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**1.0 CU.FT. BUILT-IN MICROWAVE OVEN**  
**DELUXE BUILT-IN**  
**BLACK WITH EASY-TO-CLEAN INTERIOR**

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BUILT-IN MWO



**INSTRUCTION MANUAL**  
**MODEL: RV-980B-D**

(PICTURED WITH OPTIONAL TRIM KIT MODEL RVTRIM-9B)

Before using your microwave oven, please read this manual carefully and keep it for future reference.  
[www.contoureusa.com](http://www.contoureusa.com)





# WELCOME & CONGRATULATIONS

Thank you for purchasing this quality CONTOURE® appliance.

Congratulations on purchasing a new built-in microwave.

For your safety and full enjoyment of this product, always read the instruction book carefully before using.

Don't forget to register your product at [www.contoureusa.com](http://www.contoureusa.com) for updates and other relevant information.



This manual contains important information on the installation, use, and care of your appliance. Please read this manual carefully before installation and operation of this machine to prevent injury and property damage and to take full advantage of your microwave's benefits and features.

**SAVE THESE INSTRUCTIONS**

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# IMPORTANT SAFETY & PRECAUTIONS

This manual contains important information on the installation, use, and care of your appliance. Please read this manual carefully before installation and operation of this machine to prevent injury and property damage.

## WHAT YOU NEED TO KNOW ABOUT SAFETY INSTRUCTIONS:

Warnings and Important Safety Instructions in this manual DO NOT cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution and care when installing, maintaining and operating this appliance.

## IMPORTANT SAFETY SYMBOLS & PRECAUTION WARNINGS:



This symbol indicates that hazards or unsafe practices may cause serious personal injury or death.

To reduce the risk of fire, explosion, electric shock, or personal injury when using your appliance, these basic safety precautions MUST be followed.

These warnings are to prevent injury to you and to others. Please follow the explicitly.

After reading this section, keep it in a safe place for future reference.

## STATE OF CALIFORNIA PROPOSITION 65 WARNINGS:



The California Safe Drinking Water and Toxic Enforcement Act requires the Governor of California to publish a list of substances known to the State of California to cause cancer, birth defects, or other reproductive harm, and requires business to warn of potential exposure to such substances.

This product contains a chemical known to the State of California to cause cancer, birth defects, or other reproductive harm. This appliance can cause low-level exposure to some of the substances listed, including benzene, formaldehyde, and carbon monoxide.

## SAVE THESE INSTRUCTIONS



# IMPORTANT SAFETY & PRECAUTIONS



**WARNING** - To reduce the risk of fire, electric shock, burns, injury or exposure to excessive microwave energy and when using electrical appliances, follow basic precautions, including the following:

- Read all instructions before using this appliance.
- Read and follow the specific warning: PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY
- This appliance must be grounded. Connect only to properly grounded outlet. SEE GROUNDING INSTRUCTIONS.
- Install or locate this appliance only in accordance with the provided INSTALLATION INSTRUCTIONS.
- Some products such as whole eggs and sealed containers – for example, closed glass jars – can explode and should NOT be heated in this appliance.
- Use this appliance only for its intended use as described in this manual.
- DO NOT use corrosive chemicals or vapors in this appliance
- This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
- As with any appliance, close supervision is necessary and required when it is used by children.
- 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.
- This appliance should be serviced only by qualified service technicians.
- Do NOT cover or block any openings on the appliance.
- DO NOT store or use this appliance outdoors.
- DO NOT use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
- DO NOT immerse cord or plug in water
- Keep cord away from heated surfaces.
- DO NOT let cord hang over edge(s) of tables, or countertops.
- When cleaning surfaces of door and oven that come together on closing the door, only use mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.

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# IMPORTANT SAFETY & PRECAUTIONS

## **WARNING - TO REDUCE THE RISK OF FIRE IN THE OVEN INTERIOR:**



- DO NOT overcook food.
- Carefully attend appliance 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 bag 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 interior for storage purposes.
- DO NOT leave paper products, cooking utensils or food in the oven when not in use.

**WARNING** - To reduce the risk of fire, electric shock, burns, injury or exposure to excessive microwave energy and when using electrical appliances, follow basic precautions, including the following:

- Liquids such as water, coffee or tea can be overheated beyond the Boiling point without appearing to be boiling. This is called delayed eruptive boiling.
- Visible bubbling or boiling when the container is removed from the microwave oven it is not always present.

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

## **WARNING - TO REDUCE THE RISK OF INJURY TO PERSONS:**

- DO NOT use straight-sided containers with narrow necks. Use wide-mouth containers.
- Stir liquid both before and halfway through heating it.
- DO NOT overheat liquid.
- Use extreme care when inserting a spoon or other utensil into the container. This may also cause delayed eruptive boiling.
- After heating, allow the container to stand in the microwave oven for at least 20 seconds before removing the container.

## SAVE THESE INSTRUCTIONS



# IMPORTANT SAFETY & PRECAUTIONS



## **WARNING – PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY:**

- DO NOT attempt to operate this oven with the door open, this can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety interlocks.
- DO NOT place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces
- DO NOT operate the oven if it is damaged.
- It is very important that the oven door closes properly and that there is no damage to the door (for example, make sure that the door is not bent)
- It is very important that the oven door closes properly and there is no damage to hinges, latches and door seals (for example, make sure that the hinges, latches or door seals are not broken or loosened.
- The oven should never be adjusted or repaired by anyone except properly qualified service personnel.
- If the microwave unit is not kept clean, its surface may be degraded and lead to a hazardous situation.

