



Westinghouse

SCANNING MICROWAVE OVEN

Reads package barcodes for fast
and easy microwave cooking.



WST3506SB

You can be sure...if it's Westinghouse

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.

IMPORTANT SAFEGUARDS

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

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

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found above.
3. This appliance must be grounded. Connect only to properly grounded outlet.
See "GROUNDING INSTRUCTIONS" found on page 4.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers – for example, closed glass jars – are able to explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair, or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store this appliance outdoors. Do not use this product near water – for example, near a kitchen sink, in a wet basement, or near a swimming pool or similar locations.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.

15. See surface, door cleaning instructions on page 19.
16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Liquids, such as water, coffee, or tea are able to be overheated to 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.**

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY.

ADDITIONAL IMPORTANT SAFEGUARDS

1. Oversize foods or oversize metal utensils should not be inserted in a microwave oven as they may create a fire or risk of electric shock.
2. Do not clean with metal scouring pads.
3. Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
4. Do not store anything directly on top of the appliance surface when the appliance is in operation.

WARNING: To Reduce the Risk of Injury to Persons:

1. Liquids such as water, coffee or tea are able to be overheated to the boiling point without appearing to be boiling.
2. Do not use narrow necked containers to boil or reheat liquids.
3. The liquid may splash out during or after heating or when adding ingredients (instant coffee, etc) resulting in possible harm or injury to persons.
4. To reduce the risk of injury, stir the liquid several times before heating.
5. After heating, allow the container to stand in microwave oven for at least 40 seconds before removing the container.
6. Do not heat water and oil, or a fat together which may cause a violent eruption.

Grounding Instructions

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

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

Consult a qualified electrician if the grounding instructions are not completely understood, or if doubt exist as to whether the appliance is properly grounded.

- Do not use an extension cord. If the power supply cord is too short, have a qualified electrician install an outlet near the appliance.

Testing Containers and Utensils

Some non-metallic containers and utensils become extremely hot when used in a microwave oven. To avoid risk of scalding, use the following procedure to determine if a container or utensil is safe for microwave use:

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

Materials You Can Use in a Microwave Oven

Cooking Accessories (not included with Microwave)	Remarks
Aluminum foil	Shielding only. To prevent overcooking, use small, smooth pieces to cover the thin areas of meat or poultry. Arcing can occur if the foil is too close to the oven walls. The foil should be at least 1 inch away from oven walls.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates	Use microwave-safe plates only for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use microwave-safe paper towels only to cover food for reheating and absorbing fat. Use with supervision for short-term cooking only.
Parchment	Use as a cover to prevent spattering or a wrap paper for steaming.

Cooking Accessories (not included with Microwave)	
	Remarks
Plastic containers	Use microwave-safe containers only. Follow the manufacturer's instructions. Containers should be labeled "Microwave-Safe." Some plastic containers soften as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced, or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Wax paper	Use a cover to prevent splattering and to help retain moisture.

Materials to Avoid in a Microwave Oven

Cooking Accessories (not included with Microwave)	
	Remarks
Aluminum pan or tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy and may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out and may split. Avoid using wooden containers or utensils in the oven.

How Your Microwave Oven Works

The microwave oven has an electronic tube called a magnetron that produces microwaves, very short radio waves. The microwaves then pass through a wave-guide and into the oven cavity. The microwaves penetrate the food and cause water molecules within the food to vibrate extremely rapidly. This vibration causes considerable friction or heat between the water molecules resulting in a rapid rise in temperature. This type of heating is very efficient and the cooking time is therefore shorter than in a conventional oven. The rate of heating depends on the moisture content, shape, volume, and amount of food present. Metallic materials totally reflect microwaves. Non-metallic materials such as glass, paper, and plastics are partially transparent to microwaves. Microwaves do not directly heat the oven walls and most cooking utensils because they do not absorb microwave energy. However, they frequently get very warm through being in direct contact with hot food.

Introducing the Westinghouse Microwave Oven

Your Westinghouse Microwave Oven delivers the ultimate ease of use and convenience in microwave cooking. Of course, the Westinghouse Microwave Oven is ideal for routine microwaving chores: warming your cup of coffee, reheating leftovers, defrosting that roast or baking potatoes and so on, but the Westinghouse Microwave Oven can do so much more.

The Microwave Oven is packed with advanced features that take the guesswork out of microwave cooking. You won't need to wonder anymore about the correct cooking time and power level. No more food that's burned on the edges or frozen in the middle.

The microwave's built-in intelligence allows you to automatically cook nearly any packaged food to perfection. Use the oven's Scanning Wand to swipe the bar code on a package of microwaveable food and the Microwave Oven is instantly programmed for precisely the right power level and cooking time – even when the cooking requires defrosting, multiple power levels or varying cooking times.

You can use the oven's ADD 1 MIN. feature to cook in multiples of one minute, or easily add additional minutes to a previously selected cooking time.

The Westinghouse Microwave Oven is equipped with a control panel safety lock to prevent inadvertent operation.

Please read this manual thoroughly before using the Westinghouse Microwave Oven. Familiarize yourself with the safety precautions and all the great features of your Westinghouse Microwave Oven.

Keep this manual handy for future reference.

Let's get cooking!

Unpacking Your Westinghouse Microwave Oven

1. Carefully remove the Microwave Oven and all other contents from the carton. Remove all packing materials from the interior of the oven.

WARNING: Do Not Remove the Light Brown, Mica wave-guide cover, which is located on the right, interior wall.

2. When the oven is packaged for shipment a clear plastic film is placed over the control panel; carefully peel it off.
3. Verify that you have all the items for turntable assembly, see Figure 1. Be sure all items are in good condition. Check the oven for any damage, such as a misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches, or dents on the door or interior walls.

If there is any damage, do not operate the oven. Contact your Westinghouse retailer or contact Customer Relations at 1 (800)947-3744 between 7:30 a.m. and 6:00 p.m., CST Monday through Friday or by e-mail at salton@saltonusa.com.

Choose a Location

Because you will be using your Westinghouse Microwave Oven frequently, choose a location that allows convenient access.

Keep these points in mind when deciding where to place your oven:

- The oven must be placed on a firm, level surface.
- Be sure that air can circulate freely around the oven. Allow two inches of clearance around all vents.
- Do not install oven over a range cooktop or other heat-producing appliance.
- Place the oven as far away from radios and TVs as possible. Operation of microwave ovens may cause interference with your radio or TV reception.
- The oven should be the only appliance on the circuit.

Install the Turntable

The turntable must be installed before using the Westinghouse Microwave Oven. Refer to Figure 1. for turntable installation.

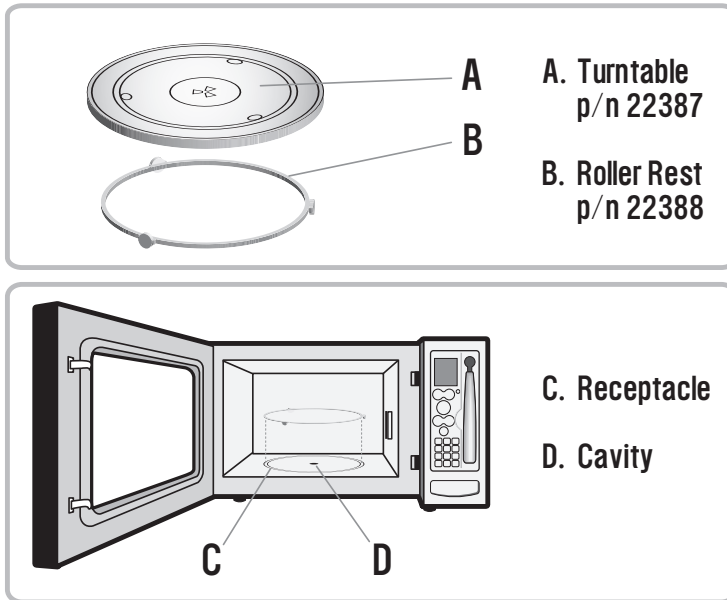


Figure 1. Turntable installation

1. Place the Roller Rest (B) in the Cavity (D) of the microwave oven.
2. Place the Turntable (A) on top of the Roller Rest (B). The Turntable should turn freely when the microwave oven is in use. If it does not, make sure the Turntable and Roller Rest are in position.

