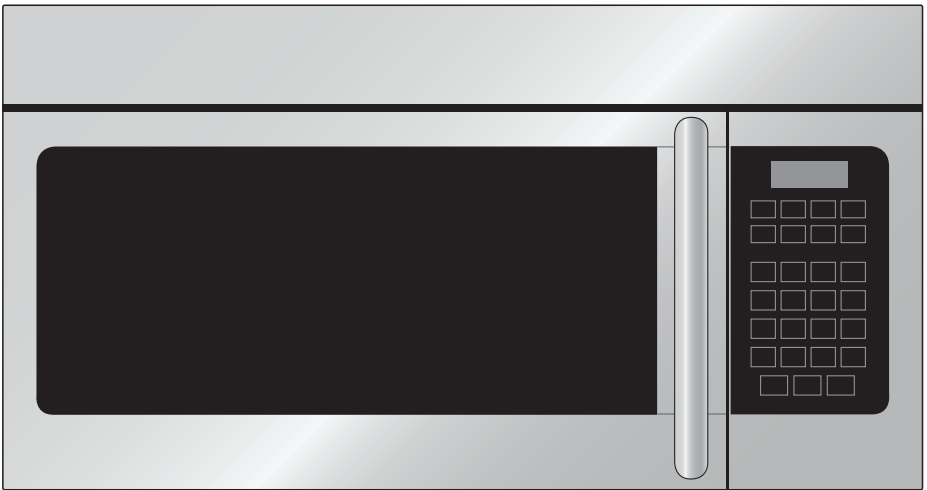


Microwave Oven



MICROWAVE SAFETY

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others. All safety messages will follow the safety alert symbol and either the word "DANGER," "WARNING" or "CAUTION."

These words mean:



An imminently hazardous situation. You could be killed or seriously injured if you don't immediately follow instructions.



A potentially hazardous situation which, if not avoided, could result in death or serious bodily injury.



A potentially hazardous situation which, if not avoided, may result in moderate or minor injury.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

ADDENDUM

If the apparatus is not maintained in a good state of cleanliness, its surface could be degraded and affect the lifespan of the apparatus and lead to a dangerous situation.

Specifications

Model:	TM038K##
Rated Voltage:	120V~60Hz
Rated Input Power(Microwave):	1500 Watt
Rated Output Power(Microwave):	1000 Watt
Oven Capacity:	1.3Cu.ft
Turntable Diameter:	13.60 inches
External Dimensions(LxWxH):	24X17 X16.2 inches
Net Weight:	Approx.60Lbs
Light Bulbs	LED Bulb

- 1.** The turntable and turntable roller rest must be in the oven during cooking. Place the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- 2.** Incorrect use of browning dish may cause the turntable to break. Browning dish sold separately.
- 3.** Use only the specified bag size when using Direct Access Popcorn.
- 4.** The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
- 5.** Do not operate the microwave oven empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
- 6.** Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause the turntable to break.
- 7.** Do not heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause physical injury.
- 8.** Do not heat narrow-necked containers, such as syrup bottles.
- 9.** Do not attempt to deep-fry in your microwave oven.
- 10.** Do not do home canning in this microwave oven as it is impossible to be sure contents of the jar have reached boiling temperature.
- 11.** Do not use this microwave oven for commercial purpose. This microwave oven is made for household use only.
- 12.** To prevent delayed eruptive boiling of hot liquids and beverages or scalding yourself, stir liquid before placing the container in the oven and again halfway through cooking time. Let stand in the oven for a short time and stir again before removing the container.
- 13.** Please do notice the food in the microwave oven to avoid burning due to excessive cooking when cooking food in it.
- 14.** When the appliance is operated in the combination mode, children should only use oven under adult supervision due to the temperatures generated.
- 15.** Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

IMPORTANT SAFETY INSTRUCTIONS

WARNING

To reduce the risk of fire, electric shock, injury to persons or exposure to excessive microwave oven energy when using your appliance, follow basic precautions, including the following:

1. Read all instructions before using the appliance.
 2. Read and follow the specific: **"PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY"** found on page 2.
 3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
- If materials inside the oven ignite:**
1. Keep the oven door closed.
 2. Turn the oven off, and unplug the appliance.
 3. Disconnect the power cord, shut off power at the fuse or circuit breaker panel.
 4. Do not overcook food. Carefully attend the appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 5. Do not use the oven cavity for storage purposes. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven.
 6. Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven.
 7. This oven must be grounded. Connect only to properly grounded outlet. See **"GROUNDING INSTRUCTIONS"** found on page 5.
 8. Install or locate this oven only in accordance with the installation instructions provided.
 9. Some products such as whole eggs in the shell and sealed containers - for example, closed glass jars - are able to explode and should not be heated in the microwave oven.
 10. Use this appliance only for its intended uses as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
 11. As with any appliance, close supervision is necessary when used by children.
 12. Do not operate this oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
 13. This appliance should be serviced only by qualified service technicians. Contact the nearest authorized service facility for examination, repair or adjustment.
 14. Do not cover or block any vents on the oven.
 15. Do not store or use this appliance outdoors.
 16. Do not use this oven near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
 17. Do not immerse cord or plug in water.
 18. Keep cord away from heated surfaces.
 19. Do not let cord hang over edge of table or counter.
 20. When cleaning door and oven surfaces use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.

21. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.

- i) Do not overheat the liquid.
- ii) Stir the liquid both before and halfway through heating it.
- iii) Do not use straight-sided containers with narrow necks.
- iv) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- v) Use extreme care when inserting a spoon or other utensil into the container.

SAVE THESE INSTRUCTIONS TO REDUCE THE RISK OF INJURY TO PERSONS GROUNDING INSTRUCTIONS

DANGER

Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

WARNING

Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

Three-pronged (grounding) plug



This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having grounding

wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
3. If a long cord sets or extension cord is used:
 - 1) The marked electrical rating of the cord set or extension 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.
 - 3) The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

COOKWARE REQUIREMENTS

UTENSILS

See the instructions on "Materials you can use in microwave oven or to be avoided in microwave oven."

CAUTION

Personal Injury Hazard

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

There may be certain non-metallic utensils that are not safe to use for microwaving. If in doubt, you can test the utensil in question following the procedure below.

Utensil Test:

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

Materials you can use in microwave oven

Utensils Remarks

Aluminum foil	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 (2.5cm) away from oven walls.
Browning dish (sold separately)	Follow manufacturer's instructions. The bottom of browning dish must be at least 3/16" (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. 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 and cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture.

