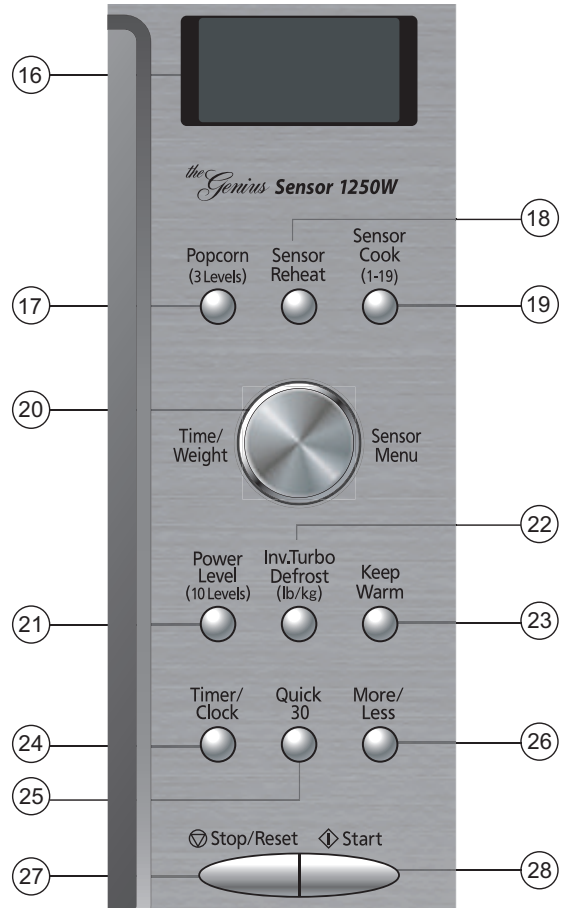
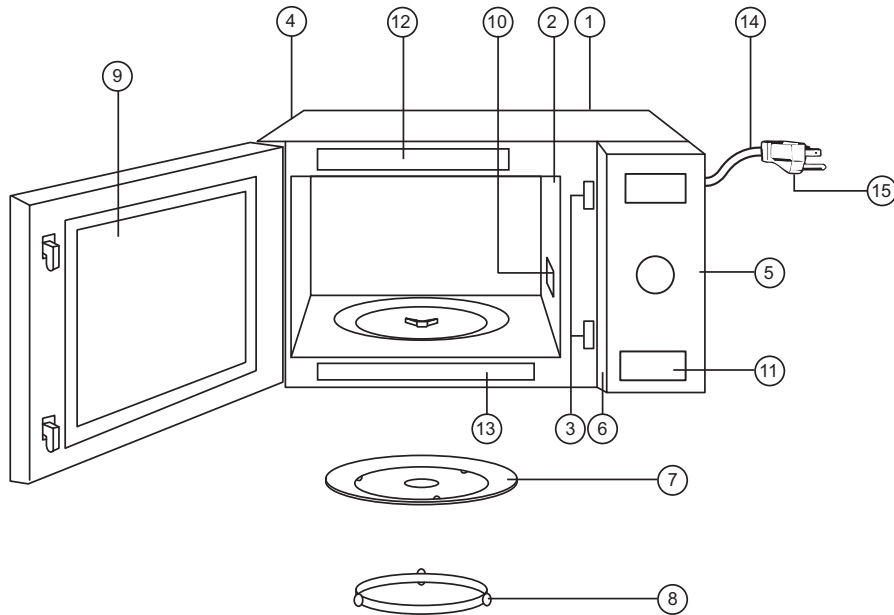


# Location of Controls



- 1 External Air Vent
- 2 Internal Air Vent
- 3 Door Safety Lock System
- 4 Exhaust Air Vent
- 5 Control Panel
- 6 Identification Plate
- 7 Glass Tray
- 8 Roller Ring
- 9 Heat/Vapor Barrier Film (do not remove)
- 10 Waveguide Cover (do not remove)
- 11 Door Release Button
- 12 Warning label
- 13 Function Label
- 14 Power Supply Cord
- 15 Power Supply Plug
- 16 Display Window  
Step by step instructions scroll for easy operation
- 17 Popcorn Button (See page 11)
- 18 Sensor Reheat Button (See page 13)
- 19 Sensor Cook Button (See page 13)
- 20 Time/Weight and Sensor Menu Dial

- 21 Power level Button (See page 9)
  - 22 Inverter Turbo Defrost Button (See page 12)
  - 23 Keep Warm Button (See page 11)
  - 24 Timer/Clock Button (See page 9-10)
  - 25 Quick 30 Button (See page 11)
  - 26 More/Less Button (See page 11, 13)
  - 27 Stop/Reset Button
  - 28 Start Button
- After cooking program setting, one tap allows oven to begin functioning. If door is opened or **Stop/Reset** Button is pressed once during oven operation, **Start** Button must be pressed again to restart oven.

## Beep Sound:

When a Button is pressed correctly, a beep will be heard. If a Button is pressed and no beep is heard, the unit did not or cannot accept the instruction. When operating, the oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

## NOTE:

If no operation after cooking program setting, 6 minutes later, the oven will automatically cancel the cooking program. The display will return to clock or colon display.

