

AMANA®

MICROWAVE OVEN

Use & Care Guide

For questions about features, operations/performance, parts, accessories, or service, call: **1-800-843-0304**
or visit our website at **www.amana.com**.

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MICROWAVE OVEN SAFETY

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word “DANGER” or “WARNING.” These words mean:

⚠ DANGER

You can be killed or seriously injured if you don't immediately follow instructions.

⚠ WARNING

You can be killed or seriously injured if you don't follow instructions.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

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:

- Read all instructions before using the microwave oven.
- Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY” found in this section.
- The microwave oven must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” found in the “INSTALLATION INSTRUCTIONS” section.
- Install or locate the microwave oven only in accordance with the provided Installation Instructions.
- Some products such as whole eggs in the shell and sealed containers - for example, closed glass jars - are able to explode and should not be heated in the microwave oven.
- Use the microwave oven only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in the microwave oven. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate the microwave oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
- The microwave oven should be serviced only by qualified service personnel. Call an authorized service company for examination, repair, or adjustment.
- Do not cover or block any openings on the microwave oven.
- Do not store this microwave oven outdoors. Do not use the microwave oven near water - for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- See door surface cleaning instructions in the “Microwave Oven Care” section.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend the microwave oven when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing bags in oven.
 - 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.
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

- 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. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.**

To reduce the risk of injury to persons:

- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks.
- After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

- Do not mount over a sink.
- Do not store anything directly on top of the microwave oven when the microwave oven is in operation.
- Oversized foods or oversized metal utensils should not be inserted in the microwave oven as they may create a fire or risk of electric shock.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
- Do not use paper products when appliance is operated in convection, combination, grill or "PAN BROWN" mode.
- Do not store any materials, other than manufacturer's recommended accessories, in this microwave oven when not in use.
- Do not cover racks or any other part of the microwave oven with metal foil. This will cause overheating of the microwave oven.

SAVE THESE INSTRUCTIONS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - (1) Door (bent),
 - (2) Hinges and latches (broken or loosened),
 - (3) Door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

State of California Proposition 65 Warnings:

WARNING: This product contains one or more chemicals known to the State of California to cause cancer.

WARNING: This product contains one or more chemicals known to the State of California to cause birth defects or other reproductive harm.

This device complies with Part 18 of the FCC Rules.

INSTALLATION INSTRUCTIONS

Unpacking

1. Empty the microwave oven of any packing materials.
2. Clean the inside with a soft, damp cloth.
3. Check for damage, such as:
 - a door that is not lined up correctly,
 - damage around the door, or
 - dents on the interior or exterior of the microwave oven.If there is any damage, do not operate the microwave oven until a designated service technician has checked it and made any needed repairs.

NOTE: To avoid damage to the microwave oven, do not remove microwave inlet cover. See the “Parts and Features” section.

Location Requirements

⚠ WARNING

Excessive Weight Hazard

Use two or more people to move and install microwave oven.

Failure to do so can result in back or other injury.

IMPORTANT: The control side of the microwave oven is the heavy side. Handle the microwave oven gently. The weight of the microwave oven is over 35 lbs (15.9 kg).

- Place the microwave oven on a cart, counter, table, or shelf that is strong enough to hold the microwave oven and the food and utensils you place inside it.
- The microwave oven should be at a temperature above 50°F (10°C) for proper operation.

NOTE: Some models can be built into a wall or cabinet by using one of the trim kits listed in the “Assistance or Service” section.

- Do not block the exhaust vents or air intake openings. Allow a few inches of space at the back and side of the microwave oven where the exhaust vents are located. Blocking the exhaust vents could cause damage to the microwave oven as well as poor cooking results.
- Make sure the microwave oven legs are in place to ensure proper airflow. If vents are blocked, a sensitive thermal device may automatically turn the microwave oven off. The microwave oven should work properly once it has cooled.

Electrical Requirements

⚠ WARNING



Electrical Shock Hazard

Plug into a grounded 3 prong outlet.

Do not remove ground prong.

Do not use an adapter.

Do not use an extension cord.

Failure to follow these instructions can result in death, fire, or electrical shock.

Observe all governing codes and ordinances.

Required:

- A 120-volt, 60 Hz, AC-only, 15- or 20-amp electrical supply with a fuse or circuit breaker.

Recommended:

- A time-delay fuse or time-delay circuit breaker
- A separate circuit serving only this microwave oven

GROUNDING INSTRUCTIONS

■ For all cord connected appliances:

The microwave oven 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. The microwave oven 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.

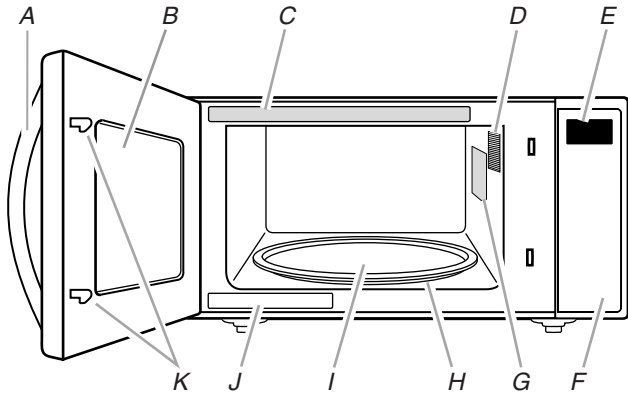
WARNING: Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the microwave oven is properly grounded.

