

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 Number: _____

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 1-800-944-9044, 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 **“ELECTRICAL GROUNDING INSTRUCTIONS”** on page 4.
 - 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.
 - 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 should 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.
 - If the microwave oven is installed as a built-in, observe the following instructions:
 - Do not mount over a sink.
 - Do not store anything directly on top of the appliance surface when the appliance is in operation.
 - If the microwave oven light fails, consult a FRIGIDAIRE AUTHORIZED SERVICER.

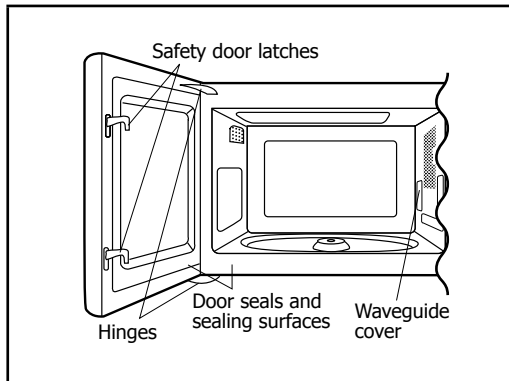
SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

UNPACKING AND EXAMINING YOUR MICROWAVE OVEN

Remove all packing materials from inside the microwave oven cavity; however, **DO NOT REMOVE THE WAVEGUIDE COVER**, which is located on the right cavity wall. 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 FRIGIDAIRE AUTHORIZED SERVICER.



CHOOSING A LOCATION FOR YOUR MICROWAVE OVEN ON THE COUNTER

You will use the microwave oven frequently so plan its location for ease of use. It's wise, if possible, to have counter space on at least one side of the microwave oven. Allow at least 2 inches on the sides, top and at the rear of the microwave oven for air circulation.

For installation over a wall oven, please refer to your installation instructions.

ELECTRICAL 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

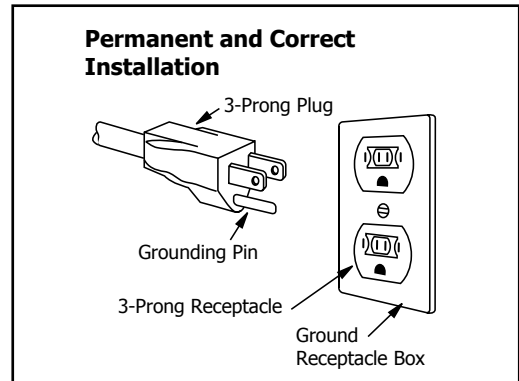
Improper use of the grounding plug can result in a risk of electric shock.

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 this appliance 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.**



Extension Cord

If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the microwave oven. The marked rating of the extension cord should be AC 115-120 volt, 15 amp. or more.

Be careful not to drape the cord over the countertop or table where it can be pulled on by children or tripped over accidentally.



NOTES

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither Frigidaire 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

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 to this microwave oven. It is the responsibility of the user to correct such interference.

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. The turntable will turn both clockwise and counterclockwise.

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 1200 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.
- Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking before dense, thick areas are cooked thoroughly.
- 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 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.

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.

How to use aluminum foil in your microwave oven:

- Small flat pieces of aluminum foil placed smoothly on the food can be used to shield areas that are either defrosting or cooking too quickly.
- Foil should not come closer than one inch to any surface of the microwave oven.

Should you have questions about utensils or coverings, check a good microwave cookbook or follow recipe suggestions.

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. Frigidaire is not responsible for any damage to the microwave oven when accessories are used.

ABOUT SAFETY

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

TEMP	FOOD
145°F (63°C)	- For beef, lamb or veal cut into steaks, chops or roasts, fish
160°F (71°C)	- For fresh pork, ground meat, seafood, egg dishes, frozen prepared food and beef, lamb or veal cut into steaks, chops or roasts
165°F (74°C)	- For leftover, ready-to-reheat refrigerated, deli and carry out "fresh" food, whole chicken or turkey, chicken or turkey breasts and ground poultry used in chicken or turkey burgers



NOTES

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.

