

# CONTOURE<sup>®</sup>

SPACE SAVER APPLIANCES

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## 1.6 CU.FT. CONVECTION OVER-THE-RANGE MICROWAVE OVEN

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### INSTRUCTION MANUAL MODEL(S):

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RV-500-OTR

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Before using your appliance, please read this manual carefully and keep it for future reference.



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# Important Safety Instructions

## What you need to know about Safety Instructions:

- (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.

## Specifications

Model:	RV-500-OTR
Rated Voltage:	120V~ 60Hz
Rated Input Power(Microwave):	1500W
Rated Output Power(Microwave):	900W
Rated Output Power(Convection):	1450W
Oven Capacity:	1.6 Cu.ft.
Turntable Diameter:	Ø 13.6 inch
External Dimensions :	29.9 X 15.0 X 16.4 inch
Net Weight:	Approx. 64.0 Lbs

# Important Safety Instructions

When using electrical appliances basic safety precautions should be followed, including the following:

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

1. Read all instructions before using the appliance.
2. Read and follow the specific: "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 4.
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 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 surface.
14. Do not let cord hang over edge of table or counter.
15. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergent applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
  - 1). Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - 2). Remove wire twist-ties from paper or plastic bag before placing bag in oven.
  - 3). If material inside of 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.
  - 4). 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. Visible bubbling or boiling when the container is removed from the microwave oven is not always present.

## Important Safety Instructions

THIS COULD RESULT IN VERY HOT LIQUID SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A 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. As with any appliance, close supervision is necessary when the microwave oven is used by children.
19. If material inside of the oven should ignite, the oven door should be kept closed, the appliance turned off, the power cord disconnected, or the power shut off at the fuse or circuit breaker panel.
20. Do not operate any heating or cooking appliance beneath the appliance.
21. Do not mount unit over or near any portion of heating or cooking appliance.
22. Do not mount over sink.
23. Do not store anything directly on top of the appliance surface when the appliance is in operation.
24. Oversized food or oversized metal utensils should not be inserted in a microwave/toaster oven as they may create a fire or risk of electric shock.
25. Do not clean with metal scouring pads. Pieces can come off the pad and touch electrical parts involving a risk of electric shock.
26. Do not use paper products when appliance is operated in the toaster mode.
27. Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
28. Do not cover racks or any other part of the oven with metal foil. This will cause overheating of the oven.
29. Clean Ventilation Hoods Frequently - Grease should not be allowed to accumulate on hood or filter.
30. When flaming foods under the hood, turn the fan on.
31. Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter
32. Suitable for use above both gas and electric cooking equipment.

# Save These Instructions

## Grounding Instructions

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

**WARNING** - Improper use of the grounding 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. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounded plug, and 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.

**DANGER** - Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

**WARNING** - Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used:
  - 1) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
  - 2) The extension cord must be a grounding-type 3-wire cord.
  - 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 unintentionally.

## 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:
  - Clean door and sealing surface of the oven
  - 2 Relocate the receiving antenna of radio or television.
  - Relocate the microwave oven with respect to the receiver.
  - 4 Move the microwave oven away from the receiver.
  - 5) Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

## UTENSILS

## Utensils

### CAUTION - Personal Injury Hazard

Tightly-closed utensils could explode. Closed containers should be opened and plastic pouches should be pierced before cooking.

See the instructions on "Materials you can use in microwave oven or to be avoided in microwave oven."

There may be certain non-metallic utensils that are not safe to use for microwaving. If in doubt, you can test the utensil in question following the procedure below.

### Utensil Test:

1. Fill a microwave-safe container with 1 cup of cold water (250ml) along with the utensil in question.
2. Cook on maximum power for 1 minute.
3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking.
4. Do not exceed 1 minute cooking time.



## Utensils

### Materials you can use in microwave oven

Utensils	Remarks
Browning dish	Follow manufacturer* instructions. The bottom of browning dish must be at least 3/16 inch (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer* instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer* instructions. Should be labeled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture.

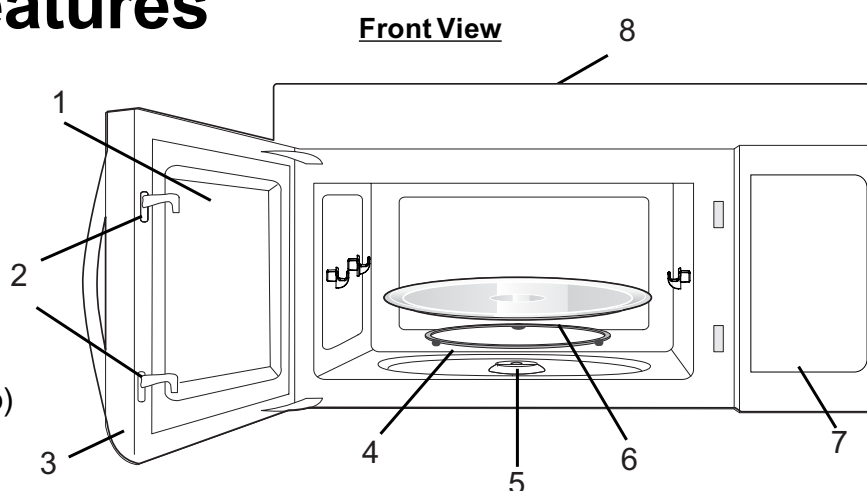
### Materials to be avoided in microwave oven