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

SAVE THESE INSTRUCTIONS

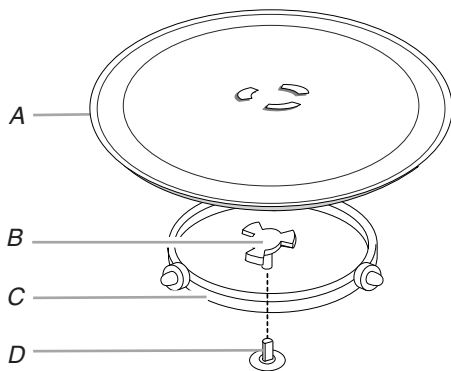
PARTS AND FEATURES

This manual may cover several different models. The model you have purchased may have some or all of the features shown here. The appearance of your particular model may differ slightly from the illustrations in this manual.



- A. Door handle (on models without push button open)
- B. Window
- C. Cooking guide label
- D. Microwave oven light
- E. Display
- F. Control panel
- G. Microwave inlet cover
- H. Removable turntable support
- I. Glass turntable
- J. Model and serial number plate
- K. Door lock system

Turntable



- A. Turntable
- B. Hub
- C. Support
- D. Shaft

The turntable can rotate in either direction to help cook food more evenly. For best cooking results, do not operate the microwave oven without having the turntable in place. See the "Assistance or Service" section to reorder any of the parts.

To Install:

1. Place the support on the microwave oven cavity bottom.
2. Place the turntable on the support.

Fit the raised, curved wedges in the center of the turntable bottom between the 3 spokes of the hub. The rollers on the support should fit inside the turntable bottom ridge.

MICROWAVE OVEN CONTROL



POPCORN	DINNER PLATE	PIZZA REHEAT
FROZEN ENTREE	BEVERAGE	SOUP
FRESH VEGETABLE	FROZEN VEGETABLE	POTATO
WEIGHT DEFROST	TIMED DEFROST	FAVORITE
COOK TIME		POWER LEVEL

1	2	3
4	5	6
7	8	9
CLOCK	0	TIMER SET • OFF

START

Add **30 Sec**

CANCEL

Hold **3 Sec** to Lock



Display

When power is first supplied to the microwave oven, “0:00” will appear in the display. If the “0:00” appears in the display at any other time, a power failure has occurred. Reset the clock if needed. See the “Clock” section.

NOTE: The display language may be set to French, and the weight entry mode may be set to metric within the first 5 minutes of power-up. See the “Language” and “Weight Entry Mode” sections.

Start

Start begins any function. If non-sensor cooking is interrupted by opening the door, touching Start will resume the cycle.

NOTE: To avoid unintentional operation of the microwave oven, a cooking function cannot be started if the microwave oven door has been closed for about 5 minutes. The word “door” will appear in the display until the door is opened and closed.

Add 30 Seconds

Start Add 30 Sec automatically starts the microwave oven at 100% power for 30 seconds and it adds 30 seconds of cook time with each additional touch of the keypad.

Time may be added to any manual cooking cycle in 30-second increments, at the current power level, by touching Start Add 30 Sec during cooking.

NOTE: To avoid unintentional operation of the microwave oven, a cooking function cannot be started if the microwave oven door has been closed for about 5 minutes. The word “door” will appear in the display until the door is opened and closed.

Cancel

Cancel clears any incorrect command and cancels any program during cooking. It will not erase the time of day.

The microwave oven will also turn off when the door is opened. Close the door and touch START to resume the cycle.

Cancel is also used to lock and unlock the control panel. See the “Control Lock” section.

Tones

Tones are audible signals that cannot be turned off. These tones indicate the following:

One tone

- Valid entry
- Control Lock activated or deactivated
- End of stage in multistage cooking

Three tones

- End of Timer countdown

Five tones

- End of cooking cycle
 - Reminder, repeat each minute after the end-of-cycle tones
-

Clock

This is a standard 12-hour clock (1:00-12:59). The Clock cannot be erased. If the Clock is not set, “0:00” will remain in the display when the microwave oven is not in use.

To Set:

The microwave oven and Timer must be off.

1. Touch CLOCK.
 2. Touch the number keypads to enter the correct time of day.
 3. Touch CLOCK.
-

Timer

The Timer can be set in minutes and seconds, up to 99 minutes 99 seconds, and counts down the set time.

NOTE: The Timer does not start or stop the microwave oven.

Cook functions may be used while the Timer is counting down. When the cook function is active in the display, touch TIMER SET OFF to see the Timer countdown for about 5 seconds.

To Set:

1. Touch TIMER SET OFF.
 2. Touch the number keypads to enter desired time.
 3. Touch START.
When the set time ends, “End” will appear in the display and the end-of-Timer tones will sound.
 4. Touch CANCEL while the Timer is active in the display to cancel the Timer.
-

Language

The default display language is English, but it may be set to French. Two display messages are affected: “End” (English) or “Fin” (French) and “door” (English) or “PrtE” (“porte” - French).

