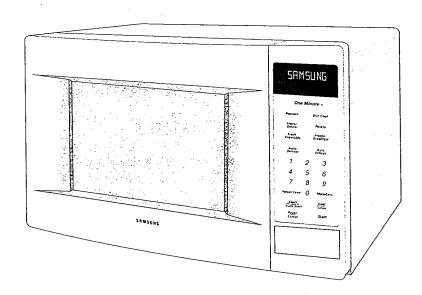


MR5481G/MR5482W MR6481G/MR6482W

MICROWAVE OVEN



Owner's Instructions

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.



WARNING

Always observe Safety Precautions when using your oven. See "Important Safety Instructions" on the next page.

Never try to repair the oven on your own – dangerous voltage is inside. If the oven needs to be repaired, call 1-800-SAM-SUNG for the name of an authorized service center near you.

*	Please record the serial number and the date of purchase in the space provided below. We recommend that you keep your purchase receipt with this manual for easy warranty service.			
	Model Number Serial Number			
	Date Purchased Dealer			

Thank You for Choosing Samsung

Thank you for choosing Samsung! Your new oven represents the very latest in microwave and convection cooking technology. This oven is a full-featured, easy-to-use appliance built to strict quality standards set by Samsung — the highest in the industry. We're proud to offer you a product that will provide convenient, dependable service for years to come.

IMPORTANT SAFETY INSTRUCTIONS

When Using Any Electrical Appliance

 When using any electrical 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:

- Read all safety instructions before using the appliance.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" inside the front cover of this manual.
- This appliance must be grounded. Connect only to properly grounded outlets. See "Grounding Instructions" on page Safety.3.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Some products, such as whole eggs and sealed containers, may explode and should not be heated in this oven.
- Use this appliance only for its intended use as described in the 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.
- As with any appliance, close supervision is necessary when used by children.
- 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.
- This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair, or adjustment.
- Do not cover or block any of the openings on the appliance.
- 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, and the like.
- Keep the inside of oven clean. Food particles or spattered oils stuck to the oven walls or floor can cause paint damage and reduce the efficiency of the oven.

SAVE THESE INSTRUCTIONS

When Using Any Electrical Appliance (cont.)

- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- When cleaning surfaces of door and oven that comes together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
- To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance if 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 the oven door closed, turn oven off, and disconnect the power cord, or shut off the 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.
- Do not try to preheat oven or operate while empty; this can damage the magnetron tube or glass tray.
- Do not cook without the glass tray in place on the oven floor as food will not cook properly.
- Do not defrost frozen beverages in narrow-necked bottles. The container may break.
- Dishes and containers can become hot. Handle with care.
- Carefully remove utensil coverings, directing steam away from hands and face.
- Remove lids from baby food before heating. After heating, stir well and test temperature before serving to baby.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This appliance must be to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the appliance.



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 either.

Use of Extension Cords

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer cord sets or extension cords are available and may be used if care is exercised in their use.

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 3-wire cord and it must be plugged into a 3-slot outlet.

3. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over accidentally.

If you use an extension cord, the interior light may flicker and the blower may vary when the microwave oven is on. Cooking times may be longer, too.



WARNING: Do not cut or remove the third (ground) prong from the power cord under any circumstances.

Preferred method of grounding

Plug the three-prong power cord into a properly grounded outlet of standard 115-120 voltage, 60 Hz. Your oven should be the only appliance on this circuit.

Using an adapter

Due to potential safety hazards, we strongly recommend against the use of an adapter plug. However, if you still elect to use an adapter, where local codes may permit. a TEMPORARY CONNECTION may be made to a properly grounded 2-prong wall receptacle by the use of a UL/CSA-listed adapter, which is available at most hardware stores.

SAVE THESE INSTRUCTIONS

CONTENTS

➤ Cha	pter 1: Your New Microwave Oven1.1	J
	List of Features	l
	Checking Parts	I
	Setting Up Your Microwave Oven	2
	Familiarizing Yourself with the Buttons	3
➤ Cha	pter 2: Basic Operation2.1]
	Turning on the Power	l
	Setting the Clock	l
	Setting Cooking Times and Power Levels	2
	One-stage Cooking	2
	Multi-stage Cooking	3
	Using the PAUSE/CANCEL button	4
	Using the One Minute+ Button2	5
	Using the Instant-cook Buttons	5
	Reheating Automatically	7
	Defrosting Automatically	8
	Setting an Automatic Start Time	11
	Holding Foods2.	12
	Using the Timer2.	13
	Adjusting Cooking Time with MORE/LESS2.	14
➤ Cha	pter 3: Other Features3.	1
	Setting the Child-protection Lock	1
	Setting the Demonstration Mode	2

Contents

	Cooking Utensils 4.1
	Testing Utensils 4.2
	Cooking Techniques 4.2
	Cooking Guide
	Meat
	Poultry4.6
	Seafood
	Eggs4.8
	Fresh Vegetables 4.8
	Canned and Frozen Vegetables 4.1
	Recipes
► Арр	endix
	Spanish Quick-Reference Guide A.1
	Troubleshooting Guide
	Care and Cleaning
	Specifications
	ranty Incide Basis Comme
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➤ Manı	ıal Block Warranty CardInside Back Cover

Chapter One

Your New Microwave Oven

This chapter will help to familiarize you with your new microwave oven.

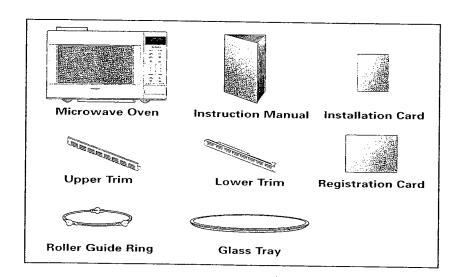
List of Features

Your Samsung microwave oven was designed and engineered using the latest technology. It is a full-featured, easy-to-use appliance that not only meets, but exceeds, industry standards. The following is a list of its many exciting features:

- · User-friendly display
- · Pleasant chime sound
- Automatic defrosting and reheating
- · Instant cooking for the most popular foods
- Child-protection lock
- · Demonstration mode
- · Quick and easy one-touch cooking
- · Automatic start setting for any time of day

Checking Parts

Once you have unpacked your microwave oven, check to make sure that you have all the parts shown here. If any part is missing or broken, call your dealer.



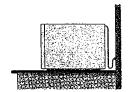
Your New Microwave Oven

Setting Up Your Microwave Oven

Follow these directions to set up your new microwave oven.

1

Place the oven on a flat, sturdy surface and plug the cord into a grounded outlet.



