

FRIGIDAIRE

All about the

Use & Care

of your Microwave Oven



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WELCOME & CONGRATULATIONS

Questions?

1-800-374-4432

(United States)

1-800-265-8352

(Canada)

Please attach sales receipt here for future reference.

Congratulations on your purchase of a new microwave oven! At **Electrolux Home Products**, we are very proud of our product and are completely committed to providing you with the best service possible. Your satisfaction is our number one priority.

We know you'll enjoy your new microwave oven and **Thank You** for choosing our product. We hope you consider us for future purchases.

PLEASE CAREFULLY READ AND SAVE THESE INSTRUCTIONS

This Use & Care Manual provides specific operating instructions for your model. Use your microwave oven only as instructed in this manual. These instructions are not meant to cover every possible condition and situation that may occur. Common sense and caution must be practiced when installing, operating and maintaining any appliance.

Please record your model and serial numbers below for future reference.

Model Number: _____

Serial Number: _____

Purchase Date: _____

NEED HELP?

Visit the Frigidaire Web Site at: <http://www.frigidaire.com>

Before you call for service, there are a few things you can do to help us serve you better.

Read this manual.

It contains instructions to help you use and maintain your microwave oven properly.

If you received a damaged Microwave Oven... immediately contact the dealer (or builder) that sold you the Microwave Oven.

Save time and money.

Check the section titled "Service Call Check". This section helps you solve common problems that might occur. If you do need service, you can relax knowing help is only a phone call away. A list of toll-free customer service numbers is included in the back of this manual. Or call Frigidaire Customer Services at 1-800-374-4432, 24 hours a day, 7 days a week.

IMPORTANT SAFETY INSTRUCTIONS


For your safety the information in this manual must be followed to minimize the risk of fire or explosion or to prevent property damage, personal injury or loss of life.

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.

IMPORTANT SAFETY INSTRUCTIONS

Definitions

 This is the safety alert symbol. It is used to alert you to potential personal injury hazards. Obey all safety messages that follow this symbol to avoid possible injury or death.

WARNING

WARNING indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

CAUTION

CAUTION indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury.

READ ALL INFORMATION BEFORE USING

WARNING

To reduce the risk of fire, burns, electric shock, injury to persons, or exposure to excessive microwave energy when using your appliance, follow basic **precautions, including the following sections.**

- Read all instructions before using the appliance.
 - Read and follow the specific **“PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY”** on page 2.
 - This appliance must be grounded. Connect only to properly grounded outlet. See **“GROUNDING INSTRUCTIONS”** on page 5.
 - Install or locate this appliance only in accordance with the provided installation instructions.
 - Some products such as whole eggs and sealed containers—for example, closed glass jars—are able to explode and should not be heated in this microwave oven.
 - Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of microwave oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
 - As with any appliance, close supervision is necessary when used by children.
 - 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.
 - This appliance should be serviced only by qualified service personnel. Contact nearest Electrolux Authorized Servicer for examination, repair or adjustment.
 - Do not cover or block any openings on the appliance.
 - Do not store or use 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, or similar locations.
 - Do not immerse cord or plug in water.
 - Keep cord away from heated surfaces.
 - Do not let cord hang over edge of table or counter.
 - See door surface cleaning instructions on page 18.
 - Do not mount over a sink.
- Do not store anything directly on top of the appliance surface when the appliance is in operation.
 - To reduce the risk of fire in the microwave oven cavity:
 - **Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the microwave oven to facilitate cooking.**
 - Remove wire twist-ties from paper or plastic bags before placing bag in microwave oven.
 - **If materials inside the microwave oven ignite, keep microwave oven door closed, turn microwave oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.**
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
 - Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.**
To reduce the risk of injury to persons:
 - Do not overheat the liquid.
 - Stir the liquid both before and halfway through heating it.
 - Do not use straight-sided containers with narrow necks. Use a wide-mouthed container.
 - After heating, allow the container to stand in the microwave oven at least for 20 seconds before removing the container.
 - Use extreme care when inserting a spoon or other utensil into the container.
 - Clean ventilation openings and grease filters frequently. Grease should not be allowed to accumulate on ventilation openings, louver or grease filters.
 - Use care when cleaning the louver and the grease filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the louver and the grease filters.
 - When flaming food under the hood, turn the fan on.
 - This appliance is suitable for use above both gas and electric cooking equipment 36” wide or less.

SAVE THESE INSTRUCTIONS.

IMPORTANT SAFETY INSTRUCTIONS

- Do not clean with metal scouring pads. Pieces off the pad can touch electrical parts involving risk of electric shock.



WARNING

If you see arcing, press the **Cancel** button and correct the problem.

ARCING

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

Federal Communications Commission Radio Frequency Interference Statement (U.S.A. Only)

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Reorient the receiving antenna of the radio or television.
- Relocate the microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

The manufacturer is not responsible for any radio or television interference caused by **unauthorized modification** to this microwave oven. It is the responsibility of the user to correct such interference.

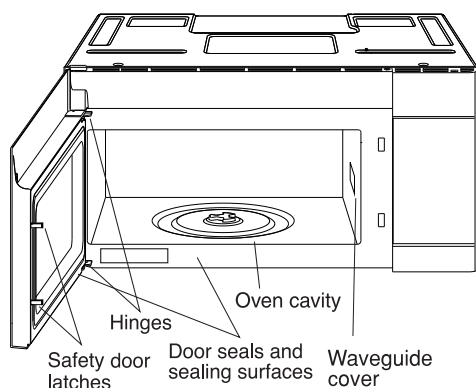
IMPORTANT SAFETY INSTRUCTIONS

UNPACKING AND EXAMINING YOUR MICROWAVE OVEN

Open the bottom of the carton, bend the carton flaps back and tilt the microwave oven over to rest on plastic foam pad. Lift carton off microwave oven and remove all packing materials, Installation Instructions, Wall Template, Top Template, Filter, Turntable and Turntable Support. **SAVE THE CARTON AS IT MAY MAKE INSTALLATION EASIER.**

- Remove the feature sticker from the outside of the door, if there is one.
- **DO NOT REMOVE THE WAVEGUIDE COVER**, which is located on the ceiling in the microwave oven cavity. Check to see that there are Installation Instructions, Wall Template, Top Template and Filter, which is used when recirculating is chosen.

Read enclosures and **SAVE** the Use and Care Manual. Check the microwave oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the microwave oven and contact your dealer or **ELECTROLUX SERVICER**. See Installation Instructions for more details.



