

# CONTROL PANEL



## SENSOR COOK

Use to set the automatic sensor cook programs (See Page 14).

## SENSOR REHEAT

Use to set the automatic sensor reheat programs (See Page 15).

## TIME / WEIGHT DEFORST

Press once to set defrost program based on time (See Page 13).

Press twice to set defrost program based on weight (See Page 12).

## POPCORN

Use to set popcorn program (See Page 16).

## BEVERAGE

Used to make hot drinks (See Page 16).

## POTATO

Used to make potatoes (See Page 17).

## FROZEN VEGETABLE

Used to heat up frozen vegetables (See Page 17).

## DINNER PLATE

Used to heat up a dinner plate (See Page 18).

## SOUP

Used to make soup (See Page 18).

## CLOCK /TIMER

Press and hold to set the clock time (See Page 9).  
Press to set the timer function (See Page 10).

## MICRO

Use to microwave food with selected power level (See Page 11).

## LOCK

Press and hold to set child lock (See Page 19).

## +30 SEC

Press to add time during the cooking program (See Page 19).

## STOP/CANCEL

Press to clear all previous settings before cooking starts.

Press once to pause current cooking program or press twice to cancel the program.

## Menu / Time / Weight / Level Selector Knob

Turn to select cooking menus, time, food weight, portion or power level.

# FIRST TIME USE

If you are using your ExpressWave microwave oven for the first time, please be sure to:

- Clean the glass turntable with hot water, a small amount of dishwashing liquid and a nonabrasive cleaning pad.
- Do not immerse the body of the unit in water.
- When you plug in the unit, the display will show "12:00".
- While you are in the process of any setting, the oven will return to standby mode after 30 seconds without any operation.
- During cooking, if press **STOP/CANCEL** once or open the door, the program will be paused. Press the dial to resume cooking, but if you press **STOP/CANCEL** twice, the program will be canceled.
- When the cooking completes, the screen will display "End" with sound every two minutes until you press **STOP/CANCEL** or open the door.

## Product Specifications

Power Supply	120V/60Hz
Power Consumption (Microwave)	1500W
Rated Microwave Power Output	1250W
Operating Frequency	2450MHz
Outside Dimensions (W x H x D)	24 <sup>3</sup> / <sub>4</sub> x 14 <sup>3</sup> / <sub>16</sub> x 19 <sup>15</sup> / <sub>16</sub> inch
Oven Capacity	2.2 Cu.Ft.
Net Weight	Approx. 31.6 lbs

# OPERATION INSTRUCTIONS

## Setting the Clock



You can set the clock in 12-hour or 24-hour by pressing **CLOCK/TIMER** in standby mode.

**Example: How to set a 12-hour clock at 11:58.**

- 1** In standby mode, press and hold **CLOCK/TIMER** for 3 seconds to select 12-hour clock (press the pad again to select 24-hour clock).



- 2** Turn the dial until the correct hour is displayed.



- 3** Press the dial or **CLOCK/TIMER** to confirm the hour.



- 4** Turn the dial until the correct minute is displayed.



- 5** Press the dial or **CLOCK/TIMER** to confirm the minute and finish setting.



**NOTE:** While in the process of setting the clock, you can cancel the settings by pressing the **STOP/CANCEL**.

# OPERATION INSTRUCTIONS

## Timer



You can use the timer feature to count down a specific amount of time whether it's for cooking or for anything else.

**Example: How to set the timer for 3 minutes and 50 seconds.**

<b>1</b> In standby mode, press <b>CLOCK/TIMER</b> once.	
<b>2</b> Turn the dial to enter the time. The maximum time you can set is 95 minutes.	
<b>3</b> Press the dial or <b>CLOCK/TIMER</b> to confirm.	
or	

**NOTE:** Timer countdown can be seen for 5 seconds by touching **CLOCK/TIMER**, if press **STOP/CANCEL** during these 5 seconds, the timer will be canceled.

## Quick Start Microwave



This feature allows you to start the oven quickly at maximum microwave power. The longest cooking time is 95 minutes.

**Example: How to quick start microwave for 3 minutes and 30 seconds.**

<b>1</b> In standby mode, turn the dial to select cooking time. The maximum time you can set is 95 minutes.	
<b>2</b> Press the dial to confirm and start cooking.	