## **DANGER ELECTRIC SHOCK HAZARD**

- Touching some of the internal components can cause serious personal injury or death.
- DO NOT disassemble this appliances

## **WARNING ELECTRIC SHOCK HAZARD**

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



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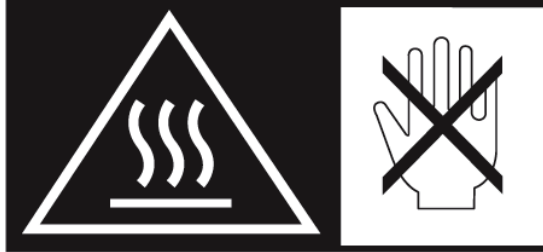


# IMPORTANT SAFETY & PRECAUTIONS

## WARNING ELECTRIC SHOCK HAZARD



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





**WARNING**

RISK OF FIRE OR ELECTRIC SHOCK  
DO NOT OPEN



**WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK,  
DO NOT REMOVE COVER (OR BACK)  
NO USER-SERVICEABLE PARTS INSIDE  
REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY**

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# IMPORTANT SAFETY & PRECAUTIONS

## CRITICAL INSTALLATION WARNINGS



The installation of this appliance **MUST** be performed by a qualified technician or service company.

Failing to have a qualified technician or service company install the oven may result in electric shock, fire, an explosion, problems with the product or injury.

Keep all packaging materials out of the reach of children.

**DO NOT** allow children to use them for play.

## RADIO INTERFERENCE

Operation of your microwave oven may cause interference to your radio, TV or Similar equipment.

If there is interference, it may be reduced or eliminated by using the following steps:

- Clean the door of the microwave and seal the surface of the oven
- Change the orientation of the receiving antenna used by the radio or TV
- 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 the microwave and receiver are on different branch circuits.

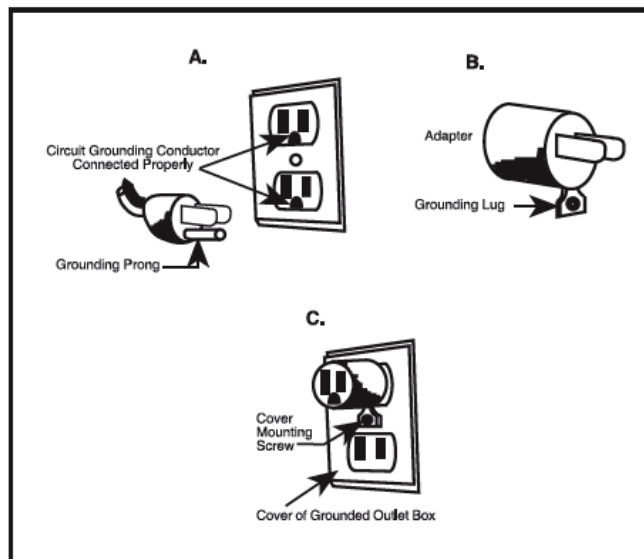
## SAVE THESE INSTRUCTIONS



# IMPORTANT SAFETY & PRECAUTIONS

**GROUNDING INSTRUCTIONS** This appliance must be grounded.

In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.



A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer cord sets or an extension cord should NOT be used unless the below precautions are followed:

If a longer cord or extension cord is used:

- The marked electrical rating of the cord set or extension cord should match the rating of the appliance
- The extension cord must be a grounding-type 3-wire cord.
- The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children, or tripped over.

## SAVE THESE INSTRUCTIONS



# IMPORTANT SAFETY & PRECAUTIONS

## IMPORTANT SAFEGUARDS

**WARNING** - To reduce the risk of fire, electric shock, burns, injury or exposure to excessive microwave energy and when using electrical appliances, follow basic precautions, including the following:

If there is interference, it may be reduced or eliminated by using the following steps:

- The oven must be placed on a level surface
- The glass turntable and turntable assembly must be in the oven during cooking
- Handle glass turntable carefully and place cookware on it gently to avoid possible breakage.
- Incorrect use of browning dish may cause the turntable to break.
- Use only the correctly specified bag size when using the preset popcorn program
- The oven has several built-in safety switches to ensure that the power remains off when the door is open. **DO NOT** tamper with these switches.
- **DO NOT** operate the microwave oven empty. Operating with no food or food that is low in moisture can cause fire, charring or sparking.
- **DO NOT** cook bacon directly on the turntable
- Excessive local heating of the turntable may cause the turntable to break
- **DO NOT** heat baby bottles or baby food in the microwave oven. Uneven heating / hotspots may occur and cause injury.
- **DO NOT** heat narrow-necked containers, like as syrup bottles.
- **DO NOT** attempt to deep-fry in your microwave oven.
- **DO NOT** attempt home canning in this microwave oven. It is impossible to be sure all contents of the jar have reached boiling temperature.
- **DO NOT** use this microwave oven for commercial purposes. This microwave oven is made for household use only.
- Failure to maintain the oven in a clean condition could lead to deterioration that could adversely affect the life of the appliance and possibly result in a hazardous situation.