IMPORTANT SAFETY INSTRUCTIONS

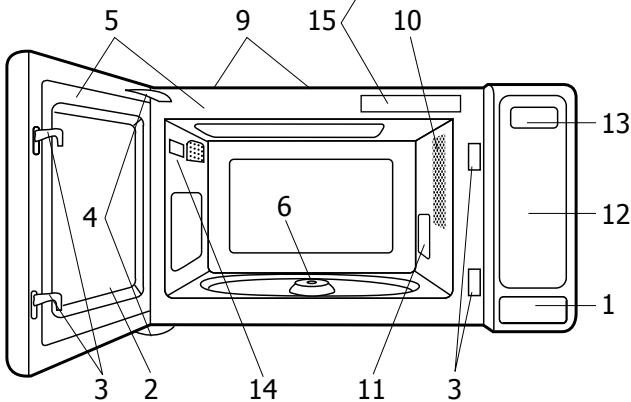
- Stay near the microwave oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- NEVER use the cavity for storing cookbooks or other items.
- Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne 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.
- Keep aluminum foil used for shielding at least 1 inch away from walls, ceiling and door.

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 boil-overs. 	<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.

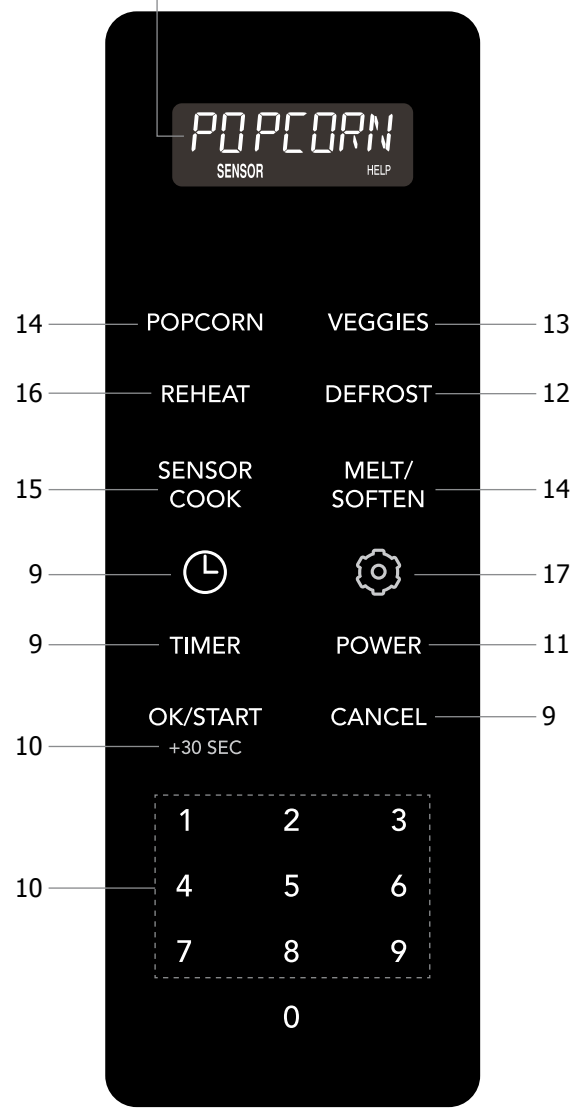
PART NAMES & CONTROL PANEL

SENSOR COOK	REHEAT	DEFROST	VEGGIES	MELT/SOFTEN
1. Frozen Entrees	1. Sensor Reheat	1. Ground Meat	1. Baked Potato	1. Butter
2. Ground Meat	2. Fresh Rolls/Muffins	2. Steak/Chops/Fish	2. Fresh Veggies - Soft	2. Chocolate
3. Rice	3. Frozen Rolls/Muffins	3. Chicken Pieces	3. Fresh Veggies - Hard	3. Ice Cream
4. Chicken Breast	4. Pasta	4. Roast	4. Frozen Veggies	4. Cream Cheese
5. Fish/Seafood	5. Pizza Reheat	5. Casserole		
		6. Soup		



1. One touch door open button
Push to open door
2. Microwave oven door with see-through window
3. Safety door latches
The microwave oven will not operate unless the door is securely closed.
4. Door hinges
5. Door seals and sealing surfaces
6. Turntable motor shaft
7. Removable turntable support
Carefully place the turntable support in the center of the microwave oven floor.
8. Removable turntable
Place the turntable on the turntable support securely. The turntable will rotate clockwise or counterclockwise. Only remove for cleaning.
9. Ventilation openings (rear)
10. Microwave oven light
It will light when microwave oven is operating or door is open.
11. Waveguide cover: DO NOT REMOVE
12. Auto-Touch control panel
13. Interactive display: 99 minutes, 99 seconds
14. Serial plate
15. Menu label

The 7-digit Interactive display spells out operating steps and shows cooking hints. When HELP is lighted in the display, press the pad to read a specific hint which may assist you.



