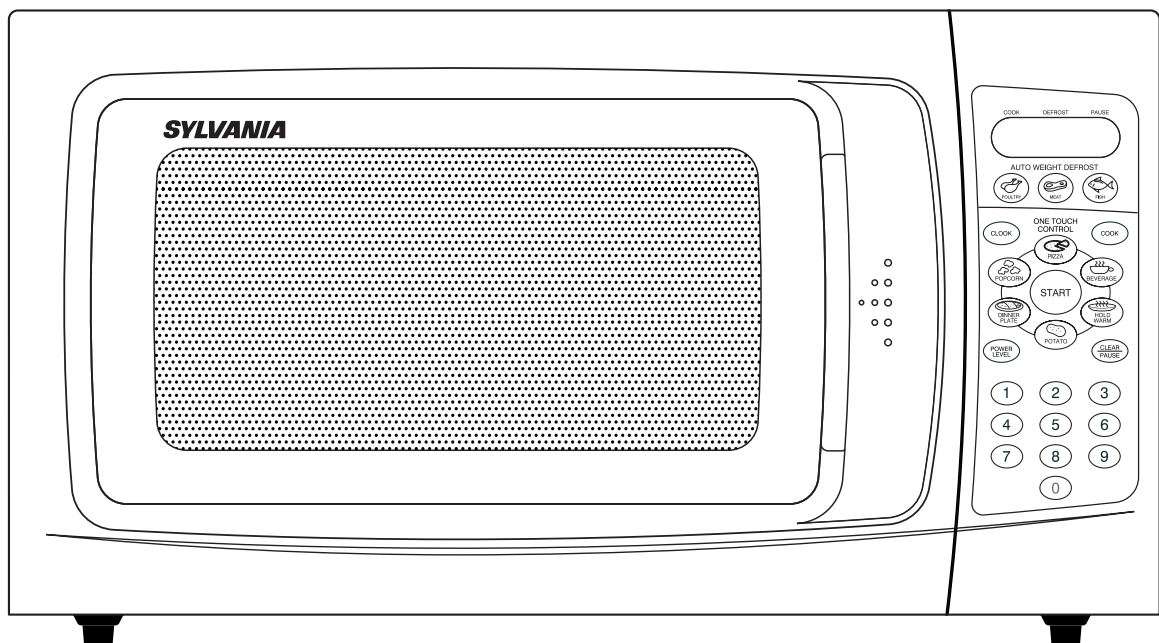


SYLVANIA

Microwave Oven Model No. SM81015

Instruction Manual

1.0 cu. ft. (27 l) Electronic Microwave Oven
with ACTION WAVE COOKING SYSTEM™



Please read carefully and keep for reference.

UNAUTHORIZED MODIFICATIONS TO THIS DEVICE COULD VOID
THE USER'S AUTHORITY TO OPERATE IT AND / OR VOID THE WARRANTY.

MOP5777

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

WARNING

Due to higher power output and better microwave distribution in today's models, it is advisable to watch foods such as pre-packed microwavable popcorn and similar products to determine the amount of time required to cook the product without burning it in your environment.

Please note also that different package sizes will require changes in cooking times and power levels for best results.

NEVER LEAVE THESE PRODUCTS UNATTENDED OR LET CHILDREN COOK THEM UNSUPERVISED.

We cannot be responsible for inconsistencies in the packaging quality of food products.



™

“ACTION WAVE ” TRADEMARK IS OWNED
BY NISSHIN INDUSTRY CO., LTD. JAPAN

SYLVANIA MICROWAVE OVEN WARRANTY

We appreciate your purchase of a SYLVANIA Microwave. We take pride in the quality of our products and have manufactured your new Microwave unit to exacting quality standards. We feel confident that in normal use, it will provide you with satisfactory performance. However, should you experience difficulty, you are protected under the provisions of this warranty.

SYLVANIA Microwave Ovens are warranted against manufacturing defects in materials and workmanship in normal use for the following periods from the date of purchase by the original user, and is conditional upon the unit being installed and used as directed in the instruction manual.

WARRANTY PERIOD

Domestic Microwave Ovens – Carry-in Service :

One (1) year parts and labour : Seven (7) years on Magnetron – labour not included after initial Twelve (12) months.

SYLVANIA's obligation under this warranty should be limited to the repair, including all necessary parts and the labour connected therewith, or at our option the exchange of any Microwave Oven which shows evidence of a manufacturing defect within the warranty period. Replacement parts, furnished in connection with this warranty shall be warranted for a period equal to the unexpired portion of the original equipment warranty.

CUSTOMER OBLIGATIONS

This warranty applies to the product from the original date of purchase at retail. Therefore, the owner must provide a copy of the original, dated bill of sale. No warranty service will be performed without a bill of sale. Transportation to and from the service depot is the responsibility of the owner.

WARRANTY EXCLUSIONS

This warranty is extended to SYLVANIA Microwave Ovens purchased and used in Canada. This warranty shall not apply to appearance or accessory items including but not limited to: glass tray, cabinet, cabinet parts, knobs. This warranty shall, in addition, not apply to damages due to handling, transportation, unpacking, set-up, installation, customer adjustments that are covered in the instruction book, repair or replacement of parts supplied by other than the SYLVANIA authorized service depot, any malfunction or failure caused by or resulting from abnormal environmental conditions, improper unauthorized service, improper maintenance, modifications or repair by the consumer, abuse, misuse, neglect, accident, fire, flood, or other Acts of God, and incorrect line voltage.

This Appliance product is only warranted to the original retail purchaser. This warranty becomes void in the event of commercial or rental use. This warranty becomes void in the event serial numbers are altered, defaced or removed.

SYLVANIA reserves the right to make changes in design or to make additions to or improvements upon this product without incurring any obligation to install the same on products previously manufactured. The foregoing is in lieu of all other warranties expressed or implied and SYLVANIA neither assumes nor authorizes any person to assume for it any other obligation or liability in connection with the sale or service of this product. In no event shall SYLVANIA or its SYLVANIA dealers be liable for special or consequential damage arising from the use of this product, or for any delay in the performance of this warranty due to cause beyond our control.

The purchaser may have other rights under existing provincial or federal laws, and where any terms of this warranty are prohibited by such laws, they are deemed null and void, but the remainder of the warranty shall remain in effect.

HOW TO OBTAIN SERVICE

Should this product require service, you may obtain specific information on how to obtain service by contacting the SYLVANIA Dealer from whom this product was purchased, or by contacting us directly:

SONIGEM SERVICE

300 Alden Road

Markham, Ontario

L3R 4C1

PHONE: (905) 940-5089 FAX: (905) 940-2303

TOLL FREE: 1-800-287-4871

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IMPORTANT SAFETY INSTRUCTIONS

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

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 appliance.
- 2 Read and follow the specific “**PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**” found on the inside front cover.
- 3 This appliance must be grounded. Connect only to properly grounded outlet. See “**GROUNDING INSTRUCTIONS**” found on page 4
- 4 Install or locate this appliance only in accordance with the provided installation instructions.
- 5 Some products such as whole eggs and sealed containers (.i.e. closed glass jars) are able to explode and should not be heated in this oven.
- 6 Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or harsh cleaning materials in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- 7 As with any appliance, close supervision is necessary when used by children.
- 8 Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
- 9 This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair or adjustment.
- 10 Do not cover or block any openings on this appliance.
- 11 Do not store this appliance outdoors. Do not use this product near water - for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
- 12 Do not immerse cord or plug in water.
- 13 Keep cord away from heated surfaces.
- 14 Do not let cord hang over edge of a table or counter.
- 15 When cleaning surfaces of door and oven that come together when closing the door, use only mild non-abrasive soaps or detergents applied with a sponge or soft cloth.
- 16 To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - (c) If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
 - (d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- 17 Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUD-DENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTEN-SIL IS INSERTED INTO THE LIQUID.**

To reduce the risk of injury to persons:

 - (a) Do not overheat liquids.
 - (b) Stir the liquid both before and halfway through heating it.
 - (c) Do not use straight-sided containers with narrow necks.
 - (d) After heating, allow the container to stand in the microwave for a short time before removing the container.
 - (e) Use extreme care when inserting a spoon or other utensil into the container.