To Set Language to French: Within 5 minutes of power-up, touch and hold POWER LEVEL for about 5 seconds, until a tone sounds. To set back to English, disconnect power, then reconnect power to microwave oven.

Weight Entry Mode

The default weight entry mode for Defrost is imperial (pounds) but may be set to metric (grams). This setting does not affect any other program besides Defrost. See the “Defrost” section.

To Set Weight Entry to Metric: Within 5 minutes of power-up, touch and hold number pad 0 for about 5 seconds, until a tone sounds. To set back to imperial, disconnect power, then reconnect power to microwave oven.

Control Lock

The Control Lock disables the control panel keypads to avoid unintended use of the microwave oven.

To Lock/Unlock Control: The microwave oven must be off. Touch and hold CANCEL for about 3 seconds, until the tone sounds and the Control Lock icon appears in the display. Repeat to unlock.

If any control keypad is touched while the control is locked, there will be no response from the control.

MICROWAVE OVEN USE

A magnetron in the microwave oven produces microwaves, which reflect off the metal floor, walls, and ceiling and pass through the turntable and appropriate cookware to the food. Microwaves are attracted to and absorbed by fat, sugar, and water molecules in the food, causing them to move, producing friction and heat, which cooks the food.

- To avoid damage to the microwave oven, do not lean on or allow children to swing on the microwave oven door.
- To avoid damage to the microwave oven, do not operate microwave oven when it is empty.
- Baby bottles and baby food jars should not be heated in microwave oven.
- Clothes, flowers, fruit, herbs, wood, gourds, and paper, including brown paper bags and newspaper, should not be dried in the microwave oven.
- Paraffin wax will not melt in the microwave oven because it does not absorb microwaves.
- Use oven mitts or pot holders when removing containers from microwave oven.
- Do not overcook potatoes. At the end of the recommended cook time, potatoes should be slightly firm. Let potatoes stand for 5 minutes. They will finish cooking while standing.
- Do not cook or reheat whole eggs inside the shell. Steam buildup in whole eggs may cause them to burst, requiring significant cleanup of microwave oven cavity. Cover poached eggs and allow a standing time.

Food Characteristics

When microwave cooking, the amount, size and shape, starting temperature, composition, and density of the food affect cooking results.

Amount of Food

The more food heated at once, the longer the cook time needed. Check for doneness and add small increments of time if necessary.

Size and Shape

Smaller pieces of food will cook more quickly than larger pieces, and uniformly shaped foods cook more evenly than irregularly shaped food.

Starting Temperature

Room temperature foods will heat faster than refrigerated foods, and refrigerated foods will heat faster than frozen foods.

Composition and Density

Foods high in fat and sugar will reach a higher temperature and will heat faster than other foods. Heavy, dense foods, such as meat and potatoes, require a longer cook time than the same size of a light, porous food, such as cake.

Cooking Guidelines

Covering

Covering food helps retain moisture, shorten cook time, and reduce spattering. Use the lid supplied with cookware. If a lid is not available, wax paper, paper towels, or plastic wrap approved for microwave ovens may be used. Plastic wrap should be turned back at one corner to provide an opening to vent steam. Condensation on the door and cavity surfaces is normal during heavy cooking.

Stirring and Turning

Stirring and turning redistribute heat evenly to avoid overcooking the outer edges of food. Stir from outside to center. If possible, turn food over from bottom to top.

Arranging

If heating irregularly shaped or different-sized foods, arrange the thinner parts and smaller-sized items toward the center. If cooking several items of the same size and shape, place them in a ring pattern, leaving the center of the ring empty.

Piercing

Before heating, use a fork or small knife to pierce or prick foods that have a skin or membrane, such as potatoes, egg yolks, chicken livers, hot dogs, and sausage. Prick in several places to allow steam to vent.

Shielding

Use small, flat pieces of aluminum foil to shield the thin pieces of irregularly shaped foods, bones and foods such as chicken wings, leg tips, and fish tails. See the "Aluminum Foil and Metal" section first.

Standing Time

Food will continue to cook by the natural conduction of heat even after the microwave cooking cycle ends. The length of standing time depends on the volume and density of the food.

Cookware and Dinnerware

Cookware and dinnerware must fit on the turntable. Always use oven mitts or pot holders when handling because any dish may become hot from heat transferred from the food. Do not use cookware and dinnerware with gold or silver trim. Use the following chart as a guide, then test before using.

Material	Recommendations
Aluminum Foil, Metal	See the "Aluminum Foil and Metal" section.
Browning Dish	Bottom must be at least 3/16" (5 mm) above the turntable. Follow manufacturer's recommendations.
Ceramic Glass, Glass	Acceptable for use
China, Earthenware	Follow manufacturer's recommendations.
Melamine	Follow manufacturer's recommendations.
Paper: Towels, Dinnerware, Napkins	Use non-recycled and those approved by the manufacturer for microwave oven use.
Plastic: Wraps, Bags, Covers, Dinnerware, Containers	Use those approved by the manufacturer for microwave oven use.
Pottery and Clay	Follow manufacturer's recommendations.
Silicone Bakeware	Follow manufacturer's recommendations.
Straw, Wicker, Wooden Containers	Do not use in microwave oven.
Wax Paper	Acceptable for use

To Test Cookware or Dinnerware for Microwave Use:

- Place cookware or dinnerware in microwave oven with 1 cup (250 mL) of water beside it.
- Cook at 100% cooking power for 1 minute.

