



# MICROWAVE OVEN OWNER'S GUIDE

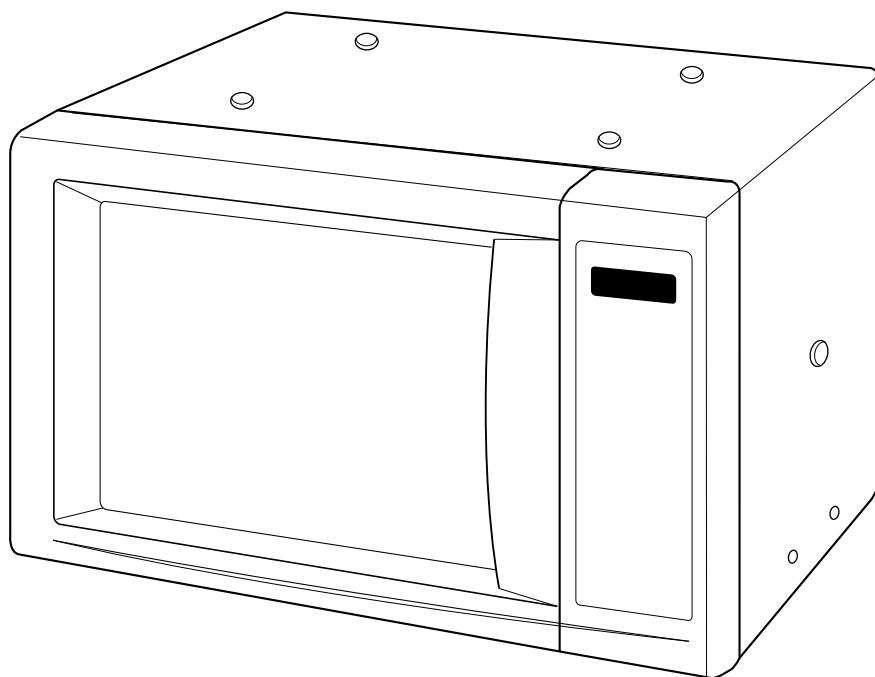


LISTED



LISTED

To help you get the  
most out of your  
new appliance



**MODEL NO.: CDMW07W/CDMW07B/CDMW07S**

P/NO.: 3828W5A3400

CDMW07 CDMW07W CDMW07B CDMW07S

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## 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.

# TECHNICAL SPECIFICATIONS

|                                   |                                                                                                            |
|-----------------------------------|------------------------------------------------------------------------------------------------------------|
| MODEL                             | CDMW07W/CDMW07B/CDMW07S                                                                                    |
| Power Supply                      | 120V AC, 60Hz                                                                                              |
| Rated Power Consumption           | 1,000W                                                                                                     |
| Microwave Output                  | *700W                                                                                                      |
| Frequency                         | 2,450MHz                                                                                                   |
| Rated Current                     | 8.3A                                                                                                       |
| Overall Dimensions (WXHxD)        | 17 <sup>15</sup> / <sub>16</sub> " x 11 <sup>1</sup> / <sub>16</sub> " x 12 <sup>5</sup> / <sub>16</sub> " |
| Oven Cavity Dimensions (WXHxD)    | 12 <sup>3</sup> / <sub>16</sub> " x 7 <sup>15</sup> / <sub>16</sub> " x 11 <sup>9</sup> / <sub>16</sub> "  |
| Effective Capacity of Oven Cavity | 0.7 Cu.ft                                                                                                  |

\*IEC 60705 RATING STANDARD

Specifications subject to change without prior notice.

The serial number is found on the back of this unit. This number is unique to this unit and not available to others. You should record requested information here and retain this guide as a permanent record of your purchase.

Date of Purchase \_\_\_\_\_

Dealer Purchased From \_\_\_\_\_

Dealer Address \_\_\_\_\_

Dealer Phone No. \_\_\_\_\_

Model No. \_\_\_\_\_

Serial No. \_\_\_\_\_

## FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT (U.S.A ONLY)

### WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufactures' instructions, may cause interference to radio and television reception.

It has been type tested and found to comply with limits for a ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in particular installation.

If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the followings:

Reorient the receiving antenna of radio or television.

Relocate the microwave oven with respect to the receiver.

Move the microwave oven away from the receiver.

Plug the microwave oven into a different outlet so that microwave oven and receiver are no different branch circuits.

THE MANUFACTURER is not responsible for any radio TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.

# IMPORTANT SAFETY INSTRUCTIONS

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The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven.

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

1. Read all instructions before using the appliance.
2. Read and follow the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** found on page 2 of this manual.
3. This appliance must be grounded. Connect only to properly grounded outlet. See **GROUNDING INSTRUCTIONS** found on page 6 of this manual .
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products, such as whole eggs and sealed containers – for example, closed glass jars are able to explode and should not be heated in this oven.
6. 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.
7. As with any appliance, close supervision is necessary when used by children.
8. 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.
9. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair, or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store this appliance outdoors. Do not use this product near water – for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over the edge of a table or counter.
15. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
  - a. Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - c. If materials inside the oven ignite, **KEEP OVEN DOOR CLOSED**, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
  - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Liquids such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to persons; 1) Do not overheat the liquid. 2) Stir the liquid both before and halfway through heating it. 3) Do not use straight-sided containers with narrow necks. 4) After heating, allow the container to stand in the microwave oven for a short time before removing the container. 5) Use extreme care when inserting a spoon or other utensil into the container.
18. Avoid heating small-necked containers such as syrup bottles.
19. Avoid using corrosive and vapors, such as sulfide and chloride.
20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.), resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

## SAVE THESE INSTRUCTIONS

# INSTALLATION

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## A. GROUNDING INSTRUCTIONS

For personal safety, this appliance must be properly grounded.

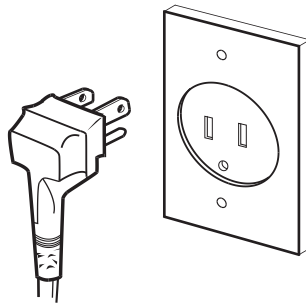
In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape route for the electric current.

