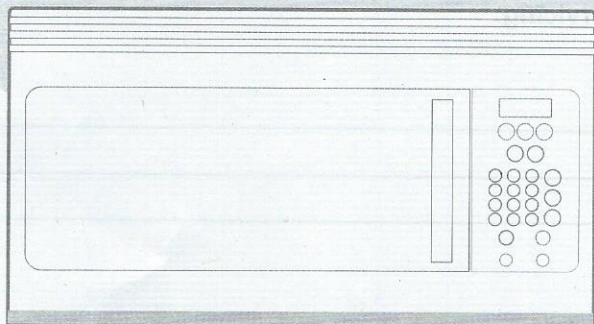


Use & Care Manual

Visit the Frigidaire Web Site at: <http://www.frigidaire.com>

Over-the-Range Microwave Oven with Convenience Pad



Welcome 2



Important Safety Instructions 3-6



Features and Specifications 7



Before Operating 8



Manual Operation 9-14



Convenience Operation 15-16



Cooking Charts 17-18



Care & Cleaning 19-20



Before You Call

Solutions to Common Problems 21



Warranty Back Page



Questions or for Service Call:

1-888-312-2117

Important Safety Instructions



What You Need to Know About Safety Instructions

Warning and Important Safety Instructions appearing in the Use & Care Guide are not meant to cover all possible conditions and situations that may occur. Common sense, caution, and care must be exercised when installing, maintaining or operating a microwave.

Always contact your dealer, distributor, service agent or manufacturer about problems or conditions you do not understand.

Recognize Safety Symbols, Words, Labels

DANGER

DANGER – Immediate hazards which **WILL** result in severe personal injury or death.

WARNING

WARNING – Hazards or unsafe practices which **COULD** result in severe personal injury or death.

CAUTION

CAUTION – Hazards or unsafe practices which **COULD** result in minor personal injury.

CAUTION

To avoid personal injury or property damage, observe the following:

1. **Do not** deep fat fry in oven. Fat could overheat and be hazardous to handle.
2. **Do not** cook or reheat eggs in shell or with an unbroken yolk using microwave energy. Pressure may build up and erupt. Pierce yolk with fork or knife before cooking.
3. Pierce skin of potatoes, tomatoes, and similar foods before cooking with microwave energy. When skin is pierced, steam escapes evenly.
4. **Do not** operate oven without load or food in oven cavity.
5. Use only popcorn in packages designed and labeled for microwave use. Popping time varies depending on oven wattage. **Do not** continue to heat after popping has stopped. Popcorn will scorch or burn. **Do not** leave oven unattended.
6. **Do not** use regular cooking thermometers in oven. Most cooking thermometers contain mercury and may cause an electrical arc, malfunction, or damage to oven.
7. **Do not** use metal utensils in oven.
8. **Never** use paper, plastic, or other combustible materials that are not intended for cooking.
9. When cooking with paper, plastic, or other combustible materials, follow manufacturer's recommendations on product use.
10. **Do not** use paper towels which contain nylon or other synthetic fibers. Heated synthetics could melt and cause paper to ignite.
11. **Do not** heat sealed containers or plastic bags in oven. Food or liquid could expand quickly and cause container or bag to break. Pierce or open container or bag before cooking.
12. To avoid pacemaker malfunction, consult physician or pacemaker manufacturer about effects of microwave energy on pacemaker.

SAVE THESE INSTRUCTIONS

Important Safety Instructions



Precautions to Avoid Possible Exposure to Excessive Microwave Energy

Adhere to the following precautions:

- **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 interlock switches.
- **DO NOT** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- **DO NOT** use any cleaning materials on the oven door gasket. Doing so could cause damage.
- **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:
 1. door (bent),
 2. hinges and latches (broken or loosened),
 3. door seals and sealing surfaces.
- Oven should not be adjusted or repaired by anyone except properly qualified service personnel.

