAUGA	MALSBEC CAMFORD ELECTRONICS	225 TRAOERS BLVD. EAST #2	416 890 0273	IS
NEPEAN	TELE SERVICE ELECTRONICS LTD.	1891 MERIVALE ROAD	613 224 7748	IS
NIAGRA FALLS	BECKERS TV & APPLIANCES	455 QUEEN STREET	416 354 2721	IS
NIAGRA FALLS	SWALMS ELECTRONICS LTD.	5859 FERRY STREET	416 354 9275	IS
NORTH BAY	J. E. F. ELECTRONICS LTD.	431 MAIN STREET	705 476 2644	IS
NORTH BAY	R. J. E. ELECTRONICS	34 MARSHALL AVE.	705 474 0830	IS
OSHAWA	HOLDROFT ELECTRONICS CENTRE	500 RALEIGH AVE. UNIT 12	416 579 4030	IS
OTTAWA	B & K ELECTRONICS	850 INDUSTRIAL AVE. #17	613 738 0048	IS
OTTAWA	HOME ELECTRONICS CENTER LTD.	20-5370 CANOTEK ROAD	613 746 7700	IS
OTTAWA	K. ELECTRONICS	368 CHURCHILL AVE.	613 725 2036	IS
OTTAWA	NATIONAL ELECT. SERVICE ASC 3	2285 ST. LAURENT BLVD.	613 526 3701	IS
OWEN SOUND	HOME ELECTRONICS REPAIR	1342 2ND AVE. EAST	519 371 3808	IS
OWEN SOUND	ROBERTS RADIO & ELECTRIC	945-2ND AVE. EAST	519 376 6870	SD
PEMBROKE	JIMS TV & STEREO	938 PEMBROKE STREET EAST	613 732 4090	IS
PETERBOROUGH	BILL HAYES RADIO & TV	213 HUNTER STREET	705 742 0056	IS
PRESCOTT	LAMBS ELECTRONICS	RR #1	613 925 2232	IS
PRESCOTT	W. L. PETERS APPLIANCE CO. LTD.	152 KING STREET WEST	613 925 2257	SD
RICHMOND HILL	GERALYN ELECTRONICS	10235 YONGE STREET	416 883 0810	IS
RIDGWAY	E & A ELECTRONICS	3711 DOMINION RD. BOX 719	416 894 3013	IS
SARNIA	DUAL ELECTRONICS	493 N. CHRISTINA STREET	519 344 2323	IS
SARNIA	JERRYS TV	116 EAST ST. N	519 337 7086	IS
SARNIA	KEELANS SERVICENTRE	190 MAXWELL STREET	519 337 7557	SD
SAULT ST. MARIE	BRYMORE AUDIO VIDEO SERVICE	490 QUEEN STREET EAST	705 256 7437	IS
SAULT ST. MARIE	JOHN'S TV	360 BRUCE STREET	519 253 7291	SD
SIMCOE	JOHNS ELECTRONICS	RR #1	519 4281066	IS
SIMCOE	SIMCOE MAGNAVOX	462 NORFOLK STREET SOUTH	519 426 3583	SSD
SMITH FALLS	S & S ELECTRONICS	3 WINNIFRED STREET	613 283 0441	IS
ST. MARY	CLAUDE ELECTRIC LTD.	127 QUEEN STREET	519 284 1350	SD
ST. CATHARINES	VIDEO WORLD	224 GLENRIDGE AVE.	416 685 7611	SD
ST. THOMAS	D J CONSUMER ELECTRONICS	280 EDWARD STREET	519 663 8874	IS
STRATHROY	STATHROY AUDIO	15 FRONT STREET WEST	519 245 2534	IS
SUDBURY	A.C. ELECTRONICS	1879 PARIS STREET	705 522 9190	IS
SUDBURY	CUOMO ELECTRONICS INC.	1060 LORNE STREET UNIT #2	705 674 3450	SD
SUDBURY	KINGSWAY ELECTRONICS LTD.	1106 KINGSWAY ROAD	705 566 9290	IS
THUNDER BAY	SOUND STEREO SERVICE	189 SOUTH ALGOMA STREET	807 344 6763	IS
TIMMINS	CONRAD TV & AUDIO CENTRE LTD.	219 WILSON AVE.	705 267 6494	SSD
TORONTO	ALL STAR ELECTRONICS INC.	3801 DUNDAS ST. W.	416 762 3211	SD
TORONTO (CENTRAL)	ANDY MANGOS TELEVISION	926 PAPE AVENUE	416 421 2112	SD
TORONTO (CENTRAL)	HOWARD TV STEREO & VID CENTRE	3893 BATHURST STREET	416 636 4822	SD
TORONTO (CENTRAL)	RADIO SERVICE LABORATORY	3377 YONGE STREET	416 485 8066	IS
TORONTO (CENTRAL)	RAYJAC ELECTRONICS	980 ALNESS STREET. UNIT 8	416 661 5237	IS
TORONTO (EAST)	DIGITAL VIDEO AUDIO	50 SILVER STAR BLVD. #239	416 293 1614	IS
TORONTO (EAST)	HITRONIX TECHNICAL SERVICES	50 WEYBRIGHT CRESCENT	416 299 6863	IS
TORONTO (EAST)	NATIONAL ELECT. SERVICE ASC 5	24 PROGRESS ROAD	416 292 3334	IS
TORONTO (EAST)	TOWN & COUNTRY TELEVISION	882 KINGSTON ROAD	416 691 2000	IS
TORONTO (EAST)	TRIPOLE ELECTRONICS LTD.	744 MARKHAM ROAD	416 431 5216	IS
TORONTO (WEST)	CANADIAN HOME SERVICE	74 ROYAL YORK ROAD	416 251 3169	SD
TORONTO (WEST)	VIDEO 2000	50 FASKEN DRIVE UNIT #1C	416 6741396	IS
TORONTO (WEST)	YOUNG'S ELECTRONICS	723 OSSINGTON AVE.	416 533 2355	SD
TRENTON	WORTHING T. V. LTD.	RR #4 HWY 2	613 392 5000	SSD
WATERLOO	DONALD CHOI CANADA LTD.	627 COLBY ORIVE	519 886 5010	X
WHITBY	VIEWCOM ELECTRONICS INC.	133-1/2 BROCK ST. NORTH	416 430 0954	IS
WINDSOR	BONDY TV & APPLIANCES LTD.	7960 CLAIRVIEW AVE.	519 974 6282	IS
WINDSOR	CRESCENT TELEVISION LTD.	3033 MARENTETTE AVENUE	519 9691622	SDPROVINCE: PEI
LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
CHARLETTETOWN	GALLANT ELECTRONICS	96 MOUNT EOWARO ROAD	902 892 3100	IS
WELLINGTON	L P TV & STEREO	OAY'S CORNER	902 854 2290	IS

