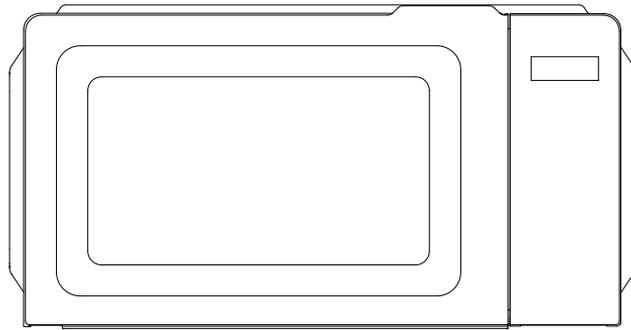


Microwave Oven Instructions



Model: P90J23AL-V1

Please read these instructions carefully before installing and operating the oven.

技术要求：欧盟 ROHS2.0 指令要求规定的 10 种有害物质的含量符合 ROHS2.0 指令要求。

					<p style="text-align: center;">说明书 SEJ239V1H-PA0C0A (P90J23AL-V1)</p>				JS1M0609-23900-004-(0)				
标记	处数	更改单号	签字	日期									
设计	李胜海	标准化	关业红						图样标记	数量	重量	比例	
校对		审定	李丰		S	A		1:1	广东格兰仕微波生活 电器制造有限公司				
审核	杨瑞其												
工艺		日期	2020-02-29	共 12 页			第 / 页						

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. 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.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is very important that the oven door close properly and that there is no damage to the
 - a) Door (including any bent),
 - b) Hinges and latches (broken or loosened),
 - c) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except qualified service personnel.

Content

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY	1
IMPORTANT SAFETY INSTRUCTIONS	2
GROUNDING INSTRUCTIONS	4
Installation Guide	4
Cooking Utensils Guide	5
Specifications.....	6
Product Diagram	6
Control Panel	7
Operation Instructions.....	8
Setting the clock	8
Express cooking.....	8
+30 sec. function.....	8
Setting the kitchen timer	8
Microwave cooking	8
Time defrost.....	9
Weight defrost.....	9
Multistage cooking	9
Child lock	10
Pad closed protection.....	10
Auto cook	10
Cleaning and Care	11

IMPORTANT SAFETY INSTRUCTIONS

WARNING!--To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 1.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 4.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Do not operate the oven when empty.
6. Some products such as whole eggs and sealed containers -for example, closed glass jars- are able to explode and should not be heated in this oven.
7. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
8. As with any appliance, close supervision is necessary when used by children.
9. To reduce the risk of fire in the oven cavity:
 - a) Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c) If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
 - d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
10. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THEIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to person:
 - a) Do not overheat the liquid.
 - b) Stir the liquid both before and halfway through heating it.
 - c) Do not use straight-sided containers with narrow necks.
 - d) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - e) Use extreme care when inserting a spoon or other utensil into the container.

11. Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.
12. Do not cover or block any openings on the appliance.
13. Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
14. Do not operate this appliance if it has a damaged cord or a plug, if it is not working properly or if it has been damaged or dropped.
15. Do not immerse cord or plug in water. Keep cord away from heated surface. Do not let cord hang over edge of table or counter.
16. This appliance should be serviced only by qualified service personnel, contact nearest authorized service facility for examination, repair, or adjustment.
17. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth.
18. This equipment has been tested and found to comply with Part 18 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

19. 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.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

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

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

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded, and if it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.

Electrical Requirements

The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. It is recommended that a separate circuit serving only the oven be provided. The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall outlet properly installed and grounded.

Power Cord

1. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If long cord or extension cord is used:
 - a) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
 - b) The extension cord must be a grounding-type 3-wire cord, and The longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

Installation Guide

1. Make sure that all the packing materials are removed from the inside of the door.
2. This microwave oven must be placed on a flat.
3. For correct operation, the oven must have sufficient air flow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet on which oven stands.
4. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
5. Make sure that the power cord is undamaged and does not run under the oven or over any hot or sharp surface.
6. The socket must be readily accessible so the microwave oven can be easily unplugged in an emergency.

Cooking Utensils Guide

This section lists which utensils can be used in this microwave, which have limited use for short periods, and which should not be used in this microwave.

RECOMMENDED

Microwave browning dish — Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish.

Microwaveable plastic wrap — Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.

Paper towels and napkins — Use for short-term heating and covering; these absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and could ignite.

Glass and glass-ceramic bowls and dishes — Use for heating or cooking.

Paper plates and cups — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and could ignite.

Wax paper — Use as a cover to prevent spattering.

Thermometers — Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used on microwave food once the food has been removed from the oven.