SAVE THESE INSTRUCTIONS

SAFETY PRECAUTIONS

General Use

- 1 Do NOT attempt to tamper with or make any adjustments or repairs to door, control panel or any other part of the oven. Do NOT remove outer panel from oven. Repairs should only be done by qualified service personnel.
- 2 Do NOT operate the oven empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
- 3 If a fire occurs in the oven, touch the PAUSE/CLEAR pad and LEAVE THE DOOR CLOSED. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
- 4 Do NOT attempt to dry clothes, newspapers or other materials in the oven. They may catch fire.
- 5 Do NOT use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
- 6 Do NOT hit or strike control panel. Damage to controls may occur.
- 7 Never insert a wire, nail or any other metal objects through the holes on the cavity or any other holes or gaps, because such objects may cause electric shock and microwave leakage.
- 8 Keep the waveguide cover clean at all times. Wipe the over interior with a soft damp cloth after each use. If you leave grease or fat anywhere in the cavity it may overheat, smoke or even catch fire when next using the oven.

Utensils

- 1 METAL CONTAINERS or dishes with metallic rims should not be used. Arcing may occur.
- 2 METAL TWIST-TIES may not be used in the microwave oven.
- 3 Do NOT use SEALED JARS or NARROW NECK bottles for cooking or reheating. They may shatter.
- 4 Do NOT use CONVENTIONAL THERMOMETERS in the microwave oven. They may cause arcing.
- 5 Remove PLASTIC STORE WRAPS before cooking or defrosting foods in the oven.

Food

- 1 Never use your microwave oven for HOME CANNING. The oven is not designed to permit proper canning. Improperly canned food may spoil and be dangerous to consume.
- 2 COOKING TIMES given in the cooking guide are approximate. Factors that may affect cooking are starting temperature, altitude, volume, size and shape of food and utensils used. As you become familiar with the oven, you will be able to adjust cooking times for these factors.
- 3 It is better to UNDERCOOK RATHER THAN OVERCOOK foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.
- 4 SMALL QUANTITIES of food or foods with LOW MOISTURE content can burn, dry out or catch fire if cooked too long.
- 5 Do NOT boil eggs in their shell. Pressure may build up and the eggs will explode.
- 6 Potatoes, apples, egg yolks, whole acorn squash and sausage are examples of food with NONPOROUS SKINS. These must be pierced before cooking to prevent bursting.
- 7 POPCORN must be popped in a microwave corn popper. Microwave popped corn produces a lower yield than conventional popping. Do not use oven for popcorn unless popped in a microwave approved popcorn utensil or unless it's commercially packaged and recommended especially for microwave ovens. Do not use oil unless specified by the manufacturer.
- 8 Do NOT attempt to deep fat fry in your oven. Never heat oil or fat for deep frying as you cannot control the temperature and doing so may lead to overheating and fire.
- 9 HEATED LIQUIDS can ERUPT if not mixed with air. Do not heat liquids in your microwave oven without first stirring.

GROUNDING INSTRUCTIONS

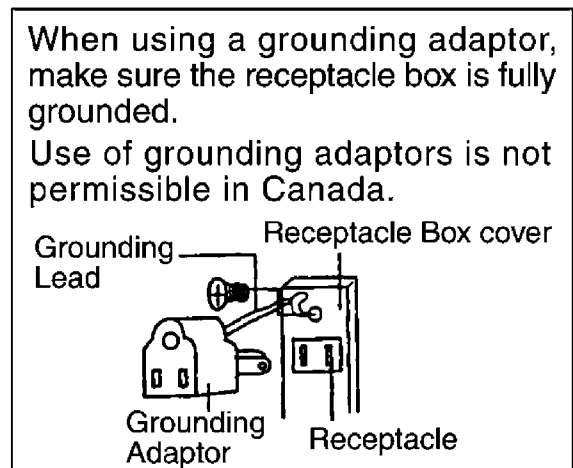
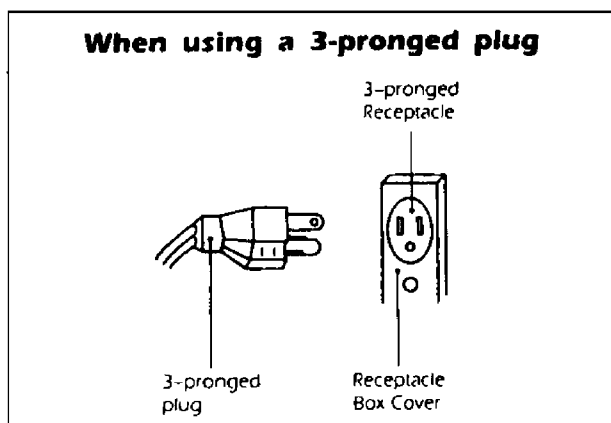
This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be inserted into an outlet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

WARNING: Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or service person if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

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

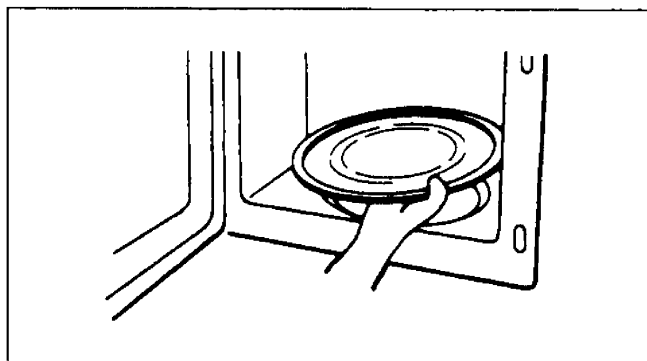
INSTALLATION

- 1. Steady, flat location:** When positioning the microwave oven, it should be set on a flat, steady surface.
- 2. Ventilation:** Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause oven failure. For proper ventilation, keep 3 inches of space between the oven's top, sides, rear and the area where the unit is to be installed.
- 3. Radio and TV reception:** Poor television reception and radio interference may result if the oven is located close to a TV, radio, antenna, or antenna wire. Position the oven as far away from them as possible.
- 4. Temperature and moisture:** Keep the oven away from hot air, steam or splashing liquids when choosing a place to locate it, otherwise, the unit's operation may be adversely affected, causing it to break down.
- 5. Power supply:**
 - Check your local power source. This microwave oven requires a 120V, 60Hz power supply, on a 15A dedicated branch circuit. No other appliances should be connected to this circuit.
 - Use a receptacle that will accept the ground prong.
 - Power supply cord is 1.4 meters (4.5 feet) long.
 - 1. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
 - 2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
 - 3. If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3-wire cord, and (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.
- 6. Examine the oven for any damage such as:** Dents, a misaligned door, broken door or a dent in the cavity. If any of the above are visible, DO NOT INSTALL THE UNIT. NOTIFY THE DEALER IMMEDIATELY.



CARE OF YOUR MICROWAVE OVEN

- 1 Disconnect the AC plug from the outlet before cleaning.
- 2 Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
- 3 The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation slots.
- 4 If the control panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on control panel.
- 5 If steam accumulates on both sides of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and this is not an indication of a malfunction in the unit.
- 6 It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm, sudsy water or in a dishwasher.
- 7 The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller guide may be washed in mild, sudsy water or dishwasher.

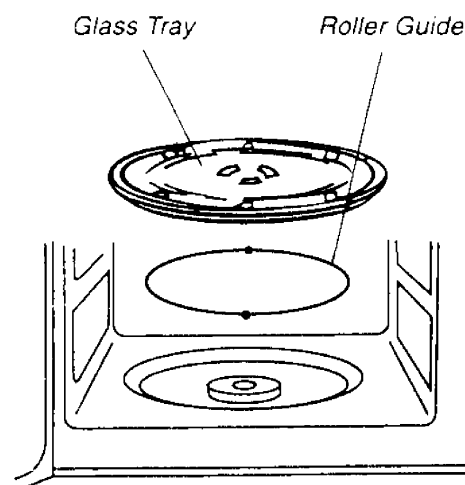


Roller Guide

- 1 The ROLLER GUIDE and oven floor should be cleaned frequently to prevent excessive noise.
- 2 The ROLLER GUIDE MUST ALWAYS be used for cooking together with the Glass Tray.

Glass Tray

- 1 Do NOT operate the oven without the Glass Tray in place on top of the Roller Guide.
- 2 Do NOT use any other Glass Tray with this oven.
- 3 If the Glass Tray is hot, ALLOW IT TO COOL before cleaning it or placing it in water
- 4 Do NOT cook directly on the Glass Tray.

