



SBM7700W SBM7700B

MICROWAVE OVEN

OWNER'S MANUAL & COOKING GUIDE

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

TECHNICAL SPECIFICATIONS

MODEL	SBM7700W/SBM7700B
Power Supply	120 V AC, 60 Hz
Rated Power Consumption	850 W
Microwave Output	*600 W
Frequency	2450 MHz
Rated Current	8.0 A
Overall Dimensions(WXHXD)	18 ¹ / ₈ " X 10 ³ / ₁₆ " X 13 ⁵ / ₃₂ "
Oven Cavity Dimensions(WXHXD)	12 ¹³ / ₃₂ " X 7 ¹⁵ / ₁₆ " X 11 ¹⁹ / ₃₂ "
Effective Capacity of Oven Cavity	0.7 Cu. Ft.

*IEC 60705 RATING STANDARD

Specifications subject to change without prior notice.

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.

SAFETY- MICROWAVE

IMPORTANT SAFETY INSTRUCTIONS

The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven.

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

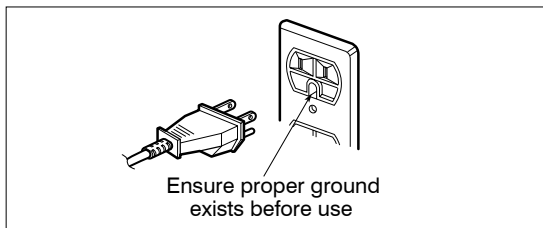
1. Read all instructions before using the appliance.
2. Read and follow the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** found on page 1 of this manual.
3. This appliance must be grounded. Connect only to properly grounded outlet. See **GROUNDING INSTRUCTIONS** found on page 3 of this manual .
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 the 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, near a swimming pool, or similar location.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over the edge of a table or counter.
15. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
 - a. Do not over cook 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 beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.** To reduce the risk of injury to persons; 1) Do not overheat the liquid. 2) Stir the liquid both before and halfway through heating it. 3) Do not use straight-sided containers with narrow necks. 4) After heating, allow the container to stand in the microwave oven for a short time before removing the container. 5) Use extreme care when inserting a spoon or other utensil into the container.
18. Avoid heating small-necked containers such as syrup bottles.
19. Avoid using corrosive and vapors, such as sulfide and chloride.
20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.), resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

SAVE THESE INSTRUCTIONS

INSTALLATION

A. 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 grounding can result in a risk of electric shock. Consult a qualified electrician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded, and either:

1. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance, or...
2. Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

NOTE:

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3-wire cord, and (3) 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 accidentally.

B. RADIO INTERFERENCE

1. Microwave oven operation may interfere with TV or radio reception.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean the door and the sealing surfaces of the oven.
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven in relation to the TV or radio.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

PRECAUTIONS

- * Be certain to place the front surface of the door three inches away or more from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- * For the most accurate programming of the electronic units, touch the center of each pad securely. Do not touch several pads at one time or touch between pads. A beep sound should be heard with each touch when a pad is touched correctly.
- * Do not hit or strike the control with objects such as silverware, utensils, etc. Breakage may occur.
- * Be careful when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot.
- * Do not rinse cooking utensils by immediately placing them into water just after cooking. This may cause breakage. Allow the turntable to cool.
- * Use only specific glass utensils. See cooking utensils section in this manual.
- * Do not operate the oven empty. Either food or water should always be in the oven during operation to absorb microwave energy.
- * Do not use your microwave oven to dry newspapers or clothes. They can catch fire.
- * Use only thermometers approved for microwave oven cooking.
- * Be certain the turntable is in place when you operate the oven.
- * Pierce the skin of potatoes, whole squash, apples, or any fruit or vegetable which has a skin covering before cooking.
- * Never use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell causing it to burst.
- * Do not pop popcorn, except in a microwave-safe container or commercial package designed especially for microwave ovens. Never try to pop popcorn in a paper bag not designed for microwave oven use. Overcooking may result in smoke and fire. Do not repop unpopped kernels. Do not reuse popcorn bags.

COOKING UTENSILS

MICROWAVE-SAFE UTENSILS

Never use metal or metal-trimmed utensils in your microwave oven: Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat-resistant non-metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven.

Testing utensils for microwave use: Place the utensil in question next to a glass bowl filled with water in the microwave oven. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

1. Dinner plates: Many kinds of dinnerware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test, above.

2. Glassware: Glassware that is heat-resistant is microwave-safe. This includes all brands of oven-tempered glass cookware. However, do not use delicate glassware, such as tumbler or wine glasses, as these might shatter as the food warms.

3. Paper: Paper plates and containers are convenient and safe to use in your microwave oven, provided the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods, such as bacon, are cooked. In general, avoid colored paper products as the color may run.