## SAVE THESE INSTRUCTIONS

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# ABOUT MICROWAVE COOKING

## MATERIALS YOU CAN USE IN A MICROWAVE

Arcing is a spark or electric flash that crackles and/or pops. Arcing can produce heat that is very intense and can damage the interior of the microwave or container(s) used.

Arcing can also cause fire. Arcing occurs when metal containers are used in the microwave. Arcing can also occur with the use of metal skewers, metal clamps, or twist ties from plastic bags like bread bags.

To prevent arcing, use the charts to determine the materials that are microwave safe and follow instructions from the container manufacturer.

Plastic cookware designed for microwave cooking should be used carefully. Some plastic containers advertised as “microwave safe” plastic containers may not be as tolerant of overcooking conditions like their glass or ceramic counterparts. These containers may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware may ignite.

- Use “microwave-safe” plastics only in strict compliance with the recommendations provided by the cookware manufacturer.
- DO NOT microwave empty cups or containers.
- DO NOT permit children to use plastic cookware unsupervised

## MATERIALS YOU CAN USE IN A MICROWAVE / COOKWARE

It is not required to buy all new cookware after purchasing your microwave oven.

Many of the cookware pieces you already own can be used successfully in your new power convection microwave oven.

The chart below will help you decide what utensils, containers and coverings may be used with each feature. Make sure utensils DO NOT touch the interior walls of the oven during cooking.

## SAVE THESE INSTRUCTIONS



# ABOUT MICROWAVE COOKING

## **CAUTION: PERSONAL INJURY HAZARD**

Tightly closed containers may explode.

Closed containers should be opened and plastic pouches should be pierced before cooking.

Some non-metallic materials are not safe to use for microwaving. If in doubt, you can test the material in questions using the following procedure:

## **MATERIAL / CONTAINER TEST**

1. Fill a “microwave-safe” container with 1 cup of cold water (250 ml) along with the material you’re testing.
2. Cook on maximum power for 3—seconds
3. Carefully feel the material or container. If the material or container is warm, DO NOT use it for microwave cooking.
4. DO NOT exceed 1 minute cooking time for this test
5. Please take precautions when testing all “microwave-safe” materials and or containers.
6. DO NOT allow children to conduct this test.

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# ABOUT MICROWAVE COOKING

## UNDERSTANDING YOUR OVEN

**DO NOT** use the oven without the turntable and support OR turn the turntable over so that a large dish can be placed in the oven.

The turntable will turn both clockwise and counterclockwise.

**ALWAYS** have food in the oven when it is on to absorb the microwave energy.

When using the oven at power levels below 100% you might hear the magnetron cycling on and off.

It is normal for the exterior of the oven to be warm to the touch when cooking or reheating.

Condensation is a normal part of microwave cooking. The humidity in a room and the moisture in food will influence the amount of moisture that condenses in the oven. Usually, covered foods will not cause as much condensation as uncovered foods.

Microwave Ovens will become **HOT** after use.

**DO NOT** use the oven for anything other than food preparation.

**DO NOT** use the oven to dry clothes or newspapers.

The wattage of this oven is 1000 watts as rated by the IEC Test Procedure method. When using your own recipes or package directions please check the food a minute or two before the minimum time and add time accordingly. Depending on the recipe this oven may cook food more quickly than your traditional oven.

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# ABOUT MICROWAVE COOKING

## SETTING UP YOUR OVEN (PARTS & ACCESSORIES)

Thank you for purchasing this quality CONTOURE® appliance. We are excited for you to get started using your new Built-in Microwave Oven!

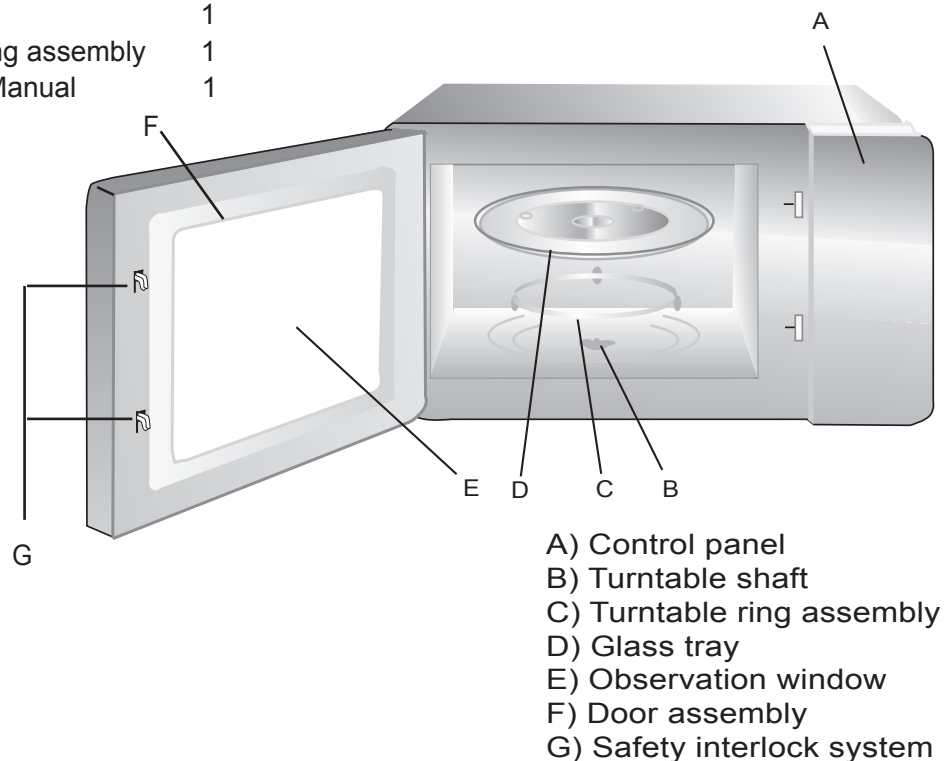
Remove all packaging materials and accessories from the carton and oven cavity.