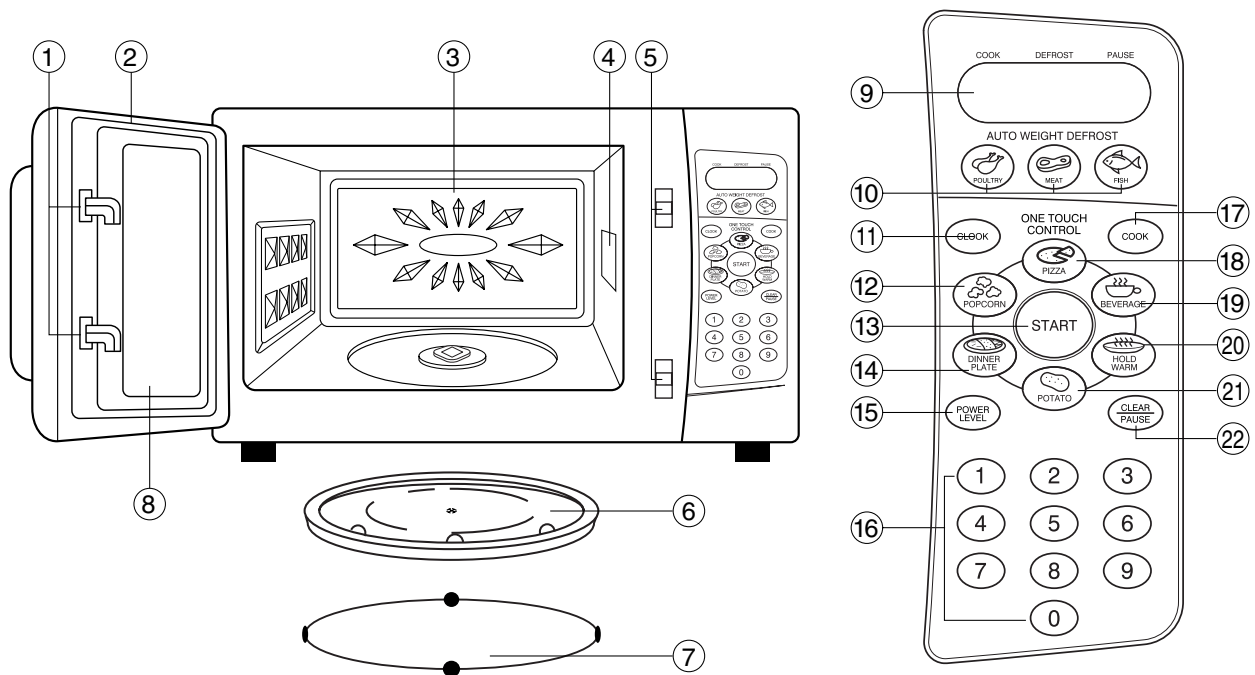


HOW TO USE YOUR MICROWAVE OVEN SAFELY

Although your oven is provided with safety features, it is important to observe the following:

- a) It is important not to defeat or tamper with safety interlocks.
- b) Do not place any object between the oven face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.
- c) When opened, the door must not be subjected to strain, for example, a child hanging on an open door or any load which could cause the oven to fall forward and cause injury and damage the door. Do not operate the oven if it is damaged, until it has been repaired by a qualified person. It is particularly important that the oven door close properly and that there is no damage to the: i) Door (bent), ii) Hinges and Latches (broken or loosened), iii) Door seals and sealing surfaces.
- d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

FEATURE LOCATIONS



1. **Door latch** - When the door is closed, it will automatically lock shut. If the door is opened while the oven is operating, the magnetron will automatically shut off.
2. **Door seal** - The door seal keeps the microwave waves within the oven cavity and prevents microwave leakage.
3. **Oven cavity**
4. **Spatter shield** - Protects the oven wave guide from splashes of cooking foods.
5. **Safety interlock system** - Prevents the oven from operating while the door is opened.
6. **Glass cooking tray** - made of special heat resistant glass. The tray must always be in proper position before operating the oven. Do not cook food directly on the tray.
7. **Roller guide** - Supports the glass cooking tray. Must always be in proper position before operating the oven.
8. **Door screen** - allows viewing of food. The screen is designed so that light can pass through, but not the microwaves.
9. **LED display** - Cooking time, power level, function indicators and the present time are displayed.
10. **Auto weight Defrost Pad** - Used to set the desired defrosting weight from 0.1 lb to 6 lb. for different categories of food.
11. **Clock Pad** - Touch to set the present time.
12. **Popcorn pad** - Used to cook popcorn.
13. **Start pad** - used to start a selected operation.
14. **Dinner Plate pad** - Touch to set any desired reheat setting up to 5 minutes.
15. **Power Level pad** - Used to change the power level.
16. **10 key pads** - Used to enter the desired power level, cooking time, etc.
17. **Cook pad** - Touch to set any desired cooking setting.
18. **Pizza pad** - Touch to reheat precooked pizza.
19. **Beverage pad** - Used to reheat beverages.
20. **Hold Warm Pad** - Used to keep food warm after cooking is completed.
21. **Potato pad** - Touch to cook potatoes.
22. **Clear/Pause pad** - Used to stop oven operation or to delete the cooking data you just entered.

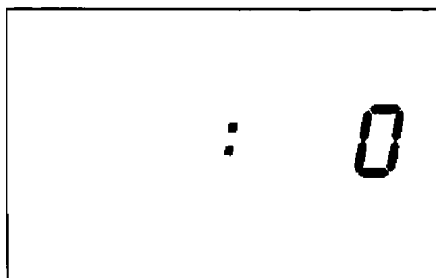
CONTROLS

SETTING THE CLOCK

When the oven is first plugged in, the display will flash "0:00" and a tone will sound. If the AC power ever goes off, the display will flash "0:00" when the power comes back on.

CLEAR/PAUSE

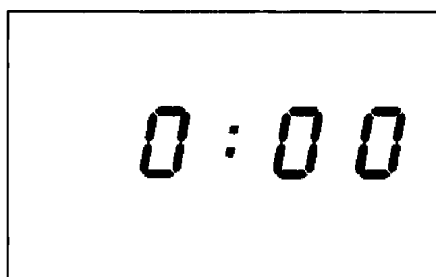
1. Touch the **CLEAR/PAUSE** pad.



The display will show "0".

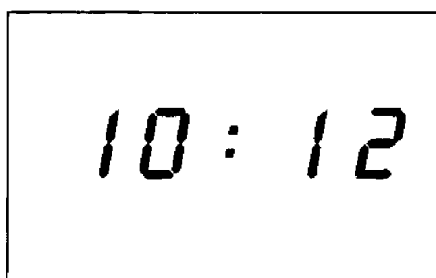
CLOCK

2. Touch the **CLOCK** pad.



The display will flash "0:00" and a tone will sound.

3. Enter the correct time of day.

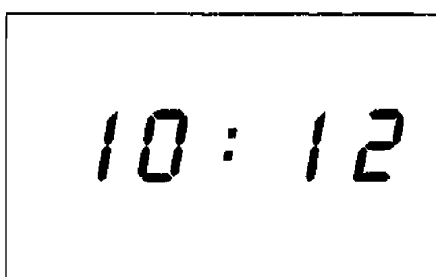


EXAMPLE: To set the time to "10:12", touch "1", "0", "1", "2" in sequence.

The display will show the numbers pressed in the order you pressed them.

CLOCK

4. Touch the **CLOCK** pad.



The display will show the present time and the colon will stop blinking. This 12 hour digital clock allows you to set the time from "1:00" to "12:59".

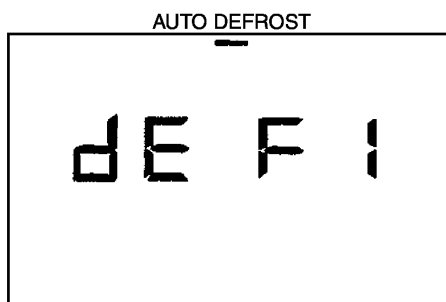
NOTE: If the oven is used before the present time is set, the display will show "0" after cooking is completed, and the door is opened.
To reset present time in the display window when no food processing is taking place, touch the **CLOCK** pad. The colon starts blinking. Enter the correct present time by following the above procedures.

