

Criterion™

User's Manual

Over the Range Low Microwave Oven

MODEL: CMH12M1S

BEFORE USING YOUR PRODUCT: Please read this manual carefully & follow all safety rules & operating instructions. Keep this manual for future reference.

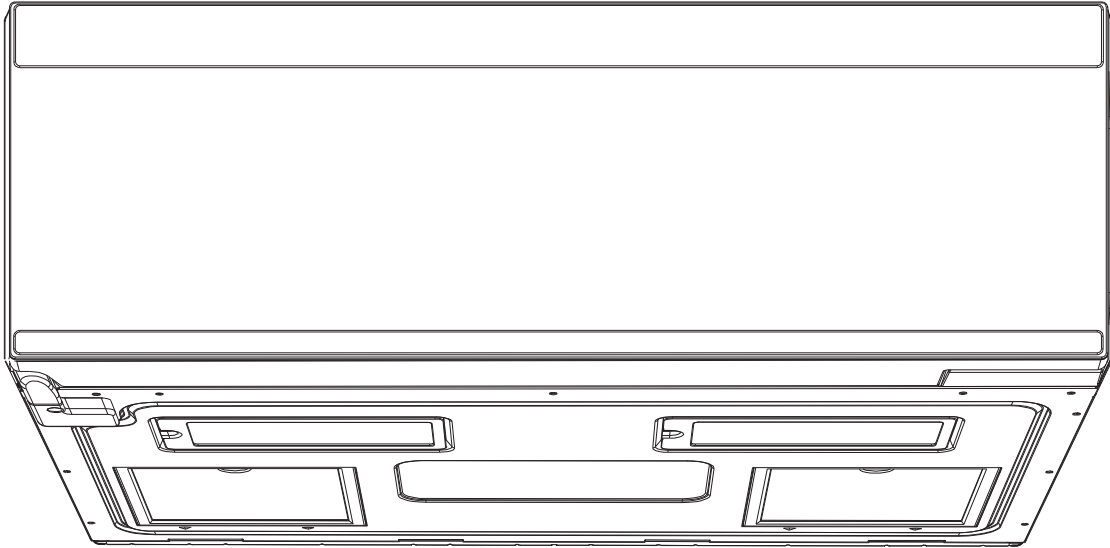


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PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (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 closes 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.

SPECIFICATIONS

Model:	CMH12M1S
Rated Voltage:	120V~60Hz
Rated Input Power(Microwave):	1550 Watt
Rated Output Power(Microwave):	1000 Watt

IMPORTANT SAFETY INSTRUCTIONS

WARNING:

When using electrical appliances basic safety precautions should be followed, including the following. 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.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 6.
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 - are able to 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, near a swimming pool, or similar location.
 12. Do not immerse cord or plug in water.
 13. Keep cord away from heated surface.
 14. Do not let cord hang over edge of table or counter.
 15. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergent applied with a sponge or soft cloth.
 16. To reduce the risk of fire in the oven cavity:
 - (1). Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (2) Remove wire twist-ties from paper or plastic bag before placing bag in oven.
 - (3) If material inside of the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - (4) 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. 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 LIQUID SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to persons:

- (1). Do not overheat the liquid.
 - (2). Stir the liquid both before and halfway through heating it.
 - (3). Do not use straight-sided containers with narrow necks.
 - (4). After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - (5) Use extreme care when inserting a spoon or other utensil into the container.
18. Clean Ventilation Hoods Frequently - Grease should not be allowed to accumulate on hood or filter.
 19. When flaming foods under the hood, turn the fan on.
 20. Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.
 21. Suitable for use above both gas and electric cooking equipment.

SAVE THESE INSTRUCTIONS

**HOUSEHOLD USE ONLY(NOT FOR
COMMERCIAL USE)**

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING - Improper use of the grounding 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. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounded plug, and 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.

DANGER - Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

WARNING - Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

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.
 - (3). The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

UTENSILS

Tightly-closed utensils could explode. Closed containers should be opened and plastic pouches should be pierced before cooking.

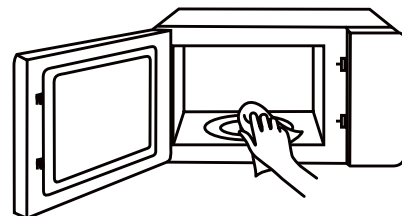
See the instructions on "Materials you can use in microwave oven or to be avoided in microwave oven."

There may be certain non-metallic utensils that are not safe to use for microwaving. If in doubt, you can test the utensil in question following the procedure below.

Utensil Test:

1. Fill a microwave-safe container with 1 cup of cold water (250ml) along with the utensil in question.
2. Cook on maximum power for 1 minute.
3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking.
4. Do not exceed 1 minute cooking time.

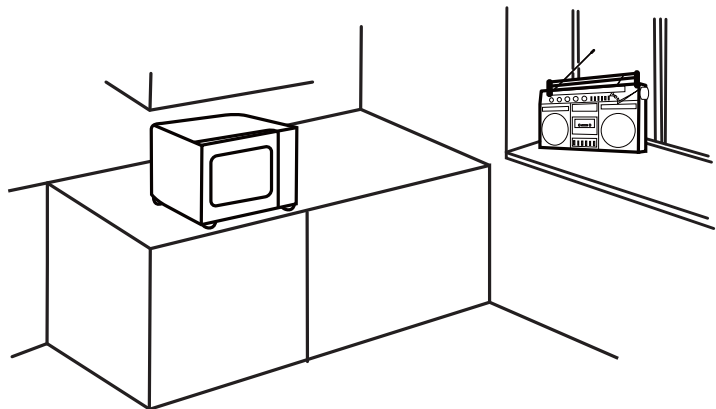
Note - KEEP THE CAVITY CLEAN



RADIO INTERFERENCE

1. Operation of the microwave oven may 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:
 - (1). Clean door and sealing surface of the oven.
 - (2). Reorient the receiving antenna of radio or television.
 - (3). Relocate the microwave oven with respect to the receiver.
 - (4). Move the microwave oven away from the receiver.
 - (5). Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

This device complies with part 18 of the FCC Rules.