## NOTE:

The illustration is for reference only.

## Operation (continued)

### Sensor Cook Chart

See the chart below for Sensor Cook categories.

Recipe	Serving/Weight	Hints
<b>1. Oatmeal</b>	½ - 1 cup (40 - 80 g)	Place oatmeal in a microwave safe serving bowl with no cover. Follow manufacturers' directions for preparation.
<b>2. Breakfast Sausage</b>	2 - 8 links	Follow manufacturers' directions for preparation of pre-cooked breakfast sausage. Place in a radial pattern.
<b>3. Omelet</b>	2 - 4 eggs	Follow basic Omelet recipe on this page.
<b>4. Quinoa</b>	¼ - 1 cup (45 - 180 g)	Place quinoa in a microwave safe 3 qt casserole dish. Add 2 parts water to 1 part quinoa. Cover with lid or vented plastic wrap. After 2 beeps, stir. Let stand 14 minutes before serving.
<b>5. Soup</b>	1 - 2 cups (250 - 500 ml)	Pour soup into a microwave safe serving bowl. Cover with lid or vented plastic wrap. Stir after cooking.
<b>6. Frozen Entrées</b>	8 - 28 oz. (220 - 800 g)	Follow manufacturers' directions for preparation. After 2 beeps, stir or rearrange. Be careful when removing the film cover after cooking. Remove facing away from you to avoid steam burns. If additional time is needed, continue to cook manually.
<b>7. Frozen Pizza (single)</b>	8 oz. (220 g)	Follow manufacturers' directions for preparation. Add more time of cooking if needed.
<b>8. Frozen Pocket Sandwich</b>	1 sandwich (4.5 oz.) (128 g)	Follow manufacturer's directions for preparation.
<b>9. Potatoes</b>	1 - 4 potatoes (6 - 8 oz. each) (170 - 220 g)	Pierce each potato with a fork 6 times spacing around surface. Place potato or potatoes around the edge of paper-towel-lined glass tray (Turntable), at least 1 inch (2.5 cm) apart. Do not cover. Turn over after 2 beeps. Let stand 5 minutes to complete cooking.
<b>10. Fresh Vegetables</b>	4 - 16 oz. (110 - 450 g)	All pieces should be the same size. Wash thoroughly, add 1 tbsp. of water per ½ cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking.
<b>11. Frozen Vegetables</b>	6 - 16 oz. (170 - 450 g)	Wash thoroughly, add 1 tbsp. of water per ½ cup of vegetables, and cover with lid or vented plastic wrap. Do not salt/butter until after cooking. (Not suitable for vegetables in butter or sauce.)
<b>12. Canned Vegetables</b>	15 oz. (430 g)	Empty contents into microwave safe serving bowl. Do not cover.
<b>13. White Rice</b>	½- 1½ cups (110 - 335 g)	Place rice with hot tap water in a microwave safe casserole dish. Cover with lid or vented plastic wrap. Let stand 5 to 10 minutes before serving.
<b>14. Brown Rice</b>	½- 1½ cups (110 - 335 g)	Place rice with hot tap water in a microwave safe casserole dish. Cover with lid or vented plastic wrap. Let stand 5 to 10 minutes before serving.
<b>15. Frozen Dinners</b>	11 - 16 oz. (300 - 450 g)	Follow manufacturers' directions for covering or removing covers. Do not use frozen foods packaged in foil trays. After 2 beeps, stir or rearrange.
<b>16. Pasta</b>	2 - 8 oz. (55 - 220 g)	Place 2 oz. pasta with 3 cups hot tap water in a microwave safe 2 qt casserole, salt and oil, if desired, covered with lid or vented plastic wrap. For 4 oz. pasta use 4 cups water, for 6 oz. pasta use 6 cups water in 3 qt casserole, for 8 oz. pasta use 7 cups water.
<b>17. Stew</b>	1 - 2 cups	Pour contents from can into microwave safe serving bowl. Cover with lid or vented plastic wrap. Stir after cooking.
<b>18. Ground Meat</b>	16 - 32 oz. (450 - 900 g)	Break apart in glass bowl or colander. Cover with lid or vented plastic wrap. After 2 beeps, stir. Re-cover and press Start. Juices should be clear. Drain.
<b>19. Fish Fillets</b>	4 - 16 oz. (110 - 450 g)	Arrange in a single layer. Cover with lid or vented plastic wrap.

### OMELET

#### Basic Omelet Recipe

1 Tablespoon butter or margarine

2 Eggs

2 Tablespoons milk

Salt and ground black pepper, if desired

Heat butter in a microwave safe 9-inch pie plate, 20 seconds at P10, or until melted.

Turn the plate to coat the bottom with butter. Meanwhile, combine the remaining ingredients in a separate bowl, beat together and pour into the pie plate. Cook, covered with vented plastic wrap, using OMELET selection. Let stand 2 minutes. With a spatula, loosen the edges of the omelet from the plate, fold into thirds to serve. **Always beat the eggs before making the omelet.**

**Yield:** 1 Serving

**Approx. cooking time:** 4 minutes.

**NOTE:** Double ingredients for a 4-egg Omelet.