Number next to the control panel illustration indicates page on which there is a feature description and usage information.

NOTES






When a pad is pressed, an audible signal will be heard which confirms the pad has been pressed.

BEFORE OPERATING

1. Before operating your new microwave oven, make sure you read and understand this Use and Care Guide completely.
2. Before the microwave oven can be used, follow these procedures:
 - Plug in the microwave oven. Close the door. The oven display will show ENJOY YOUR OVEN PRESS CANCEL.
3. Set clock. See below.




TO SET THE CLOCK

- **Suppose you want to enter the correct time.**
Time of day 12:30 (A.M. or P.M.).

PRESS	DISPLAY SHOWS:
1. 	ENTER TIME
2.    	12:30
3. OK/START +30 SEC	12:30

TO SET THE TIMER

- **Set the timer for 3 minutes.**

TOUCH	DISPLAY SHOWS:
1. TIMER	ENTER TIME
2.   	3:00
3. TIMER	3:00 Time counting down



NOTES

1. Opening the door during timer countdown will not pause the running timer.
2. To cancel the active timer, press the CANCEL pad once.

CANCEL

Press CANCEL to:

1. Erase if you make a mistake during programming.
2. Cancel timer and the signal after cooking.
3. Return the time of day to the display.
4. Cancel a program during cooking.

MANUAL COOKING

USING ONE TOUCH START

This is a time saving pad that will automatically start cooking 2 seconds after selected. Numeric pad 1 to 9 can be touched for a 1 minute to 9 minutes automatic start cooking feature.

- Suppose you want to cook 3 minutes at 100% power.

PRESS	DISPLAY SHOWS:
1. ③	3:00 Time counting down automatically after 2 seconds

USING ADD 30 SEC.

This is a time-saving pad. It is a simplified feature that lets you quickly set and start microwave cooking at 100% power.

- Suppose you want to set and start microwave cooking at 100% for 30 SEC.

PRESS	DISPLAY SHOWS:
1. OK/START +30 SEC	:30 Time counting down



NOTES

The cooking time can be extended for 30 seconds by pressing add 30 sec pad (only in manual cooking). The cooking time is extended to a maximum of 99 minutes 99 seconds.

SETTING TIMED COOKING WITH POWER LEVEL

This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH (100%) power. Refer to the "Microwave Power Levels" table.

- Suppose you want to cook for five minutes at 70% power.

PRESS	DISPLAY SHOWS:
1. ⑤①①	5:00
2. POWER four times	P-70
4. OK/START +30 SEC	5:00 Time counting down

SETTING TWO-STAGE COOKING

For best results, some recipes call for different power levels during a cook cycle. You can program your oven for two power level stages during the cooking cycle.

- To set a 2-stage cook cycle. The first stage is a 2 minutes cook time at 30% cook power then a 4 minutes cook time at 70% cook power.

PRESS	DISPLAY SHOWS:
1. ②①①	2:00
2. POWER eight times	P-30
3. ④①①	4:00
4. POWER four times	P-70
5. OK/START +30 SEC	2:00 Time counting down

MICROWAVE POWER LEVELS

There are eleven preset power levels. Using lower power levels increases the cooking time, which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

PRESS POWER PAD NUMBER OF TIMES FOR DESIRED POWER	APPROXIMATE PERCENTAGE OF POWER	LEVEL	WHEN TO USE IT
POWER	100%	High	<ul style="list-style-type: none"> • Quickly heating convenience foods and foods with high water content, such as soup and beverages. • Cooking tender cuts of meat, ground meat or chicken.
POWER x 2	90%		<ul style="list-style-type: none"> • Heating cream soups.
POWER x 3	80%		<ul style="list-style-type: none"> • Heating rice, pasta, or casseroles.
POWER x 4	70%	Medium-High	<ul style="list-style-type: none"> • Cooking and heating foods that need a Cook Power lower than High (for example, whole fish and meat loaf) or when food is cooking too fast. • Reheating a single serving of food.
POWER x 5	60%		<ul style="list-style-type: none"> • Cooking that requires special care, such as cheese and egg dishes, pudding, and custards. • Finishing cooking casseroles.
POWER x 6	50%	Medium	<ul style="list-style-type: none"> • Cooking ham, whole poultry, and pot roasts. • Simmering stews.
POWER x 7	40%		<ul style="list-style-type: none"> • Melting chocolate. • Heating pastries.
POWER x 8	30%	Medium-Low, Defrost	<ul style="list-style-type: none"> • Manually defrosting pre-cooked and other foods, such as bread, fish, meats and poultry.
POWER x 9	20%		<ul style="list-style-type: none"> • Softening butter, cheese, and ice cream.
POWER x 10	10%	Low	<ul style="list-style-type: none"> • Keeping food warm. • Taking chill out of fruit.
POWER x 11	0%	None	<ul style="list-style-type: none"> • Standing time in oven.