AUTO WEIGHT DEFROSTING

AUTO WEIGHT DEFROST lets you easily defrost foods by eliminating guesswork in determining defrosting time. The minimum weight for Auto Weight Defrost is 45 g (0.1lb). The maximum weight depends on the food category. Up to 2.7 kg (6.0 lbs) for poultry, 1.8 kg (4.0 lbs) for meat and 1.4 kg (3.0 lbs) for fish. Follow the steps below for easy defrosting.



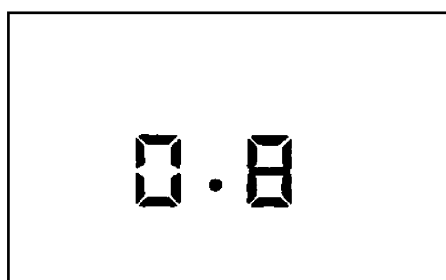
1. Enter the desired auto weight category.



EXAMPLE: To select POULTRY, touch "POULTRY" button ; the display will show "dEF 1" and the DEFROST indicator will light.

Category	Display	Good	Range
1	dEF 1	Poultry	45 g (0.1 lb) to 2.7 kg (6.0 lbs)
2	dEF 2	Meat,Ground	45 g (0.1 lb) to 1.8 kg (4.0 lbs)
3	dEF 3	Fish	45 g (0.1 lb) to 1.4 kg (3.0 lbs)

2. Enter the food weight.



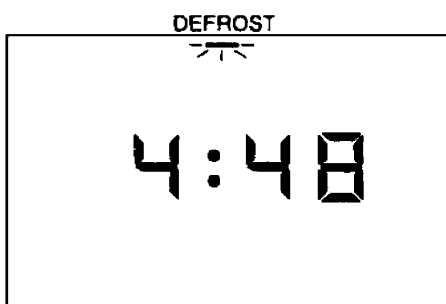
IMPORTANT

"This AUTO WEIGHT DEFROST program is based on " pounds " and " tenths of a pound ". Using the weight conversion chart below, enter the food weight in pounds and tenths of a pound. "

EXAMPLE: To select 0.8 lbs(364g), touch "8".



3. Touch the **START** pad.



When the **START** pad is touched, the DEFROST indicator will blink, the display will count down the remaining defrosting time in minutes and seconds and will beep 5 times when defrosting is completed.

WATTAGE OUTPUT CHART

Press	Power Level	Wattage Output
none	10	1100
9	9	990
8	8	880
7	7	770
6	6	660
5	5	550
4	4	440
3	3	330
2	2	220
1	1	110

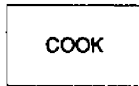
WEIGHT CONVERSION CHART

Ounces	Hundredths of a Pound	Tenths of a pound	Grams	POUNDS(lbs)	GRAMS(g)
1 - 2	.06 - .15	0.1	50	1/4	114
3 - 4	.16 - .25	0.2	100	1/2	227
5 - 6	.26 - .35	0.3	150	3/4	341
7	.36 - .45	0.4	200	1	454
8 - 9	.46 - .55	0.5	250	2	907
10 - 11	.56 - .65	0.6	300	3	1361
12 - 13	.66 - .75	0.7	350	4	1814
14	.76 - .85	0.8	400	5	2268
15 - 16	.86 - .95	0.9	450	6	2722

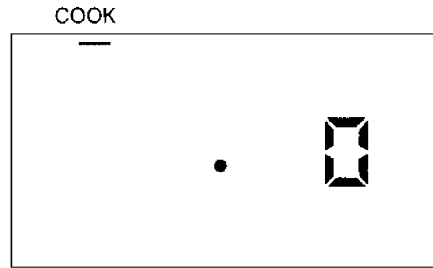
- If a roast weighs 3.95 pounds or 3 pounds, 15 ounces, program 3.9 pounds (1950 grams).
- If a roast weighs 3.99 pounds or 4 pounds, 0 ounces, program 4 pounds (2000 grams).

TIME COOKING IN ONE STAGE

Use the 10 key pads (number pads) to select a cooking or other operational time.

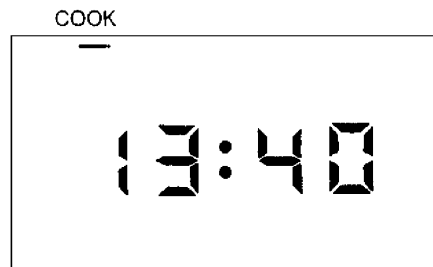


1. Touch the **COOK** pad.



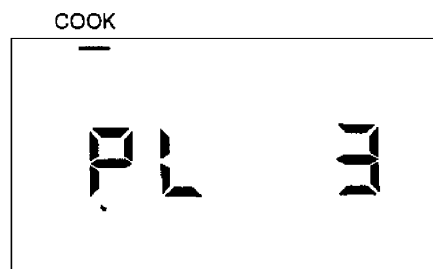
The display will show "0".

2. Enter a cooking time.



EXAMPLE: To set the cooking time to "13:40", touch "1", "3", "4" and "0" in sequence.

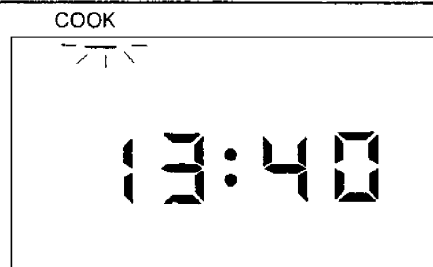
3. Enter the Power Level.
If cooking at full power (100%), omit this step and the oven will cook at full (100%) power.



EXAMPLE: To select 30% power, touch the **POWER LEVEL** pad and then "3". The display will show "PL 3".



4. Touch the **START** pad.



When the **START** pad is touched, the **COOK** indicator will blink, the display will count down the remaining cooking time in minutes and seconds and will beep 5 times when cooking is completed.

NOTE: Enter a power level using the number pads (1 – 9). Note that touching pad "1" will produce a 10% power level., pad "2" will produce a 20% power level, etc., through pad "9" which will produce a 90% power level. If the selection is omitted, the oven will automatically cook at full power (100%). If you are using Stage cooking, you may select power levels for each cooking stage.

2 STAGE OR 3 STAGE TIME COOKING

For two stage cooking, instead of performing step 4, repeat steps 1 through 3 and then press the **START** pad.

Auto Weight Defrost and two stage cooking can be combined if the **Auto Weight Defrost** is performed in Stage 1.

During stage cooking, check the present cooking stage by touching the **COOK** pad. For example the display shows "STG 1" at stage 1. "STG 2" at stage 2 and "STG 3" at stage3. After 2 seconds, The display returns to counting down the cooking time.

POTATOES

Put 1-3 potatoes in the oven and close the door.

POTATO

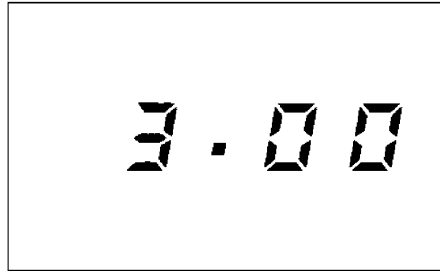
1. Touch **POTATO** once for each potato you place inside the oven.



When you touch the POTATO pad, the display will show "PO-1".

START

2. Touch **START**.



When you touch START, the display counts down the cooking time in minutes and seconds and beeps 5 times when cooking is completed.

1 POTATO	2 POTATOES	3 POTATOES
"PO 1"	"PO 2"	"PO 3"
3 : 00	5 : 00	6 : 00

PIZZA

Use the pizza feature to reheat refrigerated leftover pizza (1-3 slices)

PIZZA

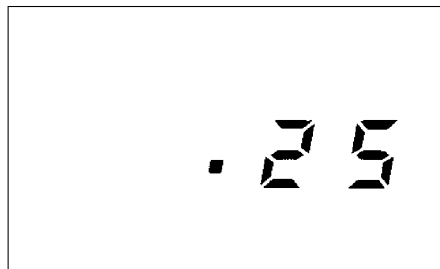
1. Touch **PIZZA** once for each slice you place inside the oven.



When you touch the PIZZA pad, the display will show "P-1".

START

2. Touch **START**.



When you touch START, the display counts down the cooking time in minutes and seconds and beeps 5 times when cooking is completed.

