



0.7 cu. ft. Microwave Oven

MCD770RW

Operation Instructions
and Cooking Guide



So Right at Home.

Before operating this oven, please read these instructions completely.

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 oil 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 any one except properly qualified service personnel.

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SAVE THESE INSTRUCTIONS

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 1.
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 containers-for example sealed closed glass jars-are able to explode and should not be heated in this oven.
6. Use this appliance only for its intended in this manual. Use as described in this 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, or near a swimming pool.or similar locations.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. Either:
 - a) When cleaning surfaces of door and oven that comes together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth, or
 - b) When separate cleaning instructions are provided, See door surface cleaning instructions on(specific page or section to be included)
16. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend appliance when paper,

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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. Do not use this microwave oven to heat corrosive chemicals (for example, sulfides and chlorides). Vapours from such corrosive chemicals may interact with the contact and springs of the safety interlock switches thereby rendering them inoperable.
18. Keep the waveguide cover clean at all times. Wipe the oven interior with a soft damp cloth after each use. If you leave grease or fat anywhere in the cavity it may overheat, smoke or even catch fire when next using the oven.
19. Never heat oil or fat for deep frying as you cannot control the temperature and doing so may lead to overheating and fire.
20. 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.

**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 manufacturer's instructions, may cause interference to radio and television reception. It has been type-tested and found to comply with limits for an ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

SAVE THESE INSTRUCTIONS

However, there is no guarantee that interference will not occur in a 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 on different branch circuits.

THE MANUFACTURER is not responsible for any radio or TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven.

It is the responsibility of the user to correct such interference.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, the grounding plug reduces the risk of electric shock by providing an escape wire for 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, and either :

- (1) 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 shall be equal to or greater than the electrical rating of the appliance. or
- (2) Do not use an extension cord, if the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

WARNING

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

USING AN ADAPTER

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

SAFETY PRECAUTIONS

GENERAL USE

DO NOT attempt to tamper with or make any adjustment or repair to door, control panel or any other part of the oven. **DO NOT** remove outer case from oven.

Repairs should only be done by a qualified service person.

If a fire occurs in the oven, turn the **TIMER KNOB** to the "0" position **LEAVE THE DOOR CLOSED**. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

DO NOT operate the oven empty. The microwave energy will be reflected continuously throughout the oven if no food or water is present to absorb energy.

DO NOT attempt to dry clothes, newspapers or other materials in the oven. They may catch on fire.

DO NOT use recycled paper products as they may contain impurities which may cause sparks and/or fires when used.

DO NOT hit or strike the control panel, damage to controls may occur.

AVOID inserting nails, wire, etc. through any holes in the unit while operating the oven. Never insert a wire, nails or any other metal object through the holes on the cavity or any other holes or gaps because such objects may cause electric shock and microwave leakage.

UTENSILS

METAL CONTAINERS or dishes with metallic rims should not be used. Arcing may occur.

METAL TWIST-TIE must not be used in the microwave oven.

DO NOT use **SEALED JARS** or **NARROW NECK** bottles for cooking or reheating. They may shatter.

DO NOT use **CONVENTIONAL THERMOMETERS** in the microwave oven.

They may cause arcing.

Remove **PLASTIC STORE WRAPS** before cooking or defrosting in the oven.

For **FURTHER INFORMATION** on proper cooking utensils, refer to the Introduction in the Microwave cooking guide.

FOOD

Never use your microwave oven for **HOME CANNING**. The oven is not designed to permit proper canning. Improperly canned food may spoil and be dangerous to consumer.

COOKING TIMES given in the cooking guide are **APPROXIMATE**. Factors that may affect cooking are: starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.

It is better to UNDERCOOK RATHER THAN OVERCOOK foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

SMALL QUANTITIES of food or foods with LOW MOISTURE content can burn, dry out or catch on fire if cooked too long.

DO NOT boil eggs in their shell. Pressure may build up and the eggs will explode.

Potatoes, apples, egg yolks, whole squash and sausage are examples of food with NONPOROUS SKINS. These must be pierced before cooking to prevent bursting.

POPCORN must be popped in a microwave corn popper. Microwave popped corn produces a lower yield than conventional popping. Do not pop popcorn unless popped in a microwave approved popcorn utensils or unless it's commercially packaged and recommended especially for microwave ovens. Do not use oil unless specified by the manufacturer.

DO NOT attempt to deep fat fry in your oven.

HEATED LIQUIDS can ERUPT if not mixed with air. Do not heat liquids in your microwave oven without first stirring.