Do not use cookware or dinnerware if it becomes hot and the water stays cool.

Aluminum Foil and Metal

Always use oven mitts or pot holders when removing dishes from the microwave oven.

Aluminum foil and some metal can be used in the microwave oven. If not used properly, arcing (a blue flash of light) can occur and cause damage to the microwave oven.

OK for Use

Racks and bakeware supplied with the microwave oven (on some models), aluminum foil for shielding, and approved meat thermometers may be used with the following guidelines:

- To avoid damage to the microwave oven, do not allow aluminum foil or metal to touch the inside cavity walls, ceiling, or floor.
- Always use the turntable.
- To avoid damage to the microwave oven, do not allow contact with another metal object during microwave cooking.

Do Not Use

Metal cookware and bakeware, gold, silver, pewter, non-approved meat thermometers, skewers, twist ties, foil liners such as sandwich wrappers, staples, and objects with gold or silver trim or a metallic glaze should not be used in the microwave oven.

Microwave Cooking Power

Many recipes for microwave cooking specify which cooking power to use by percent or name. For example, PL7 = 70% = Medium-High.

To see the exact power level during a cooking cycle, touch POWER LEVEL. The display will briefly show the current power level, then will return to the cooking countdown.

Use the following chart as a general guide for the suggested cooking power of specific foods.

Percent/Name	Use
100%, High, PL10 (default setting)	Quick heating convenience foods and foods with high water content, such as soups, beverages, and most vegetables
90%, PL9	Cooking small, tender pieces of meat, ground meat, poultry pieces, and fish fillets Heating cream soups
80%, PL8	Heating rice, pasta or stirrable casseroles Cooking and heating foods that need a cook power lower than high, for example, whole fish and meat loaf
70%, Medium-High, PL7	Reheating a single serving of food
60%, PL6	Cooking sensitive foods such as cheese and egg dishes, pudding, and custards Cooking non-stirrable casseroles, such as lasagna
50%, Medium, PL5	Cooking ham, whole poultry, and pot roasts Simmering stews
40%, PL4	Melting chocolate Heating bread, rolls, and pastries
30%, Medium-Low, Defrost, PL3	Defrosting bread, fish, meats, poultry, and precooked foods
20%, PL2	Softening butter, cheese, and ice cream
10%, Low, PL1	Taking chill out of fruit

Manual Cooking

NOTE: To cook at 100% power, begin by touching the number keypads to enter cook time, then touch START.

To Use:

1. Place food on the turntable and close the door.
2. Touch COOK TIME.
“00:00” will appear in the display. Enter the length of time to cook.
If cooking with 100% power, skip Step 3.
3. Touch POWER LEVEL.
The default power level PL10 will appear in the display. Enter the desired power level. See the “Microwave Cooking Power” section.
4. Touch START.
When the cycle ends, “End” will appear in the display and the end-of-cycle tones will sound.
5. Touch CANCEL or open the door to clear the display.

Cooking in Stages

The microwave oven can be set to cook at different cooking powers for various lengths of time, up to 2 stages, which may include a defrosting stage. See the “Weight Defrost/Timed Defrost” section to set the defrosting stage.

NOTE: If a defrosting stage is programmed, it will cycle first.

To Cook in Stages:

1. Place food on the turntable and close the door.
2. Touch COOK TIME.
“00:00” will appear in the display. Enter the length of time to cook during the first stage.
3. Touch POWER LEVEL, then enter the desired cooking power for the first stage. See the “Microwave Cooking Power” section.
4. Repeat steps 2 and 3 for the second stage.
5. Touch START.
One tone will sound between stages.
When the cycle ends, “End” will appear in the display and the end-of-cycle tones will sound.
6. Touch CANCEL or open the door to clear the display.
Cook time may be added in 30-second increments during the cycling stage by touching START ADD 30 SEC.

Favorite

Use the Favorite keypad to program, store, and recall the top 3 most frequently used manual cook programs. Each Favorite may have 1 or 2 stages (see the “Cooking in Stages” section). In the event of a power failure, the saved Favorites will have to be reprogrammed.

To Set Favorite:

1. Touch FAVORITE.
“1” will appear in the display. Touch FAVORITE repeatedly to scroll through “2” and “3,” until the desired Favorite program number is displayed.
2. Touch COOK TIME, then enter the cook time.
3. Touch POWER LEVEL, then enter the power level.
If programming a second stage, enter the cook time and power level for that stage (see the “Cooking in Stages” section).
4. Touch FAVORITE to save program

OR

Touch START to begin the programmed cycle. The program will also be saved.

To Use Favorite:

1. Place food on the turntable and close the door.
2. Touch FAVORITE repeatedly until desired program number appears in the display.
3. Touch START.
When the cycle ends, “End” will appear in the display and the end-of-cycle tones will sound.
4. Touch CANCEL or open the door to clear the display.

Sensor Cooking

A sensor in the microwave oven detects humidity released from the food as it heats and adjusts the cook time accordingly.

