

SWG

Microwave Oven



Instruction Booklet

Model: MW-2045

IMPORTANT SAFEGUARDS

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 the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" in the section below.
3. This appliance must be grounded. Connect only to a properly grounded outlet. See the "GROUNDING INSTRUCTIONS" section.
4. Install or locate this appliance only in accordance with the provided installation instructions in the "INSTALLATION" section.
5. **DO NOT** cover or block any openings on this appliance.
6. **DO NOT** store or use this appliance outdoors. **DO NOT** use this product near water, for example, near a kitchen sink, in a wet basement, or near a swimming pool or similar locations.
7. Use this appliance only for its intended use as described in this manual. **DO NOT** use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use. The use of corrosive chemicals in heating or cleaning will damage the appliance and may result in radiation leaks.
8. When cleaning surfaces of door and oven that come together when closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
9. **DO NOT** allow children to use this appliance, unless closely supervised by an adult.
10. **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.
11. **DO NOT** immerse cord or plug in water.
12. Keep cord away from heated surfaces.
13. **DO NOT** let cord hang over edge of table or counter.
14. This appliance should only be serviced by qualified service personnel. See the Warranty section or contact the your nearest service facility for examination, repair or adjustment.

15. Some products such as whole eggs and sealed containers, for example, closed glass jars, may explode and should not be heated in this oven.
16. To reduce the risk of fire in the oven cavity:
 - a. **DO NOT** overcook food.
 - b. **DO NOT** leave the microwave unattended if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
 - c. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
17. If materials inside the oven should ignite,
 - a. Keep oven door CLOSED
 - b. Turn oven off
 - c. Disconnect the power cord or shut off power at the fuse or circuit breaker panel
18. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to persons:
 - a. **DO NOT** overheat the liquid.
 - 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 oven for a short time before removing the container.
 - e. Use extreme care when inserting a spoon or other utensil into the container.

WARNING! TO AVOID THE RISK OF FIRE

1. **DO NOT** operate the oven empty. The microwave energy will reflect continuously throughout the oven causing overheating and damage if food or water is not present to absorb energy.
2. **DO NOT** store flammable materials next to, on top of, or in the oven.
3. **DO NOT** dry clothes, newspapers or other materials in the oven. Or use newspaper or paper bags for cooking.
4. **DO NOT** hit or strike the Control Panel. Damage to the controls may occur

5. **DO NOT** use recycled paper products unless the paper product is labeled as safe for microwave oven use. Recycled paper product may contain impurities which may cause arcing.
6. **DO NOT** use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
7. **DO NOT** use this microwave oven to heat corrosive chemicals (for example, sulfides and chlorides). Vapors from such corrosive chemicals may interact with the contact and springs of the safety interlock switches thereby rendering them inoperable.
8. **DO NOT** leave the microwave unattended when paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
9. Some Styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded on the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
10. Keep the waveguide cover (Mica Sheet) clean at all times. Wipe the oven 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 the oven is used again.
11. Never heat oil or fat for deep frying as you cannot control the temperature and doing so may lead to overheating and fire.
12. This appliance is intended for HOUSEHOLD USE ONLY.

GLASS TURNTABLE

1. **DO NOT** cook directly on the turntable. It can crack, cause injury or damage to the oven. Always place food in a microwave safe dish.
2. **DO NOT** operate the oven without the Glass Turntable in place. Improper cooking or damage to the oven could result. Verify that the Glass Turntable is properly engaged and rotating by observing its rotation when you press Start.
3. Use the Glass Turntable specifically designed for this oven. **DO NOT** substitute any other glass tray.
4. If the Glass Tray is hot, allow to cool before cleaning or placing in water.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. **DO NOT** attempt to operate this oven with the door open as open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. **DO NOT** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. **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 following:
 - a. door (bent)
 - b. hinges and latches (broken or loosened)
 - c. door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

GROUNDING INSTRUCTIONS

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

WARNING – Improper use of grounding can result in a risk of electric shock. DO NOT cut or remove the third (ground) prong from the power cord under any circumstances.

