

SAFETY

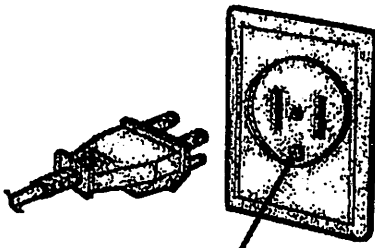
Precautions to avoid possible exposure to excessive microwave energy

- Do not attempt to operate this oven with the door open since an "open door" operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- Do not place any object between the oven front face and the door or allow soil or residue from cleaning the oven to accumulate on the sealing surfaces.
- 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:
 - door (being bent)
 - hinges and latches (being broken or loosened)
 - door seals and sealing surfaces (being broken or loosened)

Note: The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Grounding Instructions

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



Ensure proper ground exists before use.

WARNING

Improper grounding can result in a risk of an electric shock.

Consult a qualified electrician:

- if the grounding instructions are not completely understood
 - if doubt exists as to whether the appliance is properly grounded and also concerning the following:
1. 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 shall be equal to or greater than the electrical rating of the microwave oven.
 2. If not using an extension cord and if the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the microwave oven.

Note:

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:
 - The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the microwave oven.
 - The extension cord must be a grounding-type 3-wire cord and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

SAFETY

Important safety instructions

The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven.

Warning – To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using this microwave oven.
2. Read and follow the specific “**Precautions to avoid possible exposure to excessive microwave energy**” found on page 3 of this manual.
3. This microwave oven must be grounded. Connect only to a properly grounded outlet.
4. Install or locate this microwave oven only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers - for example, closed glass jars, may explode and should not be heated in this oven.
6. Use this microwave oven only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this oven. This type of microwave 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 oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
9. This oven should be serviced only by qualified service personnel. Contact **ETS** if your oven requires repair or adjustment.
10. Do not cover or block any openings on this oven.
11. Do not store this oven outdoors. Do not use this product near water – for example, near a kitchen sink, in a wet basement, near a swimming pool or the like.
12. Do not immerse the cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over the edge of a table or counter.
15. When cleaning the surfaces of the door and oven that come into contact when closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Stay near the oven if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - If materials inside the oven should ignite, **KEEP THE OVEN DOOR CLOSED**, turn the oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
 - Do not use the oven cavity for storage purposes. Do not leave paper products, cooking utensils or food in the oven cavity when not in use.
17. Do not heat any type of baby bottles or baby food. Uneven heating may occur and could cause personal injury.
18. Avoid heating small-necked containers such as syrup bottles.
19. Avoid using corrosives such as sulfide and chloride.
20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become over heated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.), resulting in harm to the oven and possible injury. For best results, in all containers, stir the liquid several times before heating. Always stir liquid several times between reheating.

Save these instructions

Understanding your microwave oven

Installation

A. Circuits

For safe purposes this oven must be plugged into a 15 or 20 amp circuit. NO OTHER electrical appliances or lighting circuits should be on the same line as the oven. If in doubt, consult a licensed electrician.

B. Voltage Warning

The voltage used at the wall receptacle must be the same as specified on the oven nameplate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. In case the microwave oven does not perform normally, in spite of proper voltage remove and reinsert the plug in the wall receptacle.

C. Placement of the oven

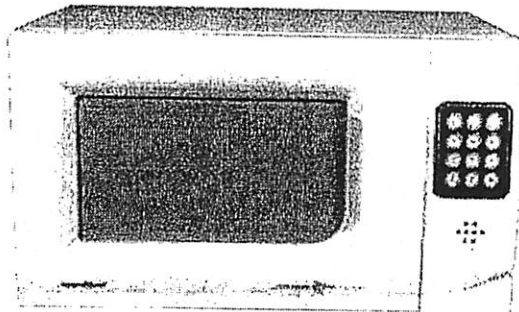
This microwave oven can be placed easily in your kitchen, family room or anywhere else in your home. Place the oven on a flat surface such as a kitchen countertop or a specially designed microwave oven cart. Do not place the oven above a gas or electric range. Free air flow around the oven is important. Allow at least 4 inches of space at the top, sides and back of the oven for proper ventilation.