NOTE:

- Never operate the microwave oven without the turntable installed.
- The turntable must be able to rotate freely during oven use.
- Never place the turntable upside down.
- Always place food and containers of food on the turntable for cooking.
- The turntable may reverse direction when the oven is stopped and restarted.
- If the turntable or any part of the turntable assembly is damaged, contact Consumer Relations at 1(800)947-3744 for replacement parts.

Set the Clock

Before using the Westinghouse Microwave Oven for the first time, you must set the clock to the correct time of day.

To set the clock:

1. Press **CLOCK** on the control panel. The display will flash **0:00**.
2. Use the digits on the number pad to enter the hour and minutes. For example, if you want to set the clock to "5:30," press in sequence: **5 3 0**. To set the clock to "10:45," press in sequence: **1 0 4 5**.
Note: The clock is a 12-hour clock. It does not distinguish AM /PM.
3. Once you have entered the correct time of day, press **CLOCK** again to save the time setting.
Note: Colon flashes when clock is running.

Getting To Know Your Westinghouse Microwave Oven

The main features of your Westinghouse Microwave Oven are shown below in Figure 2.

NOTE: Your microwave oven may not match the illustration exactly.

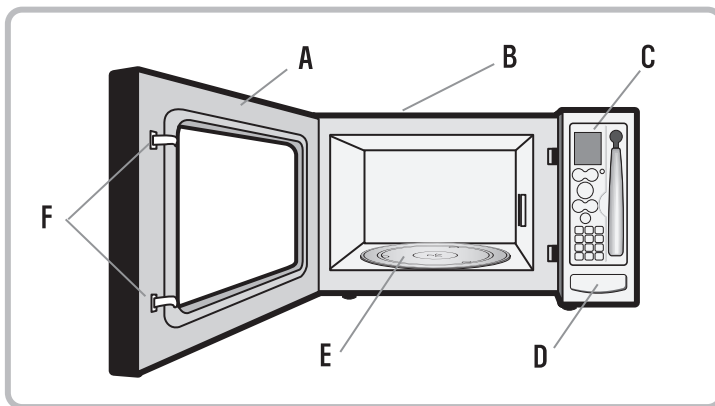


Figure 2

- | | |
|--|----------------------------|
| A. Door with Viewing Window | D. Door Release |
| B. Vents (Top, Back and Bottom of Microwave) | E. Turntable |
| C. Control Panel | F. Safety Interlock System |

Control Panel

The control panel is shown in Figure 3. below. Control panel push buttons and features are described in Table 1, immediately following.

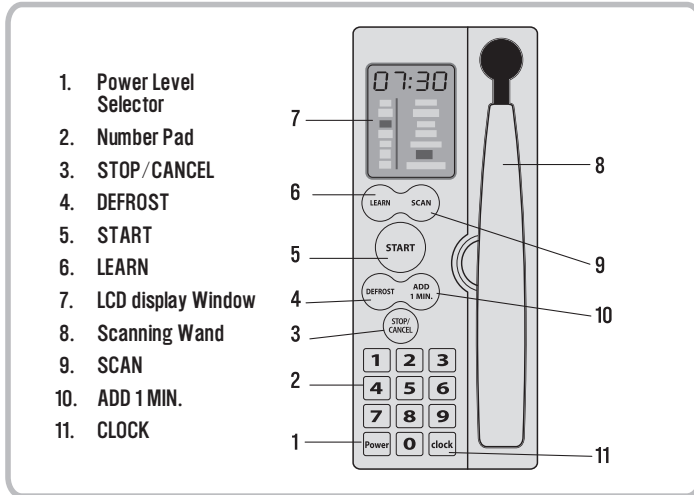


Figure 3

Table 1. Westinghouse Microwave Oven Control Panel

Figure No.	Push Button or Feature	Function
1	POWER	<p>Press POWER to select a power setting. The power setting (P 10, P 9 etc.) will appear in the display window. The default setting is P 10, the highest power setting. Pressing POWER repeatedly causes the power setting to decrease one level at a time, from P 10 (highest) to P 1 (lowest). To change levels more rapidly, press and hold POWER until you reach the desired level.</p> <p>During oven operation, pressing POWER will cause the current power level to appear briefly on the display.</p>
2	Number Pad	<p>The number pad allows you to enter digits for time.</p> <ul style="list-style-type: none"> For setting the clock, please refer to Section 1. Introducing the Westinghouse Microwave Oven on page 8. Please refer to Section 3. Basic Oven Operation, on page 11 for instructions on entering cooking times.
3	STOP/CANCEL	<p>Press STOP/CANCEL once to temporarily interrupt any oven operation. To resume, press START.</p> <p>Press STOP/CANCEL twice to cancel any oven operation or program.</p>
4	DEFROST	<p>Press DEFROST once to use the oven's Auto Defrost function. Press twice to begin Time Defrost. Please refer to Section 4. Defrosting on page 13 for detailed instructions on using the defrost function.</p>

Figure No.	Push Button or Feature	Function
5	START	Press START to begin cooking.
6	Learn	Press LEARN to teach your microwave how to cook a food not in the ovens memory so that it will recognize it in the future. Please refer to Section 5, Microwaving on page 15 for instructions on using the Learn function.
7	Display Window	The display window shows the time of day, cooking time, food weight, power level, learn and user prompts such as Push Start or Scan . If the control panel safety lock is activated, LOC appears in the display window. Please refer to Section 2, Getting to Know Your Westinghouse Microwave Oven on page 9 for instructions on using the Control Panel Safety Lock.
8	Scanning Wand	Scanning the barcode on a package of microwaveable food automatically programs the Westinghouse Microwave Oven for the precise power setting and cooking time. Please refer to Section 5, Microwaving on page 16 for complete instructions on using the Scanning Wand and the scan function.
9	SCAN	Press SCAN to initiate the scan function. Please refer to Section 5, Microwaving on page 15 for complete information on using this feature of your Westinghouse Microwave oven.
10	ADD 1 MIN.	Press ADD 1 MIN. to add one more minute of cooking at the current power level. This function does not work in defrost mode.
11	Clock	Press CLOCK to set the correct time of day. To set the clock, please refer to the Section 1, Introducing the Westinghouse Microwave Oven on page 6. The clock allows viewing the time during cooking.

Other Important Oven Features

Control Panel Safety Lock

The oven control panel can be locked to prevent inadvertent operation.

To lock the Control Panel:

- Make sure the oven is not in use. If necessary, clear or stop any functions.
- Press and hold **STOP/CANCEL** for approximately 4 seconds. **LOC** will appear in the display window. The control panel will not function in lock mode.

To unlock the Control Panel:

- Press and hold **STOP/CANCEL** for approximately 4 seconds. The time of day will appear in the display window.

Auto Cancel

The oven will automatically clear itself and return to the time of day display if **START** is not pressed within 1 minute of selecting any other control panel buttons.

Instant On

The oven features one button operation for cooking on high power for one to six minutes. Press a number from 1 to 6 on the number pad, the oven will begin cooking immediately in accordance with the number pressed.

Pause Function

During cooking, the oven will stop operating if:

- The door is opened
- **STOP/CANCEL** is pressed

However, the cooking program is not canceled. To resume cooking, close the door and press **START**. To cancel the cooking program completely, press **STOP/CANCEL** twice.

Fan Protection

When the cooking time is longer than 5 minutes, the fan will continue to run and the turntable will continue to rotate for approximately 15 seconds after the cooking time is complete. To turn off immediately, press **STOP/CANCEL**.

Basic Oven Operation

Follow the instructions below for basic heating, reheating and cooking needs.

In a Nutshell:

1. Prepare the food.

Place your food in a microwave-safe package or container. Set it carefully in the center of the turntable and close the oven door securely.

2. Select a power level.

- Press **POWER** to select the power level. **P 10** appears in the display window.
- If you want to reduce the power level, press **POWER** repeatedly until you reach the desired level. Each power level will appear in the display window counting down from P 10 to P 1.
- Please refer to Section 7, Reference on page 19 for recommended cooking power levels.

