Tmana.

adarange. MICROWAVE OVEN

Model RS 560*

700 Watts 700 Watts 700 Watts

700 Vatios 700 Watt

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700 Watt

700 Watt

Use and Care Manual Manuel d'emploi et d'entretien Gebrauchs- und Pflegeanleitung Manual de Uso y Mantenimiento Gebruiksaanwijzing en Onderhoudsvoorschriften Manuale d'uso e manutenzione Käyttö- ja hoito-ohje Bruk och vård Bruksanvisninger for bruk-og-vedlikehold Brugs- og vedligeholdelseshåndbog

READ THIS MANUAL BEFORE OPERATING YOUR RADARANGE OVEN LISEZ CE MANUEL AVANT DE VOUS SERVIR DE **VOTRE FOUR RADARANGE**

BITTE LESEN SIE DIESE GEBRAUCHSANLEITUNG, BEVOR SIE IHREN RADARANGE HERD ZUM ERSTEN MAL BENUTZEN LEA ESTE MANUAL ANTES DE PONER SU HORNO EN OPERACION LEES DEZE VOORSCHRIFTEN ALVORENS UW RADARANGE OVEN TE GEBRUIKEN

LEGGERE QUESTO MANUALE PRIMA DI FAR FUNZIONARE IL FORNO RADARANGE

LUE OHJEET HUOLELLISESTI LÄPI ENNEN UUNIN KÄYTTÖÄ LÄS DENNA MANUAL INNAN RADARANGE-UGNEN ANVÄNDS DISSE BRUKANVISNINGENE MÅ LESES GJENNOM FØR DEN NYE RADARANGE-OVNEN TAS I BRUK

DE BØR LÆSE DENNE HÅNDBOG FØR DE ANVENDER DERES RADARANGE MIKROBØLGEOVN

^{*}Nomenclature may be followed by a letter suffix designating individual models.

OVEN PARTS PARTIES DU FOUR TEILE DES HERDES PARTES DEL HORNO OVEN ONDERDELEN REMOVABLE OVEN RACK PLATEAU AMOVIBLE DU FOUR PARTI DEL FORNO ABNEHMBARER HERDROST REPISA REMOVIBLE DEL HORNO **UUNIN OSAT UITNEEMBAAR OVENREK** GRATICOLA ASPORTABILE DEL FORNO **UGNSDELAR IRROTETTAVA UUNIN HYLLY UTTAGBART OVNSDELER UGNSGALLER UTSKIFTBAR OVNRIST OVNENS DELE PANTALLA CONTRA SALPICADURAS UDTAGELIG OVNRIST** 0 .l 🗁 j*

-CONTROL PANEL TABLEAU DE COMMANDES **SCHALTTAFEL TABLERO DE CONTROLES CONTROLE PANEEL PANNELO DI CONTROLLO OHJAUSYKSIKKÖ KONTROLLPANEL APPARATTAVLE KONTROLPANEL**

-SPLATTER SHIELD

SPRITZVERKLEIDUNG

SPATBESCHERMER PARA SPRUZZI ROISKESUOJA STÄNKSKYDD **SPRØYTESKJERM SPRØJTESKJOLD**

GARANT D'ECLABOUSSURES

DOOR INTERIOR-**INTERIEUR DE LA PORTE** INNENSEITE DER TÜR **PUERTA INTERIOR DEUR BINNENKANT** PARTE INTERIORE DELLO SPORTELLO **LUUKUN SISÄPUOLI UGNSLUCKANS** INTERIÖR **DØRAS INNERSIDE** INDERSIDE AF DØR

TEMPERATURE PROBE JACK FICHE DE THERMOMÈTRE DE CUISSON **BUCHSE FÜR TEMPERATURSONDE** TOMA PARA LA SONDA DE TEMPERATURA TEMPERATUURSONDE KONTAKT RICETTACOLO DELLA SONDA DI TEMPERATURA LÄMPÖANTURIN LIITÄNTÄ **TERMOMETER UTTAG TEMPERATURSONDE TEMPERATURSONDE**

0000 0

Record in space below the Model No., Serial No., and Manufacturing No. recorded on the nameplate of your oven. The nameplate is located on the upper right side wall of the oven interior. Retain these numbers for future reference.

