

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Microwave Oven

CMW-70C

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

IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy when using your appliance, basic safety precautions should be taken, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE.**
2. Read and follow the specific warning section: PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY, page 3.
3. This appliance must be grounded. Connect only to properly grounded outlet. See GROUNDING INSTRUCTIONS, page 4.
4. Install or locate this appliance only in accordance with the SET UP instructions, page 5.
5. Some products, such as whole eggs and sealed containers – for example, closed glass jars – can explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when it is 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 technicians. Contact 1-800-472-7606.
10. Do not cover or block any openings on the appliance.
11. Do not store or use this appliance outdoors.
12. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. 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.
17. To reduce the risk of fire in the oven interior:
 - 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 interior for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
18. **Liquids such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling. This is called delayed eruptive boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.**
19. To reduce the risk of injury to persons:
 - a. Do not use straight-sided containers with narrow necks. Use wide-mouth containers.
 - b. Stir liquid both before and halfway through heating it.
 - c. Do not overheat liquid.
 - d. Use extreme care when inserting a spoon or other utensil into the container. This may also cause delayed eruptive boiling.
 - e. After heating, allow the container to stand in the microwave oven for at least 20 seconds before removing the container.
20. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open, as this can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the door (for example, make sure that it is not bent); hinges and latches (for example, make sure that they are not broken or loosened); door seals and sealing surface.
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel. If the microwave unit is not kept clean, its surface could be degraded and lead to a hazardous situation.

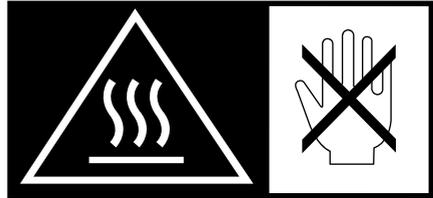
SPECIAL CORD SET INSTRUCTIONS

DANGER – Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

WARNING – Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until



appliance is properly installed and grounded.

NOTICE: PACEMAKERS

Most pacemakers are shielded from interference from electronic products, including microwaves. Patients with pacemakers may wish to consult their physicians if they have concerns.



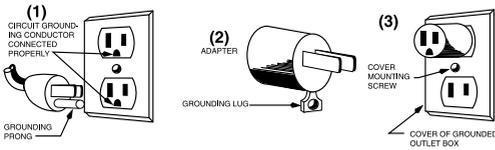
WARNING

**RISK OF FIRE OR ELECTRIC SHOCK
DO NOT OPEN**



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

GROUNDING INSTRUCTIONS



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

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 an extension cord should not be used unless the following precautions are followed (see 3, below).
3. If a long cord or extension cord is used:
 - The marked electrical rating of the cord set or extension cord should match the rating of the appliance.
 - The extension cord must be a grounding-type 3-wire cord.
 - The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

SPECIFICATIONS

Model:	CMW-70C
Rated Voltage:	120V-60Hz
Rated Input Power:	1050 W
Rated Output Power:	700W
Oven Capacity:	20 L
Turntable Diameter:	Ø10 inches (Ø25 cm)
External Dimensions:	14.5 in. x 17.3 in. x 10.2 in. (36.8 x 43.9 x 25.9 cm)
Approximate Net Weight:	21.8 lb. (9.8 kg)

IMPORTANT SAFEGUARDS

To reduce the risk of fire, electric shock, injury to persons or exposure to excessive microwave oven energy when using your appliance, take basic precautions, including the following:

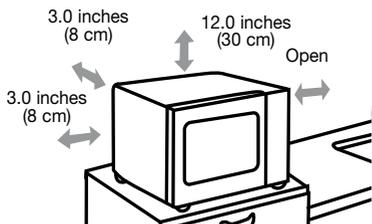
1. The oven must be placed on a level surface.
2. The glass turntable and turntable assembly must be in the oven during cooking. Handle the glass turntable carefully and place cookware on it gently to avoid possible breakage.
3. Incorrect use of browning dish may cause the turntable to break. See information about cookware you can use, page 6.
4. Use only the correctly specified bag size when using the preset popcorn program.
5. The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
6. Do not operate the microwave oven when empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
7. Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause the turntable to break.
8. Do not heat baby bottles or baby food in the microwave oven. Uneven heating/hotspots may occur and cause injury.
9. Do not heat narrow-necked containers, such as syrup bottles.
10. Do not attempt to deep-fry in your microwave oven.
11. Do not attempt home canning in this microwave oven, as it is impossible to be sure all contents of the jar have reached boiling temperature.
12. Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
13. Failure to maintain the oven in a clean condition could lead to deterioration that could adversely affect the life of the appliance and possibly result in a hazardous situation.