Materials to be avoided in microwave oven

Utensils Remarks

Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

PARTS AND FEATURES

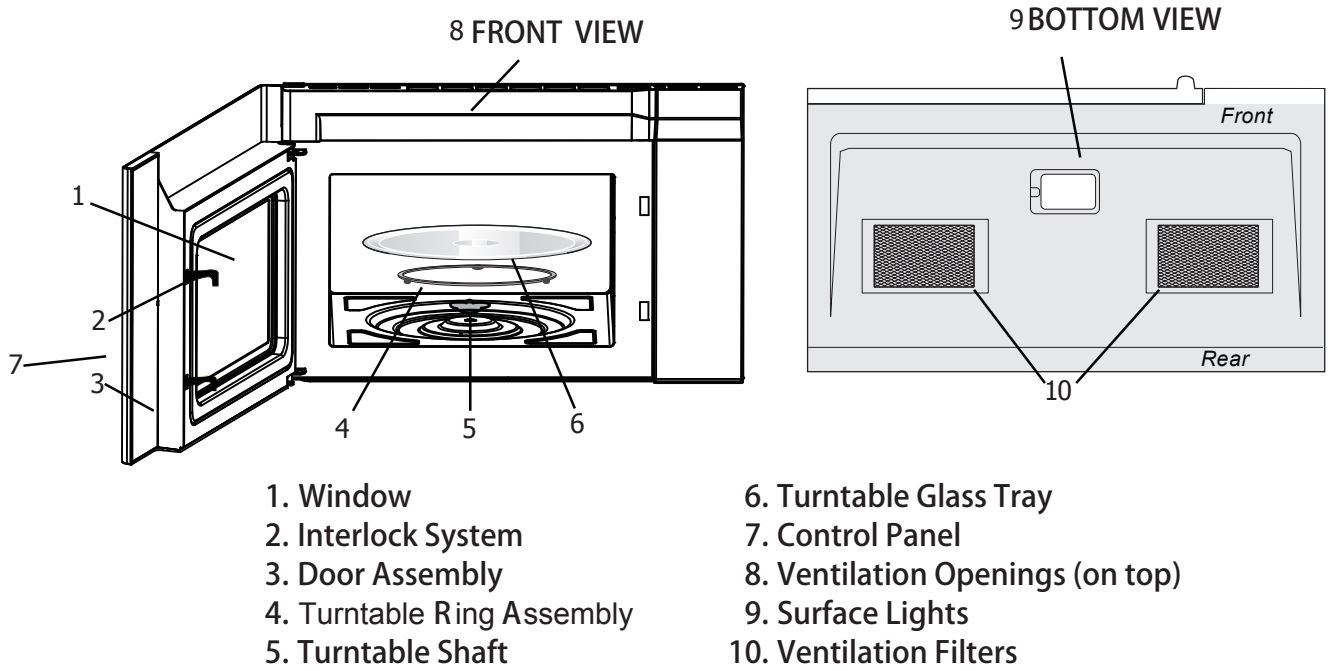
SETTING UP YOUR OVEN

Names of Oven Parts and Accessories

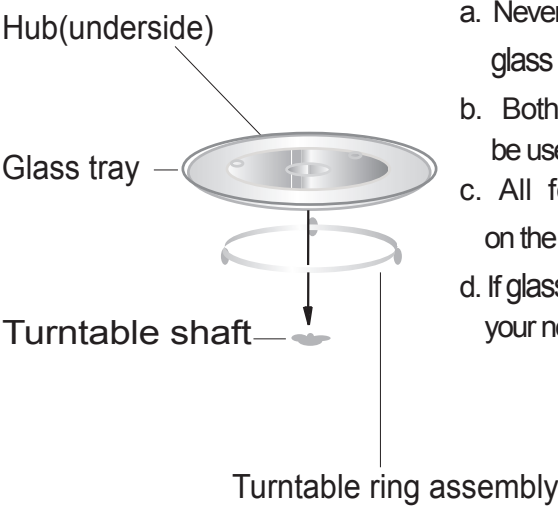
Remove the oven and all materials from the carton and oven cavity.

Your oven comes with the following accessories:

Glass tray	1
Turntable ring assembly	1
Instruction Manual	1



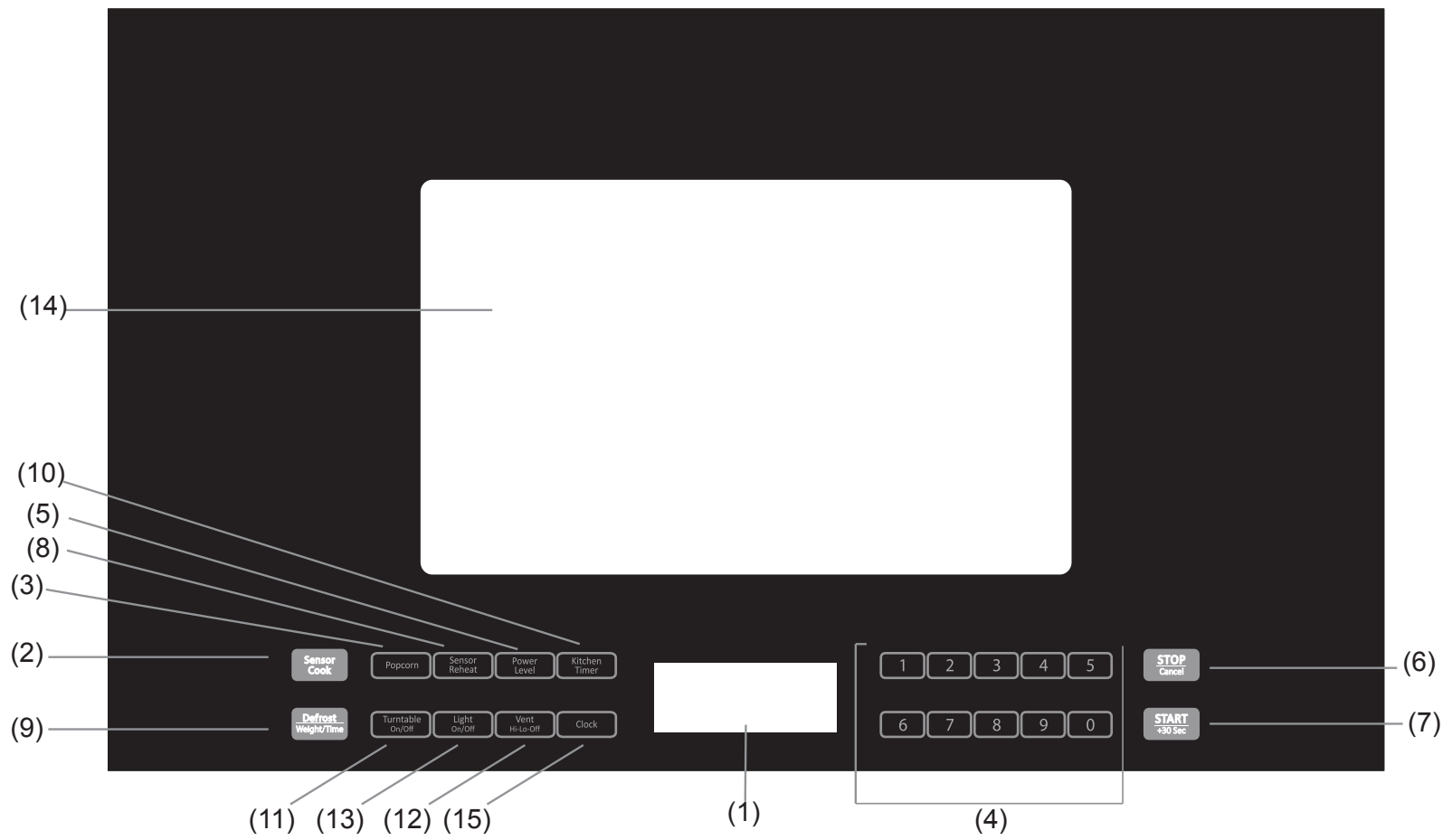
TURNTABLE INSTALLATION



- Never place the glass tray upside down. The glass tray should never be restricted.
- Both glass tray and turntable ring assembly must always be used during cooking.
- All food and containers of food are always placed on the glass tray for cooking.
- If glass tray or turntable ring assembly cracks or breaks, contact your nearest authorized service center.

MICROWAVE USE

Control Panel and Features



- (1) Display Screen
- (2) Sensor Cook
- (3) Popcorn
- (4) Number Keys
- (5) Power Level
- (6) Stop/Cancel
- (7) Start/+30Sec.
- (8) Sensor Reheat
- (9) Defrost Weight/Time
- (10) Kitchen Timer
- (11) Turntable On/Off
- (12) Vent Hi-Lo-Off
- (13) Light On/Off
- (14) Screen
- (15) Clock

Operation

1 . Power Level

11 power levels are available.

