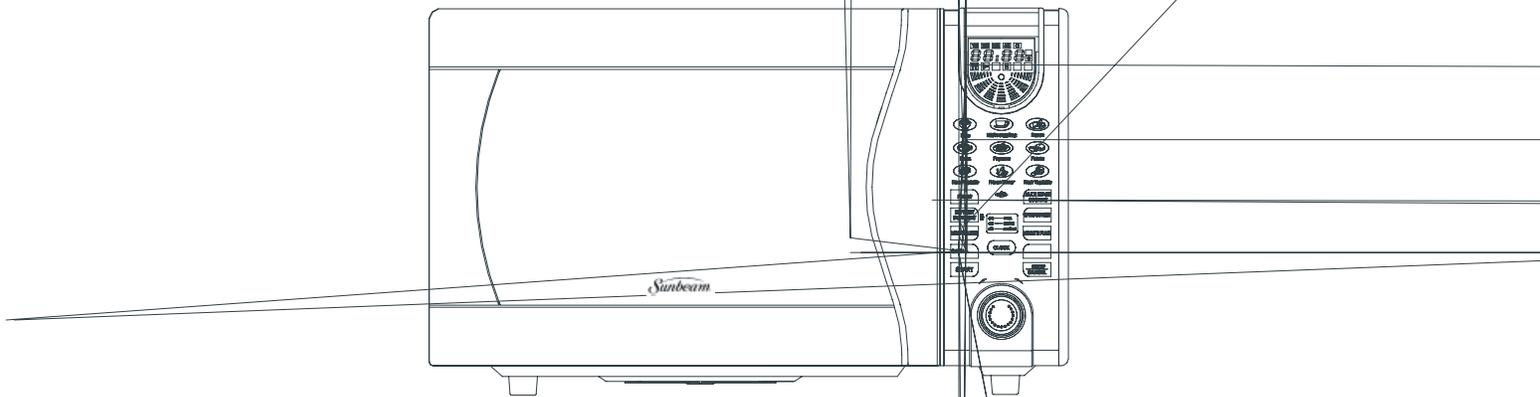


*Sunbeam.*

**User's manual**

**Microwave Oven  
SMW945**



Please read these instructions carefully before installing and operating the oven.

Record in the space below the SERIAL NO. found on the nameplate on your oven and retain this information for future reference.

SERIAL NO.

# PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. 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.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. 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:
  - a. Door (bent),
  - b. Hinges and latches (broken or loosened),
  - c. Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

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# 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, and 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" on page 1.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "grounding instructions" on page 3.
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 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. 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 should 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.

9. Liquids, such as water, coffee, or tea can 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 person:

- 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.
10. Do not heat oil or fat for deep-frying. It is difficult to control the temperature of oil in microwave oven.
11. Pierce foods with heavy skins such as potatoes, whole squash, apples and chestnuts before cooking.
12. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
13. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
14. Do not cover or block any openings on the appliance.
15. Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet

**SAVE THESE INSTRUCTIONS**

basement, near a swimming pool, or similar locations.

16. Do not operate this appliance if it has a damaged cord or a plug, if it is not working properly or if it has been damaged or dropped.

17. Do not immerse cord or plug in water. Keep cord away from heated surface. Do not let cord hang over edge of table or counter.

18. Use only thermometers, which are specifically designed for use in microwave ovens.

19. Do not operate any heating or cooking

appliance beneath this appliance.

20. Be certain the glass tray and roller rings are in place when you operate the oven

21. This appliance should be serviced only by qualified service personnel, contact nearest authorized service facility for examination, repair, or adjustment.

22. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a sponge or soft cloth.

## INSTALLATION GUIDE

1. Make sure that all the packing materials are removed from the inside of the door.
2. Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven but contact qualified service personnel.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For correct operation, the oven must have sufficient airflow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides. Do not cover or block any openings on the appliance. Do not remove feet on which oven stands.
6. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
7. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.

## GROUNDING INSTRUCTIONS

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

WARNING Improper use of the grounding plug can result in a risk of electric shock.

