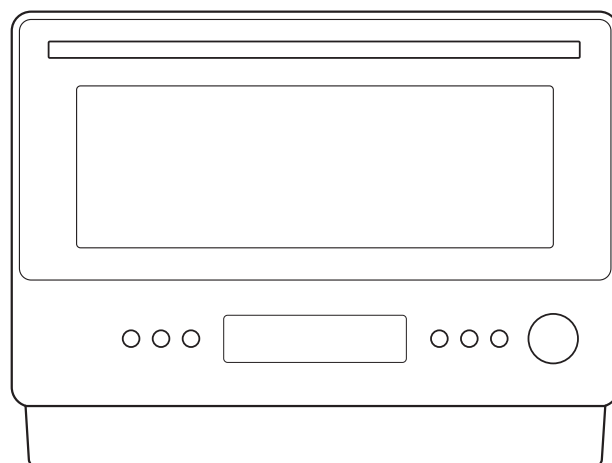




Panasonic®

Owner's Manual
Microwave Oven
Household Use Only
Model No. NN-SF57RM



NN-SF57RM

Scan this code for product registration



**PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT,
AND SAVE THIS MANUAL FOR FUTURE USE.**

To register your product and for all other assistance, please contact us via the web at:
<http://shop.panasonic.com/support> (U.S.A Only)

For microwave oven safety reference, please visit the FDA's web page at:
<http://www.fda.gov/radiation-emittingproducts/resourcesforyourradiationemittingproducts/ucm252762.htm>

Para obtener instrucciones en español, por favor visite la página web en:
<http://shop.panasonic.com/support>

F0003DB70AP
PA0126-0
Printed in China

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CONTENTS

Safety Information

IMPORTANT SAFETY INSTRUCTIONS	3-5
Installation and Grounding Instructions	5-6
Food Preparation.....	6-7
Location of Controls	9
Control Panel.....	10
Dial Feature.....	11

Operation

Using the Microwave for the First Time	12
Setting the Clock.....	12
Sensor Reheat	13
Setting the Child Safety Lock	14
Cooking	14
Keep Warm.....	15
Quick 30	16
Add Time	16
Defrost	17
Defrosting Tips & Techniques	17
Popcorn.....	18
Beverage	19
Sensor Cook.....	20
Sensor Cook Chart.....	21-22
Microwave shortcuts	23-24
Defrosting Chart.....	24
Reheating Chart	25
Cooking Chart	26-27
Food Characteristics and Cooking Techniques	28-29

Maintenance

Care and Cleaning of Your Microwave Oven.....	30
Shop Accessories	30
Before Requesting Service	31
Limited Warranty (Only for U.S.A.).....	32

General Information

Cookware Guide	8
Specifications	33
User's Record.....	33



IMPORTANT SAFETY INSTRUCTIONS

Your safety and the safety of others are very important.



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

This is the safety alert symbol. It is used to alert 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:



DANGER

You can be killed or seriously injured if you don't immediately follow instructions.



WARNING

You can be killed or seriously injured if you don't follow instructions.



CAUTION

You can be exposed to a potentially hazardous situation which, if not avoided, may result in minor or moderate 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 surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Thank you for purchasing a Panasonic Microwave Oven

Your microwave oven is a cooking appliance and you should use as much care as you use with a stove or any other cooking appliance. When using this electric appliance, basic safety precautions should be followed, including the following:



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 this appliance.
2. Read and follow the specific "**PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY,**" above.
3. This appliance must be grounded. Connect only to a properly grounded outlet. See "**GROUNDING INSTRUCTIONS**" found on page 5.
4. As with any cooking appliance, **DO NOT** leave oven unattended while in use.
5. Install or locate this appliance only in accordance with the installation instructions found on page 5.
6. **DO NOT** cover or block any openings on this appliance.
7. **DO NOT** store this appliance outdoors. **DO NOT** use this product near water (for example, near a kitchen sink, in a wet basement, or near a swimming pool or similar locations).
8. Use this appliance only for its intended use as described in this manual. **DO NOT** use corrosive chemicals, vapors or non-food products in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use. The use of corrosive chemicals in heating or cleaning will damage the appliance and may result in radiation leaks.
9. When cleaning surfaces of the door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.



IMPORTANT SAFETY INSTRUCTIONS (continued)

10. **DO NOT** allow children to use this appliance, unless closely supervised by an adult. **DO NOT** assume that because a child has mastered one cooking skill he/she can cook everything.
11. **HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE.** Use caution when removing hot items.
12. **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.
13. **DO NOT** immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. **DO NOT** let cord hang over edge of a table or counter.
16. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service center for examination, repair or adjustment.
17. Some products such as whole eggs, with or without shell, narrow neck bottles and sealed containers (for example, closed glass jars) may explode and should not be heated in this oven.
18. 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 material inside the oven ignites, 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.**
19. **Superheated Liquids:** Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without showing evidence (or signs) of boiling. Visible bubbling is not always present when the container is removed from the microwave oven. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to persons:
 - (a) **STIR THE LIQUID BOTH BEFORE AND HALFWAY THROUGH HEATING.**
 - (b) **DO NOT heat water and oil, or fats together. The film of oil will trap steam, and may cause a violent eruption.**
 - (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.
20. **DO NOT** cook directly on the flat table. It can crack, and cause injury or damage to the oven.
21. **DO NOT** place any items on top of the microwave. Doing so may impact the operation and reliability of the appliance.