GROUNDING INSTRUCTIONS

This appliance must be grounded. This microwave oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current.



WARNING

Improper use of the grounding plug can result in a risk of electric shock.

Consult 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.

Electrical Requirements

Check Installation Instructions for proper location for the power supply.

The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. or more protected electrical supply. It is recommended that a separate circuit serving only the microwave oven be provided.

The microwave oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. **DO NOT UNDER ANY CIRCUMSTANCES CUT OR REMOVE THE GROUNDING PIN FROM THE PLUG. DO NOT USE AN EXTENSION CORD.**

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

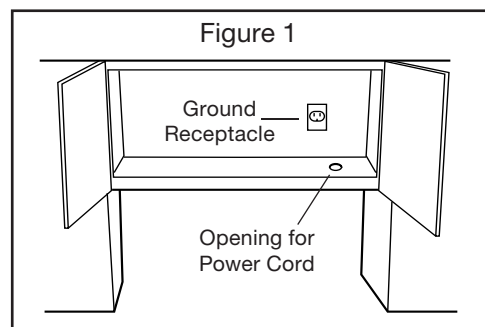
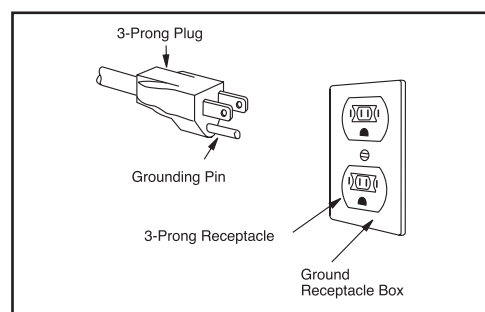
If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

The Power Supply Cord and plug must be connected to a separate 120 Volt AC, 60 Hz, 15 Amp, or more branch circuit, single grounded receptacle. The receptacle should be located inside the cabinet directly above the Microwave Oven mounting location as shown in Figure 1.



NOTES

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither Electrolux nor the dealer can accept any liability for damage to the microwave oven or personal injury resulting from failure to observe the correct electrical connection procedures.



IMPORTANT SAFETY INSTRUCTIONS

ABOUT YOUR MICROWAVE OVEN

This Use and Care Manual is valuable: read it carefully and always save it for reference.

A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes.

NEVER use the microwave oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the microwave oven.

ALWAYS have food in the microwave oven when it is on to absorb the microwave energy.

When using the microwave oven at power levels below 100%, you may hear the magnetron cycling on and off. It is normal for the exterior of the microwave oven to be warm to the touch when cooking or reheating.

Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the microwave oven. Generally, covered foods will not cause as much condensation as uncovered ones. Ventilation openings must not be blocked.

The microwave oven is for food preparation only. It should not be used to dry clothes or newspapers.

Your microwave oven is rated 1000 watts by using the IEC Test Procedure. In using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

ABOUT MICROWAVE COOKING

- Arrange food carefully. Place thickest areas towards outside of dish.
- Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
- Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly.
- Stir foods from outside to center of dish once or twice during cooking, if possible.
- Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
- Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
- Add standing time. Remove food from microwave oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking.
- Check for doneness. Look for signs indicating that cooking temperatures have been reached.

Doneness signs include:

- Food steams throughout, not just at edge.
- Center bottom of dish is very hot to the touch.
- Poultry thigh joints move easily.
- Meat and poultry show no pinkness.
- Fish is opaque and flakes easily with a fork.

ABOUT FOOD

FOOD	DO	DON'T
Eggs, sausages, nuts, seeds, fruits & vegetables	<ul style="list-style-type: none">• Puncture egg yolks before cooking to prevent "explosion".• Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes.	<ul style="list-style-type: none">• Cook eggs in shells.• Reheat whole eggs.• Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none">• Use specially bagged popcorn for microwave cooking.• Listen while popping corn for the popping to slow to 1 or 2 seconds or use special popcorn pad.	<ul style="list-style-type: none">• Pop popcorn in regular brown bags or glass bowls.• Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none">• Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving.• Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding.	<ul style="list-style-type: none">• Heat disposable bottles.• Heat bottles with nipples on.• Heat baby food in original jars.
General	<ul style="list-style-type: none">• Cut baked goods with filling after heating to release steam and avoid burns.• Stir liquids briskly before and after heating to avoid "eruption".• Use deep bowl, when cooking liquids or cereals, to prevent boilovers.	<ul style="list-style-type: none">• Heat or cook in closed glass jars or air tight containers.• Can in the microwave as harmful bacteria may not be destroyed.• Deep fat fry.• Dry wood, gourds, herbs or wet papers.

IMPORTANT SAFETY INSTRUCTIONS

ABOUT UTENSILS AND COVERINGS

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new microwave oven. Make sure the utensil does not touch the interior walls during cooking.

Use these utensils for safe microwave cooking and reheating:

- glass ceramic (Pyroceram®), such as Corningware®.
- heat-resistant glass (Pyrex®)
- microwave-safe plastics
- paper plates
- microwave-safe pottery, stoneware and porcelain
- browning dish (Do not exceed recommended preheating time. Follow manufacturer's directions.)

These items can be used for short time reheating of foods that have little fat or sugar in them:

- wood, straw, wicker

DO NOT USE

- metal pans and bakeware
- dishes with metallic trim
- non-heat-resistant glass
- non-microwave-safe plastics (margarine tubs)
- recycled paper products
- brown paper bags
- food storage bags
- metal twist-ties

Should you wish to check if a dish is safe for microwaving, place the empty dish in the microwave oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

The following coverings are ideal:

- Paper towels are good for covering foods for reheating and absorbing fat while cooking bacon.
- Wax paper can be used for cooking and reheating.
- Plastic wrap that is specially marked for microwave use can be used for cooking and reheating. DO NOT allow plastic wrap to touch food. Vent so steam can escape.
- Lids that are microwave-safe are a good choice because heat is kept near the food to hasten cooking.
- Microwave oven cooking bags are good for large meats or foods that need tenderizing. DO NOT use metal twist ties. Remember to slit bag so steam can escape.

ACCESSORIES There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures. Electrolux is not responsible for any damage to the microwave oven when accessories are used.

ABOUT CHILDREN AND THE MICROWAVE

Children below the age of 7 should use the microwave oven with a supervising person very near to them. Between the ages of 7 and 12, the supervising person should be in the same room.

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

At no time should anyone be allowed to lean or swing on the microwave oven door.

Children should be taught all safety precautions: use potholders, remove coverings carefully, pay special attention to packages that crisp food because they may be extra hot.