A short power cord is provided to reduce the risk of the user 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 an extension cord is used, the marked electrical rating of the cord should be at least as great as the electrical rating of the appliance. The extension cord must be a grounding-type 3-wire cord. The longer cord should be arranged so it does not drape over the table top or counter when children can pull on it or trip over it.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded.

Neither the manufacturer nor the dealer can accept any liability for damage to the appliance or personal injury resulting from failure to observe the electrical connection procedures.

Using an Adapter

Due to potential safety hazards, we strongly recommend against the use of an adapter plug. However, if you choose to use an adapter, where local codes may permit, a temporary connection may be made to a properly grounded two prong wall outlet by the use of a cUL/CSA listed adapter, which is available at most hardware stores.

GENERAL USE

Arcing

Arcing is the microwave term for sparks in the oven. If you see arcing, press the Stop/Reset pad immediately and correct the problem. Arcing is caused by the following:

1. Metal or foil touching the side of the microwave
2. Uprturned edges of foil not wrapped around the food
3. Metals in the microwave such as twist ties, meat pins or metal rimmed dishes
4. Recycled paper towels

Guidelines and safety tips for microwave cooking:

1. **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.
2. **DO NOT** attempt to dry clothes, newspapers or other materials in the oven. They may catch on fire.
3. **DO NOT** use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may ignite.
4. Some Styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded on the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
5. **DO NOT** use sealed jars or narrow neck bottles for cooking or reheating. They may shatter.
6. Remove plastic store wrap before cooking or defrosting foods in the oven.
7. Avoid inserting nails, wire, etc. through any holes in the unit during operation. **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. **DO NOT** leave the microwave unattended when paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
9. **DO NOT** use the oven cavity for storage purposes.
10. **DO NOT** store combustible items such as bread, cookies, paper products, etc. inside the oven.
11. Remove the wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven.
12. The contents of feeding bottles and baby food jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
13. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
14. Use only thermometers that are specifically designed for use in microwave ovens.

15. **DO NOT** operate any heating or cooking appliances beneath this appliance.
16. The glass tray and roller ring must be in place when you operate the oven.
17. **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.
18. 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 for these factors.
19. **DO NOT** overcook food. 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.
20. Small quantities of food or foods with low moisture content can burn, dry out or catch on fire if cooked too long.
21. **DO NOT** boil eggs in their shell. Pressure may build up and the eggs may explode.
22. Potatoes, apples, egg yolks, whole acorn squash and sausage are some examples of food with NONPOROUS SKINS. These must be pierced before cooking to prevent bursting.
23. 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.
24. **DO NOT** attempt to deep fat fry in your oven.
25. HEATED LIQUIDS can ERUPT if not mixed with air. **DO NOT** heat liquids in your microwave oven without first stirring.

UTENSILS

CAUTION:

Personal Injury Hazard

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

See the instructions below on 'Utensils for use in the microwave' and Utensils to avoid in the microwave'. When in doubt if a utensil is safe for microwave use, you can test the utensil in question by following using the procedure below.

Utensil Test:

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

Do not exceed 1 minute cooking time.

To avoid arcing (see the General Use section) and other hazards, use the recommended utensils in the 'Utensils for Use in the Microwave' section below:

Utensils for Use in the Microwave

Aluminum foil	Use for shielding only. Small smooth pieces can be used to cover thin parts of meat or poultry to prevent overcooking. Arcing* can occur if foil is too close to oven walls. The foil should be at least 1 inch (2.5 cm) away from oven walls.
Browning dish	Use to brown the exterior of small items such as steaks, chops or pancakes. Follow the directions provided with your browning dish.
Ceramic, porcelain, stoneware	Use microwave safe only. DO NOT use cracked or chipped dishes. Never use dishes with metal trim.
Glassware	Microwave safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. DO NOT close with metal tie. Make slits to allow steam to escape.
Paper plates/cups	Use for short-term cooking/warming only. DO NOT leave oven unattended while cooking. DO NOT use recycled paper as they may contain metal and can catch fire.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for short-term cooking only. DO NOT use recycled paper towels as they may contain metal and can catch fire.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Only use plastic marked microwave-safe. Other plastics may soften as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Leave a small opening for steam to escape. DO NOT allow plastic wrap to touch food.
Thermometers	Microwave-safe only. (meat and candy thermometers)
Wax paper	Use to cover food to prevent splattering and retain moisture.