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SET UP

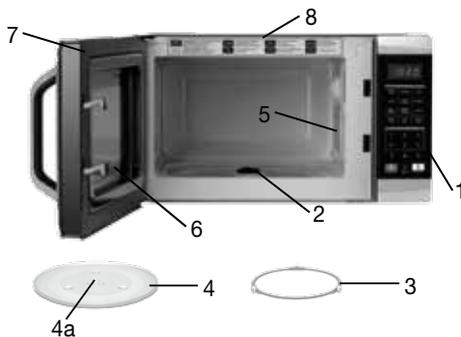
1. Select a level surface with a minimum clearance of 12 inches (30 cm) above the oven and at least 3 inches (8 cm) between the oven and any adjacent walls. **NOTE:** One side must be open.
2. Do not remove bottom oven legs.
3. Remove any protective film from oven.
4. Do not remove the mica cover MicroGuide attached to interior. It shields and protects wave action.



5. Plug oven into a standard household outlet. Be sure voltage and frequency are the same as the voltage and frequency on the rating label.
- Blocking the intake and/or outlet openings can damage the oven.
 - Operation of the oven may cause interference to nearby electronic equipment.

WARNING: Do not install this oven over a range cooktop or other heat-producing appliances. If improperly installed near or over a heat source, the oven could be damaged and the warranty would be void. Surfaces may be hot during operation.

PARTS AND FEATURES



Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

- | | |
|-------------------------------|----------------------------------|
| 1. Control panel | 5. MicroGuide
(DO NOT REMOVE) |
| 2. Turntable shaft | 6. Observation window |
| 3. Turntable ring
assembly | 7. Door assembly |
| 4. Glass tray | 8. Cooking Guide Chart |
- 4a. Tray hub

TO INSTALL TURNTABLE

1. Set ring assembly (3) onto oven floor, centered over the turntable shaft (2).
 2. Place the glass tray (4) into the oven, carefully fitting the tray hub (4a) onto the turntable shaft.
- Be sure glass tray is never used upside down. Tray must be properly connected to the turntable ring before operating the oven.
 - Food, in or out of containers, must be placed on glass tray for cooking.
 - If glass tray or turntable ring assembly cracks or breaks, contact the retail store where purchased or call Cuisinart consumer service: 800-472-7606. See page 13 for details.

MATERIALS YOU CAN USE IN MICROWAVE

Arcing is sparks or electric flashes that crackle or pop. Arcing can produce heat that is quite intense and can damage the interior of the microwave or containers being used in the microwave. It can also cause fire.

Arcing occurs when certain metals are used in the microwave. To prevent arcing, use the charts below to determine which materials are microwave safe, or follow instructions from container/wrap manufacturer.

Plastic cookware should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking.

In longer exposures to overcooking, the food and cookware could ignite.

Follow these guidelines: Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.

Do not microwave empty containers.

Do not permit children to use plastic cookware without complete supervision.

OPERATING INSTRUCTIONS

Setting the Clock

1. Press CLOCK/TIMER once, the display will show "00:00" or the previously set time. The first digit will flash.
2. Press the number buttons to set time.
Example: To set 12:30, press 1-2-3-0.

NOTE: This is a 12-hour clock. Time will display from 01:00-12:59.

3. Once time is selected, press CLOCK/TIMER to set, [:] will flash in display.

NOTE: While setting the clock, if the STOP PAUSE/CANCEL button is pressed or if nothing is selected for more than 1 minute, the clock will go back to the previous setting.

