

**User Manual** 

# **Built-In Microwave Combi Oven**

DOC30\*977D\*



To Our Valued Customer:

Congratulations on your purchase of the very latest in Dacor products! Our unique combination of features, style and performance make us a great addition to your home.

In order to familiarize yourself with the controls, functions and full potential of your new Dacor Appliance, read this use and care manual thoroughly, beginning with the Before you begin section.

All Dacor appliances are designed and manufactured with quality and pride, while working within the framework of our company value. Should you ever experience a problem with your product, please first check the Troubleshooting section of this manual for guidance. It provides useful suggestions and remedies prior to calling for service.

Valuable customer input helps us to continuously improve our products and services, so please feel free to contact our Customer Service Team for assistance with any of your product support needs.

#### **Dacor Customer Assurance**

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Thank you for choosing Dacor for your home. We are a company built by families for families, and we are dedicated to serving yours. We are confident that your new Dacor product will deliver a high level of performance and enjoyment for many years to come.

Sincerely,

The Dacor Customer Assurance Team

### **Regulatory Notice**

#### PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO **EXCESSIVE MICROWAVE ENERGY**

- A. Do not attempt to operate this microwave 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 the sealing surface.
- C. Do not operate the microwave oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the.
  - 1) Door (bent),
  - 2) Hinges and latches, (broken or loosened),
  - 3) Door seals and sealing surface.
- D. The microwave oven should not be adjusted or repaired by anyone except properly qualified service personnel.

#### 1. FCC NOTICE

#### **FCC STATEMENT**

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to part 18 of FCC Rules, which are designed to provide residential installation.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Reorient the receiving antenna of the radio or television.
- Relocate the Microwave Oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch codes.

The manufacturer is not responsible for any radio of TV interference caused by unauthorized modification to this microwave oven. It is the responsibility of the user to correct such interference.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

To satisfy FCC RF exposure requirements, a separation distance of 20 cm or more should be maintained between the antenna of this device and persons during device operation.

To ensure compliance, operations at closer than this distance is not recommended.



### **▲** Warning

Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### **Regulatory Notice**

#### 2. IC Notice

The term "IC" before the radio certification number only signifies that Industry Canada technical specifications were met. Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This Class B digital apparatus complies with Canadian ICES-003. For products available in the US/Canadian markets, only channels 1~11 are available. You cannot select any other channels.

#### IC RADIATION EXPOSURE STATEMENT:

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated so there is at least 8 inches (20 cm) between the radiator and your body. This device and its antenna(s) must not be co-located or operated in conjunction with any other antenna or transmitter.

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Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or the manufacturer about problems that you do not understand.

### WHAT YOU NEED TO KNOW ABOUT SAFETY **INSTRUCTIONS**

Warnings and important safety instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your oven.

### Important safety symbols and precautions

What the icons and signs in this user manual mean:

#### **A** WARNING

Hazards or unsafe practices that may result in **severe personal** injury or death.

#### **↑** CAUTION

Hazards or unsafe practices that may result in **minor personal** injury or property damage.

### SAVE THESE INSTRUCTIONS

#### **↑** CAUTION

To reduce the risk of fire, explosion, electric shock, or personal injury when using your oven, follow these basic safety precautions.

- Do NOT attempt.
- Do NOT disassemble.
- Do NOT touch.
- Follow directions explicitly.
- Unplug the power plug from the wall socket.
- Make sure the machine is grounded to prevent electric T shock.
- Call a Dacor service center for help.
- Note

These warning signs are here to prevent injury to you and others. Please follow them explicitly.

After reading this section, keep it in a safe place for future reference.

#### **CALIFORNIA PROPOSITION 65 WARNING**

#### **▲** WARNING

Cancer and Reproductive Harm - www.P65Warnings.ca.gov.

### **A** WARNING

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

- 1. Read all safety instructions before using the appliance.
- 2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 3.
- 3. This appliance must be grounded. Connect only to properly grounded outlets. See Important "Grounding Instructions" on page 8 of this manual.
- 4. Install or locate this appliance only in accordance with the provided installation instructions.
- 5. Some products such as whole eggs and sealed containers (for example, closed glass jars) can explode if heated rapidly. Never heat them in a microwave oven.
- 6. Do not use this appliance for other purposes than cooking. Drying of clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire. Use this appliance only for its intended use as described in the manual. Do not put corrosive chemicals or vapors in or on 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 it is used by children. Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.
- 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 repaired or 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 in the appliance.
- 11. Do not tamper with or make any adjustments or repairs to the door.
- 12. 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.
- 13. Do not immerse the cord or plug in water.
- 14. Keep the cord away from heated surfaces (including the back of the oven).
- 15. Do not let the cord hang over edge of table or counter.
- 16. When cleaning surfaces of the door and oven that come together when the door closes, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth. Unplug the plug before cleaning the unit.
- 17. To reduce the risk of fire in the oven cavity:
  - Do not overcook food. Carefully attend appliance when paper, plastic. or other combustible materials are placed inside the oven to facilitate
  - Remove wire twist-ties from paper or plastic bags before placing the bags in the oven
- 18. If materials inside the oven ignite, keep the oven door closed, turn the oven off, and disconnect the power cord, or shut off the power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
- 19. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

### SAVE THESE INSTRUCTIONS

- 20. Liquids, such as water, milk, coffee, or tea can 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 LIOUID. To reduce the risk of injury:
  - Do not overheat liquid.
  - Stir liquid both before and halfway through heating it.
  - Do not use straight-sided containers with narrow necks.
  - After heating, let containers with liquid stand in the microwave oven for a short time before removing.
  - Use extreme care when inserting a spoon or other utensil into a container holding liquid.
- 21. Oversized foods or oversized metal utensils should not be inserted into the microwave oven as they may create a fire or electric shock.
- 22. Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts creating a risk of electric shock.
- 23. Do not store any materials, other than manufacturer's recommended accessories, in this microwave oven when not in use.
- 24. Do not cover the racks or any other part of the microwave oven with metal foil. This will cause overheating of the oven.

#### **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.

#### **A** WARNING

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

- Plug into a grounded 3 prong outlet. Do not remove the third (grounding) prong. Do not use an adaptor or otherwise defeat the grounding plug.
- Consult a qualified electrician or service person if you do not understand the grounding instructions or if you are not sure if the appliance is properly grounded.
- We do not recommend using an extension cord with this appliance. If the power-supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance. However, if it is necessary to use an extension cord, read and follow the "Use of Extension Cords" section below.

#### **USE OF EXTENSION CORDS**

A short power-supply cord is provided to reduce the risk of your becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords are available and you can use them if you exercise care. If you use a long cord or extension cord:

- 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 speed of the blower may vary when the microwave oven is on. Cooking times may be longer too.

### SAVE THESE INSTRUCTIONS

#### **FOR YOUR SAFETY**

When using electrical appliances, you should follow basic safety precautions, including the following:

#### **↑** CAUTION

- Use this appliance only for its intended purpose as described in this Owner's Manual.
- Potentially hot surfaces include the oven vent opening, surfaces near the opening, and crevices around the oven door.
- Proper Installation Be sure your appliance is properly installed and grounded by a qualified technician.
- User servicing Do not repair or replace any part of the appliance unless specifically recommended in this manual. All other servicing should be referred to a qualified technician.
- Always disconnect the power to the appliance before servicing by removing the fuse or switching off the circuit breaker



- Do not enter the oven.
- **Do not leave children alone.** Never leave children alone or unattended in an area where this appliance is in use. They should never be allowed to sit or stand on any part of the appliance.
- Never use your appliance for warming or heating the room.
- **Do not use water on grease fires.** Turn off the oven to avoid spreading the flames. Smother the fire or flames by closing the door or use a dry chemical, baking soda, or foam-type extinguisher.
- Avoid scratching or striking the glass doors and the control panel. Doing so may lead to glass breakage. Do not cook on a product with broken glass. Shock, fire, or cuts may occur.

### SAVE THESE INSTRUCTIONS



- If there is a fire in the oven during self-cleaning, turn the oven off and wait for the fire to go out. Do not force the door open. The introduction of fresh air at self-cleaning temperatures may lead to a burst of flame from the oven. Failure to follow these instructions may result in severe burns.
- If the oven is heavily soiled with oil, self-clean the oven before using the oven again. Leaving the oil in place creates a risk of fire
- Wipe up heavy soil on the oven bottom with a paper tower or rag before self-cleaning. Self-cleaning the oven when there is heavy soil on the oven bottom requires longer cleaning cycles and produces more smoke.



- Storage in or on the appliance. Do not store flammable materials in the oven or near the surface units. Be sure all packing materials are removed from the appliance before operating it. Keep plastics, clothes, and paper away from parts of the appliance that may become hot.
- **Wear proper apparel.** Never wear loose-fitting or hanging garments while using the appliance.