LIMITED USE

Aluminum foil — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful. You should keep distance of 1 inch (2.54cm) between aluminum foil and cavity.

Ceramic, porcelain, and stoneware— Use these if they are labeled "Microwave Safe". If they are not labeled, test them to make sure they can be used safely.

Plastic — Use only if labeled "Microwave Safe". Other plastics can melt.

NOT RECOMMENDED

Glass jars and bottles — Regular glass is too thin to be used in a microwave. It can shatter and cause damage and injury.

Paper bags — These are a fire hazard, except for popcorn bags that are designed for microwave use.

Styrofoam plates and cups — These can melt and leave an unhealthy residue on food.

Plastic storage and food containers — Containers such as margarine tubs can melt in the microwave.

Metal utensils — These can damage your oven. Remove all metal before cooking.

Note:

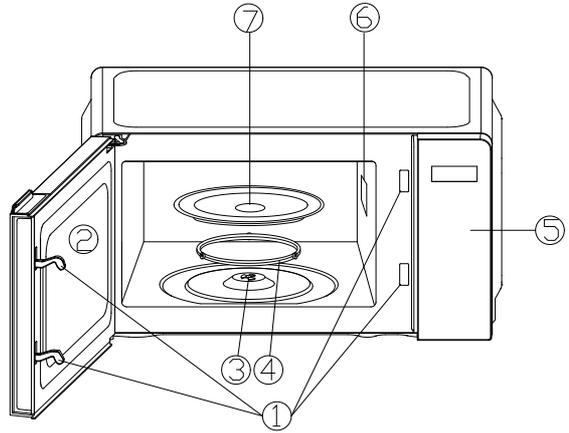
Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

Specifications

Power Consumption	120V/60Hz, 1400W(microwave)
Output	900W
Operation Frequency	2450MHz
Outside Dimensions(H x W x D)	10 ⁷ / ₈ x 19 x 13 ³ / ₈ in.
Oven Capacity	0.9cu.ft.
Net Weight	Approx.20.4 lbs

Product Diagram

1. Door Safety Lock System
2. Oven Window
3. Shaft
4. Roller Ring
5. Control Panel
6. Wave Guide (Please do not remove the mica plate covering the wave guide)
7. Glass Tray



Control Panel



- **DISPLAY**

Cooking time, power, indicators and clock time are displayed.

- **AUTO COOK MENUS**

There are 6 kinds of auto cook menus. Use to set auto cook program.

- **CLOCK**

Press to set clock time.

- **TIME COOK**

Press to set microwave cooking program.

- **KITCHEN TIMER**

Press to set the oven timer function.

- **TIME DEFROST**

Press to set defrost program based on time.

- **WEIGHT DEFROST**

Press to set defrost program based on weight.

- **POWER LEVEL**

Press to set microwave power level.

- **NUMBER PADS (0-9)**

Press to adjust power level, set time or food weight.

But use the number pads from 1 to 6 can set express cooking program.

- **STOP/CLEAR**

Press to cancel setting or reset the oven before setting a cooking program.

Press once to temporarily stop cooking, or twice to cancel cooking altogether.

It is also used for setting child lock function.

- **START/+30 SEC.**

Press to start cooking program.

Simply press it a number of times to set cooking time and cook immediately at full power level.

Operation Instructions

- When the oven first plugged in, beep will sound and the display will show "1:01".
- In the process of cooking setting, broke about 30 seconds the oven will return to standby mode.
- During cooking, if press STOP/CLEAR pad once, the program will be paused, then press START/+30 SEC. pad once to resume, but if press STOP/CLEAR pad twice, the program will be canceled.
- After cooking end, the screen will display End with sound every two minutes until user press STOP/CLEAR pad or open the door.
- In the process of operation, press a valid pad, the buzzer rings once, but if press a invalid pad, the buzzer rings twice.

SETTING THE CLOCK

This is a 12 or 24 hour clock, and you can select it by pressing CLOCK pad.

1. In standby mode, press CLOCK pad once or twice to select 12 or 24 hour clock.
2. Use the number pads to enter correct time.
3. Press CLOCK pad again to confirm.

NOTE: During cooking, the current time of the clock can be seen by pressing CLOCK pad.

EXPRESS COOKING

Directly in standby mode, press the number pad once (1-6), the corresponding system direct start cooking time respectively 1 minute, 2 minutes, 3 minutes, 4 minutes, 5 minutes and 6 minutes. The oven will start to cook at full power level.

+30 SEC. FUNCTION

In standby mode, press START/+30 SEC. pad repeatedly to enter cooking time (each press to increase 30 seconds, and up to 99 minutes and 99 seconds). The oven will auto start cooking at full power level.

NOTE: During express cooking and microwave cooking program, you can add cooking time by pressing START/+30 SEC. pad.

