

Microwave Oven

Owner's Manual

MMC5193AAS
MMC5193AAB/W/Q

MMC5193AAB/W/Q

MMC5193AAS

Safety

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 or dented),
 - 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.

WARNING

Always observe Safety Precautions when using your oven. Never try to repair the oven on your own – there is dangerous voltage inside. If the oven needs to be repaired, call 1-800-688-9900 U. S. A, 1-800-688-2002 CANADA for the name of an authorized service center near you.

IMPORTANT SAFETY INSTRUCTIONS

When using any electrical appliance, basic safety precautions should be followed, including the following:

WARNING

To reduce risk of burns, electric shock, fire, personal injury or exposure to excessive microwave energy:

- Read all safety instructions before using the appliance.
- Read and follow the specific “**PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**” on this page.
- This appliance must be grounded. Connect only to properly grounded outlets. See “**IMPORTANT GROUNDING INSTRUCTIONS**” on page 3 of this manual.
- Install or place this appliance only in accordance with the installation instructions provided.
- Some items, like whole eggs and food in sealed containers, may explode if heated in this oven.
- 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.
- 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.
- This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair, or adjustment.
- Do not cover or block any of the openings on this appliance.

SAVE THESE INSTRUCTIONS

Safety

Important Safety Instructions, continued

- Do not store this appliance outdoors. Do not use near water – for example, near a kitchen sink, in a wet basement, or near a swimming pool, etc.
- Keep the inside of the oven clean. Food particles or spattered oils stuck to the oven walls or floor can cause paint damage and reduce the efficiency of the oven.
- 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.
- When cleaning door and oven surfaces, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
- To reduce the risk of fire in the oven:
 - a. Do not overcook food. Watch appliance carefully if paper, plastic, or other combustible materials are inside.
 - b. Remove wire twist-ties from plastic cooking bags before placing bags in oven.
 - c. If materials inside the oven ignite, keep the oven door closed, turn the oven off, disconnect the power cord, or shut off the power at the fuse or circuit breaker panel.
 - d. Do not use the oven compartment for storage purposes. Do not leave paper products, cooking utensils, or food in the oven when not in use.
- Do not try to preheat oven or operate while empty.
- Do not cook without the glass tray in place on the oven floor. Food will not cook properly without the tray.
- Do not defrost frozen beverages in narrow-necked bottles. The containers can break.
- Dishes and containers can become hot. Handle with care.
- Carefully remove container coverings, directing steam away from hands and face.
- Remove lids from baby food before heating. After heating baby food, stir well and test temperature by tasting before serving.

- A short power-supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords are available and may be used with caution.
- Do not operate any other heating or cooking appliance beneath this appliance.
- Do not mount unit over or near any portion of a heating or cooking appliance.
- Do not mount over a sink.
- Do not store anything directly on top of the appliance when it is in operation.
- If materials inside 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. If the door is opened, the fire may spread.
- Precaution for safe use to avoid possible exposure to excessive micro oven energy :
Do not attempt to pull any part of the door by hand to open the door. Open the door only utilizing the push button located at front-right-bottom side.

IMPORTANT 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 electrical current. This appliance is equipped with a cord that includes a grounding wire
- and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. Plug the three-prong power cord into a properly grounded outlet of standard 115-120 voltage, 60 Hz. Your oven should be the only appliance on this circuit.

SAVE THESE INSTRUCTIONS

Safety

WARNING

Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or servicer if you do not understand the grounding instructions or if you are not sure if the appliance is properly grounded.

Use of Extension Cords

A short power-supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords are available and may be used if care is exercised in their use. 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 and it must be plugged into a 3-slot outlet.
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 accidentally. If you use an extension cord, the interior light may flicker and the blower may vary when the microwave oven is on. Cooking times may be longer, too.

WARNING

Do not cut or remove the third (ground) prong from the power cord under any circumstances.

Note:

Connect the oven to a 20A circuit.

When connecting the oven to a 15A circuit, make sure that circuit breaker is operable.

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 THE CONTAINER IS DISTURBED OR A SPOON OR OTHER 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.

SAVE THESE INSTRUCTIONS

Your New Microwave oven

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Checking Parts

Unpack your microwave oven and check to make sure that you have all the parts shown here. If any part is missing or broken, call your dealer.



Microwave oven



Roller guide



Glass tray



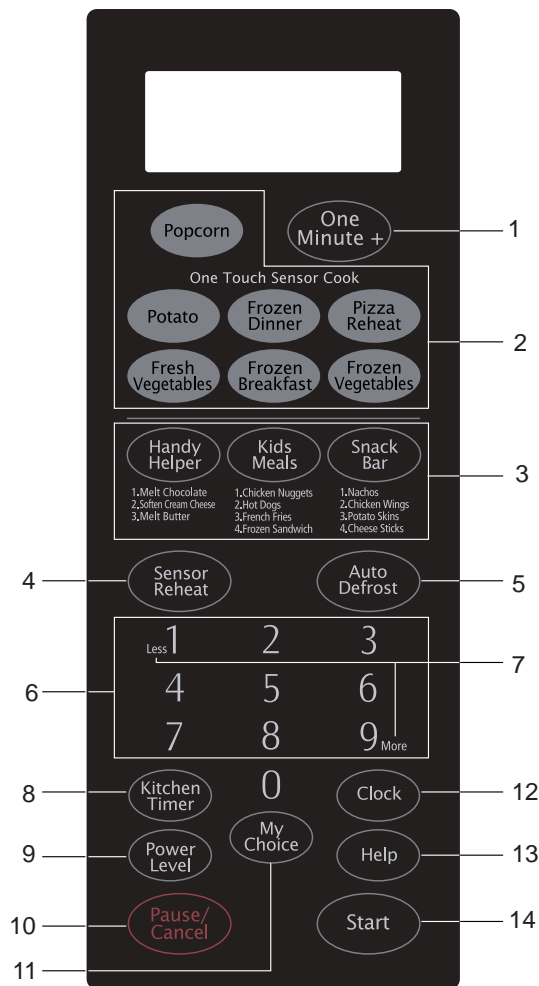
Registration card



Instruction manual

Your New Microwave oven

Control Panel Buttons MMC5193AAS



- 1. One Minute +** p.11
Press once for every minute of cooking at High power.
- 2. Sensor Cook Buttons** p.10
Sensor settings to cook popular foods.
- 3. Handy Helper, Kids Meals, Snack Bar** p.12
Selects type of dish to be reheated.
- 4. Sensor Reheat** p.11
- 5. Auto Defrost** p.11
Sets weight of food to be defrosted.
- 6. Number Buttons**
Set cooking times or amounts and power levels other than high.
- 7. More/Less** p.14
Increase or decrease cooking time.
- 8. Kitchen Timer** p.15
Sets kitchen or convenience timer.
- 9. Power Level** p.13
Press this pad to set a power level other than high.
- 10. Pause/Cancel** p.10
Press to pause oven or correct a mistake.
- 11. My Choice** p.8
Press to set non-cooking feature.
- 12. Clock** p.9
Sets current time
- 13. Help** p.10
Press to see help information about the feature you are using.
- 14. Start**
Press to start cooking.