D. Do not block the air vents

All air vents should be kept clear during cooking. If the air vents are covered during oven operation the oven may overheat. In this case, a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

E. Radio Interference

1. Microwave oven operation may interfere with TV or radio reception.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean the door and the sealing surfaces of the oven.
 - b. Re-orient the receiving antenna of the radio or television.
 - c. Relocate the microwave oven in relation to the TV or radio.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that the microwave oven and receiver are on different circuits.



Instructions for using the talking microwave oven (TMO)

Plug in your TMO and it is ready to use. When first powered up, the TMO will be in microwave mode with the power level on "High". To use, set the cook time, select the power level and press "start".

The TMO has 2 modes of operation: Microwave Oven and Kitchen Timer.

Please read the instructions below for the mode you wish to use.

Refer to the Button diagrams on the following page.

• Operating instructions for the microwave oven mode

Button 1 (Cook time remaining). If the time is already set, the oven announces the current length of cook time. If not set, the oven announces, "Cook time not set. Set cook time."

1. To set cook time in minutes, keep Button 1 depressed until you hear, "Set cook time minutes."
2. To increase minutes of cook time, press Button 3
3. To decrease minutes, press Button 6
4. To set cook time in increments of seconds, press Button 2. You will hear, "Set cook time seconds."
5. To increase seconds of cook time, press Button 3
6. To decrease seconds, press Button 6.

NOTE; Holding Buttons 3 or 6 down, will increase or decrease the time in increments of 5 seconds or minutes; whichever is chosen.

7. To exit cook time set mode, press Button 1 or to start the oven, press Button 4. The microwave oven will announce the current power level, cook time and "microwave running."
8. Use Button 5 to stop the oven. The oven will announce "Microwave halted" and the remaining cook time.
9. The oven can be restarted by pressing Button 4 (start).
10. The oven will chime if no cook time is remaining.
11. Press Button 7 to set the power level. When Button 7 is momentarily pressed, the TMO will announce the current power level. Keep Button 7 pressed and you will hear the current power level and then the announcement to "set power level." Use Buttons 3 or 6 to set the desired power level.

NOTE: The power level will automatically reset to "high" after each cooking period.

12. Button 8 allows you to set the "Attend to food period. When you press and hold Button 8, you will hear, "Set attend to food minutes."
 13. Use Buttons 3 and 6 to set the desired number of minutes.
 14. Press Button 2 to advance to "attend to food seconds."
 15. Use Buttons 3 and 6 to set the desired seconds.
 16. Press Button 8 to exit the setting mode and hear the new "attend to food" period.
- NOTE; This function is useful for basting or checking food during a long cooking time. After stopping the oven to attend to the food, press Button 4 to restart.
17. Button 10 is the clock. Press Button 10 and the TMO announces the current time. If you keep Button 10 depressed, you will hear, "Set clock hours." Press Buttons 3 and/or 6 to set the current hour. Press Button 2 to advance to minutes. Press Buttons 3 and/or 6 to set the current minutes. Press Button 10 again to exit the clock mode and hear the new time. If the time is not set you will hear, "Zero PM."

• Operating instructions for the kitchen timer mode

1. Button 11 is the Oven Timer mode. Pressing it changes the TMO from microwave oven mode to kitchen timer mode.
3. Button 10 will select either "1 hour timer" or "24 hour timer."
4. Press Button 1 to set timer. In the 1 hour timer mode, press Buttons 3 and/or 6 to set desired minutes.
5. Press Button 2 to advance to seconds. Press Buttons 3 and/or 6 to set desired seconds.
6. In the 24 hour timer mode, press Buttons 3 and/or 6 to set hours. Press Button 2 to advance to minutes and press Buttons 3 and/or 6 to either increase or decrease minutes.