Don't assume that because a child has mastered one cooking skill he/she can cook everything.

Children need to learn that the microwave oven is not a toy. See Child Lock feature.

ABOUT SAFETY

- Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures.

NOTE

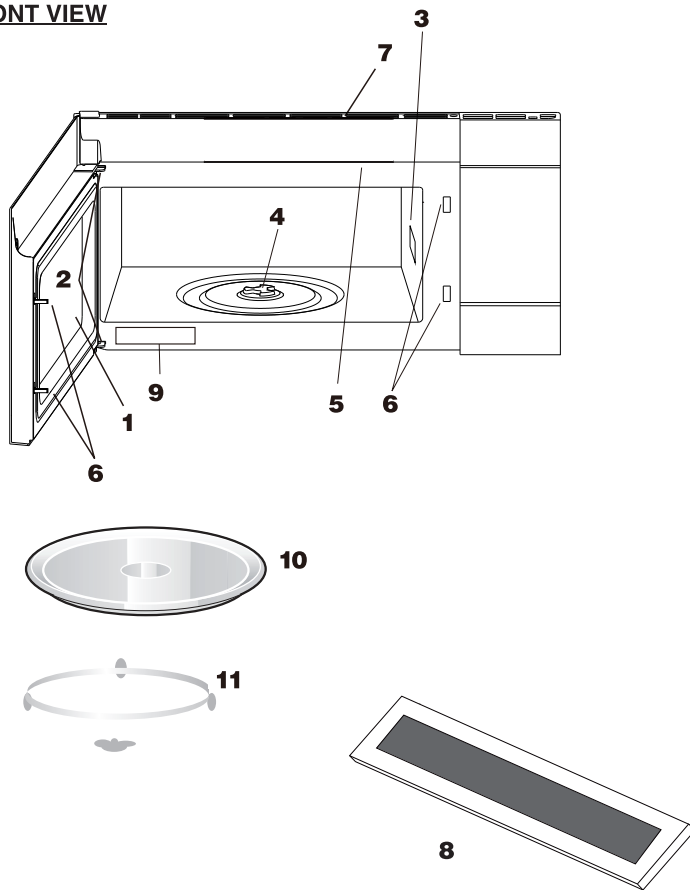
Do not cook whole, stuffed poultry. Cook stuffing separately to 165°F.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.

- ALWAYS use potholders to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
- Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- Stay near the microwave oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- NEVER use the cavity for storing cookbooks or other items.
- Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
- Keep waveguide cover clean. Food residue can cause arcing and/or fires.
- Use care when removing items from the microwave oven so that the utensil, your clothes or accessories do not touch the safety door latches.

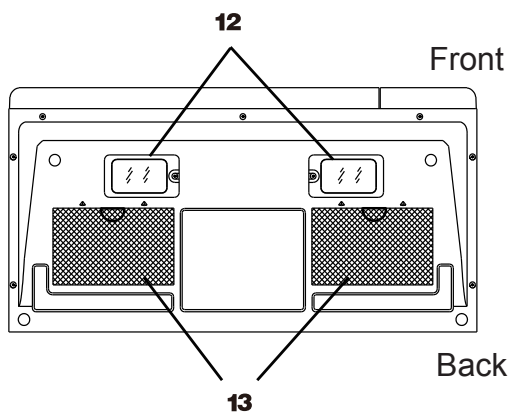
PART NAMES

FRONT VIEW



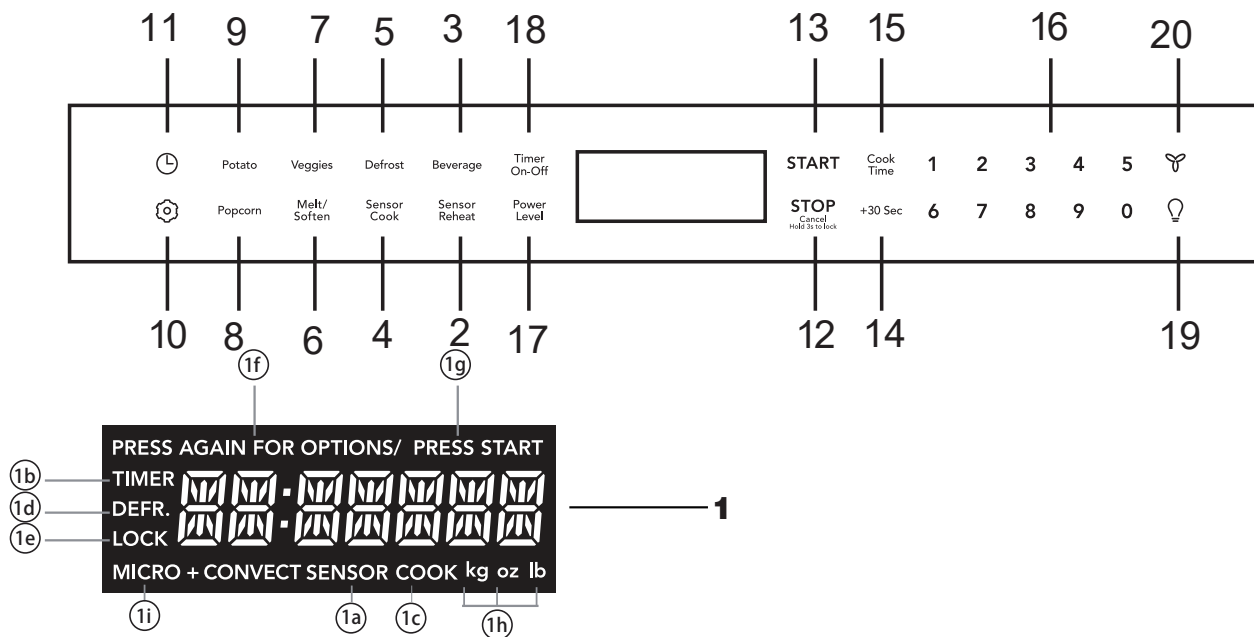
- 1 Microwave oven door with see-through window
- 2 Door hinges
- 3 Waveguide cover:
DO NOT REMOVE.
- 4 Turntable motor shaft
- 5 Microwave oven light
It will light when microwave oven is operating or door is open.
- 6 Safety door latches
The microwave oven will not operate unless the door is securely closed.
Do not put anything sharp in the latch hole.
- 7 Ventilation openings
- 8 Charcoal Filter
- 9 Rating label
- 10 Removable turntable
The turntable will rotate clockwise or counter-clockwise. Only remove for cleaning.
- 11 Removable turntable support
First, carefully place the turntable support on the motor shaft in the center of the microwave oven floor. Place the support ring on the microwave oven floor. Then, place the turntable on the turntable support securely.
- 12 Light cover
- 13 Grease filters

BOTTOM VIEW



CONTROL PANEL

The 7-digit Interactive Display spells out operating steps and shows cooking hints.