- **Use only dry potholders.** Placing moist or damp potholders on hot surfaces may result in burns from steam. Do not let the potholder touch hot heating elements. Do not use a towel or other bulky cloth instead of a potholder.
- Teach children not to play with the controls or any other part of the oven.
- For your safety, do not use high-pressure water cleaners or steam jet cleaners to clean any part of the oven.
- If the power cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons to avoid creating a hazard.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

### **SAVE THESE INSTRUCTIONS**

lO English

#### **ELECTRICAL SAFETY**



- Use only the factory installed flexible power cord to connect to the power supply. Do not use a 3rd party power supply cord kit.
- The appliance should be serviced only by qualified service personnel. Repairs carried out by unqualified individuals may cause injury or a serious malfunction. If your appliance is in need of repair, contact a Dacor authorized service center. Failure to follow these instructions may result in damage and void the warranty.
- Flush mounted appliances may be operated only after they have been installed in cabinets and workplaces that conform to the relevant standards. This ensures that the appliances are installed in compliance with the appropriate safety standards.
- If your appliance malfunctions or if fractures, cracks, or splits appear:
  - Switch off the oven.
  - Unplug the oven from the AC wall outlet.
  - Contact your local Dacor service center.

#### **A** WARNING

Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.

### **CHILD SAFETY**

#### **▲** WARNING

- This appliance is not intended for use by young children or infirm persons without the adequate supervision of a responsible adult.
- Young children should be supervised to ensure that they do not play with the appliance.
- Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door
- During self-cleaning, the surfaces may get hotter than usual.
   Keep small children away from the oven when it is in the self-cleaning mode.

### **WARNING**

Accessible parts may become hot during use. To avoid burns, young children should be kept away.

### **SAVE THESE INSTRUCTIONS**

#### **OVEN**



- **DO NOT TOUCH THE HEATING ELEMENTS OR INTERIOR SURFACES OF THE OVEN.** Heating elements may be hot even though they are dark in color. Interior surfaces of an oven become hot enough to cause burns. During and after use, do not touch or let clothing or other flammable materials contact the heating elements or interior surfaces of the oven until they have had sufficient time to cool. Other surfaces of the appliance may become hot enough to cause burns. Among these surfaces are oven vent openings and surfaces near these openings, the oven door, and the window of the oven door
- Do not heat unopened food containers. The build-up of pressure may cause the container to burst and result in injury.
- Do not use the oven to dry newspapers. If overheated, newspapers can catch fire.
- **Do not use the oven for a storage area.** Items stored in an oven can ignite.



- **Use care when opening the door.** Let hot air or steam escape before you remove food from or put food into the oven.
- Protective liners. Do not use aluminum foil to line the oven bottoms, except as suggested in this manual. Improper installation of these liners may result in a risk of electric shock or fire.
- Placement of oven racks. Always place oven racks in the desired location while the oven is cool. If the rack must be moved while the oven is hot, use potholders. Do not let the potholders come in contact with the hot heating element in the oven.



- Do not allow aluminum foil or a meat probe to contact the heating elements.
- **During use, the appliance becomes hot.**Care should be taken to avoid touching heating elements inside the oven.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass. They can scratch the surface which may result in the glass shattering.

### **SAVE THESE INSTRUCTIONS**

### **A** CAUTION

**Do not attempt to operate the oven during a power failure.** If the power fails, always turn the oven off. If the oven is not turned off and the power returns, the oven may begin to operate again. Food left unattended could catch fire or spoil.

#### **SELF-CLEANING OVENS**

- **Do not clean the door gasket.** The door gasket is essential for a good seal. Care should be taken not to rub, damage, or move the gasket.
  - Never keep pet birds in the kitchen. Birds are extremely sensitive to the fumes released during an oven self-clean cycle. Fumes may be harmful or fatal to birds. Move birds to a well-ventilated room.
  - Clean only the parts listed in this manual in the self-clean cycle. Before self-cleaning the oven, remove the partition, racks, utensils, and any food.
  - Before operating the self-clean cycle, wipe grease and food soils from the oven. Excessive amounts of grease may ignite, leading to smoke damage to your home.



- Do not use any commercial oven cleaner or oven liner protective coating of any kind in or on the outside of the oven.
- Remove the nickel oven shelves from the oven before you begin the self-cleaning cycle or they may discolor.
- Opening a window or turning on a ventilation fan or hood is recommended during and after self-cleaning.
- If the self-cleaning mode malfunctions, turn the oven off and disconnect the power supply. Have it serviced by a qualified technician.
- Excess spillage must be removed before you run the selfcleaning cycle.

#### **VENTILATING HOOD**



- **Clean ventilating hoods frequently.** Do not let grease accumulate on the hood or filter.
- When flaming foods under the hood, turn the fan on.

### **SAVE THESE INSTRUCTIONS**

#### **CRITICAL INSTALLATION WARNINGS**

### **WARNING**



- This appliance must be installed by a qualified technician or service company.
  - Failing to have a qualified technician install the oven may result in electric shock, fire, an explosion, problems with the product, or injury.
- Unpack the oven, remove all packaging material and examine the oven for any damage such as dents on the interior or exterior of the oven, broken door latches, cracks in the door, or a door that is not lined up correctly. If there is any damage, do not operate the oven and notify your dealer immediately.
- Keep all packaging materials out of the reach of children. Children may use them for play and injure themselves.



- This appliance must be properly grounded.
- Do not ground the appliance to a gas pipe, plastic water pipe, or telephone line.
  - This may result in electric shock, fire, an explosion, or problems with the product



- Do not cut or remove the ground prong from the power cord under any circumstances.
- Connect the oven to a circuit that provides the correct amperage.



- Do not install this appliance in a humid, oily or dusty location, or in a location exposed to direct sunlight or water (rain drops).
  - This may result in electric shock or fire.
- Do not use a damaged power cord or loose wall socket.
  - This may result in electric shock or fire.
- Do not pull or excessively bend the power cord.
- Do not twist or tie the power cord.
- Do not hook the power cord over a metal object, place a heavy object on the power cord, or insert the power cord between objects.
  - This may result in electric shock or fire.



If the power cord is damaged, contact your nearest Dacor service center.

### **SAVE THESE INSTRUCTIONS**

#### CRITICAL USAGE WARNING

#### **↑** CAUTION



- If the appliance is flooded by any liquid, please contact your nearest Dacor service center. Failing to do so may result in electric shock or fire.
- If the appliance produces a strange noise, a burning smell, or smoke, unplug the power plug immediately and contact your nearest Dacor service center.
  - Failing to do so may result in electric shock or fire
- In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate the area immediately. Do not touch the power cord. Do not touch the appliance.
  - A spark may result in an explosion or fire.
- Take care not to contact the oven door, heating elements, or any of the other hot parts with your body while cooking or just after cooking.
  - Failing to do so may result in burns.
- If materials inside the oven should ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.



- 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, contact an authorized Dacor service center near you.
- If you use the appliance when it is contaminated by foreign substances such as food waste, it may result in a problem with the appliance.
- Take care when removing the wrapping from food you have taken out of the oven.
  - If the food is hot, hot steam may be emitted abruptly when you remove the wrapping and this may result in burns.



- Do not attempt to repair, disassemble, or modify the appliance yourself.
  - Since a high voltage current enters the product chassis, it may result in electric shock or fire.
  - When a repair is needed, contact your nearest Dacor service center.



- If any foreign substance such as water has entered the appliance, contact your nearest Dacor service center.
  - Failing to do so may result in electric shock or fire.

### **SAVE THESE INSTRUCTIONS**

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- Do not touch the power cord with wet hands.
  - This may result in electric shock.
- Do not turn the appliance off while an operation is in progress.
  - This may cause a spark and result in electric shock or fire.
- Do not let children or any person with reduced physical, sensory, or mental capabilities use this appliance unsupervised.
- Make sure that the appliance's controls and cooking areas are out of the reach of children.
  - Failing to do so may result in electric shock, burns, or injury.
- Do not touch the inside of the appliance immediately after cooking. The inside of the appliance will be hot.
  - Failing to do so may result in burns.
- Do not use or place flammable sprays or objects near the oven.
  - Flammable items or sprays can cause fires or an explosion.

- Do not insert fingers, foreign substances, or metal objects such as pins or needles into inlets, outlets, or holes. If foreign substances are inserted into any of these holes, contact your product provider or nearest Dacor service center.
- Do not tamper with or make any adjustments or repairs to the door. Under no circumstances should you remove the door or outer shell of the oven.
- Do not store or use the oven outdoors.
- Never use this appliance for purposes other than cooking.
  - Using the appliance for any purpose other than cooking may result in fire.
- Open the cap or stopper of sealed containers (herb tonic tea bottle, baby bottle, milk bottle and so on) before heating them. Make a hole in food items that have shells (eggs, chestnuts, etc.) with a knife before cooking them.
  - Failing to do so may result in burns or injury.
- Never heat plastic or paper containers and do not use them for cooking.
  - Failing to do so may result in fire.