Utensils	Remarks
Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

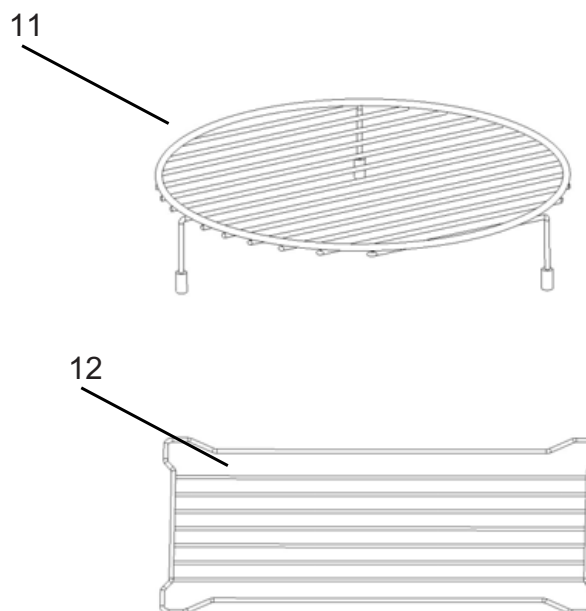
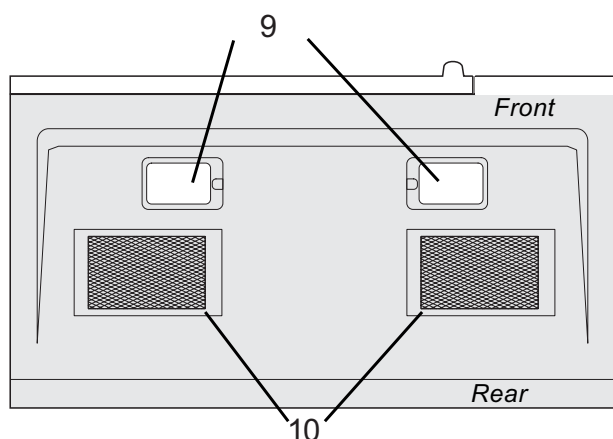
## Part Names

### Microwave features

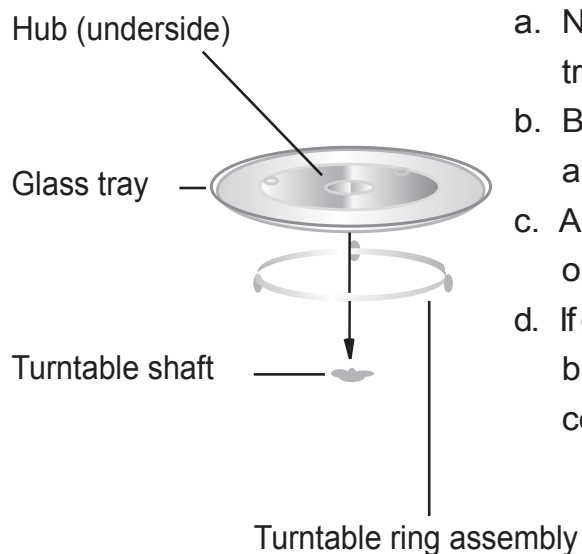
- 1 Window
- 2 Interlock system
- 3 Door assembly
- 4 Turntable ring assembly
- 5 Turntable Shaft
- 6 Turntable glass tray
- 7 Control panel
- 8 Ventilation openings (on top)
- 9 Surface lights
- 10 Ventilation filters
- 11 Wire rack (use in convection and combination cooking on the removable turntable )
- 12 Shelf (use in microwave cooking)



**Bottom View**



## Turntable Installation



- a. Never place the glass tray upside down. The glass tray should never be restricted.
- b. Both glass tray and turntable ring assembly must always be used during cooking.
- c. All food and containers of food are always placed on the glass tray for cooking.
- d. If glass tray or turntable ring assembly cracks or breaks, contact your nearest authorized service center.