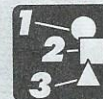
WARNING

Liquids such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to persons:

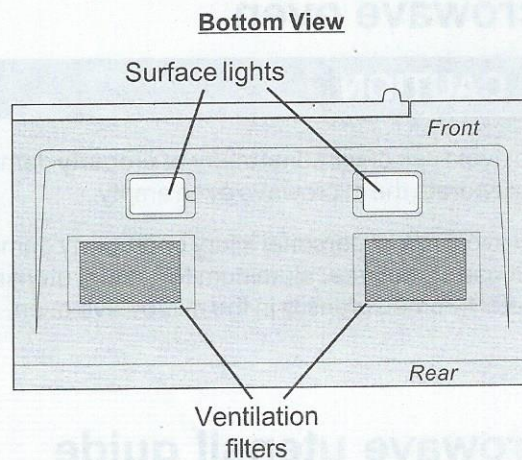
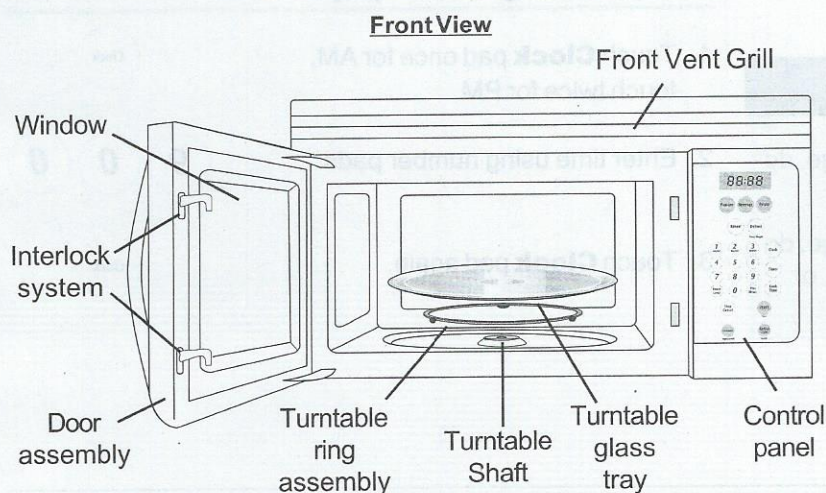
1. **Do not** overheat the liquid.
2. Stir the liquid both before and halfway through heating it.
3. **Do not** use straight-sided containers with narrow necks.
4. After heating, allow the container to stand in the microwave oven for a short time before removing the container.
5. Use extreme care when inserting a spoon or other utensil into the container.