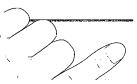
■ Make sure there is adequate ventilation for your oven by leaving at least four inches of space behind, above, and on the sides of the oven. See the "Important Safety Instructions" on page Safety. I for more information about power requirements.

The display shows "SIMPLY SAMSUNG"

SIMPLY SAMSUNG

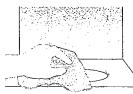
2

Open the microwave oven door by pressing the push button below the control panel.



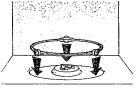
3

Wipe the inside of the oven with a damp cloth.



4

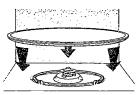
Place the pre-assembled ring in the indentation in the center of the oven.



 The ring is the same on the top and the bottom.so it doesn't matter which side is up.

5

Place the glass tray on top of the ring so that the three glass tabs in the center of the tray fit securely in the tabs on the floor of the oven.

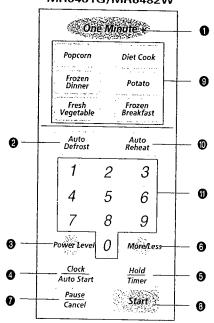


If you want to try out some of the features of your oven without actually heating the interior, see "Using the Demonstration Mode" on page 3.2.

Familiarizing Yourself with the Buttons

Take a moment to familiarize yourself with the microwave's buttons.

MR5481G/MR5482W MR6481G/MR6482W



- Press once for each minute you wish to cook at HIGH power (10). See page 2.5.
- AUTO DEFROST Press to set the weight of the food to be defrosted; the oven automatically sets the defrosting time and power level. See pages 2.8~2.9.
- POWER LEVEL Press to set the power to a level other than HIGH. See page 2.2.
- START
 Press to set the clock or to set a time to start cooking automatically.
 See pages 2.1 and 2.11.

O CLOCK/AUTO

6 HOLD/TIMER

Press to set the oven to hold food for a specified time before cooking. See pages 2.12~2.13.

6 MORE/LESS

Press to increase or decrease a pre-set cooking time. See page 2.14.

PAUSE/CANCEL

Press to correct a mistake or to pause the oven so that you can check the food. See page 2.4.

OSTART

Press to begin cooking.

OINSTANT-COOKBUTTONS

Press to cook popular foods. Press repeatedly to select the amount of food. See pages 2.5~2.6.

@AUTO REHEAT

Press to set the type of dish to be reheated; the oven automatically sets the reheating time and power level. See pages 2.7~2.8.

⊕ NUMBER KEYS (0-9)

Press to set times or amounts.

Chapter Two

BASIC OPERATION

This chapter will tell you how to use the basic features of your oven and begin cooking.

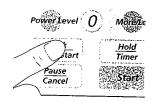
Turning on the Power

The first time you plug the power cord into an outlet, or after there has been an interruption in power, the display shows "SIMPLY SAMSUNG" $\,$

Setting the Clock

To set the clock.

1 Press CLOCK/ AUTO START.

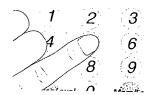


■ The clock on your Samsung microwave oven displays a time between 12:00 and 11:59.

The display shows "CLOCK"

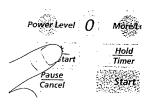


2 Use the number buttons to enter the current time.



■ For example, if the current time is 5:00, enter 5, 0, 0. You must press at least three numbers to set the clock.

3 Press CLOCK/AUTO START again.



A colon will appear, indicating that the time is set.



■ The clock keeps time as long as the power remains on. If there is an interruption in power, you will need to reset the clock.

You can check the current time while cooking is in progress by pressing the CLOCK/AUTO START button.

CHAPTER TWO: BASIC OPERATION 2.1

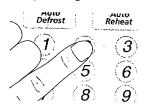
Setting Cooking Times and Power Levels

Your microwave allows you to set up to three stages of cooking, each with its own time length and power level. The power level allows you to control the heating intensity from WARM (1) to HIGH (0), just as you would in a conventional oven

One-stage Cooking

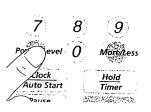
For simple one-stage cooking, you only need to set a cooking time. The power level is automatically set at HIGH. If you want a power level other than HIGH, you must set the power level as well. To use one-stage cooking,

1 Use the number buttons to set a cooking time.



 You can set a cooking time from one second to 99 minutes and 99 seconds. If you are setting a time greater than one minute, you must enter numbers for both minutes and seconds. For example, to set 20 minutes, enter 2, 0, 0, 0.

2 If you want to set a power level other than HIGH, press POWER LEVEL, then use the number buttons to enter the power level,



You can set the power level from 0 to 9.

1 = warm

3 = defrost 4 = medium low

5 = medium

6 = simmer

7 = medium high 8 = reheat 9 = sauté

0 = high

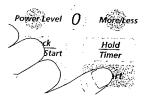
2 = low

touch POWER LEVEL 2 times for HIGH power when setting more than 1 stage of cooking.

The display shows "PRESS START"



Press START to begin cooking.

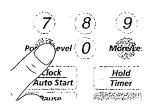


 If you want to change the power level, press PAUSE/CANCEL before you press START, then re-enter all instructions, beginning with the first stage. When the power level is not set to HIGH, the intensity of the oven light will vary. This is normal.

Multi-stage Cooking

Some recipes require different stages of cooking at different temperatures. To set multiple stages of cooking,

Tellow steps 1 and 2 in "One-stage Cooking" on the previous page.



■ When entering more than 1 cooking stage, POWER LEVEL must be touched (2 times for HIGH power) before the second stage can be entered.

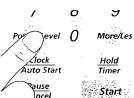
The display shows "PRESS START"



2 Detrost Reheat
Use the number buttons to set the second cooking time.

1 2 3 6 6 8 9

3
Press POWER LEVEL,
then use the number
buttons to set the
second power level.

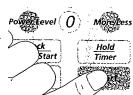


The display shows the level you set, then, "PRESS START"



continued...

4 Press START to begin cooking, or follow steps 2 and 3 again to set a third cooking stage, then press START.



Settings for the first stage cannot be changed after you have started to set the next stage. To correct a mistake, press PAUSE/CANCEL twice and re-enter all instructions, beginning with the first stage.

Using the PAUSE/CANCEL Button

The PAUSE/CANCEL button allows you to clear instructions you have entered. It also allows you to pause cooking so that you can check the food. The ways you can use the PAUSE/CANCEL button are listed below:

- To pause during cooking, press PAUSE/CANCEL once. To restart, press START.
- To stop cooking, erase instructions, and return the display to the time of day. press PAUSE/CANCEL twice.
- To correct a mistake you have just entered, press PAUSE/CANCEL once and re-enter the instructions.
- To cancel a timer setting, press PAUSE/CANCEL once. (For more information about setting the timer, see page 2.13)

Using the One Minute+Button

The ONE MINUTE+ button offers you a convenient way to heat food in one-minute increments at the HIGH power level. To use One Minute+,

1

Press the ONE MINUTE+ button for each minute you wish to cook.