INSTALLATION

Examine the oven after unpacking.

Check for damage such as a misaligned door, broken door or dent in the cavity. If any damage is visible, DO NOT INSTALL, and notify your dealer immediately.

Level, flat location.

Install the microwave oven on a level, flat surface.

Ventilation.

Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause a failure.

For proper ventilation, allow 3 inches of space between oven top, sides, rear and adjacent surfaces. The minimum height of free space necessary above the top surface of the oven is 100mm.

Away from radio and TV sets.

Poor television reception and radio interference may result if the oven is located close to a TV, radio, antenna, feeder, etc. Place the oven as far from them as possible.

Away from heating appliances and water taps.

Keep the oven away from heat, steam or splashing liquids. These things can adversely affect oven wiring and contacts.

Power supply.

This microwave oven requires a power supply of approximately 10 Amperes, 120 Volts, 60Hz and a grounded outlet.

A short power cord is provided to reduce the risk of the user becoming entangled in or tripping over longer cord. Longer cord sets or extension cords are available and may be used if care is exercised.

If an extension cord is used, the marked electrical rating of the cord should be at least as great as the electrical rating of the oven. The extension cord must be a grounding-type 3-wire cord. The longer cord should be arranged so it does not drape over the table top or counter where children can pull on it or trip over it.

CARE OF YOUR M.W.O

Turn the oven off before cleaning.

Keep the inside of the oven clean. When food spatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

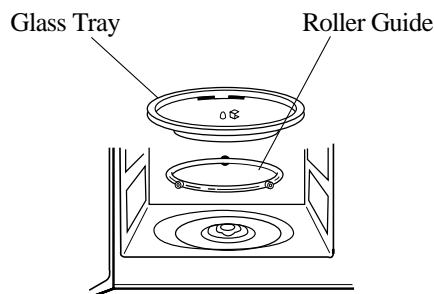
The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

If the Control Panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel.

If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.

The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller guide may be washed in mild sudsy water.



HOW TO USE YOUR MICROWAVE OVEN SAFELY

Although your oven is provided with safety features, it is important to observe the following:

- a) It is important not to defeat or tamper with safety interlocks.
- b) Do not place any object between the front face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.
- c) When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward to cause injury and also damage the door. Do not operate the oven if it is damaged, until it has been repaired by a qualified service engineer. It is particularly important that the oven door closes properly and that there is no damage to the:
 - i) Door (bent)
 - ii) Hinges and Latches (broken or loosened)
 - iii) Door seals and Sealing surfaces
 - d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

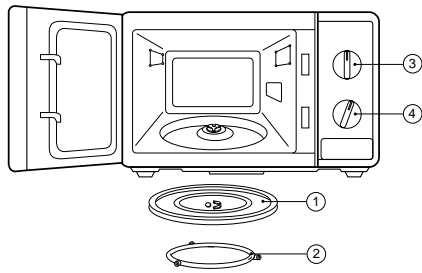
NOTE:

It is quite normal for steam to be emitted around the door during the cooking cycle. The door is not intended to seal the oven cavity completely, but its special design contributes to the complete safety of the appliance.

CAUTION:

1. Do not attempt to operate the oven while empty as this will cause damage.
2. As an exhaust is located in the rear of the oven, install the oven so as not to block the outlet.

FEATURES



- ① Glass Cooking Tray
- ② Roller guide-This must always be used for cooking together with the glass cooking tray.
- ③ Knob VPC-Used to select a microwave power level.
- ④ Knob timer-Used in setting cooking time for all functions.

OPERATING PROCEDURE

This section includes useful information about oven operation.

1. Plug power supply cord into a standard 3-pronged 10 Amp, 120V AC 60Hz power outlet.
2. After placing the food in a suitable container, open the oven door and put it on the glass tray.
The glass tray and roller guide must always be in place during cooking.
3. Shut the door. Make sure that it is firmly closed.
When the oven door is opened, the light turns off.
The oven door can be opened at any time during operation by pressing the door release button on the control panel. The oven will automatically shut off.

4. Set the variable power control (KNOB-VPC) to the desired power level.
5. Set the operating time by turning the timer control (KNOB-TIMER) to the desired cook time and the microwave cooking starts.
 - If setting the timer control for less than 2 minutes, turn it past 2 minutes and then back to the desired time.