SAVE THESE INSTRUCTIONS

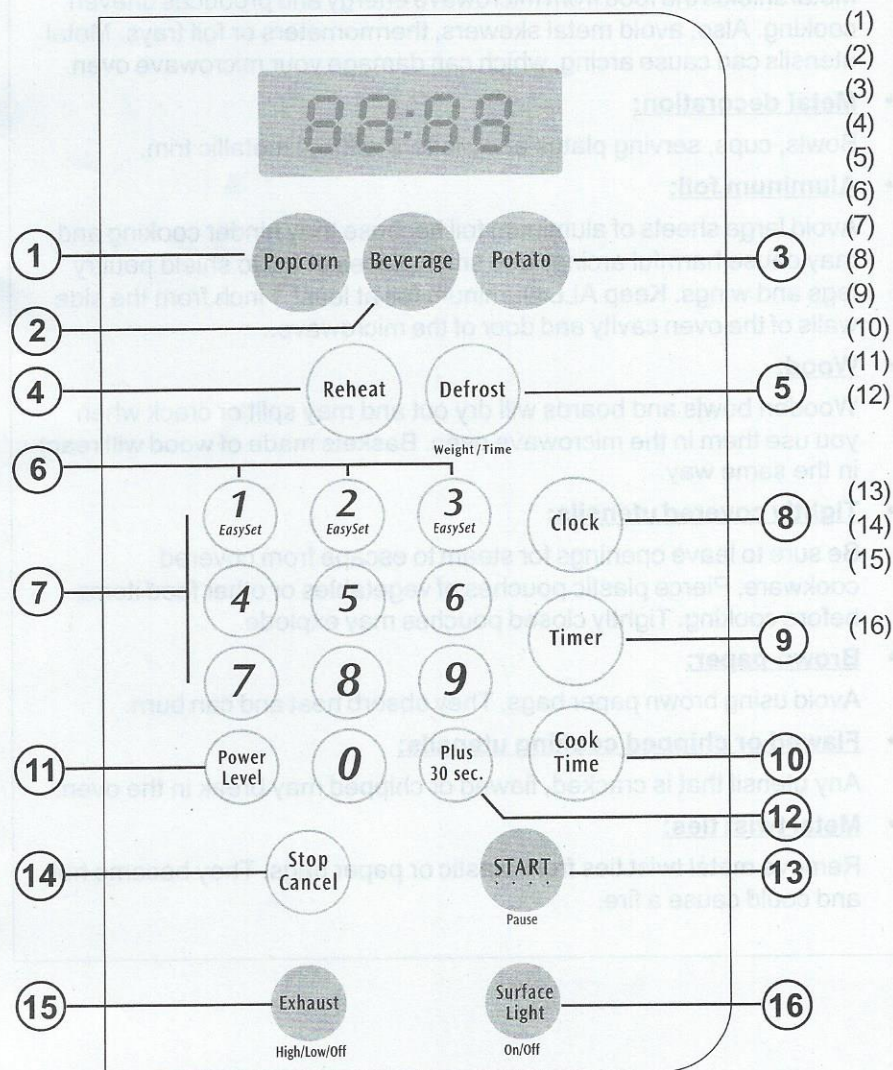
Features & Specifications



Microwave features



Control panel



- (1) **Popcorn**
- (2) **Beverage**
- (3) **Potato** (1-3 potatoes)
- (4) **Reheat** (3 different settings)
- (5) **Defrost** (by time or weight)
- (6) **EasySet** (3 instant key settings)
- (7) **numeric pads** (0 thru 9)
- (8) **Clock**
- (9) **Timer**
- (10) **Cook Time**
- (11) **Power Level** (10 power levels available)
- (12) **+30 sec** ~ Press this pad to add 30 seconds to cook time. Each press will add additional 30 seconds to the cook time.
- (13) **START/Pause**
- (14) **Stop/Cancel**
- (15) **Exhaust (High/Low/Off)** ~ Use to turn the exhaust fan on, off or to adjust fan speed.
- (16) **Surface Light** ~ Press this pad to turn the surface lights on or off.

Oven specifications

Power Supply	120VAC, 60 Hz
Input Power	1,550W
Cooking Power	1,000W
Frequency	2,450 MHz
Outer Dimensions (WxHxD)	29.88"x15.75"x 15.04"
Cavity Volume	1.5 cubic ft.
Net Weight	65.04 lbs.

Manual Operation



Setting the timer

Example: setting timer for 5 minutes:

1. Touch **Timer** pad once.

Timer

2. Enter desired time using number pads.

5

0

0

3. Touch **Timer** pad.

Timer

When the timer has reached the end of set time, you will hear beep alerts indicating the timer has run out.

Exhaust High / Low / Off

The exhaust ventilation moves steam and other cooking vapors from the cooking surface of the range below the microwave oven.

To operate the exhaust vent, Touch the **Exhaust High/Low/Off** pad once for the highest speed setting. Touch the pad again to choose the Low speed setting and a 3rd time to turn the exhaust ventilation off.

Exhaust

High/Low/Off

Note: If the temperature gets too hot around the microwave oven, the fan in the exhaust vent hood will automatically turn on at the LOW setting to cool the oven. The will automatically turn off when the internal parts are cool. When this occurs, the vent cannot be turned off.

Surface Light / On / Off

Touch the **Surface Light/On/Off** pad once for a cooking surface light. Press the pad again to turn the light off.

Surface Light

On/Off

Control Lock

You may lock the control panel to prevent the microwave from being accidentally started or used by children.

The control lock feature is very useful when cleaning the control panel. The lock will prevent accidental programming when wiping the control panel clean.

Example: to set the control lock ON:

Touch and hold the **Stop/Cancel** pad for more than 3 seconds. The Lock icon will appear in the display window along with 2 beeps.