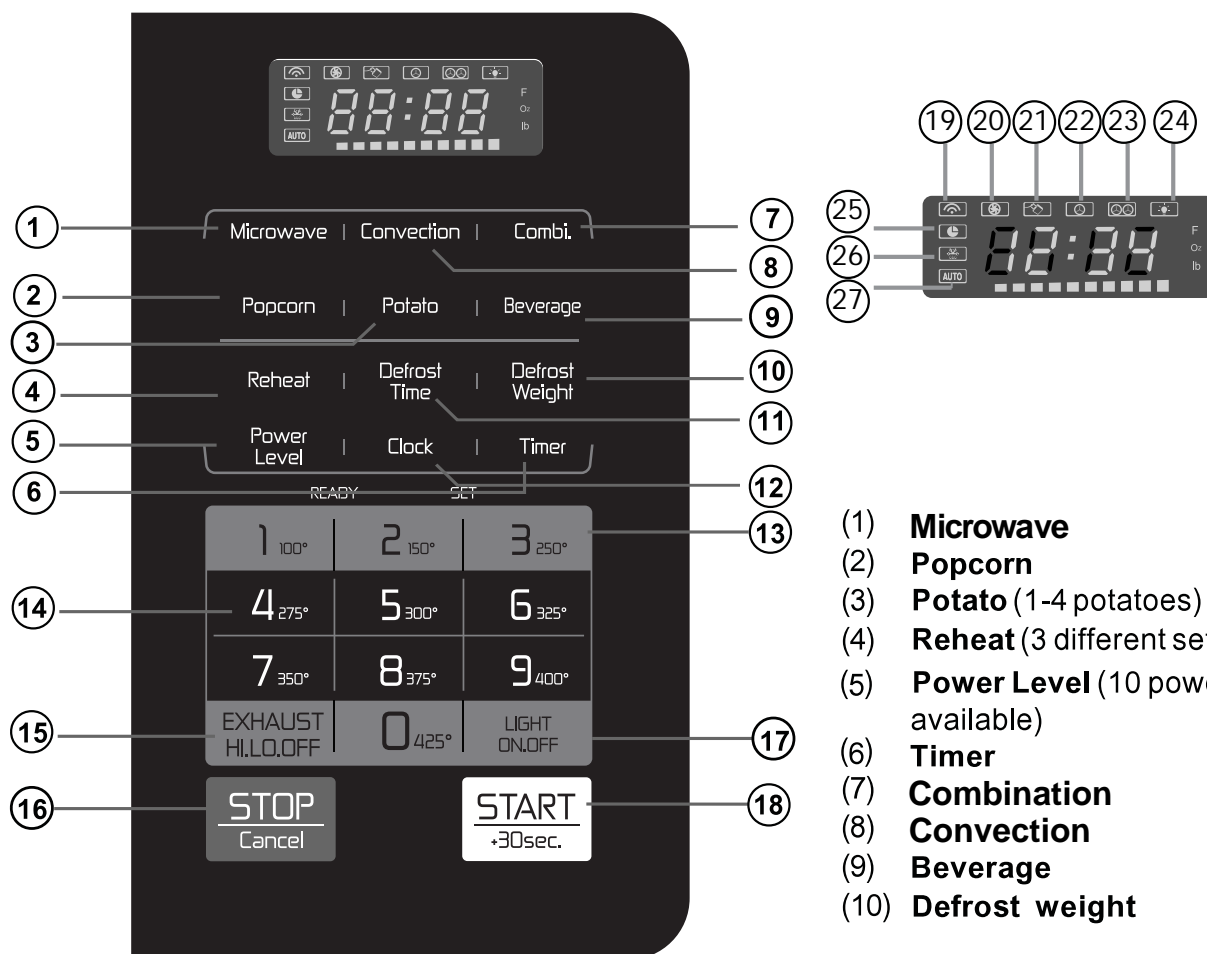
## Countertop Installation

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

Cabinet: Remove any protective film found on the microwave oven cabinet surface.

Do not remove the light brown Mica cover that is attached to the oven cavity to protect the magnetron.

# Control Panel



- (1) **Microwave**
- (2) **Popcorn**
- (3) **Potato** (1-4 potatoes)
- (4) **Reheat** (3 different settings)
- (5) **Power Level** (10 power levels available)
- (6) **Timer**
- (7) **Combination**
- (8) **Convection**
- (9) **Beverage**
- (10) **Defrost weight**

- (11) **Defrost Time**
- (12) **Clock**
- (13) **EasySet** (3 instant key settings)
- (14) **Numeric pads** (0 thru 9)
- (15) **Exhaust (High/Low/Off)** ~ Use to turn the exhaust fan on, off, or to adjust fan speed.
- (16) **Stop/Cancel**
- (17) **Light ON.OFF** ~ Press this pad to turn the surface lights on or off.
- (18) **START/+30 sec**

- (19) Microwave indicator
- (20) Convection indicator
- (21) Lock indicator
- (22) Vent Fan Of Low-Speed indicator
- (23) Vent Fan Of High-Speed indicator
- (24) stove Lamp indicator
- (25) Timer indicator
- (26) Defrost indicator
- (27) Auto Cook indicator

# Manual Cooking

## Setting the clock

**Example: setting clock display for 9:00:**

1. Touch **Clock** pad once for AM, touch twice for PM.
2. Enter time using number pads.
3. Touch **Clock** pad again.

## Setting the timer

**Example: setting timer for 5 minutes:**

1. Touch **Timer** pad once.
2. Enter desired time using number pads.
3. Touch **Timer** pad.

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

## Control Lock

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

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

**Example: to set the control lock ON:**

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

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

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

## Using the Stop/Cancel key

This feature will let you quickly stop or cancel the cooking process.

Touch the **Stop/cancel** pad to :

1. Erase if you have entered wrong information.
2. Cancel timer.
3. Press pad once to pause the oven temporally during cooking. (Touch **START/+30 sec** pad again to resume cooking.)
4. Return the time of day (clock) to the display after cooking cycle is completed.
5. Cancel a program during cooking, touch twice.

## Using the Start/+ 30 sec. key

This feature will let you quickly start or add 30 seconds

Touch the **START/+30sec.** pad to :

1. Start programmed cooking.
2. Start cooking for 30 seconds at 100% power level.
3. Extend cooking time in multiples of 30 seconds each time this pad is touched during microwave cooking.

**Example: to add 1 minute of cook time during 80% microwave cooking :**

Press **START/+30 sec** pad twice.

**Note: The cooking time cannot be added in defrost, auto menu and multi-stage cooking.**

# Maunal Cooking

## Heating with high power level

**Example: to heat for 5 minutes at 100% power:**

1. Press **Microwave** pad.
2. Use the number pads to enter desired heating time (cook time may be set up to 99 minutes and 99 seconds).
3. Touch **Start/+30SEC.** pad.

When heating has finished you will hear beeps .

## Heating with lower power levels

Using the highest power level to heat foods does not always give the best results when some types of food need slower cooking, such as roasts, baked goods or custards. Your oven has nine other power levels you may choose.

**Example: to heat for 4 minutes at 70% power:**

1. Press **Microwave** pad .
2. Use the number pads to enter desired heating time (cook time may be set up to 99 minutes and 99 seconds).
3. Press **Power Level** pad once for power level 10 (100% power).
4. Use the number key to change the power level to 7. **PL7** appears in the display (70 % power).
5. Press **Start/+30SEC.** pad.

When heating has finished you will hear beeps .

## Suggested power levels for cooking

The 10 power levels available with this microwave will help you to adjust to the power output best suited for the food type you are preparing. As with any food preparation in the microwave, it is best to follow the microwave instructions that are printed on food packaging.

The table below provides suggested power levels for various types of food that you can prepare in the microwave.

Power level	Microwave output	Use to prepare when:
10 High	100 %	<ul style="list-style-type: none"> <li>• Boiling water.</li> <li>• Cooking ground beef.</li> <li>• Making candy.</li> <li>• Cooking fresh fruits &amp; vegetables</li> <li>• Cooking fish &amp; poultry.</li> <li>• Preheating browning dish.</li> <li>• Reheating beverages.</li> <li>• Cooking bacon slices.</li> </ul>
9	90 %	<ul style="list-style-type: none"> <li>• Reheating meat slices quickly.</li> <li>• Saute onions, celery &amp; green peppers.</li> </ul>
8	80 %	<ul style="list-style-type: none"> <li>• All reheating.</li> <li>• Cooking scrambled eggs.</li> </ul>
7	70 %	<ul style="list-style-type: none"> <li>• Cooking breads &amp; cereal products.</li> <li>• Cooking cheese dishes &amp; veal.</li> <li>• Cakes, muffins, brownies &amp; cupcakes.</li> </ul>
6	60 %	<ul style="list-style-type: none"> <li>• Cooking pasta.</li> </ul>
5	50 %	<ul style="list-style-type: none"> <li>• Cooking meats &amp; whole poultry.</li> <li>• Cooking custard.</li> <li>• Cooking spare ribs, rib roast &amp; sirloin roast.</li> </ul>
4	40 %	<ul style="list-style-type: none"> <li>• Cooking less tender cuts of meat.</li> <li>• Reheating frozen packaged foods.</li> </ul>
3	30 %	<ul style="list-style-type: none"> <li>• Thawing meat, poultry &amp; seafood.</li> <li>• Cooking small quantities of food.</li> <li>• Finish cooking casseroles, stew &amp; some sauces.</li> </ul>
2	20 %	<ul style="list-style-type: none"> <li>• Softening butter &amp; cream cheese.</li> <li>• Heating small amounts of food.</li> </ul>
1	10 %	<ul style="list-style-type: none"> <li>• Softening ice cream.</li> <li>• Raise yeast dough.</li> </ul>