MATERIALS YOU CAN USE IN MICROWAVE OVEN

Utensils	Remarks
Browning dish	Follow manufacturer's instructions. The bottom of browning dish must be at least 3/16 inch (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture.

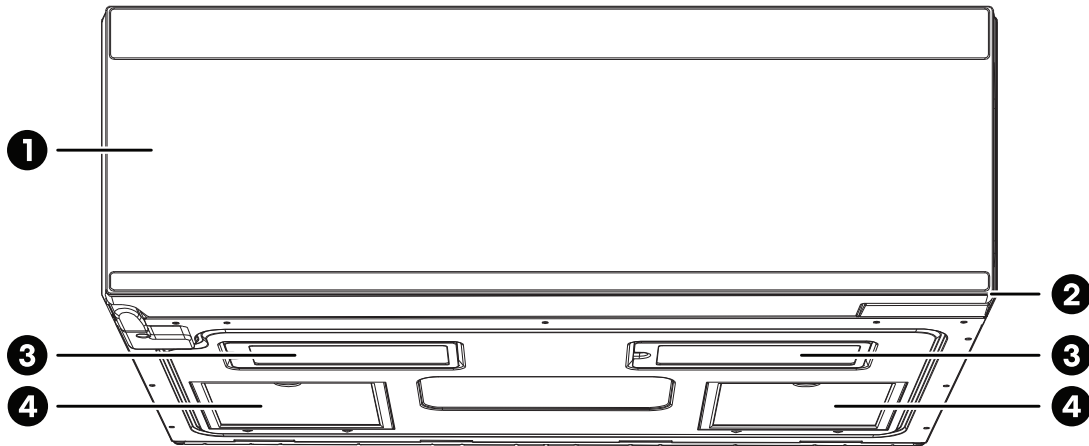
MATERIALS TO BE AVOIDED IN MICROWAVE OVEN

Utensils	Remarks
Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

PRODUCT OVERVIEW

EXTERIOR

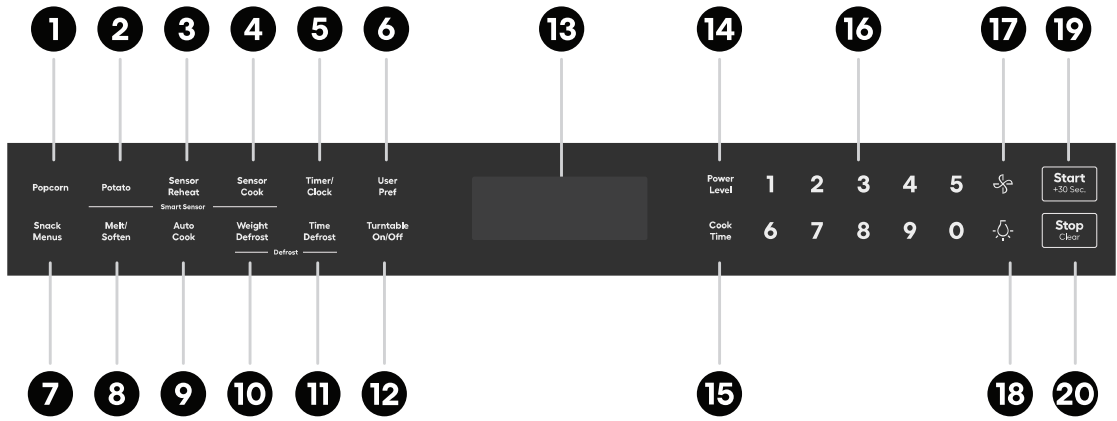
In case of any differences between the appliance and the pictures in this manual, the product shall prevail.



1. Microwave Door
2. Microwave Door Handle (Recessed)
3. Cooktop Light
4. Vent Fan

PRODUCT OVERVIEW (Continued)

CONTROL PANEL

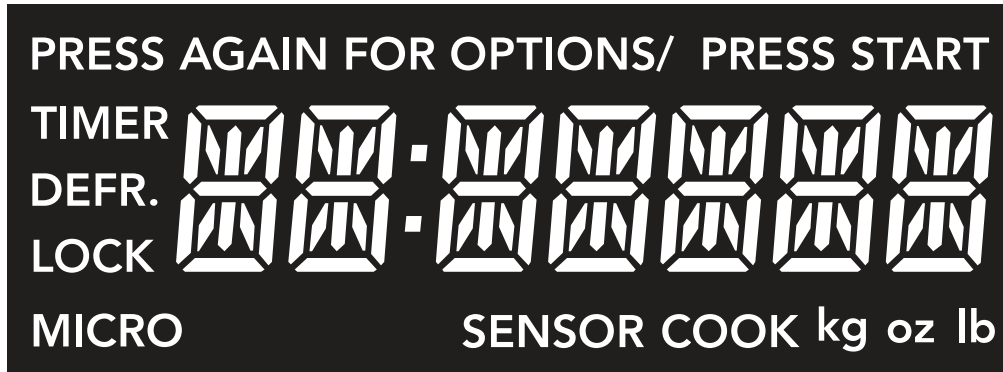


- 1. POPCORN
- 2. POTATO
- 3. SENSOR REHEAT
- 4. SENSOR COOK
- 5. TIMER/CLOCK
- 6. USER PREF
- 7. SNACK MENUS
- 8. MELT/SOFTEN
- 9. AUTO COOK
- 10. WEIGHT DEFROST

- 11. TIME DEFROST
- 12. TURNTABLE ON/OFF
- 13. DISPLAY
- 14. POWER LEVEL
- 15. COOK TIME
- 16. NUMBER PADS
- 17. VENT FAN
- 18. COOKTOP LIGHT
- 19. START/+30 SEC
- 20. STOP/CLEAR

PRODUCT OVERVIEW (Continued)

DISPLAY



Indicator Icon	Description
PRESS AGAIN FOR OPTIONS	Press the same button again to toggle and select more options.
PRESS START	Press START to begin cycle or accept the change/input.
TIMER	Timer is running.
DEFR.	Defrost mode is running.
LOCK	Control lock is activated.
MICRO	Microwave is running.
SENSOR COOK	Sensor mode is running.
kg oz lb	Weight unit being used.