Level	10	9	8	7	6	5	4	3	2	1	0
Power	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	0%
Display	PL-HI	PL-90	PL-80	PL-70	PL-60	PL-50	PL-40	PL-30	PL-20	PL-10	PL0

2 . Power On

When the microwave oven is electrified, the screen will display " 12:00 PRESS " **Clock** " ENTER TIME . The buzzer will ring once. Press number keys to set clock or press " **STOP/Cancel** " to exit clock setting mode. If there is no operation within 5 minutes, the oven will enter waiting state.

3 . Clock

The clock can be set in 12-hour mode.

- 1) In waiting state, press " **Clock** " once. " ENTER TIME " will blink in the display to remind you to input the time.
- 2) Press the number keys and enter the correct time. For example, time is 10:12 now, please press "1,0,1,2" in turn.Range from 1:00-12:59.
- 3) Press " **Start/+30 Sec** " button to cnfirm the clock.

4 . Kitchen Timer

- 1) Press " **Kitchen Timer** " once, " ENTER TIME " will blink in the display.
- 2) Press the number keys and enter the timer time.(The maximum cooking time is 99 minutes and 99 seconds)
- 3) Press " **Start/+30 Sec** " to confirm setting. The kitchen time will start counting down.

5 . Time Cook

- 1) In waiting state, press the number keys to set the cooking time.(The maximum cooking time is 99 minutes and 99 seconds)
- 2) Press "**Power Level**" repeatedly to adjust the power level. The default power is PL-HI.
- 3) Press "**Start/+30 Sec**" to start microwave cooking.

6 . Multi-stage Cooking

Two stages can be maximumly set. If one stages is defrosting, it will be put in the first stage. The buzzer will ring once after each stage and the next stage will begin.

Note: Auto menu cannot be set as one of the multi-stage.

Example: if you want to cook with 50% for 5 minutes, then to cook with 80% microwave power for 7 minutes. The steps are as following:

- 1) Press "0", "5", "0", "0", the screen will display "05:00";
- 2) Press "**Power Level**" 6 times to choose 50% power, and screen will display "PL-50";
- 3) Press "0", "7", "0", "0", the screen will display "07:00";
- 4) Press "**Power Level**" thrice to choose 80% power, and screen will display "PL-80";
- 5) Press "**Start/+30 Sec**" to start cooking.

7 . Speedy Cooking

- (1) In waiting state, instant cooking at 100% power level can be started by select a cooking time from 1 to 9 minutes by pressing number pads 1 to 9.
- (2) In waiting state, instant cooking at 100% power level with 30 seconds' cooking time can be started by pressing "**START/+30SEC**". Each press on the same button will increase cooking time by 30 seconds. the maximum cooking time is 99 minutes and 99 seconds.

8. Popcorn

- 1) Press " **Popcorn** " repeatedly until the number you wish appears in the display.
"1"SET: approximate 3.2 ounces
2"SET: approximate 1.75 ounces
For example, press " **Popcorn** " once , "3.2" appears in the screen.
- 2) Press" **START/+30SEC** " to cook.

9. Auto Defrost

- 1) Press " **Auto Defrost** " once, the screen will display "MEAT".
- 2) Press " **Auto Defrost** " repeatedly to choose the desired function. And "MEAT", "POULTRY" , "FISH" or "BREAD" will display in turn .
- 3) Press " **START/+30SEC** " to confirm the function. The screen will display "ENTER WEIGHT".
- 4) Press the number keys to set the weight of the food.
- 5) Press " **START/+30SEC** " to start defrosting.

Auto Defrost programs

Press button	Food	Weight range
1	Meat	0.1 - 6.0 lbs
2	Poultry	0.1 - 6.0 lbs
3	Fish	0.1 - 6.0 lbs
4	Bread	0.1 - 6.0 lbs

10. Sensor Reheat

- 1) Press "**Sensor Reheat**" once , the screen will display "BEVERAGE".
- 2) Press "**Sensor Reheat**" repeatedly until the menu you wish appears in the display.
- 3) Press "**START/+30SEC**" to start sensor cook mode. The appliance starts sensing.