# OPERATION INSTRUCTIONS

## Microwave Cooking



This feature allows you to choose the power level and cooking time of microwave function. The longest cooking time is 95 minutes.

**Example: Cook at 30% power level for 3 minutes and 50 seconds.**

**1** Press **MICRO** pad once, the default power level is 100%(maximum power).



88:00

MICRO

**2** Turn the dial to select the 30% power level.



88:30

MICRO

**3** Press the dial once to confirm the power level.



80:00

MICRO

**4** Turn the dial again to enter cooking time.



88:50

MICRO

**5** press the dial to confirm and start cooking.



88:50

Cooking MICRO

### Power Level Chart:

Power Level	Display	Power Level	Display
100%	P100	50%	P-50
90%	P-90	40%	P-40
80%	P-80	30%	P-30
70%	P-70	20%	P-20
60%	P-60	10%	P-10

### NOTE:

If you want to set 100% power level, you can turn the dial to enter cooking time directly and then press the dial to start.



# OPERATION INSTRUCTIONS

## Weight Defrost

The defrosting time and power level are automatically set once the food category and the weight are selected.

**Example: How to defrost 8oz seafood.**


**1** In standby mode, press the **TIME/WEIGHT DEFROST** twice.



**2** Turn the dial to select food code 'dEF3' (Seafood).






**3** Press the dial once to confirm the food type.




**4** Turn the dial to select the food weight.

**5** Press the dial to confirm and start defrosting.

### Weight Defrost Food Chart:

Code	Food	Maximum Weight
dEF1	Meat	96oz
dEF2	Poultry	96oz
dEF3	Seafood	32oz

### NOTE:

During the defrosting program, the system will pause and alert the user to turn the food over when 1/2 of the defrosting time remains. After turning food over, close the door and press the dial to resume the defrosting.

# OPERATION INSTRUCTIONS

Weight must be in pounds and ounces. If label gives weight in pounds only, change the fraction of a pound to ounces using the following chart.

## Converting fractions of a pound to ounces:

Fractions of a pound	Ounces	Fractions of a pound	Ounces
Less than .03	0	.54 to .59	9
.03 to .09	1	.60 to .65	10
.10 to .15	2	.66 to .71	11
.16 to .21	3	.72 to .78	12
.22 to .27	4	.79 to .84	13
.28 to .34	5	.85 to .90	14
.35 to .40	6	.91 to .97	15
.41 to .46	7	.97 to .99	16
.47 to .53	8		

## Time Defrost



The defrosting power is adjusted automatically once the cooking time is programmed.

**Example: How to defrost food for 3 minutes and 50 seconds.**

**1** In standby mode, press the **TIME/WEIGHT DEFROST** once.

DEFROST  
TIME/WEIGHT

**2** Turn the dial to select the defrosting time.

**3** Press the dial to confirm and start defrosting.

**NOTE:**

During the defrosting program, the system will pause and alert the user to turn the food over when 1/3 of the defrosting time remains. After turning food over, close the door and press the dial to resume the defrosting.

## Sensor Cook



For sensor cook function, you can select the type of food you want to cook from the programs listed on the cooking label located on the interior panel of the appliance..

### Auto Program: How to Cook 8oz fresh vegetable with sensor.

- 1** In standby mode, press the **SENSOR COOK** once.



- 2** Turn the dial to select food code 'SC-2' (Fresh Vegetable).



- 3** Press the dial once to confirm and start sensing and cooking.



- 4** The appliance will automatically suggest a cooking time and start countdown.



### Sensor Cook Food Chart (Auto Program):

Code	Food	Weight Range
SC-1	Oatmeal	5-16oz
SC-2	Fresh Vegetable	7-21oz
SC-3	Fish	7-21oz
SC-4	Ground Meat	5-24oz

#### NOTE:

- After cooking for a period of time, the system will detect whether there is error, if there is error, for example, the sensor short circuit or open circuit, the system will stop automatically with the display showing "Er60", beeps sound until press **STOP/CANCEL** pad.
- If there is no error, the system will judge corresponding cooking time based on the steam generated by the food, after cooking for a period of time, the countdown will display on the screen.
- During sensor cooking program, if press **STOP/CANCEL** pad once or open the door, the system will turn back to standby mode.
- If during the longest sensor time the oven cannot judge the cooking time according to the steam produced by food in the cavity, the cooking will auto-end.