### **SAVE THESE INSTRUCTIONS**

.6 English



- Do not heat food wrapped in paper from magazines, newspapers, etc.
  - This may result in fire.
- Do not open the door when the food in the oven is burning.
  - If you open the door, it causes an inflow of oxygen and may cause the food to ignite.
- Do not apply excessive pressure to the door or the inside of the appliance. Do not strike the door or the inside or the appliance.
  - Hanging on to the door may result in the product falling and cause serious injury.
  - If the door is damaged, do not use the appliance. Contact a Dacor service center.
- Do not hold food in your bare hands during or immediately after cooking.
  - Use cooking gloves. The food may be very hot and you could burn yourself.
  - As the handle and oven surfaces may be hot enough to cause burns after cooking, use cooking gloves to protect your hands from burns.

#### **USAGE CAUTIONS**

#### **↑** CAUTION

- If the surface is cracked, turn the appliance off.
  - Failing to do so may result in electric shock.
- Dishes and containers can become hot. Handle with care.
- Hot foods and steam can cause burns. Carefully remove container coverings, directing the steam away your hands and face
- Remove lids from baby food jars before heating. After heating baby food, stir well to distribute the heat evenly. Always test the temperature by tasting before feeding the baby. The glass jar or the surface of the food may appear to be cooler than the interior, which can be hot enough to burn an infant's mouth
- Take care as beverages or food may be very hot after heating.
  - Especially when feeding a child, make sure the food or beverage has cooled sufficiently.

### SAVE THESE INSTRUCTIONS



- Take care when heating liquids such as water or other beverages.
  - Make sure to stir during or after cooking.
  - Avoid using a slippery container with a narrow neck.
  - Wait at least 30 seconds after heating before removing the heated liquid.
  - Failing to do so may result in an abrupt overflow of the contents and cause burns.



- Do not stand on top of the appliance or place objects (such as laundry, an oven cover, lighted candles, lighted cigarettes, dishes, chemicals, metal objects, etc.) on the appliance.
  - Items, such as a cloth, may get caught in the door.
  - This may result in electric shock, fire, problems with the product, or injury.
- Do not operate the appliance with wet hands.
  - This may result in electric shock.
- Do not spray volatile substances such as insecticide onto the surface of the appliance.
  - As well as being harmful to humans, it may also result in electric shock, fire, or problems with the product.



- Do not put your face or body close to the appliance while cooking or when opening the door just after cooking.
  - Take care that children do not come too close to the appliance.
  - Failing to do so may result in children burning themselves.
- Do not place food or heavy objects over the edge of the oven door.
  - If you open the door, the food or object may fall and this may result in burns or injury.
- Do not abruptly cool the door, the inside of the appliance, or a dish by pouring water over it during or just after cooking.
  - This may result in damage to the appliance. The steam or water spray may result in burns or injury.
- Do not operate while empty except for self-cleaning.
- Do not defrost frozen beverages in narrow-necked bottles. The bottles can break.
- Do not scratch the glass of the oven door with a sharp object.
  - This may result in the glass being damaged or broken.
- Do not store anything directly on top of the appliance when it is in operation.

## **SAVE THESE INSTRUCTIONS**

.8 English



- Do not use sealed containers. Remove seals and lids before cooking. Sealed containers can explode due to the build up of pressure even after the oven has been turned off.
- Take care that food you are cooking in the oven does not come into contact with the heating element.
  - This may result in fire.
- Do not over-heat food
  - Overheating food may result in fire.
- Use caution when opening or closing the door. Your fingers may be pinched, resulting in physical injury.
- The door has wires at the bottom for connecting LED lights. Be careful not to pull or cut the wires when handling the door.

#### CRITICAL CLEANING WARNINGS

#### **↑** CAUTION

- Do not clean the appliance by spraying water directly on to
- Do not use benzene, thinner, or alcohol to clean the appliance.
  - This may result in discoloration, deformation, damage, electric shock, or fire.
- Take care not to hurt yourself when cleaning the appliance (externally or internally).
  - You may hurt yourself on the sharp edges of the appliance.
- Do not clean the appliance with a steam cleaner.
  - This may result in corrosion.
- 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.

### SAVE THESE INSTRUCTIONS

#### **BATTERY USAGE**

- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children.
   Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Compatible battery is ML414H.
- Nominal battery voltage is 3 V.
- Non-rechargeable batteries are not to be recharged.
- Do NOT force discharge, recharge, disassemble, heat above (-20 °C to +60 °C) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- This product contains non-replaceable batteries.

### **WARNING**

- INGESTION HAZARD: This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.

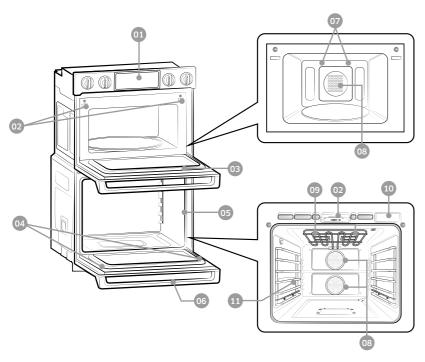


- KEEP new and used batteries OUT OF REACH of CHILDREN
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.

### **SAVE THESE INSTRUCTIONS**

### Introducing your new oven

#### Overview



- 01 Control panel
- 02 Door latch
- 04 Door LED light 05 Oven gasket
- 07 LED lamp
- 08 Convection fan
- 10 Water reservoir
- 11 Shelf position
- 03 MWO door
- 06 Oven door
- 09 Halogen lamp\*

#### What's included with your oven

This oven ships with different kinds of accessories that help you cook what you want.

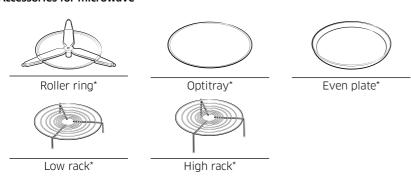
#### Accessories for oven



| Wire rack     | Use these racks in the lower oven when baking and         |
|---------------|---|
|               | broiling.   |
| Gliding racks | The fully extendable Gliding Rack makes food preparation  |
|               | easier, especially when you are preparing heavier dishes. |
| Temp probe    | The Temp probe lets you cook meat to the exact internal   |
|               | temperature you want, taking the guess work out of        |
|               | determining whether a piece of meat is done or not.       |

### Introducing your new oven

#### Accessories for microwave



| Roller ring | Put in the center of the base. It supports the optitray.  |  |  |
|-------------|---|--|--|
| Optitray    | Put on the roller ring with the center fitting of the coupler. It serves as a cooking base.   |  |  |
| Racks       | Use one of these racks as appropriate to cook two dishes simultaneously. A smaller dish on the optitray, and the other on the selected rack. You can use these racks with Broil or Convection function. |  |  |
|             | NOTE  |  |  |
|             | Do not use wire racks with Microwave mode except where specifically noted in this manual.   |  |  |
| Even plate  | Put on the optitray. Use this to brown food, or to keep pastries or pizza crisp.  |  |  |



- Do not use the optitray without the roller ring.
- If you need an accessory marked with a \*, you can buy it from the Dacor Customer Service 833-353-5483(USA), 844-509-4659(Canada).

### Before you begin

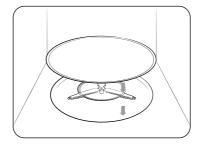
Before using the top and bottom ovens for the first time, remove all the accessories, and then clean the ovens thoroughly. Then, set the lower oven to Bake, and run it at 400 °F for 1 hour. Next, set the microwave (top) oven to Power Convection, and then run it at 400 °F for 1 hour. There will be a distinctive odor. This is normal.

Ensure your kitchen is well ventilated during this conditioning period.

#### **Energy saving tips**

- During cooking, the oven door should remain closed except when you turn food over. Do not open the door frequently during cooking to maintain the oven temperature and to save energy.
- If cooking time is more than 30 minutes, you can switch the oven off
   5-10 minutes before the end of the cooking time to save energy. The residual heat will complete the cooking process.
- To save energy and reduce the time needed for re-heating the oven, plan oven use to avoid turning the oven off between cooking one item and the next.
- Whenever possible, cook more than one item at a time.

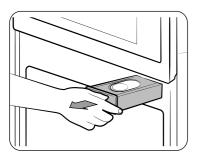
#### Optitray (For microwave oven)



Remove all packing materials inside the oven.Install the roller ring and optitray. Check that the optitray rotates freely.