Utensils to AVOID in the Microwave

DO NOT use the following materials in the microwave:

- Recycled paper products
- Non-heat resistant glass
- Dishes with metallic trim
- Metal or aluminum pans/bakeware, utensils
- Non-microwave-safe plastics, such as margarine tubs
- Wood
- Metal twist-ties
- Glass jars and bottles
- Styrofoam plates and cups
- Brown paper bags
- Food storage bags

SAVE THESE INSTRUCTIONS

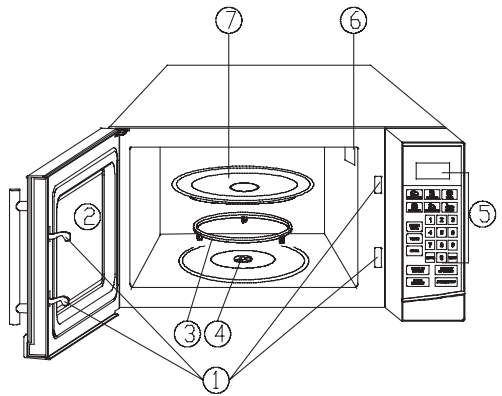
HOUSEHOLD USE ONLY

INSTALLATION

1. Remove all packing materials and accessories. Remove any protective film found on the Microwave cabinet surface and on the Control Panel. **IMPORTANT:** Do not remove the Waveguide (Mica Cover) on the inside of the Microwave Oven cavity, this is to protect the magnetron.
2. Examine the Microwave for any damage after unpacking. Check for damage such as a misaligned door, broken door or dents in the cavity. Do not install if there is any damage.
3. Install the Microwave on a flat, level surface, strong enough to hold the weight of the Microwave and the heaviest food likely to be cooked in the Microwave.
4. For correct operation the Microwave must have sufficient airflow. Allow 8" (20 cm) of space above the Microwave, 4" (10 cm) at the back and 2" (5 cm) on both sides. Never remove the legs from the bottom of the Microwave. Blocking the intake and/or outlet openings can damage the Microwave.
5. Place the Microwave as far away as possible from radios and televisions. The Microwave may cause interference with these products.
6. DO NOT install the Microwave where heat, moisture or high humidity are generated such as over a range cook-top or other heat-producing appliances or near water taps. Heat and water can damage the microwave and void the warranty. Do not install near combustible materials.
7. Make sure that the power cord is undamaged and does not run under the Microwave or over any hot or sharp surfaces.
8. Plug the Microwave into a standard household grounded outlet. Check the rating label of the Microwave to ensure the voltage and frequency are compatible with the rating of the outlet. (See Grounding Instructions section)

DESCRIPTION OF PARTS

1. Cabinet
2. Oven Window
3. Turntable Assembly
 - a) Turntable Support
 - b) Glass Tray
4. Waveguide/Mica Cover
5. Door Safety Lock System
6. Oven Light
7. Control Panel



- a) Display
Shows cooking time, power, and present time
- b) Power
Use to set power levels other than high
- c) Cook
Use for multi-stage cooking.
- d) Timer
Functions independently even while a cooking program is in progress

- e) Defrost by Weight
Programmed defrosting based on the weight of the food
- f) Speed Defrost
Alternates defrost and stand time to quickly defrost food
- g) Cook by Weight
Programmed cooking based on the weight of foods.

h) Number Buttons - 0 – 9

i) Clock

Sets current time.