1 SLICE	2 SLICES	3 SLICES
"P 1"	"P 2"	"P 3"
0 : 25	0 : 50	1 : 50

POPCORN

Put the popcorn package (100 g) (3.5 oz) onto a microwaveable dish. Place it in the oven and close the door.

POPCORN

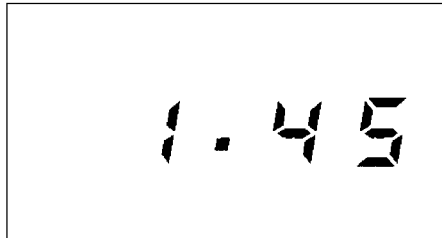
1. Touch the **POPCORN** pad.



When you touch the POPCORN pad, "PO P" is displayed.

START

2. Touch the **START** pad.



When you touch the START pad, the oven starts cooking. The display counts down the cooking time of 1:45, then the oven beeps 5 times when the cooking is completed.

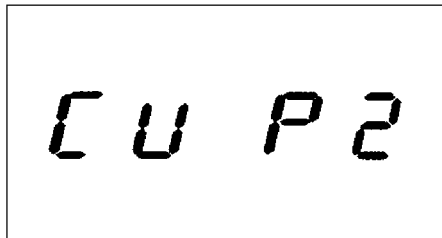
- NOTE:**
1. Use only 1 package (Approx. 100 g) (3.5 oz) at a time.
 2. Use only a microwaveable popcorn package in the microwave oven.
 3. Do not try to pop unpopped kernels.
 4. Do not leave the oven unattended while popping popcorn. If the popcorn does not pop sufficiently, do not press the POPCORN pad again as the popcorn may burn. Check popcorn bag for cooking instructions.
 5. When opening the package, face it away from you to avoid contact with any steam released from the package.

BEVERAGES

Use the beverage feature to reheat up to 3 mugs containing beverages. (255 g (9 oz)/MUG)

BEVERAGE

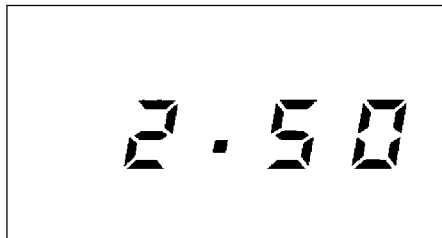
1. Touch the **BEVERAGE** pad repeatedly until the desired number of mugs appears in the display window.



EXAMPLE: TO select 2 mugs, touch the BEVERAGE pad 2 times. "CU P2" will be displayed.

START

2. Touch the **START** pad. The beverage(s) will be reheated.



EXAMPLE: Touch the START pad, and the oven starts reheating. The display counts down the reheating time for 2 mugs. When reheating is completed, the oven beeps 5 times.

- NOTE:** Up to 3 beverage mugs can be reheated. Reheating time is as follows:
- | | |
|--------|-------------------------|
| 1 MUG | CU P1 (1 min., 35 Sec.) |
| 2 MUGS | CU P2 (2 min., 50 Sec.) |
| 3 MUGS | CU P3 (4 min., 20 Sec.) |

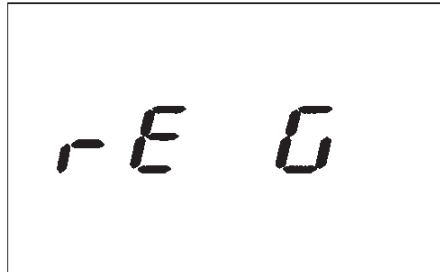
DINNER PLATE

Use the dinner plate feature to reheat precooked foods from the refrigerator.

- REGULAR — A REGULAR AMOUNT OF FOOD : APPROX 255 g (9 oz) (FOR EXAMPLE: 110 g (4 oz) SLICED MEAT OR POULTRY, 85 g (3 oz) POTATO OR RICE AND 60 g (2 oz) VEGETABLES OR EQUIVALENT.)
- SMALL — A SMALLER AMOUNT OF FOOD : APPROX. 170 g (6 oz)
- BIG — A LARGER AMOUNT OF FOOD : APPROX. 340 g (12 oz)

DINNER PLATE

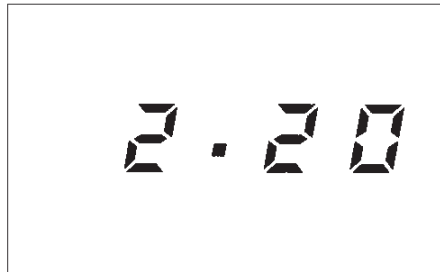
1. Touch the **DINNER PLATE** pad once for regular amount, twice for smaller amount and three times for larger amount.



EXAMPLE: For regular amount of food, touch the DINNER PLATE pad once. "r E G" is displayed.

START

2. Touch the **START** pad.



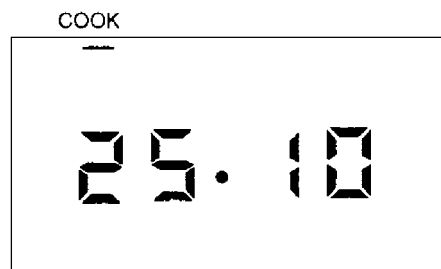
The oven will start cooking and the display counts down the cooking time. When cooking is completed, the oven will beep five times.

REGULAR	SMALL	BIG
"r E G"	"S M L"	"B I G"
2 : 20	1 : 20	2 : 50

HOLD WARM

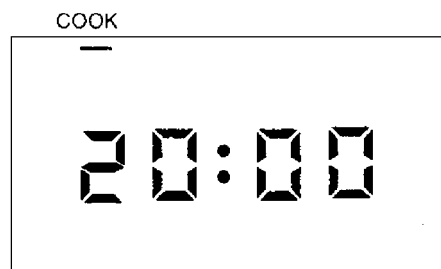
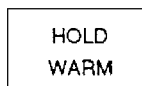
The Hold Warm feature can be used to keep food warm after microwave or conventional cooking is completed.

1. Program the desired cooking time and power level as previously instructed.



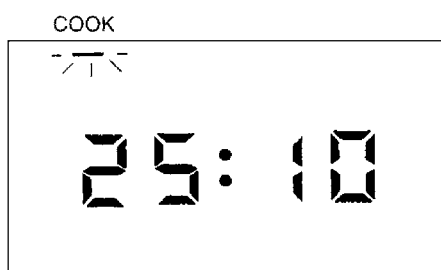
EXAMPLE: Select a cooking time of "25:10".

2. Touch the **HOLD WARM** pad for every 10 minutes of Hold Warm time desired (up to 30 minutes).



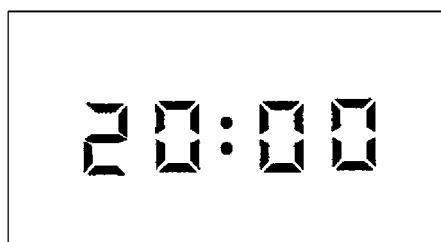
EXAMPLE: To select 20 minutes, touch the **HOLD WARM** pad 2 times. "20:00" will be displayed.

3. Touch the **START** pad; the oven will begin cooking as programmed in step 1.



EXAMPLE: The **COOK** indicator will light, the oven will begin cooking and the display will count down the remaining cooking time.

When cooking is completed, the oven will begin the Hold Warm mode as programmed in step 2.



When cooking is completed, the display will count down the remaining Hold Warm time. When the Hold Warm time ends, you will hear 5 beeps.

NOTES:

- * The Hold Warm feature operates independently or together with Stage 1 cooking.
- * To keep food warm after conventional cooking, omit step 1.

TO STOP THE OVEN WHILE IT IS OPERATING


1. Press the CLEAR/PAUSE pad.
 - The PAUSE indicator will start blinking.
 - You can RESTART the oven by touching the START pad.
 - TOUCH the CLEAR/PAUSE pad once more to erase all instructions except for memory data.
 - You must enter new instructions.
2. Open the door.
 - You can restart the oven by closing the door and touching the START pad.

NOTE: The oven will stop operating when the oven door is opened.