Stop

Cancel

hold for 3 seconds

Example: to change the control lock from ON to OFF:

Touch and hold the **Stop/Cancel** pad for more than 3 seconds. The Lock icon will disappear in the display window.

Stop

Cancel

hold for 3 seconds

Using EasySet

1

EasySet

2

EasySet

3

EasySet

Microwave heating or cooking may be quickly set at 100% power level for 1, 2 or 3 minutes. Use the number keys 1, 2 or 3 to choose the desired minutes of cook time (this option will only work using the 1, 2 or 3 numeric pads):

Example: to quickly heat for 2 minutes at 100% power:

Touch number pads 1, 2 or 3 for desired minutes of cook time.

2

EasySet

Note: the **EasySet** function cannot be set when using the **Defrost** (by weight) feature.

Manual Operation



Using the Pause key

If at anytime your microwave recipe would require that the food be turned or require you to stop the microwave during the cooking process you may do so after starting the microwave with the **START/Pause** pad.

To pause the microwave during cooking:

1. Touch **START/Pause** pad once.
2. Touch **START/Pause** pad again to resume cooking.



Adding cook time (Plus 30 sec.)

This time-saving feature will let you quickly add 30 seconds to any cook time already set when cooking at a 100% power level. This feature may only be used while cooking and with cook time remaining. Each press of this pad will add 30 seconds to the cook time.

Example: to add 1 minute of cook time at the default power level of 100%:

Press **Plus 30 sec.** pad twice.



Setting Defrost (by Weight)

Example: to defrost 1lb. of food with the default power level and cook time determined automatically:

1. Press **Defrost** pad once. **0.0** will appear in the display.
2. Use the numeric pads to input weight of food to defrost in pounds (10 = 1lb.) You may enter any weight from 0.3 to 6.0lbs.
3. Press **START** pad.



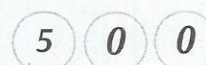
When defrosting has finished you will hear 5 beeps and "Good" will display.

Note: The weight amount must be a valid entry for this feature to start. A valid weight entry is 0.3 to 6.0 pounds.

Setting Defrost (by Time)

Example: to defrost food with the default 30% power level for 5 minutes:

1. Press **Defrost** pad twice. **0:00** will appear in the display.
2. Use the number pads to enter desired defrost time (defrost time may be set up to 99 minutes and 99 seconds).
3. Press **START** pad.



When heating has finished you will hear 5 beeps and "Good" will display.

Note: Power levels cannot be changed for both defrost (by weight) or defrost (by time) because the defrost performance will be adversely affected.

Special notes for defrosting by time

- After pressing **START/Pause** key, the display will count down remaining defrost time. The oven will beep twice during the defrost cycle. At this time open the door and turn the food if needed and remove any portions that have already thawed. Touch the **START/Pause** key to resume the defrost cycle.
- When heating has finished you will hear 5 beeps.

Manual Operation



Reheat

The reheat feature provides 3 quick preset settings based on serving size to reheat food for your cooking convenience.

Example: to reheat 24 ounces of food.

1. Press **Reheat** pad 3 times to reheat 24oz. of food. **24oz** will appear in the display (see reheat category table).

Reheat

2. Press **START** pad.

START

Pause

Reheat Category	Press	Display
8 ounces of food	once	8 oz
16 ounces of food	twice	16 oz
24 ounces of food	3 times	24 oz

Reheat cooking suggestions

Reheat	Directions	Amount
Dinner plate	Use only pre-cooked, refrigerated foods. Cover plate with vented plastic wrap or waxed paper, tucked under plate. If food is not as hot as you prefer after heating with Reheat , continue heating using manual time and power level settings. Contents: • 3-4 oz. met, poultry or fish (up to 6 oz. with bone) • ½ cup starch (potatoes, pasta, rice, etc.) • ½ cup of vegetables (about 3-4 oz.)	1 serving (1 plate)
Casserole	Cover plate with lid or vented plastic wrap. If food is not as hot as you prefer after heating with Reheat , continue heating using manual time and power level settings.	1 to 4 servings
Pasta	Stir foods once before serving. Contents: • Casserole-refrigerated foods (for example beef stew or lasagna) • Pasta-Canned spaghetti and ravioli, refrigerated foods.	