Warning Message	Description
"Food"	The door has been closed for 5 minutes or more without the microwave oven being started. This occurs to avoid unintended starting of the microwave oven. <ul style="list-style-type: none"> • Open and close the door, then start the cycle.
"E04"	Humidity sensor failure. <ul style="list-style-type: none"> • Contact your appliance servicer for assistance.

FEATURES

CLOCK

The clock is a 12-hour clock. It can be disabled with the **STOP/CLEAR** keypad when the microwave oven is reconnected to the power.

Setting the Clock

1. Press **TIMER/CLOCK** twice. The default time 12:00 is shown in the display.
2. Press the numbers to enter the correct time of day. For example, to set 12:34, press the numbers 1, 2, 3, and 4.
3. Press **Start**. This accepts the time entered and starts the clock.

NOTE:

- When the microwave oven is running, pressing **TIMER/CLOCK** will recall the current clock in the display for 2 seconds.

TIMER

The timer must be set before the microwave oven is running, and cannot be stopped or cancelled while the microwave oven is running.

Setting the Timer (Up to 99 minutes and 99 seconds)

1. Press **TIMER/CLOCK** once. The "TIMER" indicator lights up in the display.
2. Press the numbers to enter the length of time. For example, to set a 30-minute timer, press the numbers 3, 0, 0, and 0.
3. Press **TIMER/CLOCK** to start the timer.
4. When the set time has run out, the alarm rings until any key is pressed.

NOTE:

- When the microwave oven is running, pressing **TIMER/CLOCK** will recall the remaining time in the display for 2 seconds.

Cancelling the Timer

1. Press **TIMER/CLOCK**. When the oven is in standby state, the display returns to the time of day.

FEATURES (Continued)

SETTINGS (USER PREFERENCES)

The microwave oven has additional settings which can be accessed using the **USER PREF** keypad. These additional settings can only be adjusted while the microwave oven is not running or the display is showing the time of day. They will restore to default after reconnecting power or a power failure.

Settings	Touch USER PREF	Description	Default
Volume	1 time	Adjust the tone volume	Low
Weight Unit	2 times	Change weight input unit	Lb
Clock Display	3 times	Enable/Disable clock display	On
Demo Mode	4 times	Activate to practice using the control without actually turning on the magnetron.	Off

Adjusting the Volume

1. Press **USER PREF** 1 time, and wait for volume options to show in the display.
2. Press **USER PREF** to toggle and select Low, Med, High, or Off.
3. Press **START** to confirm.

Selecting the Weight Unit

1. Press **USER PREF** 2 times, and wait for weight options to show in the display.
2. Press **USER PREF** to toggle and select Lb or KG.
3. Press **START** to confirm.

Setting the Clock Display

1. Press **USER PREF** 3 times, and wait for clock display options to show in the display.
2. Press **USER PREF** to toggle and select On or Off.
3. Press **START** to confirm.

FEATURES (Continued)

Setting the Demo Mode

1. Press **USER PREF** 4 times, and wait for demo mode options to show in the display.
2. Press **USER PREF** to toggle and select On or Off.
3. Press **START** to confirm.

TURNTABLE

For best cooking results, do not operate the microwave oven without having the turntable in place. Turntable may be turned off for manual cooking only by pressing **TURNTABLE ON/OFF**.

OPERATION INSTRUCTIONS

CONTROL LOCK

The control panel can be locked to avoid unintended use of the oven.

NOTE:

- The control lock can only be activated while the microwave oven or the timer is idle or inactive.

To Lock Control Panel:

- Press and hold **STOP/CLEAR** for 3 seconds or until "LOCKED" appears in the display.

NOTE:

- When locked, touching any keypad on the control panel (except **STOP/CLEAR**) will not work.

To Unlock Control Panel:

- Press and hold **STOP/CLEAR** for 3 seconds or until "UNLOCK" disappears in the display.

OPERATION INSTRUCTIONS (Continued)

COOKWARE AND DINNERWARE

Microwave-Safe

- Browning dish (Follow manufacturer recommendations)
- Ceramic glass, glass
- Earthenware (Follow manufacturer recommendations)
- Melamine (Follow manufacturer recommendations)
- Paper towels, paper plates, napkins (Use non-recycled paper)
- Plastic wraps, bags, covers, dinnerware, containers (Follow manufacturer recommendations)
- Pottery and clay (Follow manufacturer recommendations)
- Silicone bakeware (Follow manufacturer recommendations)
- Wax paper

Do Not Use

- Metal cookware and bakeware
- Straw or wicker
- Gold, silver, or pewter
- Non-approved meat thermometers, skewers
- Twist ties
- Foil liners, such as sandwich wrappers
- Staples
- Objects with gold or silver trim or with metallic glaze

To Test Cookware/Dinnerware:

Place dish in microwave oven with 1 cup (250 mL) of water beside it. Program 1 minute of cook time at 100%. If dish becomes hot and the water stays cool, do not use the dish in the microwave oven.

OPERATION INSTRUCTIONS (Continued)

MANUAL COOK (COOK TIME)

The microwave oven can accept cooking time up to 99 minutes and 99 seconds (99:99). Always enter the seconds even if they are both zeros.

1. Press **COOK TIME** after placing food and closing the door.
2. Press the numbers to enter the length of time.
For example, to set a 3-minute cooking, press the numbers 3, 0, and 0.
3. (Optional) Press **POWER LEVEL** once. Then press the corresponding power level number key or **POWER LEVEL** repeatedly to select the power level desired. Refer to the Power Level table below.
For example, to select 90% power, Press 9 or **POWER LEVEL** twice.

NOTE:

- The default power level is 100% (PL-HI) if **POWER LEVEL** is not pressed.

4. Press **START**.

Power Level	Touch POWER LEVEL	Shortcut Number Key	Display
100%	1 time	10	PL-HI
90%	2 times	9	PL-90
80%	3 times	8	PL-80
70%	4 times	7	PL-70
60%	5 times	6	PL-60
50%	6 times	5	PL-50
40%	7 times	4	PL-40
30%	8 times	3	PL-30
20%	9 times	2	PL-20
10%	10 times	1	PL-10
*0%	11 times	0	PL-0

* At 0% power level the microwave oven will not be heating but the internal fan will be operating. It can be used as a quick timer to rest the hot food just cooked with the microwave oven, or it can help reduce food odors right after cooking.