CHILD LOCK

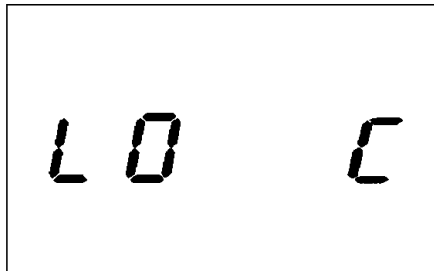
The Child Lock prevents unwanted oven operation by small children. The oven can be set so that the control panel is deactivated or locked.

TO SET CHILD LOCK

1. Touch the  pad once.

START

2. Touch the START pad five times.

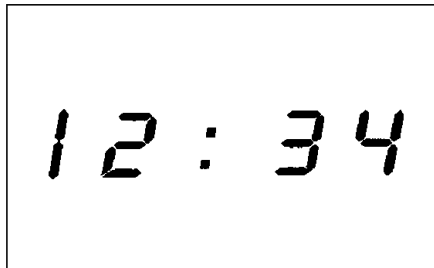


The display will show "LO C".

TO CANCEL THE CHILD LOCK

1. Touch the  pad once.

2. Touch the START pad five times.



The display will return to the present time.

NOTE: No beep sound is heard when setting or cancelling the Child Lock.

COOKING GUIDE

THE PRINCIPLES OF MICROWAVE COOKING

Microwaves are a form of high frequency radio waves similar to those used by a radio including AM, FM and CB. Electricity is converted into microwave energy by the magnetron tube. From the magnetron tube, microwave energy is transmitted to the oven where it is reflected, transmitted and absorbed by the food.

Reflection

Microwaves are reflected by metal just as a ball is bounced off a wall. For this reason, metal utensils are not suitable for use in the microwave. A combination of stationary interior walls and a rotating turntable or stirrer fan helps assure that the microwaves are well distributed within the oven cavity to produce even cooking.

Transmission

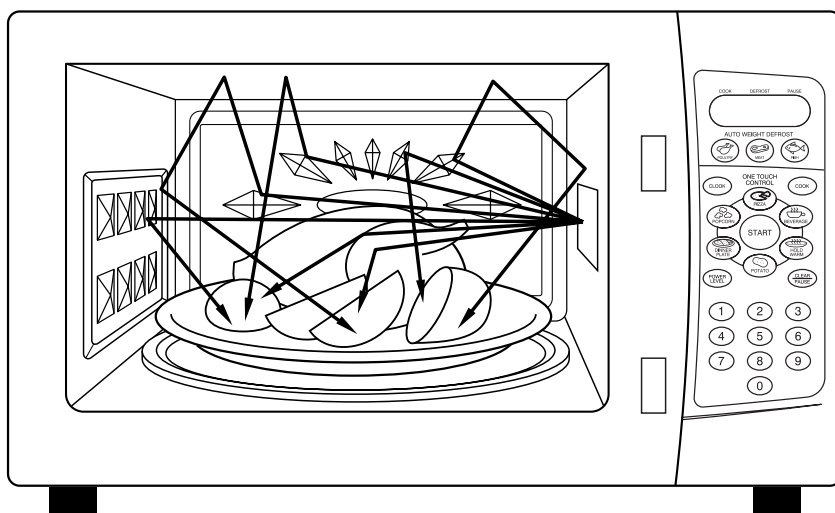
Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window.

Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.

Absorption

During cooking, microwaves will be absorbed by food. They penetrate to a depth of about 1.9 to 3.8 cm. Microwave energy activates the molecules in the food (especially water, fat and sugar), and heat is produced. If you vigorously rub your hands together, you will feel heat produced by friction. The internal cooking of larger foods is done by conduction as the heat which is produced by friction is conducted in the middle of the food. Foods also continue to cook through conduction during standing time.

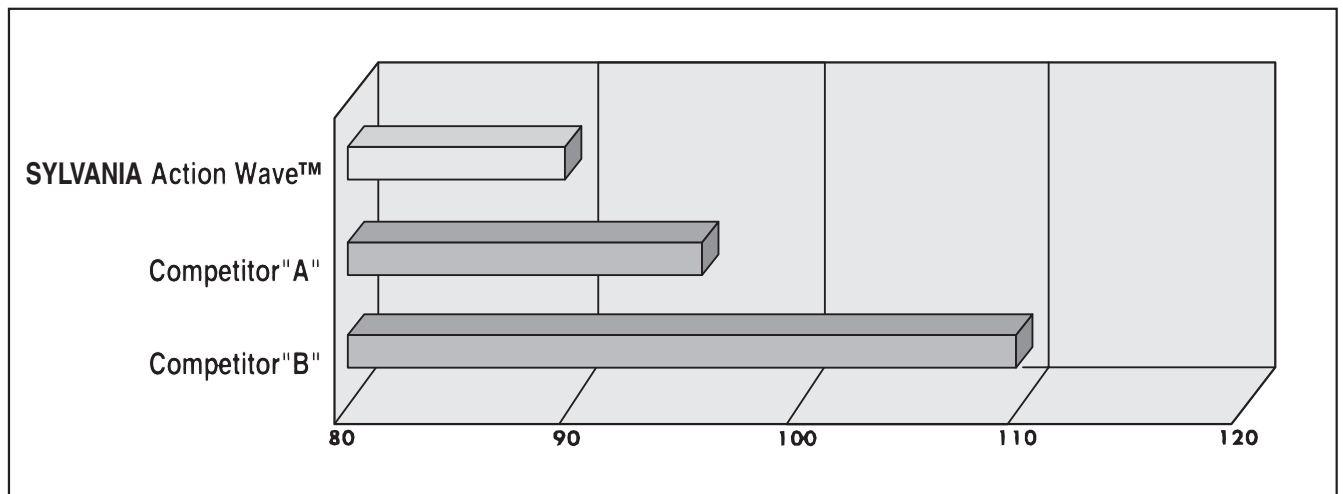
ACTION WAVE™ COOKING SYSTEM



This new, specially designed "Action Wave™ Cooking System" utilizes a series of performance-engineered pyramids in the oven's interior cavity. They distribute microwave energy in a much more effective omni-directional pattern to the food. This action promotes faster, more uniform cooking, with fewer hot or cold spots. Together with the integral rotating glass tray, this new "Action Wave™ Cooking System" is very efficient and fast. Available for cooking in the new millennium.

Action Wave™ radiates microwave energy at convex diverters that maximize the microwaves absorbed by the food mass, which results in very even cooking. No more hot or cold spots!

Reduced Cooking Time of The Most Popular Microwave Food - 100 g (3.5 oz) Popcorn



Action Wave™ speeds cooking by directing more microwave energy to the food mass, instead of into unused cooking space within the microwave oven. A highly efficient design that **reduces cooking time by approximately 10 percent !**

FOOD CHARACTERISTICS

Quantity: The amount of food placed in a microwave oven has a direct effect on the cooking time. Small amounts of food or liquid require less cooking time than larger amounts of the same substance. As quantity increases, concentration decreases.

Size: Small pieces cook faster than large ones. To speed up cooking cut pieces smaller than 5 cm, so microwaves can penetrate the middle of the food from all sides. Pieces which are similar in size and shape cook more evenly.

Shape: Many foods are uneven in shape, like a chicken, ribs or broccoli. The thin parts will cook faster than the thick parts, while uniformly thick foods cook evenly. To compensate for irregular shapes, place thin pieces toward the center of the dish and thicker pieces toward the edge of the dish.

Starting Temperature: Frozen or refrigerated foods take longer to cook than foods at room temperature.

Bone and Fat: Because bones conduct heat, the side of meat the bone is on will cook first, while boneless cuts cook slower but more evenly. Fat attracts microwaves. The middle of these foods are cooked by heat conduction.

Moisture Content: Microwaves are attracted by moisture. Naturally moist foods absorb microwaves better than dry ones. Add minimum amount of liquid to moist foods, as excess water slows cooking.

Density: The density of food determines how easily the microwaves can penetrate and how quickly it will cook. Porous foods, like chopped beef or mashed potatoes, microwave faster than dense ones like steak or whole potatoes.

Piercing: Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks, chicken livers and other like foods to prevent bursting

MICROWAVE TECHNIQUES

Stirring: Stir foods from outside to center of dish once or twice during cooking to equalize heat and speed microwaving. Foods will not burn or stick, so there's no need to stir constantly as you do in conventional cooking.