# Manual Cooking

## Heating with multiple cooking stages

For best results, some microwave recipes call for different power levels or different lengths of time for cooking. Your microwave may be set to change from one stage to another automatically (2 stages maximum).

**Example: to cook food for 3 minutes at 80% power and then 50% power for 6 minutes 30 seconds:**

1. Press **Microwave**
2. Use the number pads to enter heating time for the 1st stage (cook time may be set up to 99 minutes and 99 seconds).
3. Press **Power Level** pad once.
4. Use the number keys to enter power level for the 1st stage. **PL8** appears in the display (80 % power).
5. Press **Microwave** pad for 2nd stage.
6. Use the number pads to enter heating time for the 2nd stage (cook time may be set up to 99 minutes and 99 seconds).
7. Press **Power Level** pad for 2nd stage.
8. Use the number key to enter power level for the 2nd stage. **PL5** appears in the display (50 % power).
9. Press **Start/+30SEC.** pad.

When heating has finished you will hear beeps .

### Note:

Power level must always be programmed for first stage - 100% =10.

## Suggestions for getting the best results

To help you achieve the best possible results from your microwave oven, read the following suggestions below;

- **Storage temperature**  
Foods taken from the freezer or refrigerator take longer to cook than the same foods would at room temperature.
- **Size**  
Small pieces of food cook faster than large ones. Pieces similar in size and shape will cook more evenly when cooked together. For more even results, reduce the power levels when cooking large pieces of food.
- **Natural moisture**  
Very moist foods cook more evenly because microwave energy heats water molecules very efficiently.
- **Stirring**  
Stir foods such as casseroles and vegetable from the outside to the center to distribute the heat more evenly. This will allow the food to cook faster. Constant stirring is not necessary.
- **Turn over items**  
Turn over foods such as pork chops, roasts or whole cauliflower halfway through the cook time. This will help to expose all sides equally to microwave energy.
- **Food placement**  
Place delicate areas of food items, such as asparagus tips, toward the center of the turntable tray.
- **Food arrangement**  
Arrange unevenly shaped foods, such as chicken pieces or salmon, with the thicker or meatier parts toward the outside of the turntable tray.
- **Let the food stand**  
After removing the food from the microwave, cover the food with foil or a casserole lid and let it stand to finish cooking. This will help the food finish in the center and avoids overcooking the out edges, The length of stand time depends on the density and surface area of the food items.
- **Wrapping in paper towels or waxed paper**  
Sandwiches and many other food types containing pre-baked bread should be wrapped prior to placing in the microwave to help prevent the food items from drying out while heating.

# Manual Cooking

## Using Ready Set

**1                      2                      3**

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

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

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

## Exhaust High / Low / Off

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

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

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

## Surface Light / On / Off

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

## Setting Defrost by Weight

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

1. Press **Defrost Weight** pad once.  
**0.0** will appear in the display.
2. Use the numeric pads to input weight of food to defrost in pounds (10 = 1lb.) You may enter any weight from 0.1 to 6.0lbs.
3. Press **START/+30sec.** pad.

When defrosting has finished you will hear beeps .

**Note:** The weight amount must be a valid entry for this feature to start. A valid weight entry is 0.1 to 6.0 pounds.

## Setting Defrost by Time

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

1. Press **Defrost Time** pad once.  
**0:00** will appear in the display.
2. Use the number pads to enter desired defrost time (defrost time may be set up to 99 minutes and 99 seconds).
3. Press **Start/+30SEC.** pad.

When heating has finished you will hear beeps.

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

## Special notes for defrosting by time

- After pressing **Start/+30SEC.** key, the display will count down remaining defrost time. The oven will beep twice during the defrost cycle. At this time open the door and turn the food if needed and remove any portions that have already thawed. Touch the **Start/+30SEC.** key to resume the defrost cycle.
- When heating has finished you will hear beeps.



# Manual Cooking

## Defrosting tips

- When using the **defrost weight** feature, the weight entered should always be pounds (valid entries are from 0.1 to 6.0 pounds).
- Use both **defrost weight** and **defrost time** features for raw food items only. Defrosting gives best results when food to be thawed is a minimum of 0°F (taken directly from a true freezer). If the food has been stored in a refrigerator-freezer that does not maintain a temperature of 5° F or below, always program a lower food weight or lower cook time to prevent cooking the food.
- If the frozen food is stored outside the freezer for up to 20 minutes, enter a reduced cook time or weight.
- The shape of the package will alter the defrosting time. Shallow rectangular food packets defrost more quickly than a deep frozen block of food.
- Separate pieces as they begin to defrost. Separated frozen pieces of food defrost better.
- Shield warm areas of food with small pieces of foil if they start to become warm.
- You may use small pieces of aluminum foil to shield food items like chicken wings, leg tips and fish tails, but do not allow the foil to touch the oven cavity walls when defrosting.

## Defrosting suggestions for meats

For best results, please read these suggestions when defrosting meats.