NOTE:

- When the microwave oven is running, pressing **POWER LEVEL** will display the current power level for 2 seconds.

OPERATION INSTRUCTIONS (Continued)

EXPRESS COOK

Press one of the numbers from 1 to 9 once will start the microwave oven in 2 seconds at 100% power level directly for the minutes entered.

For example, to set a 6-minute cooking at 100% power level directly:

1. Press the number **6** after placing food and closing the door. The microwave oven will automatically start in 2 seconds.

NOTE:

- If "Food" is shown in the display after the number is pressed, open and close the door once and the number entered should appear in the display. The microwave oven uses a 5-minute timer from last closing of the door to help avoid running without any food inside.

POPCORN

Pop only 1 package of popcorn at a time. Cooking results may vary by brand and fat content.

Touch POPCORN	Popcorn Options
1 time	3.3 Oz
2 times	3.0 Oz

To Use Popcorn Program:

1. Place food and close the door.
2. Press **POPCORN** to toggle and select the best matching popcorn options.
3. Press **START**. Listen for popping to slow to 1 pop every 1 or 2 seconds, then press **STOP/CLEAR** to stop the cycle.

OPERATION INSTRUCTIONS (Continued)

POTATO

Cooks 1-4 potatoes, 4-10 Oz (113-283 g) each, in similar size. Pierce each potato several times with a fork. Place on paper towel, around turntable edges, at least 1" (2.5 cm) apart. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.

To Use Potato Program:

1. Press **POTATO** after placing food and closing the door.
2. Press **START**.

SENSOR REHEAT

Touch SENSOR REHEAT	Sensor Reheat Options	Preset Portion Size
1 time	Beverage	Select: 1-3 cups
2 times	Soup/Sauce	1-3 cups
3 times	Dinner Plate	1-2 plates
4 times	Casserole/Lasagna	10.5 Oz
5 times	Roll/Muffin	1-3 slices

To Use Sensor Reheat Program:

1. Place food and close the door.
2. Press **SENSOR REHEAT** to toggle and select different sensor reheat options.
3. (For **Beverage** only) Press **START** and enter the number within the range allowed to select the best matching portion size. (e.g. Enter 2 for 2 cups.)
4. Press **START**.

OPERATION INSTRUCTIONS (Continued)

SENSOR COOK

Touch SENSOR COOK	Sensor Cook Options	Preset Portion Size
1 time	Bacon	Select: 1-3 slices
2 times	Frozen Dinner	10/20 Oz
3 times	Rice	1-2 cups
4 times	Frozen Breakfast	8-12 Oz
5 times	Fresh Veggies	1-4 cups
6 times	Frozen Veggies	1-4 cups

To Use Sensor Cook Program:

1. Place food and close the door.
2. Press **SENSOR COOK** to toggle and select different sensor cook options.
3. (For **Bacon** only) Press **START** and enter the number within the range allowed to select the best matching portion size. (e.g. Enter 2 for 2 slices.)
4. Press **START**.

SNACK MENUS

Touch SNACK MENUS	Snack Menus Options	Preset Portion Size
1 time	Hot Dogs	Select: 1-6 pieces
2 times	Meal in a Cup	2.9 Oz
3 times	Frozen Kids Meal	8.8 Oz

To Use Snack Menus Program:

1. Place food and close the door.
2. Press **SNACK MENUS** to toggle and select different snack menus options.
3. (For **Hot Dogs** only) Press **START** and enter the number within the range allowed to select the best matching portion size. (e.g. Enter 2 for 2 pieces.)
4. Press **START**.

OPERATION INSTRUCTIONS (Continued)

MELT/SOFTEN

Touch MELT/SOFTEN	Melt/Soften Options	Preset Portion Size
1 time	Melt Butter	Select: 1 or 2 sticks
2 times	Melt Chocolate	1 = 2 Oz Select: 2 = 4 Oz 3 = 8 Oz
3 times	Soften Ice Cream	Select: 1 = 1 Pint 2 = 1.5 Quarts
4 times	Soften Cream Cheese	Select: 1 = 3 Oz 2 = 8 Oz

To Use Snack Menus Program:

1. Place food and close the door.
2. Press **MELT/SOFTEN** to toggle and select different melt/soften options.
3. Press **START** and enter the number within the range allowed to select the best matching portion size. (e.g. Enter 2 for 2 sticks of butter.)
4. Press **START**.

AUTO COOK

Touch AUTO COOK	Auto Cook Options	Preset Portion Size
1 time	Scrambled Eggs	Select: 1-6 eggs
2 times	Hot Cereal	1-3 servings
3 times	Frozen Pizza	1-3 slices (6-12Oz each)
4 times	Fudge Brownies	1 slice(18-19Oz ea ch)
5 times	Garlic Shrimp	See Recipe
6 times	Stuffed Mushrooms	See Recipe
7 times	Asiago Red Potatoes	See Recipe
8 times	Roasted Vegetable Medley	See Recipe
9 times	Lemon Shrimp Risotto	See Recipe

OPERATION INSTRUCTIONS (Continued)

To Use Auto Cook Program:

1. Place food and close the door.
2. Press **AUTO COOK** to toggle and select different auto cook options.
3. (For **Scrambled Eggs** only) Press **START** and enter the number within the range allowed to select the best matching portion size. (e.g. Enter 2 for 2 eggs.)
4. Press **START**.

AUTO COOK RECIPES

Fudge Brownies	
Ingredients	
<ul style="list-style-type: none"> • 3/4 cups butter • 3Oz unsweetened chocolate • 1 1/4 cups sugar • 1 teaspoon vanilla extract • 2 large eggs • 1 cup all-purpose flour 	<ul style="list-style-type: none"> • 1 1/4 cups chopped walnuts (5Oz) • 1/2 teaspoon baking powder • 1/2 teaspoon salt • 1/2 cup semisweet chocolate chips
Method	
<ol style="list-style-type: none"> 1. Add butter and chocolate in a microwave-safe bowl, and place bowl in the microwave oven. 2. Press AUTO COOK repeatedly to select Fudge Brownies. 3. Press START to microwave at 100% power for 1 minute. 4. Stir until mixture is smooth. 5. Add sugar, vanilla, eggs, flour, walnuts, baking powder, salt, and mix well. 6. Pour mixture into a microwave-safe pan. Sprinkle and/or fold in chocolate chips, and place pan in the microwave oven. 7. Press START to microwave at 100% power for 5 minutes. 8. Remove pan from the microwave oven and let it cool before cutting and serving the brownies. 	