SAVE THESE INSTRUCTIONS

For proper use of your oven, read remaining safety cautions and operating instructions.



IMPORTANT SAFETY INSTRUCTIONS (continued)



WARNING

Safety Precautions

TO AVOID THE RISK OF SHOCK:

DO NOT remove outer panel from oven. Repairs must be done only by a qualified service person.

TO REDUCE THE RISK OF EXPOSURE TO MICROWAVE ENERGY:

DO NOT tamper with, or make any adjustments or repairs to Door, Control Panel Frame, Safety Interlock Switches, or any other part of the oven. Microwave leakage may result.

TO AVOID THE RISK OF ARCING DAMAGE OR FIRE:

1. **DO NOT** operate the microwave oven empty, **cook small food portions unattended**, or use metal containers. When using the microwave oven without water or food, **or cook too small a serving**, microwave energy cannot be absorbed and will continuously reflect throughout the cavity. This will cause arcing and damage the oven cavity, door or other components.
2. **DO NOT** store flammable materials next to, on top of, or in the oven.

3. **DO NOT** dry clothes, newspapers or other materials in the oven, or use newspaper or paper bags for cooking.

4. **DO NOT** hit or strike Control Panel. Damage to controls may occur.

5. **DO NOT** use recycled paper products unless the paper product is labeled as safe for microwave oven use. Recycled paper products may contain impurities, which may cause sparking.



TO AVOID THE RISK OF SCALDING:

POT HOLDERS should always be used when removing items from the oven. Heat is transferred from the HOT food to the cooking container and from the container to the Flat Table. The Flat Table can also be very HOT after removing the cooking container from the oven.



Installation and Grounding Instructions

Examine Your Oven

Unpack oven, remove all packing material and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if oven is damaged. **DO NOT** install if oven is damaged.

Placement of Oven

1. The oven must be placed on a flat, stable surface, at a height of 36 in (91.6 cm) from the ground. Place the front surface of the door 3 in (7.6 cm) or more from the counter top edge to avoid accidental tipping of the microwave oven during normal use. For proper operation, the oven must have sufficient air flow. Allow 6 in (15 cm) of space on the top of the oven, 4 in (10 cm) at back and 2 in (5 cm) on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.
 - (a) **DO NOT** block air vents. If they are blocked during operation, the oven may overheat and be damaged.
 - (b) **DO NOT** place oven near a hot, damp surface such as a gas or electric range, sink, or dishwasher.
 - (c) **DO NOT** operate oven when room humidity is excessive.
2. This oven is manufactured for household use only. It is not approved or tested for mobile vehicle, marine, or commercial use.

Fan Motor Operation

After using the oven, the fan may rotate to cool the electric components and "F" rotates in the display window.

You can take out the food from the oven while the fan operates. It is recommended to keep the oven plugged in until the fan motor completely stops operating.

Installation

DO NOT block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.

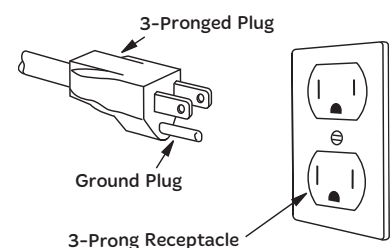
WARNING: IMPROPER USE OF THE GROUNDING PLUG CAN RESULT IN A RISK OF ELECTRIC SHOCK.

Consult a qualified electrician or service person 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 three-wire extension cord that has a three-prong polarized grounding plug, and a three-slot receptacle that will accept the plug of the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

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 electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug.





Installation and Grounding Instructions (continued)

The plug must be plugged into an outlet that is properly installed and grounded.

- **Plug into properly installed and grounded three-prong outlet.**
- **DO NOT** remove ground prong.
- **DO NOT** use an adapter.

Power Supply

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. **DO NOT** let cord hang over edge of a table or counter.
3. If a long cord or extension cord is used,
 - (1) 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 three-wire cord, and
 - (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 accidentally.

Wiring Requirements

The oven must be operated on a SEPARATE CIRCUIT. No other appliance should share the circuit with the microwave oven. If it does, the branch circuit fuse may blow or the circuit breaker

may trip. The oven must be plugged into at least a 20 A, 120 V, 60 Hz GROUNDED OUTLET. Where a standard two-prong outlet is encountered, it is the personal responsibility and obligation of the consumer to have it replaced with a properly grounded three-prong outlet. The VOLTAGE used must be the same as specified on this microwave oven (120 V, 60 Hz). Using a higher voltage is dangerous and may result in a fire or oven damage. Using a lower voltage will cause slow cooking. Panasonic is NOT responsible for any damages resulting from the use of the oven with any voltage other than specified.

TV / RADIO / WIRELESS EQUIPMENT INTERFERENCE

This product has been tested and found to comply with the limits for Microwave Oven, pursuant to Part 18 of the FCC Rules. This product can radiate radio frequency energy, which could cause interference to such products as radio, TV, baby monitor, cordless phone, Bluetooth, wireless router, etc., which can be confirmed by turning this product off and on. If present, the user is encouraged to try to correct by taking one or more of the following countermeasures:

- (1) Increase the spacing distance between the microwave oven and other product receiving the interference.
- (2) If possible, use a properly installed receiver antenna and/or reorient the receiving antenna of the other product receiving the interference.
- (3) Plug the microwave oven into a different outlet from the other product receiving the interference.
- (4) Clean door and sealing surfaces of the oven. (See Care and Cleaning of Your Microwave Oven)

If you have questions or concerns about any issue relating to your personal information, please contact the Panasonic Corporation of North America Office of Ethics and Compliance at privacy@us.panasonic.com.