#### Water reservoir

The water reservoir is used for the Steam Bake, Steam Roast, Steam Proof and GreenClean™ functions and also to remove water scale that may form on the oven walls, especially after Steam Baking, Steam Roasting, Steam Proofing and Green cleaning. Fill it with water in advance of steam cooking or descaling.



 Locate the water reservoir. The water reservoir is on the right side of the oven, just above the oven opening. Touch OPEN/CLOSE RESERVOIR on the control panel. The oven ejects the water reservoir.

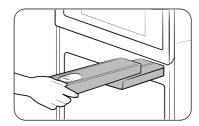
Grasp the front of the reservoir, and then slide it out to remove.



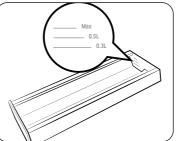
Open the reservoir cap, and then fill the reservoir with 22 oz. (650 ml) of drinkable water.



You can open the reservoir by removing the rubber cap or by removing the clear plastic top.

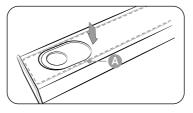


- Replace the cap or the clear plastic top, and then slide the water reservoir back into the reservoir slot.
- Push the reservoir in. There will be soft click when it is in place correctly. Touch OPEN/CLOSE RESERVOIR. The oven retracts the water reservoir.
- 5. Close the oven door.



#### NOTE

Do not exceed the max line.



#### NOTE

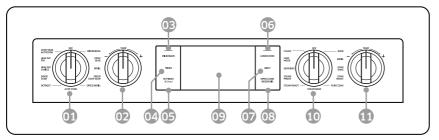
Make sure the cap and the upper portion of the water reservoir (labeled A) are closed before using the oven.

#### **⚠** CAUTION

The water reservoir becomes hot during cooking. Make sure you wear oven gloves to remove or refill the water reservoir

### **Basic operations**

#### **Control panel**



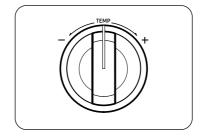
- **Upper Mode Knob**: Use to select the mode of the upper Microwave Oven.
- **Temperature Knob**: Use to set the temperature for the upper Microwave oven.
- 03 MICROWAVE: Use to display the upper Microwave oven mode screen on the display. Touching here does not turn the oven on or off. It only displays its current status.
- **04 TIMER**: Use to display the set Timer screen.
- **O5 SETTINGS** ⊕: Use to display the Setting screen. If you touch and hold this key for 3 seconds, all oven functions will be disabled.
- O6 LOWER OVEN: Use to display the lower oven mode screen on the display. Touching here does not turn the oven on or off. It only displays its current status.
- **07 LIGHT**: Use to turn the oven light on or off.
- **OPEN/CLOSE RESERVOIR:** Touch to open the water reservoir.
- O9 Display: Swipe to navigate through the menus and tap to select a desired setting.
- 10 Lower Mode Knob: Use to select the mode of the lower Oven.
- 11 **Temperature Knob**: Use to set the temperature for the lower oven.
- NOTE

If you tap the display while wearing plastic or oven gloves, the display will not operate properly. Take the gloves off first, and then tap with a bare finger.

#### Setting the temperature

This oven provides two methods to set the temperature.

#### Temperature knob



- Use the Temperature Knob on the left or right side of the control panel to set the temperature for the upper Microwave oven and the lower oven respectively. For the upper oven, you can use this knob in Power Convection and Speed Power Convection features. For the lower oven, you can use this knob in Bake, Convection Bake, Convection Roast, Steam Bake and Steam Roast features.
- Turn the appropriate knob clockwise (+) or counterclockwise (-) and then release. The temperature will rise or fall by 5 °F.
- To change the temperature quickly by more than 5 °F, turn and hold the knob at the + or - position.

#### Numeric pad



- Tap the temperature area to display the numeric pad.
- Tap the numbers in the numeric pad to set the temperature.
- Тар **ОК**.



#### **Control lockout**

Control Lockout lets you lock the buttons on the touch pad so they cannot be activated accidently. Control Lock locks only the lower oven door so it cannot be opened. You can only activate Control Lockout when the oven is in standby mode.

#### How to activate the control lockkout feature



- 1. Cancel or turn off all functions.
- 2. Touch **SETTINGS** ⊕ for 3 seconds.

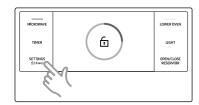


3. The display will change to the Control Lock screen and the control lock confirmation will appear at the bottom of the screen.



- Control Lockout is available only when the oven temperature is under 400 °F.
- All other functions must be cancelled before you activate Control Lockout.

#### How to unlock the controls



Touch **SETTINGS** ⊕ for 3 seconds. The control lock confirmation and the lock icon will disappear from the display.

NOTE

It may take up to 10 seconds for the doors to unlock.

#### Kitchen timer

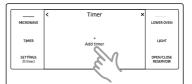
The kitchen timer serves as an extra timer that will beep when the set time has elapsed. It does not start or stop cooking functions. You can use the kitchen timer with any of the other oven functions. You can set 10 timers maximum simultaneously. Each timer will count down independently of all the other active timers.

#### How to set the timer

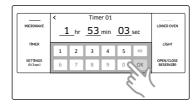


Touch **TIMER**.

The display will change to the timer screen.

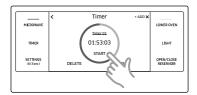


2. Tap + Add timer.



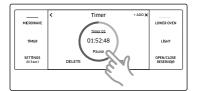
- 3. Tap the numbers in the numeric pad to set the timer. (You can set the timer for any amount of time from 1 sec to 23 hr 59 min 59 sec).
- 4. Tap **OK**.

### **Basic operations**



5. Tap **START**.

When the set time has elapsed, the oven will beep and the display will show the Timer has finished.

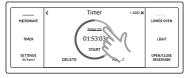


You can pause, reset, or delete the timer at any time by tapping the screen.

#### (a) NOTE

After you have performed Steps 1 to 5, you can return to Step 2 and set additional timers. You can also name timers so you can identify them separately. See page 26.

#### How to change the timer name







You can change the timer name to identify what you are timing, for example, a chicken.

- 1. Tap the timer name area.
- The keyboard appears.
- 2. Enter the new timer name, and then tap **OK**.
- The display shows the changed timer name.

### Minimum and maximum settings

#### Upper microwave oven

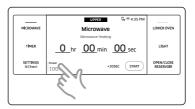
All the features listed in the table below have minimum and maximum time, temperatures, and power-level settings.

Tap **MICROWAVE** to select the cooking mode. Set the temperature or microwave power level using the numeric pad. See **Basic baking and broiling instructions** starting on page **54**.

| Feature        |                    | Temp./<br>Power range  | Default Temp./<br>Power | Max. time     |  |
|----------------|--------------------|--|-------------------------|---------------|--|
|                |                    | 10-100%  | 100%                    | 1 Hr. 30 min. |  |
|                | Microwave          | The microwave energy enables food to be cooked or reheated without changing either the form or the color.  |                         |               |  |
|                |                    | 100-450 °F<br>(40-230 °C)  | 350 °F                  | 2 Hr.         |  |
|                | Convection<br>Sear | Convection Sear is similar to Convection mode.  However, the heating elements generate stronger heat and distribute stronger air currents inside the oven.  This is designed to cook food faster while keeping or improving the taste. |                         |               |  |
| Manual<br>mode | Broil              | -  | -                       | 1 Hr. 30 min. |  |
| mode           | DIOII              | Use this for grilling food such as meat.   |                         |               |  |
|                | Speed              | 100-450 °F<br>(40-230 °C)<br>10-70%  | 350 °F<br>30%           | 1 Hr. 30 min. |  |
|                | Conv.Sear          | The heating elements generate heat and the convection fan distributes the heat inside the oven, which is reinforced by microwave energy.   |                         |               |  |
|                |                    | 10-70%   | 30%                     | 1 Hr. 30 min. |  |
|                | Speed Broil        | The heating elements generate heat, which is reinforced by microwave energy.   |                         |               |  |

| Fe           | ature                 | Temp./<br>Power range  | Default Temp./<br>Power | Max. time |
|--------------|-----------------------|--|-------------------------|-----------|
|              | Sense<br>Cook™        | The 16 Sensor Cooking features provide pre-<br>programmed cooking times.<br>You do not need to set either the cooking times or the<br>power levels.  |                         |           |
|              | Conv.Sear<br>AutoCook | To accommodate first-time users of the Power Convection mode, the oven offers 20 auto programs.  |                         |           |
| Auto<br>mode | Healthy<br>Fry        | You do not need to set either the cooking time or power level. You can adjust the Healthy fry cook category as shown in this manual (see page 44). You will use less oil compared to frying with an oil fryer. |                         |           |
|              | Defrost               | The oven offers 4 defrosting programs.   |                         |           |
|              | Healthy<br>Choice     | The Healthy Choice menu contains pre-set cooking programs for 26 different items. You do not need to set the cooking times or the power levels.  |                         |           |
|              | Auto Cook             | For cooking beginners, the oven offers a total of 44 auto cooking programs.  |                         |           |

#### Setting the power level



| CANCEL | C

- Tap the Power Level area.
- Flick the wheel picker up or down or tap the wheel picker to set the power level. If you tap the wheel picker, the numeric pad will appear and you can use the numeric pad to set the power level.