Operation

Turning on the Power and Selecting a Display Language

The first time you plug the power cord into an outlet, or after there has been an interruption in power, the display shows after four seconds "ENJOY YOUR COOKING - - - - PRESS MY CHOICE FOR PERSONAL OPTIONS"

1 Press **My Choice** immediately after plugging in your microwave. The display will show "PRESS 1-9 TO SELECT VARIOUS OPTIONS".

2 Press the **1** button. The display will show:

LANGUAGE CHOICE PRESS MY CHOICE

3 Press **My Choice** the display will show:

ENGLISH PRESS START

4 Press **My Choice** repeatedly to select the language you wish to use:

- ENGLISH
- FRENCH
- SPANISH

If you continue to press **My Choice**, the settings will cycle in the order shown here:

ENGLISH FRENCH SPANISH

5 Press the **Start** button.

Using the My Choice feature

Your new microwave oven can be customized to suit your personal tastes. Simply press **My Choice** to set these options. For your convenience, all the options are summarized in the following table:

My Choice options	Description	Operation
Display Weight	Weight options are pounds or kilograms.	Press My Choice, 2 and select by repeatedly pressing My Choice . To set, press Start .
Adjusting the Volume	Volume options include Off, Low, Medium, High and Melody 1~5.	Press My Choice, 3 and select by repeatedly pressing My Choice . To set, press Start .
Remind End Signal	The Remind End Signal can be turned On and Off.	Press My Choice, 4 and select by repeatedly pressing My Choice . To set, press Start .
Child Protection Lock	This feature prevents use by unsupervised children.	Press My Choice, 5 and select by pressing My Choice . To set, press Start .
Clock 12HR/24HR	The clock can display either 12HR or 24HR time modes.	Press My Choice, 6 and select by repeatedly pressing My Choice . To set, press Start .
Word Prompting Speed	There are five speeds, from Level 1 (slowest) to Level 5 (fastest). Default is Level 3.	Press My Choice, 7 and select by repeatedly pressing My Choice . To set, press Start .
Daylight Savings Time Adjustment	The time can be advanced one hour for DST without resetting the Clock.	Press My Choice, 8 and select by repeatedly pressing My Choice . To set, press Start .
Demonstration Mode	The Demo Mode can be turned On and Off.	Press My Choice, 9 and select by repeatedly pressing My Choice . To set, press Start .

If there is a power interruption, you will need to reset these options.

Operation

Selecting the Display Weight

You can choose between pounds(LBS) and kilograms(KG).

- 1 Press **My Choice** button and then press the **2** button. The display shows 'LBS OR KG'.



- 2 Press the **My Choice** button repeatedly to select the weight measurements you wish to use.
- 3 Press the **Start** button.

Setting the Clock 12HR/24HR

The time can be displayed in either 24-hour or 12-hour format.

- 1 Press the **My Choice** button and then **6**. The display shows "CLOCK 12HR/24HR OPTION".



- 2 Press the **My Choice** button repeatedly to select either 12HR or 24HR.
- 3 Press the **Start** button

Setting the Clock

- 1 Press the **Clock** button. The display will show:



- 2 Use the number buttons to enter the current time. You must press at least three numbers to set the clock. For example, if the current time is 5:00, enter 5,0,0.



- 3 Press **Clock** again. A colon will appear, indicating that the time is set.

If there is a power interruption, you will need to reset the clock.

*You can check the current time while cooking is in progress by pressing the **Clock** button.*

Operation

Setting the Daylight Saving Time adjustment

- 1 Press the **My Choice** button and then **8**. The Display shows "DAYLIGHT SAVING TIME ON/OFF".



- 2 Press the **My Choice** button to select ON. Press again to select OFF.
- 3 Press the **Start** button. Time of day will advance one hour. If OFF is selected, time will go back one hour.

If the clock is set for standard time, this function allows convenient time changes without needing to reset the clock. Daylight Saving Time begins for most of the United States at 2 a.m. on the first Sunday of April, and reverts to Standard time at 2 a.m. on the last Sunday of October.

Using the Pause/Cancel Button

The **Pause/Cancel** button allows you to clear instructions you have entered. It also allows you to pause the oven's cooking cycle, so that you can check the food.

- To pause the oven during cooking : press **Pause/Cancel** once. To restart, press **Start**.
- To stop cooking, erase instructions, and return the oven display to the time of day: press **Pause/Cancel** twice.
- To clear instructions you have just entered: press **Pause/Cancel** once, then re-enter the instructions.
- To cancel a timer setting: press **Pause/Cancel** once.

Using the Help Button

Your microwave offers helpful instructions for many procedures.

- 1 When you need feature information and helpful hints, press the **Help** button and then press the button that you want to get information on. Help information is available in 3 languages (English, French and Spanish).

Using the Sensor Cook Buttons

By actually sensing the steam that escapes as food heats, this feature automatically adjusts the oven's heating time for various types and amounts of precooked food. All food should be precooked and at refrigerator temperature.

- 1 Press the **Sensor Cook** button corresponding to the food you are cooking (**Popcorn**, for example). The display shows "POPCORN" and your microwave oven will begin cooking automatically.



When cooking popcorn, wait at least five minutes between each bag to avoid overheating the glass tray. If you want to adjust the cooking time, you can use the **More/Less** buttons. See page 14 for more information. If you want to check the current time while cooking is in progress, press the **Clock** button.

- **See page 25 for the Sensor Cooking Guide**

Operation

Using the One Minute + Button

This button offers a convenient way to heat food in one minute increments at the High power level.

- 1 Press the **One Minute+** button once for each minute you wish to cook the food. For example, press it twice for two minutes. The time will display, and the oven starts automatically.

*Add minutes to a program in progress by pressing the **One Minute+** button for each minute you want to add.*

Sensor Reheat

Heating leftovers and precooked foods is easy with your new microwave. By actually sensing the steam that escapes as food heat, this feature automatically adjusts the oven's heating time for various types and amounts of precooked food. All food should be precooked and at refrigerator temperature. To use sensor reheating:

- 1 Press **Sensor Reheat**. The display will show "REHEAT" and the oven will start automatically.



*If you want to adjust the heating time, use the **More/Less** buttons. See page 14 for the **More/Less** buttons. If you want to check the current time while reheating, press the **Clock** button.*

- **See page 26 for the Sensor Reheat Guide**

Defrosting Automatically

To thaw frozen food, set the weight of the food and the microwave automatically sets the defrosting time, power level and standing time.

- 1 Press the **Auto Defrost** button. The display shows "0.5 LB." (0.2Kg if you have set your oven for metric measure).



- 2 To set the weight of your food, press the **Auto Defrost** button repeatedly. This increases the weight by 0.5 lb increments, up to 6.0 lbs. You can also use the number buttons to enter the weight of the food directly. The oven calculates the defrosting time and starts automatically. Twice during defrosting, the oven will beep and the display will read "TURN THE FOOD OVER."



- 3 Press the **Pause/Cancel** button, open the oven door, and turn the food over.
- 4 Press the **Start** button to resume defrosting.