Food Preparation

Follow these Safety Precautions when cooking in your oven.

IMPORTANT

Proper cooking depends upon the power, the time setting and quantity of food. If you use a smaller portion than recommended but cook at the time for the recommended portion, fire could result.

1) HOME CANNING / STERILIZING / DRYING FOODS / SMALL QUANTITIES OF FOODS

- **DO NOT** use your oven for home canning. Your oven cannot maintain the food at the proper canning temperature. The food may be contaminated and then spoil.
- **DO NOT** use the microwave oven to sterilize objects (baby bottles, etc.). It is difficult to keep the oven at the high temperature needed for sterilization.
- **DO NOT** dry meats, herbs, fruits or vegetables in your oven. Small quantities of food or foods with low moisture content can dry out, scorch or catch on fire if overheated.
- **DO NOT** prepare small food portions at high power. This can cause energy concentration at a fixed spot, which can lead to arcing and damage to your oven. Select a lower cook power setting when preparing small portions.

2) POPCORN

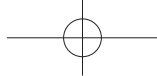
Popcorn may be popped in a microwave oven corn popper.

Microwave popcorn that pops in its own package is also available.

Follow popcorn manufacturers' directions and use a brand suitable for the cooking power of your microwave oven.

CAUTION: When using pre-packaged microwave popcorn, you can follow recommended package instructions or use the Popcorn Pad (refer to page 18). Otherwise, the popcorn may not pop adequately or may ignite and cause a fire. Never leave the oven unattended when popping popcorn. Allow the popcorn bag to cool before opening, and always open the bag facing away from your face and body to prevent steam burns.





Food Preparation (continued)

3) DEEP FAT FRYING

- **DO NOT** deep fat fry in your microwave oven. Cooking oils may burst into flames and may cause damage to the oven and may result in burns. Microwave utensils may not withstand the temperature of the hot oil, and can shatter or melt.

4) FOODS WITH NONPOROUS SKINS

- **DO NOT COOK / REHEAT WHOLE EGGS, WITH OR WITHOUT THE SHELL.**

Steam buildup in whole eggs may cause them to explode, and possibly damage the oven or cause injury. Reheating SLICED hard-boiled eggs and cooking SCRAMBLED eggs is safe.



- **Potatoes, apples, whole squash and sausages** are examples of foods with nonporous skins. These types of foods must be pierced before microwave cooking to prevent them from exploding.

CAUTION: *Cooking dry or old potatoes can cause fire.*



5) FLAT TABLE / COOKING CONTAINERS

- Cooking containers get hot during microwaving. Heat is transferred from the HOT food to the container and the Flat Table. Use pot holders when removing containers from the oven or when removing lids or plastic wrap covers from cooking containers, to avoid burns.
- The Flat Table will get hot during cooking. It should be allowed to cool before handling or before paper products, such as paper plates or microwave popcorn bags, are placed in the oven for microwave cooking.
- Dishes with metallic trim should not be used, as arcing may occur.

6) PAPER TOWELS / CLOTHS

- **DO NOT** use paper towels or cloths that contain a synthetic fiber woven into them. The synthetic fiber may cause the towel to ignite. Use paper toweling under supervision.

7) BROWNING DISHES / OVEN COOKING BAGS

- Browning dishes or grills are designed for microwave cooking only. Always follow instructions provided by the manufacturer. **DO NOT** preheat browning dish more than six minutes.
- If an oven cooking bag is used for microwave cooking, prepare according to package directions. **DO NOT** use a wire twist-tie to close bag. Instead use plastic ties, cotton string or a strip cut from the open end of the bag.



8) THERMOMETERS

- **DO NOT** use a conventional meat thermometer in your oven. Arcing may occur. Microwave safe thermometers are available for both meat and candy.



9) BABY FORMULA / BABY FOOD

- **DO NOT** heat baby formula or baby food in the microwave oven. The glass jar or surface of the food may appear warm while the interior can be so hot as to burn the infant's mouth and esophagus.



10) REHEATING PASTRY PRODUCTS

- When reheating pastry products, check temperatures of any fillings before eating. Some foods have fillings, which heat faster and can be extremely hot, while the surface remains warm to the touch (for example, jelly donuts).

11) GENERAL OVEN USAGE GUIDELINES

- **DO NOT** use the oven for any purpose other than the preparation of food.
- To prevent injury, do not allow anyone to lean, hang, sit or place heavy items on the open door of the appliance. Severe personal injury could result.

Cookware Guide

This section answers the question, "Can I use in the Microwave?"

Aluminum Foil

It is not recommended to use. Arcing can occur if foil is too close to oven wall or door and cause damage to your oven.



Browning Dish

Yes. Only use browning dishes that are designed for microwave cooking. Check browning dish information for instructions/heating chart. Do not preheat for more than six minutes.