AUTO COOKING

DEFROST

The auto defrost feature provides you with the best defrosting method for frozen foods. The Defrost Chart 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.

- Suppose you want to defrost 2.0 lb steak.

PRESS	DISPLAY SHOWS:
1. DEFROST and ②	STEAK CHOPS FISH
2. ② ①	2.0lb
4. OK/START +30 SEC	3:24 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 PRESS OK/START to resume the defrost cycle.

OPERATING TIPS

- For best results, remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- 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.

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-Quarter 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.

DEFROST CHART

FOOD	AMOUNT	PROCEDURE
1. Ground Meat	0.5 - 3.0 lb	Remove any thawed pieces after each stage. Let stand, covered, for 5 to 10 minutes.
2. Steaks/Chops/Fish	0.5 - 4.0 lb	After each stage, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is nearly defrosted. Let stand, covered, for 10 to 20 minutes.
3. Chicken Pieces	0.5 - 3.0 lb	After each stage, if there are warm or thawed portions, rearrange or remove. Let stand, covered, for 10 to 20 minutes.
4. Roast	2.0 - 4.0 lb	Start defrosting with fat side down. After each stage, turn roast over and shield the warm portions with aluminum foil. Let stand, covered, for 30-60 minutes.
5. Casserole	2 - 6 cups	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.
6. Soup	1 - 6 cups	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.

DEFROSTING TIPS

- When using Auto Defrost, the weight to be entered is the net weight (the weight of the food minus the container).
- Before starting, make sure to remove any and all metal twist-ties that often come with frozen food bags, and replace them with strings or elastic bands.
- Open containers, such as cartons, before placing in the oven.
- Always slit or pierce plastic pouches or packaging.
- If food is foil wrapped, remove foil and place food in a suitable container.
- Bend plastic pouches of food to ensure even defrosting.
- Slit the skin of skinned food, such as sausage.
- Always under estimate defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting.
- The length of defrosting time varies according to how solidly the food is frozen.
- The shape of the package affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- As food begins to defrost, separate the pieces. Separated pieces defrost more easily.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- For better results, let food stand after defrosting.
- Turn over food during defrosting or standing time. Break apart and remove food as required.

VEGGIES

The Veggies lets you cook fresh and frozen vegetables.

- **Suppose you want to cook frozen veggies.**

PRESS	DISPLAY SHOWS:
1. VEGGIES four times	FROZEN VEGGIES
	4:14
	Time counting down automatically

VEGGIES CHART

PRESS VEGGIES PAD	FOOD
Once	Baked Potato
Twice	Soft Veggies
3 times	Hard Veggies
4 times	Frozen Veggies

AUTO COOKING

POPCORN

The Popcorn lets you pop 1.5-3.5 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 popcorn.**

PRESS	DISPLAY SHOWS:
1. POPCORN	POPCORN SENSOR COOK 3:00 Time counting down automatically

MELT/SOFTEN

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

- **Suppose you want to melt 1 square of Chocolate.**

PRESS	DISPLAY SHOWS:
1. MELT/ SOFTEN and ②	CHOCOLATE
2. ② two times	1 SQUARE
3. OK/START +30 SEC	3:20 Time counting down

MELT\SOFTEN CHART

FOOD	AMOUNT	PROCEDURE
MELT		Use a Pyrex measuring cup. Cover with plastic wrap.
1. Butter	2 tbsp 0.5 cup	Press MELT/SOFTEN and ① for butter, then ① once for 2 tbsp. Press MELT/SOFTEN and ① for butter, then ① twice for 0.5 cup.
2. Chocolate	1 cup 1 square	Press MELT/SOFTEN and ② for chocolate, then ② for 1 cup. Press MELT/SOFTEN and ② for chocolate, then ② twice for 1 square.
SOFTEN		DO NOT COVER.
3. Ice Cream	1 pint Half gallon	Press MELT/SOFTEN and ③ for ice cream, then ③ once for 1 pint. Press MELT/SOFTEN and ③ for ice cream, then ③ twice for half gallon.
4. Cream Cheese	3 oz. 8 oz.	Press MELT/SOFTEN and ④ for cream cheese, then ④ once for 3 oz. Press MELT/SOFTEN and ④ for cream cheese, then ④ twice for 8 oz.