3. Next, set the cooking time.

Use the digits on the number pad to enter a cooking time. For example, to enter a cooking time of one minute and thirty seconds (1:30), press in sequence: **1 3 0**. "**Push Start**" will flash in the display window.

4. Start Cooking.

- Press **START** to start cooking. The display window shows the time remaining.
- You may interrupt cooking at any time by pressing **STOP/CANCEL**. "**Push Start**" will flash in the display window if cooking is interrupted.
- To cancel the cooking program press **STOP/CANCEL** two times. The time of day will appear in the display window.

5. Using the Instant On feature.

You may also enter the cooking time in multiples of 1 minute by pressing a number from 1 to 6. The oven will begin cooking immediately.

Basic Heating/Reheating

- Please refer to page 9, Figure 3, for an illustration of the Control Panel.
- Please refer to Section 7, Reference on pages 19-31 for recommended heating/cooking times and power settings for many typical foods and beverages.
- When preparing packaged food, follow the instructions on the label for container size and preparation power setting, and cooking time. **EXCEPT**: Disregard instructions to rotate containers midway through cooking as the turntable makes this unnecessary.
- Avoid using containers with metallic parts or metallic finishes such as painted gold trim. Remove twist ties with metal wires.
- Cover foods loosely with a microwave-safe paper towel or microwave-safe plastic wrap to avoid splatters, reduce cooking time, and prevent drying the food.

For basic heating, reheating, and cooking:

1. Place your food in a microwave-safe package or container. Set it carefully in the center of the turntable and close the oven door securely.
2. Press **POWER** to select the power setting. **P 10** will appear in the display window. Pressing **POWER** repeatedly will reduce the power setting one level at a time from P 10 (highest) to P 1 (lowest). If you do not select a power setting, the oven automatically operates at P 10, the highest level.
3. Enter the desired cooking time by pressing the digits on the number pad. For example, to enter two minutes and ten seconds, press in sequence: **2 1 0**. The digits you select will appear at the top of the display window while the prompt **PRESS START** flashes in the lower half of the display window.
If you make a mistake or decide to change the cooking time, press **STOP/CANCEL** one time and re-enter the desired power setting and cooking time.
4. Press **START** to begin cooking. The display window will show the remaining cooking time, counting down continuously. When the full cooking time has elapsed, the oven will beep four times and the time of day will reappear on the display window.
5. Press the door release to open the door and using oven mitts, remove your food.
6. If the food needs to cook longer, you may follow the steps above, selecting a power level and cooking time. Or, simply press **ADD 1 MIN.** to add one more minute of cooking time at high power.

NOTE:

- You may interrupt cooking at any time by pressing the door release or by pressing **STOP/CANCEL** one time. To resume cooking, close the door and press **START**.
- To cancel the program completely, press **STOP/CANCEL** twice. The time of day will appear in the display window.
- While the oven is in operation, you may view the time of day by pressing **CLOCK**. The time of day will be displayed for a few seconds, and then the cooking time will reappear.
- While the oven is running, you may view the current power level by pressing **POWER**. The power level will be displayed for a few seconds, and then the cooking time will reappear.
- When the cooking time is longer than 5 minutes, the fan will continue to run and the turntable will continue to rotate for approximately 15 seconds after the cooking time is complete. To turn off immediately, press **STOP/CANCEL**.

Two Stage Microwave Cooking

For best results, many foods need to be cooked in two stages; that is, you begin cooking at one power level and then complete cooking on a second power level.

To program your Westinghouse Microwave Oven for two stage cooking:

1. Select the desired power level for stage one by pressing **POWER** until the desired power level appears.
2. Use the number pad to enter the cooking time in minutes and seconds. For example, to enter a time cooking time of 6 minutes and 45 seconds, press in sequence **6 4 5**.
3. Next, select the power level for stage two by pressing **POWER** until the desired power level is displayed.
4. Set the desired cooking time for stage two by entering the desired minutes and seconds using the number pad.
5. Press **START**. At the end of stage one cooking stage two cooking will begin. At the end of stage two cooking, the oven will beep four times.

Defrosting

The Westinghouse Microwave Oven has two defrost modes: Auto Defrost and Time Defrost. Use Auto Defrost to thaw food based on weight. Use Time Defrost to thaw for a specified amount of time.

Auto Defrost

The Westinghouse Microwave Oven automatically calculates the correct defrosting time and power level based on the weight of the frozen food.

The maximum food weight that can be entered is six pounds. If a higher weight is entered, the oven will beep twice and the display window will return to the time of day.

To Auto Defrost:

1. The frozen food must be removed from packaging and placed in a microwave-safe package or container. Be sure to remove twist ties that contain metal wire. Place the frozen food on the turntable and close the oven door securely.
2. Press **DEFROST** one time. The display will flash 0.0.
3. Using the number pad, enter the weight of the frozen food in pounds and decimal fractions of a pound. The microwave will only allow you to enter a single digit for pounds and a single digit for any decimal fraction of a pound. Round any decimal fractions to the nearest tenth. Please refer to the table below for sample entries.

NOTE: To convert pounds and ounces to metric units, please refer to the Conversion table on page 31.

If the food weighs	Press	Display Reads
.25 pounds	2	0.2
.50 pounds	5	0.5
.75 pounds	7	0.7
1.0 pounds	10	1.0
1.25 pounds	12	1.2
1.50 pounds	15	1.5
1.75 pounds	17	1.7
2.0 pounds	20	2.0

4. Press **START** to begin defrosting. The defrost time (minutes : seconds) will appear in the display window and begin counting down. When the timer reaches **0:00** the oven will shut off and beep four times. The time of day will reappear on the display window.
5. The oven will beep twice periodically during the defrosting time. This is to remind you to temporarily interrupt defrosting to turn the food over, stir, or break into smaller pieces, as appropriate. The oven will continue to defrost until the time is elapsed.
To temporarily interrupt defrosting:
 - Press the door release or press **STOP/CANCEL** one time.
 - Turn the food over, stir, or break into smaller pieces, as appropriate.
 - Close the oven door and press **START** to resume defrosting.
6. When the defrosting time is complete, the oven will beep four times and the time of day will reappear in the display window. Press the door release to open the door and using oven mitts, remove the food. If the food needs to defrost longer, stir, or turn over, as appropriate and follow the Time Defrost instructions on page 13.
7. Allow food to sit a few minutes before stirring and serving. Most meat needs to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Time Defrost

To defrost food for a specified time:

1. The frozen food must be in a microwave-safe package or container. Be sure to remove twist ties that contain metal wire. Place the frozen food on the turntable and close the oven door securely.
2. Press **DEFROST** twice. The display window will flash **0:00**.
3. Enter the desired defrost time in minutes and seconds using the digits on the number pad.
4. Press **START**.
5. The oven will beep twice halfway through the defrosting time. This is to remind you to temporarily interrupt defrosting to turn the food over, stir, or break into smaller pieces, as appropriate. The oven will continue to defrost until the time is elapsed.

To temporarily interrupt defrosting:

- Press the door release or press **STOP/CANCEL** one time.
 - Turn the food over, stir, or break into smaller pieces, as appropriate.
6. Close the oven door and press **START** to resume defrosting.
 7. At the end of the defrost cycle, the oven will beep four times and the time of day will reappear in the display window. Press the door release to open the door and remove the food.

Defrosting Tips:

- Remove any foil or metal twist ties that may have been used to secure the package.
- Casseroles, soups, and stews will require stirring once or twice during defrosting. As a reminder, the oven will beep twice periodically during the defrost cycle. However, the oven will continue to defrost unless interrupted.
- Turn over or crumble food halfway through the defrosting time. Smaller pieces will defrost more quickly and more evenly than larger pieces.