The power cord of this appliance is equipped with a three-prong (grounding) plug (Fig. 1) to minimize the possibility of electric shock hazard from this appliance.

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

**WARNING**—Improper use of the grounding plug can result in a risk of electric shock. Do not, under any circumstances, cut or remove the third ground prong from the power cord plug.

### PROPERLY POLARIZED AND GROUNDED OUTLET



**Three-Pronged (Grounding) plug Fig. 1**

The consumer should have it checked by 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. Where a standard two-prong wall receptacle is encountered, it is the responsibility and obligation of the consumer to have it replaced with a properly grounded three-prong wall receptacle.

- a) If customer has two-prong wall receptacle, he should replace it with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.
- b) Use of extension cords: If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

# INSTALLATION

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## B. CIRCUITS

For safety purposes this oven must be plugged into a 20 Amp circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

## C. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. In case your microwave oven does not perform normal operation in accordance with AC power source and voltage, remove the power cord and then insert it again.

## D. DO NOT BLOCK AIR VENTS

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

## E. RADIO INTERFERENCE

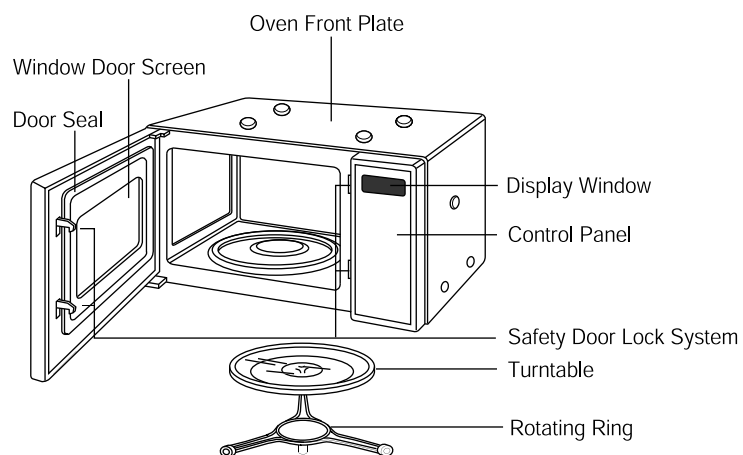
1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
  - a. Clean door and sealing surfaces of the oven.
  - b. Reorient the receiving antenna of radio or television.
  - c. Relocate the microwave oven with respect to the receiver.
  - d. Move the microwave oven away from the receiver.
  - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

### NOTE:

1. Short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If long cord or extension cord is used. (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 (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.

# FEATURE DIAGRAM

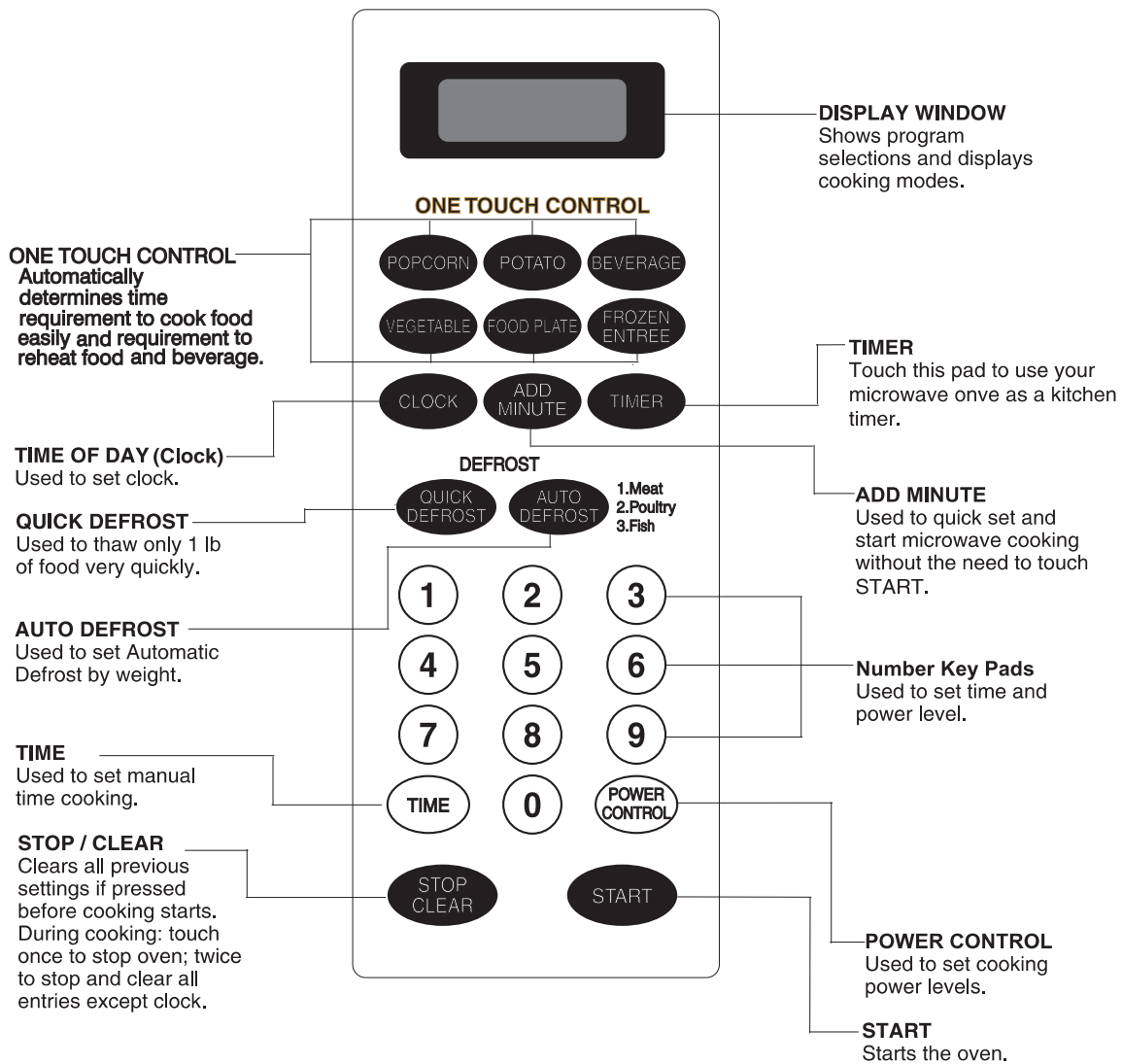
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Remove your Microwave Oven and all material from the shipping carton.  
Your oven will be packed with the following material:

|                     |        |
|---------------------|--------|
| Turntable .....     | 1 each |
| Owner's Guide ..... | 1 each |
| Rotating Ring ..... | 1 each |