Notez dans l'espace ci-dessous le numéro du modèle, le numéro d'identification et le numéro de fabrication qui figurent sur la plaque signalétique de votre four. Celle-ci se trouve à l'intérieur du four, en haut de la paroi de droite. Conservez ces numéros pour référence.

Bitte notieren Sie sich auf dieser Seite die auf dem Typenschild im Innenraum des Herdes oben rechts angegebenen Typen-, Herd- und Seriennummern. Bitte für den Bedarfsfall aufbewahren.

En el espacio provisto abajo anote los números de modelo, serie y fabricación, que se encuentran en la placa de identificación de su horno, ubicada en la pared superior derecha del interior del horno. Guarde estos datos para futura referencia.

Registeer in de ruimte hieronder het Modelnummer, Serienummer en Fabrieksnummer, aangegeven op het naamplaatje van uw oven. Het naamplaatje bevindt zich bovenaan de rechterzijkant binnen in de oven. Bewaar dez nummers voor toekomstige referentie.

Model No.
Modèle No.
Typ
No. de modelo
Model nr.
Modello numero
Typpinumero
Typ nr.
Modellnummer
Model nr.

Serial No.
No. d'identification
Herd
No. de serie
Serie nr.
Numero di serie
Sarjanumero
Serie nr.
Serienummer
Serienr.

Scrivere nello spazio seguente il numero del modello, il numero di serie e il numero di fabbricazione scritti sulla targhetta del vostro forno. La targhetta è ubicata sulla parte superiore della parete all'interno del forno. Conservare questi numeri per riferimenti futuri.

Kirjoita uunin tyyppinumero, sarjanumero sekä valmistusnumero niille varatuille paikoille alla. Arvokilpi on kiinnitetty uunin sisäpuolelle oikeanpuoleisen seinämän ylälaitaan. Numerot on hyvä säilyttää mahdollista myöhempää tarvetta varten.

Anteckna nedanför typ-, serie-, och fabriksnumren som finns registrerade på ugnens namnskylt. Namnskylten är placerad på den övre högra sidan av ugnens innervägg. Bevara dessa nummer för framtida behov.

Skriv nedenfor model-, serie- og fabrikasjonsnumrene som står anført på navneplaten i Deres ovn. Navneplaten sitter øverst til høyre på innersiden av ovnsveggen. Behold disse numrene som identifikasjon.

Noter nedenfor model-, serie- og fabrikationsnummer som anført på Deres ovns navneplade. Navnepladen sidder øverst til høire på indersiden af ovnens væg. Gem disse numre til identifikation.

Manufacturing No.
No. de fabrication
Serie
No. de fabricación
Fabrieks nr.
Numero di fabbricazione
Valmistusnumero
Fabriks nr.
Fabrikasjonsnummer
Fabrikationsnr.

Date d'installation Aufstellungsdatum Fecha de instalación Installerings-datum Data d'installazione Päivämäärä Installerings-datum Installasjonsdat Installationsdato

Date installed

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IMPORTANT SAFETY INSTRUCTIONS

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

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

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 7.
- 3. This appliance must be earthed. Connect only to properly earthed outlet. See "ELECTRICAL REQUIRE-MENTS" below.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Some products such as whole eggs and sealed containers - for example, closed glass jars - may explode and should not be heated in this oven.
- 6. Use this appliance only for its intended use as described in this manual.
- 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.
- 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 use outdoors.
- 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.
- See door cleaning instructions on page 17.
- To reduce the risk of fire in the cavity:
 - a. Do not overcook food. Carefully attend appliance if 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 should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off the power at the fuse or circuit breaker panel.

SAVE THESE INSTRUCTIONS

UNPACKING THE OVEN

Inspect the oven for any damages such as dents or holes in the screen of the door or dents inside the oven cavity. Any dents or breakage should be reported to your Amana Dealer immediately. You will be told if the unit will operate correctly.

OVEN PLACEMENT =

Do not locate the oven with the sides, top or bottom airflow restricted. The oven must have sufficient airflow around it. If you wish to build in this microwave oven, use only Amana model "RS" trim kits that have a label identifying which Amana microwave oven model series may be used. Trim kits can be purchased from your dealer.

ELECTRICAL REQUIREMENTS

WARNING — This appliance must be earthed.