(1) Display:

The display includes a clock and indicators that show the time of day, cooking time settings, cook powers, sensor, quantities, weights and cooking functions selected.

1a. SENSOR:

Icon displayed when using sensor cook.

1b. TIMER:

Icon displayed when timer is being set or running.

1c. COOK:

Icon displayed when starting microwave cooking.

1d. DEFR:

Icon displayed when defrosting food.

1e. LOCK:

Icon displayed in control lock.

1f. PRESS AGAIN FOR OPTIONS:

Icon displayed when additional options are available.

1g. PRESS START:

Icon displayed when a valid function can be started.

1h. kg, oz, lb:

Icon displayed when choosing the weight.

(2) Sensor Reheat

(3) Beverage

(4) Sensor Cook

(5) Defrost

(6) Melt/Soften

(7) Veggies

(8) Popcorn

(9) Potato

(10) Microwave Settings

(11) Clock Settings

(12) STOP / Cancel Hold 3s to lock

(13) START

(14) +30 Sec

(15) Cook Time

(16) Number

(17) Power Level


(18) Timer on-off

(19) Bottom light

(20) Vent Fan

BEFORE OPERATING

Setting the clock

1. Press  to set clock.
2. Press numeric key to enter time.
3. Press **START** to confirm.

Setting the timer

1. Press **Timer On-Off**, and then press numeric key to enter timer, the maximum time can be 99 minutes 99 seconds.
2. After timer is set, press **Timer On-Off**, countdown starts.
3. During setting Timer, press **Stop Cancel** to quit setting.
Hold 3s to lock

MANUAL COOKING

Microwave cooking

1. Press **Cook Time** to enter cook time, e.g. to set microwave 5min, enter 5, 0, 0.
2. Press **Power Level** to set cook power level, LED displays default power “PL-HI”.
3. Press **Power Level** to select corresponding power level, there are 10 levels.
4. Press **START**.

PRESS POWER LEVEL PAD NUMBER OF TIMES FOR DESIRED POWER	APPROXIMATE PERCENTAGE OF POWER	COMMON WORDS FOR POWER LEVELS
POWER LEVEL x 1	100%	High
POWER LEVEL x 2	90%	
POWER LEVEL x 3	80%	
POWER LEVEL x 4	70%	Medium High
POWER LEVEL x 5	60%	
POWER LEVEL x 6	50%	Medium
POWER LEVEL x 7	40%	
POWER LEVEL x 8	30%	Med Low/Defrost
POWER LEVEL x 9	20%	
POWER LEVEL x 10	10%	Low
POWER LEVEL x 11	0%	

SENSOR COOKING

Sensor cooking has an electronic controlled sensor that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power level for various foods and quantities automatically.

Using Sensor Settings:

1. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
2. The oven works with foods at normal storage temperature. For example, popcorn would be at room temperature.
3. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
4. During the first part of SENSOR COOKING, food name will appear in the display. Do not open the oven door or press the **STOP** pad during this part of the cycle. The measurement of vapor will be interrupted. When the sensor detects the vapor emitted from the food, remainder of cooking time will appear. Door may be opened when remaining cooking time appears in the display. At this time, you may stir or season food, as desired.
5. If the sensor does not detect vapor properly when popping popcorn, the oven will turn off, and the correct time of day will be displayed. If the sensor does not detect vapor properly when cooking other foods, AN ERROR CODE will be displayed, and the oven will turn off.
6. Check food for temperature after cooking. If additional time is needed, continue to cook manually.

Covering Foods:

Some foods cook better when covered.

1. Casserole lid.
2. Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
3. Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.



NOTES for SENSOR COOKING

1. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.
2. Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
3. When SENSOR COOKING is selected Turntable On is automatically set for optimum cooking.

Sensor Cook

You can cook foods by pressing the **sensor cook** pad multiple times. You don't need to calculate cooking time or power level.

- Suppose you want to cook frozen breakfast .

Touch:	Display Shows:
1. Sensor Cook x1	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> BACON <small>SENSOR</small>
2. Sensor Cook x2	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FROZEN DINNER <small>SENSOR</small>
3. Sensor Cook x3	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> RICE <small>SENSOR</small>
4. Sensor Cook x4	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FROZEN BREAKFAST <small>SENSOR</small>
5. START	FROZEN BREAKFAST <small>SENSOR COOK</small>

Sensor Cook chart

FOOD	AMOUNT
1. Bacon	1-3 slices
2. Frozen Dinner	10 oz./ 20 oz.
3. Rice	1-2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.
4. Frozen Breakfast	8-12 oz.

SENSOR COOKING

Sensor Reheat

- Suppose you want to reheat rolls with sensor reheat.

Touch:	Display Shows:
1. Sensor Reheat x1	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> SOUP SAUCE <small>SENSOR</small>
2. Sensor Reheat x2	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> PIZZA <small>SENSOR</small>
3. Sensor Reheat x3	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> DINNER PLATE <small>SENSOR</small>
4. Sensor Reheat x4	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CASSEROLE <small>SENSOR</small>
4. Sensor Reheat x5	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> ROLLS <small>SENSOR</small>
5. START	ROLLS <small>SENSOR COOK</small>

Popcorn

The popcorn quick touch pad lets you pop 3.3, 3.0, 1.75 ounce bags of commercially packaged microwave popcorn. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions.

- Suppose you want to pop a 3.3 oz. popcorn.

Touch:	Display Shows:
1. Popcorn	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> 3.3 <small>oz</small>
2. START	POPCORN <small>COOK</small> Time counting down

Sensor Reheat chart

FOOD	AMOUNT
Soup/Sauce	1-2 Cups
Pizza	1-4 Pieces
Dinner Plate	1 Plate
Casserole/ Lasagna	1 Serving
Roll/ Muffin	1-3 Pieces

Amount	Press popcorn pad
3.30 oz.	once
3.00 oz.	2 times
1.75 oz.	3 times



NOTES

- Do not use regular paper bags.
- Do not re-pop unpopped kernels.
- Do not pop popcorn in glass cookware.

Veggies

There are 2 options (Frozen Vegetables, Fresh Vegetables) under the Veggies.