Brown Paper Bags

No. They may cause a fire in the oven.



Microwave Safe

Yes. If labeled Microwave Safe, check manufacturers' directions for use in microwave heating. Some dinnerware may state on the back of the dish, "Oven-Microwave Safe".



Dinnerware

If unlabeled, use **CONTAINER TEST** below.

Disposable Polyester Paperboard Dishes

Yes. Some frozen foods are packaged in these dishes. Also can be purchased in some grocery stores.



Fast Food Cartons with Metal Handle

No. Metal handle may cause arcing.



Frozen Dinner Trays

If made for the microwave, then yes. If it contains metal, then no.



Glass Jars

No. Most glass jars are not heat resistant.



Heat Resistant Oven Glassware/Ceramic

Yes, but only ones for microwave cooking and browning. (See **CONTAINER TEST** below.)



Metal Bakeware

No. Metal can cause arcing and damage to your oven.



Metal Twist-Ties

No. May cause arcing which could cause a fire in the oven.



Oven Cooking Bag

Yes. Follow manufacturers' directions. Close bag with the nylon tie provided, a strip cut from the end of the bag, or a piece of cotton string. Do not close with metal twist-tie. Make six 1/2-inch slits near the closure.



Paper Plates/Cups

Yes. Use to warm cooked foods, and to cook foods that require short cooking time, such as hot dogs. **Do not microwave paper cups; they may overheat and ignite.**



Towels & Napkins

Yes, only paper napkins/towels. Use to warm rolls and sandwiches, only if labeled safe for microwave use. Do NOT use recycled paper towels.

Parchment Paper

Yes. Use as a cover to prevent splattering.

Plastic Cookware

Yes, with caution. Should be labeled, "Suitable for Microwave Heating."



Check Microwave Safe manufacturers' directions for recommended uses. Some microwave safe plastic containers are not suitable for cooking foods with high fat or sugar content. The heat from hot food may cause warping.

Plastic, Melamine

No. This material absorbs microwave energy. Dishes get HOT!

Plastic Foam Cups

Yes, with caution. Plastic foam will melt if foods reach a high temperature. Use short term only to reheat foods to a low serving temperature. **Do not microwave paper cups; they may overheat and ignite.**



Plastic Wrap

Yes. Use to cover food during cooking to retain moisture and prevent splattering. Should be labeled "Suitable for Microwave Heating". Check package directions.



Straw, Wicker, Wood

Yes, short term only. Use only for short term reheating and to bring food to a low serving temperature. Wood may dry out, split or crack.



Thermometers

Only microwave safe thermometers can be used, NOT conventional thermometers.



Wax Paper

Yes. Use as a cover to prevent splattering and to retain moisture.