# OPERATION INSTRUCTIONS

## Sensor Reheat





For sensor reheat function, you can select the type of food you want to cook from the programs listed on the cooking label located on the interior panel of the appliance.

### Auto Program: How to Reheat frozen pizza with sensor.



**1** In standby mode, press the **SENSOR REHEAT** once.





**2** Turn the dial to select food code 'SH-3' (Frozen Pizza).

**3** Press the dial once and start sensing and cooking.

**4** The appliance will automatically suggest a cooking time and start countdown.



### Sensor Reheat Food Chart (Auto Program):

Code	Food	Weight Range
SH-1	Chili	5-24oz
SH-2	Frozen Entrée	7-24oz
SH-3	Frozen Pizza	5-16oz
SH-4	Mac and Cheese	5-24oz
SH-5	Mashed Potatoes	5-24oz
SH-6	Pasta	5-24oz
SH-7	Rice	5-28oz

### NOTE:

- After cooking for a period of time, the system will detect whether there is error, if there is error, for example, the sensor short circuit or open circuit, the system will stop automatically with the display showing "Er60", beeps sound until press **STOP/CANCEL** pad.
- If there is no error, the system will judge corresponding cooking time based on the steam generated by the food, after cooking for a period of time, the countdown will display on the screen.
- During sensor cooking program, if press **STOP/CANCEL** pad once or open the door, the system will turn back to standby mode.
- If during the longest sensor time the oven cannot judge the cooking time according to the steam produced by food in the cavity, the cooking will auto-end.

# OPERATION INSTRUCTIONS

## Popcorn



**Example: How to cook popcorn for 1 minutes and 50 seconds.**

- 1** In standby mode, press the **POPCORN**.  
The default time is 1 minutes and 30 seconds (For one bag around 3.5 oz).

POPCORN

AUTO  
88:30

- 2** Turn the dial to select the cooking time.



AUTO  
88:50

- 3** Press the dial once to confirm and start cooking.



AUTO  
88:50  
Cooking MICRO

### NOTE:

- The default time is 1 minutes and 30 seconds. For default time, you can skip step 2, directly press the dial to start if you prefer.
- The maximum cooking time is 5 minutes.

## Beverage



**Example: How to heat up a cup of 10 oz beverage.**

- 1** In standby mode, press the **BEVERAGE**.

BEVERAGE

AUTO  
88:88  
OZ

- 2** Turn the dial to select the weight.  
Display shows 8, 10, 12, 14 (oz).



AUTO  
88:00  
OZ

- 3** Press the dial once to confirm and start cooking.



AUTO  
88:30  
Cooking MICRO

### Weight and Time Chart:

Display	Weight	Time
8	8 oz	1:10
10	10 oz	1:30
12	12 oz	1:50
14	14 oz	2:10

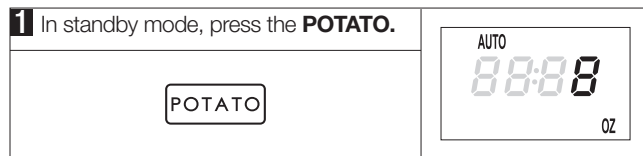
# OPERATION INSTRUCTIONS

## Potato

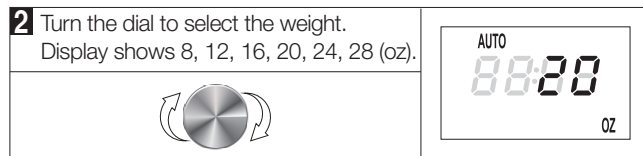


**Example: How to cook a potato of 20 oz.**

**1** In standby mode, press the **POTATO**.



**2** Turn the dial to select the weight.  
Display shows 8, 12, 16, 20, 24, 28 (oz).



**3** Press the dial once to confirm and start cooking.



### Weight and Time Chart:

Display	Weight	Time
8	8 oz	3:30
12	12 oz	5:00
16	16 oz	6:30

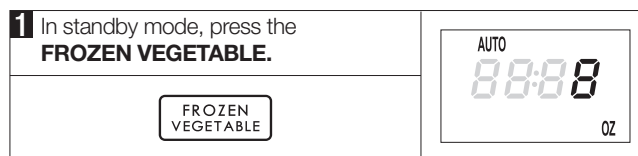
Display	Weight	Time
20	20 oz	8:30
24	24 oz	11:00
28	28 oz	13:30