Meat	Normal amount	Suggestions
• <b>Roast beef or pork</b>	2.5 to 6 lbs. (40 to 96 oz.)	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. Let stand, covered for 15-30 minutes.
• <b>Steaks, chops or fish</b>	0.5 to 3 lbs. (8 to 48 oz.)	After each stage, rearrange the food. If there are any warm or thawed portions of food, shield them with narrow flat pieces of aluminum foil. Remove any pieces of food that are nearly defrosted. Let stand, covered for about 5 to 10 minutes.
• <b>Ground meat</b>	0.5 to 3 lbs. (8 to 48 oz.)	After each stage, remove any pieces of food that are nearly defrosted. Let stand, covered with foil for 5 to 10 minutes.
• <b>Whole chicken</b>	2.5 to 6 lbs. (40 to 96 oz.)	Remove giblets before freezing poultry. Start defrosting with the breast side down. After the 1st stage, turn the chicken over and shield any warm portions with narrow strips of aluminum foil. After the 2nd stage, again shield any warm portions with narrow strips of aluminum foil. Let stand, covered, for 30 to 60 minutes in the refrigerator.
• <b>Chicken pieces</b>	0.5 to 3 lbs. (8 to 48 oz.)	After each stage, rearrange or remove any pieces of food that are nearly defrosted. Let stand for 10-20 minutes.

# Maunal Cooking

## Reheat

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

**Example: to reheat 24 ounces of food.**

1. Press **Reheat** pad 3 times to reheat 24oz. of food. **24.00oz** will appear in the display (see reheat category table).

Reheat Category	Press	Display
8 ounces of food	once	8.00 oz
16 ounces of food	twice	16.00 oz
24 ounces of food	3 times	24.00 oz

2. Press **Start/+30SEC.** pad.

## Reheat cooking suggestions

Reheat	Directions	Amount
Dinner plate	Use only pre-cooked, refrigerated foods. Cover plate with vented plastic wrap or waxed paper, tucked under plate. If food is not as hot as you prefer after heating with <b>Reheat</b> , continue heating using manual time and power level settings.  Contents: <ul style="list-style-type: none"> <li>• 3-4 oz. meat, poultry or fish (up to 6 oz. with bone)</li> <li>• ½ cup starch (potatoes, pasta, rice, etc.)</li> <li>• ½ cup of vegetables (about 3-4 oz.)</li> </ul>	1 serving (1 plate)
Casserole	Cover plate with lid or vented plastic wrap. If food is not as hot as you prefer after heating with <b>Reheat</b> , continue heating using manual time and power level settings.	1 to 4 servings
Pasta	Stir foods once before serving.  Contents: <ul style="list-style-type: none"> <li>• Casserole-refrigerated foods (for example beef stew or lasagna)</li> <li>• Pasta-Canned spaghetti and ravioli, refrigerated foods.</li> </ul>	

# Manual Cooking

## CONVECTION Cooking

There are ten temperatures of convection: 100°F, 150°F, 250°F, 275°F, 300°F, 325°F, 350°F, 375°F, 400°F, 425°F.

Convection cooking uses a heating element to raise the temperature of the air inside the oven. Any oven temperature from 100°F to 425°F may be set. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

### *For Best Results...*

Always use the shelf when convection cooking.

Reduce package/recipe temperature 25°F for baked goods.

The shelf is required for good air circulation and even browning.

## Using CONVECTION With preheating

Example: to cook food for 5 minutes at 250°F using **Convection** with preheating

1. Press **Convection** pad once.
2. Press the temperature key to select the temperature you need. Do not enter cook time now. (The cook time will be entered later, after the oven is preheated.)
3. Press **Start/+30SEC.** pad to start preheating. (When the oven is preheated, it will signal.)
4. Place the food in the oven. Press the number keys to set cooking time (If you do not enter the cooking time within 20 minutes the oven will turn off automatically)
5. Press **" Start/+30SEC. "** to start cooking. When cooking is complete, the oven will signal and turn off.

## Using CONVECTION Without preheating

Example: to cook food for 5 minutes at 250°F using **Convection** without preheating

1. If your recipe does not require preheating, press the **Convection** pad once.

2. Press the temperature key to select the temperature you need.
3. Press **Convection** to confirm the temperature.
4. Press the number keys to set cooking time.
5. Press the **" Start/+30SEC. "** pad to start the oven.

## Combination Cooking

*Combination Cooking* offers the best features of microwave energy and convection cooking. Microwaves cook food fast and convection circulation of heated air browns foods beautifully. Any oven temperature from 100°F to 425°F may be set.

### *For Best Results...*

*Always use the shelf when combination cooking.*

The shelf is required for good air circulation and even browning.

## Microwave +convection Combination Cooking

Example: to cook food for 5 minutes using combination cooking.

1. Press **COMBI.** pad once.
2. Press the number keys to set cooking time.
3. Press **Start/+30SEC.** pad to start cooking.

### **Notes:**

- Check the *Cookware Tips* section for correct cookware when *Combination Cooking*
- Do not use metal cookware when *Combination Cooking*
- Place meat on a trivet in a glass dish to collect juices and prevent spattering.
- For best roasting and browning results, whole roasts should be cooked in a glass dish placed directly on the oven shelf.
- For foods that are too tall to fit in the oven, you can leave out the trivet. If necessary, you may take out the shelf and place the dish directly on the turntable.

# Manual Cooking

## Popcorn

### CAUTION

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

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

Amount	Press popcorn pad
1.75 oz. (default setting)	once
3.00 oz.	2 times
3.50 oz.	3 times

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

1. Press **Popcorn** pad (1, 2 or 3 times - refer to table above to change for bag size).
2. Press **Start/+30SEC.** pad.

The microwave will beep when finished.

## Potato

The potato feature cooks 1, 2,3 or 4 (cooking times based on 8 to 32 oz.) potatoes automatically. Use the table below to determine the setting to use.

Amount	Press potato pad
1 potato (default setting)	once
2 potatoes	2 times
3 potatoes	3 times
4 potatoes	4 times

**Example: to cook 1 potato automatically.**

1. Press **Potato** pad (1, 2,3 or 4 times - refer to table above to change quantity).
2. Press **Start/+30SEC.** pad.

The microwave will beep when finished.