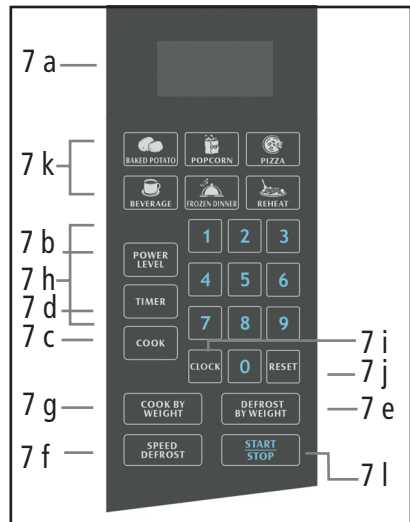
j) Reset

Clears all previous settings

k) Pre-programmed One Touch Cook Pads
Instant settings to cook 6 popular foods

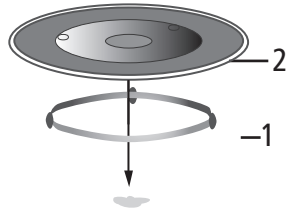
l) Start/Stop

Starts or stops cooking



Turntable Assembly

1. Turntable Support
2. Glass Tray



Center the Turntable Support on the floor of the Microwave. Install the Glass Tray, centering over the Turntable Support.

- Never place the Glass Tray upside down. The Glass Tray should never be restricted.
- Both the Glass Tray and Turntable must be used during cooking.
- Always place food in containers. **DO NOT** place directly on Glass Tray.
- Verify that the Glass Tray is rotating properly by observing its rotation when you press the START/STOP button. NOTE: The Glass Tray can turn in either direction.

If the Glass Tray or Turntable Support cracks or breaks, contact SWG Canada (See Warranty).

OPERATING INSTRUCTIONS

Signals during Setting:

One beep: oven accepts the entry

Two beeps: Oven does not accept the entry. Check and try again.

Setting the Clock

1. Press the CLOCK Button.
2. Press the Number Buttons and enter the correct time.

Example: to set the time of 11:30, press the numbers 1,1,3 & 0, one at a time.

NOTE: You must press at least three numbers to set the clock (one for the hour and two for the minutes).

3. Press the CLOCK button to finish setting the clock.

NOTE:

- If the numbers entered are not within a time range then the setting will not be valid and the clock cannot be set.
- In the process of setting the Clock, if the RESET button is pressed or if there is no operation within 1 minute, the Microwave will go back to the former setting automatically.

Setting the Kitchen Timer

1. Press the TIMER Button.
2. Press the Number Buttons and enter the desired time. The maximum time is 99 minutes and 99 seconds.
3. Press the START/STOP button to start the Timer.
4. The countdown will only be shown in the Display Window for 3 seconds before the clock or cooking time is returned to the Display Window. To see how much time is still set on the Timer, press the TIMER Button.
5. Once the time has expired on the Timer the Microwave will beep.

NOTE: To cancel the time left on the Timer before it has expired press the TIMER then press the RESET button.

Setting the Child Lock

1. Press and hold the RESET button for 5 seconds. 'Lock' will be displayed in the bottom right corner of the Display Window.
2. To remove the Child Lock, press and hold the RESET button for 3 seconds. The word 'Lock' disappears from the Display Window.

COOKING

One Stage Cooking

Power Level Chart

Number Pad	9	8	7	6	5	4	3	2	1
Power	90%	80%	70%	60%	50%	40%	30%	20%	10%

1. Press the Number Buttons to set the desired cooking time.
2. If less than 100% power is required press the POWER Button then the Number Buttons for the required amount of power, according to the Power Level Chart.
3. Press the START/STOP Button.

NOTE: You can set a cooking time from 1 second to 99 minutes and 99 seconds.

Two-Stage Cooking

To use COOK for both 1st and 2nd stage:

1. Press the Number Buttons to set the desired cooking time for the first cooking stage.
2. If less than 100% power is required for the first stage, press the

POWER Button then the Number Button for the required amount of power, according to the Power Level Chart.