- **See page 22 for the Auto Defrosting Guide**

Operation

Using the Handy Helper Button

1. Press the **Handy Helper** button corresponding to the food you are cooking. The display shows "Melt Chocolate".
Press the **Handy Helper** button repeatedly to select the item you want. (Refer to the **Handy Helper Chart** below)
2. Press the **Number** button to select the serving size you want. You can press the **1** or **2** button to select the serving size.
Only the **1** button (serving) is available for Soften Cream Cheese and Melt Chocolate items. (Refer to the **Handy Helper Chart** below for the serving)
3. Press the **Start** button to begin cooking.

Handy Helper Chart

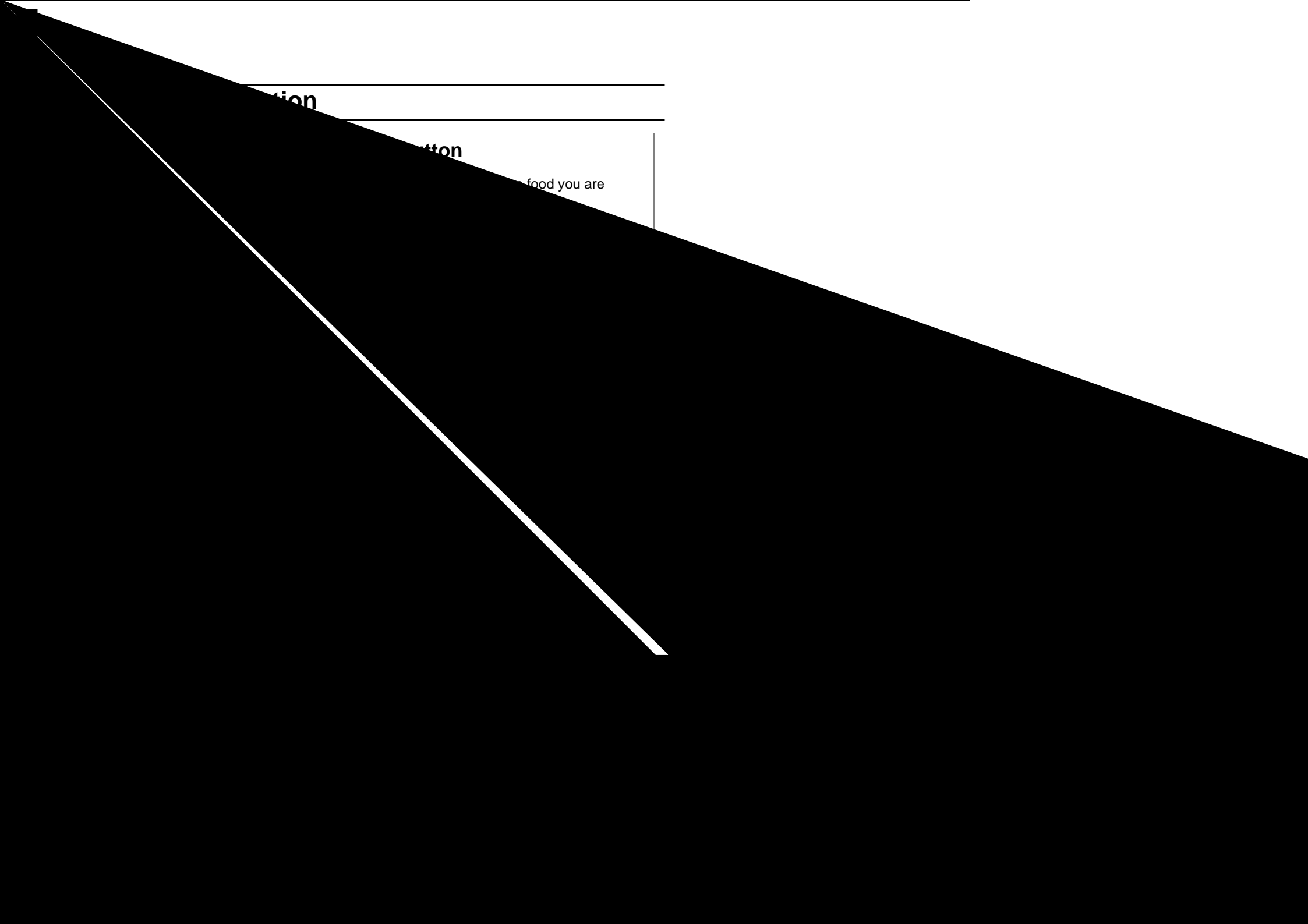
Item	Weight	Remarks
Melt Chocolate	2 squares or 1 cup chips	<ul style="list-style-type: none"> • Place chocolate chips or square in a microwave-safe dish. • Stir well at half time when the oven beeps, and re-start the oven. • Unless stirred, the chocolate keeps its shape even when heating time is over.
Soften Cream Cheese	1 package (8 oz.)	<ul style="list-style-type: none"> • Unwrap cream cheese and place on microwave-safe dish. • Let stand 1-2 min.
Melt Butter	1 stick (1/4 lb.) 2 sticks (1/2 lb.)	<ul style="list-style-type: none"> • Remove wrapping and cut butter in half vertically. • Place butter in dish, cover with wax paper. • Stir well after finishing and let stand 1-2 min.

Using the Kids Meals Button

1. Press the **Kids Meals** button corresponding to the food you are cooking. The display shows "Chicken Nuggets".
Press the **Kids Meals** button repeatedly to select the item you want. (Refer to the **Kids Meals Chart** below)
2. Press the **Number** button to select the serving size you want. You can press the **1** or **2** button to select the serving size. (Refer to the **Kids Meals Chart** below for the serving.)
3. Press the **Start** button to begin cooking.

Kids Meals Chart

Item	Weight	Remarks
Chicken Nuggets	4-5 oz 6-7 oz	<ul style="list-style-type: none"> • Put a paper towel on top of plate and arrange nuggets in spoke fashion on paper towel. • Do not cover. Let stand 1 min.
Hot Dogs	2 EA 4 EA	<ul style="list-style-type: none"> • Prick hot dogs, place on plate. When the oven beeps, add buns and re-start the oven.
French Fries	4-5 oz 6-7 oz	<ul style="list-style-type: none"> • Place 2 paper towels on plate and arrange french fries on towels, do not overlap. • Blot with additional paper towel after removal from oven.
Frozen Sandwich	1 EA 2 EA	<ul style="list-style-type: none"> • Place frozen sandwich in susceptor "sleeve" (which is in package) and put on plate.



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Operation

Setting Cooking Times, continued

Some recipes require different stages of cooking at different temperatures. You can set multiple stages of cooking with your microwave.

Multi-stage Cooking

- 1 Follow steps 1 and 2 in the "One-Stage Cooking" section on the previous page. The display shows "PRESS START OR ENTER NEXT STAGE COOKING TIME".

PRESS START OR ENTER NEXT
STAGE COOKING TIME

*When entering more than one cooking stage, the **Power Level** button must be pressed before the second cooking stage can be entered.*

*To set the power level at High for a stage of cooking, press the **Power Level** button twice.*

- 2 Use the **Number** buttons to set a second cooking time.
- 3 Press the **Power Level** button, then use the number buttons to set the power level of the second stage of cooking. The display shows the power level you have set and then "PRESS START OR ENTER NEXT STAGE COOKING TIME".