Convenience Operation



Popcorn

⚠ CAUTION

- **DO NOT** leave microwave oven unattended while popping corn.

The popcorn feature lets you pop 3 different commercially packaged microwave popcorn sized bags. Use the table below to determine the setting to use.

Amount	Press popcorn pad
1.75 oz. (default setting)	once
3.0 oz.	2 times
3.5 oz.	3 times

Example: to pop a 3.0 oz. bag of popcorn automatically.

1. Press **Popcorn** pad (1, 2 or 3 times - refer to table above to change for bag size).

Popcorn

2. Press **START** pad.

START
Pause

The microwave will beep 5 times when finished.

Potato

The potato feature cooks 1, 2 or 3 (cooking times based on 8 to 24 oz.) potatoes automatically. Use the table below to determine the setting to use.

Amount	Press potato pad
1 potato (default setting)	once
2 potatoes	2 times
3 potatoes	3 times

Example: to cook 1 potato automatically.

1. Press **Potato** pad (1, 2 or 3 times - refer to table above to change quantity).

Potato

2. Press **START** pad.

START
Pause

The microwave will beep 5 times when finished.

Notes:

- Before cooking, pierce potatoes with fork several times.
- After cookings, let potatoes stand for 5 minutes.

Beverage

The beverage feature heats 1, 2 or 3 cups of beverage. Use the table below to determine the setting to use.

Amount	Press beverage pad
1 cup (about 8 oz.)	once (default setting)
2 cups (about 16 oz.)	2 times
3 cups (about 24 oz.)	3 times

Example: to heat 1 cup of a beverage.

1. Press **Beverage** pad (1, 2 or 3 times - refer to table above to change number of servings).

Beverage

2. Press **START** pad.

START
Pause

The microwave will beep 5 times when finished.

Cooking Charts



Cooking meat in your microwave

Be sure to place prepared meats on a microwave-safe roasting rack in a microwave-safe dish. Start cooking the meat fat side down and if necessary, use narrow strips of aluminum foil to shield any bone tips or thin meat areas. After cooking, check the temperature in several places before letting the meat stand the recommended time. Please note that the temperatures in the following charts are temperatures at removal time; the temperature will rise during the standing period.

Meat	Power level	Cook time	Directions
• Roast beef boneless (up to 4 lbs.)	High (10) for first 5 minutes, then medium (5)	12-17 min./lb. for 160° F (Medium) 14-19 min./lb. for 170° F (Well Done)	Place roast beef fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand* 10-15 minutes.
• Roast pork boneless or bone-in (up to 4 lbs.)	High (10) for first 5 minutes, then medium (5)	15-20 min./lb. for 170° F (Well Done)	Place roast pork fat-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Let stand* 10-15 minutes.

* Expect a 10° F rise in the temperature during the standing period.

Meat	Doneness	Remove from oven	After standing (10-15 min.)
• Beef	Medium Well Done	150° F 160° F	150° F 160° F
• Pork	Medium Well Done	150° F 160° F	150° F 160° F
• Poultry	Dark meat Light meat	170° F 160° F	170° F 160° F

Cooking poultry in your microwave

Be sure to place poultry on a microwave-safe roasting rack in a microwave-safe dish. Cover poultry with wax paper to prevent splattering. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas, or areas that start to overcook. After cooking, check the temperature in several places before letting the meat stand the recommended time.

Poultry	Cook time/power level	Directions
• Whole chicken (up to 4 lbs.)	Cook time: 7-10 min. /lb. 180° F dark meat 170° F dark meat Power level: medium high (7)	Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand for 5-10 min.
• Chicken pieces (up to 4 lbs.)	Cook time: 7-10 min. /lb. 180° F dark meat 170° F dark meat Power level: medium high (7)	Place chicken bone-side down on dish, with thickest portions toward the inside of dish. Cover with wax paper. Turn over half way through cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand for 5-10 min.