Browning Dish	Use a browning dish in this microwave only if supplied with a microwave trivet that will lift the browning dish $\frac{3}{16}$ -inch (0.47 cm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass Jars	Always remove lid. Use only to warm food. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware with no metallic trim only. Do not use if cracked or chipped.
Oven Cooking Bags	Follow manufacturer's instructions. Do not close with metal tie.
Paper Plates and Cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking. Should be labeled for use in microwave — with no colour/dye.
Paper Towels	Cover food for reheating and absorbing fat. Use with supervision for short-term cooking only.
Parchment Paper	Use as a cover to prevent splattering or as a wrap for steaming.
Plastic	Microwave-safe only. Follow manufacturer's instructions.
Plastic Wrap	Microwave-safe only. Do not allow plastic wrap to touch food. Vent or pierce before cooking.
Thermometers	Microwave-safe only.
Wax Paper	Use as a cover to prevent splattering and retain moisture inside.

MATERIALS TO BE AVOIDED IN MICROWAVE

Aluminum tray	May cause arcing. Transfer food to microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer to microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist-ties	May cause arcing and cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperatures.
Wood	Wood will dry out when used in the microwave oven and may split or crack.



- Stop the oven during operation. (Press START +30SEC to resume.)
- Cancel a program during operation (press twice).

COOKING OPTIONS

Manual Cook

You can manually program your desired cooking time and power level.

1. Press COOK TIME once, the screen will display "00:00."
2. Use the number buttons to input desired cooking time, up to 99 minutes and 99 seconds.
3. Select power level from the chart on page 8. Press POWER LEVEL, the screen will display PL10 (default power level: 100%). To select a different power level, press a number button, 1 through 9.
4. Once cook time and power level are programmed, press START +30SEC to start cooking. Time will begin to count down in the display.

Power Level Chart

PL10	100%	High
PL9	90%	
PL8	80%	
PL7	70%	Medium High
PL6	60%	
PL5	50%	Medium
PL4	40%	
PL3	30%	Medium Low/Defrost
PL2	20%	
PL1	10%	Low
PL0	0%	

Express Cook

This feature provides a shortcut to programming your oven. Power level is always at 100% when using Express Cook. You can select 1 to 6 minutes or 30-second increments.

1. Select a cooking time from 1 to 6 minutes by pressing Express Cook number buttons 1 to 6.
2. Once the number button is pressed, oven will instantly start cooking.

Setting the Timer

1. Press CLOCK/TIMER twice, the display will show "00:00."

Press the number buttons to set the timer. Example: To set 12 minutes and 15 seconds, press 1–2–1–5.

NOTE: Timer can be set for up to 99 minutes and 99 seconds, 99:99.

2. Press the START +30 SEC button to confirm the setting. Time will begin to count down on the display.
3. When time has elapsed, the tone will beep 5 times.

NOTE: When the kitchen timer is engaged, the oven will not start with any program and the oven light will not light.

Stop Pause/Cancel

Touch the **STOP PAUSE/CANCEL** button to:

- Start over if you make a mistake while programming.
- Cancel the timer.

- To increase the cooking time by 30-second increments, press the START +30SEC button.
- To select cooking time in 30-second increments, skip steps 1 to 3. Press START +30SEC button (microwave will begin operating), and then press and release button until desired cooking time appears in the display.

NOTE: During manual cooking and timed defrost, time can be added by pressing the START +30SEC button.

Auto Cook

Auto Cook functions are preprogrammed to cook many popular foods using professionally recommended power levels and cooking times.

- FUNCTIONS:** Press the button for the desired Auto Cook function. The display window will show the first option for that function, as listed in the DISPLAY column of the Auto Cook Guide on page 9. See the TIPS column to help you decide which option to use.
- OPTIONS:** Press the function button repeatedly until the desired option appears on the display. Options include food weight (oz.), or food portions (tablespoons or units).
- Once you have made your selection, press the START +30SEC button to start cooking. The tone will sound once.
- Once cook time elapses, the tone will sound 5 times.

NOTE: Final cooking results will vary according to food's initial temperature, shape, quality, etc. Check the TIPS column in the Auto Cook Guide for the best results.

Time Defrost

This feature allows you to defrost by time.

- Press TIME DEFROST once, the screen will display "00:00."