# CONTROL FEATURES



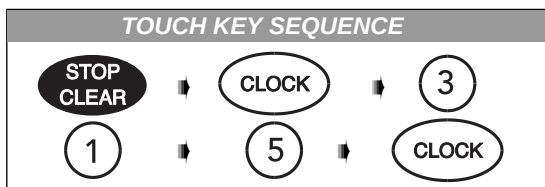
# OPERATING INSTRUCTIONS

## SETTING TIME OF DAY

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to 0.

To set time of day:

1. Touch STOP/CLEAR.
2. Touch CLOCK.
3. Enter the time by using the number key pads.  
Example: To set 3:15, touch number key pads [3], [1], and [5].
4. Touch CLOCK.  
The clock starts counting.



### NOTE:

If the clock (or display) shows any abnormality unplug the oven from the AC outlet, plug it back in and then reset the clock.

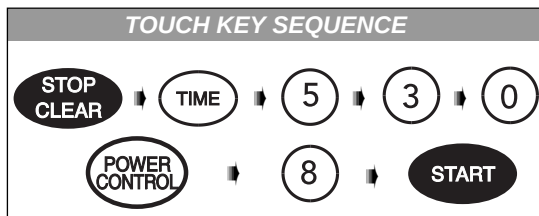
## TIMED COOKING

Many foods need slower cooking (at less than HI power) in order to give you the best results. In addition to HI-POWER, there are 10 multi-power settings.

EXAMPLE: If you want to cook food on 80% Power(Power 8) for 5 minutes 30 seconds.

1. Touch STOP/CLEAR.
2. Touch TIME. Display shows 0.
3. Enter 5 minutes 30 seconds by touching [5], [3], and [0].
4. Touch POWER CONTROL .  
P-HI appears in the display.  
This is to tell you that the oven is set on HI unless a different power setting is chosen.
5. Touch [8] to select power level 8.
6. Touch START.

Two short and one long tone sound and the word End shows in the display window when the cooking time is over. Then the oven shuts itself off.



### NOTE :

If you do not select the power level, the oven will operate at power HIGH. To set HI-POWER cooking, skip steps 4, 5 above.

## 2 STAGE OR 3 STAGE TIMED COOKING

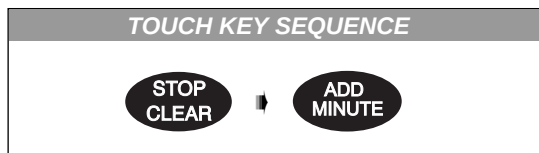
For Two or Three Stage cooking, repeat above step 2 through 5 before touching the START pad for every additional Time and Power program you want to add.

## ADD MINUTE

A time-saving pad, this simplified control lets you quickly set and start microwave cooking without the need to touch start.

EXAMPLE: To set add minute cooking 2 minutes

1. Touch STOP/CLEAR.
2. Touch ADD MINUTE 2 times.



# OPERATING INSTRUCTIONS

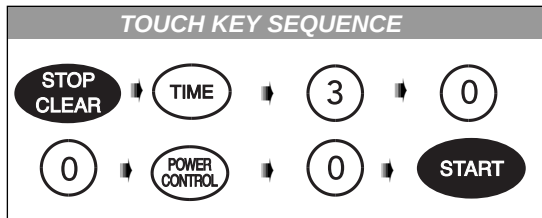
## TIMER

You can use the Timer of your oven for purposes other than food cooking.

Example:

To count 3 minutes for an egg or telephone call.

1. Touch STOP/CLEAR.
2. Touch TIME.
3. Touch numbers for time, [3], [0], [0].
4. Touch POWER CONTROL .
5. Touch [0] (power level 0).
6. Touch START.



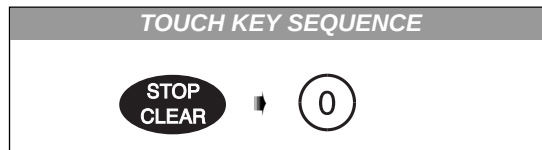
## CHILD LOCK

This is a unique safety feature that prevents accidental running of the oven. Once the child lock is set, no cooking can take place.

When the child lock is set, you can't input any key

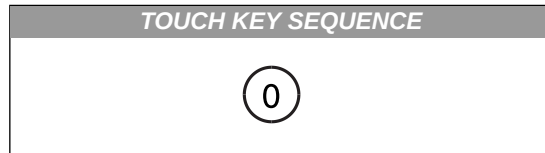
To set the child lock:

1. Touch STOP/CLEAR.
2. Touch and hold 0 until L appears in the display.
3. L remains in the display.



To cancel the child lock:

1. Touch and hold 0 until L disappears in the display.
2. The time of day returns to the display window



NOTE :

To set the Child Lock, You can use the button "START" also.

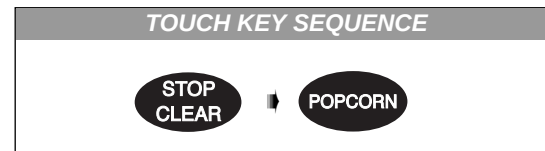
## ONE TOUCH CONTROL

This function allows you to cook popcorn, potato, beverage, fresh vegetable, food plate, and frozen entree by touching the One Touch key pad.

Example:

To cook a 3.5 oz. bag of microwave popcorn.