Arrangement: Arrange foods with thin or delicate ends, like drumsticks or asparagus spears with the thick or tougher portions to the outside of the dish. The parts which need more cooking will receive more energy, so food will microwave evenly.

Spacing: Individual foods, such as baked potatoes and cupcakes will cook more evenly if placed in the oven an equal distance apart. When possible, arrange foods in a circular pattern. Similarly, when placing foods in a baking dish, arrange around the outside of dish, not lined up next to each other. Foods should not be stacked on top of each other.

Rearrangement: Rearrange overlapping areas, like tails of long fish fillets, from top to bottom, and closely packed pieces, like meatballs, from the outside to the center of the dish.

Standing Time: Standing time is especially important in microwave cooking. Microwave energy creates heat in the outer layers of the food. As a result of normal conduction, the food continues to cook for a few minutes after removal from the oven. Letting roasts, large whole vegetables, casseroles and cakes stand to finish cooking allows the middles to cook completely without overcooking, drying or toughening the outsides.

Covering: Covering up foods speeds cooking time, retains moisture, tenderizes, insures even cooking and prevents spattering. Casserole lids or plastic wrap are used for a tighter seal. Vent plastic by turning edge at the side of dish to form a narrow slot where excess steam can escape. Various degrees of back one moisture retention are also obtained by using wax paper or paper towels.

Browning: Microwave energy cooks some foods so quickly that the fats and sugars within the food do not have time to caramelize and give a "browned" appearance. Browning agents do not affect the quality of microwaved foods, but can add color and flavor. For meats and poultry, use bouquet sauce diluted with water or melted butter; soy, Worcestershire, barbecue or steak sauce; a sprinkling of paprika or dry gravy mix; jelly glaze or crumb coating. Frosting and topping finished cakes and breads. Top casseroles at the end of microwaving with grated cheese or crumbs.

Some Foods do not Microwave Well

Eggs in Shells and shelled boiled eggs can burst.

Pancakes do not crust, but they reheat well. Fully-prepared, frozen pancakes are available for microwaving.

Deep Fat Frying can cause burns.

Bottles with narrow necks may shatter if heated.

Pop Popcorn only in special microwave poppers. Do not use oil unless specified by the manufacturer, or heat longer than recommended. Never pop popcorn in paper bags or glass utensils, or directly on the glass tray.

Guide for Cooking Meats

Roasts, chops, hamburgers and small cuts of tender meat cook beautifully in the microwave oven. Most roasts can be cooked rare, medium rare or even well done in less than one hour. Less tender cuts of meat such as pot roast can be simmered fork tender in a sauce or gravy. Tough cuts that require slow cooking will do better in the conventional range or oven. A large piece of meat, especially if the shape is uneven, should be turned over occasionally for uniform roasting.

Meat	Power Level	Cooking Time (per 450 g (1 lb))	Standing Time	Special Notes
Beef Roast				
Rare	8	5 1/2 - 7 min.	4 1/2 - 6 1/2 min.	Turn over after half the time.
Medium	8	7 - 9 min.	9 - 13 1/2 min.	
Well	8	9 - 11 min.	9 - 13 1/2 min.	
Pork Roast				
Bone-in	8	11 - 13 1/2 min.	9 min.	Cover with plastic wrap.
Boneless	8	13 1/2 - 15 1/2 min.	9 - 13 1/2 min.	Turn over after half the time.
Lamb Roast				
Bone-in Medium	8	6 1/2 - 8 min.	9 - 11 min.	Turn over after half the time.
Well	8	8 1/2 - 10 1/2 min.	9 - 13 1/2 min.	
Boneless Medium	8	8 - 10 min.	9 - 11 min.	
Well	8	10 - 12 min.	9 - 13 1/2 min.	
Beef Patties (100 g (3 1/2 oz)) each				
2 patties	10	2 1/2 - 3 min.	4 1/2 - 6 1/2 min.	Turn over and rearrange after half the time.
4 patties	10	3 - 4 min.	4 1/2 - 6 1/2 min.	
Meat Loaf (900 g (2 lb))				
	10	13 1/2 - 15 1/2 min.	9 - 11 min.	Cover with wax paper.
Bacon				
Slices (4 strips) (1 slice; weight: 28 g. (1 oz) length: 28 cm) (11 in.)	10	3 - 4 min.	—	Cover with a paper towel.
Ham				
Slices (2.5 cm (1 in.) thick) 4 slices (1 in. thick)	10	6 - 7 min.	4 1/2 - 6 1/2 min.	Cover with plastic wrap.

Guide for Cooking Poultry

Chicken is one of the most popular foods and microwaving chicken is one of the best uses of your microwave oven. Chicken stays juicy and tender in the microwave oven. However, juiciness prevents browning because chicken crisps and browns only when the skin dries out enough to change color. Standing time is important, because it allows the interior to finish cooking without toughening the delicate breast meat.

Food	Power Level	Cooking Time (per 450 g (1 lb))	Standing Time	Special Notes
Roast				
Chicken whole	10	5 1/2 - 7 min.	10 - 15 min.	Place breast side up on roasting rack. Let stand, covered, before serving.
Chicken cut up	10	5 1/2 - 6 1/2 min.	7 - 10 min.	
Turkey	8	5 1/2 - 6 1/2 min.	10 - 15 min.	
Cornish Hens	10	6 1/2 - 7 min.	7 - 10 min.	
Turkey Breast	6	7 - 8 1/2 min.	5 - 7 min.	Rearrange once during the cooking. Cover with wax paper.

Guide for Cooking Seafood

Microwaving is one of the easiest and most efficient ways of preparing fish and seafood, which stay delicate and tender with quick, moist cooking. Overcooking dries out and toughens seafood, so you should check it after the minimum time. If thick pieces like fish steaks or lobster tails are done on the outside, but still slightly translucent in the middle, let them stand for a few minutes; internal heat will complete the cooking.

Food	Power Level	Cooking Time (450 g (1 lb))	Standing Time	Special Notes
Whole Fish (450 g to 680 g) (1 lb to 1 1/2 lbs)	8	5 1/2 - 6 1/2 min.	4 1/2 min.	Turn over after half the time.
Fish Fillet (450 g (1 lb))	8	4 1/2 - 5 1/2 min.	3 1/2 - 4 1/2 min.	Turn over after half the time.
Fish Steak 1 inch thick (450 g (1 lb))	8	3 1/2 - 4 1/2 min.	4 1/2 - 5 1/2 min.	Turn over after half the time. Cover with wax paper.
Shrimp (450 g (1 lb))	8	3 - 3 1/2 min.	4 1/2 min.	Rearrange once. Cover with plastic wrap.
Sea Scallops (450 g (1 lb))	8	5 - 6 min.	4 1/2 min.	Rearrange once. Cover with plastic wrap.

Poached Eggs

Eggs	Water	Cook Water on Power 10	Cook Eggs Power 8	Standing Time	Procedure
1	356 CC (1 1/2 cups)	3 1/2 - 5 1/2 min.	1 min.	2 min.	Place water into medium casserole. Cook at High until boiling. Break eggs, one at a time, into separate dish, pierce yolk once with wooden pick and slip egg carefully into hot water, cook as directed in chart.
1	356 CC (1 1/2 cups)	3 1/2 - 5 1/2 min.	1 - 2 min.	2 min.	
1	474 CC (2 cups)	5 1/2 - 6 1/2 min.	2 - 3 min.	2min.	

VEGETABLES

Guide for Cooking Fresh Vegetables

Nutrition research indicates that many microwaved vegetables and fruits lose less water soluble vitamin C than when cooked conventionally. This is due to shorter cooking time and to the fact that less cooking water is needed when microwaving fruits and vegetables. Best of all, vegetables keep their fresh color, texture and flavor. Vegetables should be microwaved covered with vented plastic wrap or a casserole lid. Vegetables cooked in their skins, such as potatoes, are already so tightly covered that they should be pricked with a fork before cooking in order to release excess steam. To assure even cooking, vegetables should be cut in uniform pieces and stirred during the cooking time. Always add salt to water before adding vegetables. Reduce time a minute or two for crisp-tender texture. Increase time for very soft texture. Remember to allow standing time of 2 to 5 minutes after cooking, because as most foods do, vegetables will continue to cook after they are removed from the microwave oven.