The oven must be connected to separate 220-240 volt,* 10 amp, 50 hertz circuit all its own. The wires in the main lead of your oven are coloured in accordance with the following code:

Green and Yellow — Earth Blue — Neutral Brown - Live

Since the colours of the wires in the main lead of this microwave oven may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

- The wire which is coloured green and yellow must be connected to the terminal in the plug which is marked with the letter "E" or by the earth symbol or coloured green and yellow.
- The wire which is coloured blue must be connected to the terminal which is marked with the letter "N" or coloured black.
- The wire which is coloured brown must be connected to the terminal which is marked with the letter "L" or coloured red.

SAFETY INSTRUCTIONS:

Read and follow these Rules for Safe Operation.

This microwave oven is designed to be safe and reliable. As with all appliances, there are certain rules to follow. Make sure everyone who cooks with this oven is familiar with this product's operation and with these precautions.

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: (a) Door (bent), (b) hinges and latches (broken or loosened), (c) door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

PRECAUTIONS=

- (a) WARNING: Liquids must be briskly stirred or poured (to mix in air) before being heated in a microwave oven. If air is not mixed into a liquid, the liquid can erupt in the oven or after removal from the oven.
- (b) Eggs must not be cooked or reheated in the shell, or with an unbroken yolk. To do so may result in a pressure build-up and eruption. Pierce the yolk with a fork or knife before cooking.
- (c) Home canning must not be done in a microwave oven. Home canning is generally done with metal lids. Since metal lids reflect microwaves, you cannot be assured that the food product will be heated uniformly to 100° C or above, and there is a probability of deterioration of the food product.
- (d) Deep fat frying must not be done in any microwave oven. The fat could overheat and be hazardous to handle.
- (e) WARNING: Do not heat sealed containers in any microwave oven. Containers with restricted openings such as syrup bottles must not be used for cooking. Food or liquid could expand quickly and cause the container to break.
- (f) Regular cooking thermometers must not be used in a microwave oven. Most cooking thermometers

- contain mercury and may cause "arcing", malfunction, and/or damage to the oven.
- (g) Plastic bags (and other air-tight containers) must always be pierced or open before heating in a microwave oven. This is needed to allow steam to escape during cooking.
- (h) Metal or ceramic accessories which have a special design to absorb microwave energy to provide heat ("active" accessories such as browning skillets) may be used with caution. Be sure to test any such device before use and to read carefully and follow manufacturer's instructions provided with the accessory. Any questions concerning these accessory products should be referred to the accessory manufacturer. Amana Refrigeration, Inc., does not endorse any brand of accessory. Remember that all microwave accessories are not "top quality"; some may not be suitable for microwave cooking. Caution must be used when purchasing microwave accessories.
- Newspapers must never be used in a microwave oven since they may ignite.
- (j) Paper towels which contain nylon or other synthetic fibers woven through them must not be used because the heated synthetics could melt and cause the paper to ignite.

CHECKING OVEN OPERATION:

- A. Set the optional entry signal. This optional signal can be set to "beep" whenever a pad is pressed. It confirms the oven has "read" and accepted your entry.
 - Plug in the oven. Dash lines will appear in the display.
 Press 0. The oven will "beep" now and whenever you
 - press any pad.

To cancel the entry signal:
Unplug the oven and reconnect it, but do not press 0.
Dash lines will appear in the display. The oven will not beep when you press the pads.

B. To deactivate the end-of-cycle signal: This optional signal can be set to "beep" to indicate when cooking time has elapsed and when food has reached a set temperature. The signal is automatically set when you plug in the oven.

To cancel the end-of-cycle signal:

Press **timer** (b) before setting the clock (while the dash lines are still displayed).

Note: Throughout this manual, you will note references to a tone that signals the end of a cooking or timing operation. If you have cancelled the end-of-cycle signal, disregard these references.

C. Oven Light

The oven light will come on when the door is opened. It will also come on when the oven is operating.

D. Set the Clock

also be stopped by opening the door.