1. Touch STOP/CLEAR.
2. Touch POPCORN once.  
The oven will start automatically.



# OPERATING INSTRUCTIONS

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## ONE TOUCH CONTROL CHART

| Key             | Touch                                              | Serving size                        | Directions                                                                                                                                                                                                                                                                                                                                             |
|-----------------|----------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| POPCORN         | one Time<br>two Times<br>three Times               | 3.5 oz.<br>3.0 oz.<br>1.75 oz.      | <ul style="list-style-type: none"> <li>• Follow package instructions.</li> <li>• Use popcorn package which is made especially for microwave cooking.(Refer to 8 page)</li> <li>• Do not try to pop unpopped kernels.</li> <li>• Heat only 1 package at a time.</li> <li>• Do not leave the microwave oven unattended while popping popcorn.</li> </ul> |
| POTATO          | one Time<br>two Times<br>three Times<br>four Times | 1<br>2<br>3<br>4                    | <ul style="list-style-type: none"> <li>• 8-10 oz. per potato.</li> <li>• Place in center of the turntable tray on paper towel.</li> <li>• Pierce potato several times with fork.</li> <li>• After cooking, let stand for 5 minutes.</li> <li>• No cover.</li> </ul>                                                                                    |
| BEVERAGE        | one Time<br>two Times                              | 1 cup<br>2 cups                     | <ul style="list-style-type: none"> <li>• 240ml per cup.</li> <li>• Use mug or microwave-safe cup.</li> <li>• Stir after reheating.</li> </ul>                                                                                                                                                                                                          |
| FRESH VEGETABLE | one Time<br>two Times<br>three Times<br>four Times | 1 cup<br>2 cups<br>3 cups<br>4 cups | <ul style="list-style-type: none"> <li>• Prepare vegetable(wash and cut into 1/2-inch pieces).</li> <li>• Cover with plastic wrap and vent.</li> <li>• Most vegetables need 2 to 3 minutes standing time to finish cooking.<br/>1 &amp; 2 cups - Add 2 tablespoon water.<br/>3 &amp; 4 cups - Add 4 tablespoon water.</li> </ul>                       |
| FOOD PLATE      | one Time<br>two Times                              | 1 serving<br>2 servings             | <ul style="list-style-type: none"> <li>• Arrange food on turntable tray .</li> <li>• Place meaty portions and bulky vegetable to the outside of the plate.</li> <li>• Cover with plastic wrap and vent.</li> <li>• After cooking, let stand for 2 minutes.</li> </ul>                                                                                  |
| FROZEN ENTREE   | one Time                                           | 10 oz.                              | <ul style="list-style-type: none"> <li>• Follow the package instructions.</li> <li>• Example of one frozen entree is Lasagna with Meat Sauce, Chicken with Rice, Sliced Turkey Breast with Rice and Vegetable.</li> </ul>                                                                                                                              |

# OPERATING INSTRUCTIONS

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## MICROWAVE POWER LEVELS

Your microwave oven is equipped with ten power levels (11 steps including 0) to give you maximum flexibility and control over cooking. When your cooking program is completed, a beep automatically sounds. The table below will give you some idea of which foods are prepared at each of the various power levels.

### MICROWAVE POWER LEVEL CHART

| Power Level  | Output<br>(of watts) | Use                                                                                                                                         |
|--------------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 10<br>(High) | 100%                 | Boil water.<br>Brown ground beef.<br>Cook fresh fruits & vegetables.<br>Make candy.<br>Cook fish, meat & poultry.<br>Preheat browning dish. |
| 9            | 90%                  | Heat precooked food.<br>Saute onions, celery & green pepper                                                                                 |
| 8            | 80%                  | All reheating                                                                                                                               |
| 7            | 70%                  | Roast meat & poultry.<br>Cook mushrooms & shellfish.<br>Cook foods which contain cheese & eggs.                                             |
| 6            | 60%                  | Bake cakes, muffins.<br>Prepare eggs.                                                                                                       |
| 5            | 50%                  | Cook meat, poultry.<br>Cook custard<br>Prepare rice, soup.                                                                                  |
| 4            | 40%                  | Melt butter & chocolate.<br>Cook less tender cuts of meat.                                                                                  |
| 3            | 30%                  | All defrosting                                                                                                                              |
| 2            | 20%                  | Soften butter & cheese.                                                                                                                     |
| 1            | 10%                  | Soften ice cream.<br>Raise yeast dough.                                                                                                     |
| 0            | 0                    | Standing time.<br>Independent timer.                                                                                                        |

# OPERATING INSTRUCTIONS

## AUTO DEFROST

Three defrost sequences are preset in the oven. The defrost feature provides you with the best defrosting method for frozen foods. The auto defrost guide will show you which defrost sequence is recommended for the food you are defrosting.

The oven automatically determines required defrosting times for each food item according to the weight you enter.

For added convenience, the Auto Defrost Feature contains a built-in beep mechanism that lets you check, turn over, separate or rearrange as recommended in the AUTO DEFROST GUIDE.

Three different defrosting levels are provided.

DEF1 GROUND MEAT

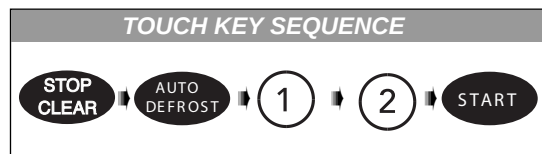
DEF2 POULTRY

DEF3 STEAKS/CHOPS

### EXAMPLE:

To defrost 1.2lbs of ground beef, touch AUTO DEFROST once. DEF1 appears in the display, and enter the weight.

1. Touch STOP/CLEAR.
2. Touch AUTO DEFROST once.
3. Enter the weight by touching [1] and [2].  
1.2 appears in the display.
4. Touch START.



The display changes to defrost time count down. The oven will beep during the DEFROST cycle. At this time, open the door and turn, separate or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle. The oven will not STOP during the BEEP unless the door is opened.

For best results, remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.