- The length of time necessary to defrost food will depend on how frozen the food is.
- When defrosting food that has been stored in plastic containers: thaw only until the food will slide out of the plastic container. Then transfer the food to a microwave-proof container to complete defrosting.
- If you are unsure about the weight of the food, it is best to underestimate the weight in order to avoid drying or overheating the food. Complete thawing by using the Time Defrost procedure described in the preceding instructions.
- With foods of varying thicknesses, use small, smooth pieces of aluminum foil to prevent over cooking the thinner parts, for example, the tail of a fish. Use foil to cover any areas that begin to cook before defrosting is complete. Cover loosely so that the foil can be easily removed partway through defrosting.

Bar Code Automation

Your Westinghouse Microwave Oven takes reheating and defrosting to fully automated microwave cooking. Your Westinghouse Microwave Oven is pre-programmed to prepare over 4000 different kinds of packaged foods. This feature takes the guesswork out of microwaving foods that require multiple power settings and cooking times.

When you use the oven's scanning wand to scan the barcode (UPC) on a package of microwaveable food, the oven searches its database for the corresponding cooking instructions, then programs itself for the correct time and power setting. The oven's display window shows the cooking time and prompts by flashing in the display window to perform the steps indicated on the package, such as **START** or **STIR**.

NOTE:

- The Westinghouse Microwave Oven recognizes the barcodes of most national brands of microwaveable foods. It may not recognize the barcodes of local brands, in-store, boutique, distributor foods or foods not commonly cooked in a microwave oven.
- Please refer to the instructions in Using the Learn Function on page 17 for instructions on programming new barcodes and cooking instructions into your oven's memory.

About Scanning

When you scan the barcode on a package of food, the Westinghouse Microwave Oven searches its database of over 4000 barcodes. Each barcode in the oven's memory has a corresponding set of cooking instructions. If the oven finds the barcode in its memory, it automatically programs itself to cook the food. At this point, the display window will prompt you to press **START**.

If the oven cannot find a barcode, the message **NOT IN MEMORY** appears on the display window. When this happens, you may opt to use the Learn function (see page 17) to manually program the cooking instructions and save them in the oven's memory. The oven will always "remember" this barcode in the future and program itself according to your instructions.

When individual packages of food with a UPC number are packaged inside of a larger package also with a UPC number, either number may be scanned and the oven will be programmed for an individual package.

Using the Scanning Wand

Your Westinghouse Microwave Oven is equipped with a scanning wand that is similar to scanning equipment used in many retail settings. The scanning wand on your Westinghouse Microwave is like having a “magic” wand that tells your oven to automatically program itself for the ideal cooking time and power levels for packaged, microwaveable foods.

To use the scanning wand:

1. Locate the barcode on the package of food that you wish to prepare. On the oven control panel, press **SCAN**. The red light will come on in the end of the scanning wand.
2. Hold the scanning wand as you would hold a pencil. Place the lighted end of the wand flat against the package and to the left of the barcode.
3. Using a steady sweeping motion, move the wand across the bar code from left to right and from right to left at a medium to fast speed. Be sure to scan the entire barcode and to keep the wand tip touching the package. A beep tells you that the barcode was scanned successfully.



Figure 4.

Scan the entire barcode from left to right beginning outside the left edge then back across it right to left.

If the oven finds the barcode in its database:

If the oven finds the barcode in its database, it will automatically program itself for the correct time and power setting to prepare the food.

1. Before placing the food in the oven, be sure to follow label instructions for the recommended container type and size.
 - If the food is prepared in the original packaging, follow label instructions for package preparation (peeling back a corner, piercing, puncturing, or slitting).
 - Or, follow label directions for selecting an appropriate microwave-safe container and covering or uncovering the dish as needed.
2. Place the food in the oven and press **START** to begin cooking.
3. If the message **STIR** appears on the display window during cooking, open the oven door using oven mitts and perform the appropriate steps indicated on the package, i.e. stir, turn, uncover, etc. Close the door and press **START** to resume the cooking program.

4. At the end of the cooking time, the oven will beep four times and the time of day will reappear in the display window. Press the door release to open the door and using oven mitts, remove the food.

If the oven does NOT find the barcode in its database:

If the oven does not find the barcode in its database, the message **NOT IN MEMORY** appears on the display window.

Why Does NOT IN MEMORY Appear in the Display Window?

Your Westinghouse Microwave Oven comes pre-programmed with thousands of cooking directions for national brand microwave foods. However, your oven may not recognize the barcodes for new, regional, private label, store, or distributor foods. When you scan a barcode that your oven does not recognize, **NOT IN MEMORY** appears in the display window.

Using the Learn Function

When you scan a barcode that's not already in the oven's database, the message **NOT IN MEMORY** appears on the display window. If this happens, you can use the Learn function to manually enter and save the required cooking program to the oven's database. This will allow your oven to recognize the barcode in future uses.

Refer to package directions or the recommended cooking power level guidelines in the chart on page 21.

Manually Adding a New Cooking Program to the Oven's Memory:

1. Press **LEARN**. The red light at the end of the scanning wand will illuminate.
2. Scan the barcode on the package. (Please refer to Figure 4 for scanning procedure.)
3. Press the Power button to select the power setting. **P 10** will appear in the display window. Pressing **POWER** repeatedly will reduce the power setting one level at a time from **P 10** (highest) to **P 1** (lowest).
4. Enter the desired cooking time by pressing the digits on the number pad.

If Two Stage Microwave cooking is required, enter the second power level and cooking time. If it is necessary to perform any step such as stir, turn, uncover etc., it will be necessary to manually stop the oven at the appropriate time and do so. It is not possible to program in a pause (stir) feature using the Learn Feature.

5. Press the **LEARN** button to save the cooking program.

The next time you scan a package of this same food, the oven will recognize the barcode and automatically program itself to cook the food according to the instructions that you entered. The Learn Function can also be used to customize the programmed cooking instructions. While our test kitchens have programmed your oven to cook foods according to popular taste, you may find that you prefer a longer or shorter time for some foods. You may use the Learn function to tailor the oven's pre-programmed cooking instructions to your individual preferences. Cooking instructions that you manually enter using the Learn function take priority over pre-programmed cooking instructions.

Maintenance

User Maintenance Instructions

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

Cleaning and Care

Routine cleaning will enhance the performance and reliability of your Westinghouse Microwave Oven. Clean the oven on a weekly basis, more often, if needed.

To ensure safe and efficient operation, be sure to keep the inner door, door seal, hinges, and latches clean and free of food residue.

- Wipe spills and splatters from the interior after each use to avoid arcing.
- Clean all oven surfaces with soft, lint-free cloths and a mild, non-abrasive detergent.
- Wash the turntable Roller Rest by hand.
- The glass turntable may be washed in the dishwasher.

NOTE:

- Never use any type of chemicals, solvents, or abrasive cleaners on the oven surface.
- Unplug the oven before cleaning exterior surfaces or vents. - OR - Clean with the oven door open to prevent the oven from accidentally turning on.

After Cleaning

- Be sure to place the Roller Rest and Turntable in the proper position.
- If necessary, press **STOP/CANCEL** to clear the display window.
- If the oven was unplugged, plug it back in and reset the clock.

Table 2. Cleaning and Care of the Westinghouse Microwave Oven

Surface	Cleaning Procedure
Door	Wipe the window on both sides with a damp cloth to remove any spills or spatters. Do not use any type of abrasive cleaner. Gently wipe around the inside of the door-frame, seals, latches, and hinges to remove any food particles and condensation.
Exterior	Clean with mild soap and water. Rinse and dry with a soft cloth. Do not use any type of abrasive cleaner.
Interior	Clean with mild soap and water. Rinse and dry with a soft cloth. Do not use any type of abrasive cleaner. For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. NEVER USE OVEN CLEANERS INTENDED FOR CONVENTIONAL OVENS.
Scanning Wand	Wipe tip with a soft, dry cloth. Do not allow liquids to come into contact with the end of the Scanning Wand. Do not use a paper towel which may scratch the lens.
Odor Removal	To remove odors: combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2 cup, microwave-safe, glass measuring cup. Boil for several minutes using 100% power. Leave the liquid in oven until it cools. Wipe the interior with a soft, dry cloth.
Control Panel	Open the oven door before cleaning. GENTLY wipe the panel with a slightly dampened cloth. Dry with a soft cloth. Do not scrub or use any detergents, solvents, chemicals or abrasive cleaners. Close the oven door and press STOP/CLEAR .
Turntable and Roller Rest	You may remove the Turntable and Roller Rest from the oven for cleaning. Wash them in warm water using a mild detergent. For stubborn stains, use a mild cleanser and scouring sponge. The glass Turntable (not the Roller Rest) may be washed in the dishwasher.
Wave Guide Cover	The wave-guide cover is a light brown mica panel located on the right side of the oven interior. Carefully clean with mild soap and water; rinse and dry with a soft cloth. Do not use any type of abrasive cleaner. Do not remove the wave-guide cover.
Vents	To maintain efficient cooling and ventilation, do not allow dust to accumulate on the vents and air intake (located on the rear of the oven). To keep them clean, use a sponge dampen with warm soapy water to clear away.