OPERATION INSTRUCTIONS (Continued)

Garlic Shrimp	
Ingredients	
<ul style="list-style-type: none">• 1/4 cup butter• 6 garlic cloves (crushed/minced)• 2 tablespoons fresh chives (chopped)• 2 tablespoons lemon juice	<ul style="list-style-type: none">• 1 tablespoon chili pepper paste• Salt to taste• 1 pound large shrimp (raw, peeled, and deveined)
Method	
<ol style="list-style-type: none">1. Add butter in a microwave-safe casserole dish, and place dish in the microwave oven.2. Press AUTO COOK repeatedly to select Garlic Shrimp.3. Press START to microwave at 100% power for 1 minute.4. Add garlic in the dish, and place dish in the microwave oven.5. Press START to microwave at 100% power for 1 minute.6. Add chives, lemon juice, chili pepper paste, salt, shrimp, and stir. Place covered dish in the microwave oven.7. Press START to microwave at 100% power for 4 minutes.8. (Optional) When the microwave oven beeps once half way through the 4-minute cooking session, open the door and stir food, then close the door to resume the cooking session.	

OPERATION INSTRUCTIONS (Continued)

Stuffed Mushrooms	
Ingredients	
<ul style="list-style-type: none">• 1 pound whole baby bella mushrooms• 2 tablespoons butter (melted)• 1 bunch green onion (chopped)• 1/4 cup shredded Parmesan cheese	<ul style="list-style-type: none">• 2 tablespoons bread crumbs• 1 teaspoon lemon juice• 1/4 teaspoon garlic pepper• Crushed red pepper to taste
Method	
<ol style="list-style-type: none">1. Remove and set aside mushroom stems.2. Finely chop the mushroom stems, and combine with butter and green onion in a microwave safe bowl. Place bowl in the microwave oven.3. Press AUTO COOK repeatedly to select Stuffed Mushrooms.4. Press START to microwave at 100% power for 2 minutes.5. Add the rest of the ingredients in the bowl and mix well.6. Arrange mushroom caps on a microwave-safe plate.7. Stuff the mixture into the mushroom caps, and place plate in the microwave oven.8. Press START to microwave at 100% power for 4 minutes.	

OPERATION INSTRUCTIONS (Continued)

Asiago Red Potatoes	
Ingredients	
<ul style="list-style-type: none"> • 1 1/4 pounds red potatoes (peeled and thinly sliced) • 2 tablespoons all-purpose flour • 1/2 teaspoon salt 	<ul style="list-style-type: none"> • 1 1/4 cups milk • 1 tablespoon butter (melted) • 5Oz shredded Asiago cheese
Method	
<ol style="list-style-type: none"> 1. Add potatoes, flour, and salt in a microwave-safe casserole dish. 2. Add milk, butter, and stir well. Place covered dish in the microwave oven. 3. Press AUTO COOK repeatedly to select Asiago Red Potatoes. 4. Press START to microwave at 80% power for 13 minutes. 5. Sprinkle cheese, and place covered dish in the microwave oven. 6. Press START to microwave at 80% power for 2 minutes. 	

Roasted Vegetable Medley	
Ingredients	
<ul style="list-style-type: none"> • 1 cup baby carrots • 1 cup yellow squash (sliced) • 1 cup zucchini (sliced) • 1/2 cup red bell pepper (sliced) 	<ul style="list-style-type: none"> • 1/2 cup onion (thinly sliced) • 1 tablespoon olive oil • Salt, garlic, and herb seasoning to taste
Method	
<ol style="list-style-type: none"> 1. Add carrots, squash, zucchini, red bell pepper, and onion in a microwave-safe casserole dish. 2. Add olive oil, salt, garlic, herb seasonings, and stir. Place covered dish in the microwave oven. 3. Press AUTO COOK repeatedly to select Roasted Vegetable Medley. 4. Press START to microwave at 100% power for 8 minutes. 	

OPERATION INSTRUCTIONS (Continued)

Lemon Shrimp Risotto	
Ingredients	
<ul style="list-style-type: none">• 2 tablespoons butter• 2 teaspoons olive oil• 1 onion (chopped)• 1 medium shallot (minced)• 2 lemons• 2 cans chicken broth (14.5Oz each)• 1/2 cup dry white wine	<ul style="list-style-type: none">• 2 cups Arborio rice (Italian short-grain rice) or medium-grain rice• 1 pound medium shrimp (shelled and deveined)• 1 cup frozen peas (5Oz, thawed)• 3/4 teaspoons salt• 1/4 teaspoon ground black pepper
Method	
<ol style="list-style-type: none">1. Add butter, olive oil, onion, and shallot in a microwave-safe casserole dish. Place dish in the microwave oven.2. Press AUTO COOK repeatedly to select Lemon Shrimp Risotto.3. Press START to microwave at 100% power for 2 minutes.4. Extract grated lemon peel and lemon juice from the lemons. Add grated lemon peel, lemon juice, chicken broth, and white wine in another microwave-safe casserole dish. Place covered dish in the microwave oven.5. Press START to microwave at 100% power for 8 minutes.6. Add rice in the dish with onion, and stir evenly. Add hot chicken broth, and stir evenly. Place covered dish in the microwave oven.7. Press START to microwave at 50% power for 13 minutes.8. Add shrimp, peas, salt, pepper, and stir. Place covered dish in the microwave oven.9. Press START to microwave at 50% power for 5 minutes.	

OPERATION INSTRUCTIONS (Continued)

TIME DEFROST

Uses reduced power to defrost food without cooking it, and allows thawing frozen food quicker than in the fridge.