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

## AUTO DEFROST GUIDE

| SEQUENCE       | TOUCH<br>AUTO DEFROST | FOOD                                                                                                                                                                                                                                                                                                                                | MIN./MAX.      |
|----------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| GROUND<br>MEAT | one time              | <ul style="list-style-type: none"> <li>• BEEF .....Ground beef, Cubes for stew, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patt</li> <li>• LAMB .....Rolled roast</li> <li>• PORK .....Hot dogs, Spareribs, Country-style ribs, Rolled roast, Sausage.</li> <li>• VEAL .....Cutlets (1lb., 1/2-inch thick)</li> </ul> | 0.1/6.0 lbs.y. |
| POULTRY        | two times             | <ul style="list-style-type: none"> <li>• POULTRY .....Whole (under 4 lbs), Cut up Breasts (boneless)</li> <li>• CORNISH HENS ...Whole</li> <li>• TURKEY .....Breast (under 6 lbs.)</li> </ul>                                                                                                                                       | 0.1/6.0 lbs.   |
| STEAKS/CHOPS   | three times           | <ul style="list-style-type: none"> <li>• STEAKS .....Round steak, Tenderloin steak.</li> <li>• CHOPS .....Lamb chops (1-inch thick), Pork chops (1/2-inch thick).</li> <li>• FISH.....Fillets, Steaks, Whole.</li> <li>• SHELLFISH.....Crab meat, Lobster tails, Shrimp, Scallops</li> </ul>                                        | 0.1/6.0 lbs.   |

# COOKING GUIDES

**WARNING :** Do not use aluminum foil during cooking cycle.

## GROUND MEAT

1. No special techniques are required. The roast should be prepared and seasoned (if desired) as for any other conventional method. Meat should be thoroughly defrosted before cooking.
2. Place the meat on a microwave roasting rack or ovenproof plate and place on the turntable.
3. Cook according to the cooking chart (below), using the longer time for large meats and the shorter time for smaller meats. For thicker chops, use the longer time.
4. Turn the meat once halfway through the cooking time.
5. STAND for 5-10 minutes wrapped in foil after cooking. The standing time is very important as it completes the cooking process.
6. Ensure meat, especially, pork is thoroughly cooked before eating.

## GROUND MEAT COOKING CHART

| Cut                                            | Microwave power | Cooking Time per pound |
|------------------------------------------------|-----------------|------------------------|
| Beef                                           |                 |                        |
| Standing/Rolled Rib-Rare                       | 8               | 10~12 minutes          |
| -Medium                                        | 8               | 11~13 minutes          |
| -Well done                                     | 8               | 13~15 minutes          |
| Ground Beef(to brown for casserole)            | HIGH            | 8~10 minutes           |
| Hamburgers, Fresh or defrosted<br>(4 oz. each) |                 |                        |
| 2 patties                                      | HIGH(100%)      | 4~6 minutes            |
| 4 patties                                      | HIGH(100%)      | 5~7 minutes            |
| Pork                                           |                 |                        |
| Loin, Leg                                      | 8               | 14~17 minutes          |
| Bacon                                          |                 |                        |
| 4 slices                                       | HIGH            | 4~5 minutes            |
| 6 slices                                       | HIGH            | 5~7 minutes            |

NOTE: The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the meat.

## POULTRY

1. No special techniques are required. The poultry should be prepared as for any other conventional method. Season if desired.
  2. Poultry should be thoroughly defrosted, ensuring giblets and any metal clamps are removed.
  3. Prick the skin and brush lightly with vegetable oil unless self basting.
  4. All poultry should be placed on a microwave roasting rack or a microwave-proof plate and placed on the turntable.
  5. Cook according to the instructions in the cooking chart (on the following page), turning the bird over halfway through the cooking time.  
Poultry, because of its shape, have a tendency to cook unevenly especially in very bony parts. Turning the bird during roasting helps to cook these areas evenly
- NOTE: If whole birds are stuffed, the weight of the stuffed bird should be used when calculating the cooking time.

# COOKING GUIDES

**WARNING :** Do not use aluminum foil during cooking cycle.

6. STAND for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important, as it completes the cooking process.
7. Ensure poultry is thoroughly cooked before eating. Whole poultry is completely cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry portions should be pierced with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

## POULTRY COOKING CHART

| Poultry       | Microwave power | Cooking Time per pound |
|---------------|-----------------|------------------------|
| Chicken       |                 |                        |
| Whole         | 8               | 13~15minutes           |
| Breast(boned) | 8               | 11~13 minutes          |
| Portions      | 8               | 12~14 minutes          |
| Turkey        |                 |                        |
| Whole         | 8               | 14~16 minutes          |

NOTE: The above times should be regarded only as a guide. Allow for differences in individual tastes and preferences.

The times may vary due to the shape and composition of the food.

## STEAKS/CHOPS

1. Arrange fish in a large shallow non-metallic dish or casserole.
2. Cover with pierced microwave plastic film or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the cooking chart (below). Flakes of butter can be added to the fish if desired.
5. Let STAND as directed in the cooking chart before serving.
6. After standing time, check to see that the fish is thoroughly cooked. The fish should be opaque and flake easily.

## STEAKS/CHOPS FRESH FISH COOKING CHART

| Steaks/Chops                         | Microwave power | Cooking Time per pound | Method                                | Standing Time |
|--------------------------------------|-----------------|------------------------|---------------------------------------|---------------|
| Fish Fillets                         | HIGH            | 6~8 minutes            | Add 15~30 ml (1-2 tbsp.) lemon juice. | 2-3 minutes   |
| Whole Mackerel, Cleaned and Prepared | HIGH            | 6~8 minutes            | —                                     | 3-4 minutes   |
| Whole Trout, Cleaned and Prepared    | HIGH            | 7~9 minutes            | —                                     | 3-4 minutes   |
| Salmon Steaks                        | HIGH            | 7~9 minutes            | Add 15~30 ml (1-2 tbsp.) lemon juice. | 3-4 minutes   |