- Suppose you want to cook two cups of frozen veggies.

Touch:	Display Shows:
1. Veggies x1	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FRESH VEGGIES <small>SENSOR</small>
2. Veggies x2	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FROZEN VEGGIES <small>SENSOR</small>
3. START	FROZEN VEGGIES <small>SENSOR COOK</small>

Potato

- Suppose you want to cook 1 to 4 baked Potatoes.

Touch:	Display Shows:
1. Potato	<small>PRESS START</small> POTATO <small>SENSOR</small>
2. START	POTATO <small>SENSOR COOK</small>



NOTES

1. Cooking times are based on an average 8 ounce potato.

Baked Potato chart

FOOD	AMOUNT	PROCEDURE
Potato*	1 - 4 potatoes	Pierce with fork in several places. Place on paper towel on turntable. After cooking, remove from oven and let stand for 5 minutes.

* It is not necessary to enter amount or number.

ONE TOUCH COOK

Setting Melt/Soften

The oven uses low power to melt and soften items. See the following table.

- Suppose you want to melt 2 sticks of Butter.

Touch:	Display Shows:
1. Melt/Soften	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> MELT BUTTER
2. START	ENTER 1-2 STK
3. (2)	<small>PRESS START</small> 2 STICK
4. START	MELT BUTTER <small>COOK</small> Time counting down

MELT TABLE

CATEGORY	AMOUNT	DIRECTION
BUTTER	1 or 2 sticks	Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.
CHOCOLATE	2, 4 or 8 oz.	Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in microwavable container. Stir at the end of cycle to complete melting.
ICE CREAM	Pint, 1.5 Quart.	Place container in oven. Ice cream will be soft enough to make scooping easier.
CREAM CHEESE	3 or 8 oz.	Unwrap and place in microwavable container. Cream cheese will be at room temperature and ready for use in recipe.

AUTO DEFROST

Using Auto Defrost

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

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange the food in order to get the best defrost results. Three different defrosting levels are provided:

1. MEAT
2. POULTRY
3. FISH

Available weight is 0.1-6.0 lbs

- Suppose you want to defrost 1.2 lbs of fish.

Touch:	Display Shows:
1. Defrost X1	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> MEAT
2. Defrost X2	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> POULTRY
3. Defrost X3	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> FISH
4. START	ENTER WEIGHT lb
5. ① and ②	<small>PRESS START</small> 1.2 lb
To enter weight	
6. START	<small>DEFROST</small> FISH <small>COOK</small> Time counting down

NOTES

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** +30 Sec to resume the defrost cycle.

Operating Tips

- For best results, remove fish, shell fish, meat and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- For best results, roll your ground meat into a ball before freezing. During the DEFROST cycle, the microwave will signal when it is time to turn the meat over. Scrape off any excess frost from the meat and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.

This table shows food type selections and the weights you can set for each type. For best results, loosen or remove covering on food.

KEY PRESS	Category	WEIGHTS YOU CAN SET (tenths of a pound)
Auto Defrost x 1	Meat	0.1 to 6.0
Auto Defrost x 2	Poultry	0.1 to 6.0
Auto Defrost x 3	Fish	0.1 to 6.0

Weight conversion table

You are probably used to measuring food in pounds and ounces that are fractions of a pound (for example, 4 ounces equals 1/4 pound). However, in order to enter food weight in Auto Defrost, you must specify pounds and tenths of a pound.

If the weight on the food package is in fractions of a pound, you can use the following table to convert the weight to decimals.



Equivalent Weight	
OUNCES	DECIMAL WEIGHT
1.6	.10
3.2	.20
4.0	.25 One-Quarter Pound
4.8	.30
6.4	.40
8.0	.50 One-Half Pound
9.6	.60
11.2	.70
12.0	.75 Three-Quarters Pound
12.8	.80
14.4	.90
16.0	1.0 One Pound





NOTES

If between two decimal weights, choose the lower weight for the best defrosting results.


MICROWAVE SETTING

(1) Using Vent Fan



- In standby or microwave working mode, press  to activate High speed, LED display HIGH, Press  again to select MED, LOW and OFF.
- The microwave oven will go back to standby mode or previous mode if there're no operation within 2 seconds.

Touch:	Display Shows:
1. 	HIGH
2. 	MED
3. 	LOW
4. 	OFF



(2) Setting Volume

Touch:	Display Shows:
 X1	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME LOW
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME MED
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME HIGH
	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> VOLUME OFF
START	OFF

(3) Setting Language

Touch:	Display Shows:
 X4	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> LANGUAGE FRENCH
START	FRANCAIS
 X4	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> LANGUAGE ANGLAIS
START	ENGLISH


(4) Setting Turntable ON/OFF

Touch:	Display Shows:
 X2	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> TURN TABLE ON
START	TT OFF
 X2	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> TURN TABLE OFF
START	TT ON



NOTES

Turntable is off for one function cycle


(5) Setting Weight Lb/KG

Touch:	Display Shows:
 X3	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> Lb / KG
START	KG <small>Kg</small>

(6) Setting Clock display

Touch:	Display Shows:
 X5	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CLOCK DISPLAY ON
START	OFF
 X5	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CLOCK DISPLAY OFF
START	UN

(7) Setting DEMO

Touch:	Display Shows:
 X6	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> DEMO OFF
START	ON

CONVENIENT FEATURES

(8) Bottom light

Touch	Display Shows:
💡 X1	HIGH
💡 X2	LOW
💡 X3	OFF

(9) Using Add 30 Sec.

Suppose you want to cook for one minute.

Touch	Display Shows:
+30 Sec X2	:30 <small>PRESS START</small> <small>COOK</small>
START	1:00 <small>COOK</small> Time counting down

(10) Multi Stage Cooking

Stage one 5:00 PL-HI, stage two 3:00 PL-80

Touch	Display Shows:
Cook Time	ENTER TIME
⑤ ① ①	5:00 <small>PRESS START</small>
Power Level	PL-HI <small>PRESS START</small>
Cook Time	ENTER TIME
③ ① ①	3:00 <small>PRESS START</small>
Power Level X3	PL-80 <small>PRESS START</small>
START	5:00 <small>COOK</small>

(11) Lock-out function for children

Lock: In waiting state, press **STOP** Cancel Hold 3s to lock, there will be "beep" twice denoting entering into the children-lock state and lock indicator will light, screen will display current time .

Un-lock: In lock state, press **STOP** Cancel Hold 3s to lock, there will be "beep" twice denoting that the lock is released, and the lock indicator will disappear.