POWER LEVEL	OUTPUT POWER
WARM	17%
DEFROST	33%
MEDIUM	55%
MED HIGH	77%
HIGH	100%

6. Microwave energy will be turned off automatically when the timer reaches "0" position. Then food can be taken out of the oven.
 - To prevent the oven from operating with the door open, your microwave oven is fitted with safety door interlock switches.
 - If you wish to inspect the food while it is cooking simply open the door. The oven will automatically stop cooking. To continue cooking, you simply close the door.
 - If you wish to stop cooking, simply turn the timer knob to the "0" position. Cooking can be reset at any time during the cooking cycle by turning the timer control.
 - Do not let the timer continue to operate after removing or when there is no food.

COOKING GUIDE

COOKING UTENSILS

Recommended Use

Glass and glass-ceramic bowls and dishes - Use for heating or cooking.

Microwave browning dish - Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish.

Microweaveable plastic wrap - Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.

Wax paper - Use as a cover to prevent spattering.

Paper towels and napkins - Use for short term heating and covering; they absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and can catch fire.

Paper plates and cups - Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and can catch fire.

Thermometers - Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used once the food has been removed from the oven.

Limited Use

Aluminum foil - Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful.

Ceramic, porcelain, and stoneware - Use these if they are labeled "Microwave Safe". If they are not labeled, test them to make sure they can be used safely. Never use dishes with metallic trim.

Plastic - Use only if labeled "Microwave Safe". Other plastics can melt.

Straw, wicker, and wood - Use only for short-term heating, as they can be flammable.

Not Recommended

Glass jars and bottles - Regular glass is too thin to be used in a microwave, and can shatter.

Paper bags - These are a fire hazard, except for popcorn bags that are designed for microwave use.

Styrofoam plates and cups - These can melt and leave an unhealthy residue on food.

Plastic storage and food containers - Containers such as margarine tubs can melt in the microwave.

Metal utensils - These can damage your oven. Remove all metal before cooking.

COOKING TECHNIQUES

Stirring

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

Arrangement

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

Shielding

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

Turning

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

Standing

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

Adding Moisture

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

DEFROSTING FROZEN FOODS

Defrosting frozen foods is one of the benefits of having a microwave oven. Defrosting foods, especially meats, with the microwave oven is not only faster than any other method, it can also give better results. Once frozen meat is thawed, it begins to lose its juices. With a microwave oven, you can thaw meat just before you plan to cook it, for highest juiciness and quality.

The times are approximate because freezer temperatures vary. To obtain best results, follow special techniques for defrosting. Remember when defrosting to allow for a standing time to evenly thaw food. If the item is not totally thawed after standing time, place it back in the microwave oven for a few additional minutes. Unwrap food, place on microwave-safe roasting rack in microwave-safe cooking dish or arrange properly on the dish so microwaves can reach all sides. And halfway through defrosting time, stir, turn over or redistribute food. Breaking up the pieces of chicken, fish and meat when they are partially thawed will help. Any pieces which are already thawed should be removed. Shield any areas which may show signs of starting to cook-thin ends of roasts or poultry legs and wings-with foil.

AUTO DEFROSTING CHART

FISH AND SEAFOOD		
ITEM	SPECIAL INSTRUCTIONS	COOKING TIME PER POUND
Fish Fillets Frozen in block	Place fillets on a microwave rack; cover paper towel. Turn over after half the time. Let stand 10 minutes then finish with cold running water (about 5 minutes).	5 min.
Individual Fish Fillets or Fish Steaks	Place fish on a microwave rack; cover with paper towel. Turn over after half the time. Let stand 5 minutes then finish with cold running water (about 5 minutes).	5 min.
PORK		
ITEM	SPECIAL INSTRUCTIONS	COOKING TIME PER POUND
Pork Strips	Place pork strips on a microwave rack; cover with paper towel. Separate and turn over once. Let stand 20 minutes.	9 min.
Pork Cubes	Place pork cubes on a microwave rack; cover with paper towel. Separate and rearrange once. Let stand 20 minutes.	9 min.
BEEF AND LAMB		
ITEM	SPECIAL INSTRUCTIONS	COOKING TIME PER POUND
Beef Rolled Rump Roast, boneless -- OR -- Beef Round Sirloin Tip Roast, boneless	Place roast (up to 3 pounds) on a glass cooking tray with paper towel. Turn over after half the time. Shield as needed. Let stand 30 minutes.	13 min.
Ground Beef 1/2 to 1 pound	Place beef on a glass cooking tray with paper towel. Break apart and remove thawed portions with fork. Let stand 10 minutes.	10 min
POULTRY		
ITEM	SPECIAL INSTRUCTIONS	COOKING TIME PER POUND
Whole Chicken -- OR -- Cornish Hen	Place chicken, breast side down, on a glass cooking tray with paper towel. Turn over after half the time. Shield as needed. Let stand 20 minutes. If needed, finish defrosting under cold running water.	10 min.
Whole Chicken, Cut up -- OR -- Chicken Pieces, Bone- in	Place chicken on a glass cooking tray with paper towel. Separate and rearrange once. Shield as needed. Let stand 15 minutes. If needed, finish defrosting under cold running water.	10 min.