4. Plastic storage containers: These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

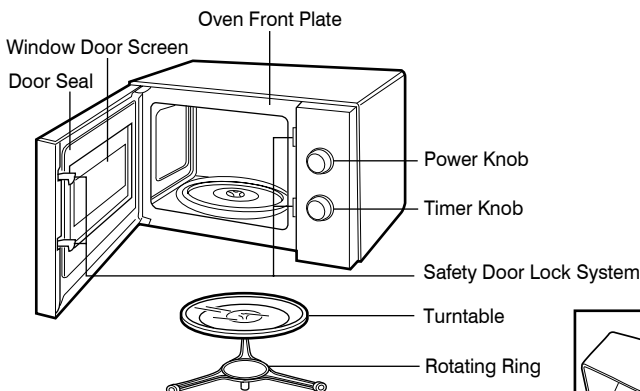
5. Plastic cooking bags: These are microwave-safe provided they are specially made for cooking. However, **be sure to make a slit in the bag** so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

6. Plastic microwave cookware: A variety of shapes and sizes of microwave cookware is available. For the most part, you can probably cook with items you already have on hand rather than investing in new kitchen equipment.

7. Pottery, stoneware, and ceramic: Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

CAUTION: SOME ITEMS ARE NOT INTENDED FOR COOKING, INCLUDING SOME STONEWARE AND ITEMS WITH HIGH IRON OR LEAD CONTENTS.

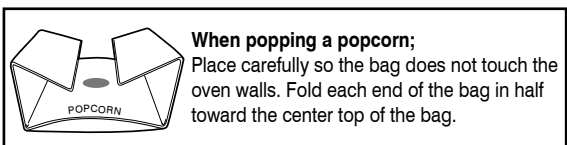
FEATURE DIAGRAM



Your oven will be packed with the following materials:

- Glass Turntable 1 each
- Owner's Manual & Cooking Guide..... 1 each
- Rotating Ring 1 each

This microwave oven is designed for household use only. It is not recommended for commercial purposes.



OPERATION CHECK

After unpacking this appliance, examine the new oven for evidence of shipping damage. This is most important since a damaged oven may allow the escape of microwave energy. Make sure you remove all packing from the microwave cavity. Check the oven operation when unpacking the unit and any time the oven is not working properly.

1. Plug the power cord into an earthed electrical socket.
2. Place the glass tray inside the oven cavity.

3. Place a cup of water (at room temperature) inside the oven, on the glass tray.
4. Close the door securely.
5. Set the TIMER for 3 to 4 minutes (note : microwave activity starts).
6. When the cooking time has elapsed, the signal will sound (note: all microwave activity stops).
7. If the oven is operating normally, the water will be hot.

OPERATING INSTRUCTIONS

The microwave oven is designed to be simple and easy to operate. Please follow these instructions carefully.

1. Place the food in a suitable cooking utensil. Open the microwave oven door and place the utensil in the center of the oven on the glass tray.
2. Close the oven door.
3. Turn the TIMER KNOB clockwise to set the cooking time.

NOTE :

The oven starts as soon as the KNOB is turned. We recommend turning the KNOB past the time you want and then turn back to the desired setting.

4. When the TIMER reaches zero(0), the signal sounds and the oven will automatically shut off.
5. Open the door and remove the food from the oven.
6. To stop cooking before the TIMER reaches zero(0), either open the door or simply turn the TIMER to zero(0).

NOTE :

The door can be opened during the cooking process by pushing the Door Open Button. The TIMER will stop and the microwave activity will cease. When the door is closed, cooking will resume until the full cooking time has elapsed. After cooking is finished, the TIMER will be at zero(0).

MICROWAVE POWER LEVELS

Your microwave oven is equipped with five power levels (5 steps) to give you flexibility and control over cooking. The table below will give you some idea of which foods are prepared at each of the various power levels.

MICROWAVE POWER LEVEL CHART

Power Level	Output(of watts)	Use
High	100%	<ul style="list-style-type: none"> • Boil water • Brown ground beef • Cook fresh fruits & vegetables • Mak candy • Cook fish, meat & poultry • Preheat browning dish
Medium	77%	<ul style="list-style-type: none"> • All reheating
Low	55%	<ul style="list-style-type: none"> • Bake cakes, muffins • Prepare eggs • Cook meat, poultry • Cook custard • Prepare rice, soup
Defrost	33%	<ul style="list-style-type: none"> • All defrosting
Warm	17%	<ul style="list-style-type: none"> • Soften butter & cheese

HEATING OR REHEATING GUIDE

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will be heated more evenly if covered with a microwavable lid or plastic wrap, vented. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

Items	Cook time (at HIGH)	Special Instructions
Sliced meat 3 slices(1/4-inch thick)	1 1/2~2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. *Note: Gravy or sauce helps to keep meat juicy.
Chicken piece 1 breast 1 leg and thigh 1 lb.	2~3 minutes 1 1/2~2 minutes 10~12 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (6~8 oz.)	1 1/2~2 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagna 1 serving(10 1/2 oz.)	5~7 minutes	Place lasagna on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1 1/2~3 minutes 5~7 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	1 1/2~2 1/2 minutes 4~6 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sloppy Joe or Barbecued beef 1 sandwich (1/2 cup meat filling) without bun	1 ~ 2 1/2 minutes	Reheat filling and bun separately. Cook filling covered in microwavable casserole. Stir once. Heat bun as directed in chart below.
Mashed potatoes 1 cup 4 cups	2~3 minutes 6~8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Baked beans 1 cup	2~3 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	3~4 minutes 8~11 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Rice 1 cup 4 cups	1 1/2~2 minutes 4~6 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	20~35 seconds	Wrap in paper towel and place on glass microwavable rack.
Vegetables 1 cup 4 cups	2 1/2~3 1/3 minutes 4~6 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Soup 1 serving(8 oz.)	2~3 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.