The time will display and the oven will start automatically.



 During cooking, you can add minutes to the remaining time by pressing the ONE MINUTE+ button.

NOTE: When the oven door is open, you may hear a clicking noise after pressing the Pause/Cancel and One Minute+button in sequence. There is no microwave energy generated.

 For example, if you want to cook for five minutes, press the ONE MINUTE+ button five times.

Using the Instant-cook Buttons

Your Samsung microwave makes it easy to cook your favorite foods with its pre-programmed buttons for popcorn and frozen dinner. To use these instant-cook buttons,

1

Press the button corresponding to the food you are cooking (for example, POPCORN).



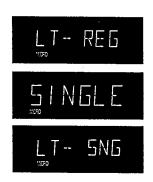
The display shows the first serving size.



continued...

2

Press the button repeatedly to select the serving size you want. The display will cycle through all available serving sizes.



Once you have selected the correct serving size, wait a few seconds, and the microwave will automatically begin cooking.

The available serving sizes for the instant-cook buttons are listed below. They are listed in the order they appear when you press each button. For example, to set the popcorn serving size at "SINGLE 1.75 OZ," press the POPCORN button three times.

Serving sizes available for each button:

POPCORN

- 1. REGULAR 3.5 OZ or 100 GRAMS
- 2. LIGHT REGULAR 3.0-3.5 OZ or 85-100 GRAMS
- 3. SINGLE 1.75 OZ or 50 GRAMS
- 4. LIGHT SINGLE 1.5-1.75 OZ or 40 GRAMS

DIET COOK

(low calorie frozen dinners)

- FROZEN DINNER 7-9 OZ or 200-250 GRAMS
- 2. FROZEN ENTREE 10-12 OZ or 290-340 GRAMS

POTATO

- 1. POTATO 1 EA (one potato)
- 2. POTATO 2 EA (two potatoes)
- 3. POTATO 3 EA (three potatoes)
- 4. POTATO 4 EA (four potatoes)
- 5. POTATO 5 EA (five potatoes)
- 6. POTATO 6 EA (six potatoes)

FRESH VEGETABLES

- 1. FRESH VEGETABLE 1 CUP
- 2. FRESH VEGETABLE 2 CUPS
- 3. FRESH VEGETABLE 3 CUPS

4. FRESH VEGETABLE 4 CUPS

FROZEN BREAKFAST

- FROZEN BREAKFAST 2-3 OZ or 50-85 GRAMS
- FROZEN BREAKFAST 4-6 OZ or 120-170 GRAMS
- FROZEN BREAKFAST 7-8 OZ or 200-230 GRAMS

FROZEN DINNER

- FROZEN DINNER 7-10 OZ or 200-290 GRAMS
- FROZEN DINNER 10-12 OZ or 290-340 GRAMS
- FROZEN DINNER 13-16 OZ or 370-450GRAMS

When cooking popcorn, wait at least five minutes between each bag to avoid overheating the glass tray.

When cooking just one potato, turn it over when the oven displays "TURN OVER."

Always remove the lid from baby food before heating in the microwave.

If you want to adjust the cooking time, you can use the MORE/LESS button. See page 2.14 for more information.

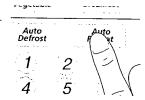
If you want to check the current time while cooking is in progress, press the CLOCK/AUTO START button.

Reheating Automatically

Reheating is easy with your microwave oven. You simply select the type of dish and the number of servings and the microwave automatically sets the reheating time. To use automatic reheating:

1

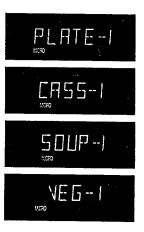
Press AUTO REHEAT repeatedly to select the type of dish you wish to reheat.



Your choices of types of dishes include "Plate of Food," "Casserole," "Soup," or "Vegetable."

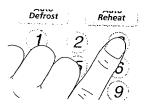
The initial serving size for each dish is one serving.

The display shows the dish you have chosen, then "PRESS START."



continued...

2 To increase the serving size, press the corresponding number button. For example, for three servings, press "3."



✓ You can select up to four servings for casseroles, soups, and vegetables. Only one serving is available for a plate of food.

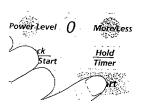
The display shows the number of servings you have selected



3

Press START.

The display will show "REHEAT."



 If you want to see the length of the reheating time, press AUTO REHEAT.

If you want to adjust the heating time, use the MORE/LESS button. See page 2.14.

If you want to check the current time while reheating, press the CLOCK/AUTO START button.

Defrosting Automatically

Your microwave oven makes defrosting easy. You set the weight of the food, and the microwave oven automatically sets the defrosting time, power level, and standing time. To use Automatic Defrost,

1		
Press "AUTO		
DEFROST".		

Vegetable		<i>вг</i> еакта <u>с</u> т	
Auto		Auto Reheat	
	2	3	
	5	6	

The display shows 0.5 LB.



continued...

2 To set the weight of your food, press the **AUTO DEFROST** button repeatedly to increase the weight by 0.5 lbs at a time, up to a maximum 6.0 lbs. OR Use the number buttons to enter the weight of the food directly. The oven will calculate the defrosting time and begin defrosting.

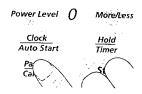
Vegetable	Breakfast	
Auto	Auto Reheat	
2	3	
Auto Defrost	Auto Reheat	
1 2	<i>3</i>	
4	6	
// /8	9	

Twice during defrosting, the oven will beep and display "TURN OVER COVER EDGE."

TURN OVER COVER EDGE

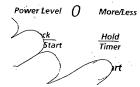
3

Press the PAUSE/ CANCEL button, open the oven door, and turn the food over.



4

Press START to resume defrosting.



 The display will continue to count down the defrosting time.

Defrosting Guide

Follow the instructions below when defrosting different types of food.

Type of food:

Roast beef, pork

Amount:

2.5-6.0 lbs.

Procedure:

Start with the food placed fat side down. After each stage, turn the food over and shield any warm portions with narrow strips of aluminum foil.

Type of food:

Steaks, chops, fish

Amount:

0.5-3.0 lbs.

Procedure:

After each stage, rearrange the food. If there are any warm or thawed portions of food, shield them with narrow strips of aluminum foil. Remove any pieces of food that are nearly defrosted. Let stand, covered, for 5-10

minutes.