COOKING CHART

MEAT				
ITEM	MICROWAVE POWER		COOKING TIMER PER POUND	
Beef				
Standing/rolled Rib - Rare	MED HIGH		9-11 min.	
- Medium	MED HIGH		10-12 min.	
- well done	MED HIGH		12-14 min.	
Ground Beef(to brown for casserole)	HIGH		7-9 min.	
Hamburgers, Fresh or defrosted (4 oz. Each)				
2 patties	HIGH		3-5 min.	
4 patties	HIGH		4-6 min.	
Pork				
Loin, Leg	MED HIGH		13-16 min.	
Bacon				
4 slices	HIGH		3-4 min.	
6 slices	HIGH		4-6 min.	
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				
ITEM	MICROWAVE POWER		COOKING TIMER PER POUND	
Chicken				
Whole	HIGH		12-14 min.	
Breast(boned)	MED HIGH		10-12 min.	
portions	MED HIGH		11-13 min.	
Turkey				
Whole	HIGH		13-15 min.	
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 and composition of the food.				
FRESH FISH				
ITEM	MICROWAVE POWER	COOKING TIME PER POUND	METHOD	STANDING TIME
Fish Fillets	HI	5-7 min.	Add 15-30 ml(1-2 Tbsp)	2-3 min.
Whole Mackerel, Cleaned and Prepared	HI	5-7 min.	-	3-4 min.
Whole Trout, Cleaned and Prepared	HI	6-8 min.	-	3-4 min.
Salmon Steaks	HI	6-8 min.	Add 15~30 ml(1~2 Tbsp)	3-4 min.
VEGETABLE				
ITEM	PREPARATION	QUANTITY	COOKING TIME	STANDING TIME
artichokes, fresh	Whole	4(8 oz. each)	12-14 min.	5 min.
artichokes, frozen	Hearts	9 oz. pkg	10-11 min.	5 min.

VEGETABLE				
ITEM	PREPARATION	QUANTITY	COOKING TIME	STANDING TIME
asparagus, fresh	1½-in.pieces	1 lb.	9-10 min.	3 min.
asparagus, frozen	Whole spears	10 oz. pkg	9-11 min.	3 min.
broccoli, fresh	Spears	1 lb.	9-11 min.	-
broccoli, frozen	Whole or cut	10 oz. pkg	9-10 min.	3 min.
brussels sprouts, fresh	Whole	10 oz. tub	8-10 min.	-
brussels sprouts, frozen	Whole	10 oz. pkg	9-10 min.	3 min.
carrots, fresh	½-in.slices	1 lb.	10-12 min.	3 min.
carrots, frozen	Sliced	10 oz. pkg	8-10 min.	3 min.
cauliflower, frozen	florets	10 oz. pkg	8-10 min.	3 min.
celery, fresh	½-in.slices	1 lb.	9-11 min.	5 min.
corn, fresh	on cob, husked	4 ears	11-13 min.	5 min.
corn, frozen	on cob, husked	4 ears	11-13 min.	5 min.
	whole kernel	10 oz. pkg	9-10 min.	3 min.
eggplant, fresh	cubed	1 lb.	9-11 min.	3 min.
	whole, pierced	1-1½ lb.	10-12 min.	5 min.
leeks fresh	whole, ends	1 lb.	10-12 min.	5 min.
lima beans, frozen	whole	10 oz. pkg	8-10 min.	3 min.
mixed vegetables frozen	-	10 oz. pkg	8-10 min.	3 min.
mushrooms, fresh	sliced	1 lb.	7-9 min.	3 min.
okra, frozen	sliced	10 oz. pkg	8-10 min.	5 min.
onions, fresh	whole, peeled	8-10 small	13-17 min.	5 min.
pea pods(snow peas), frozen	whole	6 oz. pkg	7-8 min.	3 min.
peas and carrots	-	10 oz. pkg	9-11 min.	3 min.
parsnips, fresh	cubed	1 lb.	9-10 min.	5 min.
potatoes, white or sweet, fresh	whole	4(6 oz. each)	13-15 min.	3 min.
	whole	8(6 oz. each)	18-20 min.	5 min.
squash, summer, fresh	½-in.slices	1 lb.	9-11 min.	3 min.
squash, summer, frozen	sliced	10 oz. pkg	8-10 min.	3 min.
squash, winter, fresh	whole, pierced	1½lbs.	15-17 min.	5 min.
squash, winter, frozen	whipped	12 oz. pkg	10-12 min.	3 min.
succotash, frozen	-	10 oz. pkg	9-11 min.	3 min.
turnips	cubed	4 cups	14-16 min.	3 min.