SETTING THE KITCHEN TIMER

1. In standby mode or during cooking, press KITCHEN TIMER pad once.
2. Press number pads to enter the amount of time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC..

NOTE: When the countdown ends, the buzzer will beep to remind you. You can check the countdown time by pressing KITCHEN TIMER pad, but if STOP/CLEAR pad is pressed when the display shows the time, the function can be cancelled..

MICROWAVE COOKING

1. In standby mode, press TIME COOK pad once.
2. Press number pads to enter cooking time. The longest time is 99 minutes and 99 seconds.
3. Press POWER LEVEL pad once (default 100% power level), and then use the number pads to enter other power level.
4. Press START/+30 SEC. pad.

Use single digit to set a cooking power level:

Number pad	Cooking power (Display)		Number pad	Cooking power (Display)
1,0	100% (P100)		4	40% (P-40)
9	90% (P-90)		3	30% (P-30)
8	80% (P-80)		2	20% (P-20)
7	70% (P-70)		1	10% (P-10)
6	60% (P-60)		0	0% (P-00)
5	50% (P-50)			

NOTE: During cooking, the current cooking power level can be seen by pressing POWER LEVEL pad. If you want to set 100% power level, you can omit the step 3 given above.

TIME DEFROST

1. In standby mode, press TIME DEFROST pad.
2. Press number pads to enter defrosting time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. pad.

NOTE: During defrosting program, the system will pause and sound beeps to remind user to turn food over, and then press START/+30 SEC. pad to resume.

WEIGHT DEFROST

1. Press WEIGHT DEFROST pad once.
2. Press number pads to enter weight of food. The frozen food weight ranges from 100 g to 1800 g.
3. Press START/+30 SEC. pad.

NOTE: During defrosting program, the system will pause and sound to remind user to turn food over, after that, press START/+30 SEC. to resume the defrosting.

MULTISTAGE COOKING

Your oven can be programmed up to 3 automatic cooking sequences. It can be composed of time defrost with one or two microwave cooking program, or composed of two microwave cooking program.

A. Time defrost with one or two-stage microwave cooking

1. Open the door and place the food into the oven, close it.
2. Press TIME DEFROST pad once.
3. Enter desired defrosting time by pressing correct number pads.
4. Input the first microwave cooking program. Do not press START/+30 SEC. pad.
5. Input the second microwave cooking program.
6. Press START/+30 SEC. to start.

NOTE: Step 5 is not necessary if you have one microwave cooking program. Time defrost can only be set in the first stage.

B. Two-stage microwave cooking

Some recipes require different stages of cooking at different temperatures.

1. Input the first microwave cooking program.
2. Input the second microwave cooking program.
3. Press START/+30 SEC. to start.

CHILD LOCK

The lock prevents unsupervised operation by children.

To set: In standby mode, press and hold the STOP/CLEAR pad for 3 seconds, a beep sounds and lock indication appears on the display for 3 seconds, the oven will auto enter child lock mode. In the lock state, all pads are disabled.

To cancel: Press and hold the STOP/CLEAR pad for 3 seconds to cancel the program and a beep sounds.

PAD CLOSED PROTECTION

In any state, if any pad on the control panel is closed for 1 minute, the program stops working immediately, the display shows "FAIL" and the system will sound beep. If the pad keep closing, beep will sound every one minute. Any pad is invalid at this time. After troubleshooting, press the STOP/CLEAR pad to return standby mode.

AUTO COOK

For the following food, it is not necessary to program the cooking time and power. It is sufficient to indicate the type of food that you want to cook as well as the weight or servings of this food.

1. In standby mode, press the corresponding menu pad once or repeatedly to select the food weight or servings.
2. Press START/+30 SEC. pad.

Auto cook menus:

Food	Note
Potato (230 g/serving, 1-3 servings)	The result of auto cook depends on factors such as the shape and size of food, your personal preference as to the doneness of certain foods and even how well you happen to place food in the oven. If you find the result at any rate not quite satisfactory, please adjust the cooking time a little bit accordingly.
Popcorn (99 g)	
Pizza (150-450 g)	
Beverage (200 ml/cup, 1-3 cups)	
Frozen Dinner (250-500 g)	
Reheat (200-800 g)	

Cleaning and Care

1. Turn off the oven and unplug the power cord from the wall when cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergents may be used if the oven gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.
3. The outside of the oven should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or splatters. Do not use abrasive cleaner.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild, soapy water or in a dishwasher. When removing the roller ring, be sure to replace it in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. If the light bulb burns out, please contact customer service to have it replaced.
11. The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the unit and could possibly result in a hazardous situation.
12. Please do not dispose of this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.