- Press number buttons to input time from 0:01–99:99 minutes/seconds.
- The default power level for defrost is power level 3. To change the power level, press POWER LEVEL once, the screen will display PL3. Use the number button to select another power level.
- Press the START +30SEC button to begin defrosting; the display will begin counting down the time.

Weight Defrost

This feature allows you to defrost by weight.

- Press WEIGHT DEFROST once, the screen will display "0."
- Press number buttons to input weight to be defrosted. Input the weight in a range 4 – 100 oz (113 g - 2.83 kg).
- Press the START +30SEC button to start defrosting; the display will automatically begin counting down the correct defrost time based on the unit's weight.

Defrost Tips

- Frozen food in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER the food has partially defrosted. Plastic storage containers should be partially uncovered.
- If the food is in a foil container, transfer it to a microwave-safe dish.
- For more even defrosting of larger foods, use Weight Defrost. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If food is still icy, return to the microwave for brief additional cooking time, or let it stand for a few minutes.

Auto Cook Guide

FUNCTION	SUB-OPTIONS	DISPLAY	WEIGHT/ AMOUNT	TIPS
Soften/Melt	Butter Melt	A1-1	½ stick (4 tbsp. [60 ml])	<ul style="list-style-type: none"> Butter should be taken from refrigerator Cut into tablespoons and place in small bowl, uncovered
	Butter Soften	A1-2	½ stick (4 tbsp. [60 ml])	<ul style="list-style-type: none"> Butter should be taken from refrigerator Leave stick as is (wrapped), add an extra cycle if necessary and turn butter over between cycles
	Chocolate Melt	A1-3	4 oz. (113 g)	<ul style="list-style-type: none"> Cut into small pieces or use chips, stir chocolate once program ends to fully incorporate

Popcorn	Personal Size	1.75	1.75–3 oz. (49.6 -85 g)	<ul style="list-style-type: none"> • Use only popcorn packaged for microwave-oven use • Microwave according to package directions • For bags larger than 1.75 oz.(49.6 g), fold the sides (as shown below) to avoid bag getting stuck and scorching 
	Regular Size	3.0		<ul style="list-style-type: none"> • Pop only one bag at a time • Do not try to pop unpopped kernels • If frequent pops are still heard once the cycle ends, press START+30SEC for additional time • Once you hear less than 1 pop every 2 seconds, press STOP PAUSE/CANCEL or open the door to end the cycle
Pizza	Personal Size	A-3	4–9 oz. (113 - 255 g)	<ul style="list-style-type: none"> • Use this function for microwaveable pizzas • Make sure to use a crisping/browning plate if package instructions recommend it • Very thick pizzas, or ones with many toppings, may require additional timing • Add 30 seconds (at preset power level PL10) until desired doneness
Potato	1 pc.	1	6–30 oz. (170-850 g)	<ul style="list-style-type: none"> • Each potato should weigh approximately 6–10 oz. (170 - 283g) • Pierce potatoes, place on turntable or on plate lined with a paper towel
	2 pcs.	2		
	3 pcs.	3		
Frozen Veggie	4 oz. (113 g)	4.0	4–16 oz. (113g- 3.2 kg)	<ul style="list-style-type: none"> • No extra liquid is required
	8 oz. (227 g)	8.0		
	16 oz. (453 g)	16.0		
Beverage	4 oz. (113 g)	4.0	4–12 oz. (113-340g)	<ul style="list-style-type: none"> • Use to reheat room temperature beverage. After heating, stir contents and test for desired heat • Add time if beverage has not reached desired temperature at the end of the cycle
	8 oz. (227 g)	8.0		
	12 oz. (340 g)	12.0		
Reheat	Dinner Plate/ Leftovers	A-7	1 plate	<ul style="list-style-type: none"> • Use this setting to reheat precooked foods or leftovers from refrigerator • Cover with vented lid or microwave-safe wrap • After cooking, check food for desired temperature • If desired temperature is not reached, continue heating for extra time

Two-Stage Cooking

This function lets you program your oven to automatically switch from one function to a second function. Be sure to follow steps in the order listed below; cooking time must always be selected before choosing the power level.