Many sensor cycles require the covering of foods. Microwave-safe containers or steamers with loose-fitting lids are recommended. The loose-fitting lid allows enough steam to escape to be detected by the sensor. When covering foods with plastic wrap, be sure to leave a large enough vent opening to allow the steam to escape.

“SC” (sensor cook) will appear in the display during sensor cooking.

NOTES:

- The microwave oven should be plugged in for at least 3 minutes.
- The microwave oven cavity and the exterior of the cooking container should be dry.
- The room temperature should not exceed 95°F (35°C).
- If the door is opened while the sensor is detecting moisture (while “SC” appears in the display), sensing will stop and the program will be canceled.

Menu (sensor and non-sensor)

The following menu items are preprogrammed for quick and easy cooking/reheating.

For added convenience, the available/recommended amounts shown in the following chart are included on the Cooking Guide label (see the “Parts and Features” section for its location).

Menu Item	Serving Size	Instructions
POPCORN (non-sensor)	3.5 oz (99 g) 3.0 oz (85 g) 1.75 oz (50 g)	<ul style="list-style-type: none"> ■ To avoid damage to the microwave oven, do not use regular paper bags or glassware. ■ Pop only one package of popcorn at a time. ■ Follow manufacturer’s instructions when using a microwave popcorn popper. ■ For best cooking results, do not try to pop unpopped kernels. ■ Use fresh bags of popcorn for optimal results. ■ Cooking results may vary by brand and fat content. For bag sizes not listed in this section, follow directions on the package. <p>NOTE: During Popcorn function, as with all microwave cooking functions, the microwave oven should be attended at all times. Listen for popping to slow to 1 pop every 1 or 2 seconds, then stop the cycle.</p>
PIZZA REHEAT (non-sensor)	1 to 3 slices, 3 oz (85 g) each, refrigerated	Place pizza slices on a paper towel-lined microwave-safe plate in the center of the turntable.
FROZEN ENTREE (non-sensor)	10 oz or 20 oz (283 g or 567 g)	Remove from package. Loosen cover on 3 sides. If entrée is not in microwave-safe container, place on plate, cover with plastic wrap, and vent*. Let stand 2-3 minutes after cooking.
BEVERAGE (non-sensor, reheat)	1 or 2 cups, 8 oz (250 mL) each	Do not cover. The diameter of the cup’s opening will affect how the liquid heats. Beverages in cups with smaller openings may heat faster.
SOUP (non-sensor)	1 to 4 cups (250 mL to 1 L)	Place in microwave-safe container. Cover with plastic wrap and vent.* Stir and let stand 2-3 minutes after heating.
POTATO (non-sensor)	1 to 4 potatoes, 10 oz (283 g) each	Pierce each one several times with a fork. Place on paper towel, around turntable edges, at least 1" (2.5 cm) apart. Place a single potato to the side of the turntable. Let stand 5 minutes after cooking.
DINNER PLATE (sensor, reheat)	10-16 oz (283-454 g), refrigerated	Place food on microwave-safe plate. Cover with plastic wrap and vent.* Let stand 2-3 minutes after heating.
FRESH VEGETABLE (sensor)	1 to 4 cups (250 mL to 1 L)	Place in microwave-safe container and add 2-4 Tbsp (30-60 mL) water. Cover with plastic wrap and vent.* Stir and let stand 2-3 minutes after cooking.
FROZEN VEGETABLE (sensor)	1 to 4 cups (250 mL to 1 L)	Place in microwave-safe container and add 2-4 Tbsp (30-60 mL) water. Cover with plastic wrap and vent.* Stir and let stand 2-3 minutes after cooking.

*When covering foods, make sure the vent opening is large enough for the moisture to escape. This will allow the sensor to accurately determine cooking time.

To Use Non-Sensor Menu (Popcorn, Pizza Reheat, Beverage, Soup, Potato):

1. Place food on the turntable and close the door.
2. Touch desired menu control.
The first programmed amount will appear in the display. Touch control keypad repeatedly to change quantity. See chart.
3. Touch START.
When the cycle ends, “End” will appear in the display and the end-of-cycle tones will sound.
4. Touch CANCEL or open the door to clear the display.

To Use Sensor Menu (Dinner Plate, Fresh Vegetable, Frozen Vegetable):

1. Place food on the turntable and close the door.
2. Touch the desired menu control.
“SC” (sensor cook) will appear in the display.
3. Touch START.
The microwave oven will start and sensor cooking will begin. “SC” will remain in the display during cooking.
When the cycle ends, “End” will appear in the display and the end-of-cycle tones will sound.
4. Touch CANCEL or open the door to clear the display.

Weight Defrost/Timed Defrost

The Weight Defrost feature's preset programs can be used, the Timed Defrost feature can be used, or the microwave oven can be manually set to defrost.

- Unwrap foods and remove lids (for example, from fruit juice containers) before defrosting.
- Shallow packages will defrost more quickly than deep blocks.
- Separate food pieces as soon as possible during or at the end of the cycle for more even defrosting.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, and fish tails. See the "Aluminum Foil and Metal" section first.

Weight Defrost

The Weight Defrost feature has preset times and cook powers for 3 categories: Meat, Poultry, and Fish. It should not be used for food that has been left outside the freezer for more than 20 minutes or for frozen ready-made food.