Type of food:

Ground meat

Amount:

0.5-3.0 lbs.

Procedure:

After each stage, remove any pieces of food that are nearly defrosted. Let

stand, covered with foil, for 5-10 minutes.

Type of food:

Chicken, whole

Amount: Procedure: 2.5-6.0 lbs. Remove giblets before freezing poultry. Start defrosting with the breast side

down. After the first stage, turn the chicken over and shield any warm portions with narrow strips of aluminum foil. After the second stage, again shield any warm portions with narrow strips of aluminum foil. When defrost cycle is over, let stand, covered, for 30-60 minutes in the

refrigerator.

Type of food:

Chicken, pieces

Amount:

0.5-2.0 lbs.

Procedure:

After each stage, rearrange or remove any pieces of food that are nearly

defrosted. Let stand for 10-20 minutes.

Notes

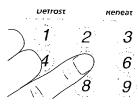
Check foods when the oven signals. After the final stage, small sections may still be icy; let them stand to continue thawing. Do not defrost until all ice crystals have thawed.

Shielding roasts and steaks prevents the edges from cooking before the center of the food has defrosted. Use narrow, flat, smooth strips of aluminum foil to cover the edges and thinner sections of the food.

Setting an Automatic Start Time

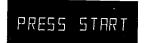
The Automatic Start feature allows you to place frozen food in your microwave oven and set it to begin cooking a few hours later. You can set the oven to begin cooking at any time, and you can use one-stage or multi-stage cooking. To use automatic start,

Set the cooking time and power level for one-, two-, or threestage cooking as described on pages 2.2 – 2.4.

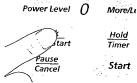


Any food cooked with the Automatic Start feature should be frozen when you put it in the microwave oven; unfrozen food should not stand at room temperature for more than two hours to avoid contamination from bacteria.

The display reads "PRESS START"



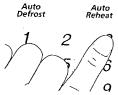
2 Press CLOCK/ AUTO START.



The display shows "TIME."

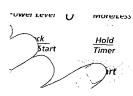


3
Use the number buttons to set the time of day when you want to begin cooking.



■ The clock must be set correctly in order for this feature to work. For example to set the time is 11:30, enter 1.1,3,0.

4 Press START.



The display shows the Automatic Start time. At that the time, oven will begin cooking. If you want to check the current

If you want to check the current time while the oven is holding or cooking, press CLOCK/AUTO START.

The display shows "11:30 AS."

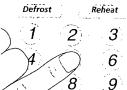
.



Holding Foods

The HOLD/TIMER button allows you to set a time to hold food between defrosting and cooking. This can be very helpful when you have a large meal to prepare and you want to time all foods to finish cooking at the same time. To hold food before cooking,





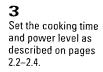


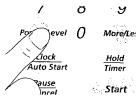


The display shows "11:30 HT" "PRESS START."

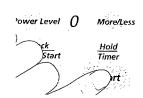


PRESS START





4 Press START.

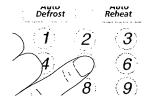


The display counts down the time to hold the food, then the food is cooked for the specified time.

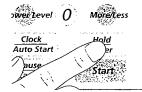
Using the Timer

You can use the HOLD/TIMER button as a convenient kitchen timer. To use the timer,

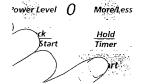
1 Use the number buttons to set the duration you want the timer to run.



2 Press HOLD/TIMER.



3 Press START.



The display counts down the time and beeps when the time has elapsed.

Adjusting Cooking Time with MORE/LESS

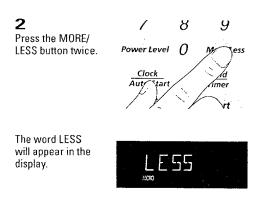
The MORE/LESS button allows you to adjust pre-set cooking times. It only works with Auto Reheat and the Instant-cooking buttons (POPCORN, FROZEN DINNER.) You use the MORE/LESS button only after you have already begun cooking with one of these procedures. To add slightly more cooking time to an automatic procedure,

Press the MORE/ LESS button once. 7 8 9 Power Level 0 Meeting of the second of the s

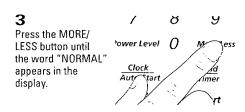
The word MORE will appear in the display.



To make the cooking time of an automatic procedure slightly less.



To return to the normal time for an automatic cooking procedure,



Chapter Three

OTHER FEATURES

Setting the Child-protection Lock

You can lock your microwave oven so that it cannot be used. To do so,

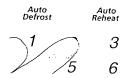
Press the "0" button.

4 5 6 7 8 9 Power Level More/Less

The display shows "PRESS 1-DEMO 2- LOCK."

PRESSI-JEMO 2- LOCK

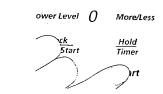
Press the "2" button.



The display shows "



3 Press START.



The display shows "LOCK."



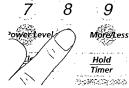
At this point, the microwave oven cannot be used until it is unlocked. To unlock it, repeat steps $1{\text -}3$ above.

OTHER FEATURES

Setting the Demonstration Mode

You can use the Demonstration Mode to see how your microwave oven operates without the oven heating. To turn the Demonstration Mode on,

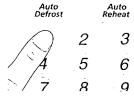
1 Press the "0" button.



The display shows "PRESS 1-DEMO 2- LOCK."

PRESS 1-JEMO 2- LOCK

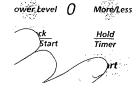
2 Press the "1" button.



The display shows "START."



3 Press START.



The display shows "DEMO ."



To turn the Demonstration Mode off, repeat steps 1-3 above.

Chapter Four

COOKING INSTRUCTIONS

Cooking Utensils

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

Recommended

- Glass and glass-ceramic bowls and dishes Use for heating or cooking.
- 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.
- Microwavable plastic wrap Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.
- · Wax paper Use as a cover to prevent spattering.
- 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.
- Paper plates and cups Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and could ignite.
- Thermometers Use only those labeled "Microwave Safe" and follow all directions.
 Check the food in several places. Conventional thermometers may be used on
 microwaved 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.
- 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. See "Testing
 Utensils" on page 4.2. Never use dishes with metallic trim.
- Plastic Use only if labeled "Microwave Safe." Other plastics can melt.
- Straw, wicker, and wood Use only for short-term heating, such as warming
 dinner rolls for a few seconds; baskets and bowls may be flammable.

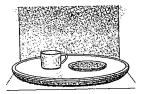
Not Recommended

- 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.