CLEANING AND CARE

Disconnect the power cord or leave the door open to deactivate the oven during cleaning. Disconnect the power cord before replacing filters and lights.

EXTERIOR

The outside surface is precoated steel and plastic. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

DOOR

Wipe the window on both sides with a soft cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a soft cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

EASY CARE™ STAINLESS STEEL / SMUDGE_PROOF™ STAINLESS STEEL / BLACK STAINLESS STEEL (SOME MODELS)

Your microwave oven (some models) may have a Stainless Steel finish or coating. Clean the stainless with warm soapy water using a clean sponge or cloth. Rinse with clean water and dry with a soft clean cloth. **DO NOT** use ANY store bought cleaners like Stainless Steel cleaners or any other types of cleaners containing any abrasive, chlorides, chlorines or ammonia. It is recommended to use mild dish soap and water or a 50/50 solution of water and vinegar.

TOUCH CONTROL PANEL

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the microwave oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch **STOP/CLEAR**

INTERIOR

Cleaning is easy because little heat is generated to the interior surfaces. To clean the interior surfaces, wipe with a soft cloth and warm water. **DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS.** For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. The round wire rack and shelf can be cleaned with hot soapy water, rinsed and dried.

WAVEGUIDE COVER

The waveguide cover is located on the right side in the microwave oven cavity. It is made from mica so requires special care. Keep the waveguide cover clean to assure good microwave oven performance. Carefully wipe with a damp cloth any food splatters from the surface of the cover immediately after they occur. Built-up splashes

may overheat and cause smoke or possibly catch fire. **DO NOT REMOVE THE WAVEGUIDE COVER.**

ODOR REMOVAL

Occasionally, a cooking odor may remain in the microwave oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in microwave oven until cool. Wipe interior with a soft cloth.

TURNTABLE/TURNTABLE SUPPORT

The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and non-abrasive scouring sponge. They are also dishwasher-proof. Use upper wire rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

CLEANING AND CARE

Disconnect the power cord or leave the door open to deactivate the oven during cleaning. Disconnect the power cord before replacing filters and lights.

Cleaning the exhaust filters

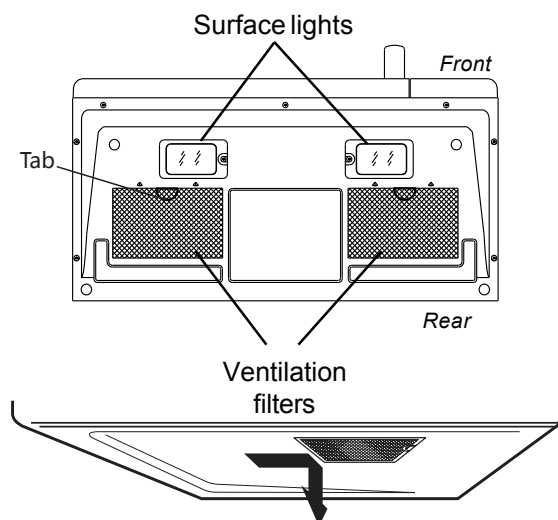
The oven ventilation exhaust filters should be removed and cleaned often; generally at least once every month.

Vent exhaust filter part number 5304478913

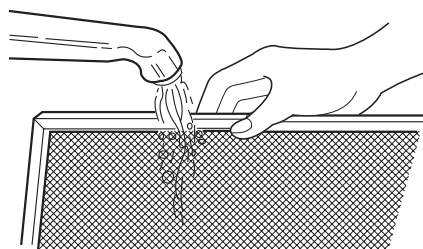
To order parts call 800-599-7569

⚠ CAUTION

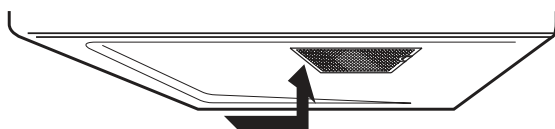
To avoid risk of personal injury or property damage, do not operate oven hood without filters properly in place.



1. To remove the exhaust ventilation filters, slide the filter to the rear. Then pull filter downward and push to the other side. The filter will drop out. Repeat for the 2nd filter.



2. Soak the ventilation filters in hot water using a mild detergent. Rinse well and shake to dry or wash in a dishwasher. **Do not use ammonia. The aluminum on the filter will corrode and darken.**



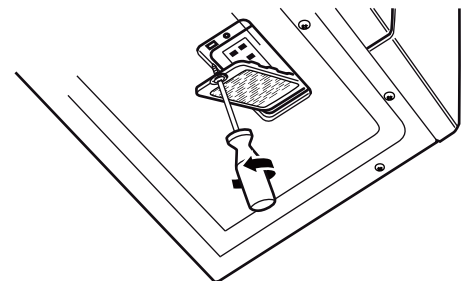
3. To reinstall the exhaust ventilation filter, slide it into the side slot, then push up and toward oven to lock. Reinstall the 2nd filter using the same procedure.

Surface light replacement

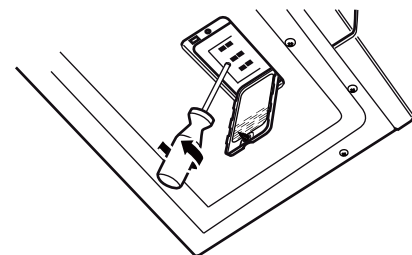
⚠ CAUTION

To avoid risk of personal injury or property damage, wear gloves when replacing the light bulbs.

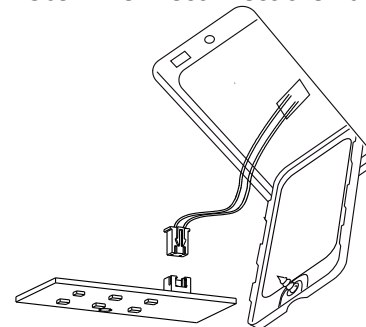
1. Unplug the microwave oven or turn off power at the main circuit breaker.
2. Remove the LED light cover mounting screws at both light positions under the microwave.



3. Remove the LED light mounting screw.



4. Unplug the LED light from the harness, replace with LED light of part# 5304499540. To order parts call 800-599-7569. Then reconnect the harness.



5. Re-install LED light and mounting screw. When re-installing mounting screw be careful not to damage the LED light.
6. Re-install LED light cover and mounting screw.
7. Plug the microwave back into the power supply or turn the power back on at the main circuit breaker.

CLEANING AND CARE

Disconnect the power cord or leave the door open to deactivate the oven during cleaning. Disconnect the power cord before replacing filters and lights.