Defrost - Foods	Instructions
DEF1 - Meat (By weight) <i>Beef (ground, steaks, roast, stew)</i> <i>Lamb (stew and chops)</i> <i>Pork (chops, ribs, roasts, sausage)</i>	The narrow or fatty areas of irregular shaped cuts should be shielded with foil before defrosting. Do not defrost less than 1/4 lb (113 g) or two 4 oz (113 g) patties. Place all meats in microwave-safe baking dish. Do not cover.
DEF2 - Poultry (By weight) <i>Chicken (whole and cut up)</i> <i>Cornish hens</i> <i>Turkey breast</i>	Place in microwave-safe baking dish, chicken breast side up. Do not cover.
DEF3 - Fish (By weight) <i>Fillets</i> <i>Steaks</i> <i>Whole shellfish</i>	Place in microwave-safe baking dish. Do not cover.

To Use Weight Defrost:

1. Place food, uncovered, on the turntable and close the door.
2. Touch WEIGHT DEFROST.
"dEF1" will appear in the display. Touch WEIGHT DEFROST a second time for "dEF2" or a third time for "dEF3," if defrosting poultry or fish. See chart.
To select your desired program, touch START or wait 5 seconds, and the prompt for entering weight will appear in the display.
3. Enter the weight.
Weight can be set from 0.3 lb to 6.3 lbs (136 g to 2.86 kg).
4. Touch START.
The display will count down the defrost time.
The cycle may be interrupted briefly to turn food, if necessary, by opening the door. Close the door and touch START to resume the cycle.
When the cycle ends, "End" will appear in the display and the end-of-cycle tones will sound.
5. Touch CANCEL or open the door to clear the display.

Timed Defrost

Timed Defrost does not have a preset program but uses only 30% (PL3) cooking power.

To Use Timed Defrost:

1. Place food, uncovered, on the turntable and close the door.
 2. Touch TIMED DEFROST.
"00:00" will appear in the display.
 3. Enter the time in minutes and seconds.
 4. Touch START.
The display will count down the defrost time.
The cycle may be interrupted briefly to turn food, if necessary, by opening the door. Close the door and touch START to resume the cycle.
When the cycle ends, "End" will appear in the display and the end-of-cycle tones will sound.
 5. Touch CANCEL or open the door to clear the display.
- To Defrost Manually:** Follow directions in the "Manual Cooking" section and use 30% cooking power. See the "Microwave Cooking Power" chart.

MICROWAVE OVEN CARE

General Cleaning

IMPORTANT: Before cleaning, make sure all controls are off and the microwave oven is cool. Always follow label instructions on cleaning products.

Soap, water, and a soft cloth or sponge are suggested unless otherwise noted.

MICROWAVE OVEN CAVITY

To avoid damage to the microwave oven cavity, do not use soap-filled scouring pads, abrasive cleaners, steel-wool pads, gritty washcloths, or some recycled paper towels.

To avoid damage to stainless steel models, rub in direction of grain.

The area where the microwave oven door and frame touch when closed should be kept clean.

Average soil

- Mild, nonabrasive soaps and detergents:
Rinse with clean water and dry with soft, lint-free cloth.

Heavy soil

- Mild, nonabrasive soaps and detergents:
Heat 1 cup (250 mL) of water for 2 to 5 minutes in microwave oven. Steam will soften soil. Rinse with clean water and dry with soft, lint-free cloth.

Odors

- Lemon juice or vinegar:
Heat 1 cup (250 mL) of water with 1 tbs (15 mL) of either lemon juice or vinegar for 2 to 5 minutes in microwave oven.

Microwave Inlet Cover

To avoid arcing and microwave oven damage, the microwave inlet cover (see the “Parts and Features” section) should be kept clean.

- Wipe with wet cloth.

MICROWAVE OVEN DOOR AND EXTERIOR

The area where the microwave oven door and frame touch when closed should be kept clean.

- Mild, nonabrasive soaps and detergents:
Rinse with clean water and dry with soft, lint-free cloth.
- Glass cleaner and paper towels or nonabrasive plastic scrubbing pad:
Apply glass cleaner to towel, not directly to surface.

Stainless Steel (on some models)

To avoid damage to microwave oven door and exterior, do not use soap-filled scouring pads, abrasive cleaners, steel-wool pads, gritty washcloths, or some paper towels. Rub in direction of grain.

- Stainless steel cleaner (not included):
See the “Assistance or Service” section to order.
- Liquid detergent or all-purpose cleaner:
Rinse with clean water and dry with soft, lint-free cloth.
- Vinegar for hard water spots

CONTROL PANEL

- Sponge or soft cloth and water:
Dampen sponge with water and wipe panel. Dry with soft cloth.
- To avoid damage to the control panel, do not use chemical or abrasive cleansers.

TURNTABLE

Replace turntable immediately after cleaning. Do not operate the microwave oven without the turntable in place.

- Mild cleanser and scouring pad
- Dishwasher

TROUBLESHOOTING

First try the solutions suggested here. If you need further assistance or more recommendations that may help you avoid a service call, refer to the warranty page in this manual and scan the code there with your mobile device, or visit producthelp.amana.com. Contact us by mail with any questions or concerns at the address below:

Amana Brand Home Appliances
Customer eXperience Center
553 Benson Road
Benton Harbor, MI 49022-2692

Please include a daytime phone number in your correspondence.