Examine your new oven for any damage, like dents, or a broken door. **DO NOT** continue with installation if the oven is damaged.

## SETTING UP YOUR OVEN

Your new oven comes with the following accessories:

Glass tray	1
Turntable ring assembly	1
Instruction Manual	1



## SAVE THESE INSTRUCTIONS



## PARTS & ACCESSORIES

### SETTING UP YOUR OVEN (TURNTABLE INSTALLATION)

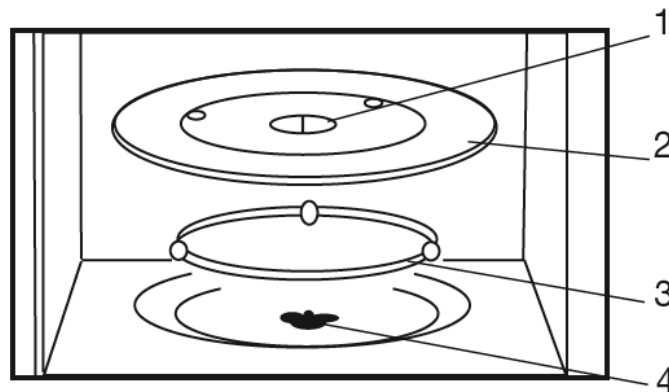
Please reference the diagram below to help during installation.

NEVER place the glass tray upside down. The glass tray should NEVER be restricted.

Both glass tray and turntable ring assembly must always be used during cooking.

All food and containers of food should always be placed on the glass tray for cooking.

If you are missing your glass tray or turntable ring assembly or it cracks or breaks, please contact your retail store where purchased. You may also reach out to customer service, see the warranty & service section for further information.



1. Hub (underside) of glass tray
2. Glass tray
3. Turntable ring assembly
4. Turntable shaft

**SAVE THESE INSTRUCTIONS**

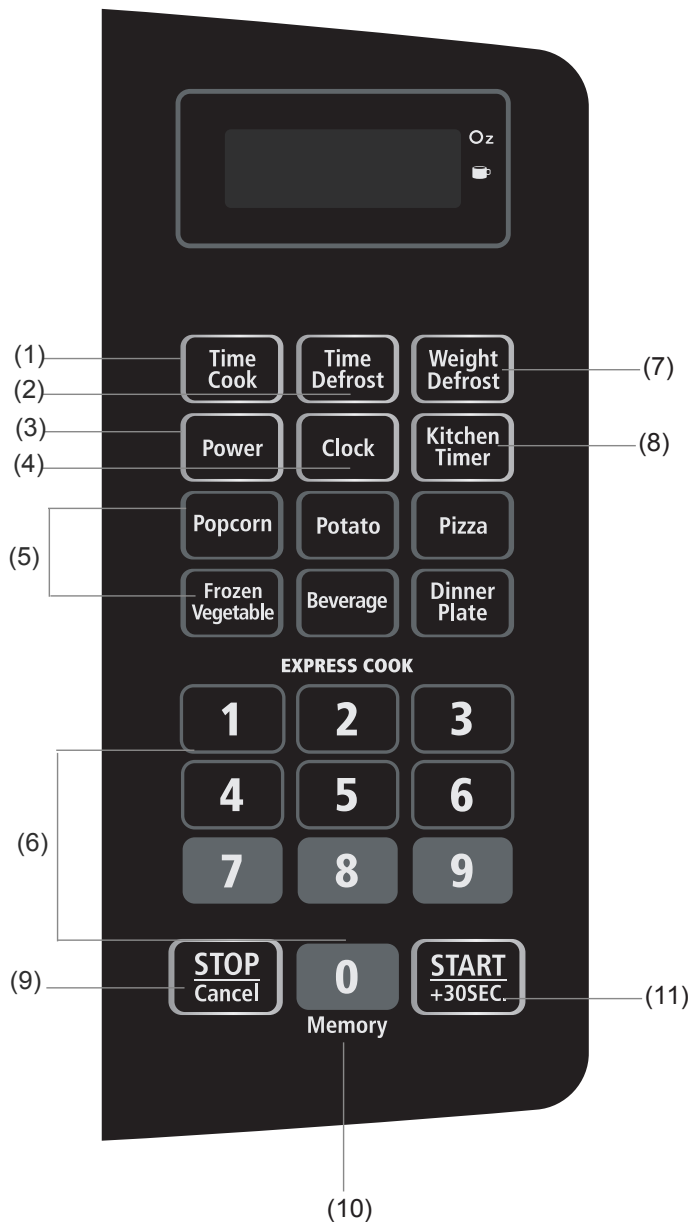




# CONTROL PANEL & FEATURES

## UNDERSTANDING THE CONTROL PANEL

Please reference the diagram below:



### Microwave Oven Settings:

- 1- TIME COOK
- 2- TIME DEFROST
- 3- POWER
- 4- CLOCK
- 5- AUTO MENUS:
  - POPCORN
  - POTATO
  - PIZZA
  - FRESH VEGETABLE
  - BEVERAGE
  - DINNER PLATE
- 6- NUMBER BUTTONS: 0-9
- 7- WEIGHT DEFROST
- 8- KITCHEN TIMER
- 9- STOP/CANCEL  
(Clears all previous settings pressed before cooking starts. During cooking: Press once to stop oven; press twice to stop and clear all entries)
- 10- MEMORY FUNCTION
- 11- START / +30 SECONDS

**SAVE THESE INSTRUCTIONS**



# OPERATING INSTRUCTIONS

## BEFORE OPERATING YOUR OVEN

Before operating your new microwave oven it is important that you read and understand the instruction booklet and operating instructions completely.