Button 4 – Start Timer

Button 5 – Stop Timer

Button 7 – Reset Timer

Button 8 – Clear Timer

Buttons 9 and 12 are Volume Up and Volume Down which increases or decreases the volume through a range of 8 levels. The volume control Buttons are used for both the microwave oven and kitchen timer modes.

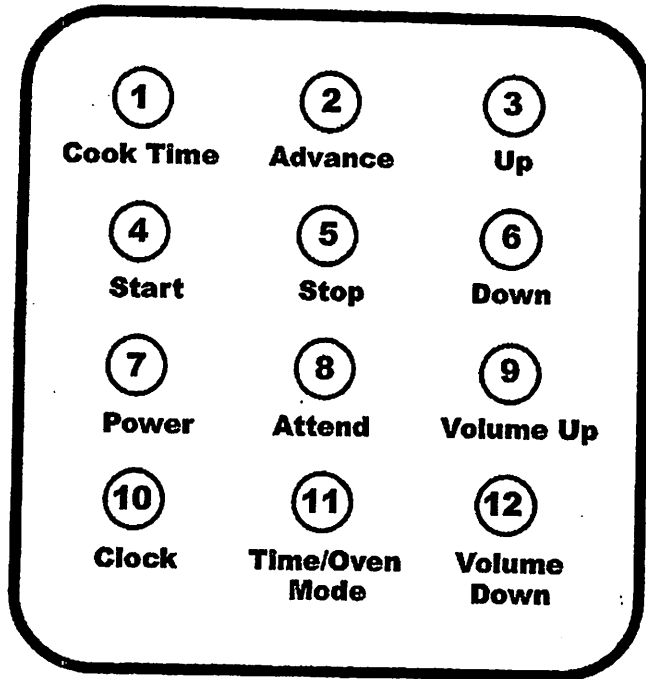


Figure 1. Microwave oven buttons

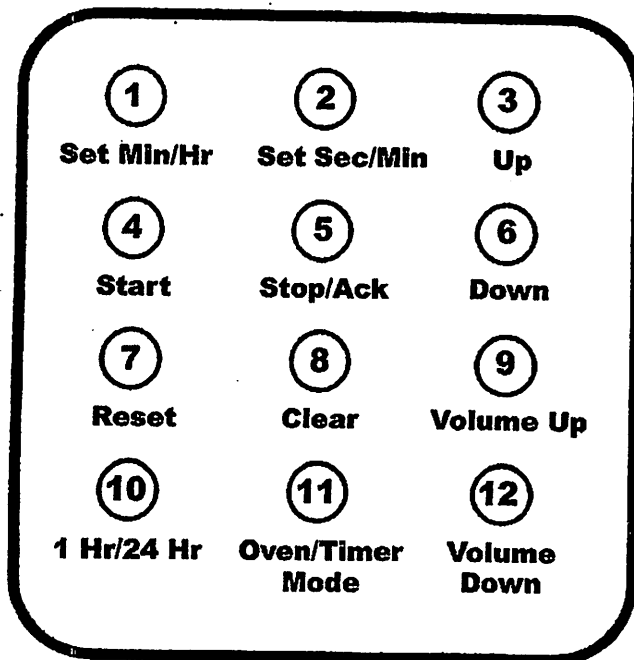


Figure 2. Kitchen timer buttons

Understanding your talking microwave oven

Cookware guide

Most heat-resistant, non-metallic cookware is safe for use in your microwave oven. To test cookware before using, however, follow these steps:

1. Place the empty cookware in the microwave oven.
2. Measure 1 cup water in a glass measuring cup and place it in the oven beside the cookware.
3. Microwave on 100% power (High) for 1 minute. If the dish is warm, it should not be used for microwave cooking.

USE

Ovenproof glass

Glass treated for use in high-density heat includes utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.

China

Bowls, cups, serving plates and platters without metallic trim can be used in your oven.

Plastic

When using plastic wrap as a cover, make sure the dish is deep enough so the plastic does not touch the food. As the food heats, it may melt the plastic wherever the plastic touches the food.