NOTE: DO NOT TOUCH START

3. To set the second stage, press the COOK button and enter the desired cooking time.
4. If less than 100% power is required, press the POWER Button and enter the desired power level.
5. Press the START/STOP button.

To use SPEED DEFROST for the 1st stage:

1. Press the SPEED DEFROST Button. Enter the desired time on the number keypads. NOTE: DO NOT touch the START Button.
2. To set the second stage, press the COOK Button and enter the desired cooking time.
3. If less than 100% power is required, press the POWER Button and enter the desired power level.
4. Press the START/STOP Button.

NOTE:

- Most Multi-stage recipes use the lower power level for the second stage.
- The microwave will beep once when it switches from the first to the second cooking stage. It will beep 4 times and the word END will appear in the Display Window when cooking is complete.
- To stop cooking, press the START/STOP Button at any time during the cooking process.

One Touch Cooking

The One Touch settings allow you to cook or reheat food automatically without entering the power level or time.

Baked Potato

To cook 1 to 4 small potatoes Replace with: 4 - 6 oz (115 - 170g) each

1. Press the POTATO button once. Press the number buttons 1 to 4 depending on the number of potatoes you are cooking. The pre-set time will appear in the Display Window.
2. Press the START/STOP button and the time will begin to countdown.
3. The Microwave will beep when the time has elapsed.

To cook 1 to 4 large potatoes 8 - 10 oz. (225 - 285g) each

1. Press the POTATO button twice. Press the number 1 to 4 depending on the number of potatoes you are cooking. The pre-set time will appear in the Display Window.
2. Press the START/STOP button and the time will begin to countdown.
3. The Microwave will beep when the time has elapsed.

Beverage

To heat 1 to 4 small cups 5 - 7 oz. (150 - 210 ml) each

1. Press the BEVERAGE button once. Press the Number Buttons 1 to 4 depending on the number of cups you are heating. The pre-set time will appear in the Display Window.
2. Press the START/STOP button and the time will begin to countdown.
3. The Microwave will beep when the time has elapsed.

To heat 1 to 4 large cups 9 - 11 (270 - 325 ml)

1. Press the BEVERAGE button twice. Press the Number Buttons 1 to 4 depending on the number of cups you are heating. The pre-set time will appear in the Display Window.
2. Press the START/STOP button and the time will begin to countdown.
3. The Microwave will beep when the time has elapsed.

Popcorn

1. Press the POPCORN button once. The default time is set for a 3.5 oz. (100 g) bag of microwave popcorn and will appear in the Display Window.
2. Press the START/STOP button.

To change the default setting for POPCORN

1. Press the POPCORN button twice. The words 'Enter' and 'Time' will appear in the Display Window.
2. Press the number buttons to enter the minutes and seconds required.
3. Press the START/STOP button. This new cooking time will remain as the preset time whenever you use the POPCORN setting.

IMPORTANT:

- Always follow manufacturer's instructions for popcorn. If the time on the preset Popcorn button differs from the manufacturers recommended cooking time, do not use the pre-set Popcorn button until the default setting has been changed.
- Never leave the Microwave unattended while cooking popcorn.

Frozen Dinner

To cook 1 or 2 small frozen dinners 7 - 9 oz. (200 - 255 g) each

1. Press the FROZEN DINNER Button once. Press the Number Button 1 for 1 dinner and Number Button 2 for 2 dinners. The pre-set time will appear in the Display Window.
2. Press the START/STOP Button and the time will begin to countdown.
3. The Microwave will beep when the time has elapsed.

To cook one or two large frozen dinner 10 - 12 oz. (280 - 340g) each

1. Press the FROZEN DINNER Button twice. Press the Number Button 1 for 1 dinner and the Number Button 2 for 2 dinners. The pre-set time will appear in the Display Window.
2. Press the START/STOP Button and the time will begin to countdown.
3. The Microwave will beep when the time has elapsed.