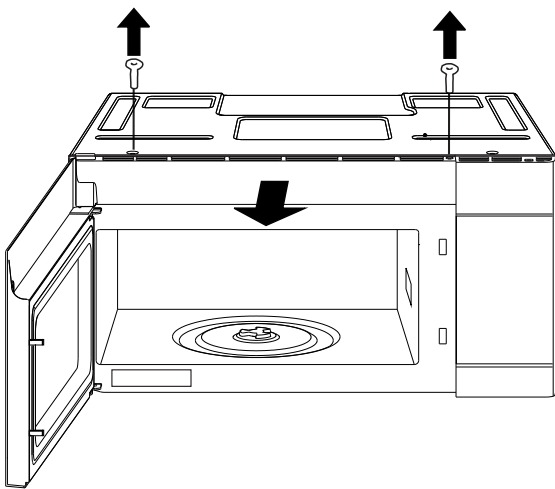
Charcoal filter replacement

Charcoal filter part number 5304464577

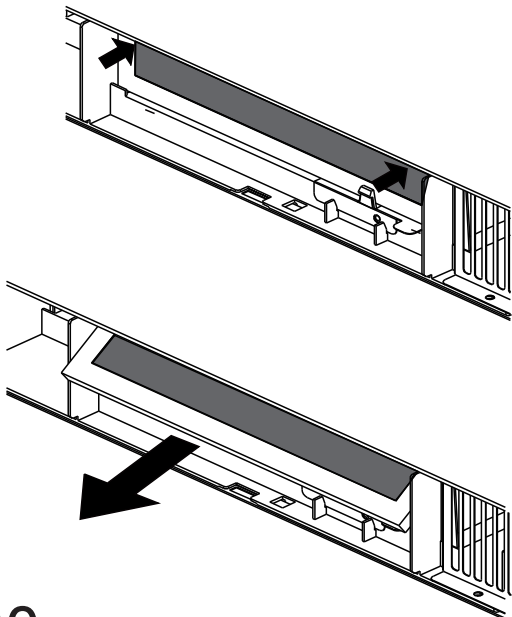
To order parts call 800-599-7569

Charcoal Filter when installed in your microwave oven, is used for nonvented, recirculated installation. The filter should be changed every 6 to 12 months depending on use.

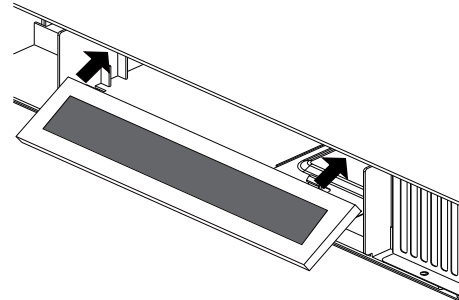
1. Disconnect power to the microwave oven at the circuit breaker panel or by unplugging.
2. Remove the vent grill mounting screws.
3. Pull the vent grill away from the unit.



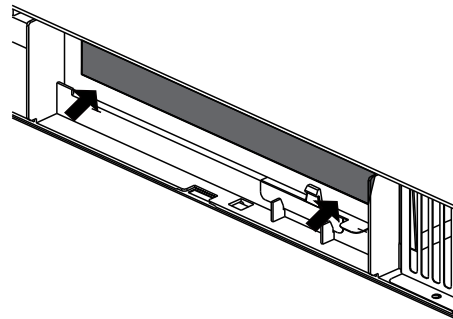
4. Remove the charcoal filter by pushing the top of the filter inwards, then pull it forward out from the unit.



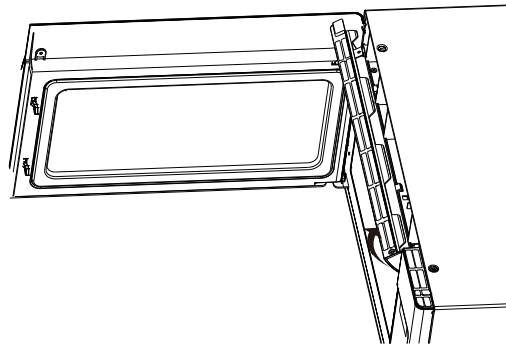
5. Slide the top of the new charcoal filter into the top area of the filter cavity.



6. Press the bottom of charcoal filter to place it into the correct position.



7. Put the vent grille bottom tabs into the slots then push the top of the vent grille into place.



8. Reinstall the vent grille screws.

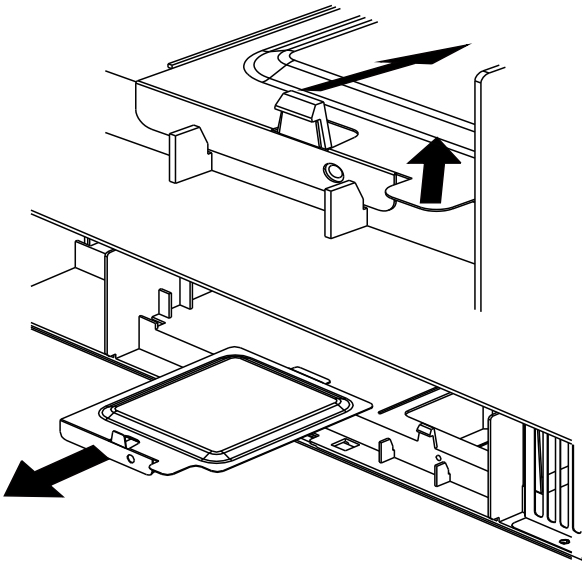
CLEANING AND CARE

Disconnect the power cord or leave the door open to deactivate the oven during cleaning. Disconnect the power cord before replacing filters and lights.

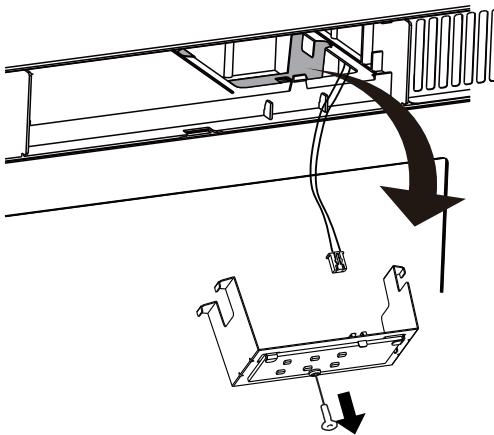
Oven light replacement

To access the light cover remove the Carbon Filter per instructions 1-4 above in the re-placement section.