To Use Time Defrost Program:

1. Press **TIME DEFROST** after placing food and closing the door.
2. Press the numbers to enter the length of defrost time.
3. Press **START**.
4. The microwave oven will signal as a reminder to turn over or stir the food midway through the defrost cycle. After turning over or stirring the food, close the door and press **START** again.

Time Defrost may be added when setting a Manual Cook (Cook Time).

For example, to set a time defrost before a manual cook:

1. Press **COOK TIME** after placing food and closing the door.
2. Press the numbers to enter the length of time.
For example, to set a 3-minute cooking, press the numbers 3, 0, and 0.
3. (Optional) Press **POWER LEVEL** once. Then press the corresponding power level number key or **POWER LEVEL** repeatedly to select the power level desired. Refer to the Power Level table in Manual Cook section.
For example, to select 90% power, Press 9 or **POWER LEVEL** twice.

NOTE:

- The default power level is 100% (PL-HI) if **POWER LEVEL** is not pressed.
4. Press **TIME DEFROST**.
 5. Press the numbers to enter the length of defrost time.
 6. Press **START**.
 7. The microwave oven will signal as a reminder to turn over or stir the food midway through the defrost cycle. After turning over or stirring the food, close the door and press **START** again.
 8. When the defrost cycle is completed, the microwave oven will start the set manual cook automatically.

OPERATION INSTRUCTIONS (Continued)

WEIGHT DEFROST

Automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish up to 6 pounds in weight.

To Use Weight Defrost Program:

1. Press **WEIGHT DEFROST** after placing food and closing the door.
2. Press the numbers to enter the food weight in tenths of a pound.
For examples:
 - To enter 0.5 pounds, press the numbers 0 and 5.
 - To enter 3.0 pounds, press the numbers 3 and 0.
3. Press **START**.
4. The oven will signal as a reminder to turn over or stir the food midway through the defrost cycle. After turning over or stirring the food, close the door and press **START** again.

Weight Defrost may be added when setting a Manual Cook (Cook Time).

For example, to set a weight defrost before a manual cook:


1. Press **COOK TIME** after placing food and closing the door.
2. Press the numbers to enter the length of time.
For example, to set a 3-minute cooking, press the numbers 3, 0, and 0.
3. (Optional) Press **POWER LEVEL** once. Then press the corresponding power level number key or **POWER LEVEL** repeatedly to select the power level desired. Refer to the Power Level table in Manual Cook section.
For example, to select 90% power, Press 9 or **POWER LEVEL** twice.

NOTE:

- The default power level is 100% (PL-HI) if **POWER LEVEL** is not pressed.
4. Press **WEIGHT DEFROST**.
 5. Press the numbers to enter the food weight in tenths of a pound.
 6. Press **START**.
 7. The microwave oven will signal as a reminder to turn over or stir the food midway through the defrost cycle. After turning over or stirring the food, close the door and press **START** again.
 8. When the defrost cycle is completed, the microwave oven will start the set manual cook automatically.

OPERATION INSTRUCTIONS (Continued)

VENT FAN


Press  **Vent Fan** keypad once for High fan setting. You may press this keypad again to select Low fan setting.

This microwave oven hood has 2 available speeds HIGH → LOW → OFF.

NOTE:

- The vent fans may automatically come on at Low fan setting when the temperature of the built-in temperature sensor near the fans is over 158°F (70°C).
- If the vent fans are automatically turned on, they will automatically turn off when the temperature drops below 104°F (40°C).
- With the vent fans automatically turned on at Low fan setting, pressing **Vent Fan** keypad can change the fan setting to High and the vent fans will not automatically turn off. After the temperature of the built-in temperature sensor drops below 104°F (40°C), the vent fans can be manually turned off.

COOKTOP LIGHT

Pressing  **Cooktop Light** keypad adjusts the cooktop light setting among HIGH → LOW → OFF.

CLEANING AND CARE

GENERAL CLEANING

IMPORTANT: Before cleaning, make sure all controls are OFF and the microwave oven is cool. Always follow label instructions on cleaning products.

To avoid damage to the microwave oven caused by arcing due to soil buildup, keep cavity, microwave inlet cover, cooking rack supports, and area where the door touches the frame clean.

Clean with mild soap, water, and a soft cloth or sponge or as indicated below.

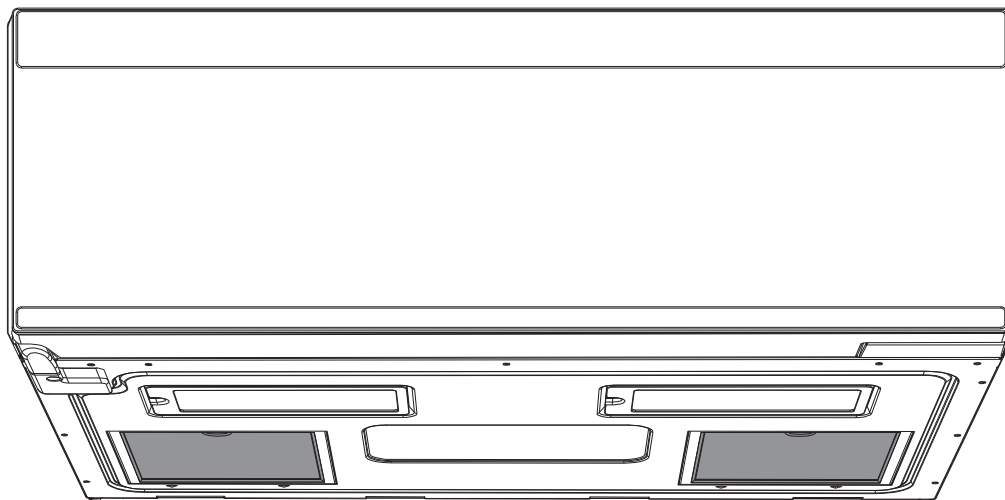
- Grease filter: mild soap and water or dishwasher
- Door and exterior: mild soap and water, or glass cleaner applied to paper towel
- Control panel: sponge or soft cloth and water
- Stainless steel (on some models): mild soap and water, then rinse with clean water and dry with soft cloth, or use stainless steel cleaner
- Turntable: mild soap and water or dishwasher

CLEANING AND CARE (Continued)

INSTALLING/REPLACING FILTERS AND LIGHT BULBS

GREASE FILTERS

Grease filters are located on the underside of the microwave oven. The grease filters should be removed and cleaned at least once a month.