### Notes:

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

## Beverage

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

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

**Example: to heat 1 cup of a beverage.**

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

2. Press **Start/+30SEC.** pad.

The microwave will beep when finished.

# Auto Cooking

## Convenience cooking suggestions

Convenience category	Amount	Suggestions
Popcorn	1.75,3.0, 3.5 oz. 1 pkg.	Cook a single “microwave-only” bag of popcorn at a time. Use caution when removing and opening the hot popcorn bag from the oven. Let microwave oven cool down at least 5 minutes before using again.
Potato	1,2,3,4 potatoes 8,16,24 32 oz.	Pierce each potato several times using a fork. Place on turntable in spoke-like fashion. After cooking, let stand for 3-5 minutes. Let oven cool for at least 5 minutes before using again. Use the <b>start/+30sec</b> pad to increase cook time for larger potatoes.
Beverage	1,2,3 cups (8 oz,16 oz, 24 oz.)	Use a microwave-safe measuring cup or mug; do not cover. Place the beverage in the microwave. After heating, stir well. Let oven cool for at least 5 minutes before using again. Beverages heated with the beverage category may be very hot. Remove the container with care.

# Cleaning And Care

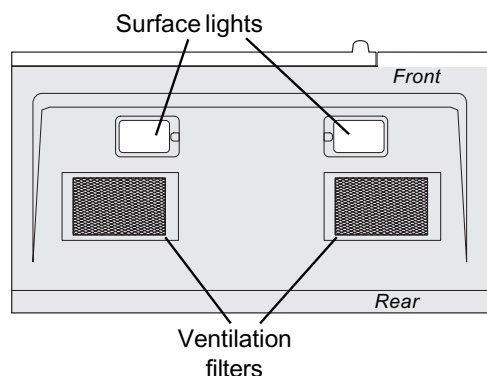
Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

## Cleaning the exhaust filters

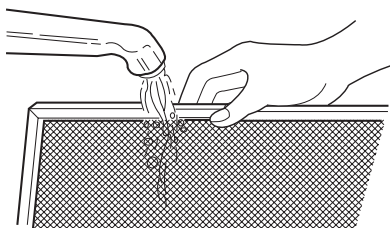
The oven ventilation exhaust filters should be removed and cleaned often; generally at least once every month.

### CAUTION

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



1. To remove the exhaust ventilation filters, slide the filter to the rear. Then pull filter downward and push to the other side. The filter will drop out. Repeat for the 2nd filter.



2. Soak the ventilation filters in hot water using a mild detergent. Rinse well and shake to dry or wash in a dishwasher. **Do not use ammonia. The aluminum on the filter will corrode and darken.**



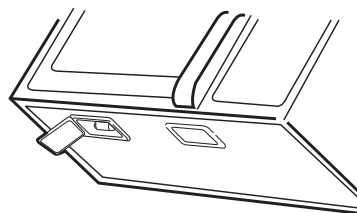
3. To reinstall the exhaust ventilation filter, slide it into the side slot, then push up and toward oven to lock. Reinstall the 2nd filter using the same procedure.

## Surface light replacement

### CAUTION

To avoid risk of personal injury or property damage, wear gloves when replacing the light bulbs.

1. Unplug the microwave oven or turn off power at the main circuit breaker.
2. Remove the bulb cover mounting screws at both light positions under the microwave.



3. Replace bulb with 30 watt appliance bulb.
4. Re-install bulb cover and mounting screw.
5. Plug the microwave back into the power supply or turn the power back on at the main circuit breaker.

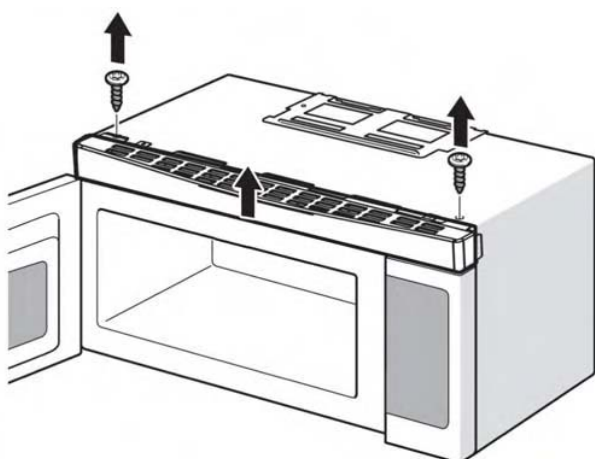
# Cleaning And Care

Disconnect the power cord before cleaning or leave the door open to deactivate the oven during cleaning.

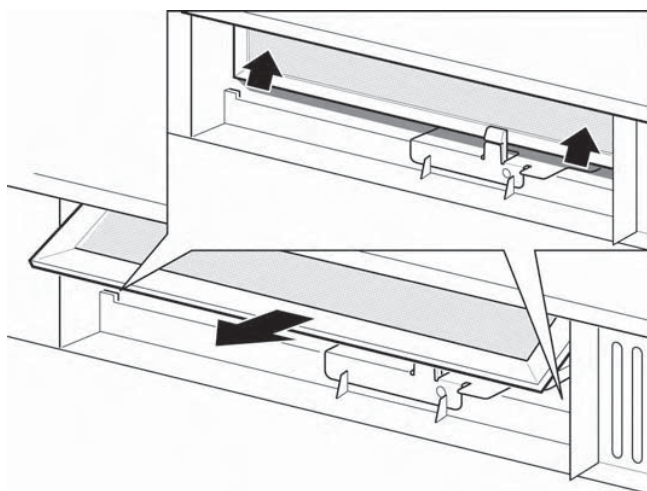
## Charcoal filter replacement (For some models)

Charcoal Filter installed in your microwave oven, is used for nonvented, recirculated installation. The filter should be changed every 6 to 12 months depending on use.

1. Disconnect power to the microwave oven at the circuit breaker panel or by unplugging.
2. Remove the vent grill mounting screws.
3. Pull the vent grill away from the unit.