REHEATING CHART

ITEM	QUANTITY	POWER LEVEL	COOKING TIME	SPECIAL INSTRUCTION
Appetizers (bite size)	2 servings	HIGH	4-6 min.	Heat 12 at time on paper towel lined paper plate or microwave oven roasting rack
Breakfast entrée	4-5 oz.	HIGH	3-5 min.	If containers is ¾-inch deep, remove foil cover and replace foil tray in original box.
Entrée	8-9 oz.	HIGH	8-10 min.	
Regular TV-style dinner	21 oz.	HIGH	14-17 min.	For containers more then ¾-inch deep, remove food to similar size glass container; heat, covered. If no top crust stir occasionally.
Hearty TV-style dinner	11 oz.	HIGH	7-9 min.	
	17 oz.	HIGH	9-12 min.	

ITEM	QUANTITY	POWER LEVEL	COOKING TIME	SPECIAL INSTRUCTION
Fried chicken	2 pieces	HIGH	5-7 min.	Arrange, on paper towel lined paper plate, covered with paper towel
	4 pieces	HIGH	6-8 min.	
	6 pieces	HIGH	7-9 min.	
Fried fresh fillets	2 fillets	HIGH	3-4 min.	
	4 fillets	HIGH	4-6 min.	
Pizzas	1	HIGH	2-4 min.	Arrange on microwave oven roasting rack.
	2	HIGH	4-5 min.	
	4	HIGH	6-7 min.	
Pouch dinners	5-6 oz. 10-11 oz.	HIGH HIGH	5-6 min. 9-11 min.	Pierce pouch. Set on plate. Turn over halfway through cooking.
Bagels	2	MED HIGH	3-4 min.	Each individually wrapped in paper towel (for 1-2) or arrange on paper plate, cover with paper towel.
	4	MED HIGH	4-6 min.	
Danish	1	MED HIGH	1-2 min.	
	2	MED HIGH	2-3 min.	
	4(6 oz. pkg) 6(13 oz. pkg)	MED HIGH MED HIGH	3-4 min. 4-5 min.	
Dinner rolls	6	MED HIGH	2-3 min.	
Hard rolls	1(1-1 ¹ / ₄ oz.)	MED HIGH	1-2 min.	
	2	MED HIGH	1 ¹ / ₂ -2 ¹ / ₂ min.	
	4	MED HIGH	2-3 min.	
Frozen Juice Concentrates	6 oz.	HIGH	1-2 min.	
	12 oz.	HIGH	2-5 min.	
Non-Dairy creamer	16 oz.	MED HIGH	10-12 min.	
Pancake	10 oz.	MED HIGH	5-6 min.	
Frozen vegetables	6 oz.	MED HIGH	8-12 min.	Pierce box, set on plate. If box is foil wrapped, remove foil. If vegetables are in pouch, pierce pouch. Let stand 5 min.
	10 oz.	MED HIGH	10-14 min.	
Cheese cake	17 oz.	MED HIGH	4-5 min.	Remove from original container. Arrange on a serving plate. Let stand minutes after cooking(to defrost). Add an additional 1-2 minutes to serve warm.
Brownies	13 oz.	MED HIGH	2-4 min.	
Pound cake	10 ³ / ₄ oz.	MED HIGH	1 ¹ / ₂ -3 min.	
Coffee cake	11-12 oz.	MED HIGH	3-5 min.	