Reference

Microwave Cooking Guidelines

Guidelines for General Microwave Cooking:

- Cook the food for the shortest time possible. If necessary, add cooking time until the food reaches the appropriate temperature.
- The quantity, denseness, and temperature of food will all determine the cooking time necessary. Check for doneness, and if necessary cook or reheat for additional time.
- Foods high in fat and sugar cook faster than foods with high water content.
- Foods similar in size and shape cook more evenly.
- When cooking large pieces of food, reduce the power level to allow for more even cooking.

- Very moist foods cook more evenly than dryer foods. Foods with a low moisture content should be covered during cooking. Allowed the food to stand after cooking so that the heat can disperse evenly.
- Stirring or turning foods during cooking will help to distribute the heat evenly throughout the food and will prevent overcooking on the edges of the food. If possible, stir the food before serving.
- The edge of the cooking container gets more microwave energy than the center. So, place the densest part of the food (broccoli stem, for example) near the outside, and the less dense part (broccoli head) towards the center.
- Covering food while cooking will reduce cooking time, reduce splattering, and help to keep food moist.
- For best results, use a fork to pierce foods with a skin or membrane (for example: potatoes, tomatoes, sau sages, egg yolks) to prevent steam from building up during cooking.
- Always allow food cooked in the microwave to stand for a short period of time before serving. This allows the heat to disperse evenly throughout the food.
- The size and shape of a container will influence the cooking time. Food prepared in a narrow and shallow casserole will cook more quickly than the same amount of food prepared in a taller container. Since microwaves penetrate from all sides, round shapes cook more evenly
- Arrange frozen food item on a microwave-safe plate like the spokes of a wheel and leave the center open.
- Allow space between foods when arranging on plate before microwaving.
- Use a large 10- inch microwave-safe plate to allow room between foods.
- Use microwave-safe paper towels, paper plates, dishes and bowls.
- Use oven mitts when removing dishes and food from the microwave after cooking.

Guidelines for Preparing Packaged Foods:

- Prepare one whole package of food or one packet from a multipack at a time.
- Food should be as fresh as possible and not past the expiration date.
- Use microwave-safe cooking containers. When using plastic wrap or paper towels, use those specially formulated for microwave cooking.
- Follow package directions for adding water, butter, salt, milk, or other ingredients and then stir together.
- Follow manufacturer's instructions for puncturing, peeling back film, covering tightly with microwaveable plastic wrap, slitting film, etc.
- Omit instructions on package to rotate containers midway during cooking; this is not necessary since the Westinghouse Microwave has a turntable.
- If there are directions on the package for cooking food frozen or thawed, the Westinghouse Microwave is programmed to cook the food thawed.
- Center the food or container on turntable.
- Stir the food (and recover) according to package directions during cooking or at end of cooking time.
- When instructed to stir food during cooking, try to break up large lumps of food.
- Food may be returned to the microwave for further cooking; press **ADD 1 MIN.** to increase cooking time by one minute.
- Allow the food to sit in microwave after cooking if indicated on package.
- If the directions list to allow food to sit for a few minutes before serving, remove from the microwave unless instructed to leave in microwave.
- Recommended cooking times for most foods are set until the food is tender, hot and steamy, no burnt edges and/ or food is ready to eat, or approximately 165 F unless otherwise stated on the package..
- Kids Meals need to cook to 165 F unless the package instructs otherwise. Food will be HOT, adult supervision recommended.

Container Size Guidelines for Microwave Cooking

When heating foods in a microwave oven, it is important to use a microwave-safe, clear, glass container that is large enough to allow the food to heat evenly and to prevent hot liquids from boiling over.

Always follow package directions for the recommended container size, or use the following guidelines:

Guidelines for Frozen Foods:	
Quantity of Food	Microwave Container Size
8 to 10 oz (227 to 283 gm)	1 quart/4 cups/946 ml
11 to 20 oz (454 to 567 gm)	1 1/2 quarts/6 cups/1420 ml
21 to 32 oz (595 to 907 gm)	3 quarts/12 cups/2839 ml
33 oz and over (907 gm)	4 quarts/16 cups/3785 ml

Guidelines for Canned, Ready-to-Eat Soups, Stew, Chili and Pasta:	
Can Size	Microwave Container Size
14 to 16 oz (397 to 567 gm)	1 quart/4 cups/946 ml
17 to 28 oz (482 to 794 gm)	1 1/2 quarts/6 cups/1420 ml
29 to 52 oz (822 to 1474 gm)	2 quarts/8 cups/1893 ml

Guidelines for Condensed Soups:	
Can Size	Microwave Container Size
10 to 16 oz (283 to 567 gm)	1 quart/4 cups/946 ml
17 to 26 oz (482 to 737 gm)	1 1/2 quarts/6 cups/1420 ml
27 to 52 oz (765 to 1474 gm)	2 quarts/8 cups/1893 ml

Guidelines for Dry Soups:	
Amount of Water Added	Microwave Container Size
1/2 cup	large mug/cup
3 to 4 cups	2 quarts/8 cups/1893 ml

Guidelines for Canned Vegetables:	
Can Size	Microwave Container Size
8 oz (226 gm)	2 cups (473 ml)
9 to 15 oz (255 to 425 gm)	1 quart/4 cups/946 ml
16 to 28 oz (453 to 793 gm)	1 1/2 quarts/6 cups/1420 ml
29 to 55 oz (822 to 1559 gm)	2 quarts/8 cups/1893 ml

Guidelines for Dehydrated Scalloped Potatoes:	
Amount	Microwave Container Size
5 to 6 oz (141 to 170 gm)	3 quarts/12cups/2839 ml

Guidelines for Dehydrated Mashed Potatoes:	
Amount	Microwave Container Size
7 to 8 oz (198 to 227 gm)	1 quart/4 cups/946 ml

Guidelines for Dry Rice/Couscous/Pilaf Mixes:	
Amount	Microwave Container Size
Individual serving package	2 cups/473 ml
4 to 5 oz (112 to 140 gm)	1 1/2 quarts/6 cups/1420 ml
5.1 to 12 oz (142 to 336 gm)	2 quarts/8 cups/1893 ml

Guidelines for Dry Pasta Mixes:	
Amount	Microwave Container Size
Individual serving package	2 cups/473 ml
4 to 5 oz (113 to 142 gm)	1 1/2 quarts/6 cups/1420 ml
5.1 to 8 oz (142 to 224 gm)	2 quarts/8 cups/1893 ml

Recommended Cooking Power Level

Power Level	Use
P 10 (high)	Boil water Most prepackaged microwave foods Sauté ground beef Cook fresh fruits and vegetables Make candy Cook fish, meat, and poultry Prepare rice
P 9 / P 8	Heat precooked food Sauté onions, celery, and green peppers
P 8 / P 7	Roast tender cuts of meat and poultry Cook mushrooms and shellfish Cook foods which contain cheese & egg
P 6	Preparing sauces and gravies
P 5 (medium)	Cook meat and poultry Cook custard Prepare soup

Power Level	Use
P 4	Cook less tender cuts of meats
P 3	Melt butter and chocolate
P 2	Soften butter & cheese
P 1 (Low)	Soften ice cream Raise yeast dough Keep cooked foods warm for short periods of time

Fresh Vegetable Cooking Guide

Use microwave plastic wrap to cover vegetables when cooking.