PRESS START OR ENTER NEXT
STAGE COOKING TIME

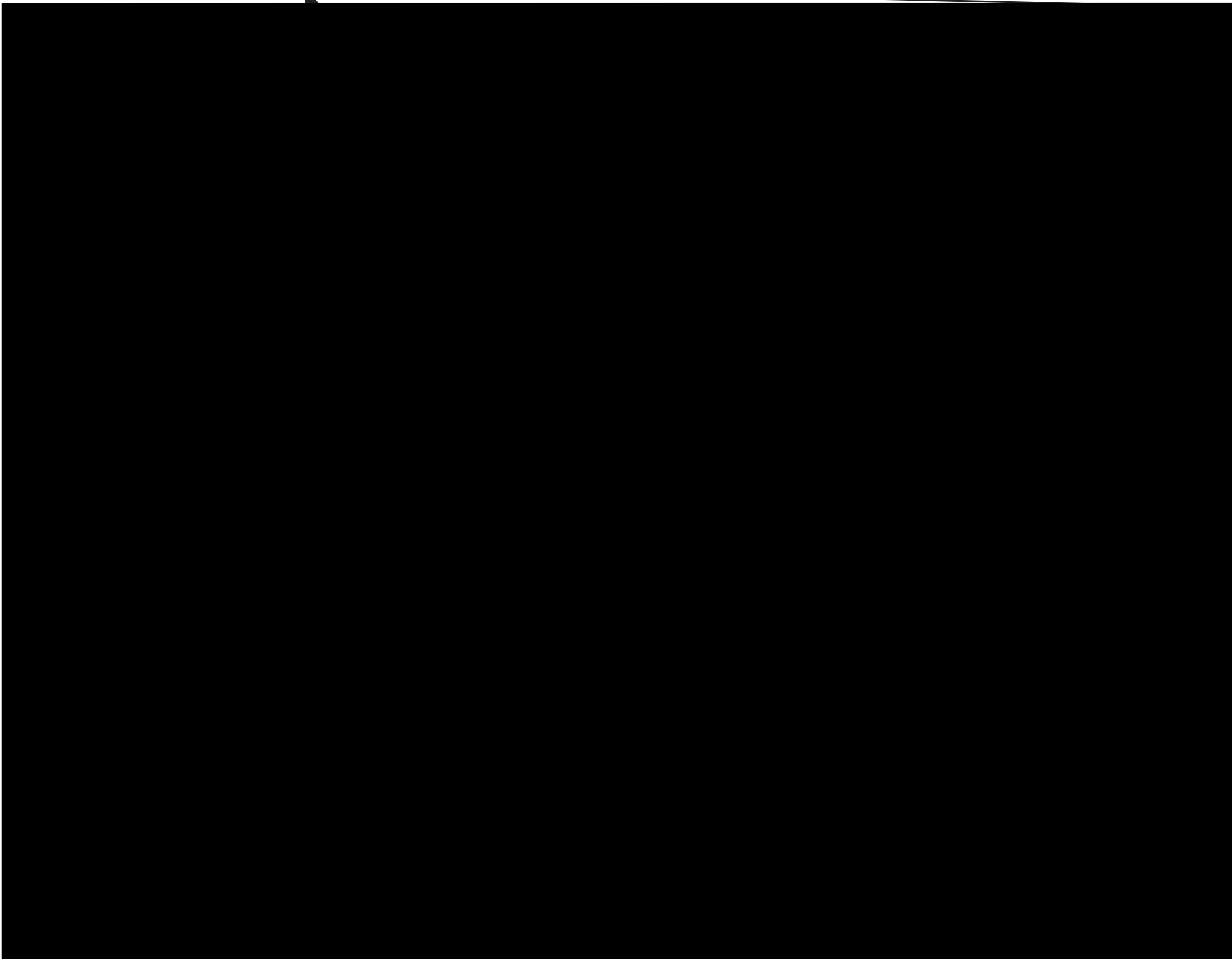
- 4 Press **Start** to begin cooking, or repeat steps 2 and 3 to set a cooking time and power level for a third stage of cooking. When finished, press **Start**.

Using the More/Less Buttons

The More/Less buttons allow you to adjust pre-set cooking times. They only work in the **Sensor Reheat, Sensor Cooking, Instant Cook, Handy Helper, Kids Meals, Snack Bar and One Minute+, Time Cook modes**. Use the More/Less button only after you have already begun cooking with one of these procedures.

- 1 To ADD more time to an automatic cooking procedure: Press the **More(9)** button.
- 2 To REDUCE the time of an automatic cooking procedure: Press the **Less(1)** button.

*If you wish to increase/decrease in **Time Cook** mode by 10 seconds, press the More(9) or Less(1) button.*



Operation

Setting the Reminder

The Remind End Signal can

Press the **My Choice**
The display shows "R

REMIND EN

Press the **My Choice**

Press the **Start** button
Remind End S

Word

Choice
ws "W

on to select the appropriate scroll speed.

Cooking

Recommendations

- **Glass and glassware** — Use glass for cooking.
- **Microwavable browning dishes** — Use items such as steaks, chops, and roasts provided with your browning dish.
- **Microwavable plastic wrap** — Use plastic wrap with a vented opening for some steam to escape and prevent the food from overheating.
- **Wax paper** — Use as a cover to prevent spattering.
- **Paper towels and napkins** — Use for short-term heating or covering; they absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and catch fire.
- **Paper plates and cups** — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and can catch fire.
- **Thermometers** — Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used once the food has been removed from the oven.

Limited Use

- **Aluminum foil** — Use narrow strips of foil to prevent overcooking of exposed areas.

Cooking Instructions

Cooking Techniques

Stirring

Stir foods such as casseroles and vegetables while cooking to distribute heat evenly. Food at the outside of the dish absorbs more energy and heats more quickly, so stir from the outside to the center. The oven will turn off when you open the door to stir your food.

Arrangement

Arrange unevenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the turntable where they receive more microwave energy. To prevent overcooking, place thin or delicate parts toward the center of the turntable.

Shielding

Shield food with narrow strips of aluminum foil to prevent overcooking. Areas that need shielding include poultry wing-tips, the ends of poultry legs, and corners of square baking dishes. Use only small amounts of aluminum foil. Larger amounts can damage your oven.

Turning

Turn foods over midway through cooking to expose all parts to microwave energy. This is especially important with large items such as roasts.

Standing

Foods cooked in the microwave build up internal heat and continue to cook for a few minutes after the oven stops. Let foods stand to complete cooking, especially foods such as roasts and whole vegetables. Roasts need this time to complete cooking in the center without overcooking the outer areas. All liquids, such as soup or hot chocolate, should be shaken or stirred when cooking is complete. Let liquids stand a moment before serving. When heating baby food, stir well and test the temperature before serving.

Adding Moisture

Microwave energy is attracted to water molecules. Food that is uneven in moisture content should be covered or allowed to stand so that the heat disperses evenly. Add a small amount of water to dry food to help it cook.