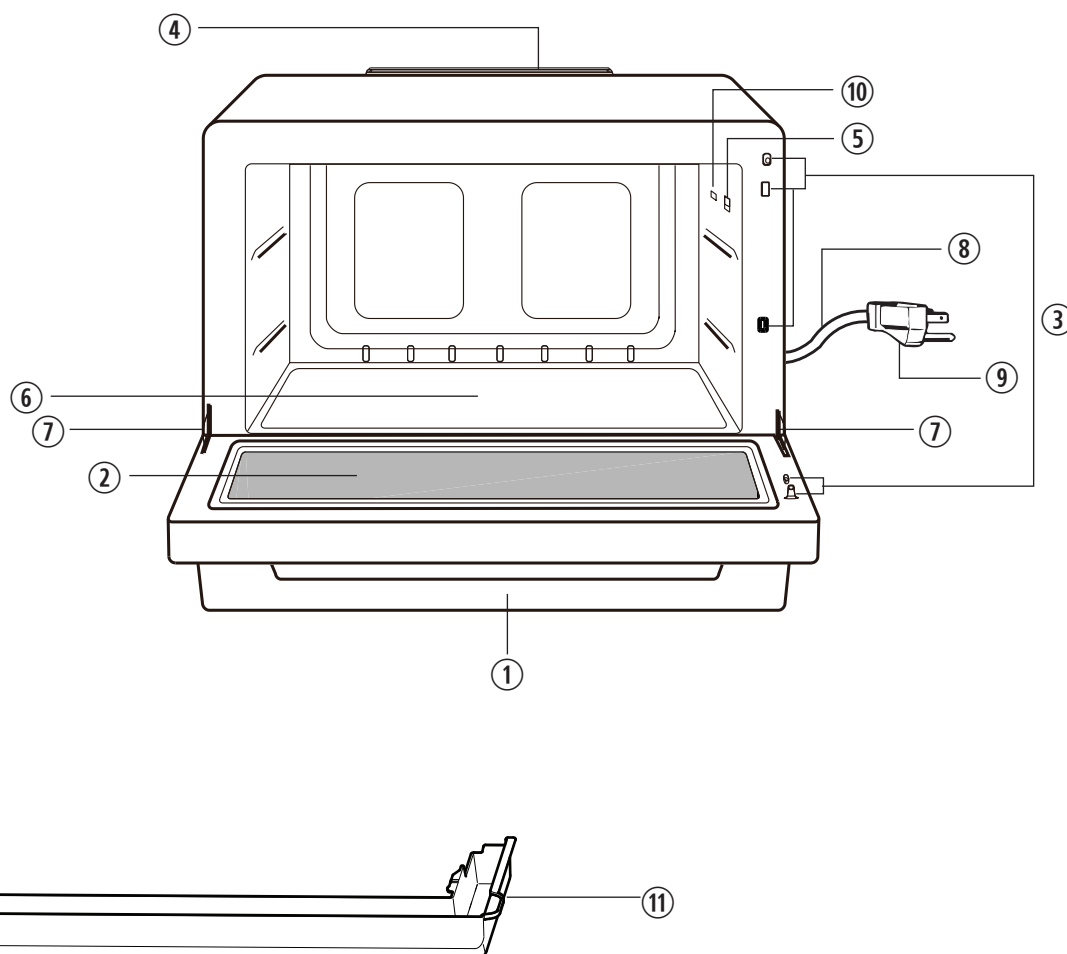


CONTAINER TEST

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a microwave safe cup with cool water and place it in the microwave oven along side the empty container to be tested; **heat one (1) minute at P10 (HIGH)**. If the container is microwave oven safe (transparent to microwave energy), the empty container should remain comfortably cool and the water should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.



Location of Controls



① Door Handle

Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and the **Dial** is pressed. The oven lamp lights as soon as the oven door is opened.

② Oven Window

③ Soft Close Door System

④ Exhaust Air Vent

⑤ Oven Light

Oven light will turn on during cooking but will be off with the door open for 1 minute .

⑥ Flat Table

If the flat table is hot, allow it to cool down before cleaning. Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.

⑦ Door Hinges

To prevent injury when opening or closing the door, keep fingers away from the door hinges.

⑧ Power Supply Cord

⑨ Power Supply Plug

⑩ IR Sensor

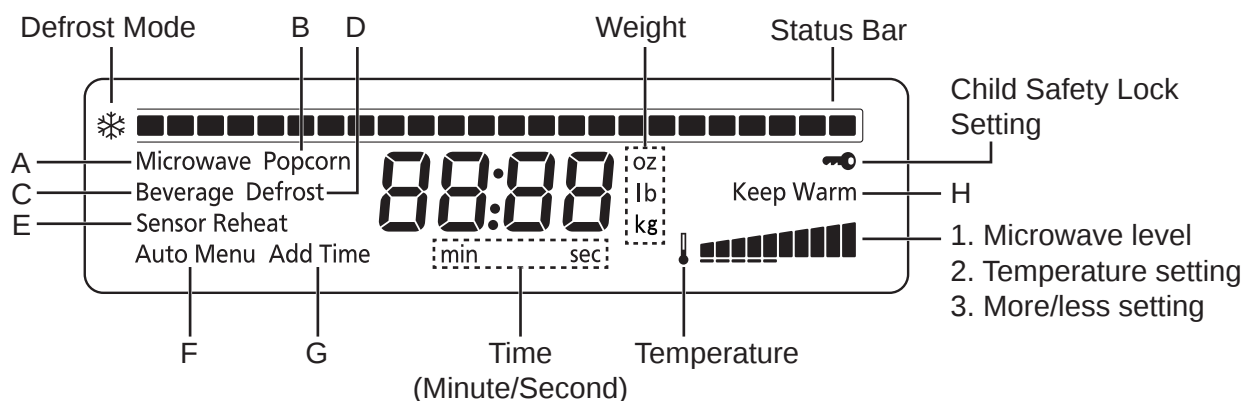
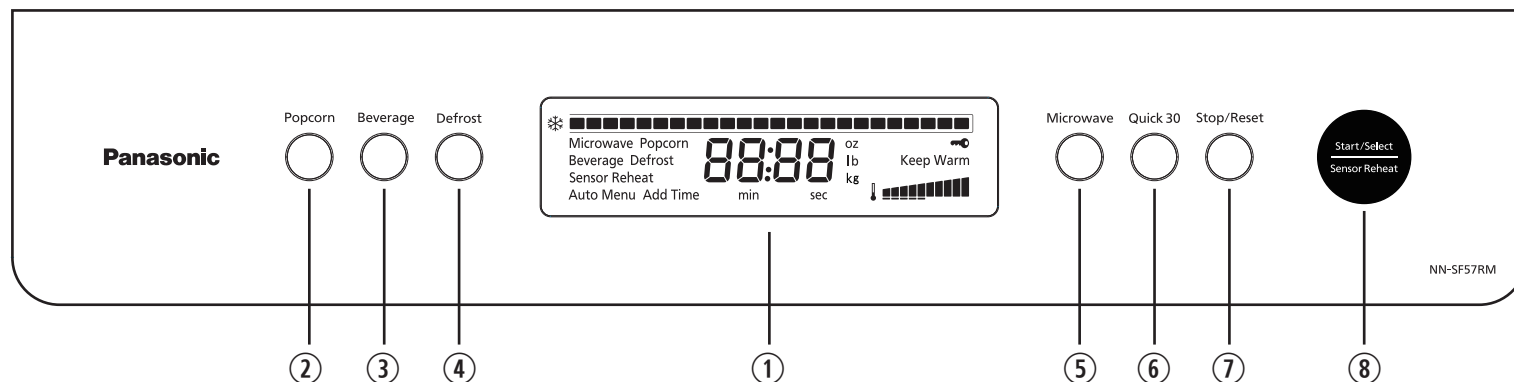
⑪ Trim Cover

This is a decorative cover. If soiled, please rinse it with clean water only. Do not put it in the dishwasher.