Before the oven can be used, please complete the following procedures:

1. Plug in the oven and close the door
2. Touch the Stop/Cancel pad so that 0:00 appears
3. Set the clock

## SET THE DISPLAY CLOCK

After the microwave is plugged in the LED display on the oven will display 00:00.

The input time needs to be between 1:00 – 12:59.

EXAMPLE: To set 10:30 AM or PM

- Press CLOCK and the buzzer will beep once
- Press the number keys: 1,0,3,0
- Press CLOCK to finish this setting.

If 0:00 is displayed the clock is NOT set

This microwave comes with a 12-hour clock. To change or correct a setting, touch the Stop/Cancel pad and re-enter the time.

If the electrical power supply to your microwave oven is interrupted during cooking, the program will be erased. When the power is restored, press “CLOCK” and reset the clock for the correct time of day.

## SAVE THESE INSTRUCTIONS



# OPERATING INSTRUCTIONS

## SET THE KITCHEN TIMER

(NOTE: When kitchen timer is engaged, the oven will NOT start any program and the oven light, will NOT light.)

Press KITCHEN TIMER so 00:00 is displayed.

Press the number keys to set the time desired. The range must be within 99 minutes and 99 seconds. For example, to set the kitchen timer for 10 minutes and 15 seconds, press 1,0,1,5 in turn.

Press Start/+30SEC to confirm and the time will count down on the display.

When the time is complete, the buzzer will beep 5 times.

## STOP / CANCEL

Touch the STOP/CANCEL pad if you would like to:

1. Erase your selection if you made a mistake during program selection
2. Cancel the kitchen timer set
3. Return the time to the display
4. Touch once to temporarily stop the oven during cooking
5. Touch twice to cancel a program during cooking

## CHILD SAFETY LOCK

Using your child safety lock will prevent unwanted or accidental oven operation by setting the oven to deactivate or lock the control panel.

Lock your control panel by pressing STOP/CANCEL for 3 seconds. You will hear a long beep confirming that the child lock is activated and a lock icon will appear. When the control panel is locked the keypad will NOT be able to be used.

To unlock your control panel, press STOP/CANCEL for 3 seconds. You will hear a long beep confirming that the child lock is deactivated and the microwave oven has been unlocked and the lock icon will disappear.

## SAVE THESE INSTRUCTIONS



# OPERATING INSTRUCTIONS

## SAFETY PRECAUTIONS TO UNDERSTAND (PLEASE READ CAREFULLY)

Before enjoying foods, please check to see that they are cooked in accordance with the United States Department of Agriculture's recommended temperatures prior to consuming.

Be careful and use care when removing items from the oven so that your clothes or cooking accessories DO NOT touch the safety door latches.

DO NOT use the interior of the oven for storage of any kind.

Make sure to select, store and handle food with extreme caution to preserve food quality and minimize the spread of foodborne bacteria.

Maintain a clean microwave and micro-guide cover. Food residue may cause arcing and/or fires.

Check cooking progress frequently while cooking to eliminate any chance of overcooking food.

When handling utensils or cookware that is in contact with hot food ALWAYS use potholders to prevent burns. There is enough heat from the food that can transfer through utensils or cookware to cause skin burns.

Direct steam AWAY from face and hands to avoid steam burns. Carefully open popcorn or other oven cooking bags AWAY from your face. Lift the farthest edge of cookware's covering slowly and away from face.

If testing foods "readiness," insert a meat thermometer into a thick or dense area away from fat or bone. DO NOT leave the thermometer in the food during cooking, EVER, unless it is approved by the manufacturer for use in a microwave oven.

## SAVE THESE INSTRUCTIONS



# OPERATING INSTRUCTIONS

## MICROWAVE COOKING - GETTING STARTED!

Your microwave has 10 preset power levels.

You can program your oven for up to 99 minutes and 99 seconds. Enter the seconds after the minutes even if they are both 0 (zeros).

## START COOKING

1. Press "TIME COOK" once and the LED will display "00:00."
2. Press the number keys to input the desired cooking time. The maximum cooking time is 99 minutes and 99 seconds.
3. Press "POWER" once and the LED will display "PL10." The default power is 100% power. You can now press the number keys to adjust the power levels.
4. Press "START/+30SEC" to begin cooking.

## TIME COOKING

To begin press "TIME COOK" once, a LED display will show "00:00"

Press number keys to input the cooking time.

Press "POWER" once, the LED display will show PL10". The default power is 100% power. You can press the number keys to adjust the power level.

Once the power level is selected, if you press "START / +30 SEC" it will begin to start cooking.