General Tips

- Dense foods, such as potatoes, take longer to heat than lighter foods. Foods with a delicate texture should be heated at a low power level to avoid becoming tough.
- Altitude and the type of cookware you are using can affect cooking time. When using a new recipe, use the minimum cooking time and check the food occasionally to prevent overcooking.
- Foods with a non-porous skin such as potatoes or hot dogs, should be pierced to prevent bursting.
- Frying with heating oil or fat is not recommended. Fat and oil can suddenly boil over and cause severe burns.
- Some ingredients heat faster than others. For example, the jelly inside a jelly doughnut will be hotter than the dough. Keep this in mind to avoid burns.
- Home canning in the microwave oven is not recommended because all harmful bacteria may not be destroyed by the microwave heating process.
- Although microwaves do not heat the cookware, the heat from the food is often transferred to the cookware. Always use pot holders when removing food from the microwave and instruct children to do the same.
- Making candy in the microwave is not recommended as candy can heat to very high temperatures. Keep this in mind to avoid injury.

Cooking Instru

Auto Sensor

The Auto Sensor automatically detects your food automatically by detecting the amount of moisture generated from the food while cooking.

- When cooking, the Auto Sensor detects the amount of moisture generated from the food while cooking. The Auto Sensor automatically adjusts the cooking time and power level by detecting the amount of moisture generated from the food while cooking. This eliminates the need to set the cooking time.

When cooking with its lid or plastic wrap during Sensor Cook, the Auto Sensor will detect the moisture generated after the cooking process is saturated with steam.

When the cooking time ends, the remaining cooking time will begin. This is a good time for you to rotate or stir the food if necessary.

When cooking food may be seasoned with herbs, spices, and oils. A word of caution though, salt or sugar should be added to food so these ingredients should be added during the cooking process.

The touch pad is used to increase or decrease cooking time. Use this function to adjust the degree of cooking to your taste.

Preparation For Sensor Cooking

When cooking results with this function, follow the instructions for selecting appropriate containers and covers in the user manual book.

Use microwave-safe containers and cover them with their lids or plastic wrap. When using plastic wrap, turn back one corner to allow steam to escape at the proper rate.

When cooking with the lid intended for the utensil being used. If the utensil does not have its own lid, use plastic wrap.

Containers should be at least half full.

Food items that require stirring or rotating should be stirred or turned during the end of the Sensor Cook cycle, after the time has started. Do not touch down on the display.

Important

- After installing the oven and plugging into an electrical outlet, do not unplug the power cord. The moisture sensor needs time to stabilize in order to cook satisfactorily.
- It is not advisable to use the auto sensor cooking feature on a continuous cooking operation, i.e. one cooking operation immediately after another.
- Install the oven in a well ventilated location for proper cooling and airflow and to ensure the sensor will operate accurately.
- To avoid poor results, do not use the Auto sensor when the room ambient temperature is too high or too low.
- Do not use volatile detergent to clean your oven. Vapor resulting from this detergent may affect the sensor.
- Avoid placing the oven near high moisture or gas emitting appliances, since this will interfere with the proper performance of the Auto Sensor.
- Always keep the inside of the oven clean. Wipe all spills with a damp cloth.
- This oven is designed for household use only.

Cooking Instructions

Cooking Guide

Guide for Cooking Meat in Your Microwave

- Place meat on a microwave-safe roasting rack in a microwave-safe dish.
- Start meat fat-side down. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas.
- Check the temperature in several places before letting the meat stand the recommended time.
- The following temperatures are removal temperatures. The temperature of the food will rise during the standing time.

Food	Cook Time/Power Level	Directions
Roast Beef Boneless Up to 4 lbs.	Cooking Time: 7-11 min. / lb. for 115° F - Rare 8-12 min. / lb. for 120° F - Medium 9-14 min. / lb. for 145° F - Well Done Power Level: High(0) for first 5 min., then Medium(5).	Place roast fat-side down on roasting rack. Cover with wax paper. Turn over when cooking time is half up. Let stand 10 min.
Pork Boneless or bone-in Up to 4 lbs.	Cooking Time: 11-15 min. / lb. for 160° F Well Done Power Level: High(0) for first 5 min., then Medium(5).	Place roast fat-side down on roasting rack. Cover with vented plastic wrap. Turn over when cooking time is half up. Let stand 10 min.

Guide for Cooking Poultry in Your Microwave

- Place poultry on a microwave-safe roasting rack in a microwave-safe dish.
- Cover poultry with wax paper to prevent spattering.
- Use aluminum foil to shield bone tips, thin meat areas, or areas that start to overcook.
- Check the temperature in several places before letting the poultry stand the recommended time.

Food	Cook Time/Power Level	Directions
Whole Chicken Up to 4 lbs.	Cooking Time: 6-9 min. / lb. 180°F Power Level: Medium High(7).	Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 min.
Chicken Pieces Up to 2 lbs.	Cooking Time: 6-9 min. / lb. 180°F dark meat 170°F light meat Power Level: Medium High(7).	Place chicken bone-side down on dish, with the thickest portions towards the outside of the dish. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 min.

Cooking Instructions

Guide for Cooking Seafood in Your Microwave

- Cook fish until it flakes easily with a fork.
- Place fish on a microwave-safe roasting rack in a microwave-safe dish.
- Use a tight cover to steam fish. A lighter cover of wax paper or paper towel provides less steaming.
- Do not overcook fish; check it at minimum cooking time.

Food	Cook Time/Power Level	Directions
Steaks Up to 1.5 lbs.	Cooking Time: 6-10 min. / lb. Power Level: Medium-High(7).	Arrange steaks on roasting rack with meaty portions towards the outside of rack. Cover with wax paper. Turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork. Let stand 3-5 min.
Fillets Up to 1.5 lbs.	Cooking Time: 3-7 min. / lb Power Level: Medium-High(7).	Arrange fillets in a baking dish, turning any thin pieces under. Cover with wax paper. If over ½ inch thick, turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork. Let stand 2-3 min.
Shrimp Up to 1.5 lbs.	Cooking Time: 3-5 ½ min. / lb. Power Level: Medium-High(7).	Arrange shrimp in a baking dish without overlapping or layering. Cover with wax paper. Cook until firm and opaque, stirring 2 or 3 times. Let stand 5 min.

Guide for Cooking Eggs in Your Microwave

- Never cook eggs in the shell, and never warm hard-cooked eggs in the shell; they can explode.
- Always pierce whole eggs to keep them from bursting.
- Cook eggs just until set; they become tough if overcooked.

Guide for Cooking Vegetables in Your Microwave

- Vegetables should be washed just before cooking. Often, no extra water is needed. If dense vegetables such as potatoes, carrots and green beans are being cooked, add about ¼ cup water.
- Small vegetables (sliced carrots, peas, lima beans, etc.) will cook faster than larger ones.
- Whole vegetables, such as potatoes, acorn squash or corn on the cob, should be arranged in a circle on the turntable before cooking. They will cook more evenly if turned over after half the cooking time.
- Always place vegetables like asparagus and broccoli with the stem ends pointing towards the edge of the dish and the tips toward the center.
- When cooking cut vegetables, always cover the dish with a lid or vented microwavable plastic wrap.
- Whole, unpeeled vegetables such as potatoes, squash, eggplant, etc., should have their skin pricked in several spots before cooking to prevent them from bursting.
- For more even cooking, stir or rearrange whole vegetables halfway through the cooking time.
- Generally, the denser the food, the longer the standing time. (Standing time refers to the time necessary for dense, large foods and vegetables to finish cooking after they come out of the oven.) A baked potato can stand on the counter for five minutes before cooking is completed, while a dish of peas can be served immediately.