NOTE:

The illustration is for reference only.

Control Panel



① Display Window

Mode

- A: Microwave
- B: Popcorn
- C: Beverage
- D: Defrost
- E: Sensor Reheat
- F: Auto Menu
- G: Add time
- H: Keep Warm

② Popcorn Pad (See page 18)

③ Beverage Pad (See page 19)

④ Defrost Pad (See page 17)

⑤ Microwave Pad (See page 14)

⑥ Quick 30 Pad (See page 16)

⑦ Stop/Reset Pad

Before cooking: One press clears all your instructions.

During cooking: One press temporarily stops the cooking process. Another tap cancels all your instructions, and time of day or colon appears in the display window.

⑧ Dial

The dial has 4 functions. (see details on next page)

Beep Sound:

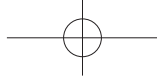
When a pad is pressed correctly, a beep will be heard. If a pad is pressed and no beep is heard, the unit did not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times.

NOTE:

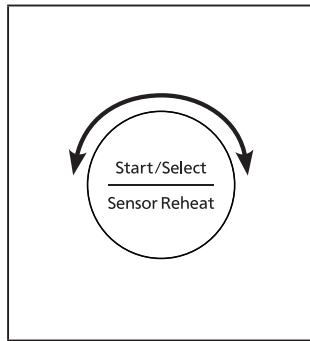
1. If no operation after cooking program setting, 6 minutes later, the oven will automatically cancel the cooking program. The display will return to clock or colon display.
2. The oven will enter stand-by mode after the last operation has completed. When in stand-by mode, the brightness of the display and dial will be reduced.
3. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.

NOTE:

The illustration is for reference only.



Dial Feature

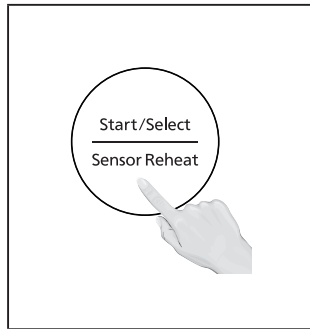


① Time/Menu/Weight Selection

Select the time, sensor cook menu or weight (for Popcorn) by turning the **Dial**.

② More/Less selection

* (Optional) Fine-tune your dish after pressing **Start**. Change the setting to achieve the perfect outcome within 14 seconds.
Default setting is Medium (Standard) when first plugged in.

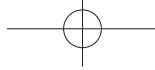


③ Start/Select (Confirmation)

Press the Dial to start operating the oven or confirm the setting. If during cooking the door is opened or **Stop/Reset** is pressed once, **Start** has to be pressed again to continue cooking.

④ Sensor Reheat (One Push Reheating)

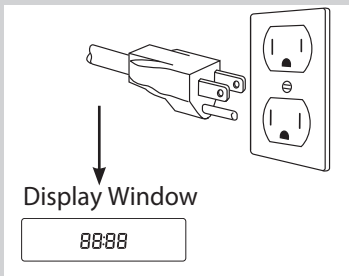
When colon or clock mode is displayed, press the **Dial** for quick start reheating meals (page 13).



Operation

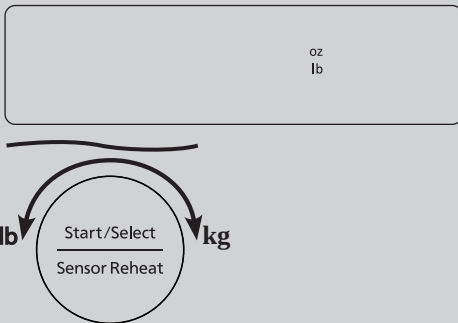
Using the Microwave for the First Time

1



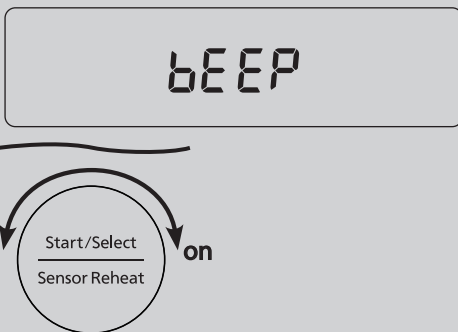
Plug into a properly grounded electrical outlet.

2



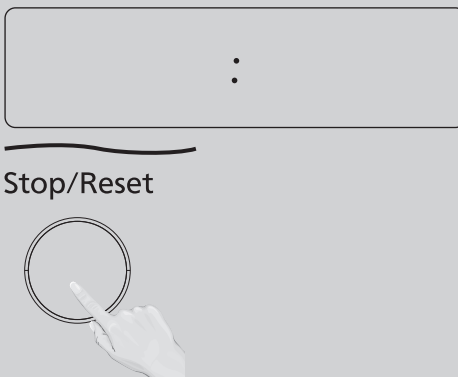
Press **Start** once, then using the **Dial** to cycle between the weight system, Imperial (oz/lb) or Metric (g/kg).

3



Press **Start** once, then using the **Dial** to cycle between the Beep on or Beep off.