## SAVE THESE INSTRUCTIONS



# OPERATING INSTRUCTIONS

## USING POWER COOKING

The default power level for your microwave oven is HIGH. To change the power level to something other than HIGH, repeatedly press the power button until the power level you desire is reached.

Power counts down from HIGH to LOW and the number buttons allow you to set the cooking time. (Cooking times range between 99 minutes and 99 seconds)

EXAMPLE: Use 80% microwave power to cook for 10 minutes

- Press TIME COOK once, the display will display 00:00
- Select the cook time by pressing the number buttons, 1, 0, 0, 0. The oven display will then read 10:00 confirming the cooking time
- Press POWER once, then press “8” to select 80% microwave power
- Press START/+30SEC to begin cooking
- When cooking begins the indicator light will flash

\* In the process of setting your microwave oven, if the “STOP/CANCEL” button is pressed or if there is no operation within one minute, the oven will automatically go back to the former setting.

\*\* If “PLO” is selected, the oven will work with fan for no power.

During microwave cooking, “POWER” can be pressed to change the power you need. After pressing “POWER,” the current power selection will flash for 3 seconds and you can select the number button to change the power level. The oven will then work at the selected power level for the rest of the time.

## SAVE THESE INSTRUCTIONS



# OPERATING INSTRUCTIONS

## POWER LEVELS

The default power level for your microwave oven is HIGH. To change the power level to something other than HIGH, repeatedly press the power button until the power level you desire is reached.

Press Microwave To Select Desired Power Level	Approx. % Of Power	Common Words For Power Levels
PL 10	100%	High
PL 9	90%	
PL 8	80%	
PL 7	70%	Medium High
PL 6	60%	
PL 5	50%	Medium
PL 4	40%	
PL 3	30%	Medium Low/Defrost
PL 2	20%	
PL 1	10%	Low

## SAVE THESE INSTRUCTIONS



# OPERATING INSTRUCTIONS

**DEFROST** the perfect feature if you want to defrost food by weight or by time.

## **OPERATION DEFROST by WEIGHT**

1. Press WEIGHT/DEFROST once so the oven displays dEF1.
2. Use the number keys to set defrosting weight within the range of 4-100 Oz (If the input is not within the range of 4-100 ounces the input will be invalid)
3. Press START/+30SEC to begin defrosting (the remaining cooking time will be displayed).

## **OPERATION DEFROST by TIME**

1. Press TIME/DEFROST so the oven displays dEF2.
2. Use the number keys to set defrosting time. The effective time range is 00:01 - 99:99. The default microwave power level is 3. If you want to change the power level, press "POWER" once, and the LED will display "PL3". Once "PL3" is displayed press the number pad of the desired power level.
3. Press START/+30SEC to begin defrosting (the remaining cooking time will be displayed).

## **MULTI-STAGE COOKING**

A maximum of two stages can be set for cooking. In multi-stage cooking, if one stage is defrosting, then defrosting will automatically be placed first.

\* Auto cooking, will not work in multi-stage cooking

Example: If you want to cook with 80% microwave power for 5 minutes AND 60% microwave power for 10 minutes. The cooking steps would be as follows:

1. Press "TIME COOK" once, then press "5", "0", "0" to set the cooking time.
2. Press "POWER" once, then press "8" to select 80% microwave power.
3. Press "TIME COOK" once, then press "1", "0", "0", "0" to set the cooking time.
4. Press "POWER" once, then press "6" to select 60% microwave power.
5. Press "START/+30SEC" to start cooking.

## **SAVE THESE INSTRUCTIONS**





# OPERATING INSTRUCTIONS

## POWER INQUIRY

If you need to know the power level that your microwave is currently set to please follow the following procedure:

1. In cooking state, press “CLOCK”
2. The LED display will display the clock for 3 seconds
3. In the microwave cooking state, press “POWER” to find out the microwave power level and the current power level will be displayed. After 3 seconds the oven will turn back to the previous state.

## FINISHED COOKING INDICATOR

When cooking is complete, the buzzer will sound 5 “beeps” to alert you that cooking as finished.

## ADDITIONAL SPECIFICATIONS /FUNCTIONS

When your microwave oven is in a standby state, the digital display clock will show the current time with the “:” flashing. In waiting state the time will be displayed “0:00” (as set).

In the setting function state, the LED display will show the corresponding desired setting.

In a working or paused state, the LED display will show the remaining cooking time.

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# GOURMET FEATURES

## EXPRESS COOKING

To help make your microwave oven experience easier we have included several popular automatic settings to help prepare commonly cooked foods.

Each food is cooked using the best cook time as indicated in the below cooking guide.

To use the EXPRESS COOKING settings press the function you need (Example: Popcorn) enter the weight (lbs or oz) or the amount (cups or units) of food, then press START/+30SEC to begin cooking. Keep in mind your final result will vary according to the temperature, shape, etc of the food. Should you desire additional cooking time, press START/+30SEC to add additional cooking time in small increments of 30-seconds.

## POPCORN

Only use popcorn packaged for Microwave oven use.

DO NOT try pop un-popped kernels

1. Press "POPCORN" repeatedly until the cooking time you want appears in the display. (1.75, 3.0, 3.5 Oz will display in order)
2. Press "START/+30SEC" to cook. The buzzer will sound once. When cooking is complete the buzzer will sound five times to notify you cooking is complete.

## POTATO

Pierce potato and place directly on turntable. We recommend lining potato with a paper towel.