Cooking Instructions

Auto Defrosting Guide

- Follow the instructions below when defrosting different types of food.

Food	Standard Amount	Procedure
Roast Beef, Pork	2.5-6.0 lbs.	Start with the food placed fat side down. After each stage, turn the food over and shield any warm portions with narrow strips of aluminum foil.
Steaks, Chops, Fish	0.5-3.0 lbs.	After each stage, rearrange the food. If there are any warm or thawed portions of food, shield them with narrow flat pieces of aluminum foil. Remove any pieces of food that are nearly defrosted. Let stand, covered, for 5-10 minutes.
Ground Meat	0.5-3.0 lbs.	After each stage, remove any pieces of food that are nearly defrosted. Let stand, covered with foil, for 5-10 minutes.
Whole Chicken	2.5-6.0 lbs.	Remove giblets before freezing poultry. Start defrosting with the breast side down. After the first stage, turn the chicken over and shield any warm portions with narrow strips of aluminum foil. After the second stage, again shield any warm portions with narrow strips of aluminum foil. Let stand, covered, for 30-60 minutes in the refrigerator.
Chicken Pieces	0.5-3.0 lbs.	After each stage, rearrange or remove any pieces of food that are nearly defrosted. Let stand for 10-20 minutes.

Notes

Check foods when the oven signals. After the final stage, small sections may still be icy; let them stand to continue thawing. Do not defrost until all ice crystals have thawed. Shielding roasts and steaks with small pieces of foil prevents the edges from cooking before the center of the food has defrosted. Use narrow, flat, smooth strips of aluminum foil to cover the edges and thinner sections of the food.

Cooking Instructions

Recipes

Beef and Barley Stew

1½ lbs. beef stew cubes, cut into ½-inch pieces
 ½ cup chopped onion
 2 Tbs. all-purpose flour
 1 Tbs. Worcestershire sauce
 1 can (13.75-14.5 oz.) beef broth
 2 medium carrots, cut into ½-inch slices (about 1 cup)
 ½ cup barley
 1 bay leaf
 ¼ tsp. pepper
 1 pkg. (9-10 oz.) frozen peas, thawed

1. In a 2-quart casserole, combine beef, onion, flour, and Worcestershire; mix well. Cover with lid. Cook at High for 6 to 8 minutes until beef is no longer pink, stirring once.
2. Stir in beef broth, carrots, barley, bay leaf, and pepper. Cover with lid. Cook at Medium for 1 to 1½ hours until carrots and beef are tender, stirring 2 to 3 times.
3. Stir in peas. Cover with lid. Cook at Medium for 10 minutes. Let stand for 10 minutes. Remove bay leaf before serving.
Makes 6 servings.

Broccoli and Cheese Casserole

¼ cup butter or margarine
 ¼ cup chopped onion
 1½ Tbs. flour
 ½ tsp. salt
 ¼ tsp. dry mustard
 ⅓ tsp. pepper
 • 1½ cups milk
 ¼ cup chopped red pepper
 8 oz. (2 cups) cheddar cheese, shredded
 1 pkg. (9-10 oz.) frozen chopped broccoli, thawed
 4 cups cooked spiral shaped pasta (8 oz. dry)

1. In a 2-quart casserole, cook butter and onion at High for 1 to 2 minutes until onion is soft, stirring once.
2. Add flour, salt, mustard, and pepper; mix well. Cook at High for 30 to 60 seconds until mixture boils. Stir in milk until smooth.
- 3. Stir in red pepper. Cook at High for 2 to 3 minutes until mixture boils and thickens slightly, stirring twice. Stir in cheese until melted.
4. Add broccoli and pasta, mix well. Cover with lid. Cook at High for 4 to 6 minutes until heated through, stirring once. Stir before serving.
Makes 6 servings.

Cooking Instructions

Warm Potato Salad

2 lbs. small red potatoes, cut into ½-inch pieces
4 slices bacon (uncooked), cut into ½-inch pieces
¼ cup chopped onion
2 tsp. sugar
1 tsp. salt
1 tsp. flour
½ tsp. celery seed
⅛ tsp. pepper
2½ Tbs. apple cider vinegar

1. In a 2-quart casserole, combine potatoes and ¼ cup water. Cover with lid. Cook at High until potatoes are tender (7-10 min.); stir twice. Drain and set aside to cool slightly.
2. In a medium bowl, cook bacon at High until crisp (2½-3½ min.); stir once. Place bacon on a paper towel. Reserve 1 Tbs. drippings.
3. Combine drippings and onion. Cover with plastic wrap; turn back a corner to vent steam. Cook at High until tender (1½-2½ min.); stir once.
4. Stir in sugar, salt, flour, celery seed, and pepper. Cook at High until mixture boils (30-40 sec.).

Cooking Instructions

Sensor Cooking Guide

- Follow the instructions below when sensor cooking different types of food.

Food	Amount	Procedure
Potatoes	1 to 6 EA.	Prick each potato several times with fork. Place on turntable in spoke-like fashion. Let stand 3-5 min. Let oven cool for at least 5 minutes before using again.
Fresh Vegetables	1 to 4 cups	Place fresh vegetables in microwave-safe ceramic, glass or plastic dish and add 2-4 Tbs. water. Cover with lid or vented plastic wrap during cooking and stir before standing. Let vegetables stand 2 minutes before serving. Let oven cool for at least 5 minutes before using again.
Frozen Dinner	7 to 18 oz.	Remove food from outer wrapping and follow box instructions for covering and standing. Let oven cool for at least 5 minutes before using again.
Pizza Reheat	1 to 3 Slices	Put 1~3 slices of pizza on a microwave-safe plate with wide end of slice towards the outside edge of the plate. Do not let slices overlap. Do not cover. Let oven cool for at least 5 minutes before using again.
Frozen Vegetables	1 to 4 cups	Place frozen vegetables in microwave-safe ceramic, glass or plastic dish and add 2~4 Tbs. water. Cover with lid or vented plastic wrap during cooking and stir before standing. Let oven cool for at least 5 minutes before using again.

Food	Amount	Procedure
Frozen Breakfast	2 to 8 oz.	Follow package instructions for covering and standing. Use this pad for frozen sandwich, breakfast entree, pancakes, waffles. etc. Let oven cool for at least 5 minutes before using again.
Popcorn	3.0 ~ 3.5 oz 1 package	Use only one microwave-only bag of popcorn at a time. Use caution when removing and opening hot bag from oven. Let oven cool for at least 5 minutes before using again.

Notes

- Temperature preference of food varies from person to person. Use the **more/less** button to fit your temperature preference.

Cooking Instructions

Sensor Reheat Guide

- Follow the instructions below when sensor reheating different types of food.