The microwave is operating during sensing. When sensing is complete, beeps will sound and the calculated cook time will start to count down.

Note: Do not open the door during the sensing process, or the program will be cancelled.

Sensor Reheat programs

Program no.	Menu	Quantity
1	Beverage	1 - 3 cups
2	Dinner Plate	1 plate
3	Pizza	1 - 4 slices
4	Soup/Sauce	1- 3 cups
5	Casserole/Lasagna	10.5 oz

11. Sensor Cook

- 1) Press "**Sensor Cook**" once , the screen will display "POTATO".
- 2) Press "**Sensor Cook**" repeatedly until the menu you wish appears in the display.
- 3) Press "**START/+30SEC**" to start sensor cook mode. The appliance starts sensing.

The microwave is operating during sensing. When sensing is complete, beeps will sound and the calculated cook time will start to count down.

Note: Do not open the door during the sensing process, or the program will be cancelled.

Sensor Cook programs

Program no.	Menu	Quantity
1	Baked Potato	1 - 4 potatoes
2	Fresh Vegetable	2 cups
3	Frozen Vegetable	2 cups
4	Bacon	1 - 3 slices
5	Fish	5 oz, 10 oz, 15 oz, 20 oz
6	Frozen Dinner	10/20oz
7	Rice	1- 2 cups
8	Frozen Breakfast	8-12 oz
9	Frozen Pizza	12 oz
10	Meat	9-19 oz

12 .Operating the Ventilation Fan

- 1) Press "**Vent Hi-Lo-Off**" once to start ventilation fan, the screen will display "HIGH" .
The oven will return to waiting state after 2 seconds.
- 2) Press "**Vent Hi-Lo-Off**" twice, the screen will display "LOW" .
The oven will return to waiting state after 2 seconds.
- 3) Press "**Vent Hi-Lo-Off**" thrice to turn off the ventilation fan , the screen will display "OFF" .The oven will return to waiting state after 2 seconds.

13 .Turning the Light on/off

The appliance is equipped with a cooking surface light, to light the surface underneath the appliance. With the "**Light On/Off**" button you can set two brightness levels.

Display	Brightness
HI	High
LO	Low
OFF	Off

14 .Turning the turntable on / off

For best cooking results, leave the turntable on. It can be turned off for large dishes. To turn the turntable off, press" **Turntable On/Off** " once.

The screen will display "OFF" for 2 seconds. Press" **Turntable On/Off** " again to turn the turntable on. The screen will display " ON " for 2 seconds.

MICROWAVE CARE

Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

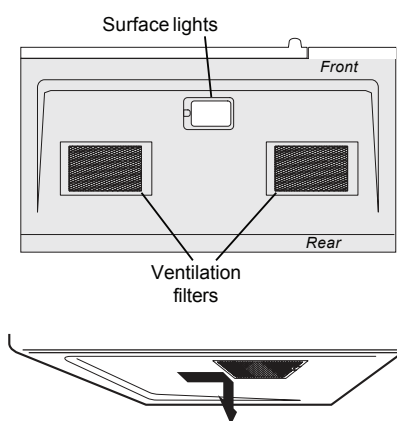
CLEANING THE EXHAUST FILTERS

The oven ventilation exhaust filters should be removed and cleaned often; generally at least once every month.

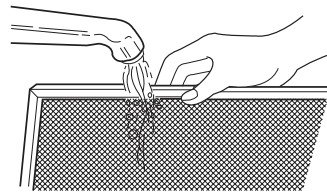
! CAUTION

To avoid risk of personal injury or property damage, do not operate oven hood without filters properly in place.