Testing Utensils

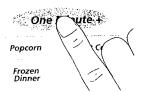
If you are unsure about whether a dish is microwave-safe, you can perform this test:

Fill a 1 cup glass measuring cup with water. Place it and the dish you want to test inside your oven, side by side.



2

Press the ONE MINUTE+ button once to heat them for one minute at HIGH power.



The water should be warm and the dish you are testing should be cool. If the dish is warm. then it is absorbing microwave energy and it is not acceptable for use in the microwave.

Cooking Techniques

Your microwave makes cooking easier than conventional cooking, provided you keep these considerations in mind:

Stirring

Stir foods such as casseroles and vegetables while cooking to distribute heat evenly. Food at the outside of the dish absorbs more energy and heats more quickly, so stir from the outside to the center. The oven will turn off when you open the door to stir your food.

Arrangement

Arrange unevenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the turntable where they receive more microwave energy. To prevent overcooking, place delicate areas, such as asparagus tips, toward the center of the turntable.

Shielding

Shield food with narrow strips of aluminum foil to prevent overcooking. Areas that need shielding include poultry wing-tips, the ends of poultry legs, and corners of square baking dishes. Use only small amounts of aluminum foil. Larger amounts can damage your oven.

Turn foods over midway through cooking to expose all parts to microwave energy. This is especially important with large foods such as roasts.

Standing

Foods cooked in the microwave build up internal heat and continue to cook for a few minutes after heating stops. Let foods stand to complete cooking, especially foods such as cakes and whole vegetables. Roasts need this time to complete cooking in the center without overcooking the outer areas. All liquids, such as soup or hot chocolate, should be shaken or stirred when cooking is complete. Let liquids stand a moment before serving. When heating baby food, stir well at removal and test the temperature before serving.

Adding moisture

Microwave energy is attracted to water molecules. Food that is uneven in moisture content should be covered or allowed to stand so that the heat disperses evenly. Add a small amount of water to dry food to help it cook.

General tips

- Foods taken from the refrigerator or freezer take longer to cook than foods at room temperature. Check your recipe to find out if it is based on the food being at room temperature or at refrigerator temperature. Auto Reheat assumes that the food is at refrigerator temperature.
- The density of foods affects heating time. Dense foods, such as potatoes, take
 longer to heat than lighter foods. Foods with a delicate texture should be heated
 at a low power level to avoid becoming tough.
- Factors such as altitude and the type of cookware you are using can affect cooking time. When using a new recipe, use the minimum cooking time and check the food occasionally to prevent overcooking.
- Foods with a non-porous skin or shell, such as apples, potatoes, eggs, or hot dogs, should be pierced to prevent bursting.
- Frying with heating oil or fat is not recommended. Hot fat can suddenly boil over and cause severe burns.
- Some ingredients heat faster than others. For example, the jelly inside a jelly
 doughnut will be hotter than the dough. Keep this in mind to avoid burns.
- Home canning in the microwave is not recommended because all of the harmful bacteria may not be destroyed.
- Although microwaves do not heat the cookware, the heat is often transferred to
 the cookware. Always use pot holders when removing food from the microwave
 and instruct children to do the same.

Cooking Guide

Meat

Follow these instructions when cooking meat:

- Place meat on a microwave-safe roasting rack in a microwave-safe dish.
- Start meat fat-side down. Use narrow strips of aluminum foil to shield any bone tips, thin meat areas, or portions starting to overcook.
- Check the temperature in several places before letting the meat stand the recommended
- Temperatures given below are removal temperatures. The temperature of the food will rise during standing time.

Beef

Roast, boneless, up to 4 lbs.



Cooking Time: 7-10 min./lb. for 120° F Rare

8-12 min./lb. for 135° F Medium

9-14 min./lb. for 150° F Well Done Power Level:

SAUTÉ (9) for first 5 min. of total cooking time, then MEDIUM (5). Procedure: Place roast fat-side down on roasting rack. Cover with wax paper. Turn

over when half of cooking time is up. Let stand 10 min.

Roast, bone-in, up to 4 lbs.

Cooking Time:

6-10 min./lb. for 120° F Rare

7-12 min./lb. for 135° F Medium 14-16 min./lb. for 150° F Well Done

Power Level: Procedure:

SAUTÉ (9) for first 5 min. of total cooking time, then MEDIUM (5). Place roast fat-side down on roasting rack. Cover with wax paper. Turn

over when half of cooking time is up. Let stand 10 min.

Chuck Roast, up to 4 lbs. Cooking Time:

Power Level:

25-35 min./lb. MEDIUM (5)

Procedure:

Place roast in baking dish or 3-quart casserole. Add 1/4 cup liquid and

seasonings. Cover. Turn over when half of cooking time is up. Let stand 10



Hamburger patties, 1/4 lb. each, 1/2-inch thick

Cooking Time:

1-2 min. 3-6 min.

2 patties 4 patties

Power Level:

HIGH (10)

Procedure:

Arrange patties on roasting rack. Turn over when half of cooking time is

up. Let stand 1-2 min.



Roast, boneless or bone-in, up to 4 lbs.

Cooking Time: 10-14 min./lb. for 160° F Well Done

Power Level: SAUTÉ (9) for first 5 min. of total cooking time, then MEDIUM (5).

Procedure: Place roast fat-side down on roasting rack. Cover roast with vented plastic wrap. Turn over when half of cooking time is up. Let stand 10 min.

4.4 CHAPTER FOUR COOKING INSTRUCTIONS

Ham



Canned ham, 1 lb.

Cooking Time: 15-19 min./lb.

Power Level:

MEDIUM (5)

Procedure:

Remove packaging. Place ham in baking dish. Cover loosely with plastic

wrap. Turn over when half of cooking time is up. Let stand 5 min.

Canned ham, 3-5 lbs.

Cooking Time: 10-15 min./lb.

130° F

Power Level:

MEDIUM (5)

Procedure:

Remove packaging. Place ham in baking dish. Cover loosely with plastic wrap. Turn over when half of cooking time is up. Let stand 5 min.



Rolled, boneless, up to 4 lbs.

Cooking Time: 13-18 min./lb.

130° F

Power Level:

MEDIUM (5)

Procedure:

Remove packaging. Place ham in baking dish. Cover loosely with plastic

wrap. Turn over when half of cooking time is up. Let stand 5 min.



Bacon

Cooking Time:

2 slices

 $1^{1/2}$ -2 min.

4 slices

 $2^{1}/2-3^{1}/2$ min. 6-7¹/2 min.

8 slices

Power Level: Procedure:

HIGH (10)

Arrange slices on roasting rack or paper towel lined dish. Cover with paper

towel. Microwave until crisp.