NOTE: Do not operate the microwave oven without the filters in place.

To replace the grease filters:

1. Make sure microwave oven is unplugged or power is disconnected.
2. Push back the finger grip and pull down the grease filters from the bottom plate.
3. Clean the grease filters monthly, or replace with a new grease filter if necessary.
4. Put the grease filters back to the bottom plate.

CLEANING AND CARE (Continued)

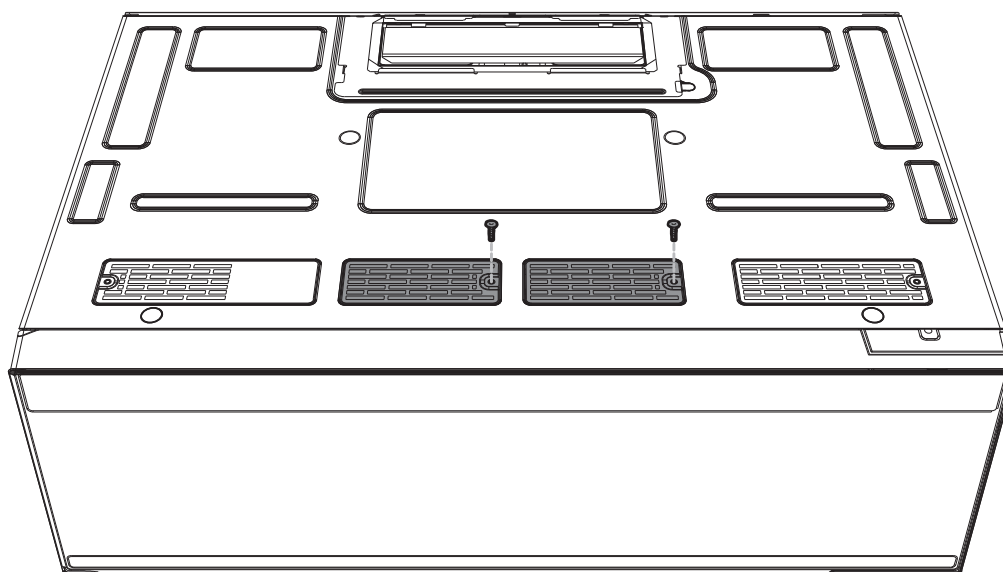
CHARCOAL FILTER

Charcoal filters are located at the top venting of the microwave oven. The charcoal filter cannot be cleaned and should be replaced about every 6 months.

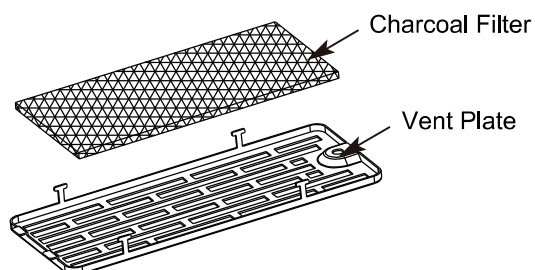
NOTE: For recirculation, do not operate the microwave oven without the filters in place.

To Replace Charcoal Filters:

1. Make sure microwave oven is unplugged or power is disconnected.
2. Remove the two vent plate screws located on the top of the microwave oven, and remove the vent plates.



3. Replace the charcoal filter from the vent plates.



4. Replace the vent plates on the microwave oven and tighten the screws.

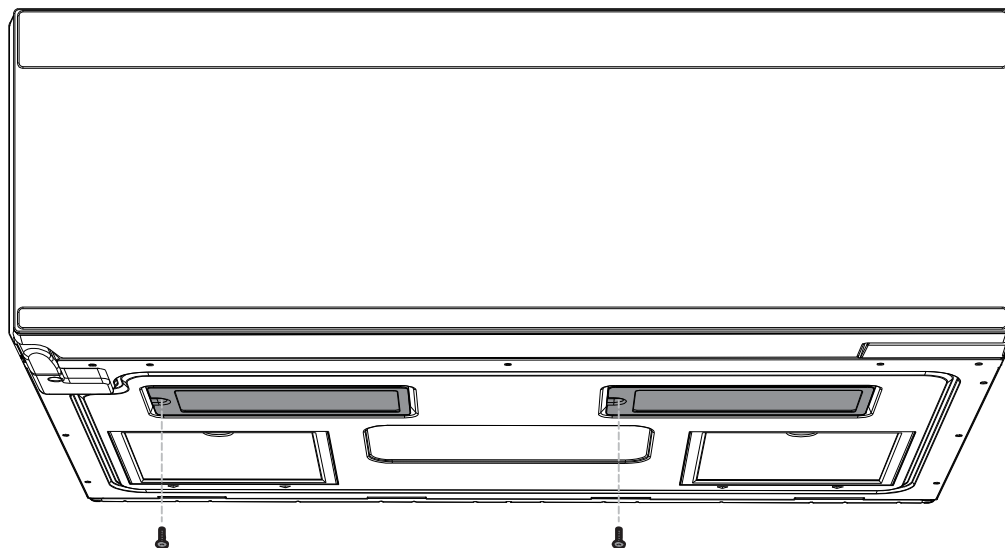
CLEANING AND CARE (Continued)

COOKTOP LIGHTS

The cooktop lights are located on the underside of the microwave oven and are replaceable.