After cooking, we recommend you remove the potato from the oven, wrap in aluminum foil and let stand on counter for 5 to 10 minutes depending on the potato's size.

1. Press "POTATO" repeatedly until the cooking time you want appears in the display. (1, 2, 3 will display in order)
2. "1SET" = 1 potato (approximately 8 Oz) / "2SET" = 2 potatoes (approximately 16 Oz)
3. Press "START/+30SEC" to cook. The buzzer will sound once. When cooking is complete the buzzer will sound five times to notify you cooking is complete.



# GOURMET FEATURES

## FRESH / FROZEN VEGETABLES

We recommend adding 1 tablespoon of water per serving size (1-cup) of corn, peas, carrots or most beans.

When cooking cruciferous vegetables do not add additional water, cook immediately after washing.

For softer or more tender vegetables we recommend using a microwave-safe lid.

After cooking and removing vegetables from oven, stir, cover with a microwave-safe lid and let stand for at least 5 minutes prior to serving.

1. Press “FROZEN VEGETABLE” repeatedly until the number you wish appears in the display, “4.0”, “8.0”, “16.0” will display in order.
2. Press “START/+30SEC” to cook. The buzzer will sound once. When cooking is complete the buzzer will sound five times to notify you cooking is complete.

## BEVERAGE

1. Press “BEVERAGE ” repeatedly until the number you wish appears in the display, “1”, “2”, “3” CUPS will display in order. (One cup is around 120-ml)
2. Press “START/+30SEC” to cook. The buzzer will sound once. When cooking is complete the buzzer will sound five times to notify you cooking is complete.

## DINNER PLATE

1. Press “DINNER PLATE ” repeatedly until the number you wish appears in the display, “9.0”, “12.0”, “18.0” Oz will display in order.
2. Press “START/+30SEC” to cook. The buzzer will sound once. When cooking is complete the buzzer will sound five times to notify you cooking is complete.

## PIZZA

1. Press “PIZZA ” repeatedly until the number you wish appears in the display, “4.0”, “8.0”, “14.0” Oz will display in order.
2. Press “START/+30SEC” to cook. The buzzer will sound once. When cooking is complete the buzzer will sound five times to notify you cooking is complete.



# GOURMET FEATURES

## MEMORY FUNCTION

Your microwave has automatic MEMORY cooking settings to help prepare foods easily.

To use the MEMORY settings:

1. Press “0/MEMORY” to select memory 1-3 options. The LED will display the numbers 1, 2, and 3.
2. If the procedure has been set, press “START/+30 SEC” to use it. If not, continue to set the MEMORY. Only one or two stages can be set.
3. After finishing the setting, press “START/+30 SEC” once to save the procedure and return to waiting state, Press “START/+30 SEC” again and the microwave will begin cooking.

FOR EXAMPLE: To set the following procedure as the second memory (2). To cook food with 80% microwave power for 3 minutes and 20 seconds:

1. Press “0/MEMORY” twice, stop pressing until the screen displays “2.”
2. Press “TIME COOK” once, then press “3”, “2”, “0” in order.
3. Press “POWER” once, “PL10” will be displayed. Then press “8” and “PL8” will be displayed.
4. Press “START/+30 SEC” to save the setting (the buzzer will sound once)/
5. Press “START/+30 SEC” a second time and the procedure will be saved as MEMORY 2 and operate as such.

\* Note - If the electricity is not cut off, the procedure will be saved all the time. If it is, the procedure will need to be reset.

\*\* To operate using the saved procedure, Press “0/MEMORY” twice, the screen will display “2,” then press “START/+30 SEC” to begin operating.

## SAVE THESE INSTRUCTIONS



# MAINTENANCE

## KEEP YOUR OVEN CLEAN

Your oven was designed with an easy to sanitize stainless steel interior and deluxe NO FINGERPRINT stainless steel front. ONLY use mild, non-abrasive soaps or detergents with a soft cloth or sponge to clean the oven's surface and oven walls.

DO NOT clean the outside of the microwave oven using cleaners that contain ammonia or alcohol as they will damage the appearance of the microwave.

The nonporous oven surface is designed to NOT absorb odors but we recommend an occasional wipe down with a water/baking soda solution to keep the inside fresh.

DO NOT clean any part of this oven without unplugging the cord.

DO NOT use commercial oven cleaner on any part of your microwave.

DO NOT use abrasive cleaners or sharp utensils on oven.

We recommend removing grease first with a soapy cloth and then rinsing with a damp cloth.

The turntable and turntable shaft were designed to be removable and easy to clean.

DO NOT try to wash turntable immediately after cooking. Let it cool prior to placing it in water to prevent risk of breakage.

DO NOT drop the turntable and shaft or it can break.

Make sure you carefully put the turntable and shaft back in the oven after cleaning. DO NOT operate the oven without the turntable, turntable shaft and the ring assembly properly in place.

We recommend wiping down the control panel with a damp cloth and drying it thoroughly. DO NOT use sprays, abrasive or sharp objects, or large amounts of soap on the panel or you will damage it.

Keep the area clean where the door seals against the microwave. Only use mild, non-abrasive detergents with a clean sponge/soft cloth and rinse well.