Poultry

Follow these instructions when cooking poultry:

- Place poultry on a microwave-safe roasting rack in a microwave-safe dish.
- Cover poultry with wax paper to prevent spattering.
- Use narrow strips of aluminum foil to shield any bone tips, thin meat areas, or portions
- Check the temperature in several places before letting the poultry stand the recommended time.

Chicken



Whole chicken, up to 4 lbs.

Cooking Time: 6-9 min./lb.

170-180° F

MEDIUM-HIGH (7)

Power Level: Procedure:

Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over when half of cooking time is up. Cook until juices run clear and meat near bone is no longer pink. Let stand 5 to 10 min.



Pieces, up to 2 lbs.

Cooking Time: 6-9 min./lb. 180° F dark meat 170° F light meat

Power Level:

MEDIUM-HIGH (7)

Procedure:

Place chicken bone-side down on dish, with the thickest portions towards the outside of the dish. Cover with wax paper. Turn over when half of cooking time is up. Cook until juices run clear and meat near bone is no longer

pink. Let stand 5 to 10 min.



Cornish Hens

Whole, up to 3 lbs.

Cooking Time: 5-9 min./lb.

170° F

Power Level:

MEDIUM-HIGH (7)

Procedure:

Place breast-side down in dish. Cover with wax paper. Turn over when half of cooking time is up. Drain juices as necessary. Cook until juices run clear

and meat near bone is no longer pink. Let stand 5 to 10 min.



Pieces, up to 2 lbs.

Cooking Time: 5-8 min./lb. 170° F

Power Level:

SAUTÉ (9) for first 5 min of total time, then MEDIUM (5).

Procedure:

Arrange bone-side up on roasting rack, with the thickest portions towards the outside of the dish. Cover with wax paper. Turn over when half of cooking time is up. Rearrange two times while cooking. Cook until juices run clear and meat near bone is no longer pink. Let stand 5 to 10 min.



Turkey Breast, up to 4 lbs.

Cooking Time:

9-13 min./lb. 170° F

Power Level:

SAUTÉ (9) for first 5 min of total time, then MEDIUM (5).

Procedure:

Place skin-side down in baking dish. Cover with wax paper. Turn over when half of cooking time is up. Cook until juices run clear and meat near

bone is no longer pink. Let stand 10 to 15 min.

Seafood

Follow these instructions when cooking seafood:

- Cook fish until it flakes easily with a fork. The center may be slightly translucent, but will continue cooking as it stands.
- Place fish on a microwave-safe roasting rack in a microwave-safe cooking dish.
- Cook fish with or without sauce.
- Use a tight cover to steam fish. A lighter cover of wax paper or a paper towel provides less steaming.
- Do not overcook fish; check it at the minimum cooking time.



Whole fish, up to 1.5 lbs.

Power Level:

Cooking Time: 4-6 min./lb.

HIGH (10)

Procedure:

Place on roasting rack. Turn over and rearrange when half of cooking time

is up. Microwave until fish flakes easily with a fork. Let stand 3 to 5 min.



Steaks, up to 1.5 lbs.

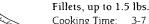
Cooking Time:

7-11 min./lb.

Power Level: Procedure:

HIGH (10)

Arrange steaks on roasting rack with meaty portions toward outside of rack. Cover with wax paper. Turn over and rearrange when half of cooking time is up. Microwave until fish flakes easily with a fork. Let stand 3 to 5 min.



Cooking Time:

3-7 min./lb.

Power Level:

HIGH (10)

Procedure:

Arrange fillets in baking dish, turning any thin pieces under. Cover with wax paper. Turn over and rearrange when half of cooking time is up.

Microwave until fish flakes easily with a fork. Let stand 2 to 3 min.



Scallops, up to 1.5 lbs.

Cooking Time: 3-7 min./lb.

Power Level:

MEDIUM (5)

Procedure:

Arrange scallops in baking dish. Cover with wax paper. Microwave until

firm and opaque, stirring 2 to 3 times. Let stand 5 min.



Shrimp, up to 1.5 lbs.

Cooking Time:

3-6¹/2 min./lb.

Power Level:

HIGH (10)

Procedure:

Arrange shrimp in baking dish. Cover with wax paper. Microwave until

firm and opaque, stirring 2 to 3 times. Let stand 5 min.

Eggs

Follow these instructions when cooking eggs:

- Never microwave 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 are delicate and can become tough if overcooked.

 $1-2^{1}/2$ min.



Hard-cooked eggs (use chopped in salads and sandwiches)

Cooking Time: 1 egg 45 sec.-1¹/4 min.

2 eggs 4 eggs

3-4¹/2 min.

Power Level: MEDIUM (5)

Procedure: Use a 6-oz. custard cup for each egg. Break one egg into each cup. Pierce

yolks with a toothpick two times. Cover cups with plastic wrap. Microwave at MEDIUM (5) until whites are opaque and yolks are set, rearranging cups once while cooking. Let stand 2 to 3 min (Eggs finish cooking while standing.)

Chill before chopping.

Scrambled eggs

Cooking Time: 1 egg $3/4-1^{1}/2 \text{ min.}$

2 eggs 1¹/₂-2 min. 4 eggs 2-3¹/₂ min. 6 eggs 4-5¹/₂ min.

Add: for 1 egg 1 tsp. butter, 1 Tbs. milk or water for 2 eggs 2 tsp. butter, 1 Tbs. milk or water

for 4 eggs 1 Tbs. butter, 2 Tbs milk or water for 6 eggs 2 Tbs. butter, 3Tbs milk or water

Procedure: Place butter in small bowl or casserole dish. Microwave at HIGH (10) for 20

to 40 seconds or until butter melts. Add egg(s) and milk. Beat until well blended. Microwave at HIGH as directed until eggs are set but moist, stir-

ring 3 or 4 times. Let stand 2 to 3 min (Eggs finish cooking while standing.)

Fresh Vegetables

Follow these instructions when cooking vegetables:

- For even cooking, stir or turn over vegetables according to instructions.
- Always use microwave-safe ceramic, glass, or plastic cookware.



Acorn squash, 1-1.5 lbs. ea.

Cooking Time: 8-11 min. for 1 squash

12-16 min. for 2 squash

Power Level: HIGH (10)

Procedure: Pierce eac

Pierce each squash at least once with a knife. Place on paper towel on

turntable. Microwave until tender, turning over once. Let stand 3 min.

Cut in half and remove pulp and seeds.



Asparagus, fresh, 1 lb.

Cooking Time: 5-7 min.

Power Level:

HIGH (10)

Procedure:

Arrange in baking dish with tips toward center of dish. Add 2 tablespoons water. Cover dish with vented plastic wrap. Microwave until tender, rear-

ranging once. Let stand 3 min.