SENSOR OPERATING INSTRUCTIONS

Sensor Cook allows you to cook most of your favorite foods without selecting cooking times and power levels. The display will indicate Sensing during the initial sensing period.

The oven automatically determines required cooking time for each food item. When the internal sensor detects a certain amount of humidity coming from the food, it will tell the oven how much longer to heat. The display will show the remaining heating time. For best results for cooking by Sensor, follow these recommendations.

1. Food cooked with the sensor system should be at normal storage temperature.
2. Always use microwavable containers.
3. Match the amount to the size of the container. Fill containers at least half full for best results.
4. Be sure the outside of the cooking container and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.
5. Foods should always be covered with microwavable plastic wrap, waxed paper, or a lid. Never use tight-sealing plastic covers. They can prevent steam from escaping and cause food to overcook.
6. Do not open the door or press the CANCEL pad during the sensing time. When sensing time is over, the oven beeps and the remaining cooking time will appear in the display window. At this time you can open the door to stir, turn or rearrange the food.

SENSOR COOK

Using SENSOR COOK lets you cook common microwave-prepared foods without needing to program times and cook powers.

- **Suppose you want to cook frozen entrees with sensor.**

Press	DISPLAY SHOWS:
1. SENSOR COOK and ①	FROZEN ENTREES
2. OK/START +30 SEC	FROZEN ENTREES

Covering Foods:

Some foods work best when covered. Use the cover recommended in the food charts.

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.

SENSOR COOK CHART

FOOD	AMOUNT	PROCEDURE
1. Frozen Entrees	6 - 17 oz	Use this pad for frozen convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered, for 1-3 minutes.
2. Ground Meat	0.25 - 2.0 lb	Use this setting to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave-safe rack and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When microwave oven stops, turn patties over or stir meat in casserole to break up large pieces. Re-cover and press OK/START. After cooking, let stand, covered, for 2 to 3 minutes.
3. Rice	0.5 - 2.0 cups	Place rice into a deep casserole and add double quantity of water. Cover with lid or plastic wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed.
4. Chicken Breasts	0.5 - 2.0 lb	Cover with vented plastic wrap. When microwave oven stops, turn over. Shield with small, flat pieces of aluminum foil any areas that are cooking too rapidly. Re-cover and press OK/START. After cooking, let stand, covered for 3-5 minutes. Chicken should be 160°F.
5. Fish/Seafood	0.25 - 2.0 lb	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with vented plastic wrap. After cooking, let stand, covered for 3 minutes.

SENSOR COOKING

REHEAT

Using REHEAT lets you reheat common microwave-prepared foods without selecting cooking times and power levels.

- Suppose you want to reheat 2 cups pasta.


PRESS	DISPLAY SHOWS:
1. REHEAT and ④	PASTA ENTER CUPS

PRESS	DISPLAY SHOWS:
2. ②	2 CUPS
3. OK/START +30 SEC	3:40 Time counting down


REHEAT CHART

FOOD	AMOUNT	PROCEDURE
1. Sensor Reheat	4 - 36 oz.	Place in dish or casserole slightly larger than amount to be reheated. Flatten, if possible. Cover with lid, plastic wrap or wax paper. Use covers such as plastic wrap or lids with larger quantities of more dense foods such as stews. After reheating, stir well, if possible. Re-cover and allow to stand 2 to 3 minutes. Foods should be very hot. If not, continue to heat with variable power and time.
2. Fresh Rolls/Muffins	1 - 10 pieces	Use this setting to warm rolls, muffins, biscuits, bagels etc. Large items should be considered as 2 or 3 regular size. Arrange on plate; cover with paper towel. For refrigerated rolls or muffins, it may be necessary to double the entered amount to ensure the proper serving temperature. For example, enter quantity of 2 for 1 refrigerated roll.
3. Frozen Rolls/Muffins	1 - 10 pieces	Use this setting to warm frozen rolls, muffins, biscuits, bagels, etc. Large items should be considered as 2 or 3 regular size. Arrange on plate, cover with paper towel.
4. Pasta	1.0 - 6.0 cups	Use this setting to reheat refrigerated canned or homemade pasta with sauce. For room temperature pastas, use Less option. Pasta without sauce double the quantity per setting. For example, measure 2 cups of cooked noodles and program for 1 cup. Cover with lid or plastic wrap. Press auto reheat pad 3 times. Enter the desired number of cups and press OK/START. After cooking, let stand, covered, 2 to 3 minutes.
5. Pizza Reheat	1 - 6 slices	Use this setting to reheat refrigerated leftover pizza. One slice is approximately 1/8th of an 12-inch pizza or 1/16th of a 16-inch pizza. if possible, place on paper towel on a microwave-safe rack.