Place plastic wrap loosely over the top of the dish and secure it by pressing the wrap to the sides of the dish. Vent by turning back one corner of the plastic wrap. This will allow the steam to escape.

Use plastic dishes, cups, semi-rigid freezer containers and plastic bags only for short time cooking. Use them with care because the plastic may soften from the heat of the food.

Refer to the manufacturer's label for use of any paper product in the microwave oven.

DO NOT USE

Metal utensils

Metal shields food from microwave energy and produces uneven cooking. Avoid the use of metal skewers, thermometers or foil trays. Metal utensils can cause arcing which is a discharge of electrical current. Arcing can damage your oven.

Metal decoration

Do not use metal trimmed or metal banded dinnerware, casserole or serving dishes etc.

Aluminum foil

Avoid large sheets of aluminum foil because it hinders cooking and may cause arcing. Use only small pieces of foil to shield poultry legs and wings. Keep all aluminum foil at least 1 inch away from the walls and door of the oven.

Wood

Wooden bowls, boards and baskets will dry out and may split or crack if used in your microwave oven.

Tightly closed containers

Tightly closed containers can explode. Be sure to leave an opening for steam to escape from covered cookware.

Brown paper

Avoid using brown paper bags. They absorb heat and could burn.

Metal twist ties

Always remove metal twist ties as they can become hot and cause a fire.

Understanding your microwave oven

Tips for microwave cooking

Browning

Meat and poultry with high fat content that are cooked for 10 to 15 minutes or longer will brown lightly. Foods cooked a shorter time can be brushed with a browning agent such as Worcestershire sauce, soy sauce or barbecue sauce.

Covering

A cover traps heat and steam and causes the food to cook more quickly. Use a lid or microwave-safe plastic wrap with one corner folded back to vent the excess steam. Lids on glass casseroles can become hot during cooking. Handle carefully. Waxed paper will prevent the food from splattering in the oven and help retain heat. When warming bread items, use waxed paper, napkins or paper towels. To absorb extra, wrap sandwiched and fatty foods in paper towels.

Spacing

Arrange individual foods such as baked potatoes, cupcakes and hors d'oeuvres in a circle and at least 1 inch apart. This will help the food cook more evenly.

Stirring

Stirring blends flavors and redistributes the heat in foods. Always stir from the outside toward the center of the dish. Food at the outside of the dish heats first.

Turning

Larger foods such as roasts and whole poultry should be turned so that the top and bottom cook evenly. Also turn over chicken pieces and chops.

Arrangement

Do not stack food. Arrange in a single layer in the dish for more even cooking. Because dense foods cook more slowly, place thicker portions of meat, poultry, fish and vegetables toward the outside of the dish.

Testing for doneness

Because food cooks quickly in a microwave oven, you need to test frequently for doneness.

Standing time

Food often needs to stand from 2 to 15 minutes after you remove it from the oven. Usually, you need to cover food during standing time to retain heat. Remove most foods when they are slightly undercooked and they will finish cooking during standing time. The internal temperature of food will rise about 10° during standing time.

Shielding

To prevent some portions of rectangular or square dished from overcooking, you may need to shield them with small strips of aluminum foil to block the microwaves. You can also cover poultry legs and wing tips with small pieces of foil to keep them from overcooking. Always keep foil at least 1 inch from oven walls to prevent arcing.

Piercing

Pierce the shell, skin or membrane of foods before cooking to prevent them from bursting. Foods that require piercing include the yolks and whites of eggs, hot dogs, clams, oysters and whole vegetables such as potatoes and squash.