Beans, green, fresh, 1 lb.

Cooking Time:

7-11 min.

Power Level:

HIGH (10)

Procedure:

Trim and discard bean ends. In a 1.5-quart casserole, combine beans and $1/4\ cup\ water.$ Cover. Microwave until tender, stirring once. Let stand 3



Beets, fresh, 1 lb.

Cooking Time:

13-18 min.

Power Level:

HIGH (10)

Procedure:

Trim and discard leaves leaving 1'stem. In a 1.5-quart casserole, combine beets and 1/2 cup water. Cover. Microwave until tender, stirring once. Let

stand 3 min. Peel and trim ends.



Broccoli spears, fresh, 1-1.5 lbs.

Cooking Time: 7-9 min

Power Level:

HIGH (10)

Procedure:

Trim and discard tough ends wash stalks. Arrange in a baking dish with stalks toward dish edge. Add no water. Cover with vented plastic wrap.

Microwave until tender, rearranging once. Let stand 3 min.



Brussels sprouts, fresh, 1 lb.

Cooking Time:

5-8 min.

Power Level: Procedure:

HIGH (10)

Cut an x into bottom of each stem.

In a 1.5-quart casserole, combine sprouts and 1/4 cup water. Cover.

Microwave until tender, stirring once. Let stand 3 min.



Cabbage, chopped. 1.5 lbs.

Cooking Time:

12-15 min.

Power Level:

HIGH (10)

Procedure:

In a 2-quart casserole, combine cabbage and 2 tablespoons water. Cover.

Microwave until tender, stirring once. Let stand 3 min.

Cabbage, wedges, 1-1.5 lbs.

Cooking Time:

12-14 min.

Power Level:

HIGH (10)

Procedure:

Arrange cabbage in baking dish. Add 1/4 cup water. Cover with vented

plastic wrap. Microwave until tender, stirring once. Let stand 3 min.



Carrots, sliced, 1 lb.

Cooking Time:

8-12 min.

Power Level: Procedure:

HIGH (10)

In a 1-quart casserole, combine carrots and 2 tablespoons water. Cover.

Microwave until tender, stirring once. Let stand 3 min.



Cauliflower, fresh flowerets, 1.5 lbs.

Cooking Time: 7-12 min.

Power Level:

HIGH (10)

Procedure:

In a 2-quart casserole, combine cauliflower and 2 tablespoons water. Cover.

Microwave until tender, stirring two times. Let stand 3 min.

Corn on the cob, fresh, 7-8 oz. ea.

4 to 7 min. for 2 ears Cooking Time:

8-13 min. for 4 ears

Power Level:

HIGH (10)

Procedure:

Husk corn and arrange in baking dish. Add 2 tablespoons water. Cover dish with plastic wrap, or wrap each husked ear in microwavable plastic wrap, twisting the ends shut. Microwave until tender, turning over and

rearranging once. Let stand 3 min.

Corn on the cob, frozen, large ears

Cooking Time:

5-8 min. for 2 ears 8-13 min. for 4 ears

Power Level:

Procedure:

Arrange in baking dish. Add 2 tablespoons water. Cover dish with plastic wrap. Microwave until tender, turning over and rearranging once. Let stand

3 min.

Corn on the cob, frozen, small ears

Cooking Time:

4-5 min. for 2 ears 6-7 min. for 4 ears

Power Level:

HIGH (10)

Procedure:

Arrange in baking dish. Add 2 tablespoons water. Cover dish with plastic wrap. Microwave until tender, turning over and rearranging once. Let stand

3 min.



Mushrooms, whole,11b

Cooking Time:

3-6 min.

Power Level:

Procedure:

In a 1-quart casserole, combine mushrooms and 3 tablespoons butter.

Cover. Microwave until tender, stirring once. Let stand 3 min.



Peas, green, fresh, shelled, 2 cups

Cooking Time: 5-7 min.

Power Level:

HIGH (10)

Procedure:

In a 1-quart casserole, combine peas and 1/4 cup water. Cover. Microwave

until tender, stirring once. Let stand 3 min.



Potatoes white, 6-8 oz. ea.

Cooking Time:

 $3^{1}/2-4^{1}/2$ min. for 1 potato $6^{1}/2-7^{1}/2$ min. for 2 potatoes

10-12 min. for 4 potatoes

Power Level: Procedure:

HIGH (10)

Prick each potato several times with a fork. Arrange in spoke-like fashion

on paper towels. When cooking just one potato, place it off center near the edge of the turntable. Microwave until tender, turning over once.

Let stand 5 min.



Potatoes new, 1.5-2 lbs.

Cooking Time: 6-12 min.

Power Level: HIGH (10)

Procedure: Prick each potato several times with a fork. In a 2-quart casserole, combine

potatoes and 3 tablespoons water. Cover. Microwave until tender, stirring

once. Let stand 3 min.



Spinach, fresh, 1 lb.

Procedure:

Cooking Time: 3-5 min.

Power Level: HIGH (10)

Wash and trim spinach. Place in 3-quart casserole. Cover. Microwave until

tender, stirring once. Let stand 3 min.



Sweet potatoes or yams, 5-7 oz. ea.

Cooking Time: $3^{1}/2-4^{1}/2$ min. for 1 potato

6-8 min. for 2 potatoes 8-10 min. for 3 potatoes 9-12 min. for 4 potatoes

Power Level: HIGH (10)

Procedure: Prick each potato several times with a fork. Arrange in spoke-like fashion

on paper towels. When cooking just one potato, place it off center near the

edge of the turntable. Microwave until tender, turning over once.

Let stand 5 min.



Zucchini, sliced, 1 lb.

Cooking Time: 5-7 min.

Power Level: HIGH (10)

Procedure: Place zucchini in a 2-quart casserole. Cover with wax paper. Microwave

until tender, stirring two times. Let stand 3 min.

Canned and Frozen Vegetables

Canned, 15-17 oz.

Cooking Time: 2-3 min.

Power Level: MEDIUN-HIGH (7)

Procedure: Place undrained vegetables in a 1-quart casserole. Cover. Microwave until

heated through, stirring once.

Frozen, 8-12 oz.

Cooking Time: 5-9 min.

Power Level: MED

MEDIUM-HIGH(7)

Procedure:

In 1-quart casserole, combine vegetables and 2 tablespoons water. Cover.

Microwave until heated through, stirring once. Let stand 3 min.