Vegetable		Quantity	Container / Liquid	Power Level	Approx. Minutes
Asparagus	Cuts	3 cups, cut into 1 to 2 inch pieces	2 quart casserole, add 1/2 cup water	P 10	6 to 10
	Spears	1 lb	1-11/2 quart oblong glass baking dish, add 1/2 cup water	P 7	6 to 10
Beans	Green	1 lb cut in half	1-11/2 quart casserole, add 1/2 cup water	P 10	12 to 17
Beets	Whole	1 bunch	2 quart casserole, add 1/2 cup water	P 10	15 to 20
Broccoli	Spears	1 bunch (11/2 to 11/2 lbs)	2 quart oblong glass baking dish, add 1/2 cup water	P 10	8 to 12
	Cuts	1 bunch (11/2 to 11/2 lbs)	2 quart casserole, add 1/2 cup water	P 10	7 to 10
Brussel Sprouts		1 lb	1-11/2 quart casserole add 1/2 cup water	P 10	7 to 10
Cabbage	Whole	1 medium head (about 2 lbs)	1-11/2 or 2 quart casserole, add 1/2 cup water	P 10	8 to 11
	Wedges		2 or 3 quart casserole, add 1/2 cup water	P 10	7 to 10
Carrots	Sliced	1 lb	1-11/2 quart casserole add 1/2 cup water	P 10	6 to 9
Cauliflower	Whole	1 medium head	2 quart casserole, add 1/2 cup water	P 10	10 to 17
	Flowerets	1 medium head	2 quart casserole, add 1/2 cup water	P 10	9 to 14
	Chopped	4 medium	3 quart casserole, add 1 cup water	P 10	13 to 18

Vegetable		Quantity	Container / Liquid	Power Level	Approx. Minutes
Corn on the Cob		1 to 5 small ears	3 quart oblong glass baking dish. If corn is in husk, use no water, if husk has been removed, add 1/2 cup water. Rearrange after half the cooking time.	P 10	3 to 4 per ear
Eggplant		1 medium, about 1 lb	2 quart casserole, add 3 tablespoons of water to peeled and diced eggplant.	P 10	5 to 8
Parsnips		1 lb	1-11/2 quart casserole, add 1/2 cup water. Slice parsnips 1/2 inch thick.	P 10	7 to 10
Peas	Shelled	2 lbs unshelled	1 quart casserole, add 1/2 cup water	P 10	9 to 12
Potatoes	Whole Sweet or White	1 to 4 (6 to 8 oz each)	Pierce with fork. Place on paper towel on turntable 1 inch apart in circular arrangement.	P 10	3 to 5
	Cubed White	4 potatoes (6 to 8 oz each)	Peel, cut into 1 inch cubes. 2 quart casserole with 1/3 cup water. Stir after halfway through cooking time.	P 10	10 to 14
Spinach		10 to 16 oz	2 quart casserole, place washed spinach.	P 10	5 to 8
Squash	Summer and Yellow	1 lb sliced	1-11/2 quart casserole, add 1/2 cup water.	P 10	5 to 7
	Winter Acorn or Butternut	1 to 2 squash (about 1 lb each)	Cut in half and remove fibrous membranes. 2 quart oblong glass baking dish, place squash cut side down. Cover with plastic wrap. Turn cut side up after half time.	P 10	9 to 12
Turnips		1 lb cubed	In 1-11/2 quart casserole, add 3 tablespoons water.	P 10	6 to 9

Miscellaneous Cooking Guide

Always cook in microwave-safe containers. Paper is acceptable for some foods. **DO NOT USE METAL CONTAINERS.** Cooking times and food quantities should be used as guidelines only.

Food	Power Level	Time	Comments
Appetizers			
Party Mix (21/2 quarts)	P 10	5 to 7 minutes	Stir every 2 to 3 minutes
Meatballs, small meat or Hot Dog chunks (24)	P 10	5 to 8 minutes	Spread in single layer in 2 quart oblong baking dish.
Stuffed Vegetables (12)	P 10	3 to 5 minutes	Space evenly on plate lined with paper towels.
Toasted Nuts or Seeds (1/2 to 1 cup)	P 10	3 to 5 minutes	Combine nuts with small amount of butter. Stir every 1 1/2 to 2 minutes.
Bakery			
Round Cake	P 8	3 to 5 minutes	Check at minimum time.
Fluted Tube Cake	P 10	12 to 16 minutes	Let stand 10 minutes before inverting.
Cheesecake (9 inch pie plate)	P 8	10 to 14 minutes	Put mixture in 2 quart casserole dish until thick and smooth. Stir with wire whisk every 2 minutes. Pour into crumb crust and place in refrigerator until firm.
Bar Cookies (8 inch square dish)	P 10	5 to 7 minutes	Check at minimum time.
Muffins (6)	P 8	2 to 4 minutes	Check at minimum time.
Eggs, Cheese, Dairy			
Scrambled Eggs	P 10	45 seconds to 1 minute per egg.	Stir during cooking.
Quiche	P 7	5 to 21 minutes	Pour filling into pre-baked shell.
Thickened Sauces and Gravies (1 cup)	P 6	3 to 5 minutes	Microwave drippings, flour, and salt for 1 to 2 minutes; blend before adding liquid.
Scald Milk (1/2 cup)	P 7	3 to 5 minutes	Check at minimum time.
Melt Butter (1/2 cup)	P 10	30 seconds to 1 minute	Check at minimum time.
Soften Cream Cheese (8 oz)	P 7	1 to 2 minutes	Remove foil wrapper, place on microwave-safe plate. Stir every 30 seconds.

Food	Power Level	Time	Comments
Fish & Shellfish			
Fillet or Steaks (1 lb)	P 10	5 to 7 minutes	Delicate fish should be placed in or on a microwave-safe dish.
Casserole, precooked (2 to 3 quart)	P 10	12 to 18 minutes	Delicate fish should be placed in or on a microwave-safe dish.
Scallops, Shrimp, peeled (1 lb)	P 10	4 to 7 minutes	Brush with garlic butter before cooking.
Fruits			
Baked Apples or Pears	P 10	2 to 4 minutes per piece	Pierce or peel to prevent bursting.
Meats and Poultry			
The USDA recommends cooking meats to the following internal temperatures to be sure any harmful bacteria has been killed. To measure the internal temperature of meat, insert a meat thermometer into the thickest portion. Do not allow the tip of the thermometer to come into contact with bone.			
Food		Internal Temperature	
Ground Cuts turkey and chicken beef, veal, lamb and pork		165°F (74°C) 160°F (71°C)	
Whole Cuts beef, lamb and veal pork		145°F (63°C) 160°F (71°C)	
Poultry Cuts white meat dark meat goose and duck		170°F (77°C) 180°F (82°C) 180°F (82°C)	
Reheating Meat, Poultry Products and Casseroles		165°F (74°C)	
Ground Meat, 1 lb	P 10	5 to 7 minutes	Break up and stir halfway through cooking time.
Bacon (2 to 8 strips)	P 10	30 seconds to 1 minute per slice	Place on paper towel-lined plate.
Sausage Patties	P 10	1 min per patty	Place on paper towel-lined plate. Turn over half way through cooking time.
Sausage Links	P 10	30 to 45 seconds per link	Place on paper towel-lined plate. Turn over half way through cooking time.
Franks or Hot Dogs (1 lb)	P 10	3 to 6 minutes	Place in microwave-safe dish with cup water. Rearrange half way through cooking time.