Food	Water Amount	Cook on Power 10	Standing Time	Special Notes
Asparagus				
Spears (450 g (1 lb))	59 CC (1/4 cup)	4 - 5 min.	2 min.	Medium Casserole. Rearrange once.
Cuts (450 g (1 lb))	119 CC (1/2 cup)	4 - 5 min.	2 min.	
Beans				
Fresh green (230 g (1/2 lb))	59 CC (1/4 cup)	3 - 4 min.	2 min.	Stir twice.
Frozen green (230 g (1/2 lb))	30 CC (2 Tbsp)	4 1/2 - 5 1/2 min.	2 min.	Stir twice.
Green Peas (2 cups)	59 CC (1/4 cup)	3 - 4 min.	2 min.	Small casserole. Stir twice.
Broccoli (2 cups)	59 CC (1/4 cup)	3 - 4 min.	2 min.	Medium casserole. Rearrange once.
Brussels Sprouts (450 g (1 lb))	59 CC (1/4 cup)	5 - 5 1/2 min.	2 - 3 min.	Medium casserole. Stir once.
Cabbage (450 g (1 lb))	59 CC (1/4 cup)	4 - 5 min.	2 - 5 min.	Rearrange once.
Cauliflower pieces (1 head)	59 CC (1/4 cup)	5 - 6 min.	2 - 5 min.	Wrap in plastic wrap. Stir once.
Mushroom slices (225 g (1/2 lb))	30 CC (2 Tbsp)	2 1/2 - 3 1/2 min.	2 - 3 min.	Small casserole. Stir once.

DESSERTS

There's always time to make dessert with a microwave oven. Fruit desserts have a remarkably fresh flavor and texture. Microwaved cakes are higher and more tender than conventionally baked; since cakes are usually frosted, browning is unimportant. Microwaved pie crusts are exceptionally tender and flaky, while delicate custards and puddings are easy to prepare.

Guide for Cooking Cakes

Food	Power Level	Cooking Time (450 g (1lb))	Standing Time	Special Notes
Cake, round (Mixed 23 cm) (9 inch.)	10	3 - 4 min.	2 - 4 1/2 min.	Pour into greased and wax paper lined cake dishes.
	8	3 1/2 - 5 min.		
Ring or Angel Food Cake	8	4 1/2 - 5 1/2 min.	2 - 4 1/2 min.	Cover with wax paper.
Muffin (6 muffins)	6	4 1/2 - 5 1/2 min.	2 - 4 1/2 min.	Rearrange once.
Custard (6 servings)	6	8 - 10 min.	4 1/2 - 6 1/2 min.	Rearrange once.

Baking

- Bar cookies work best. Greasing or lining of the microwaveable baking dish is optional.
- If insufficient browning disturbs you, frost, glaze or add food coloring to white or yellow batters.
- A serviceable microwaveable cookie sheet can be made by covering cardboard with waxed paper.
- Round glass baking dishes, and fluted or smooth microwaveable ring molds work best for cakes. You can make a microwaveable ring mold of your own by placing a medium-size glass in the center of a round glass baking dish.
- Because your cakes will rise higher in microwave cooking, never fill microwaveable cake pans more than half full.
- Reduce baking powder and soda by approximately one-fourth when converting a conventional recipe.
- Fill paper-lined muffin cups to only half full which allows for muffins to rise more than normal.
- You can prepare your own "brown 'n serve" breads and rolls by baking them ahead of time in the microwave oven. Then, place them in a conventional oven to brown prior to serving.
- Breads and rolls should be reheated to the point where they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.
- When making yeast bread in a microwave oven, choose a recipe with cornmeal, whole wheat flour, or rye flour to achieve a richer color.

WEIGHT & MEASURE CONVERSION CHART

• POUNDS & OUNCES TO GRAMS

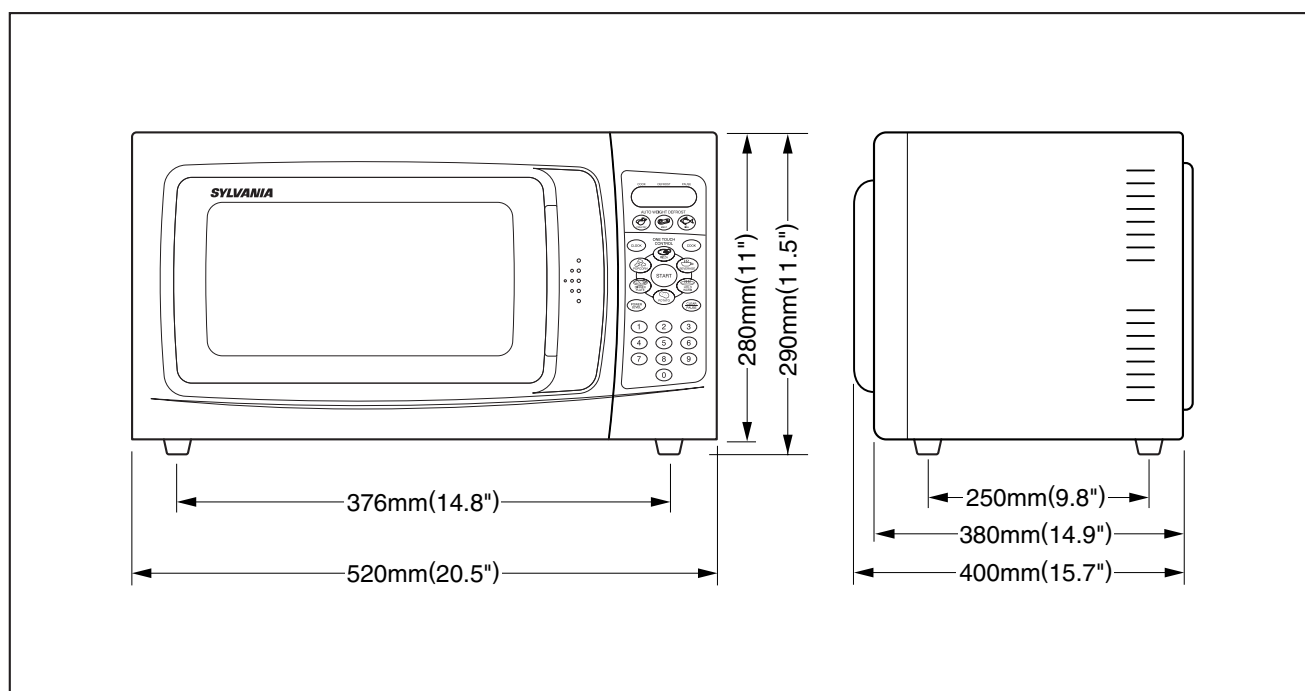
POUNDS (lbs)	GRAMS (g)	OUNCES (oz)	GRAMS (g)	OUNCES (oz)	GRAMS (g)
1/4	114	1	28	9	255
1/2	227	2	57	10	284
3/4	341	3	85	11	312
1	454	4	113	12	340
2	907	5	142	13	369
3	1361	6	170	14	397
4	1814	7	198	15	425
5	2268	8	227	16	454
6	2722				
7	3175				
8	3629				
9	4082				
10	4536				
11	4990				

• FLUID MEASUREMENTS

1 Cup =	8 fluid ounces =	240 ml
1 Pint =	16 fluid ounces =	480 ml
1 Quart =	32 fluid ounces =	960 ml
1 Gallon =	128 fluid ounces =	3840 ml

SPECIFICATIONS

Item	Rating/Specification
Power Supply	120V 15A single phase with grounding 60Hz AC.
Power Consumption	1550W
Microwave Output Power	1100W
Microwave Frequency	2450MHz
Outside Dimensions	520 mm (20.5") (W) x 380 mm (15") (D) x 290 mm (11.5") (H)
Weight	17 kg (38 Lbs) (Approx)
Timer	Digital 99 minutes, 99 seconds



BEFORE YOU CALL FOR SERVICE

Refer to the following checklist before you call for service.

The oven does not work:

1. Check that the power cord is securely plugged in.
2. Check that the door is firmly closed.
3. Check that the cooking time is set.
4. Check for a blown circuit fuse or tripped main circuit breaker in your house.
5. Check that the **Child Lock** is not engaged.

Sparking in the cavity:

1. Check the containers, dishes or utensils in the oven and make sure they are not metal or have metal trim.

If there is still a problem, contact the nearest SYLVANIA Authorized Service Center or Call 1-800-287-4871.