Recipes

Beef and Barley Stew (6 servings)

1 1/2 lbs. beef stew cubes, cut into 1/2-inch pieces

1/2 cup chopped onion

2 tablespoons all-purpose flour

l tablespoon Worcestershire sauce

l can (13.75-14.5 oz.) beef broth

2 medium carrots, cut into 1/2-inch slices (about 1 cup)

1/2 cup barley

I bay leaf

1/4 teaspoon pepper

1 pkg. (9-10 oz.)frozen peas, thawed

- In a 2-quart casserole, combine beef, onion, flour, and Worcestershire; mix well. Cover with lid. Microwave at HIGH (10) for 6 to 8 minutes until beef is no longer pink, stirring once.
- Stir in beef broth, carrots, barley, bay leaf, and pepper. Cover with lid. Microwave at MEDIUM (5) for 50 to 60 minutes until carrots and beef are tender, stirring 2 to 3 times.
- Stir in peas. Cover with lid. Microwave at MEDIUM (5) for 10 minutes. Let stand for 10 minutes. Remove bay leaf before serving.

Broccoli and Cheese Casserole (6 servings)

1/4 cup butter or margarine

1/4 cup chopped onion

1 1/2 tablespoons flour

1/2 teaspoon salt

1/4 teaspoon dry mustard

1/8 teaspoon pepper

1 1/2 cups milk

1/4 cup chopped red pepper

8 oz. (2 cups) Cheddar cheese, shredded

l pkg. (9-10 oz.) frozen chopped broccoli. thawed

4 cups cooked spiral shaped pasta (8 oz. dry)

- In a 2-quart casserole, microwave butter and onion at HIGH (10) for 2 to 3 minutes until onion is soft, stirring once
- Add flour, salt, mustard, and pepper; mix well. Microwave at HIGH (10) for 60 to 90 seconds until mixture boils. Stir in milk until smooth.
- Stir in red pepper. Microwave at HIGH

 (10) for 2 to 3 minutes until mixture
 boils and thickens slightly, stirring
 twice. Stir in cheese until melted.
- Add broccoli and pasta, mix well.
 Cover with lid. Microwave at HIGH (10) for 4 to 6 minutes until heated through, stirring once. Stir before serving.

Easy Chicken Manicotti (4 servings)

1/2 lb. ground chicken
1 cup (4 oz.) shredded mozzarella cheese, divided
1/3 cup seasoned dried bread crumbs
1/4 cup chopped green pepper
1/8 teaspoon garlic powder
8 uncooked manicotti shells
1 jar (14-15.5 oz.) spaghetti sauce

- In a small bowl, combine chicken, 2 tablespoons cheese, bread crumbs, green pepper, and garlic powder. Mix well.
- 2. Fill each manicotti with about 2 table-spoons of the chicken mixture.
- Arrange filled manicotti in an 11 x 17 x 1.5-inch baking dish. Pour spaghetti sauce and 2/3 cup water over manicotti. Cover with plastic wrap, turning back one corner to allow steam to escape.
- Microwave at HIGH (10) for 10 minutes. Turn manicotti over. Cover.
 Microwave at MEDIUM (5) for 15 to 20 minutes until manicotti are tender but firm. Spoon sauce over manicotti and sprinkle with remaining cheese. Let stand, covered. for 5 minutes.

Pineapple Upside-down Cake (8 to 10 servings)

- 1 cup firmly packed brown sugar
- 1 cup butter or margarine
- 4 maraschino cherries, cut in half
- 1 can (20 oz.) pineapple chunks, drained
- 1 box (18.25 -18.5 oz.) yellow cake mix
- Eggs (according to cake mix)
- Vegetable oil, butter, or margarine to taste (according to cake mix)
- In a small bowl, microwave sugar and butter at HIGH (10) for 1 to 2 minutes until butter melts. Stir until smooth.
- Spoon sugar mixture into bottom of a greased 12-cup Bundt pan. Arrange cherry halves, cut-side up, in bottom of pan. Spoon pineapple evenly over sugar mixture in pan.
- 3. Prepare cake mix according to package directions. Pour batter into pan, spreading evenly with a spatula. Microwave at MEDIUM (5) for 8 minutes. Increase power to HIGH (10) and microwave for 8 to 10 minutes until skewer inserted in several places comes out clean. (Glossy areas on surface will disappear during standing time.) Let stand for 10 minutes. Loosen sides and center tube with a spatula. Invert cake onto a serving plate. Spoon any toppings that remain in the pan over the cake. Let cool 10 to 15 minutes.

Warm Potato Salad (6 servings)

- 2 lbs. small red potatoes, cut into 1/2-inch pieces
- 4 slices bacon (uncooked), cut into 1/2-inch pieces
- 1/4 cup chopped onion
- 2 teaspoons sugar
- l teaspoon salt
- l teaspoon flour
- 1/2 teaspoon celery seed
- 1/8 teaspoon pepper
- 2.5 tablespoons apple cider vinegar

- In a 2-quart casserole, combine potatoes and 1/4 cup water. Cover with lid.
 Microwave at HIGH (10) for 10 to 12 minutes until potatoes are tender, stirring twice. Drain and set aside to cool slightly.
- 2. In a medium bowl, microwave bacon at HIGH (10) for 2 1/2 to 4 minutes until crisp, stirring once. With a slotted spoon, remove bacon to a paper towel. Drain drippings, reserving 1 tablespoon.
- In the same bowl, combine reserved drippings and onion. Cover with plastic wrap, turning back one corner to allow steam to escape. Microwave at HIGH (10) for 2 to 3 minutes until tender, stirring once.
- 4. Stir in sugar, salt, flour, celery seed, and pepper. Microwave at HIGH (10) for 30 to 40 seconds until mixture boils. Stir in vinegar and 1/2 cup water. Microwave at HIGH (10) for 1 to 2 minutes until liquid boils and thickens slightly, stirring once. Add bacon to dressing. Pour dressing over potatoes in casserole. Stir well.

Black Bean Soup (about 2 quarts)

- I cup chopped onion
- I clove garlic, minced
- 2 cans (15 oz. each) black beans, drained
- l can (14-16 oz.) stewed tomatoes, chopped
- 1 can (13.75-14.5 oz.) chicken broth
- 1 can (7-8.5 oz.) corn
- l can (4 oz.) chopped green chilies
- 2 teaspoons ground cumin, or to taste
- In a 3-quart casserole, place onion and garlic. Cover with lid. Microwave at HIGH (10) for 3 to 5 minutes until tender
- Add one can of beans, mash beans with a fork. Add remaining ingredients; mix well.
- Microwave, uncovered, at HJGH (10) for 10 minutes; stir. Reduce power to MEDIUM (5) and microwave for 5 minutes. Stir before serving.



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