#### Timed cooking

In timed cooking mode, the oven turns on immediately and cooks for the length of time you select.

At the end of the cooking time, the oven turns off automatically.

You can use the timed cooking feature only with another cooking operation.
 (Microwave, Convection Sear, Broil, Speed Conv.Sear, Speed Broil).

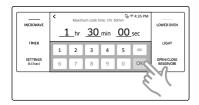
#### How to set the oven for timed cooking



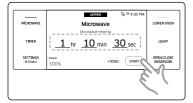
- Turn the upper oven mode knob to the cooking operation you want.
- 2. Tap Cook Time. The display will change to the cooking time screen.



3. Tap numbers in the numeric pad to set the cooking time.



4. Tap **OK**. The cooking time screen closes.



- 5. The cooking time is displayed in the Cook Time area on the screen.
- 6. Tap **START** to start cooking.
- If you want to pause cooking, tap
   PAUSE. In PAUSE, you can cancel or
   continue cooking by tapping CANCEL or
   CONTINUE.

#### **↑** CAUTION

Use caution with the timed cooking features. You can use these features to cook cured or frozen meats and most fruits and vegetables.

For food that can easily spoil, such as milk, eggs, and unfrozen or fresh fish, meat, or poultry, chill them in the refrigerator first.

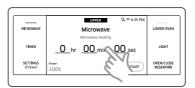
Even when chilled, they should not stand in the oven for more than 1 hour before cooking begins, and should be removed promptly when cooking is completed. Eating spoiled food can result in sickness from food poisoning.

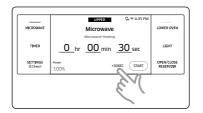
#### Microwave

Microwaves are high-frequency electromagnetic waves that can be used to cook or reheat food without changing either the form or color of the food.

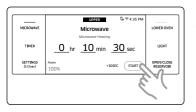








- 1. Put food in a microwave-safe container, and then place the container in the center of the optitray. Close the door.
- 2. Turn the upper mode knob to select **Microwave**
- 3. Tap **Power Level**, and then, flick the wheel picker up or down or tap the wheel picker to set the power level. If you tap the wheel picker, the numeric pad will appear and you can use the numeric pad to set the power level.
- Tap Cook Time, and then use the number pad to input a desired cook time. You can also use the +30SEC button to specify the cooking time.



- 5. Tap **START** to start cooking.
- If you want to pause cooking, tap PAUSE. In PAUSE, you can cancel or continue cooking by tapping CANCEL or CONTINUE.

#### **↑** CAUTION

- Use only microwave-safe cookware.
- Use oven gloves when taking out food.

#### Power level

| 100% | (High)        | 50% | (Medium)     |
|------|---------------|-----|--------------|
| 90%  | (Sauté)       | 40% | (Medium low) |
| 80%  | (Reheat)      | 30% | (Low)        |
| 70%  | (Medium high) | 20% | (Defrost)    |
| 60%  | (Simmer)      | 10% | (Warm)       |

#### **Convection Sear**

The heating elements generate heat, which is evenly distributed inside the oven by the convection fan. You can use a microwave rack or a combination of a rack and even plate on the optitray. Use this mode for biscuits, individual scones, rolls, and cakes as well as fruit cakes, choux pastries, and soufflés.



- 1. Put a rack or the combination of a rack and the even plate on the optitray.
- Turn the upper mode knob to select Convection Sear, and then tap the temperature area. If you tap the temperature area, the numeric pad will appear. You can input a desired temperature between 100 °F and 450 °F (default: 350 °F).



To preheat, simply tap **START**.

3. Tap **Cook Time**, and then use the number pad to specify a cooking time.



- MCOOWNE

  MCOOWNE

  Convection Sear

  Detect Not as Convestion

  350°F

  SetTINGS
  6 (State)

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  SetTINGS
  6 (State)

  Const
- 4. Tap **START** to start cooking.
- If you want to pause cooking, tap
   PAUSE. In PAUSE, you can cancel or
   continue cooking by tapping CANCEL or
   CONTINUE.

#### **↑** CAUTION

- Use glass, ceramic, or metal cookware.
- Use oven gloves when taking out food.

#### Broil

For best performance, make sure all heating elements are in the horizontal position.



- 1. Put a rack or the combination of a rack and the even plate on the optitray.
- 2. Turn the upper mode knob to select **Broil**. If preheating is preferred, simply tap **START**.



You cannot set the temperature in **Broil** mode.

3. Tap **Cook Time**, and then use the number pad to specify a cooking time.





- Tap **START** to start cooking.
- 5. If you want to pause cooking, tap PAUSE. In PAUSE, you can cancel or continue cooking by tapping CANCEL or CONTINUE.

#### 

- Use glass, ceramic, or metal cookware.
- Use oven gloves when taking out food.

#### Speed Conv.Sear



Speed Conv.Sear

0 hr 00 min 00 sec

Speed Conv.Sear

- Put a rack or the combination of a rack and the even plate on the optitray.
- 2. Turn the upper mode knob to select **Speed Conv.Sear**, and then tap the temperature area. If you tap the temperature area, the numeric pad will appear. You can input a desired temperature between 100 °F and 450 °F (default: 350 °F).



To preheat, simply tap **START**.

- Tap **Power Level**, and then flick the wheel picker up or down or tap the wheel picker to specify a power level between 10% and 70%. If you tap the wheel picker, the numeric pad appears and you can use the numeric pad to set the power level.
- Tap Cook Time, and then use the number pad to specify a cooking time. You can also use the +30SEC button to specify the cooking time. OPEN/CLOSE RESERVOIR

OPEN/CLOSE RESERVOIR





30 English -



- 5. Tap **START** to start cooking.
- If you want to pause cooking, tap PAUSE. In PAUSE, you can cancel or continue cooking by tapping CANCEL or CONTINUE.

#### **↑** CAUTION

- Use glass or ceramic cookware.
- Use oven gloves when taking out food.

#### Speed broil

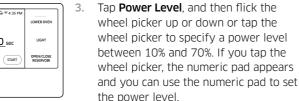
The heating elements generate heat, which is reinforced by the microwave energy.



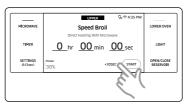
- 1. Put a rack or the combination of a rack and the even plate on the optitray.
- 2. Turn the upper mode knob to select **Speed Broil**.



You cannot set the temperature in Speed broil mode.







- 5. Tap **START** to start cooking.
- If you want to pause cooking, tap PAUSE. In PAUSE, you can cancel or continue cooking by tapping CANCEL or CONTINUE.

Tap **Cook Time**, and then use the

specify the cooking time.

number pad to specify a cooking time.

You can also use the **+30SEC** button to



#### **↑** CAUTION

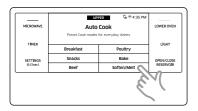
- Use glass or ceramic cookware.
- Use oven gloves when taking out food.



UPPER

#### Auto cook

The oven offers 44 different auto cook options for your convenience. You do not need to set either the cooking time or the power level. You can adjust the size of the serving.



- 1. Put the food in the center of the optitray and close the door.
- 2. Turn the upper mode knob to select Auto Cook. The display will show the Speed Cook and Soften/Melt menus. Choose the menu you want, and then view the auto cook programs in the menu by scrolling the list. The two menus together provide 44 auto cook options.
- 3. Tap the **Auto Cook** option you want.



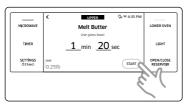
4. Tap the weight area to select the food weight screen.



5. Flick the wheel picker to select the food weight.



6. Tap **OK**.



- Tap START to start cooking.
- 8. If you want to pause cooking, tap PAUSE. In PAUSE, you can cancel or continue cooking by tapping CANCEL or CONTINUE.