Understanding your microwave oven

Precautions

- Place the front surface of the door 3 inches or more from the countertop edge to avoid accidental tipping of the microwave oven during normal use.
- To program, the oven, make sure you touch the center of each pad firmly since the areas between the pads will not activate the oven. A tone will sound each time a pad is touched correctly. Don't touch several pads at once.
- Do not strike the control panel with silverware, utensils, etc. Breakage may occur.
- Always use caution when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot. See **Cookware guide** earlier in this section for more information.
- Do not rinse cooking utensils by placing them in water immediately after cooking. This may cause breakage. Also, always allow the turntable to cool before removing it from the oven.
- Never operate the oven when it is empty. Food or water should always be in the oven during operation to absorb the microwave energy.
- Do not use the oven to dry newspapers or clothes. They may catch fire.
- Use thermometers that have been approved for microwave oven cooking.
- The turntable must always be in place when you operate the oven.
- Do not use your microwave to cook eggs in the shell. Pressure can build up inside the shell and cause the eggs to burst.

There are several precautions to follow when microwaving popcorn:

- Do not pop popcorn except in a microwave-safe container or commercial packages designed for microwave ovens.
- Never try to pop popcorn in a paper bag that is not microwave oven approved.
- Overcooking may result in smoke and fire.
- Do not re-pop un-popped kernels.
- Do not reuse popcorn bags.
- Listen while corn pops. Stop oven when popping slows to 2 – 3 seconds between pops.
- Do not leave microwave unattended while popping corn.
- Follow directions on bag.

Cleaning

NOTE: Before cleaning the oven, unplug the power cord. If this is impossible, open the oven door to prevent an accidental oven start.

Interior

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done weekly or more often, if needed. Never use cleaning powders or rough cleaning pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel especially after cooking chicken or bacon.

Removable parts

- The turntable and rotating ring are removable. They should be hand washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse well and dry with a soft cloth.
- Never use cleaning powders, steel wool or rough cleaning pads.
- The turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The rotating ring should be cleaned regularly

Door

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe often with a mild detergent, then rinse and wipe dry. Never use cleaning powders or rough cleaning pads.

Make sure the turntable and rotating ring are in the right position.

Using your microwave oven

Cooking tips

Meat

1. No special techniques are required for cooking meat in your microwave oven. Meat should be prepared the same as for conventional cooking. Season if desired. Always thoroughly defrost meat before cooking.
2. Place the meat on a microwave roasting rack or microwave-proof plate and place on the turntable.
3. Cook according to the Meat Cooking Chart (below). Use the longer time for large meats and shorter time for smaller meats. For thicker chops, use the longer time.
4. Turn the meat once halfway through the cooking time.
5. Let stand for 5-10 minutes wrapped in foil after cooking. The standing time is very important as it completes the cooking process.
6. Make sure meat, especially pork, is thoroughly cooked before eating.

Meat Cooking Chart

MEAT	Microwave Power	Cooking Time Per Pound (minutes)	
		800 Watt	1,000 Watt
BEEF			
Standing/Rolled Rib			
- Rare	80%	9 to 10	8 to 10
- Medium	80%	10 to 12	9 to 11
- Well Done	80%	11 to 14	10 to 13
Ground Beef (to brown for casserole)	HIGH (100%)	6 to 9	5 to 8
Hamburgers, (fresh or defrosted - 4 ounces each)			
- 2 patties	HIGH (100%)	3 to 5	2 to 4
- 4 patties	HIGH (100%)	4 to 6	3 to 5
PORK			
Loin, Leg	80%	12 to 16	11 to 15
Bacon			
- 4 slices	HIGH (100%)	3 to 4	2 to 3
- 6 slices	HIGH (100%)	4 to 5	3 to 4

NOTE: The times listed above are only a guide. Allow for difference in individual tastes and preferences. The times may also vary due to the shape, cut and composition of the food.

Poultry

1. No special techniques are required. Poultry should be prepared the same as for conventional cooking. Season if desired.
2. Poultry should be thoroughly defrosted. Remove giblets and any metal clamps.
3. Prick the skin and brush lightly with vegetable oil unless the poultry is self-basting.
4. All poultry should be placed on a microwave roasting rack or a microwave-proof plate and placed on the turntable.
5. Cook according to the instructions in the Poultry Cooking Chart (below). Turn over halfway through the cooking time. Because of its shape, poultry has a tendency to cook unevenly, especially in very bony parts. Turning during roasting helps to cook these areas evenly.
6. Let stand for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important as it completes the cooking process.