Food	Power Level	Time	Comments
Meat Casseroles with pre-cooked Meat and Ingredients	P 10	19 to 30 minutes	Stir halfway through cooking time.
Meat Stews with raw Meat and Vegetables	P 5	70 to 80 minutes	Rearrange or stir halfway through cooking time.
Meat Patties (4 per lb, or 4 oz each)	P 10	5 to 7 minutes	Place on paper towel-lined plate. Rearrange halfway through cooking time.
Spareribs (2 to 3 lb)	P 5	80 to 90 minutes	Place in microwave-safe casserole, cover with liquid. Rearrange halfway through cooking time. 10 minutes before end of cooking time drain and add barbecue sauce. Complete cooking.
Chops with Sauce	P 8	30 to 40 minutes	Turn over halfway through cooking time.
Pot Roast, 3 to 4 lb	P 4	18 to 23 minutes per lb	Use microwave-safe cooking bag. Turn over halfway through cooking time.
Pot Roast, tender	P 5	13 to 15 minutes per lb	Use microwave-safe cooking bag. Turn over halfway through cooking time.
Roast, tender beef such as rib-eye or rolled rib	P 7	Rare: 11 to 14 minutes per lb Medium: 14 to 17 minutes per lb Well done: 17 to 20 minutes per lb	Use microwave-safe cooking bag. Turn over halfway through cooking time.
Ham Roast, pre-cooked	P 6	14 to 17 minutes per lb	Use microwave-safe cooking bag. Turn over halfway through cooking time.
Pasta and Cereals			
Long pieces (Spaghetti, Linguini, etc.	P 10	12 to 15 minutes	In 2 quart oblong glass dish, add 6 cups hot water, 1 tablespoon cooking oil and 1 teaspoon salt. Rearrange halfway through cooking time.
Noodle or Rice Casseroles (2 quarts)	P 10	8 to 15 minutes	Stir halfway through cooking time.

Food	Power Level	Time	Comments
Hot Cereal, regular or instant	P 10	1 1/2 to 3 minutes	Add amount of water specified by package directions. Stir halfway through cooking time.
Rice, instant	P 10	1 1/2 to 3 minutes	Add amount of water specified by package directions. Stir halfway through cooking time.
Pie Crust			
Crumb Crust (9 inch)	P 6	2 to 3 minutes	Check at minimum time.
Poultry (use microwave-safe cooking bag)			
Chicken, cut up, 6 to 8 pieces	P 10	11 to 16 minutes per piece	Turn over halfway through cooking time.
Whole Chicken or Cornish Hens	P 7	9 to 12 minutes per lb.	Turn over halfway through cooking time.
Turkey Legs or Quarters	P 7	11 to 14 minutes per lb.	Turn over halfway through cooking time.
Turley Breast	P 7	12 to 15 minutes per lb.	Place on microwave-safe dish, breast-side down. Turn over halfway through cooking time.
Eggs			
Fried 1 or 2 eggs	P 10	30 to 60 seconds per egg	Break egg into small plate that has been greased with butter. Gently prick yolk with fork. Cover with plastic wrap. Place a glass of water beside the plate to promote even cooking of the white and yolk.
Scrambled, 2 eggs	P 10	1 to 2 minutes	Place 1 tablespoon butter in small bowl. Turn microwave on high, 25 to 30 seconds or until butter is melted. Add eggs and 2 tablespoons milk. Beat with fork to scramble. Cover with plastic wrap. Stir halfway through cooking time. Season, stir, and let stand to complete cooking.
Poached	P 10 then P 8	2 minutes 3 to 5 minutes	Use a microwave-safe container. Add water to fill 2 inches deep. Heat on high for 2 minutes to bring the water to a boil. Break eggs, one at a time, into sauce dish; then slip each egg into water, holding dish close. Simmer 3 to 5 minutes on P 8 depending on degree of doneness desired. When done, remove eggs with slotted pancake turner or spoon. Drain on paper towels.

Reheating Guide

Stir or rearrange large amount of food after half the suggested heating time. To be thoroughly heated, food should reach a temperature of 160 F to 165 F. Allow foods to stand a few minutes before serving.

Food		Quantity	Power Level	Approx Minutes
Appetizers	Saucy meatballs, riblets, cocktail franks, etc.	1 to 2 servings	P 10	1 to 2
		3 to 4 servings	P 10	3 to 4
	Dips: cream or process cheese	1/2 cup	P 5	1/2 to 1
		1 cup	P 5	2 to 3
Pastry bites: small pizzas, egg rolls, etc.	2 to 4 servings	P 10	1 to 3	
Dinner Plate Meats & Main Dishes	Meat plus 2 vegetables	1 plate	P 10	2 to 4
	Saucy (1 cup serving) chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc.	1 to 2 servings	P 10	1 to 2
		3 to 4 servings	P 10	2 to 3
		1 to 10 oz can	P 10	2 to 3
	Meats (4-oz servings)			
	Thinly sliced meat:			
	Rare minimum time	1 to 2 servings	P 7	1 to 3
	Medium rare maximum time	3 to 4 servings	P 7	2 to 4
	Well done beef, pork, ham, poultry, etc.	1 to 2 servings	P 8	1 to 3
		3 to 4 servings	P 8	3 to 4
	Rare beef steak	1 to 2 servings	P 8	1 to 2
		3 to 4 servings	P 8	2 to 3
	Well done beef, chops, ribs etc.	1 to 2 servings	P 8	1 to 2
		3 to 4 servings	P 8	2 to 3
	Hamburger or meat loaf		P 10	1 to 11/2
		1 to 2 servings	P 10	2 to 3
	Chicken pieces	3 to 4 servings	P 10	1 to 11/2
		1 to 2 pieces	P 10	2 to 3
	Hot dogs and sausages	3 to 4 pieces	P 10	1/2 to 11/2
		1 to 2	P 10	11/2 to 2
Rice and pasta (1 cup serving)	3 to 4	P 10	1 to 2	
	Plain or buttered	1 to 2 servings	P 10	2 to 3
	3 to 4 servings	P 10	1 to 2	
	Topped or mixed with sauce	1 to 2 servings	P 10	2 to 4
Sandwiches & Soups	Moist filling (1/2 cup serving)	1 to 2 servings	P 7	1 to 2
		3 to 4 servings	P 7	2 to 4
	Meat cheese filling with ham	1 plate	P 8	1 to 11/2
		3 to 4 servings	P 8	11/2 to 21/2
	Soup (1 cup serving)	1 to 2 servings	P 10	1 to 8
		Water based	3 to 4 servings	P 10
	1 10 oz can reconstituted		P 10	3 to 4
	Dairy based	1 to 2 servings	P 8	2 to 3
		3 to 4 servings	P 8	3 to 5
		1 10 oz can reconstituted	P 8	6 to 8

Food		Quantity	Power Level	Minutes	
Vegetables	Small (1/2 cup serving) peas, beans, corn, etc.	1 to 2 servings	P 10	1 to 2	
		3 to 4 servings	P 10	2 to 3	
		1 16 oz can	P 10	2 to 3	
	Large or whole asparagus spears, corn on the cob, etc.	1 to 2 servings	P 10	1 to 2	
		3 to 4 servings	P 10	2 to 3	
		1 16 oz can	P 10	2 to 3	
Mashed potatoes, squash, pumpkin, etc. (1/2 cup serving)	1 to 2 servings	P 10	1 to 3		
	3 to 4 servings	P 10	3 to 4		
Sauces	Dessert: chocolate or butterscotch	1/2 cup	P 10	1/2 to 1	
		1 cup	P 10	1 to 2	
	Chunky type giblet gravy, spaghetti sauce, etc.	1/2 cup	P 10	1/2 to 1	
		1 cup	P 10	1 to 2	
		1 16 oz can	P 10	2 to 3	
	Creamy type	1/2 cup	P 10	1/2 to 1	
1 cup		P 10	1 to 2		
Bakery Foods	Cake, coffee cake, doughnuts sweet rolls, nut or fruit bread.	1 piece	P 3	1/2 to 1	
		2 pieces	P 3	1 to 11/2	
		9 inch cake	P 3	2 to 4	
		or 12 rolls	P 5	2 to 3	
		or doughnuts			
	Dinner rolls, muffins	1	P 5	1/4 to 1/2	
		2 to 4	P 5	1/2 to 1	
		6 to 8	P 5	1 to 2	
	Pie: fruit, nut or custard 1/8 of 9 inch pie = 1 slice (use minimum time for custard)	1 slice	P 10	1/2 to 1	
		2 slices	P 10	1 to 11/2	
9 inch pie		P 8	3 to 4		
Griddle Foods	Pancakes, French toast or waffles				
		Plain, no topping	2 or 3 pieces	P 10	1/2 to 1
		With syrup & butter	2 or 3 pieces	P 10	1 to 2
		With 2 sausage patties (cooked)	2 or 3 pieces	P 10	1 to 2
Beverages	Coffee, tea, cider, other water based	1 to 2 cups	P 7	3 to 4	
		3 to 4 cups	P 10	4 to 6	
	Cocoa, other dairy based	1 to 2 cups	P 7	3 to 4	
		3 to 4 cups	P s7	6 to 8	

Other Microwave Oven Uses

- Crisp stale crackers or chips by heating on high power for 45-60 seconds.
- Defrost bread, frozen stock, egg whites, and pie dough.
- Dry fresh herbs by placing between paper towels, then heating on high power for 4 minutes or until dried. Let stand 10 minutes before storing in a covered jar.
- To extract more flavor and juice from fruits such as lemons, oranges, limes and grapefruit, heat on high power for 15 seconds and allow to stand 3 minutes before squeezing.
- To liquefy honey that has crystallized, heat on high power for 30-45 seconds.