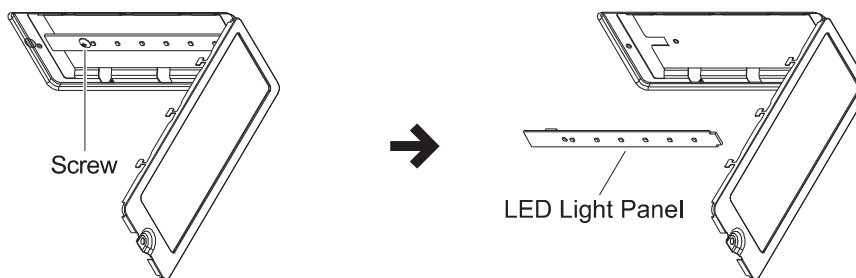
To replace the cooktop light:

1. Using a Phillips screwdriver, remove the glass cover screw at the bottom of the microwave oven.



2. Open the glass cover.

3. Remove the LED light panel screw, and disconnect the LED light panel from its terminal.



4. Insert a new LED light panel to the terminal and replace the LED light panel screw.

5. Close and secure the glass cover with the screw removed in step 1.

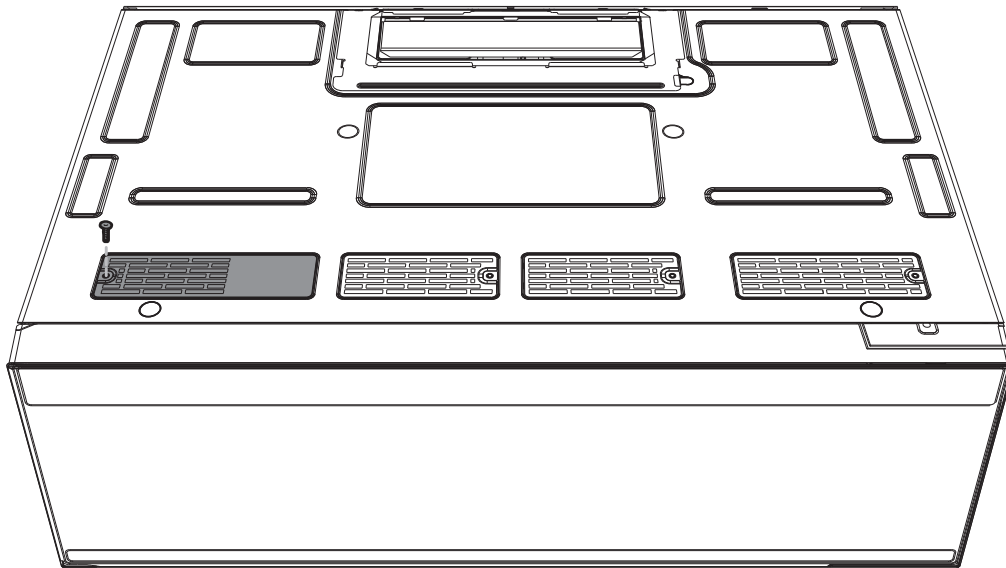
CLEANING AND CARE (Continued)

CAVITY LIGHT

The cavity light is located at the top left of the microwave oven near the front.

To replace the cavity light:

1. Using a Phillips screwdriver, remove the metal cover screw from the top left of the microwave oven and remove the metal cover.



2. Pull out the light from the light holder.
3. Insert a new light.
4. Reattach the metal cover with the screw removed in step 1.

TROUBLESHOOTING

First try the solutions suggested here. If you need further assistance or more recommendations that may help you avoid a service call, refer to the warranty page in this manual.

If you experience	Recommended Solutions
<p>Microwave oven will not operate</p>	<p>Check the following:</p> <ul style="list-style-type: none"> • Household fuse or circuit breaker: If a household fuse has blown or a circuit breaker has tripped, replace the fuse or reset the circuit breaker. If the problem continues, call an electrician. • Magnetron: Try to heat 1 cup (250 mL) of cold water for 2 minutes at 100% cooking power. If water does not heat, try the steps in the bullets below. If microwave oven still does not operate, call for service. • Door: Firmly close door. On some models, if a packaging spacer is attached to inside of the door, remove it, then firmly close door. If a message "Food" appears in the display, the door has been closed for 5 minutes or more without the microwave oven being started. This occurs to avoid unintended starting of the microwave oven. Open and close the door, then start the cycle. • Control: Make sure control is set properly. Make sure Control Lock is OFF. Make sure Demo mode (on some models) is OFF.
<p>Arcing in the microwave oven</p>	<ul style="list-style-type: none"> • Soil buildup: Soil buildup on cavity walls, microwave inlet cover, cooking rack supports, and area where the door touches the frame can cause arcing. See "General Cleaning" in the "Microwave Oven Care" section. • Cookware: Use microwave-safe cookware only.

TROUBLESHOOTING (Continued)

If you experience	Recommended Solutions
Fan running during cooktop usage	<ul style="list-style-type: none"> • This is normal. The microwave oven's cooling fan, which is separate from the vent fan, automatically comes on during microwave oven operation to cool the microwave oven. It may also automatically come on and cycle on and off to cool the microwave oven's controls while the cooktop below is being used. • The vent fans may also automatically come on at low setting when the built-in temperature sensor near the fans detects temperature over 158°F (70°C).
Unevenly cooked food	<ul style="list-style-type: none"> • Turn over or stir food midway through the cooking. • Completely defrost food before cooking. • Use appropriate cooking time and power level. • Use microwave-safe cookware only.
Overcooked food	<ul style="list-style-type: none"> • Use appropriate cooking time and power level.
Undercooked food	<ul style="list-style-type: none"> • Completely defrost food before cooking. • Use appropriate cooking time and power level. • Use microwave-safe cookware only.

ONE YEAR LIMITED WARRANTY

This product carries a warranty stating that it will be free from defects in material and workmanship for a period of one year from the date of purchase. This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep your original sales receipt.

IMPORTANT:

1. This warranty does not cover damages resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachments not provided with the product, loss of parts, or subjecting the appliance to any but the specified voltage. (Read directions carefully.)
2. This warranty is void if this product is ever used for other than private household purposes.
3. This warranty is void if this product is ever used outside of United States.

If service is required during the warranty period, properly pack your unit. We recommend using the original carton and packing materials.

If additional assistance is needed, please contact customer assistance at:

800-842-1289

Midea America Corp. expressly disclaims all responsibility for consequential damages or incidental losses caused by use of the appliance. Some states do not allow this exclusion or limitation of incidental or consequential losses so the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

The serial number can be found on the back cabinet. We suggest that you record the serial number of your unit in the space below for future reference

Model Number: _____

Serial Number: _____

Product registration is not mandatory. Failure to complete and return the card or form does not diminish the consumer' s warranty rights.

SAVE THIS FOR YOUR RECORDS

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