

USING YOUR MICROWAVE OVEN

DEFROST WEIGHT / TIME

Five defrost choices are preset in the oven. The Defrost feature provides you with the best defrosting method for frozen foods, because the oven automatically sets the defrosting times for each food item according to the weight you enter. For added convenience, the Defrost feature includes a built-in tone mechanism that reminds you to check, turn over, separate, or rearrange the food during the defrost cycle. Four different defrosting presets are provided, plus the option to set your own defrost time.

1. Meat
2. Poultry
3. Fish
4. Bread
5. Set Time

Press **Defrost Weight/Time** multiple times to select the category you want. Then enter weight. Available weight ranges for Meat, Poultry, and Fish are 0.1 to 6.0 lbs. The available weight range for Bread is 0.1 to 1.0 lb.

Example : To defrost 1.2 lbs. of meat.

Defrost
Weight/Time

1 2

START
Enter

1. Press **Defrost Weight/Time** once to choose the Meat category.

2. Enter the weight.

3. Press **START/Enter**.

NOTE: After you press **START/Enter**, the display counts down the defrost time. The oven will beep once during the defrost cycle. At this time, open the door and turn, separate, or rearrange the food as needed. Remove any portions that have thawed, then return the frozen portions to the oven and press **START/Enter** to resume the defrost cycle. The oven will not stop following the beep unless the door is opened.

For best results:

- Remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- Form the meat into the shape of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.

- Place foods in a shallow glass baking dish or a on a microwave roasting rack to catch drippings.
- Foods should still be somewhat icy in the center when removed from the oven.

DEFROST TABLE

CATEGORY	FOOD
DEF 1 1. Meat 0.1 to 6.0 lbs. (45-g to 2.7 kg)	Beef Ground beef, Round steak, Cubes for stew, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty. Lamb Chops (1-inch thick), Rolled roast Pork Chops (1/2-inch thick), Hot dogs, Spareribs, Country-style ribs, Rolled roast, Sausage.
DEF 2 2. Poultry 0.1 to 6.0 lbs. (45-g to 2.7 kg)	Poultry Whole (under 4 lbs.), Cut up, Breasts (boneless) Cornish hens Whole Turkey Breast (under 6 lbs.)
DEF 3 3. Fish 0.1 to 6.0 lbs. (45-g to 2.7 kg)	Fish Fillets, Whole Steaks Shellfish Crab meat, Lobster tails, Shrimp, Scallops
DEF 4 4. Bread 0.1 to 1.0 lb. (45-g to 454 g)	Muffins Roll, cake
5. Set Time	NOTE: To defrost by time rather than weight, press Defrost Weight/Time five times, enter the amount of time you wish to defrost, then press START/Enter .

QUICK DEFROST

This is a quick defrost feature that allows you to choose a preset 2 minute defrost cycle at the touch of a button.

Example: To defrost for 2 minutes.

Quick
Defrost

1. Press **Quick Defrost**.

NOTE: The oven will start automatically.

2. Halfway through the cycle, the oven will beep. Open the door, turn the meat over, Close the door, and press **START/Enter** to resume defrosting until the cycle ends.

When the defrost time is over, four beeps will sound and **End** will display.

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SB Merriam

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the 'SB Merriam' text.

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NRCL. National Research Council Canada, 1970 **Technical Information Pilot** , 1949 The National Research Council Review , 1970 **Activities of the Laboratories - National Research Council Canada** National Research Council of Canada, 1970 **Scientific and Technical Aerospace Reports** , 1994 Lists citations with abstracts for aerospace related reports obtained from world wide sources and announces documents that have recently been entered into the NASA Scientific and Technical Information Database *Microwaves & RF.* , 1989 **Conference Proceedings, 17th European Microwave Conference** , 1987 **Monthly Catalog of United States Government Publications** , 1989
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