Make sure poultry is thoroughly cooked before eating. Whole poultry is completely cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry pieces should be pierced with a sharp knife through the thickest part of ensure that the juices are clear and the flesh is firm.

Poultry Cooking Chart

CHICKEN	Microwave Power	Cooking Time Per Pound (minutes)	
		800 Watt	1,000 Watt
Whole	80%	11 to 15	10 to 14
Breast (boned)	80%	10 to 14	9 to 13
Portions	80%	11 to 17	10 to 16
TURKEY			
Whole	80%	11 to 15	10 to 14

NOTE: The times listed above are only a guide. Allow for difference in individual tastes and preferences. The times may also vary due to the shape, cut and composition of the food.

If whole poultry is stuffed, the weight of the stuffed bird should be used when calculating the cooking time,

Using your microwave oven

Cooking tips

Fish

1. Arrange fish in a large shallow non-metallic dish or Pyrex casserole pan.
2. Cover with pierced microwaveable plastic wrap or casserole lid.
3. Place the dish on the turntable/
4. Cook according to the instructions in the Fresh Fish Cooking Chart (below). Flakes of butter can be added to the fish if desired.
5. Let stand as directed in the Cooking Chart before serving.
6. After standing time, check to see that the fish is thoroughly cooked. The fish should be opaque and flake easily.

Fresh Fish Cooking Chart

FISH	Microwave Power	Cooking Time Per Pound (minutes)		Method	Standing Time (Minutes)
		800 Watt	1,000 Watt		
Fish fillets	HIGH (100%)	5 to 8	4 to 7	Add 15-30 ml. (1 to 2 tbsp.) lemon juice	2 to 3
Whole Mackerel, (cleaned & prepared)	HIGH (100%)	5 to 8	4 to 7	-	3 to 4
Whole Trout (cleaned & prepared)	HIGH (100%)	6 to 9	5 to 8	-	3 to 4
Salmon steaks	HIGH (100%)	6 to 8	5 to 7	Add 15 to 30ml. (1 to 2 tbsp.) lemon juice	3 to 4

Heating or reheating

To heat or reheat successfully in the microwave oven, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat.

1. Arrange the food in a circular pattern for best results.
2. Room temperature food will heat faster than refrigerated food.
3. Canned foods should be taken out of the can and place in a microwaveable container.
4. The food will heat more evenly if covered with a microwaveable lid or plastic wrap – and vented. Remove cover carefully to prevent burns from steam.

Troubleshooting

Before calling for service

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the list below and try the solutions for each problem. If the microwave oven still does not work properly, contact **ETS** at 505-888-3923

Problem	Possible Causes
Oven does not start	Is the power cord plugged in? Is the door closed? Is the cooking time set?
Arcing or sparking	Are you using approved cookware? Is there an object that contains or is made of metal in the oven?
Incorrect time of day	Have you tried to reset the time of day?
Unevenly cooked foods	Are you using approved cookware? Is the glass turntable in the oven? Did you turn or stir the food while it was cooking? Were the foods completely defrosted? Was the time/cooking power level correct?
Overcooked foods	Was the time/cooking power level correct?
Undercooked foods	Are you using approved cookware? Were the foods completely defrosted? Was the time/cooking power level correct? Are the ventilation ports clear?
Improper defrosting	Are you using approved cookware? Was the time/cooking power level correct? Did you turn or stir the food during the defrosting cycle?
Operation	
Question	Answer
Why is the oven not running during cooking?	There may be several reasons why the oven light is not on. Have you: Set a cooking time? Touched "Start"?
Why does steam come out of the air exhaust vent?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam.
Will the microwave oven be damaged if it operates empty?	Yes. Never operate the oven empty or without the glass turntable.
Does microwave energy pass through the viewing screen in the door?	No. The metal screen bounces the energy back to the oven cavity. The holes (or ports) allow only light to pass through. They do not let microwave energy pass through.
Why does a tone sound when a pad on the control panel is touched?	That key does not work in the oven's current mode of operation.
Can my microwave oven be damaged if food is cooked too long?	Like any other cooking appliance, it is possible to overcook food to the point that the food creates smoke and even possibly cause a fire and damage to the inside of the oven. It is always best to be near the microwave oven while you are cooking.
When the oven is plugged into a wall outlet for the first time, it might not work properly. What is wrong?	The microcomputer controlling your oven may temporarily become scrambled and fail to function as programmed when you plug it in for the first time or when power resumes after a power interruption. Unplug the oven from the 120 volt household outlet, wait 10 seconds and then plug it back in to reset the microcomputer.