# HEATING OR REHEATING GUIDE

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will be heated more evenly if covered with a microwavable lid or plastic wrap, vented. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

| Items                                                                                   | Cook time<br>(at HIGH)                | Special Instructions                                                                                                                     |
|-----------------------------------------------------------------------------------------|---------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Sliced meat<br>3 slices ( 1/4-inch thick)                                               | 2-3 minute                            | Place sliced meat on microwavable plate.<br>Cover with plastic wrap and vent.<br>Note: Gravy or sauce helps to keep meat juicy.          |
| Chicken pieces<br>1 breast<br>1 leg and thigh                                           | 3-4 minutes<br>3 1/2-5 minutes        | Place chicken pieces on microwavable plate.<br>Cover with plastic wrap and vent.                                                         |
| Fish fillet<br>(6-8 ozs.)                                                               | 2 1/2 -5 minutes                      | Place fish on microwavable plate.<br>Cover with plastic wrap and vent.                                                                   |
| Lasagna<br>1 serving (10 1/2 ozs.)                                                      | 5 1/2 -6 1/2 minutes                  | Place lasagna on microwavable plate.<br>Cover with plastic wrap and vent.                                                                |
| Casserole<br>1 cup<br>4 cups                                                            | 2 1/2 -3 1/2 minutes<br>12-14 minutes | COOK covered in microwavable casserole.<br>Stir once halfway through cooking.                                                            |
| Casserole<br>cream or cheese<br>1 cup<br>4 cups                                         | 2 1/2 -4 minutes<br>10-12 minutes     | COOK covered in microwavable casserole.<br>Stir once halfway through cooking.                                                            |
| Sloppy Joe or<br>Barbecued beef<br>1 sandwich<br>( 1/2 cup meat filling)<br>without bun | 2-3 minutes                           | Reheat filling and bun separately.<br>Cook filling covered in microwavable casserole.<br>Stir once. Heat bun as directed in chart below. |
| Mashed potatoes<br>1 cup<br>4 cups                                                      | 2 1/2 -4 minutes<br>6 1/2 -9 minutes  | COOK covered in microwavable casserole.<br>Stir once halfway through cooking.                                                            |
| Baked beans<br>1 cup                                                                    | 2 1/2 -3 1/2 minutes                  | COOK covered in microwavable casserole.<br>Stir once halfway through cooking.                                                            |
| Ravioli or pasta in sauce<br>1 cup<br>4 cups                                            | 3 1/2 -5 minutes<br>9-12 minutes      | COOK covered in microwavable casserole.<br>Stir once halfway through cooking.                                                            |
| Rice<br>1 cup<br>4 cups                                                                 | 3-4 minutes<br>4 1/2 -8 minutes       | COOK covered in microwavable casserole.<br>Stir once halfway through cooking.                                                            |
| Sandwich roll or bun<br>1 roll                                                          | 20-40 seconds                         | Wrap in paper towel and place on glass<br>microwavable rack.                                                                             |
| Vegetables<br>1 cup<br>4 cups                                                           | 2-4 minutes<br>8-10 minutes           | COOK covered in microwavable casserole.<br>Stir once halfway through cooking.                                                            |
| Soup<br>1 serving (8 ozs.)                                                              | 2-3 1/2 minutes                       | COOK covered in microwavable casserole.<br>Stir once halfway through cooking.                                                            |