Cooking eggs in your microwave

- Never cook eggs in the shell and never warm hard-cooked eggs in the shell; they can explode.
- Always pierce whole eggs to keep them from bursting.
- Cook eggs just until set; they will become tough if overcooked.

Care & Cleaning

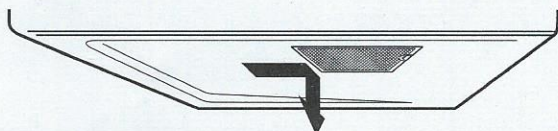
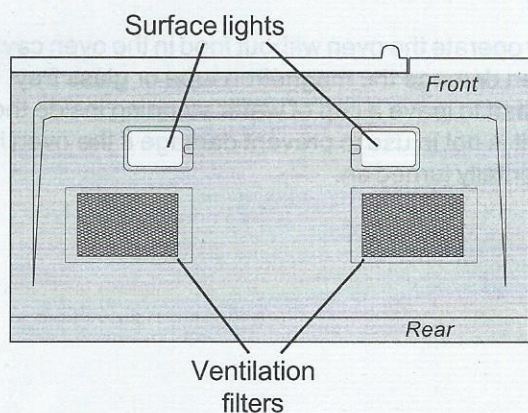


Cleaning the exhaust filters

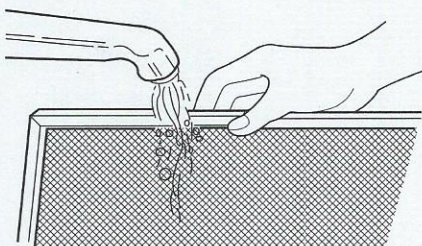
The oven ventilation exhaust filters should be removed and cleaned often; generally at least once every month.

CAUTION

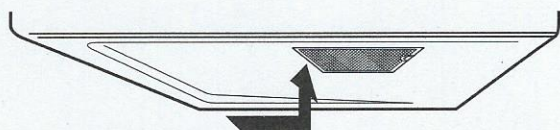
To avoid risk of personal injury or property damage, do not operate oven hood without filters properly in place.



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.**



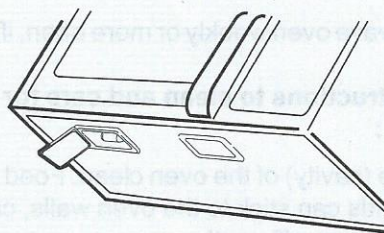
3. To reinstall the exhaust ventilation filter, slide it into the side slot, then push up and toward oven to lock. Reinstall the 2nd filter using the same procedure.

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 40 watt appliance bulb.
4. Replace 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.



Troubleshooting guide

If you have a problem you cannot solve, please do not hesitate to call our service line:

Questions or for Service Call:

1-888-312-2117

Before you call a repair person for your microwave, check the list below for possible easy solutions to some common problems.

Neither the microwave's display or oven operates -

- Properly insert the plug into a grounded power outlet.
- If the outlet is controlled by a wall switch, make sure the wall switch is turned on.
- Remove the plug from the outlet, wait 10 seconds, then plug the microwave in again.
- Reset the household circuit breaker or replace any blown fuses.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

The oven display works, but the oven will not operate -

- Make sure the oven door is closed securely and completely.
- Check to see if packing material or other materials are stuck to the door seal.
- Check for damage to the oven door.
- Press the **STOP/cancel** pad twice and attempt to re-enter cooking instructions.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

The power goes off before the cook time has elapsed -

- If there has been a power interruption, remove the plug from the outlet; wait 10 seconds, then plug the microwave in again. If there was a power outage, the time indicator in the display will show **00:00**.
- Reset the clock and any cooking instructions.
- Reset the household circuit breaker or replace any blown fuses.
- Press the **STOP/cancel** pad twice and attempt to re-enter cooking instructions.
- Plug a different appliance into the power outlet. If the other appliance will not operate, have a qualified electrician repair the outlet.
- Plug the microwave into a different power outlet.