WEIGHT & MEASURE CONVERSION CHART

■ POUNDS & OUNCES TO GRAMS

POUNDS(lb.)	GRAMS(g)	OUNCES(oz.)	GRAMS(g)	OUNCES(oz.)	GRAMS(g)
1/4	114	1	28	9	255
1/2	227	2	57	10	284
3/4	341	3	85	11	312
1	454	4	113	12	340
2	907	5	142	13	369
3	1361	6	170	14	397
4	1814	7	198	15	425
5	2268	8	227	16	454
6	2722				
7	3175				
8	3629				
9	4082				
10	4526				
11	4990				

■ FLUID MEASUREMENTS

1 Cup	=	8 fluid ounces	=	240 ml.
1 Pint	=	16 fluid ounces	=	480 ml.
1 Quart	=	32 fluid ounces	=	960 ml.
1 Gallon	=	128 fluid ounces	=	3840 ml.

■ WEIGHT DEFROST AND COOK CONVERSION CHART

Ounces	Hundredths of a Pound	Tenths of a Pound	Grams
1-2	.06-.15	0.1	50
3-4	.16-.25	0.2	100
5-6	.26-.35	0.3	150
7	.36-.45	0.4	200
8-9	.46-.55	0.5	250
10-11	.56-.65	0.6	300
12-13	.66-.75	0.7	350
14	.76-.85	0.8	400
15-16	.86-.95	0.9	450

SPECIFICATIONS

POWER SUPPLY		120V, 10A SINGLE PHASE WITH GROUNDING 60HZ, AC.
MICROWAVE	POWER CONSUMPTION	1000 W
	OUTPUT POWER	700 W, FULL MICROWAVE POWER
	FREQUENCY	2,450 MHZ
OUTSIDE DIMENSIONS		465(18.3) X 279(11.0) X 324(12.8) mm(inch)
CAVITY DIMENSIONS		301(11.9) X 219(8.6) X 283(11.20) mm(inch)
CAVITY VOLUME		0.7 Cu. Ft.
NET WEIGHT		APPROX. 11.5 Kg (25.3 lbs.)
TIMER		35 MINUTES

BEFORE YOU CALL FOR SERVICE

Refer to the following checklist, you may prevent an unnecessary service call.

- **The oven doesn't work :**
 1. Check that the power cord is securely plugged in.
 2. Check that the door is firmly closed.
 3. Check that the cooking time is set.
 4. Check for a blown circuit fuse or tripped main circuit breaker in your house.
- **Sparking in the cavity;**
 1. Check utensils. Metal containers or dishes with metal trim should not be used.
 2. Check that metal skewers or foil does not touch the interior walls.

If there is still a problem, contact the service station.

DO NOT ATTEMPT TO SERVICE THE OVEN YOURSELF !



Microwave Oven Warranty

MC Appliance Corporation warrants each new Microwave Oven to be free from defects in material and workmanship and agrees to remedy any such defect or to furnish a new part(s) (at the company's option) for any part(s) of the unit that has failed during the warranty period. Parts and labor expenses are covered on this unit for a period of one year after the date of purchase. In addition MC Appliance Corporation warrants the Magnetron (parts only) to be free from defects in material and workmanship for a period of 8 years. The consumer is responsible for all labor and transportation expenses related to the diagnosis and replacement of the Magnetron after the initial one- year warranty expires. If in the event the unit requires replacement or refund under the terms of this warranty the consumer is responsible for all transportation expenses to return the unit to our factory prior to receiving a replacement unit or refund. **A copy of the dated sales receipt / invoice is required to receive warranty service.**

This warranty covers appliances in use within the continental United States, Puerto Rico and Hawaii. The warranty does not cover the following:

- Damages due to shipping damage or improper installation.
- Damages due to misuse or abuse.
- Content losses due to failure of the unit.
- Repairs performed by unauthorized service agents.
- Service calls that do not involve defects in material and workmanship such as instruction on proper use of the product or improper installation.
- Replacement or resetting of house fuses or circuit breakers.
- Failure of this product if used for other than its intended purpose.
- Disposal costs of failed units not returned to our factory.
- Any delivery / installation costs incurred as the result of a unit that fails to perform as specified.
- Expenses for travel and transportation for product service if your appliance is located in a remote area where service by an authorized service technician is not available.
- The removal and reinstallation of your appliance if it is installed in an inaccessible location or is not installed in accordance with published installation instructions.

This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for us any other liability in connection with the sale of this product. Under no circumstances is the consumer permitted to return this unit to the factory without prior written consent from MC Appliance Corporation

Model	Parts	Labor	Magnetron (Part Only)	Type of Service
MCD770RW	One-Year	One-Year	Eight Years	Carry In

**For Service or Assistance please call 888 775-0202
Or visit us on the web at www.mcappliance.com**