# VEGETABLE

| Vegetable                                          | Amount                   | Cook time<br>at HIGH<br>(minutes)                                                                | Instructions                                                                                                                           | Standing<br>Time           |
|----------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Artichokes<br>(8 ozs. each)                        | 2 medium<br>4 medium     | 8-10<br>12-15                                                                                    | Trim. Add 2 tsp. water and 2 tsp. lemon juice.<br>Cover. Cook stem end up.                                                             | 2-3 minutes                |
| Asparagus,<br>Fresh, spears                        | 1 lb.                    | 5 <sup>1</sup> / <sub>2</sub> -8 <sup>1</sup> / <sub>2</sub>                                     | Wash and turn half of spears around.<br>Add <sup>1</sup> / <sub>2</sub> cup water. Cover.                                              | 2-3 minutes                |
| Beans, green and<br>wax                            | 1 lb.                    | 10-13                                                                                            | Add <sup>1</sup> / <sub>2</sub> cup water in 1 <sup>1</sup> / <sub>2</sub> qt. casserole<br>Stir halfway through cooking.              | 2-3 minutes                |
| Beets, Fresh                                       | 1 lb.                    | 16 <sup>1</sup> / <sub>2</sub> -19 <sup>1</sup> / <sub>2</sub>                                   | Add <sup>1</sup> / <sub>2</sub> cup water in 1 <sup>1</sup> / <sub>2</sub> qt. covered casserole<br>Rearrange halfway through cooking. | 2-3 minutes                |
| Broccoli, Fresh,<br>spears                         | 1 lb.                    | 8-10                                                                                             | Place broccoli in baking dish<br>Add <sup>1</sup> / <sub>2</sub> cup water.                                                            | 2-3 minutes                |
| Cabbage, Fresh,<br>chopped                         | 1 lb.                    | 8-11                                                                                             | Add <sup>1</sup> / <sub>2</sub> cup water in 1 <sup>1</sup> / <sub>2</sub> qt. covered casserole<br>Stir halfway through cooking.      | 2-3 minutes                |
| Carrots, Fresh,<br>sliced                          | 2 cups                   | 4 <sup>1</sup> / <sub>2</sub> -6 <sup>1</sup> / <sub>2</sub>                                     | Add <sup>1</sup> / <sub>4</sub> cup water in 1 qt. covered casserole<br>Stir halfway through cooking.                                  | 2-3 minutes                |
| Cauliflower,<br>Fresh, whole                       | 1 lb.                    | 9-11                                                                                             | Trim. Add <sup>1</sup> / <sub>4</sub> cup water in 1 qt. covered casserole<br>Stir halfway through cooking.                            | 2-3 minutes                |
| Celery, Fresh,<br>sliced                           | 2 cups<br>4 cups         | 4 <sup>1</sup> / <sub>2</sub> -6 <sup>1</sup> / <sub>2</sub><br>8-10 <sup>1</sup> / <sub>2</sub> | Slice. Add <sup>1</sup> / <sub>2</sub> cup water in 1 <sup>1</sup> / <sub>2</sub> qt. covered<br>casserole.                            | 2-3 minutes                |
| Corn, Fresh                                        | 2 ears                   | 7-10                                                                                             | Husk. Add 2 tsp water in 1 <sup>1</sup> / <sub>2</sub> qt. baking dish<br>Cover.                                                       | 2-3 minutes                |
| Mushrooms,<br>Fresh, sliced                        | 1/2 lb.                  | 2 <sup>1</sup> / <sub>2</sub> -4                                                                 | Place mushrooms in 1 <sup>1</sup> / <sub>2</sub> qt. covered casserole                                                                 | 2-3 minutes                |
| Parsnips, Fresh,<br>sliced                         | 1 lb.                    | 6-9                                                                                              | Add <sup>1</sup> / <sub>2</sub> cup water in 1 <sup>1</sup> / <sub>2</sub> qt. covered casserole.                                      | 2-3 minutes                |
| Peas, Green,<br>Fresh                              | 4 cups                   | 9-11                                                                                             | Add <sup>1</sup> / <sub>2</sub> cup water in 1 <sup>1</sup> / <sub>2</sub> qt. covered casserole.<br>Stir halfway through cooking.     | 2-3 minutes                |
| Sweet Potatoes<br>Whole Baking<br>(6-8 ozs. each)  | 2 medium<br>4 medium     | 7-11<br>9-14                                                                                     | Pierce potatoes several times with fork.                                                                                               | 2-3 minutes<br>2-3 minutes |
| White potatoes,<br>Whole Baking<br>(6-8 ozs. each) | 2 potatoes<br>4 potatoes | 8-10 <sup>1</sup> / <sub>2</sub><br>13 <sup>1</sup> / <sub>2</sub> -16                           | Pierce potatoes several times with fork.                                                                                               | 2-3 minutes<br>2-3 minutes |
| Spinach, Fresh,<br>leaf                            | 1 lb.                    | 7-9                                                                                              | Add <sup>1</sup> / <sub>2</sub> cup water in 2 qt. covered casserole.                                                                  | 2-3 minutes                |
| Squash, Acorn or<br>butternut, Fresh               | 1 medium                 | 9-11                                                                                             | Cut squash in half. Remove seeds.<br>Place in 8x8-inch baking dish. Cover.                                                             | 2-3 minutes                |
| Zucchini, Fresh,<br>sliced                         | 1 lb.                    | 8-10                                                                                             | Add <sup>1</sup> / <sub>2</sub> cup water in 1 <sup>1</sup> / <sub>2</sub> qt. covered casserole.                                      | 2-3 minutes                |
| Zucchini, Fresh,<br>whole                          | 1 lb.                    | 9-12                                                                                             | Pierce. Place on 2 paper towels.<br>Turn zucchini over and rearrange halfway<br>through cooking.                                       | 2-3 minutes                |

# CONVERSION TABLE

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**NOTES:** 1Kg = 1000 grams

Only 1 digit can be entered after a decimal point.

Round figures off to the lower number to avoid overdefrosting. Ex. 1.28lbs, use 1.2.

| lbs        | lbs/oz.  | grams | kg.        | lbs        | lbs/oz.  | grams | kg.        |
|------------|----------|-------|------------|------------|----------|-------|------------|
| <b>0.3</b> | 4oz      | 100   | <b>0.1</b> | <b>5.7</b> | 5lb 12oz | 2600  | <b>2.6</b> |
| <b>0.5</b> | 7oz      | 200   | <b>0.2</b> | <b>5.9</b> | 5lb 15oz | 2700  | <b>2.7</b> |
| <b>0.7</b> | 10oz     | 300   | <b>0.3</b> |            | 6lb 3oz  | 2800  | <b>2.8</b> |
| <b>0.9</b> | 14oz     | 400   | <b>0.4</b> |            | 6lb 6oz  | 2900  | <b>2.9</b> |
| <b>1.1</b> | 1lb 2oz  | 500   | <b>0.5</b> |            | 6lb 10oz | 3000  | <b>3.0</b> |
| <b>1.3</b> | 1lb 5oz  | 600   | <b>0.6</b> |            | 6lb 13oz | 3100  | <b>3.1</b> |
| <b>1.6</b> | 1lb 9oz  | 700   | <b>0.7</b> |            | 7lb      | 3200  | <b>3.2</b> |
| <b>1.8</b> | 1lb 12oz | 800   | <b>0.8</b> |            | 7lb 4oz  | 3300  | <b>3.3</b> |
| <b>2.0</b> | 2lb      | 900   | <b>0.9</b> |            | 7lb 8oz  | 3400  | <b>3.4</b> |
| <b>2.2</b> | 2lb 4oz  | 1000  | <b>1.0</b> |            | 7lb 11oz | 3500  | <b>3.5</b> |
| <b>2.4</b> | 2lb 7oz  | 1100  | <b>1.1</b> |            | 7lb 15oz | 3600  | <b>3.6</b> |
| <b>2.7</b> | 2lb 11oz | 1200  | <b>1.2</b> |            | 8lb 3oz  | 3700  | <b>3.7</b> |
| <b>2.9</b> | 2lb 14oz | 1300  | <b>1.3</b> |            | 8lb 6oz  | 3800  | <b>3.8</b> |
| <b>3.1</b> | 3lb 2oz  | 1400  | <b>1.4</b> |            | 8lb 10oz | 3900  | <b>3.9</b> |
| <b>3.3</b> | 3lb 5oz  | 1500  | <b>1.5</b> |            | 8lb 13oz | 4000  | <b>4.0</b> |
| <b>3.5</b> | 3lb 9oz  | 1600  | <b>1.6</b> |            | 9lb      | 4100  | <b>4.1</b> |
| <b>3.8</b> | 3lb 12oz | 1700  | <b>1.7</b> |            |          | 4200  |            |
| <b>4.0</b> | 4lb      | 1800  | <b>1.8</b> |            |          |       |            |
| <b>4.2</b> | 4lb 3oz  | 1900  | <b>1.9</b> |            |          |       |            |
| <b>4.4</b> | 4lb 7oz  | 2000  | <b>2.0</b> |            |          |       |            |
| <b>4.6</b> | 4lb 10oz | 2100  | <b>2.1</b> |            |          |       |            |
| <b>4.9</b> | 4lb 14oz | 2200  | <b>2.2</b> |            |          |       |            |
| <b>5.1</b> | 5lb 1oz  | 2300  | <b>2.3</b> |            |          |       |            |
| <b>5.3</b> | 5lb 5oz  | 2400  | <b>2.4</b> |            |          |       |            |
| <b>5.5</b> | 5lb 8oz  | 2500  | <b>2.5</b> |            |          |       |            |