1. Open light cover located behind Microwave Carbon Filter by carefully pulling up on the front edge.

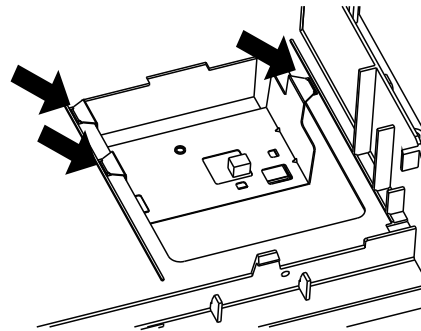


2. Remove the LED bracket and light assembly. Remove the LED light from the bracket by removing the mounting screw and replace only with part 5304499540. To order parts call 800-599-7569.

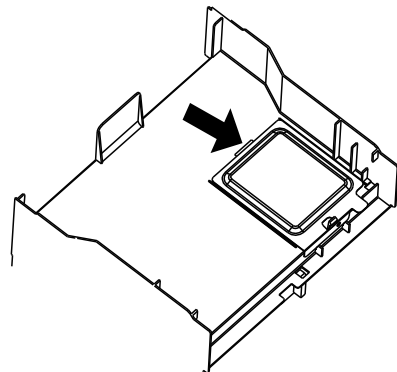


3. Re-install LED light to the bracket with mounting screw. When re-installing mounting screw be careful not to damage the LED light.

4. Reconnect LED light to the harness and place the LED light assembly back into the plastic housing.



5. Replace the microwave oven light cover by carefully pushing into place (make sure the light cover rear tab is inserted into slot at rear).



6. Replace the Carbon Filter. Close the vent grille door and tighten the vent grill door mounting screw.

SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water in a glass measuring cup in the microwave oven and close the door securely.
Operate the microwave oven for one minute at HIGH 100%.

- A** Does the microwave oven light come on? YES ____ NO ____
- B** Does the cooling fan work? (Put your hand on the louver above the Control Panel.) YES ____ NO ____
- C** Does the turntable rotate? (It is normal for the turntable to turn in either direction.) YES ____ NO ____
- D** Is the water in the microwave oven warm? YES ____ NO ____

If "NO" is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker. If they are functioning properly, CONTACT YOUR NEAREST ELECTROLUX AUTHORIZED SERVICER.

A microwave oven should never be serviced by a "do-it-yourself" repair person.

NOTES

If time appearing in the display is counting down very rapidly, check Demonstration Mode on page 28.

SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1500 W 14.2 amps.
Output Power*:	1000 W
Frequency:	2450 MHz (Class B/Group2)**
Outside Dimensions:	29.88"(W) x 15.94"(D) x 16.41"(H)
Cavity Dimensions:	20.94 "(W) x 14.57"(D) x 10.51 "(H)
Microwave oven Capacity***:	1.9 Cu.Ft.
Cooking Uniformity:	Turntable
Weight:	Approx. (net) 57.1 lb, (gross) 65.23 lb
Work/Night Light:	2*1.2W LED, the part number is 5304499540.
Oven Light:	1*1.2W LED, the part number is 5304499540.

* The International Electrotechnical Commission's standardized method for measuring output wattage. This test method is widely recognized.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

*** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

In compliance with standards set by:

FCC - Federal Communications Commission Authorized.

DHHS - Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.

NHW - Department of National Health and Welfare of Canada.



- This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.



- This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc. for use in USA or Canada.

MAJOR APPLIANCE WARRANTY INFORMATION

Your appliance is covered by a one year limited warranty. For one year from your original date of purchase, Electrolux will pay all costs for repairing or replacing any parts of this appliance that prove to be defective in materials or workmanship when such appliance is installed, used and maintained in accordance with the provided instructions.

Exclusions This warranty does not cover the following:

1. Products with original serial numbers that have been removed, altered or cannot be readily determined.
2. Product that has been transferred from its original owner to another party or removed outside the USA or Canada.
3. Rust on the interior or exterior of the unit.
4. Products purchased "as-is" are not covered by this warranty.
5. Food loss due to any refrigerator or freezer failures.
6. Products used in a commercial setting.
7. Service calls which do not involve malfunction or defects in materials or workmanship, or for appliances not in ordinary household use or used other than in accordance with the provided instructions.
8. Service calls to correct the installation of your appliance or to instruct you how to use your appliance.
9. Expenses for making the appliance accessible for servicing, such as removal of trim, cupboards, shelves, etc., which are not a part of the appliance when it is shipped from the factory.
10. Service calls to repair or replace appliance light bulbs, air filters, water filters, other consumables, or knobs, handles, or other cosmetic parts.
11. Surcharges including, but not limited to, any after hour, weekend, or holiday service calls, tolls, ferry trip charges, or mileage expense for service calls to remote areas, including the state of Alaska.
12. Damages to the finish of appliance or home incurred during installation, including but not limited to floors, cabinets, walls, etc.
13. Damages caused by: services performed by unauthorized service companies; use of parts other than genuine Electrolux parts or parts obtained from persons other than authorized service companies; or external causes such as abuse, misuse, inadequate power supply, accidents, fires, or acts of God.

DISCLAIMER OF IMPLIED WARRANTIES; LIMITATION OF REMEDIES

CUSTOMER'S SOLE AND EXCLUSIVE REMEDY UNDER THIS LIMITED WARRANTY SHALL BE PRODUCT REPAIR OR REPLACEMENT AS PROVIDED HEREIN. CLAIMS BASED ON IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO ONE YEAR OR THE SHORTEST PERIOD ALLOWED BY LAW, BUT NOT LESS THAN ONE YEAR. ELECTROLUX SHALL NOT BE LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN LIMITED WARRANTY OR ANY IMPLIED WARRANTY. SOME STATES AND PROVINCES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, OR LIMITATIONS ON THE DURATION OF IMPLIED WARRANTIES, SO THESE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS WRITTEN WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

If You Need Service Keep your receipt, delivery slip, or some other appropriate payment record to establish the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. Service under this warranty must be obtained by contacting Electrolux at the addresses or phone numbers below.

This warranty only applies in the USA and Canada. In the USA, your appliance is warranted by Electrolux Major Appliances North America, a division of Electrolux Home Products, Inc. In Canada, your appliance is warranted by Electrolux Canada Corp. Electrolux authorizes no person to change or add to any obligations under this warranty. Obligations for service and parts under this warranty must be performed by Electrolux or an authorized service company. Product features or specifications as described or illustrated are subject to change without notice.

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