If you experience	Recommended Solutions
Nothing will operate	Check the following: <ul style="list-style-type: none">■ Household fuse or circuit breaker: If a household fuse has blown or a circuit breaker has tripped, replace the fuse or reset the circuit breaker. If the problem continues, call an electrician.■ Microwave wiring: See Installation Instructions provided with your microwave oven.
Microwave oven will not operate	Check the following: <ul style="list-style-type: none">■ Magnetron: Try to heat 1 cup (250 mL) of cold water for 2 minutes at 100% cooking power. If water does not heat, try the steps in the bullets below. If microwave oven still does not operate, call for service.■ Door: Firmly close door. On some models, if a packaging spacer is attached to the inside of the door, remove it, then firmly close door. If a message about the door appears in the display, the door has been closed for 5 minutes or more without the microwave oven being started. This occurs to avoid unintended starting of the microwave oven. Open and close the door, then start the cycle.■ Control: Make sure control is set properly. Make sure Control Lock is off. Make sure Demo mode (on some models) is off.
Microwave oven makes humming noise	<ul style="list-style-type: none">■ This is normal and occurs when the power supply in the magnetron cycles on.
Microwave oven door looks wavy	<ul style="list-style-type: none">■ This is normal and will not affect performance.
Turntable will not operate	Check the following: <ul style="list-style-type: none">■ Turntable: Make sure turntable is correct-side up and is sitting securely on the turntable support. See the “Turntable” section.■ Turntable support: Remove turntable. Remove and clean turntable hub, support, and rollers. Replace hub, support, and turntable. Place 1 cup (250 mL) of water on the turntable, then restart microwave oven. If it still is not working, call for service. See the “Warranty” section. Do not operate the microwave oven without turntable and turntable support working properly.
Turntable alternates rotation directions	<ul style="list-style-type: none">■ This is normal and depends on motor rotation at the beginning of the cycle.
Display shows messages	<ul style="list-style-type: none">■ A flashing “0:00” means there has been a power failure. Reset the clock.
Display shows time countdown, but the microwave oven is not operating	Check the following: <ul style="list-style-type: none">■ Timer: See the “Timer” section.
Tones are not sounding	Check the following: <ul style="list-style-type: none">■ Tones: See the “Tones” section.
Cooking times seem too long	Check the following: <ul style="list-style-type: none">■ Cooking power: See the “Microwave Cooking Power” section.■ Amount of food: Larger amounts of food need longer cooking times.■ Voltage: Have a qualified electrician check the electrical system in the home.

If you experience Recommended Solutions

Radio, TV, or cordless phone interference**Check the following:**

- **Proximity:** Move the receiver away from the microwave oven or adjust the radio or TV antenna. If the microwave oven is plugged into the same outlet, try a different outlet for the electronic device.
 - **Soil:** Make sure the microwave oven door and sealing surfaces are clean.
 - **Frequency:** Some 2.4 GHz-based cordless phones and home wireless networks may experience static or noise while microwave oven is on. Use a corded phone, a different frequency cordless phone, or avoid using these items during microwave oven operation.
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ASSISTANCE OR SERVICE

If you need service:

Please refer to the warranty page in this manual.

If you need replacement parts:

If you need to order replacement parts, we recommend that you use only factory specified parts. These factory specified parts will fit right and work right because they are made with the same precision used to build every new Amana® appliance.

To locate factory specified parts in your area, call us or your nearest Amana® designated service center.

In the U.S.A.

Call the Amana Customer eXperience Center toll-free: **1-800-843-0304** or visit our website at **www.amana.com**.

Our consultants provide assistance with:

- Scheduling of service. Amana® appliances designated service technicians are trained to fulfill the product warranty and provide after-warranty service anywhere in the United States.
- Features and specifications on our full line of appliances.
- Referrals to local Amana® appliance dealers.
- Installation information.
- Use and maintenance procedures.
- Accessory and repair parts sales.
- Specialized customer assistance (Spanish speaking, hearing impaired, limited vision, etc.).

For further assistance:

If you need further assistance, you can write to Amana with any questions or concerns at:

Amana Brand Home Appliances
Customer eXperience Center
553 Benson Road
Benton Harbor, MI 49022-2692

Please include a daytime phone number in your correspondence.

Replacement Parts

Glass Turntable Part Number W10451786	Turntable Hub Part Number W10451789
Turntable Support and Rollers Part Number W10451792	

Cleaning Supplies

affresh® Kitchen Appliance Cleaner Part Number W10355010	affresh® Stainless Steel Wipes Part Number W10355049
affresh® Stainless Steel Cleaner Part Number W10355016	Heavy Duty Degreaser Part Number 31552A

Built-In Kits

This countertop microwave oven can be built in by using one of the following trim kits.* These kits are available from the dealer or can be ordered by kit model number. See the "Assistance or Service" section for the toll-free number.

Kit Size	Kit Model Numbers/Color
27" (68.6 cm)	MK2227AW/White
	MK2227AB/Black
	MK2227AS/Stainless
30" (76.2 cm)	MK2220AW/White
	MK2220AB/Black
	MK2220AS/Stainless

* The built-in trim kits can be installed over any (electric or gas) built-in wall oven, up to 30" (76.2 cm).