- To help loosen peels on fresh peaches or tomatoes, heat on high power for 10 to 30 seconds, depending on the fruit and size. Let stand for 10 minutes for peeling.
- Before grilling meat or poultry, microwave on high power for about 3 minutes per pound. This will reduce the grilling time and help to keep the meat or poultry from drying out while cooking.
- When freezer packages stick to frozen foods, heat on high power for 15 seconds. Allow the food to stand for 3 to 5 minutes before removing it from the package.
- To scald a cup of milk, heat on high power for 1 to 2 minutes.
- Soften brown sugar, butter, marshmallows, caramels, or ice cream by heating on high power for 5 seconds to 1 minutes, depending on the food.
- Toast nuts or seeds by placing in a single layer on a plate and heating on high power for up to 10 minutes per cup.

English/Metric Conversions

English to Metric		Metric to English	
English Measure	Metric Equivalent	Metric Measure	English Equivalent
1 teaspoon	5 milliliters	5 milliliters	1.01 teaspoons
1 tablespoon	15 milliliters	15 milliliters	1.01 tablespoons
1 ounce (liquid)	30 milliliters	100 milliliters	3.48 ounces
1 cup	237 milliliters	250 milliliters	1.06 cups
1 pint	473 milliliters	500 milliliters	1.06 pints
1 quart	946 milliliters	1 liter	1.05 quarts
1 gallon	3.79 liters	1 liter	.26 gallons
1 ounce (dry)	28 grams	100 grams	.22 pounds (3.5 ounces)
1 pound	453 grams or 45 kg	1 kilogram	2.20 pounds

Technical Specifications

Power source	120V, 60 Hz
Power consumption	11.5 Amps, 1450 W
Output	850 Watts
Oven capacity	0.9 cubic feet (0.025 cubic meters)

NOTE: Specifications subject to change without notice.

Troubleshooting

Problem	Possible Cause	Remedy
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet. Wait 10 seconds and reinsert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet, to check if it is working.

Problem	Possible Cause	Remedy
Oven will not turn on.	The oven door is not closed securely.	Make sure the door is closed completely.
	Oven displays "LOC"	Press and hold the STOP/CANCEL button 4 seconds to disable control panel safety lock.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	START was not pressed after programming.	Press START .
	Another program is already entered into the oven	Press STOP/CANCEL twice to cancel the previous program, enter a new program, and press START .
	The program is not correct.	Program again according to the Basic Oven Operating Instructions.
	STOP/CANCEL has been pressed accidentally	Program oven again.
Arcing or sparking	Metallic or other inappropriate materials are being used in food preparation.	Remove metal objects. Use microwave-safe utensils only.
	The oven is operated when empty.	Do not operate the oven when empty.
	Spilled food remains inside the oven.	Clean the interior of the oven with a damp sponge or paper towel.
Unevenly cooked foods and/or under-cooked foods	Metallic or other inappropriate materials are being used in food preparation.	Remove metal objects. Use microwave-safe utensils only.
	Cooking time or power level is not suitable.	Use correct power level, cooking time, or multistage cooking, as appropriate. Follow package directions or consult cooking guidelines in Section 7, page 19-21.
	Food is not turned or stirred.	Turn food over, break apart, or stir as appropriate halfway through cooking time.
	Food was not completely defrosted.	Defrost food completely before cooking.
Uneven, incomplete defrosting	Metallic or other inappropriate materials are being used in food preparation.	Remove metal objects. Use microwave-safe utensils only.
	Cooking time or power level is not suitable.	Use correct power level, cooking time, or multistage cooking, as appropriate. Follow package directions or consult cooking guidelines in Section 7, page 19-21.
The turntable wobbles.	The turntable is not positioned properly on the Roller Rest or there is food under the Roller Rest.	Take out the turntable and Roller Rest. Wipe with a damp cloth and reinstall the Roller Rest and turntable properly
When the oven is operating, there is noise coming from the glass tray.	The Roller Rest and oven bottom are dirty.	Clean these parts according to the instructions in Section 6, page 18-19.
The word LOC appears in the display.	The safety lock is activated.	Deactivate the safety lock by pressing and holding STOP/CANCEL for 4 seconds.

Frequently Asked Questions

Q.	I am having trouble with the scanning wand.
A.	Try moving the wand back and forth across the barcode several times. Try scanning from corner to corner. It is easier to move the scanning wand smoothly with a quick motion rather than a slow motion.
Q.	When the oven is plugged into a wall outlet for the first time, it does not work properly. What's wrong?
A.	The microcomputer used in the oven control may temporarily become scrambled and fail to function as programmed. Unplug the oven from the wall outlet and then plug it in again. The microcomputer will then reset for proper functioning.
Q.	Why does the turntable make noise when the oven is turned on?
A.	The noise occurs as the turntable roller rest moves around the microwave floor. Frequent cleaning of these parts should eliminate or reduce the noise.
Q.	Why is there noise coming from the oven when using a lower power level?
A.	When cooking with power other than 100%, the oven automatically turns on and off to obtain lower power output. The clicking noise can be heard when the oven switches on and off. This is normal. The fan will continue to run during the entire cooking cycle.
Q.	Why is there steam coming out of the vent?
A.	Steam is produced as foods heat. It is normal for the oven to vent steam during cooking.
Q.	What is wrong when the oven light is not working?
A.	The light bulb may have burned out or START was not pressed.

LIMITED ONE YEAR WARRANTY

Warranty: This Westinghouse product is warranted by Salton, Inc. to be free from defects in materials or workmanship for a period of (1) year from the original purchase date. This product warranty covers only the original consumer purchaser of the product. **Warranty Coverage:** This warranty is void if the product has been damaged by accident in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel, normal wear and tear, improper assembly, installation or maintenance abuse or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished with the product or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Implied Warranties: ANY IMPLIED WARRANTIES WHICH THE PURCHASER MAY HAVE ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE DATE OF PURCHASE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at our option) when the product is returned to the Repair Center, or the purchase price refunded. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair: Should the appliance malfunction, you should first call toll-free 1 (800) 934-7455 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER SERVICE stating that you are a consumer with a problem. Please refer to model number WST3506SB when you call.

In-Warranty Service (USA): For an appliance covered under the warranty period, no charge is made for service or postage. Call for return authorization 1(800)934-7455.

Out-of-Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$40.00 (U.S.) for return shipping and handling. We will notify you by mail of the amount of the charge for service and require you to pay in advance for the repair or replacement.

For Products Purchased in the USA, but used in Canada: You may return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the USA address listed below. Please note that all customs duty / brokerage fees, if any, must be paid by you and we will require you to pay the cost of customs duty / brokerage fees to us in advance of our performing any service.

Risk During Shipment: We cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem, your full return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

To return the appliance, ship to:
Attn: Repair Center
Salton, Inc.
708 South Missouri Street
Macon, MO 63552

To contact us, please write to, call, or email:
Salton, Inc
P.O. Box 6916
Columbia, MO 65205-1637
1(800) 934-7455
Email: Salton@Saltonusa.com

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