## Frozen Vegetable

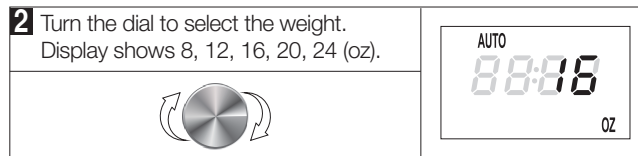


**Example: How to cook 16 oz frozen vegetable.**

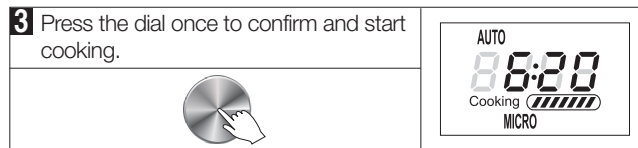
**1** In standby mode, press the **FROZEN VEGETABLE**.



**2** Turn the dial to select the weight.  
Display shows 8, 12, 16, 20, 24 (oz).



**3** Press the dial once to confirm and start cooking.



### Weight and Time Chart:

Display	Weight	Time
8	8 oz	4:20
12	12 oz	5:20
16	16 oz	6:20

Display	Weight	Time
20	20 oz	7:20
24	24 oz	8:20


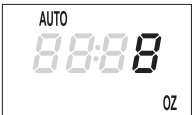
# OPERATION INSTRUCTIONS

## Dinner Plate





**Example: How to cook a dinner plate 20 oz.**

**1** In standby mode, press the **DINNER PLATE**

**2** Turn the dial to select the weight.  
Display shows 8, 12, 16, 20, 24, 28 (oz).

**3** Press the dial once to confirm and start cooking.




### Weight and Time Chart:



Display	Weight	Time	Display	Weight	Time
8	8 oz	1:20	20	20 oz	4:20
12	12 oz	2:20	24	24 oz	5:20
16	16 oz	3:20	28	28 oz	6:20

## Soup





**Example: How to cook 16 oz of soup.**



**1** In standby mode, press the **SOUP**.

**2** Turn the dial to select the weight.  
Display shows 4, 8, 12, 16, 20, 24, 28 (oz).

**3** Press the dial once to confirm and start cooking.

### Weight and Time Chart:

Display	Weight	Time	Display	Weight	Time
4	4 oz	1:00	20	20 oz	3:00
8	8 oz	1:30	24	24 oz	3:30
12	12 oz	2:00	28	28 oz	4:00
16	16 oz	2:30			



# OPERATION INSTRUCTIONS

## +30 Sec Function



In standby mode, you can press **+30 SEC** pad to start the microwave oven immediately.  
During cooking, you can add cooking time by touching **+30 SEC** pad repeatedly. The longest cooking time is 95 minutes.

**Example: During microwave cooking, add the cooking time by 2 minutes by utilizing the +30 SEC button.**

<b>1</b> During cooking, suppose the display is showing 3:50.	

<b>2</b> Press the <b>+30 SEC</b> 4 times.	

### NOTE:

■ Below programs cannot use **+30 SEC** during cooking.

- **SENSOR COOK**
- **SENSOR REHEAT**
- **POPCORN**
- **BEVERAGE**
- **POTATO**
- **FROZEN VEGETABLE**
- **DINNER PLATE**
- **SOUP**
- **TIME / WEIGHT DEFROST**

## Child lock



The child proof lock prevents unsupervised operation by children.

**Example1: How to set/cancel the child lock.**

<b>1</b> In standby mode, suppose the display is showing 11:58.	

<b>2</b> Press and hold the <b>LOCK/TURNTABLE OFF</b> for 3 seconds, then 'LOCK' appears.	
Press and hold for 3 seconds.	

<b>3</b> Press and hold the <b>LOCK/TURNTABLE OFF</b> for 3 seconds, then 'LOCK' disappears.	
Press and hold for 3 seconds.	