4



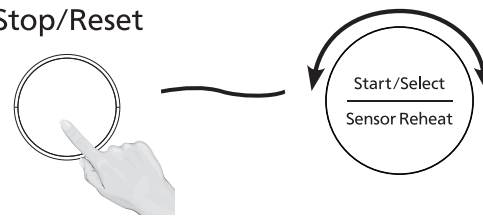
Press **Stop/Reset** to confirm; a colon (:) will appear in the display window.

NOTE:

1. These choices can be selected only when you plug-in the oven.
2. Some features of this product remember your preferences (e.g., weight unit, buzzer on/off). Once configured, these settings are saved so that you don't have to change them each time. They will remain stored even if the oven is unplugged.

Setting the Clock

1 Stop/Reset



When the oven is **NOT** cooking, hold **Stop/Reset** for 3 seconds; the colon will blink. Enter time of day using the **Dial**.

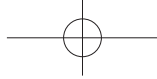
2



Press **Start** to finish setting and the colon (:) will stop blinking.

NOTES:

1. To reset the clock, repeat steps.
2. The clock will retain the time of day as long as the oven is plugged in and electricity is supplied.
3. The clock is a 12-hour display.
4. Oven will not operate while colon (:) is flashing.



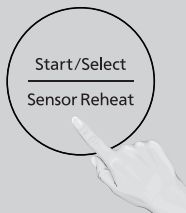
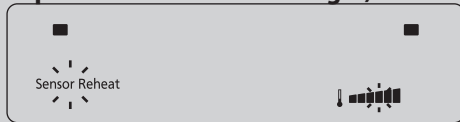
Operation (continued)

Sensor Reheat

(For One push reheat without setting time or wattage.
The Genius® 2.0 Sensor will automatically detect the food temperature.)

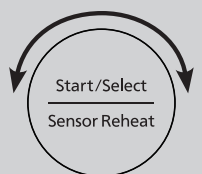
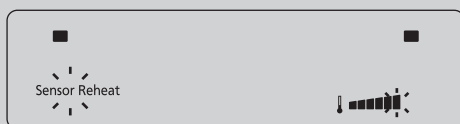
(Example: To reheat food on High.)

1



Place food in a microwave safe container at the center of cavity, press the **Dial** to start, and it will begin reheating automatically.

2



After pressing **Start**, you can adjust the **Temperature** (level) from Medium (Standard) within 14 seconds.

To Increase: Rotate the dial clockwise.

To Decrease: Rotate the dial counterclockwise.

The 6 available settings are:

Lowest → Low → Medium-Low → Medium → Medium-High → High

(Adjust only if needed.)

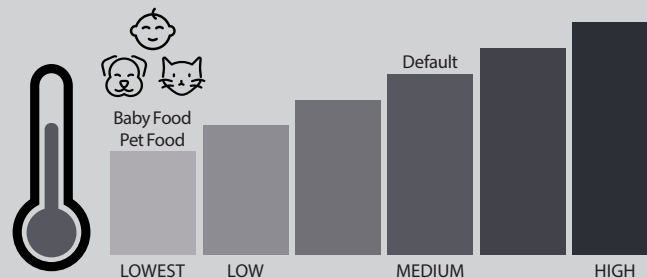
1. The door should not be opened until the end of cooking. Always stir and check the temperature before serving. For larger items, let stand for 2–3 minutes.
2. After having used the Sensor Reheat feature a few times, you may decide you would prefer your food reheated to a different degree – that is why you would utilize the **Temperature and More/Less** selection.
3. Always place food at the center of the cavity within the weight range 2 – 35 oz. (55 g - 1000 g).
4. **Do not** cover food with lid, paper towel, plastic wrap or any other materials. Sensor will not be able to see food temperature. However, use plastic wrap when heating soup to prevent splatters.
5. For even reheating, ensure food is no thicker than 1.2 in (3 cm).

DO NOT USE SENSOR REHEAT:

1. To reheat frozen high-oil, high-salt, thick, and cheese-heavy foods, use manual power and time for these foods.
2. To reheat large or dense vegetable pieces like baked potatoes, use manual power and time for these foods.
3. For raw or uncooked foods.
4. If oven cavity is warm.
5. For beverages or popcorn, use the specific buttons instead.

Temperature Setting Tips:

After started reheating, adjust the temperature by turning the dial as you wish.



Whole Chicken: Due to its size and density, “High” setting is recommended.

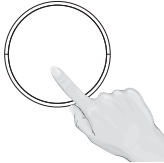
Lasagna: Due to its size and density, “High” setting is recommended.

Operation (continued)

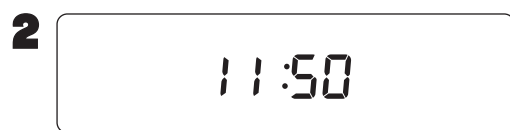
Setting the Child Safety Lock



Stop/Reset



When the time of day appears in the display, press **Stop/Reset** three times; "🔑" will appear in the display.



Stop/Reset



Press **Stop/Reset** three times; the display will return to the time of the day and Child Safety Lock will be cancelled.

NOTES:

1. This feature prevents the electronic operation of the oven until cancelled. It does not lock the door.
2. To set or cancel Child Safety Lock, **Stop/Reset** pad must be pressed 3 times within 10 seconds. A minimum time interval of 3 seconds is required between switches.
3. You can set Child Safety Lock feature when the display shows a colon or time of day.