# TROUBLESHOOTING

## FREQUENTLY ASKED QUESTIONS

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start	<ul style="list-style-type: none"><li>a. Electrical cord for oven is not plugged in.</li><li>b. Door is open.</li><li>c. Wrong operation is set.</li></ul>	<ul style="list-style-type: none"><li>a. Plug into the outlet.</li><li>b. Close the door and try again.</li><li>c. Check instructions.</li></ul>
Arcing or sparking	<ul style="list-style-type: none"><li>a. Materials to be avoided in microwave oven were used.</li><li>b. The oven is operated when empty.</li><li>c. Spilled food remains in the cavity.</li></ul>	<ul style="list-style-type: none"><li>a. Use microwave-safe cookware only.</li><li>b. Do not operate with oven empty.</li><li>c. Clean cavity with wet towel.</li></ul>
Unevenly cooked foods	<ul style="list-style-type: none"><li>a. Materials to be avoided in microwave oven were used.</li><li>b. Food is not defrosted completely.</li><li>c. Cooking time, power level is not suitable.</li><li>d. Food is not turned or stirred.</li></ul>	<ul style="list-style-type: none"><li>a. Use microwave-safe cookware only.</li><li>b. Completely defrost food.</li><li>c. Use correct cooking time, power level.</li><li>d. Turn or stir food.</li></ul>
Overcooked foods	Cooking time, power level is not suitable.	Use correct cooking time, power level.
Undercooked foods	<ul style="list-style-type: none"><li>a. Materials to be avoided in microwave oven were used.</li><li>b. Food is not defrosted completely.</li><li>c. Oven ventilation ports are restricted.</li><li>d. Cooking time, power level is not suitable.</li></ul>	<ul style="list-style-type: none"><li>a. Use microwave-safe cookware only.</li><li>b. Completely defrost food.</li><li>c. Check to see that oven ventilation ports are not restricted.</li><li>d. Use correct cooking time, power level.</li></ul>
Improper defrosting	<ul style="list-style-type: none"><li>a. Materials to be avoided in microwave oven were used.</li><li>b. Cooking time, power level is not suitable.</li><li>c. Food is not turned or stirred.</li></ul>	<ul style="list-style-type: none"><li>a. Use microwave-safe cookware only.</li><li>b. Use correct cooking time, power level.</li><li>c. Turn or stir food.</li></ul>

**SAVE THESE INSTRUCTIONS**

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# PRODUCT WARRANTY

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

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

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

**Ninety (90) Day Full Warranty Parts & Labor:** Within ninety (90) days from the date of original purchase, NQP/CONTOURE in its sole discretion, will either repair or replace, free of charge, any part proving defective in material or workmanship. All warranty repairs and service must be performed at a NQP/CONTOURE location of service by an authorized NQP/CONTOURE technician. All expenses related to replacing or repairing a defective part under this ninety (90) day warranty shall be assumed by NQP/CONTOURE except the cost of transporting the product to and from NQP/CONTOURE, which shall be assumed by the buyer. If the product is replaced, the replacement will be with a product that is identical or equivalent to the warranted product. If the product cannot be repaired or replaced, NQP/CONTOURE will issue a refund to the buyer for the original purchase price less that amount directly attributable to use by the buyer.

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

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# PRODUCT WARRANTY

## DISCLAIMER OF IMPLIED WARRANTIES; LIMITATION OF REMEDIES

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

**HOW TO OBTAIN WARRANTY SERVICE:** Upon discovery of any defect, malfunction, or nonconformity in the warranty-covered product, the buyer should visit [www.contoureausa.com](http://www.contoureausa.com) and submit a warranty claim online. For any questions regarding your warranty you may also email us at [warranty@contoureausa.com](mailto:warranty@contoureausa.com)

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

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

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## PRODUCT WARRANTY

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

- Products with original serial numbers that have been removed, altered or cannot be readily determined or products purchased “as-is”
- Product that has been transferred from its original owner to another party or removed outside of the USA or Canada
- Products used in commercial setting(s)
- Service calls to correct the installation of the warranty-covered products, to explain the usage of the product to the buyer, or to reset or replace home circuit breakers or fuses
- Service calls which do not involve malfunction or defects in materials or workmanship, or for appliances not in ordinary household use or used other than in accordance with the provided instructions.
- Repairs necessitated by use other than normal home use / Products used in commercial settings
- Damage resulting from misuse, abuse, accidents, alterations, improper installation, fire, flood acts of God or damage caused by the shipping of the product by the buyer to NQP
- Corrective work necessitated by repairs made by anyone other than a NQP authorized service technician / Rust on the interior or exterior of the unit.
- Costs incurred for disposing of the product at locations other than a NQP facility
- Food loss due to any refrigerator or freezer failure.
- Expenses for making the appliance accessible for servicing, such as removal of trim, cupboards, shelves, etc. which are not a part of the appliance when it is shipped from the factory.
- Damages to the finish of appliance or home incurred during installation, including but not limited to floors, cabinets, walls, etc.
- Damages caused by: services performed by unauthorized service companies; use of parts other than genuine CONTOURE parts or parts obtained from persons other than authorized service companies; or external causes such as abuse, misuse, inadequate power supply, accidents, fires or acts of God.
- Labor costs after ninety (90) days from your original date of purchase incurred for product repair or replacement as provided herein for carry-in appliances.

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# PRODUCT WARRANTY

**This warranty only applies in the USA and Canada.**

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

**California Residents Only:** California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (1) to the store where it was purchased or (2) to another retail store which sells CONTOURE products of the same type. The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.

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

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

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

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