#### **↑** CAUTION

- Use only microwave-safe cookware.
- Use oven gloves when taking out food.

| Food                  | Amount                  | Instructions   |
|-----------------------|-------------------------|--|
| Breakfast             |                         |  |
| Bacon,<br>Uncooked    | 2 ea.<br>4 ea.<br>6 ea. | Layer 2 paper towels on a microwave-<br>safe plate and arrange the bacon on the<br>towels. Do not overlap bacon. Cover with an<br>additional paper towel. Remove the paper<br>towel immediately after cooking. |
| Bacon, Pre-<br>cooked | 2 ea.<br>4 ea.<br>6 ea. | Layer 2 paper towels on a microwave-<br>safe plate and arrange the bacon on the<br>towels. Do not overlap bacon. Cover with an<br>additional paper towel. Remove the paper<br>towel immediately after cooking. |
| Sausage links,        | 4 ea.                   | Place the sausage links on the even plate.   |
| Frozen                | 8 ea.                   | Place the plate on the low rack.   |
| Sausage links,        | 4 ea.                   | Place the sausage links on the even plate.   |
| Fresh                 | 8 ea.                   | Place the plate on the low rack.   |
| Sausage               | 2 ea.                   | Place the sausage patties on the even plate.   |
| patties, Frozen       | 4 ea.                   | Place the plate on the high rack.  |
| Sausage               | 2 ea.                   | Place the sausage patties on the even plate.   |
| patties, Fresh        | 4 ea.                   | Place the plate on the high rack.  |

| Food          | Amount  | Instructions   |
|---------------|---|--|
|               |   |  |
| Frozen french | 2 ea.   | Place the french toast on the high rack.   |
| toast         | 4 ea.   |  |
| Frozen        | 2 ea.   | Place the sandwich on the even plate, then   |
| sandwich      | 4 ea.   | place the plate on the low rack.   |
| Frozen bagels | 2 ea.   | Place the bagels on the even plate, then   |
|               | 4 ea.   | place the plate on the low rack.   |
| Snacks        |   |  |
| Popcorn       | 1.5 oz.<br>3.0 oz.<br>3.5 oz.<br>(1 package.) | Use only one microwave popcorn bag at a time. Be careful when removing the heated bag from the oven and when opening it.   |
| Hot dog       | 2 ea.<br>4 ea.                                | Pierce the hot dogs 3 times with a fork. Place the hot dogs on the even plate, then place the plate on the low rack. When the microwave beeps, add the buns and then press <b>START</b> to continue. |
| Nachos        | 1 serving.                                    | Arrange the tortilla chips uniformly on a microwave-safe plate, then place the plate on the high rack. Sprinkle evenly with cheese.  Contents:  4 to 5 oz. tortilla chips  ½ cup grated cheese       |
| Baked potato  | 2 ea.<br>4 ea.                                | Pierce the potatoes 3 times with a fork. Place the potatoes on the low rack. After cooking, let the potatoes stand for 3-5 minutes.  |

| Food                   | Amount           | Instructions  |
|------------------------|------------------|---|
| Frozen garlic<br>bread | 6 еа.            | Put frozen garlic bread on the even plate, then place the plate on the low rack. When the microwave beeps, turn the bread over, and then press <b>START</b> to continue. After cooking, let stand for 1-2 minutes.  |
| Homemade gratin        | 20 oz.<br>40 oz. | Ingredients (40 oz.): 25 oz. potatoes, 4 oz. milk, 4 oz. cream, 1 oz. beaten whole egg, 1 tsp each of salt, pepper, nutmeg, 5-6 oz. grated mozzarella cheese, butter, thyme. • For a 20 oz. recipe, use half the quantities above.  Method: Peel potatoes and slice them to 1/2-1/4 inch thickness. Spread the slices on a clean towel and keep them covered with the towel while you prepare the rest of the ingredients. Rub the surface of a gratin dish with the butter. Put the rest of the ingredients except grated cheese into a large bowl and stir well. Layer the potato slices in the dish slightly overlapping and pour the mixture over the potatoes. Spread the grated cheese over the top, and then put the gratin dish on the low rack. After cooking, let stand for 2-3 minutes. Serve sprinkled with a few fresh thyme leaves. |

| Food                 | Amount                    | Instructions  |
|----------------------|---------------------------|---|
| Homemade<br>lasagna  | 40 oz.                    | Ingredients:  34 lb. ground beef, 2 tbsp. olive oil, 8 oz. tomato sauce, 4 oz. beef stock, 8 lasagna sheets, 1 onion (chopped), oregano, and basil to taste, 8 oz. grated mozzarella cheese.  Method:  Sauce: Heat the oil in a frying pan, then cook the ground beef and chopped onion for about 10 min until browned all over. Combine with the tomato sauce and beef stock, add the dried herbs. Bring to a boil, and then simmer for 30 minutes.  Cook lasagna noodles according to the package directions.  Layer noodle, meat sauce, and cheese then repeat. Sprinkle the remaining cheese evenly on the top layer. Place the oven dish on the low rack.  After cooking, let stand for 2-3 minutes. |
| Frozen soft pretzels | 2 ea.<br>4 ea.            | Place the pretzels on the even plate, then place the plate on the low rack.   |
| Frozen churros       | 2 ea.<br>4 ea.            | Place the churros on the even plate, then place the plate on the high rack.   |
| Quesadilla           | 1 ea.<br>2 ea.            | Follow the package preparation instructions. Place the Quesadilla on the even plate, then place the plate on the low rack.  |
| Toast hawaii         | 4 ea.                     | Toast the bread slices first. Put the toast with topping on the high rack. Let stand for 2-3 minutes.   |
| Frozen lasagna       | 1 serving.<br>2 servings. | Place the frozen lasagna on the low rack.<br>Let stand for 2-3 minutes.   |

| Food           | Amount               | Instructions   |  |
|----------------|----------------------|--|--|
| Beef           |                      |  |  |
| Meat loaf      | 2.5 lbs.             | Ingredients:  1½ lbs. ground beef, 1 egg, 1 onion (chopped), 1 cup milk, 1 cup dried bread crumbs, salt and pepper to taste.  Method:  In a large bowl, combine the beef, egg, onion, milk, and bread crumbs. Season with salt and pepper to taste, and then place in a lightly greased 5 x 9 inch microwave-safe loaf pan. Place the pan on the low rack. |  |
| Roast beef     | 2.0 lbs.<br>3.0 lbs. | Brush the roast beef with oil and seasonings. Place the roast beef on the low rack. When the microwave beeps, turn over the roast beef, and then press <b>START</b> to continue.   |  |
| Poultry        |                      |  |  |
| Whole chicken  | 4.0 lbs.<br>5.0 lbs. | Brush the chicken oil and spices. Put breast side down in the middle of low rack. When the beep sounds, turn the chicken over using tongs, and then press <b>START</b> to continue.  After cooking, let stand for 2-3 minutes.   |  |
| Chicken breast | 0.75 lb.<br>1.5 lbs. | Put chicken breast on the high rack. Let stand for 1-2 minutes.  |  |
| Turkey breast  | 0.75 lb.<br>1.5 lbs. | Put turkey breast on the high rack. Let stand for 1-2 minutes.   |  |

34 English —

| Food                      | Amount  | Instructions  |
|---------------------------|---------|---|
| Bake                      |         |   |
| Box cake mix              | 1 pack. | Pour the batter into 8 inch round cake pan. Place the pan on the low rack.  |
| Brownie mix               | 1 pack. | Pour the batter into an 8 x 8 inch pan, then place the pan on the low rack.   |
| Cookie dough,<br>Frozen   | 8 ea.   | Place 8 cookies on the even plate, then place the plate on the low rack.  |
| Cookie dough,<br>Chilled  | 8 ea.   | Place 8 cookies on the even plate, then place the plate on the low rack.  |
| Chocolate chip<br>cookies | 8 ea.   | Ingredients (16 ea.):  1½ cups all-purpose flour, ½ teaspoon baking soda, ¼ teaspoon salt, ½ cup butter, softened, 1 teaspoons vanilla extract, ¼ cup white granulated sugar, ¼ cup brown sugar, 1 egg, ¾ cups dark-chocolate morsels, ½ cup chopped walnuts. |
|                           |         | Method:   |
|                           |         | In a large bowl combine the flour, baking soda and salt, and then set aside for later use. Using an electric mixer, blend the butter, vanilla, white and brown sugar together, then mix in the egg.   |
|                           |         | Mix in the flour mixture until the dough forms, then mix in the chocolate chips and walnuts.  |
|                           |         | 2. Roll dough into small balls (about 2 tablespoons each), and then place on the even plate 2 inches apart. Place the plate on the low rack.  |

| Food                      | Amount | Instructions  |
|---------------------------|--------|---|
| Oatmeal raisin<br>cookies | 8 ea.  | Ingredients:  * ¾ cups all-purpose flour, ½ teaspoon baking soda, ½ teaspoon baking powder, ½ teaspoon ground cinnamon, ¼ teaspoon salt, ½ cup butter, softened, 1 teaspoon vanilla extract, ¼ cup white granulated sugar, ¼ cup brown sugar, 1 egg, 1½ cups oats, ½ cup raisins.  Method:  |
|                           |        | <ol> <li>In a large bowl mix together the flour, baking soda, baking powder, cinnamon and salt, and then set aside for later use. In a large bowl using an electric mixer blend the butter, vanilla, white and brown sugar, and then mix in the egg. Mix in the flour mixture until the dough forms then mix in the oats and raisins.</li> <li>Roll dough into small balls (about 2 tablespoons each), and then place on the even plate 2 inches apart. Place the plate on the low rack.</li> </ol> |
| Cupcakes                  | 6 ea.  | Place 6 cupcakes on a 6 cup muffin mold, then place the mold on the low rack.   |
| Marble cake               | 1 ea.  | Put the fresh dough into round cake dish. Put the dish on the low rack. After cooking, let stand for 5-10 minutes.  |