AMANA® MAJOR APPLIANCE LIMITED WARRANTY

ATTACH YOUR RECEIPT HERE. PROOF OF PURCHASE IS REQUIRED TO OBTAIN WARRANTY SERVICE.

Please have the following information available when you call the Customer eXperience Center:

- Name, address and telephone number
- Model number and serial number
- A clear, detailed description of the problem
- Proof of purchase including dealer or retailer name and address

IF YOU NEED SERVICE:

1. Before contacting us to arrange service, please determine whether your product requires repair. Some questions can be addressed without service. Please take a few minutes to review the Troubleshooting or Problem Solver section of the Use and Care Guide, scan the QR code on the right to access additional resources, or visit <http://amana.custhelp.com>.
2. All warranty service is provided exclusively by our authorized Amana Service Providers. In the U.S. and Canada, direct all requests for warranty service to:

Amana Customer eXperience Center
In the U.S.A., call 1-800-843-0304. In Canada, call 1-800-807-6777.



<http://amana.custhelp.com>

If outside the 50 United States or Canada, contact your authorized Amana dealer to determine whether another warranty applies.

ONE YEAR LIMITED WARRANTY

WHAT IS COVERED

For one year from the date of purchase, when this major appliance is installed, operated and maintained according to instructions attached to or furnished with the product, Amana brand of Whirlpool Corporation or Whirlpool Canada LP (hereafter "Amana") will pay for Factory Specified Replacement Parts and repair labor to correct defects in materials or workmanship that existed when this major appliance was purchased, or at its sole discretion replace the product. In the event of product replacement, your appliance will be warranted for the remaining term of the original unit's warranty period.

YOUR SOLE AND EXCLUSIVE REMEDY UNDER THIS LIMITED WARRANTY SHALL BE PRODUCT REPAIR AS PROVIDED HEREIN. Service must be provided by a Amana designated service company. This limited warranty is valid only in the United States or Canada and applies only when the major appliance is used in the country in which it was purchased. This limited warranty is effective from the date of original consumer purchase. Proof of original purchase date is required to obtain service under this limited warranty.

WHAT IS NOT COVERED

1. Commercial, non-residential, multiple-family use, or use inconsistent with published user, operator or installation instructions.
2. In-home instruction on how to use your product.
3. Service to correct improper product maintenance or installation, installation not in accordance with electrical or plumbing codes or correction of household electrical or plumbing (i.e. house wiring, fuses or water inlet hoses).
4. Consumable parts (i.e. light bulbs, batteries, air or water filters, preservation solutions, etc.).
5. Defects or damage caused by the use of non-genuine Amana parts or accessories.
6. Conversion of products from natural gas or L.P. gas.
7. Damage from accident, misuse, abuse, fire, floods, acts of God or use with products not approved by Amana.
8. Repairs to parts or systems to correct product damage or defects caused by unauthorized service, alteration or modification of the appliance.
9. Cosmetic damage including scratches, dents, chips, and other damage to the appliance finishes unless such damage results from defects in materials and workmanship and is reported to Amana within 30 days.
10. Discoloration, rust or oxidation of surfaces resulting from caustic or corrosive environments including but not limited to high salt concentrations, high moisture or humidity or exposure to chemicals.
11. Food or medicine loss due to product failure.
12. Pick-up or delivery. This product is intended for in-home repair.
13. Travel or transportation expenses for service in remote locations where an authorized Amana servicer is not available.
14. Removal or reinstallation of inaccessible appliances or built-in fixtures (i.e. trim, decorative panels, flooring, cabinetry, islands, countertops, drywall, etc.) that interfere with servicing, removal or replacement of the product.
15. Service or parts for appliances with original model/serial numbers removed, altered or not easily determined.

The cost of repair or replacement under these excluded circumstances shall be borne by the customer.

DISCLAIMER OF IMPLIED WARRANTIES

IMPLIED WARRANTIES, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO ONE YEAR OR THE SHORTEST PERIOD ALLOWED BY LAW. Some states and provinces do not allow limitations on the duration of implied warranties of merchantability or fitness, so this limitation may not apply to you. This warranty gives you specific legal rights, and you also may have other rights that vary from state to state or province to province.

DISCLAIMER OF REPRESENTATIONS OUTSIDE OF WARRANTY

Amana makes no representations about the quality, durability, or need for service or repair of this major appliance other than the representations contained in this warranty. If you want a longer or more comprehensive warranty than the limited warranty that comes with this major appliance, you should ask Amana or your retailer about buying an extended warranty.

LIMITATION OF REMEDIES; EXCLUSION OF INCIDENTAL AND CONSEQUENTIAL DAMAGES

YOUR SOLE AND EXCLUSIVE REMEDY UNDER THIS LIMITED WARRANTY SHALL BE PRODUCT REPAIR AS PROVIDED HEREIN. AMANA SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states and provinces do not allow the exclusion or limitation of incidental or consequential damages, so these limitations and exclusions may not apply to you. This warranty gives you specific legal rights, and you also may have other rights that vary from state to state or province to province.