USER PREFERENCE



User Preference  provides 5 features that make using your microwave oven easy because specific instructions are provided in the interactive display.

1. Child Lock

The Child Lock prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated or locked. To set, press , the number **1** and then press the OK/START. Should a pad be pressed, LOCKED will appear in the display.

To cancel, press  and OK/START pad.


2. Audible Signal Elimination

If you wish to have the microwave oven operate with no audible signals, press , the number **2** and then press the CANCEL pad. To restore the signal, press , the number **2** and OK/START.

3. Auto Start

If you wish to program your microwave oven to begin cooking automatically at a designated time of day, follow this procedure:

- **Suppose you want to start cooking a stew for 40 minutes on 50% at 4:30. Before setting, check to make sure the clock is showing the correct time of day.**


PRESS	DISPLAY SHOWS:
1.  and 3	ENTER START TIME
2. 4 3 0	4:30
3. OK/START +30 SEC	ENTER COOK TIME
4. 4 0 0 0	40:00
5. POWER six times	P-50
6. OK/START +30 SEC	AUTO START 4:30 ON




NOTES


1. Auto Start can be used for manual cooking if clock is set.
2. If the microwave oven door is opened after programming Auto Start, it is necessary to press the OK/START enter pad for Auto Start time to appear in the readout so that the microwave oven will automatically begin programmed cooking at the chosen Auto Start time.
3. Be sure to choose foods that can be left in the microwave oven safely until the Auto Start time. Acorn or butternut squash are often a good choice.


4. Language /Weight Selection

The microwave oven comes set for English and U.S. Customary Unit-pounds. To change, press  and the number **4**. Press the number **4** until your choice is selected from the table below. Then, press OK/START.

PRESS  AND 4	LANGUAGE	UNITS
Once	English	LB
Twice	English	KG
3 times	Spanish	LB
4 times	Spanish	KG
5 times	French	LB
6 times	French	KG

5. Demonstration Mode

To demonstrate, press , the number **5**, the number **0** and then press OK/START and hold for three seconds. DEMO ON will appear in the display. Cooking operations and specific special features can now be demonstrated with no power in the oven. For example, press +30 sec pad and the display will show :30 and count down quickly to END.

To cancel, press , the number **5**, the number **0** and then CANCEL pads. If easier, unplug the oven from the electrical outlet and replug and set clock.

CLEANING AND CARE

Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

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 damp cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Cleaners which are marked specifically for use with stainless steel may be used. Follow package directions exactly. Avoid the use of any harsh cleaner or one not marked for stainless steel use as they may stain, streak or dull the door surface.

EASY CARE™ STAINLESS STEEL

(SOME MODELS)

Your microwave oven finish may be made with Easy Care™ Stainless Steel (some models). 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.

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 press CANCEL.

INTERIOR

Cleaning is easy because little heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or spattering. 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.

WAVEGUIDE COVER

The waveguide cover is made from mica which 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 and several whole cloves 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 rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

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 over the rear ventilation openings.)

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 these questions, please check electrical outlet, fuse and/or circuit breaker. If they are functioning properly, CONTACT YOUR NEAREST FRIGIDAIRE 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 17 and cancel.

SPECIFICATIONS

AC Line Voltage:	UL Rating - Single phase 120V, 60Hz, AC only
AC Power Required:	UL Rating - 1700W 14.2 amps.
Output Power*:	UL - 1200W
Frequency:	2450 MHz
Outside Dimensions:	24"(W) x 13-3/8"(H) x 19-1/8"(D)
Cavity Dimensions:	17-3/8"(W) x 10-1/2"(H) x 18-5/8"(D)
Microwave oven Capacity**:	2.0 Cu.Ft.
Cooking Uniformity:	Turntable
Weight:	Approx. 46 LB

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


** 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.

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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