Food is cooking too slowly -

- Make sure the oven is on a separate 20 amp circuit line. Operating another appliance on the same circuit can cause a voltage drop. If necessary, move the microwave to its own circuit.

You see sparks or arcing -

- Remove any metallic utensils, cookware or metal ties from the oven cavity. If using aluminum foil, use only narrow strips and allow at least one inch between the foil and the interior oven walls.

The turntable makes noises or sticks -

- Clean the turntable, roller ring and oven cavity bottom.
- Make sure the turntable and roller ring are positioned correctly.

Using your microwave causes TV or radio interference -

- This is similar to the interference caused by other small appliances, such as hair dryers. Move your microwave further away from other appliances, like your TV or radio.

Please note : If the oven is set to cook for more than 25 minutes at 100% power level, it will automatically adjust itself to a 70% power level after 25 minutes to avoid overcooking.

Notes

not appliance is covered by a one year limited warranty. For one year from your original date of purchase, Electrolux will pay all costs for repairing or replacing any part of this appliance that prove to be defective in materials or workmanship when such appliance is installed, used and maintained in accordance with the provided instructions.

This warranty does not cover the following:

1. Products with original serial numbers that have been removed, altered or cannot be readily ascertained.
2. Product that has been transferred from its original owner to another party or removed outside the USA or Canada.
3. Fault on the interior or exterior of the unit.
4. Products purchased "as-is" are not covered by this warranty.
5. Faults due to any misoperation or misuse.
6. Products used in a commercial setting.
7. Service calls which do not involve installation or defects in materials or workmanship or for appliances not in ordinary household use or used other than in accordance with the provided instructions.
8. Service calls to correct the installation of your appliance or to instruct you how to use your appliance.
9. Expenses for making the appliance accessible for servicing, such as removal of trim, cupboards, drawers, etc. with a part of the appliance when it is shipped from the factory.
10. Service calls to repair or replace appliance light bulbs, air filters, water filter, other consumables or knobs, handles or other cosmetic parts.
11. Surcharges including, but not limited to, any after hour, weekend, or holiday service calls, with ferry, trip charges, or mileage expenses for service calls to remote areas, including the state of Alaska.
12. Damages to the finish of appliance or home incurred during installation, including but not limited to: holes, scratches, walls, etc.
13. Damages caused by services performed by unauthorized service companies, use of parts other than genuine Electrolux parts or parts obtained from persons other than authorized service companies, or external causes such as abuse, misuse, inadequate power supply, accidents, fires, or acts of God.

DISCLAIMER OF IMPLIED WARRANTY, LIMITATION OF REMEDIES

CUSTOMER'S SOLE AND EXCLUSIVE REMEDY UNDER THIS LIMITED WARRANTY SHALL BE PRODUCT REPAIR OR REPLACEMENT AS PROVIDED HEREIN. CLAIMS BASED ON IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO ONE YEAR OR THE SHORTEST PERIOD ALLOWED BY LAW, BUT NOT LESS THAN ONE YEAR. ELECTROLUX SHALL NOT BE LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN LIMITED WARRANTY OR ANY IMPLIED WARRANTY. SOME STATES AND PROVINCES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, OR LIMITATION ON THE DURATION OF IMPLIED WARRANTIES, SO THESE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS WRITTEN WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

If you need service under this warranty must be obtained by contacting Electrolux at the address or phone number below.

This warranty only applies in the USA and Canada. In the USA, your appliance is warranted by Electrolux Major Appliances North America, a division of Electrolux Home Products, Inc. In Canada, your appliance is warranted by Electrolux Canada Corp. Electrolux assumes no person is liable to anyone for any obligations under this warranty. Obligations for service and parts under this warranty shall be performed by Electrolux or an authorized service company. Product features or specifications as described or illustrated are subject to change without notice.

Electrolux

Canada
1-800-468-1300
Electrolux Canada Corp.
1885 Terry Fox Way
Mississauga, Ontario, Canada
L4V 1E4

USA
1-800-251-1111
Electrolux Major Appliances
Attn: America
P.O. Box 41232
Atlanta, GA 30387