Food	Amount	Procedure
Plate of food	1 serving (1 plate)	Use only pre-cooked, refrigerated foods. Cover plate with vented plastic wrap or waxed paper, tucked under plate. If food is not as hot as you prefer after heating with SENSOR REHEAT, continue heating using time and power. <ul style="list-style-type: none"> Contents <ul style="list-style-type: none"> - 3 ~ 4 oz. meat, poultry or fish (up to 6 oz. with bone) - 1/2 cup starch (potatoes, pasta, rice, etc.) - 1/2 cup vegetables (about 3 ~ 4 oz.)
Casseroles Pasta Reheat	1 to 4 servings	Use only refrigerated foods. Cover plate with lid or vented plastic wrap. If food is not as hot as you prefer after heating with SENSOR REHEAT, continue heating using time and power. Stir foods once before serving.

Cooking Instructions

Sensor Recipes

French Onion Soup (4 servings)

3 tablespoons butter or margarine

3 cups (about 3 medium) sliced onions

3 cups beef broth

1 cup water

1 teaspoon Worcestershire sauce

Salt, pepper, croutons, grated parmesan cheese to taste

2 tablespoons brandy (optional)

1. Combine butter and onions in 3-quart casserole. Cover with lid. Microwave at HIGH (0) for 8 to 9 minutes or use Sensor Fresh Vegetable.
2. Stir in broth, water, Worcestershire sauce, salt and pepper ; cover. Microwave at HIGH (0) for 5 minutes, and at MEDIUM (5) for 5 minutes or use Sensor Reheat. Stir in brandy. Let stand, covered, for 5 minutes before serving. Serve with croutons and cheese.

Snap Crackle Popcorn Balls (10 to 15 balls)

30 square caramel candies

1 ½ tablespoons water

1 teaspoon butter or margarine

1 pkg.(3.5 oz.) microwave popcorn

1. Combine caramel, water and butter in 4 cup glass bowl. Microwave at HIGH (0) for 2 to 3 minutes until melted. Stir until smooth. Set aside.
2. Place popcorn on turntable. Microwave at HIGH (0) for 2 to 3 minutes or use Sensor Popcorn.
3. Place popcorn in bowl. Pour caramel mixture over popcorn ; toss until completely coated and cool enough to handle. Using buttered hands, form into 3-inch balls.
4. Cool on waxed paper. Serve immediately.

Peas With Lettuce (4 servings)

2 cups fresh shelled green peas

1/3 cup thinly sliced celery

2 tablespoons water

3 cups shredded head lettuce

1 tablespoon butter or margarine

1 tablespoon all-purpose flour

• ½ teaspoon sugar

¼ teaspoon salt

¼ cup whipping cream

Dash pepper to taste

1. In 1 ½ -quart casserole combine peas, celery and water ; cover.
2. Microwave at HIGH (0) for 5 to 7 ½ minutes or use Sensor Fresh Vegetable. Stir in lettuce ; recover.
3. In small dish combine butter, flour, sugar, salt and pepper. Blend in cream. Microwave at HIGH (0) for 1 to 2 minutes or use Sensor Reheat. Stir until smooth.
4. Drain vegetables. Add sauce to vegetables ; toss to coat.

Stuffed Potatoes (4 servings)

4 medium potatoes, scrubbed

½ cup dairy sour cream

1/3 cup milk

2 tablespoons grated parmesan cheese

1 teaspoon chopped chives or parsley flakes

• Salt, pepper, paprika to taste

1. Prick potatoes twice with a fork. Arrange potatoes at least 1 inch apart on paper towel placed on turntable. Microwave at HIGH (0) for 10 to 12 minutes or use Sensor Potato. Let stand 5 minutes.
2. Slice top from each potato ; scoop out center. Mash with sour cream, milk, cheese, chives, salt and pepper. Spoon into shells.
3. Sprinkle with paprika. Place on plate or on paper towel in oven. Microwave at HIGH (0) for 2 to 4 minutes or use Sensor Reheat.

Cooking Instructions

Vegetable Medley (4 to 6 servings)

- 1 ½ cups broccoli flowerets, ³/₄ to 1 inch in diameter
- 1 ½ cups cauliflower flowerets, ³/₄ to 1 inch in diameter
- 1 medium yellow squash, cut into ¼ inch diagonal slices
- 1 medium zucchini, cut into ¼ inch diagonal slices
- 1 medium carrot, cut into 1/8 inch diagonal slices
- ½ small red pepper, slivered
- 6-7 pitted ripe olives, sliced
- 2-3 tablespoons butter or margarine
- ½ teaspoon dried oregano
- 1 teaspoon fresh lemon juice
- parmesan cheese, optional to taste

1. Arrange broccoli and cauliflower alternately around the edge of a 10 to 12 inch glass dish with rim. Alternately place yellow squash and zucchini in circle inside broccoli and cauliflower, place carrots slices in center and arrange red pepper slivers over top. Sprinkle with 2 tablespoons water. Cover with vented microwave plastic wrap.
2. Microwave at HIGH (0) for 7 to 9 minutes or use Sensor Fresh Vegetable. Remove wrap immediately, scatter olive slices attractively over all.
3. Place butter or margarine in 1 cup glass measure and Microwave at HIGH (0) for 30 seconds to 1 minute to melt. Add oregano and lemon juice. Pour over vegetables. Sprinkle with parmesan cheese and serve.

Franks And Beans Casserole (4 to 6 servings)

- ½ cup chopped onions
- 2 tablespoons butter or margarine
- 1 pkg.(12 - 16 oz.) frankfurters, cut in quarters
- 1 can (16 oz) baked beans
- 1 can (15 - 16 oz.) cannellini (white kidney) beans,drained
- 1 can (15 - 16 oz.) red kidney beans,drained
- 1/3 cup brown sugar
- ¼ cup catsup
- 1 teaspoon yellow mustard
- Salt, pepper and garlic powder to taste

1. Combine onions and butter in 3-quart casserole. Microwave at HIGH(0) for 1 to 2 minutes or until onions are soft.
2. Stir in all remaining ingredients, pushing frankfurters to the bottom of dish so they are covered with the beans.
3. Cover and microwave at HIGH (0) for 11 to 13 minutes or use Sensor Reheat. Stir until smooth.

Appendix

Troubleshooting Guide

Before you call a repair person for your oven, check this list of possible problems and solutions.

Neither the oven's display nor the oven operate.

- Properly insert the plug into a grounded outlet.
- If the outlet is controlled by a wall switch, make sure the wall switch is turned on.
- Remove the plug from the outlet, wait ten seconds, then plug it in again.
- Reset the circuit breaker or replace any blown fuse.
- Plug another appliance into the outlet; if the other appliance doesn't work, have a qualified electrician repair the outlet.
- Plug the oven into a different outlet.

The oven's display works, but the power won't come on.

- Make sure the door is closed securely.
- Check to see if packing material or other material is stuck to the door seal.
- Check for door damage.
- Press Cancel twice and re-enter all cooking instructions.

The power goes off before the set time has elapsed.

- If there has not been a power outage, remove the plug from the outlet, wait ten seconds, then plug it in again. If there was a power outage, the time indicator will display "■■■■" Reset the clock and any cooking instructions.
- Reset the circuit breaker or replace any blown fuse.

The food is cooking too slowly.

- Make sure the oven is on its own 20 amp circuit line. Operating another appliance on the same circuit can cause a voltage drop. If necessary, move the oven to its own circuit.