| Food        | Amount | Instructions   |
|-------------|--------|--|
| Cheese cake | 1 ea.  | Ingredients:  15 graham crackers crushed, ½ cup butter, 14 oz. cream cheese, softened, 2 eggs, 1 cup granulated sugar, 1 teaspoon vanilla extract.  Method:  1. Melt the butter in a pan. Add the crushed graham crackers and stir until well coated with butter. Spread over the bottom of the 8 inch cake pan, and then press down on the mixture until firm.  2. Mix the cream cheese, eggs, sugar and vanilla extract until smooth. Pour it over the graham cracker base and spread out with a spatula.  3. Place the cake pan on the low rack. After cooking, let cool and then refrigerate for 5 hours before serving. |
| Pound cake  | 1 ea.  | Ingredients:  1½ sticks butter, softened, ½ cups sugar, 3 eggs, 2 cups all-purpose flour, ¾ teaspoon baking powder, ½ cup milk, 1½ teaspoon vanilla extract.  Method:  1. In a large bowl mix together the butter and sugar then add the eggs and mix until smooth. Mix in the remaining ingredients.  2. Pour batter into a greased tube pan. Put the pan on the low rack.  |

| Food                 | Amount  | Instructions  |  |  |
|----------------------|---|---|--|--|
| Soften/Melt          | Soften/Melt   |   |  |  |
| Melt butter          | 0.25 lb. (1 stick.)<br>0.5 lb. (2 sticks.)          | Unwrap the butter and cut the butter into several pieces. Place the butter on a microwave-safe dish and cover with wax paper. Stir well afterwards.   |  |  |
| Soften butter        | 0.25 lb. (1 stick.)<br>0.5 lb. (2 sticks.)          | Remove the butter from the packaging and place on a microwave-safe dish.  |  |  |
| Melt chocolate       | 1 cup.  | Place the chocolate chips in a microwave-<br>safe dish. When the microwave beeps, stir<br>well, and then press <b>START</b> to continue.<br>Unless stirred, the chocolate chips will keep<br>their shape even when the heating time is<br>over. |  |  |
| Soften ice<br>cream  | 1 serving.:<br>1 pint<br>2 servings.:<br>1.5 quarts | Remove the lid of the carton. Place the carton in the center of the microwave.  |  |  |
| Soften cream cheese  | 4 oz.<br>8 oz.                                      | Unwrap the cream cheese and place on a microwave safe dish.   |  |  |
| Melt cheese          | 4 oz.<br>8 oz.                                      | Place the cheese in a microwave-safe bowl and cover with wax paper. Stir well afterwards.   |  |  |
| Melt<br>marshmallows | 5 oz.<br>10 oz.                                     | Place the marshmallows in a large microwave-safe dish. Stir well afterwards.  |  |  |
| Melt caramel         | 4 oz.<br>8 oz.                                      | Place the caramel in a large microwave-safe dish. Stir well afterwards.   |  |  |

#### Defrost

The oven provides 4 different defrosting options for your convenience. The time and power levels are automatically adjusted according to your selection.



- 1. Put food in suitable cookware, then put the cookware on the optitray and close the door.
- Turn the upper mode knob to select Defrost. The display will show 4 defrost options.
- 3. Tap the **Defrost** option you want.



**4.** Tap the weight area to select the food weight.



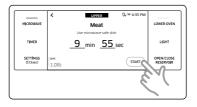
0.9

1.0<sub>lb</sub>

1.1

SETTINGS ⊕(3 sec) **5.** Flick the screen or tap the number to select the food weight. If you tap the number, the numeric pad appears.





- Tap START to start defrosting.
- 8. If you want to pause defrosting, tap PAUSE. In PAUSE, you can cancel or continue defrosting by tapping CANCEL or CONTINUE.

#### **↑** CAUTION

- Use only microwave-safe cookware.
- Use oven gloves when taking out food.

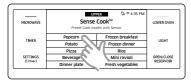
| Food    | Amount       | Instructions   |
|---------|--------------|--|
| Meat    | 0.1-3.5 lbs. | Shield the edges with aluminium foil. Turn the meat over when the oven beeps. This program is suitable for lamb, pork, steaks, chops, and ground meat. For ground meat, place the meat directly on the optitray tray on wax paper. Do not use an extra tray. Let stand, covered with foil, for 5–10 minutes. |
| Poultry | 0.1-3.5 lbs. | Shield the leg and wing tips with aluminium foil. Turn the poultry over when the oven beeps. This program is suitable for whole chicken as well as for chicken portions.   |
| Fish    | 0.1-3.5 lbs. | Shield the tail of a whole fish with aluminium foil. Turn the fish over when the oven beeps. This program is suitable for whole fish as well as for fish fillets.  |
| Bread   | 0.1-2.0 lbs. | Place bread on a ceramic plate and if possible, turn over as soon as the oven beeps. This program is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle.  |

#### Sense Cook™

The oven offers 16 different Sense Cook™ options for your convenience, which include pre-programmed cooking times. You do not need to set either the cooking time or the power level. Once you have selected a program and touched **START**, the oven automatically sets the cooking time and starts to cook. The gas sensing animation effect shows the status of the sensing process.

|                     |              | PP=R                         |                         |
|---------------------|--------------|------------------------------|-------------------------|
| MICROWAVE           |              | e Cook™<br>nodes with Sensor | LOWER OVER              |
| TIMER               | Popcorn      | Frozen breakfast             | LIGHT                   |
| IIMER               | Potato       | Frozen dinner                | LIGHT                   |
|                     | Pizza        | Rice                         |                         |
| SETTINGS<br>M(3sec) | Beverage     | Mini ravioli                 | OPEN/CLOSE<br>RESERVOIR |
| (D1396)             | Dinner plate | Fresh vegetables             | RESERVUIR               |

- 1. Put the food in the center of the optitray and close the door.
- 2. Turn the upper mode knob to select Sense Cook™. The display will show 16 Sense Cook™ options. (You can scroll down through the list.)
- 3. Tap the **Sense Cook™** option you want.







 If you want to pause cooking, tap PAUSE. In PAUSE, you can cancel or continue cooking by tapping CANCEL or CONTINUE.

#### **⚠** CAUTION

- Use only microwave-safe cookware.
- Use oven gloves when taking out food.

| Food     | Amount                   | Instructions  |
|----------|--------------------------|---|
| Popcorn  | 3.0-3.5 oz.<br>1 package | Use only one microwave popcorn bag at a time.  Be careful when removing the heated bag from the oven and when opening it.   |
| Potato   | 1 to 5 ea                | Pierce each potato several times with a fork. Place on the optitray in a spokelike fashion. After cooking, let the potatoes stand for 3-5 minutes. Let the oven cool for at least 5 minutes before using it again.                    |
| Pizza    | 1 to 4 slices            | Place 1-4 pizza slices on a microwave safe plate with the wide ends of the slices towards the outside edge of the plate. Do not let the slices overlap. Do not cover. Let the oven cool for at least 5 minutes before using it again. |
| Beverage | 6 to 8 oz.               | Use a measuring cup or mug and do not cover. Place the beverage in the oven. After heating, stir well. Let the oven cool for at least 5 minutes before using it again.  |

|                 | Instructions   |
|-----------------|--|
| 1 serving       | Use only precooked, refrigerated foods. Cover the plate with vented (1 inch vent) plastic wrap or waxed paper tucked under the plate. If the food is not as hot as you would like after using the "Sensor" function, continue heating using additional time and power.  Contents:  3-4 oz. meat, poultry, or fish (up to |
|                 | 6 oz. with bone)  • ½ cup starch (potatoes, pasta, rice, etc.)  • ½ cup vegetables (about 3-4 oz.)   |
| 1 to 4 servings | Cover the plate with vented (1 inch vent) plastic wrap. If the food is not as hot as you would like after using the "Sensor" function, continue heating using additional time and power. Stir the food once before serving.  |
|                 | Contents:<br>Casseroles: refrigerated  |
| 1 to 4 servings | Cover the plate with vented (1 inch vent) plastic wrap. If the food is not as hot as you would like after using the "Sensor" function, continue heating using additional time and power. Stir the food once before serving.  Contents:  Pasta: canned spaghetti  |
|                 | 1 to 4 servings  |