ELECTRICAL REQUIREMENTS

**SAVE THESE INSTRUCTIONS**

The electrical requirements are a 120 volt 60 Hz, AC only, 20 amp. It is recommended that a separate circuit serving only the oven be provided. The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded.

#### Power Supply Cord

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 long cord or extension cord is used:
  - a) The marked electrical rating of the cord set or extension cord should be at

least as great as the electrical rating of the appliance.

- b) The extension cord must be a grounding-type 3-wire cord, and The longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

#### Notes:

If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.

Neither Galanz nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

## UTENSILS GUIDE

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

### RECOMMENDED

**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.

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

**Paper towels and napkins** — Use for short-term heating and covering; these absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and could ignite.

**Glass and glass-ceramic bowls and dishes**

— Use for heating or cooking.

**Paper plates and cups** — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and could ignite.

**Wax paper** — Use as a cover to prevent spattering.

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

### LIMITED USE

**Aluminum foil** — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful. You should keep distance of 1 inch (2.54cm) between aluminum foil and cavity.

**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.

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

### ✘ Not Recommended

**Glass jars and bottles** — Regular glass is too thin to be used in a microwave. It can shatter and cause damage and injury.

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

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

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

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

#### **Note:**

Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

## COOKING TECHNIQUES

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

### **STIRRING**

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

### **ARRANGEMENT**

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

### **SHIELDING**

Shield food with narrow strips of aluminum foil

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

### **TURNING**

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

### **STANDING**

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

baby food, stir well at removal and test the temperature before serving.

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.

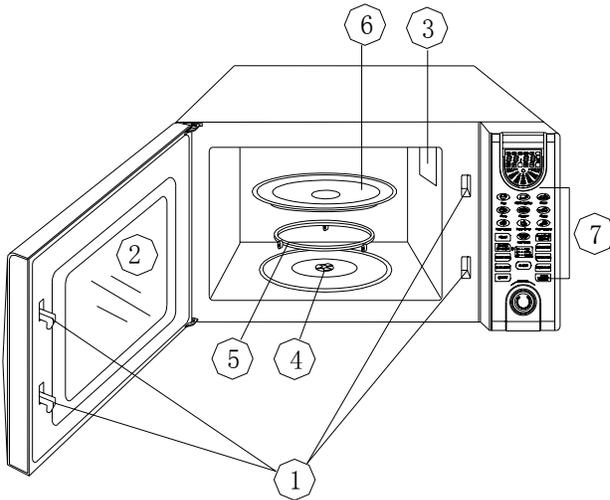
### **ADDING MOISTURE**

Microwave energy is attracted to water molecules. Food that is uneven in moisture

## **SPECIFICATIONS**

<b>Power Consumption:</b>	<b>120V~60Hz, 1350W (MICROWAVE)</b>
<b>Output:</b>	<b>900W</b>
<b>Operation Frequency:</b>	<b>2450MHz</b>
<b>Outside Dimensions(H×W×D):</b>	<b>11.9×19.8×15.8 in.</b>
<b>Oven Cavity Dimensions(H×W×D):</b>	<b>8.4×13.7×12.9 in.</b>
<b>Oven Capacity:</b>	<b>0.8cu.ft</b>
<b>Cooking Uniformity:</b>	<b>Turntable System (Φ12 3/8")</b>
<b>Net Weight:</b>	<b>Approx. 34.4lb.</b>

## **PART NAMES**



- 1. Door Safety Lock System**
- 2. Oven Window**
- 3. Oven Air Vent**
- 4. Shaft**
- 5. Roller Ring**
- 6. Glass Tray**
- 7. Control Panel**

# CONTROL PANEL

## ● MENU ACTION SCREEN

- ✧ Clock, cooking time, power, action indicators are displayed.

## ● TIME/WEI

- ✧ Use to enter clock time, and indicate food weight.

## ● POWER

- ✧ Select power level (1-5) and power indicator (1-5) to start a cooking program.

## ● KITCHEN TIMER

- ✧ Use to set a count down time.