Pizza

To reheat 1 slice of pizza

1. Press the PIZZA Button once. The pre-set time will appear in the Display Window.
2. Press the START/STOP Button and the time will begin to countdown.
3. The Microwave will beep when the time has elapsed.

To reheat a 10" (25.5 cm) frozen pizza

1. Press the PIZZA Button twice. The pre-set time will appear in the Display Window.
2. Press the START/STOP Button and the time will begin to countdown.
3. The Microwave will beep when the time has elapsed.

Reheat

To reheat a plate of cold food, 11 - 14 oz. (315 - 400g)

1. Press the REHEAT Button.
2. Touch the START/STOP Button. The Microwave will start for 3 minutes on full power.

Cook by Weight

1. Press the COOK BY WEIGHT Button.
2. Enter the one digit meat code by touching the correct number button.

TYPE	CODE	MAX WEIGHT
Beef	1	5 lb. 16 oz.
Lamb	2	5 lb. 16 oz.
Pork	3	5 lb. 4 oz.

- Enter weight. See the chart below to convert fractions of a pound to ounces. The first digit is the pounds then the next 2 digits are the ounces. Please note that 2 digits must always be entered for the ounces. If less than 10 then press 0 then the number.

Example: for 3.5 lbs. enter 3, 0, 5. The maximum weight is 9 lbs. 15 oz.

- Press the START/STOP Button to begin cooking. The cooking time will appear in the Display Window.
- Turn meat over when microwave beeps twice.
- Press the START/STOP Button to resume cooking.
- When cooking time has elapsed the microwave will beep 4 times and the word END will appear in the Display Window.
- Press RESET before starting another program.

Fractions of a pound	Ounces
Less than .03	0
.03 – .09	1
.10 – .15	2
.16 – .21	3
.22 – .27	4
.28 – .34	5
.35 – .40	6
.41 – .46	7
.47 – .53	8
.54 – .59	9
.60 – .65	10
.66 – .71	11
.72 – .78	12
.79 – .84	13
.85 – .90	14
.91 – .97	15
Above .97	Go to whole pound

NOTE:

- Meat must be defrosted and at refrigerated temperature.
- Weight must be in pounds and ounces. Maximum is 9 lbs. 15 oz.
- Let meat stand a few minutes before carving.

DEFROSTING

Speed Defrost

1. Press the SPEED DEFROST Button.
2. Enter the required defrosting time on the Number Buttons.
3. Press the START/STOP Button.
4. After the time has elapsed the microwave will beep 4 times and the word END will appear in the Display Window.
5. Press the RESET button before starting another program.

Defrost by Weight

1. Press the DEFROST BY WEIGHT Button.
2. Enter the weight. See the Conversion Chart in the 'Cook by Weight' section to convert fractions of a pound to ounces. The first digit is the pounds then the next 2 digits are the ounces. Please note that 2 digits must always be entered for the ounces. If less than 10 then press 0 then the number. (Example: 3.5 lbs. enter 3, 0, 5) Maximum weight 9 lbs. 15 oz.
3. Press the START/STOP Button to begin defrosting.
4. Turn the food over when the microwave beeps twice.
5. Press the START/STOP button to resume defrosting.
6. The microwave will beep 4 times and the word END will appear in the Display Window when defrosting has been completed.
7. Press the RESET button before starting another program.

HELPFUL HINTS

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.

Arranging Food

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 delicate areas of food 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 foods such as roasts.

Standing

Foods cooked in the microwave build up internal heat and continue to cook for a few minutes after heating stops. Let foods stand to complete cooking, especially foods such as cakes and whole vegetables. Roasts need this time to complete cooking in the centre without overcooking the outer areas. Let all liquids, such as soup, water or hot chocolate stand for one minute then stir before serving. When heating baby food, stir after warming then test the temperature before serving.

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 in cooking.

CARE AND CLEANING

The inside cavity should be cleaned regularly and any food deposits removed.