Why do I see light reflection around the outer case?

This light is from the oven light which is located between the oven cavity and the outer wall of the oven.

What are the various sounds I hear when The microwave oven is operating?

The clicking sound is caused by a mechanical switch turning the microwave oven's magnetron ON and OFF.
The heavy hum and clunk is from the change in power the magnetron draws on as it is turned ON and OFF by a mechanical switch.
The change in blower speed is from the change in line voltage caused by the magnetron being turned ON and OFF.

Food Question

What is wrong when baked foods have a hard, dry, brown spot?

Answer

A hard, dry, brown spot indicates overcooking. Shorten the cooking or reheating time.

Why do eggs sometimes pop?

When baking, frying or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking.
CAUTION: Never microwave eggs in the shell.

Why are scrambled eggs sometimes a little dry after cooking?

Eggs will dry out when they are overcooked, even if the same recipe is used each time. The cooking time may need to be varied for one of these reasons:

Eggs vary in size.

Eggs are at room temperature one time and at refrigerator temperature at another time.

Eggs continue cooking during standing time.

Is it possible to pop popcorn in a microwave oven?

Yes, if using one of the two methods described below:

1. Microwave popping devices designed specifically for microwave cooking.

2. Prepackaged commercial microwave popcorn that is made for specific times and power output needed.

Follow exact directions given by each manufacturer for its popcorn its popcorn popping product and do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested time, discontinue cooking. Overcooking could result in an oven fire.

CAUTION:

Never use a brown paper bag for popping corn or attempt to pop leftover kernels.

Do not pop prepackaged commercial microwave popcorn directly on the glass turntable. To avoid excessive heating of the glass turntable, place the popcorn bag on a plate.

Listen while corn pops. Stop oven when popping slows to 2-3 Seconds between pops.

Do not leave microwave unattended while popping corn.

Follow directions on bag.

Why do baked apples sometimes burst during cooking?

The peel has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in conventional cooking methods, the interior of the apple expands during the cooking process.

Why do baked potatoes sometimes Burn during cooking?

If the cooking time is too long, fire could result. At the end of the recommended cooking time, potatoes should be slightly firm.
CAUTION: Do Not Overcook.

Why is a standing time recommended after microwave cooking time is over?

Standing time allows foods to continue cooking evenly for a few minutes after the actual microwave oven cooking cycle. The amount of standing time depends upon the density of the foods.

Why is additional time required for cooking food stored in the refrigerator?

As in conventional cooking, the initial temperature of the food affects total cooking time. You need more time to cook food taken out of a refrigerator than for food at room temperature.

**Federal Communications Commission
Radio Frequency Interference Statement**

Warning:

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. There is no guarantee, however, 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 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 TV interference caused by unauthorized modification to this microwave oven. It is the responsibility of the user to correct such interference.

Warranty

Your microwave oven carries a one-year parts and labor warranty. This warranty does not cover damages as a result of misuse, improper handling of the unit or exposure to extreme temperature or moisture. **ETS** reserves the right to repair or replace units covered under the conditions of the warranty at its discretion. If you experience problems with your oven, call **ETS** at 1-800-700-3923 to obtain a return authorization number. Ovens needing repair outside the warranty period or ovens that have been damaged or are not covered under the warranty can be repaired by **ETS** for a minimal cost under most conditions.

MADE IN THE USA
By
ETS Inc.