Example: To begin cooking at an 80% power level for 5 minutes, and then switch to cook at a 60% power level for 10 minutes:

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

NOTE: Auto cooking cannot be set as part of two-stage cooking

Memory

You can save up to three cooking procedures (one or two stages) that you frequently use. They will be stored in the oven's memory as numbers 1, 2 and 3 and can be used at any time. Auto Cook cannot be saved as memory.

To Program Memory Procedure

1. Press 0/MEMORY button. The screen will display 1, 2 or 3, depending on the number of times you press the 0/MEMORY button.
2. Press COOK TIME, then use the number buttons to set the desired cooking time.
3. Press POWER LEVEL button. Default power level PL10 appears in the display, but can be changed by pressing the number button (see Power Level Chart on page 8).
4. Press START +30SEC to save the setting. The tone will sound once and the screen will display the number (1, 2 or 3) for the memory procedure you programmed and saved.
5. Press STOP PAUSE/CANCEL.

NOTE: To program a two-stage memory procedure, press 0/MEMORY button to save it as 1, 2 or 3. Follow instructions under Two-Stage Cooking. After pressing START +30SEC to save it, press STOP PAUSE/CANCEL.

To Run a Saved Procedure

Press 0/MEMORY one, two or three times until the number of the desired saved procedure is displayed, then press START +30SEC.

NOTE: If oven is unplugged or power is cut off, memory will need to be reset.

Child Lock

The child lock prevents unwanted oven operation. The oven can be set so that the control panel is deactivated or locked.

TO LOCK

- Press STOP PAUSE/CANCEL for 3 seconds.
- There will be a long tone indicating that the child lock has been activated.
- The screen will display .
- The keypad will not be able to be used.

TO UNLOCK

- To unlock, press STOP PAUSE/CANCEL for 3 seconds.
- There will be a long tone indicating that the microwave oven is unlocked.
- The symbol  will disappear.

CLEANING & CARE

Unplug the cord before cleaning any part of this oven. Clean your oven regularly to avoid grease build-up.

To clean the inside of the unit:

- An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.
- Remove greasy spatters with a sudsy cloth, then wipe with a damp cloth. Never use abrasive cleaners or sharp utensils on any part of the microwave.
- Clean surfaces where the door meets the oven when closed with mild, nonabrasive soap or detergent on a soft cloth. Wipe with damp cloth.
- To remove greasy stains, put 1 cup (250 ml) water mixed with 2 tablespoons (30 ml) lemon juice or baking soda in a cup and bring this mixture to a boil in the microwave. Allow it to stand in microwave for 5 minutes to steam. Then wipe walls of microwave with clean paper towels, a damp clean towel or a dampened microfiber cloth to remove softened cooking residue.

To clean the outside of the unit:

- It is important to keep the area clean where the door seals against the microwave.
- Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects, as they can damage the unit. **NOTE:** Some paper towels can also scratch the control panel. Use caution.

To remove unwanted odours:

- Select Power Level 0 (PL0) and the oven will operate with the fan but, no power.

Maintenance

- Any other servicing should be performed by an authorized service representative.

COOKING GUIDES

The following guides will help you to cook a variety of foods in the microwave.

How to Cook Meat & Poultry

FOOD	WEIGHT/AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
Bacon	6 slices	2½-minute intervals until desired doneness	High (PL10)	Place bacon between 2 layers of paper towels on a microwave-safe plate.
Ground Beef	1 pound (454 g)	10 to 12 minutes	High (PL10)	Place ground beef in a microwave-safe dish or casserole. Cover vessel with vented lid or vented, microwave-safe plastic wrap, making sure cover does not touch food. Ground beef should be broken up before and during cooking. Discard any accumulated liquid after cooking.
Chicken Pieces	1 pound (454 g)	6 to 9 minutes/pound	High (PL10)	Arrange pieces in a shallow, microwave-safe dish with the thicker pieces along the outside of the dish. Chicken should be in a single layer. Cover with vented lid or vented, microwave-safe wrap, making sure cover does not touch food. Cook until juices run clear and meat is no longer pink (165°F [73°C] for white meat, 170°F [76°C] for dark meat). NOTE: Skin will not brown. Let stand 5 to 10 minutes before serving.