## ● DEFROST BY WEIGHT

- ✧ Automatically sets proper defrosting cycle once you have entered the weight of the food to be thawed.

## ● ADJUST DEFROST

- ✧ Customize defrosting time for food outside the categories or exceeding the max. allowable weight by DEFROST BY WEIGHT.

## ● QUICK START

- ✧ To start the oven quickly at full microwave power, you can press this button a number of times to indicate cooking time.

## ● MULTI STAGE COOKING

- ✧ Use this button to set a multistage cooking program.

## ● CLOCK

- ✧ Use to set the time of day or recall the time of day.

## ● STOP/CANCEL

- ✧ Touch to clear current setting or reset the system.

## ● START

- ✧ Touch to start a cooking or defrosting program.

## ● MENU COOKING

- ✧ Quick settings to cooking popular foods.

# HOW TO SET THE OVEN CONTROLS

Each time a button is touched, a beep will sound to acknowledge the touch.

## SETTING THE CLOCK

In waiting mode, press and hold down the clock key for 3 sec. Hr 24 displays, input time in 24 hr cycle, press clock key again, input time in 12 hr cycle.

To enter the oven clock time,

- ※ Touch CLOCK button so long that the display prompts.
- ※ Touch CLOCK to select 12 or 24 hr.
- ※ Use the TIME/WEI. to enter hour digits
- ※ touch CLOCK again
- ※ Use the TIME/WEI. to enter minute digits.
- ※ Touch CLOCK button again to confirm.

## MICROWAVE COOKING

For microwave cooking, just press the POWER button a number of times to select a cooking power level, and then use the TIME/WEI. dial to set a desired cooking time. Select power level by pressing the POWER button.

PRESS POWER BUTTON	COOKING POWER
Once	100%
Twice	80%
3 times	60%
4 times	40%
5 times	20%
6 times (setting timer)	0

For example, suppose you want to cook for 1 minute at 60% of microwave power.

1. Press STOP/CANCEL button to reset the oven.
2. Press POWER button 3 times.

3. Turn TIME/WEI. to 1:00.
4. Press START button.

## MULTI-STAGE COOKING

Some recipes may require setting a multi-stage program involving defrosting, and different power levels. The following example shows the steps in setting up such a program.

- ※ Input SPEED DEFROST program.
- ※ Touch MULTI STAGE COOKING button.
- ※ Input microwave-cooking program.
- ※ Touch MULTI STAGE COOKING button again
- ※ Input another microwave cooking program with probably lower power level settings.
- ※ Touch START button.

## NOTE

Auto cooking menu cannot be set in multistage cooking program.

## DEFROST BY WEIGHT

Automatically sets proper defrosting cycle once you have entered the weight of the food to be thawed. Maximum allowable weight for each category is shown below.

FOOD CATEGORY	MAXIMUM WEIGHT	DISPLAY
Meat	1800g	d1
Poultry	1800g	d2
Seafood	900g	d3

Suppose you want to defrost 600g shrimp.

- ※ Touch DEFROST BY WEIGHT button 3 times. "d3" will appear in the display.

- ※ Use TIME/WEI. to set weight.
- ※ Touch START button.

#### **NOTE**

During defrosting, two beeps will sound to remind you to open the oven door and rearrange or turn over the food for better defrosting performance.

The oven will not start if you happen to enter weight in excess of the maximum recommended.

For food exceeding these maximum weights, use the SPEED DEFROST program.

To serve as a reminder, after a cooking or defrosting function has completed, the oven makes beeps every two minutes until the door is opened or the CANCEL button is touched.

### **SPEED DEFROST**

SPEED DEFROST lets you customize defrosting time, you can use it to defrost food not covered, or its weight exceeds the max. Allowable by DEFROST BY WEIGHT.

Suppose you want to set the oven to SPEED DEFROST for 5 minutes and 30 seconds.