- 1) To remove the exhaust ventilation filters, slide the filter to the rear. Then pull filter downward and push to the other side. The filter will drop out. Repeat for the 2nd filter.



- 2) Soak the ventilation filters in hot water using a mild detergent. Rinse well and shake to dry. Do not use ammonia or wash in a dishwasher. The aluminum on the filter will corrode and darken.



- 3) To reinstall the exhaust ventilation filter, slide it into the side slot, then push and toward oven to lock. Reinstall the second filter using the same procedure.

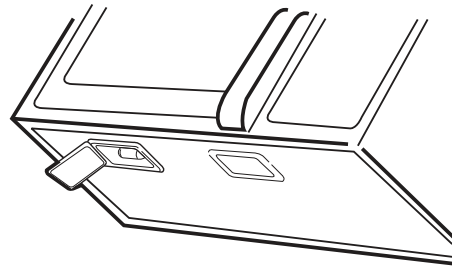


SURFACE LIGHT REPLACEMENT

CAUTION

To avoid risk of personal injury or property damage, wear gloves when replacing the light bulbs.

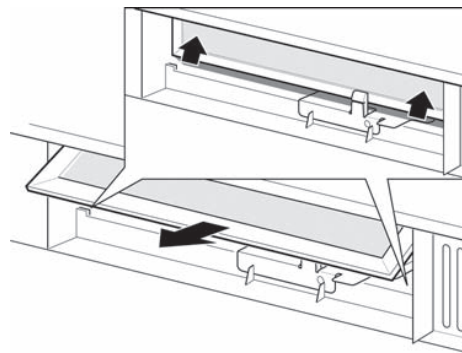
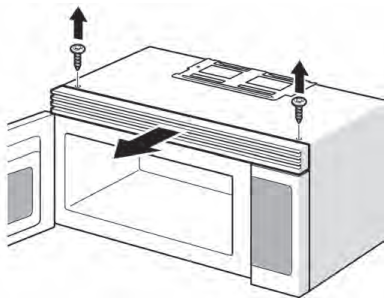
- 1) Unplug the microwave oven or turn off power at the main circuit breaker.
- 2) Remove the bulb cover mounting screws at both light positions under the microwave.
- 3) Replace bulb with max. 30 watt appliance bulb.
- 4) Re-install bulb cover and mounting screw.
- 5) Plug the microwave back into the power supply or turn the power back on at the main circuit breaker.



CHARCOAL FILTER REPLACEMENT

A charcoal filter should be installed in your microwave oven when set for non-vented or recirculated installation. The filter should be changed every 6 to 12 months depending on use.

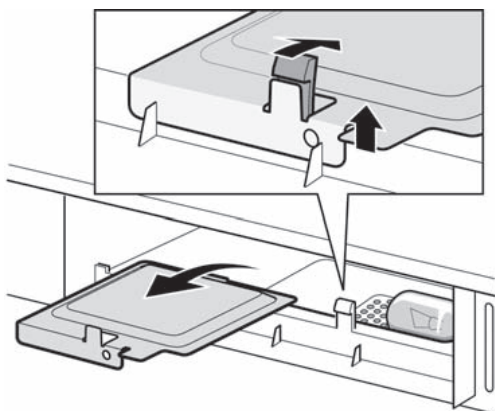
- 1) Disconnect power to the microwave oven at the circuit breaker panel or by unplugging.
- 2) Remove the vent grill mounting screws.
- 3) Pull the vent grill away from the unit.
- 4) Remove the charcoal filter by pushing it inwards, then turn and pull it away from the unit.



OVEN LIGHT REPLACEMENT

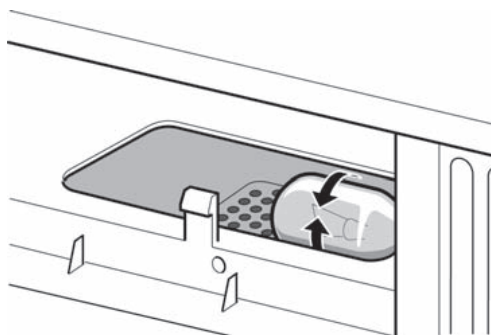
Remove the vent grill per instructions 1-4 above and charcoal filter, if used.