How to Cook Fish & Seafood

FOOD	WEIGHT/AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
White Fish – thick fillets (cod, haddock, halibut)	1 pound (454 g)	8 to 10 minutes	High (PL10)	Arrange evenly in a shallow, microwave-safe dish. Cover with vented lid, making sure cover does not touch food. Let stand 3 to 5 minutes before serving.
White Fish – thin fillets (sole, flounder, tilapia)	1 pound (454 g)	6 to 8 minutes	High (PL10)	
Salmon – Filet	1 pound (454 g)	6 to 8 minutes	High (PL10)	
Scallops	1 pound (454 g)	4 to 6 minutes, turn halfway through cooking time	High (PL10)	
Shrimp	1 pound (454 g)	5 to 7 minutes	High (PL10)	Arrange in shallow, microwave-safe dish. Thicker part should be facing the outside of the dish. Cover with vented lid, making sure cover does not touch food. Let stand 3 to 5 minutes before serving.

How to Cook Vegetables

FOOD	WEIGHT/AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
Artichokes	2 globes (about 10 oz. [283 g] each)	12 to 15 minutes, turn halfway through cooking time	High (PL10)	Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food. Leaves should pull out easily when done.
Asparagus	1 pound (454 g)	5 to 7 minutes. Cooking time will vary based on size; make sure all are consistent size	High (PL10)	Leave whole or cut into 1- to 2-inch (2.5 to 5 cm) pieces. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Beans (green, yellow)	1 pound (454 g)	8 to 12 minutes 5 to 9 minutes (thin beans like haricots verts)	High (PL10)	Trim. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Beets	1 pound (454 g) (3 to 4 medium)	10 to 20 minutes	High (PL10)	Scrub and trim. If keeping whole, prick with a fork, otherwise peel and cut. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Broccoli	1 pound (454 g)	4 to 9 minutes	High (PL10)	Cut into florets. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Brussels Sprouts	1 pound (454 g)	7 to 9 minutes	High (PL10)	Trim and discard loose outer leaves. Trim stem ends and cut a cross in end with sharp knife. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Carrots	1 pound (454 g)	10 to 12 minutes	High (PL10)	Wash and peel. Cut into ¼-inch (0.6 cm) slices. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Baby Carrots	1 pound (454 g)	10 to 15 minutes	High (PL10)	Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.

TROUBLESHOOTING

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start	a. Electrical cord is not plugged in. b. Door is open. c. Wrong operation is set.	a. Plug into the outlet. b. Close the door and try again. c. Check instructions.
Arcing or sparking	a. Materials to be avoided in microwave were used. b. The oven was operated when empty. c. Spilled food remains in the cavity.	a. Use microwave-safe cookware only. b. Do not operate with oven empty. c. Clean cavity with wet towel.
Unevenly cooked foods	a. Materials to be avoided in microwave were used. b. Food is not defrosted completely. c. Cooking time, power level is not suitable. d. Food is not turned or stirred. e. Food is positioned incorrectly on turntable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Adjust cooking time, power level accordingly. d. Turn or stir food. e. When possible position food off-center.
Overcooked foods	Cooking time, power level is not correct	Adjust cooking time, power level accordingly.
Undercooked foods	a. Materials to be avoided in microwave were used. b. Food is not defrosted completely. c. Oven ventilation ports are restricted. d. Cooking time, power level is not suitable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Check oven ventilation ports are not restricted. d. Adjust cooking time, power level accordingly.
Improper defrosting	a. Materials to be avoided in microwave were used. b. Cooking time, power level is not correct. c. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Adjust cooking time, power level accordingly. c. Turn or stir food.

WARRANTY

LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number:
1-800-472-7606

Address:
Cuisinart Canada
100 Conair Parkway
Woodbridge, ON L4H 0L2

Email:
consumer_Canada@conair.com

Model:
CMW-70C

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
 - Return address and phone number
 - Description of the product defect
 - Product date code*/copy of original proof of purchase
 - Any other information pertinent to the product's return
- * Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009 June 30th).

Note: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606. For more information, please visit our website at www.cuisinart.ca.

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