FRESH VEGETABLE CHART

Vegetable	Amount	Cook time at HIGH	Instructions	Standing Time
Artichokes (8 oz. each)	2 medium 4 medium	8~9 13~15	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2-3 minutes
Asparagus, Fresh, spears	1lb.	9~10	Add 1/2 cup water. Cover.	2-3 minutes
Beans, green & wax	1 lb.	10~12	Add 1/2 cup water in 1- 1/2 qt. casserole. Stir halfway through cooking.	2-3 minutes
Beets, Fresh	1 lb.	15~18	Add 1/2 cup water in 1- 1/2 qt. covered casserole. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, spears	1lb.	8~10	Place broccoli in baking dish. Add 1/2 cup water.	2-3 minutes
Cabbage, Fresh, chopped	1lb.	7~9	Add 1/2 cup water in 1- 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Carrots, Fresh, sliced	2 cups	6~8	Add 1/4 cup water in 1 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, whole	1 lb.	8~10	Trim. Add 1/4 cup water in 1 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Fresh, flowerettes Celery, Fresh, sliced	2 cups 4 cups	6~8 8~9	Slice. Add 1/2cup water in 1-1/2qt. covered casserole. Stir halfway through cooking	2-3 minutes
Corn, Fresh	2 ears	9~11	Husk. Add 2 tbsp water in 1-1/2 qt. baking dish. Cover.	2-3 minutes
Mushrooms, Fresh, sliced	1/2 lb.	4~5	Place mushrooms in 1-1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, sliced	1lb.	8~10	Add 1/2 cup water in 1-1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	8~10	Add 1/2 cup water in 1-1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Sweet Potatoes Whole Baking (6-8 oz. each)	2 medium 4 medium	9~12 13~16	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes 2-3 minutes
White potatoes, Whole Baking (6-8 oz. each)	2 potatoes 4 potatoes	10~12 14~16	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking	2-3 minutes 2-3 minutes
Spinach, Fresh, leaf	1lb.	7~8	Add 1/2 cup water in 2 qt. covered casserole.	2-3 minutes
Squash, Acorn or butternut, Fresh	1 medium	8~9	Cut squash in half. Remove seeds. Place in 8" 8-inch baking dish. Cover.	2-3 minutes
Zucchini, Fresh, sliced	1lb.	6~8	Add 1/2 cup water in 1-1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Zucchini, Fresh, whole	1lb.	7~9	Pierce. Place on 2 paper towels. Turn zucchini over and rearrange halfway through cooking.	2-3 minutes

SUNBEAM MICROWAVE OVEN LIMITED WARRANTY — USA

Model SBM7700W / B

LG Electronics, Inc. will repair or replace your product, at LG's option, if it proves to be defective in material or workmanship under normal use, during the warranty period set forth below, effective from the date of original consumer purchase of the product. This warranty is good only to the original purchaser of the product and effective only when used in the United States, including U.S. Territories.

<p><u>WARRANTY PERIOD:</u></p> <p>One Year from the Date of Purchase.</p>	<p><u>HOW SERVICE IS HANDLED:</u></p> <p><u>Product Replacement</u></p> <p>Please call 1-800-243-0000 and choose the <i>Customer Service/Appliance options</i>. (Phones are answered 24 hours a day, 365 days per year.) You will receive a certificate to purchase a replacement product from your local dealer.</p> <p>You will then send the purchase receipts for the original and the replacement microwave ovens, along with the purchase authorization certificate to us.</p> <p>We will send you a refund check for the purchase price of the original product. This gives you the opportunity to upgrade to another model or to receive the full purchase price of the original model even if you decide to purchase a less expensive model.</p> <p>Please visit our website at: http://us.lgservice.com</p>
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THIS LIMITED WARRANTY DOES NOT APPLY TO:

- Service trips to your home to deliver, pick up, and/or install the product, instruct, or replace house fuses or correct wiring, or correction of unauthorized repairs.
- Damages or operating problems that result from misuse, abuse, operation outside environmental specifications or contrary to the requirements of precautions in the Operating Guide, accident, vermin, fire, flood, improper installation, acts of God, unauthorized modification or alteration, incorrect electrical current or voltage, or commercial use, or use for other than intended purpose.

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

CUSTOMER INTERACTIVE CENTER NUMBERS

<p>To obtain Customer Assistance, Product Information, or Dealer or Authorized Service Center location:</p>	<p>Call 1-800-243-0000 (24 hours a day, 365 days per year) and select the appropriate option from the menu.</p> <p>Or visit our website at: http://us.lgservice.com</p>
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TO CONTACT LG ELECTRONICS BY MAIL:

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