PROVINCE: PEI

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
CHARLETTETOWN	GALLANT ELECTRONICS	96 MOUNT EDWARD ROAD	902 892 3100	IS
WELLINGTON	L. P. TV & STEREO	DAY'S CORNER	902 854 2290	IS

PROVINCE: QUE

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
BL. ACK LAKE	BINETTE ET FRERES	124 ST. DESIRE	418 423 4893	SSD
CAP DE LA MADELEINE	GUY ELECTRONIQUE ENR	112 GILLET	819 371 8429	IS
CAP DE LA MADELEN	CLAUDE TRUDEL TV	295 THIBEAU	819 375 5436	SSD
CHARLESBOURG	CENTRE DE SERVICE SAUCIER	840 BOUVIER	418 622 2655	IS
CHICOUTIMI	CLAUDE SIRARD TV	786 ST. PAUL	418 549 8767	IS
CHOMEDY LAVAL	B K AUDIO SERVICE	2025 BOUL FORTIN	514 667 0491	IS
DRUMMONDVILLE	CENTRE AUDIO VIDEO LANGLAIS	1290 BOUL ST. JOSEPH	819 472 1166	SSD
DRUMMONDVILLE	ROSS ELECTRONIQUE INC.	985 JEAN BREBEUR	819 477 1522	IS
GATINEAU	COSMO-TECH SERVICES INC.	183 ACHEBAR STREET	819 663 4496	IS
GRANBY	LA CLINIQUE DU SON INC.	78 ASSOMPTION	514 375 2323	IS
ILE PERROT	NORVIC TV	59-146 AVE. NOTRE DAME	514 453 7050	IS
JOLIETTE	B.G. ELECTRONIQUE	150 ST. PIERRE SUD	514 759 3091	IS
LA SARRE	AMISON INC.	77 2S RUE EST	819 333 5419	SD
LACHENAIE	B.H. ELECTRONIQUE INC.	1306 DES ANGLAIS	514 471 5525	IS
LACHINE	MPE ELECTRONICS	1445 NOTRE DAME	514 634 8244	IS
LES CEDRES	JACQUES DOL T.V.	1343 CH. ST. DOMINIQUE	514 452 4511	IS
MONT LAURIER	CENTRE DU STEREO INC.	344 BOULEVARD A PAQUETTE	819 623 1330	IS
MONTREAL	ACADIEN ELECTRONICS SERV. C.	7711 BLVD. ST. LAURENT	514 270 1105	IS
MONTREAL	ATLANTIQUE SERVICE	6245 METROPOLITAN EST	514 328 1000	SSD
MONTREAL	BC ELECTRONICS	7321 HENRI BOURASSA EAST	514 327 2382	IS
MONTREAL	DUPONT ELECTRONICS CORP.	305 BOULEVARD DECARIE	514 748 7378	IS
MONTREAL	ELECTRONIQUE R. ROY LTEE	4567 JARRY EST	514 725 6477	IS
MONTREAL	MASSON RADIO TV ENRG.	2641 MASSON STREET	514 7281122	IS
MT. ROYAL	SOLACMAR INC.	5787 PARE STREET	514 341 1431	IS
MT. ST. HILLAIRE	LA GUADRA-SON INC.	320 RUE HUGO	514 464 4576	IS
PLESSISVILLE	ELECTROCENTRE 2000 INC.	1685 AVE. ST. LOUIS	819 362 2456	IS
QUEBEC CITY	ASTRO-SERVICE ELECTRONIQUE	2665 BLVD. PERE LELIEVRE	418 687 2787	IS
QUEBEC CITY	LES ENTREPRISES ELECTRONICS	193 RUE MADEN	514 373 5466	IS