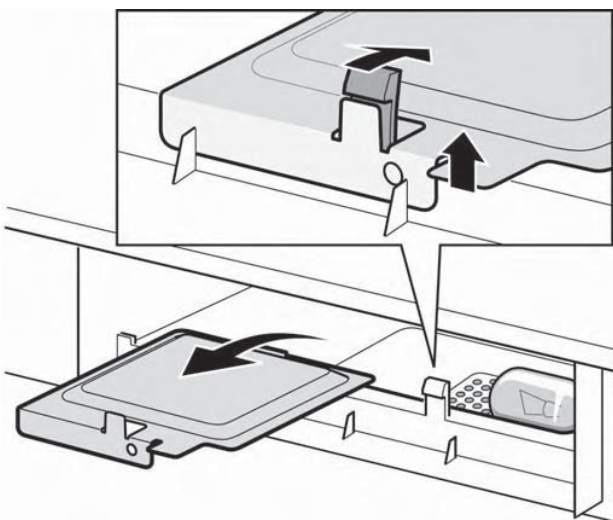
4. Remove the charcoal filter by pushing it inwards, then turn and pull it away from the unit.



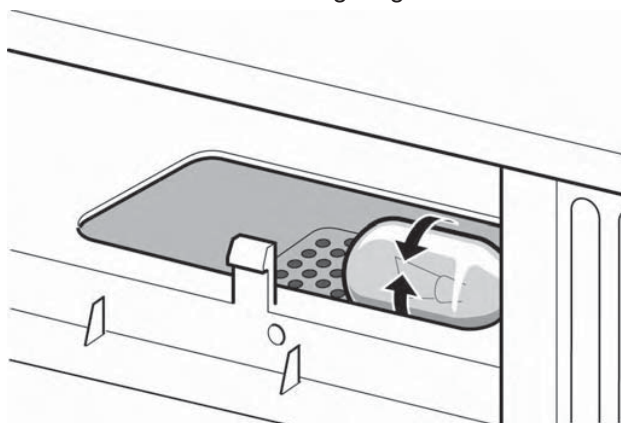
## Oven light replacement

Remove the vent grill per instructions 1-4 above and charcoal filter, if used.

1. Open light cover located behind filter mounting by carefully pulling up on the front edge.



2. Remove old light bulb and replace only with equivalent 30 watt bulb available from parts distributor. Bulbs are also available at most hardware stores or lighting centers.



**Note: DO NOT USE BULB LARGER THAN 30 WATTS.**

3. Replace the microwave oven light cover by carefully pushing into place. Replace the charcoal filter. Push the vent grill back into place (engaging both the bottom and top tabs) and replace the vent grill mounting screws.

# Cleaning And Care

**Disconnect the power cord before cleaning or  
leave the door open to deactivate the oven during cleaning.**

## Cleaning suggestions

For best performance and for safety reasons, keep the oven clean inside and outside. Take special care to keep the inner door panel and oven frame free of food and grease build-up.

**Never use rough scouring powder or pads** on the microwave. Wipe the microwave oven inside and out with a soft cloth and warm (not hot) mild detergent solution. Then rinse and wipe completely dry.

Wipe spatters immediately with a wet paper towel, especially after cooking greasy foods like chicken or bacon.

Clean your microwave oven weekly or more often, if needed.

### Follow these instructions to clean and care for your microwave oven:

- Keep the inside (cavity) of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to work less efficiently.
- Wipe up spills immediately. Use a damp, clean cloth and mild soap. **DO NOT** use harsh detergents or abrasive cleaners.
- To help loosen baked-on food particles or liquids, heat 2 cups of water (add the juice of 1 lemon if you desire to keep the oven fresh smelling) in a 4 cup measuring glass at High power for 5 minutes or until boiling. Let stand in oven cavity for 1 or 2 minutes.
- Remove the glass turntable tray from the oven when cleaning the oven cavity or tray. To prevent the glass turntable from breaking, handle with care and do not put it in water immediately after cooking. Wash the turntable tray in warm sudsy water or in the dishwasher.
- Clean the outside surface of the microwave with soap and a clean damp cloth. Dry with a clean soft cloth. To prevent damage to the operating parts of the oven, do not let water seep into any vents or openings.
- Wash the oven door window with very mild soap and water. Be sure to use a soft clean cloth to avoid scratching.
- If steam accumulates inside or outside the oven door, wipe with a soft cloth. Steam can accumulate when operating the oven in high humidity and in no way indicates microwave leakage.
- Never operate the oven without food in the oven cavity; this can damage the magnetron tube or glass tray. You may wish to leave a cup of water standing inside the oven when it is not in use to prevent damage if the oven is accidentally turned on.

## How to Clean the Inside

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door.

Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

*To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, non-abrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry. Never use a commercial oven cleaner on any part of your microwave.*

### Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

## How to Clean the Outside

*Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.*

### Case

Clean the outside of the microwave with a sudsy cloth. Rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth.



# Cleaning And Care

**Disconnect the power cord before cleaning or  
leave the door open to deactivate the oven during cleaning.**

## Control Panel and Door

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

To clean stainless steel surfaces, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth.

## Door Surface

It is important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

## Power Cord

If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

## Stainless Steel

Do not use a steel-wool pad; it will scratch the surface.

## Maintenance

### Troubleshooting

Check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact the nearest authorized service center.

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start	a. Electrical cord for oven is not plugged in. b. Door is open. c. Wrong operation is set.	a. Plug into the outlet. b. Close the door and try again. c. Check instructions.
Arcing or sparking	a. Materials to be avoided in microwave oven were used. b. The oven is operated when empty. c. Spilled food remains in the cavity.	a. Use microwave-safe cookware only. b. Do not operate with oven empty. c. Clean cavity with wet towel.
Unevenly cooked foods	a. Materials to be avoided in microwave oven were used. b. Food is not defrosted completely. c. Cooking time, power level is not suitable. d. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Use correct cooking time, power level. d. Turn or stir food.
Overcooked foods	Cooking time, power level is not suitable.	Use correct cooking time, power level.
Undercooked foods	a. Materials to be avoided in microwave oven were used. b. Food is not defrosted completely. c. Oven ventilation ports are restricted. d. Cooking time, power level is not suitable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Check to see that oven ventilation ports are not restricted. d. Use correct cooking time, power level.
Improper defrosting	a. Materials to be avoided in microwave oven were used. b. Cooking time, power level is not suitable. c. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Use correct cooking time, power level. c. Turn or stir food.