# PRECAUTIONS

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1. Do not attempt to tamper with, or make any adjustments or repairs to door, control panel, safety interlock switches or any other part of the oven. Repairs should be done by qualified service personnel only.
2. Be certain to place the front surface of the door three inches or more away from the countertop edge to avoid accidental tipping of the appliance in normal usage.
3. For the most accurate programming of the electronic units, touch the center of each pad securely. Do not touch several pads at one time or touch in between pads. A beep sound should be heard with each touch when pad is touched correctly.
4. Do not hit or strike the control with objects such as silverware, utensils, etc. Breakage may occur.
5. Be careful when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot.
6. Do not rinse cooking utensils by immediately placing them into water just after cooking. This may cause breakage. Allow the turntable to cool down.
7. Do not operate the oven empty. Either food or water should always be in the oven during operation to absorb microwave energy.
8. Do not heat unopened food containers in the oven. Pressure build-up can cause the container to burst, resulting in injury.
9. Do not use your microwave oven to dry newspapers or clothes. They can catch fire.
10. Only use thermometers approved for microwave oven cooking.
11. Be certain the turntable is in place when you operate the oven.
12. Pierce the skin of potatoes, whole squash, apples or any fruit or vegetable which has a skin covering, before cooking.
13. Never use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell causing it to burst.
14. **Do not** pop popcorn, except in a microwave-approved popcorn popper or commercial package designed especially for microwave ovens.  
**Never** try to pop popcorn in a paper bag not designed for microwave oven use. Overcooking may results in smoke and fire. Do not repop unpopped kernels. Do not reuse popcorn bags.

# QUESTIONS AND ANSWERS

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**Q.** What's wrong when the oven light will not glow?

**A.** There may be several reasons why the oven light will not glow.

Door is not closed.

Light bulb is burned out

START has not been touched

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**Q.** Does microwave energy pass through the viewing screen in the door?

**A.** No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

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**Q.** Why does the beep tone sound when a pad on the Control Panel is touched?

**A.** The beep tone sounds to assure that the setting is being properly entered.

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**Q.** Will the microwave oven be damaged if it operates empty?

**A.** Yes. Never run it empty or without the glass tray.

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**Q.** Why do eggs sometimes pop?

**A.** When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane.

To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

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**Q.** Why is standing time recommended after microwave cooking is over?

**A.** After microwave cooking is finished, food keep on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

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**Q.** Is it possible to pop popcorn in a microwave oven?

**A.** Yes, if using one of the two methods described below:

(1) Popcorn-popping devices designed specifically for microwave cooking.

(2) Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

**FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN PRODUCT. DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN AN OVEN FIRE.**

**CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN OR ATTEMPT TO POP LEFTOVER KERNELS.**

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**Q.** Why doesn't my oven always cook as fast as the cooking guide says it should?

**A.** Check your cooking guide again to make sure you've followed the directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions chosen to help prevent over-cooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food could require longer cooking time. Use your own judgement along with the cooking guide suggestions to test for doneness, just as you would do with conventional cooking.

# Limited Warranty

For Dometic Microwave Models CDMW07W/CDMW07B/CDMW07S

THE SELLER NAMED BELOW MAKES THE FOLLOWING WARRANTY WITH RESPECT TO THIS DOMETIC MICROWAVE OVEN.

1. This Warranty is made only to the first Purchaser (hereinafter called the "Original Purchaser") who acquires this product for his own use.
2. This Warranty will be in effect for one year from the date of purchase by the Original Purchaser. It is suggested that the Original Purchaser retain a copy of the dated bill of sales as evidence of the date of purchase.
3. This Warranty covers only specified parts which shall be free from defects in material and workmanship under normal use. This Warranty does not cover conditions unrelated to the material and workmanship of the product. Such unrelated conditions include, but are not limited to (a) faulty installation and any damage resulting from such; (b) the need for normal maintenance and any damage resulting from the failure to provide such maintenance; (c) failure to follow Seller's instructions for use of the product, and (d) any accident to, or misuse of any part of this product and any alteration by anyone other than Seller or the authorized representative.
4. In order to obtain the benefits of this Warranty, you should return the product which you find defective to your dealer during the period that this Warranty is in effect. All charges incurred in delivery of the microwave to Seller must be paid by the Original Purchaser. A copy of the dated bill of sale must accompany the returned microwave oven.
5. Any item returned in the manner described in paragraph 4 will be examined by your dealer. If it is found that the microwave is defective in material and workmanship, the Seller will replace the appliance.
6. The Seller does not authorize any person or company to create an warranty obligation or liability on their behalf.
7. IN NO EVENT SHALL SELLER BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, SOME STATES DO NOT ALLOW THE EXCLUSION OR IMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.
8. ANY IMPLIED WARRANTY, INCLUDING THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR ANY PURPOSE, IS LIMITED TO THE DURATION OF THIS LIMITED WARRANTY, SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLPY TO YOU.
9. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.
10. All appliances (except those specifically built for commercial use) are warranted only when installed in vehicles built to the R.V.I.A and CSA Standards.

## Seller in USA

The Dometic Corporation  
The Warranty Department  
509 South Poplar Street  
LaGrange, Indiana 46761

## Seller in CANADA

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