1. Food splatters or spilled liquids in the Microwave cavity should be cleaned after each use. Wipe with a damp cloth. Do not use any sprays or other harsh cleaners.
2. If food has adhered to the oven walls, heat up to 2 cups (500 ml) of water with 2 tbsp. (30 ml) of lemon juice at 100% power for 4 minutes or until boiling. Let stand in the Microwave for 3 minutes. Remove.
3. Press the RESET Button then remove the plug from the wall outlet.
4. Remove the Turntable and wash in warm, soapy water or in the dishwasher. NOTE: Do not put the Turntable directly in water immediately after cooking. If the Turntable is hot, it may crack.
5. Remove the Roller Ring and wash in warm soapy water. Place on a paper towel or cloth and allow to dry before reinstalling in the Microwave.
6. Wipe out the oven cavity with a damp cloth.
7. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the Microwave, water should not be allowed to seep into the ventilation openings.
8. Wipe the glass door on both sides with a damp cloth to remove any splatters. **DO NOT** use abrasive cleansers.

9. Wipe the Control Panel with a soft damp cloth. Do not allow the Control Panel to become wet.

NOTE: When cleaning the Control Panel leave the Microwave door open or activate the Child Lock to prevent the Microwave from being turned on accidentally.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	POSSIBLE REMEDY
Microwave will not start	<ul style="list-style-type: none"> Electrical cord for Microwave is not plugged in Door is open Wrong operation is set 	<ul style="list-style-type: none"> Plug into the outlet Close the door and try again Check instructions
Arcing or sparking	<ul style="list-style-type: none"> One of the items in the 'Materials to be Avoided in the Microwave Oven' section was used. The Microwave is operated when empty Spilled food remains in the cavity 	<ul style="list-style-type: none"> Use microwave-safe cookware only Do not use empty Clean cavity. See the 'Care & Cleaning' section.
Unevenly cooked foods	<ul style="list-style-type: none"> One of the items in the 'Materials to be Avoided in the Microwave Oven' section was used. Food is not defrosted completely Food is not cooked completely 	<ul style="list-style-type: none"> Use microwave-safe cookware only Check weight and time of defrosting Turn or stir food during cooking
Overcooked or undercooked foods	<ul style="list-style-type: none"> Cooking time, power level is not suitable 	<ul style="list-style-type: none"> Use correct cooking time, power level
Improper defrosting	<ul style="list-style-type: none"> One of the items in the 'Materials to be Avoided in the Microwave Oven' section was used. Cooking time, power level is not suitable Food is not turned or stirred 	<ul style="list-style-type: none"> Use microwave-safe cookware only - See 'Utensils for Use in the Microwave section Check recipe or package directions Turn or stir food during cooking

LIMITED WARRANTY

SWG Canada warrants that this appliance shall be free from defects in material and workmanship for:

- one year on parts and labour with proof of purchase
- 7 years on the Magnetron, labour not included after the initial one year.

During the 'in-warranty' period, defective products will be repaired or replaced at the discretion of the retailer and/or SWG Canada. This warranty covers normal domestic usage and does not cover damage which occurs in shipment or failure which results from alteration, accident, misuse, abuse, glass breakage, neglect, commercial use or improper maintenance.

A defective product should be returned to the original place of purchase within the retailer's stipulated return/exchange period*. If you are unable to have a defective product replaced under warranty by the retailer, please check our website at "www.salton.com" for the service centre nearest you. You may contact us for assistance by mail, e-mail, fax or telephone as listed below.

To ensure prompt 'in-warranty' service, securely package and return the product to us prepaid. Be sure to include the original proof of purchase and a description of the defect, along with your address and postal code.

For repairs not covered by the warranty, please contact us for assistance.

SWG CANADA

Division of Salton Appliances (1985) Corp.

Customer Service Department

81A Brunswick,

Dollard-des-Ormeaux,

Quebec, Canada H9B 2J5

website: www.salton.com

E-mail: service@salton.com

Fax: 514-685-8300

Tel: 514-685-3660

* Return/exchange policies at each retailer vary and may differ from the SWG Canada 1 year limited warranty period.