RIMOUSKI	M.S.P ELECTRONIQUE INC	389 HUPE	418 722 8373	IS
ROUYN-NORANDA	LES ENR. B. CHOUINARD INC.	85 GAMBLE QUEST	819 762 9668	IS
SAINT-TIMOTHEE	PAQUETTE AUDIOTRONIQUE ENR.	5670 BOULEVARD HEBERT	514 371 5553	IS
SHERBROOKE	PRIMO SERVICE	2304 KINS STREET WEST	819 564 1548	SD
SHERBROOKE	VIDEO SON ENR.	1020 BOUL QUEEN NORD	819 564 0505	IS
ST. GEORGES EST	DIMESION ELECTRONIQUE INC.	17100 BOULEVARD LACROIX	418 227 0988	IS
ST. HYACINTHE	SALON DE LELECTRONIQUE INC.	2783 NICHOLS	514 774 7896	SSD
ST. JEROME	POIRIER RADIO SERVICE	506 RUE ST. GEORGES	514 438 3375	IS
ST. PIERRE DE SOREL	GAETAN BERGERON INC.	1815 MARIE VICTROIN	514 742 4511	IS
ST. THOMAS D'AQUIN	DANIEL RADIO TV ENR	400 PRINCIPALE	514 796 3416	SSD
ST. JACQUES	MIGUE TV SERVICE	39 RUE ST-LACQUES	418 839 2549	IS
ST.-LAURENT	VICAM ELECTRONIC INC.	4455 BOUL. PORRIER	514 331 6513	IS
ST. DAVIDS. LEVIS	SELECTROTEC	563 TRANS CANADA	418 835 3966	IS
ST. HYACINTHE	JACQUES BOUSQUET TELEVISION	2410 CARTIER	514 773 1364	SSD
ST. LEONARD	L'ATELIER DU VIDEO S.Y.K. INC.	6020 METROPOLITAIN EAST	514 253 1387	IS
STE THERESE	CENTRE DE SERVICE AUDIO VIDEO	238 TURGEON	514 437 5495	SD
STE-FOY	CLINIQUE ELECTRONIQUE (NESA)	3187-A CHEMIN STE-FOY	418 653 5220	IS
THETFORD-MINES	CARON RADIO & TV	1185 SIMONEAU	418 338 8173	IS
THETFORD-MINES	CENTRE ELECTRONIQUE ENR	785 ST ALPHONESE	819 623 1330	IS
TROIS RIVIERES	VIDEO ELECTRONIQUE C.G. (922)	1800 LAVERENDRYE	819 376 1541	IS
VALLEYFIELD	ANDRE BELLEMARD RADIO TV INC.	30 AVE. GRANDE ILE	514 373 6058	SD
VERDUN	ROBICHAUD TV	4349 WELLINGTON	514 761 4713	SD
VILLE ST-LAURENT	LES SERVICE CONYSTEL LTD.	668 DESLLAURIERS	514 331 5720	IS

PROVINCE: SASK

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
KINISTINO	TOM'S TV & RADIO SERVICE	BOX 472	306 864 2244	IS
NORTH BATTLEFORD	TWIN CITY TV & RADIO LTD.	1922-100TH STREET	306 446 2322	IS
REGINA	EL-MEC-TRONICS LTD.	1809 McARA STREET	306 352 4030	SD
REGINA	PROFESSIONAL ELECTRONIC SVC	1355 McINTYRE STREET	306 359 3356	SD
SASKATOON	TRICOM ELECTRONICS	1926 ALBERTA AVENUE	306 653 3913	IS

PROVINCE: YUKON

LOCATION	SERVICER	ADDRESS	TELEPHONE	CODE
WHITEHORSE	AARO TECH LTD.	406C OGILVIE ST. BOX 109	403 668 2035	IS