## Product Warranty

This warranty is available to consumers only. You are a consumer if you own a CONTOURE product that was purchased at a retail store for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

Warranty registration is not mandatory, but doing so will help us to service you more quickly if you need to present a warranty claim or notify you if there is a product recall. Please go online to submit your product registration form. Return of product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for warranty purposes will be the date of manufacture.

NQP warrants CONTOURE Products ("product") to be free of all defects in material and workmanship for the applicable period specified below commencing from the date of original purchase. This warranty extends to the original buyer only.

### **Ninety (90) Day Full Warranty Parts & Labor:**

Within ninety (90) days from the date of original purchase, NQP/CONTOURE in its sole discretion, will either repair or replace, free of charge, any part proving defective in material or workmanship.

All warranty repairs and service must be performed at a NQP/CONTOURE location of service by an authorized NQP/CONTOURE technician. All expenses related to replacing or repairing a defective part under this ninety (90) day warranty shall be assumed by NQP/CONTOURE except the cost of transporting the product to and from NQP/CONTOURE, which

shall be assumed by the buyer. If the product is replaced, the replacement will be with a product that is identical or equivalent to the warranted product. If the product cannot be repaired or replaced, NQP/CONTOURE will issue a refund to the buyer for the original purchase price less that amount directly attributable to use by the buyer.

### **Disclaimer of implied warranties; limitation of remedies:**

Customer's sole and exclusive remedy under this limited warranty shall be product repair or replacement as provided herein. Claims based on implied warranties, including warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law, but not less than one year. NQP/CONTOURE shall not be liable for consequential or incidental damages such as property damage and incidental expenses resulting from any breach of this written limited warranty or any implied warranty. Some states and provinces do not allow the exclusion or limitation of incidental or consequential damage or limitations on the duration of implied warranties, so these limitations or exclusions may not apply to you. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state.

### **One (1) Year Limited Warranty:**

After the expiration of the ninety (90) day warranty, and within one (1) year from the date of original purchase, NQP/CONTOURE NQP will replace any part proving defective in material or workmanship with a product that is identical or equivalent to the warranted part. The buyer shall assume the cost of transporting the defective product to and from NQP/CONTOURE and will assume the cost of labor associated with repair.

# Product Warranty

## How to obtain warranty service:

Upon discovery of any defect, malfunction, or nonconformity in the warranty-covered product, the buyer should visit **[www.contoureusa.com](http://www.contoureusa.com)** and submit a warranty claim online.

For any questions regarding your warranty you may also email us at **[warranty@contoureusa.com](mailto:warranty@contoureusa.com)**

## Notice to Buyer:

This warranty gives the buyer specific legal rights, and the buyer may also have other rights, which vary from state to state. You have the right to bring any action at law or equity to resolve disputes concerning or to enforce the provisions of this warranty. Every implied warranty, including any statutory warranty or condition of merchantability or fitness for a particular purpose, is disclaimed except to the extent prohibited by law, in which case such warranty or condition is limited to the duration and extent of this written warranty.

For added protection and secure handling of any CONTOURE product that is being returned, we recommend that you use a traceable, insured delivery service. NQP/CONTOURE cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are NOT covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on the product), original date of purchase and any additional pertinent information pertaining to the product's return.

## Warranty Exclusions:

This warranty does not apply to any costs, repairs or services for the following:

- Products with original serial numbers that have been removed, altered or cannot be readily determined or products purchased “as-is.”
- Product that has been transferred from its original owner to another party or removed outside of the USA or Canada.
- Products used in commercial setting(s).
- Service calls to correct the installation of the warranty-covered products, to explain the usage of the product to the buyer, or to reset or replace home circuit breakers or fuses.
- Service calls which do not involve malfunction or defects in materials or workmanship, or for appliances not in ordinary household use or used other than in accordance with the provided instructions.
- Repairs necessitated by use other than normal home use / Products used in commercial settings.
- Damage resulting from misuse, abuse, accidents, alterations, improper installation, fire, flood acts of God or damage caused by the shipping of the product by the buyer to NQP.
- Corrective work necessitated by repairs made by anyone other than a NQP authorized service technician / Rust on the interior or exterior of the unit.
- Costs incurred for disposing of the product at locations other than a NQP facility.
- Food loss due to any refrigerator or freezer failure.

## Product Warranty

- Expenses for making the appliance accessible for servicing, such as removal of trim, cupboards, shelves, etc. which are not a part of the appliance when it is shipped from the factory.
- Damages to the finish of appliance or home incurred during installation, including but not limited to floors, cabinets, walls, etc.
- Damages caused by: services performed by unauthorized service companies; use of parts other than genuine CONTOURE parts or parts obtained from persons other than authorized service companies; or external causes such as abuse, misuse, inadequate power supply, accidents, fires or acts of God.
- Labor costs after ninety (90) days from your original date of purchase incurred for product repair or replacement as provided herein for carry-in appliances.

### **This warranty only applies in the USA and Canada:**

In the United States and Canada, your appliance is warranted by NQP/CONTOURE. NQP/CONTOURE authorizes no person to change or add any obligations under this warranty. Obligations for service and parts under this warranty must be performed by NQP/CONTOURE or an authorized service company.

### **California Residents Only:**

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product.

(1) to the store where it was purchased or (2) to another retail store which sells CONTOURE products of the same type. The retail store shall then, at its discretion, either repair the product,

refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.

NQP/CONTOURE and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to NQP for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-888-656-9317 or sending us an email, [warranty@contoureusa.com](mailto:warranty@contoureusa.com).

NQP/CONTOURE will be responsible for the cost of the repair, replacement, and return shipping and handling for such products under warranty.

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