1. Touch SPEED DEFROST button.
2. Use TIME/WEI. to set time.
3. Touch START button.

#### **NOTE:**

1. If you try to completely defrost frozen foods in the microwave oven, uneven defrosting may occur due to the differences in the thickness and shape of the food. Drippings may also result, and sometimes a part of the food cooks although other parts still remain frozen. In actual usage of frozen foods, you should not normally completely defrost food, but 70% defrosting in the oven is quite good for the next step of preparing the food for cooking.
2. To defrost evenly, turn over or rearrange the food during defrosting.
3. To defrost fatty meat, heat for a short time in the oven and leave it to stand at room temperature, or heat it intermittently until defrosted.
4. When you defrost a whole chicken, or any frozen food of irregular shape, wrap legs or thin parts with aluminum foil. Otherwise thin parts will be defrosted faster and sometimes cooked before other parts have properly defrosted. For big pieces of meat, wrap the sides with aluminum foil so that they will be uniformly thawed by vertical microwaves only.
5. Ice should be removed at times during defrosting.

### **AUTO COOK**

For food or the following cooking mode, it is not necessary to program the duration and the cooking power. It is sufficient to indicate the type of food that you wish to cook as well as the weight of this food. In order to do this, press the individual icon pad of the food you are going to cook, the first of a number of preset weight parameters will appear, choose the one that's equivalent to the weight of food you have placed into the oven. The oven begins cooking once the START button is engaged.

For example, to cook 400g of bacon.

1. Press bacon button once (see the following table notes 2) , the default cooking time appears.
2. Select cooking time by turning the TIME/WEI.
3. Press START button.

## Auto Cook Menu

List	Food/cooking mode	NOTES
1	Rice	<ol style="list-style-type: none"><li>1. The user is required to set weight for the system to determine the time needed to do the job, without entering cooking time by the user who might first at a loss as to how much time is needed for the cooking.</li><li>2. For foods coded 2 (Milk/Beverage/Soup), 4 (pizza), 6 (potato), press the icon pad 2 times if you meant a larger amount before selecting number of amount using the TIME/WEI.</li><li>3. During cooking, the user can adjust cooking time by touching the MINUTE PLUS/LESS button to add or reduce cooking time to make the doneness of food fitted to the taste of the every individual user.</li></ol>
2	Milk/Beverage/Soup	
3	Bacon	
4	Pizza	
5	Popcorn	
6	Potato	
7	Frozen Vegetable	
8	Frozen Dinner	
9	Fresh Vegetable	
10	Auto Reheat	

Please note:

1. For some food, at the middle of cooking time, you may need to open the door to check its doneness and turn food over to obtain uniform cooking; but be careful to handle with care of very hot food in the oven. To resume cooking, just close the door, the oven will cook for the remaining time.
2. Do not cook/reheat/defrost directly onto the base of the oven----use a suitable container.
3. Solid/dense foods should not be cooked from frozen as they will be overcooked round the edges before the centre has reached the required temperature.
4. Cover dishes where appropriate during cooking/reheating. This will retain moisture and prevent splashing/spillages.
5. Loosen lids/pierce cling film before cooking / reheating covered foods.
6. Stir or shake foods halfway through cooking / defrosting time to distribute the heat evenly.

### EXPRESS COOKING

With express cooking, you touch the QUICK START button a number of times to state cooking time and the oven will work at full power level.

### SETTING KITCHEN TIMER

To use the timer feature, do the following,

- ※ Touch KITCHEN TIMER button.
- ※ Use TIME/WEI. to input needed time.
- ※ Touch START button.

### SAFETY LOCK

The safety lock prevents unsupervised operation by little children. To set, press and hold STOP/CANCEL for 3 sec, a beep sounds and LOCK indicator lights. To cancel, press and hold STOP/CANCEL for 3 sec, a beep sounds and LOCK indicator goes off

#### NOTE:

You cannot operate the oven while the child lock is set.

## CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the window on both sides with a damp cloth to remove any spills or splatters.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. 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. In such case, it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.

## BEFORE YOU CALL FOR SERVICE

### IF THE OVEN FAILS TO OPERATE

1. Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
2. Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
3. Check to ensure that the control panel is programmed correctly and the timer is set.
4. Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.