| Food             | Amount          | Instructions  |
|------------------|-----------------|---|
| Soup             | 1 to 4 servings | Cover the bowl with vented (1 inch vent) plastic wrap. If the soup is not as hot as you would like after using the "Sensor" function, continue heating using additional time and power. Stir the soup once before serving.  Contents:  Soup: refrigerated       |
| Frozen Breakfast | 4 to 8 oz.      | Use this button for frozen sandwiches, breakfast entrees, pancakes, waffles, etc. Follow the package instructions for covering and standing. Let the oven cool for at least 5 minutes before using it again.  |
| Frozen Dinner    | 13 to 18 oz.    | Remove the food from its wrapping and follow the instructions on the box for covering and letting stand. Let the oven cool for at least 5 minutes before using it again.  |
| Rice             | 1 to 2 cups     | Add 1 cup of cold water for 1 cup of rice. Use a large glass pyrex bowl. Cover with vented (1 inch vent) plastic wrap. Rice doubles in volume during cooking. After the cooking time is over, stir before standing time, and then salt or add herbs and butter. |
| Mini Ravioli     | 8 to 14 oz.     | Put mini ravioli evenly into a microwave safe glass bowl. Cover with vented (1 inch vent) plastic wrap. Let stand for 2-3 minutes. Stir the food once before serving.   |

| Food                     | Amount          | Instructions   |
|--------------------------|-----------------|--|
|                          |                 |  |
| Fresh Vegetables         | 1 to 4 servings | Place the fresh vegetables (broccoli florets, cauliflower florets, zucchini, eggplant, etc.) in a microwave safe ceramic, glass, or plastic dish and add 2-4 tbs. water. Cover with vented (1 inch vent) plastic wrap while cooking and stir before letting stand. Let the oven cool for at least 5 minutes before using it again. |
| Fresh Root<br>Vegetables | 1 to 4 servings | Place the fresh vegetables (carrots, leeks, potatoes, beet etc.) in a microwave safe ceramic, glass, or plastic dish and add 2-4 tbs. water. Cover with vented (1 inch vent) plastic wrap while cooking and stir before letting stand. Let the oven cool for at least 5 minutes before using it again.                             |
| Frozen<br>Vegetables     | 1 to 4 servings | Place the frozen vegetables in a microwave safe ceramic, glass, or plastic dish and add 2-4 tbs. water. Cover with vented (1 inch vent) plastic wrap to cook. Stir before letting stand for 3-5 minutes. Let the oven cool for at least 5 minutes before using it again.   |
| Canned<br>Vegetables     | 1 to 4 servings | Place the canned vegetables in a microwave safe ceramic, glass, or plastic dish. Cover with vented (1 inch vent) plastic wrap while cooking and stir before letting stand. Let the oven cool for at least 5 minutes before using it again.   |

#### Auto sensor cooking instructions

The Auto Sensor cooks your food automatically by detecting the amount of gases generated from the food while it is cooking.

- When food is cooked, many kinds of gases are generated. The Auto Sensor determines the proper time and power level by detecting these gases, eliminating the need to set the cooking time and power level.
- When you cover a container with its lid or plastic wrap during Sensor Cooking, the Auto Sensor will detect the gases generated after the container has been saturated with steam.

#### NOTE

If using cling film or plastic wrap, leave a small opening (vent) near the edge of the dish for ventilation or pierce the plastic with a knife or fork in several places.

- Shortly before cooking ends, the remaining cooking time will begin its count down. This will be a good time for you to rotate or stir the food for even cooking if it is necessary.
- Before Auto Sensor cooking, food may be seasoned with herbs, spices, or browning sauces. A word of caution though: Salt or sugar may cause burn spots on food so these ingredients should be added after cooking.

#### **Utensils & cover**

- To obtain good cooking results with the Auto Sensor function, follow the directions for selecting appropriate containers and covers in the charts in this manual
- Always use microwave-safe containers and cover them with their lids or with plastic wrap. When using plastic wrap, turn back one corner to allow steam to escape at the proper rate.
- Always cover your microwave safe dish or container with its matching lid. If the dish or container does not have its own lid, use plastic wrap.
- Fill containers at least half full.
- Foods that require stirring or rotating should be stirred or turned toward the end of the Sense Cook™ cycle, after the time has started to count down on the display.

#### **↑** CAUTION

- After installing the oven and plugging it into an electrical outlet, do not unplug
  the power cord for 24 hours. The gas sensor needs time to stabilize in order to
  cook satisfactorily.
- It is not advisable to use the Auto Sensor cooking feature continuously. 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 cooking function when the room ambient temperature is above 90 °F or below 45 °F.
- Do not use volatile detergent to clean your oven. Gas 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.

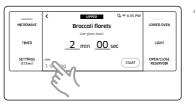
#### **Healthy Choice**



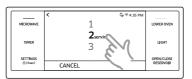
- 1. Put the food in the center of the optitray and close the door.
- 2. Turn the upper mode knob to select **Healthy Choice**.



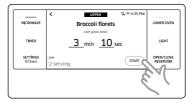
 Tap to select Healthy Choice cook. The display will show 4 different menus. These provide 26 Healthy Choice cook options. (You can scroll down the list.)



4. Tap the serving area to display the servings of food screen.



- 5. Flick the number to select the number of servings.
- 6. Tap **OK**.



- Tap START to start cooking.
- 8. If you want to pause cooking, tap PAUSE. In PAUSE, you can cancel or continue cooking by tapping CANCEL or CONTINUE.

#### **⚠** CAUTION

- Use only microwave-safe cookware.
- Use oven gloves when taking out food.

| Food                   | Amount   | Instructions  |
|------------------------|--|---|
| Fresh Vegetabl         | es   |   |
| Broccoli Florets       | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Wash and clean the broccoli. Prepare the florets and place in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.             |
| Cauliflower<br>Florets | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Wash and clean the cauliflower. Prepare the florets and place in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.          |
| Carrots                | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Wash and clean the carrots. Cut the carrots into even slices and place in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards. |
| Green Beans            | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Wash and clean the green beans. Place the green beans in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.                  |

| Food      | Amount   | Instructions   |
|-----------|--|--|
| Spinach   | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Wash and clean the spinach. Place the spinach in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.   |
| Zucchini  | 1 serving 2 servings 3 servings 4 servings (1 serving = 4-5 oz.)             | Wash and clean the zucchini. Cut zucchini into slices. Place the zucchini in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.   |
| Eggplants | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Wash and clean the eggplants. Cut eggplants into slices. Place the eggplants in a microwave safe bowl and sprinkle with 1 Tbsp lemon juice. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards. |
| Potatoes  | 1 ea<br>2 ea<br>3 ea<br>4 ea   | Pierce each potato several times with a fork. Place on the optitray in a spokelike fashion. After cooking, let the potatoes stand for 3-5 minutes.   |

| Food                | Amount   | Instructions   |
|---------------------|--|--|
| Frozen Vegetal      | oles   |  |
| Broccoli Florets    | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Place the broccoli in a microwave safe<br>bowl. Add 1-4 tablespoons of water<br>(1 Tbsp per serving). Cover during<br>cooking and stir afterwards. |
| Carrots             | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Place the carrots in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.           |
| Corn                | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 3-4 oz.) | Place the corn in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.              |
| Green Beans         | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Place the green beans in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.       |
| Peas                | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 3-4 oz.) | Place the peas in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.              |
| Mixed<br>Vegetables | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Place the mixed vegetables in a microwave safe bowl. Add 1-4 tablespoons of water (1 Tbsp per serving). Cover during cooking and stir afterwards.  |

| Food              | Amount   | Instructions  |
|-------------------|--|---|
| Canned Vegetables |  |   |
| Carrots           | 1 serving 2 servings 3 servings 4 servings (1 serving = 4-5 oz.)             | Place the carrots in a microwave safe bowl. Cover during cooking and stir afterwards.     |
| Corn              | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 3-4 oz.) | Place the corn in a microwave safe bowl. Cover during cooking and stir afterwards.        |
| Green Beans       | 1 serving 2 servings 3 servings 4 servings (1 serving = 4-5 oz.)             | Place the green beans in a microwave safe bowl. Cover during cooking and stir afterwards. |
| Peas              | 1 serving 2 servings 3 servings 4 servings (1 serving = 3-4 oz.)             | Place the peas in a microwave safe bowl. Cover during cooking and stir afterwards.        |
| Spinach           | 1 serving<br>2 servings<br>3 servings<br>4 servings<br>(1 serving = 4-5 oz.) | Place the spinach in a microwave safe bowl. Cover during cooking and stir afterwards.     |
| Beans             | 1 serving 2 servings 3 servings 4 servings (1 serving = 4-5 oz.)             | Place the beans in a microwave safe bowl. Cover during cooking and stir afterwards.       |