You see sparks or arcing.

- Remove any metallic utensils, cookware, or metal ties. If using foil, use only narrow strips and allow at least one inch between the foil and interior oven walls.

The turntable makes noises or sticks.

- Clean the turntable, roller guide and oven floor.
- Make sure the turntable and roller guide are positioned correctly.

Using your microwave causes TV or radio interference.

- This is similar to the interference caused by other small appliances, such as hair dryers. Move your microwave further away from other appliances, like your TV or radio.

Care and Cleaning

Follow these instructions to clean and care for your oven.

- Keep the inside of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to work less efficiently.
- Wipe up spills immediately. Use a damp cloth and mild soap. Do not use harsh detergents or abrasives.
- To help loosen baked on food particles or liquids, heat two cups of water (add the juice of one lemon if you desire to keep the oven fresh) in a four-cup measuring glass at **High** power for five minutes or until boiling. Let stand in the oven for one or two minutes.
- Remove the glass tray from the oven when cleaning the oven or tray. To prevent the tray from breaking, handle it carefully and do not put it in water immediately after cooking. Wash the tray carefully in warm sudsy water or in the dishwasher.
- Clean the outside surface of the oven with soap and a damp cloth. Dry with a soft cloth. To prevent damage to the operating parts of the oven, don't let water seep into the openings.
- Wash the door window with very mild soap and water. Be sure to use a soft cloth to avoid scratching.
- If steam accumulates inside or outside the oven door, wipe with a soft cloth. Steam can accumulate when operating the oven in high humidity and in no way indicates microwave leakage.
- Never operate the oven without food in it; this can damage the magnetron tube or glass tray. You may wish to leave a cup of water in the oven when it is not in use to prevent damage if the oven is accidentally turned on.

**If you have a problem you cannot solve,
please call our service line:
1-800-688-9900 U. S. A.
1-800-688-2002 CANADA**

Appendix

Specifications

Model Number	MMC5193AAB/W/Q
Oven Cavity	1.9 cu.ft.
Controls	10 power levels, including defrost
Timer	99 minutes, 99 seconds
Power Source	120 VAC, 60 Hz
Power Output	1100 Watts
Power Consumption	1600 Watts
Outside Dimensions	23 21/32"(W) X 13 5/16"(H) X 18 1/8"(D)
Oven Cavity Dimensions	17 23/64"(W) X 10 5/6"(H) X 17 27/32"(D)
Net/Gross Weight	44.0/50.0 lbs

Model Number	MMC5193AAS
Oven Cavity	1.9 cu.ft.
Controls	10 power levels, including defrost
Timer	99 minutes, 99 seconds
Power Source	120 VAC, 60 Hz
Power Output	1100 Watts
Power Consumption	1600 Watts
Outside Dimensions	23 21/32"(W) X 13 5/16"(H) X 18 23/32"(D)
Oven Cavity Dimensions	17 23/64"(W) X 10 5/6"(H) X 17 27/32"(D)
Net/Gross Weight	46.2/52.6 lbs

Warranty

Limited One Year Warranty - Parts and Labor

For one (1) year from the original retail purchase date, any part which fails in normal home use will be repaired or replaced free of charge when carried into an authorized servicer.

Limited Warranties - Parts Only

Second through Fifth Year - From the original purchase date, parts listed below which fail in normal home use will be repaired or replaced free of charge for the part itself, with the owner paying all other costs, including labor, mileage, transportation, and trip charge if required.

- Magnetron, touch pad and microprocessor.

What is not covered by these warranties

- Replacement of household fuses, resetting of circuit breakers, or correction to household wiring or plumbing.
- Normal product maintenance and cleaning, including light bulbs.
- Products with original serial numbers removed, altered, or not readily determined.
- Products purchased for commercial, industrial, rental, or leased use.
- Products located outside of the U.S.A. or Canada.
- Premium service charges, if the servicer is requested to perform service in addition to normal service or outside normal service hours or area.
- Adjustments after the first year.
- Repairs resulting from the following:
 - Improper installation, exhaust system, or maintenance.
 - Any modification, alteration, or adjustment not authorized by the manufacturer.
 - Accident, misuse, abuse, fire, flood, or acts of nature.
 - Connections to improper electrical current, voltage supply, or gas supply.
 - Use of improper pans, containers, or accessories that cause damage to the product.
- Travel.

If you need service

- Call the dealer from whom your appliance was purchased or call Maytag ServicesSM, Maytag Customer Assistance at 1-800-688-9900, U.S.A. and 1-800-688-2002, CANADA to locate an authorized servicer.
- Be sure to retain proof of purchase to verify warranty status. Refer to WARRANTY for further information on owner's responsibilities for warranty service.
- If the dealer or service company cannot resolve the problem, write to Maytag ServicesSM, Attn: CAIR[®]Center, P.O. Box 2370, Cleveland, TN 37320-2370, or call 1-800-688-9900, U.S.A. and 1-800-688-2002, CANADA.

U.S. customers using TTY for deaf, hearing impaired or speech impaired, call 1-800-688-2080.

NOTE: When writing or calling about a service problem, please include the following information:

- Your name, address and telephone number;
 - Model number and serial number;
 - Name and address of your dealer or servicer;
 - A clear description of the problem you are having;
 - Proof of purchase (sales receipt).
- User's guides, service manuals and parts information are available from Maytag ServicesSM, Maytag Customer Assistance.

IN NO EVENT SHALL MAYTAG BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.

This warranty gives you specific legal rights, and you may have others which vary from state to state. For example, some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion may not apply to you.

Quick Reference

Feature	Operation
Set Clock	<ol style="list-style-type: none"> 1. Press CLOCK. 2. Use number buttons to enter the current time. 3. Press CLOCK again.
One Stage Cooking	<ol style="list-style-type: none"> 1. Use number buttons to set cooking time. 2. Set power level or leave at High. 3. Press START.
One Minute+ Cooking	<ol style="list-style-type: none"> 1. Press the ONE MINUTE + button once for each minute of cooking. 2. The time will display and the oven will start.
Auto Defrost	<ol style="list-style-type: none"> 1. Press AUTO DEFROST. 2. Enter weight of food by pressing AUTO DEFROST button repeatedly or using the number buttons. 3. When the oven beeps, press PAUSE/CANCEL button and turn food over. Press START to resume defrosting cycle.
Set Cooking Time and Power Levels	<ol style="list-style-type: none"> 1. Use number buttons to set cooking time. 2. To set power level at other than HIGH, press POWER LEVEL and use the number buttons to enter the power level. 3. Press START to begin cooking.
Sensor Cook Buttons	<ol style="list-style-type: none"> 1. Press button that corresponds to the food you are cooking (for example POTATO). 2. The display will show the food you have chosen and the oven will start automatically.
Sensor Reheat	<ol style="list-style-type: none"> 1. Press SENSOR REHEAT. 2. The display will show "REHEAT" and the oven will start automatically.
Handy Helper, Kids Meals, Snack Bar	<ol style="list-style-type: none"> 1. Press HANDY HELPER(KIDS MEALS, SNACK BAR) repeatedly to select type of dish to reheat. 2. To increase serving size, press the corresponding number button. 3. Press START to begin cooking.

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