- 1) Open light cover located behind filter mounting by carefully pulling up on the front edge.



- 2) Remove old light bulb and replace only with equivalent Max. 30 W appliance bulb available at most hardware stores or lighting centers.

Note: DO NOT USE BULBS LARGER THAN 30 WATTS.



- 3) Replace the microwave oven light cover by carefully pushing into place. Replace the charcoal filter. Push the vent grill back into place (engaging both the bottom and top tabs) and replace the vent grill mounting screws.

CLEANING SUGGESTIONS

For best performance and for safety reasons, keep the oven clean inside and outside. Take special care to keep the inner door panel and oven door frame free of food and grease build-up.

Never use rough scouring powder or pads on the microwave. Wipe the microwave oven inside and out with a soft cloth and a warm (not hot) mild detergent solution. Then rinse and wipe completely dry.

Wipe spatters immediately with a wet paper towel, especially after cooking greasy foods like chicken or bacon. Clean your microwave oven weekly or more often, if needed.

Follow these instructions to clean and care for your microwave oven:

- Keep the inside (cavity) of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to work less efficiently.
- Wipe up spills immediately. Use a damp, clean cloth and mild soap. DO NOT use harsh detergents or abrasive cleaners.
- To help loosen baked-on food particles or liquids, heat 2 cups of water in a 4 cup glass measuring cup on High power for 5 minutes or until boiling. Let stand in oven cavity for 1 to 2 minutes. (Tip: add lemon juice to keep the oven smelling fresh)
- Remove the glass turntable tray from the oven when cleaning the oven cavity or tray. To prevent the glass turntable from breaking, handle with care and do not put it in water immediately after cooking. Wash the turntable tray in warm sudsy water or in the dishwasher.
- Clean the outside surface of the microwave with soap and a clean damp cloth. Dry with a clean soft cloth. To prevent damage to the operating parts of the oven, do not let water seep into any vents or openings.
- Wash the oven door window with very mild soap and water. Be sure to use a soft clean cloth to avoid scratching.
- If steam accumulates inside or outside the oven door, wipe with a soft cloth. Steam can accumulate when operating the oven in high humidity and in no way indicates microwave leakage.
- Never operate the oven without food in the oven cavity; this can damage the magnetron tube or glass tray. You may wish to leave a cup of standing water inside the oven when it is not in use to prevent damage if the oven is accidentally turned on.

TROUBLESHOOTING

First try the solutions suggested here to possibly avoid the cost of a service call.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Oven will not start	a. Electrical cord for oven is not plugged in. b. Door is open. c. Wrong operation is set.	a. Plug into the outlet. b. Close the door and try again. c. Check instruction.
Arcing or sparking	a. Materials to be avoided in microwave oven are used. b. The oven is operated when empty. c. Spilled food remains in the cavity.	a. Use microwave-safe cookware only. b. Do not operate with oven empty. c. Clean cavity with wet towel.
Unevenly cooked foods	a. Materials to be avoided in microwave oven are used. b. Food is not defrosted completely. c. Cooking time, power level is not suitable. d. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Use correct cooking time, power level. d. Turn or stir food.
Overcooked foods	Cooking time, power level is not suitable.	Use correct cooking time, power level.
Undercooked foods	a. Materials to be avoided in microwave oven are used. b. Food is not defrosted completely. c. Oven ventilation ports are restricted. d. Cooking time, power level is not suitable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Check to see that oven ventilation ports are not restricted. d. Use correct cooking time, power level.
Improper defrosting	a. Materials to be avoided in microwave oven are used. b. Cooking time, power level is not suitable. c. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Use correct cooking time, power level. c. Turn or stir food.