Cooking

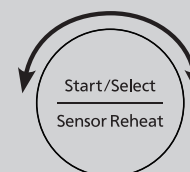
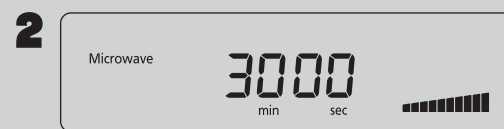


Microwave

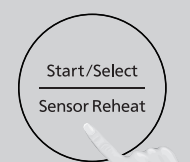
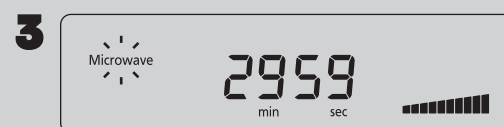


Press **Microwave** pad until the desired power level appears in the display. P10 is the highest and P1 is the lowest.

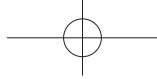
Press	Power Level
once	P10 (HIGH)
twice	P9
3 times	P8
4 times	P7 (MED-HIGH)
5 times	P6 (MEDIUM)
6 times	P5
7 times	P4
8 times	P3 (MED-LOW)
9 times	P2
10 times	P1 (LOW)
11 times	KEEP WARM



Set cooking time using the **Dial**. P10 (HIGH) and KEEP WARM have max. cooking time of 30 minutes. For other power levels, the max. time is 1 hour and 30 minutes.



Press **Start**; the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.



Operation (continued)

NOTES:

1. Do not attempt to use microwave only with any metal container in the oven.
2. Do not place food directly onto the base of the oven. Place in a microwaveable or glass dish. Foods reheated or cooked by microwave only should be covered with a lid or pierced cling film, unless otherwise stated.
3. For reheating, use P10 (HIGH) for liquids, P7 (MED-HIGH) for most foods, and P6 (MEDIUM) for dense foods.
4. For defrosting, use P3 (MED-LOW).

DO NOT OVERCOOK:

This oven requires less time to cook than older units. Overcooking will cause food to dry out and may cause a fire. A microwave oven's cooking power tells you the amount of microwave power available for cooking.

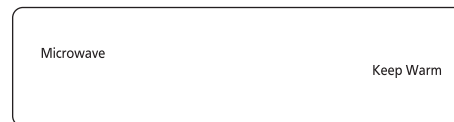
Caution:

DO NOT defrost food at a high power setting. Doing so can cause energy concentration at a focused point, which can lead to arcing and damage to the oven. For precise defrosting of small portions, use the "Defrost" function on page 17.

Keep Warm

(Will keep food warm for up to 30 minutes after cooking)

1

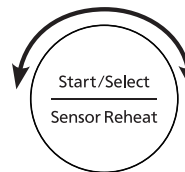


Microwave



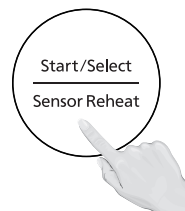
Press **Microwave** pad 11 times to select KEEP WARM.

2

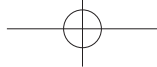


Set warming time using the **Dial** (up to 30 minutes). Set 20 minutes cooking for an example.

3



Press **Start**; the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.

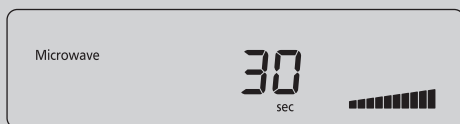


Operation (continued)

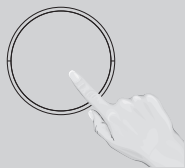
Quick 30

(Set or add cooking time in 30 seconds increments)

1

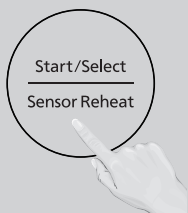
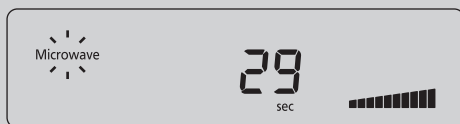


Quick 30



Press **Quick 30** until the desired cooking time (up to 5 minutes) appears in the display. Power Level is pre-set at P10.

2



Press **Start**; the cooking will start and the time will count down in the display. At the end of cooking, five beeps will sound.

NOTES:

1. This function is only available for Microwave, Keep Warm. If desired, you can use other power levels. Select desired power level before pressing **Quick 30**.
2. After setting the time by **Quick 30** pad, you cannot use the Dial.
3. **Quick 30** pad can also be used to add more time during manual cooking.

Add Time

(This feature allows you to add cooking time at the end of previous cook.)

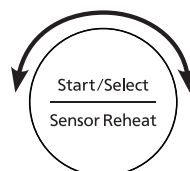
(Example: Add 5 minutes on P10)

1



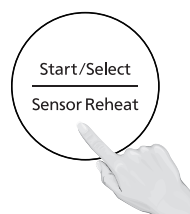
After cooking, add more time with the same power of previous cooking.

2



Add cooking time by turning the Dial. Maximum cooking time: P10 and KEEP WARM up to 30 minutes; other powers up to 1 hour 30 minutes.

3



Press **Start**. Time will be added. The time in the display window will count down.

NOTES:

1. This function is only available for Microwave, Keep Warm.
2. The Add Time function will be cancelled if you do not perform any operation for 1 minute after cooking.
3. The power level is the same as the previous cook.