- Press change/cancel twice.
- 2. Enter the time of day by pressing the numbers in sequence. For example, if it is 10:35 (a.m. or p.m.), press number pads 1, 0, 3 and 5, in that order.
- 3. Press clock (twice. The clock is now set. If oven power is interrupted (for example, if the supply circuit is disconnected, or if there is a power failure), all programming instructions will be erased, and dashes will appear in the display. You must then reset the desired signal options and clock as indicated above.
- E. Check operation of the interlock systems. The start | and stop pads turn the oven on and off. Microwave energy is generated only when the door is closed, cooking time or temperature has been set, and start | has been pressed. In addition, the oven has interlock switches to assure no microwave energy is generated when the door is open. To check or remove food before the cooking time has elapsed, you may either press stop or open the oven door to turn the oven

off. Before the oven door opens, hidden interlock switches sense the motion of the door handle and automatically turn the oven off.

Here is how you may check the operation of **start** |, stop and the interlock switches:

- 1. Place a glass of water in oven and close oven door.
- 2. Press change/cancel twice.
- 3. Press 5, then 0.
- 4. Press start | . The oven should operate and the oven light should come on.
- 5. Press stop . The oven should shut off immediately and the sound of the motor should cease. The oven light should go out.
- 6. Open oven door fully. The oven light should come on when the door is opened.
- 7. Press change/cancel twice.

If under any of the preceding conditions the oven does not operate as stated, do not use it. Call your Amana dealer or authorized service agency.

THE CONTROL PANEL =

READOUT DISPLAY — Normallyshows time of day. · Shows remaining time when cooking by time or using the Timer. Shows actual or set temperature when 6:30 cooking to temperature. **NUMBERS** — Always press numbers first when programming the oven. Press in the same order as you would write them. Then press the desired word pad. CHANGE/CANCEL - Press to change instructions. To change only a time 3 4 5 entry, press once. To cancel everything you've programmed, press twice. 0 COOK - Programs oven to cook by time. Press after pressing numbers for the cooking time. (See page 9.) 0 0 COOKMATIC LEVEL - Programs cooking power level. Press after pressing number pad corresponding to cook levels imprinted on control panel. (See pages 12-13.) ACCU-TEMP - Programs oven to cookto temperature. Oven then automatically holds food for up to 60 minutes, or until you turn the oven off. Press after pressing number pads for temperature. (See pages 13-14.) Ô START TIME — Programs oven to startlater. Enter the time of day you want oven operation to begin and press this pad. START — Starts oven operation. STOP — Stops oven. The oven can-

AUTOMATIC DEFROST — Programs the oven to defrost food. Press after pressing numbers for the defrosting time. (See page 9.)

COOKING PROGRAM --- Press after 0 to find out what's happening right now. Use to program 2, 3 or 4 cooking programs. (See pages 14-15.)

CLOCK - Set time of day. Press twice after pressing numbers for the current time. (See above.)

TIMER — Lets you time a separate task, even when the oven is cooking. Press after pressing numbers for time to be measured. (See page 9.)

IF YOU MAKE A MISTAKE

If the oven is not operating yet, press **change/ cancel** wice. This cancels everything. You

cancel () twice. In is cancels everything. You must program the oven again.

If the oven is operating, press 0, then cooking program (1) to see what the oven is doing right now. If the oven appears to be doing something you don't want it to do, press stop (1), then press change/cancel (2) twice. This cancels everything. You must program the oven anain

THE ERROR SIGNAL

The oven will sound an Error Signal (a short tone) when you attempt to program something illogical If you attempt to program a Cookmatic Level with Defrost

- If you attempt to program Start Time after the oven has begun cooking.
 If you attempt to program a temperature lower
- than 38°C, or higher than 94°C. The temperature probe sensing range is from 38°C to 94°C. If you attempt to program the oven to cook to temperature without having inserted the temperature. ature probe plug into the oven wall receptacle

TRY IT! **COOKING WITH FULL POWER** 3

This is the fastest and easiest way to cook.

1. Place food in oven and close oven door. When using the oven, always have food or water inside to absorb microwave energy.

Press change/cancel twice.

3. Press numbers for cooking time (to cook 1 minute 10 seconds, press 1, 1, 0). The display will show the time you have set. If you make a mistake, simply press change/cancel Oonce and enter the desired time.

Press **start** and the oven will begin operating. The display will show pgm 1 (1) and cook 22 to indicate the oven is cooking in Program 1. The oven always starts cooking in Program 1. "POWER" indicates the oven is operating at Full Power.

The oven will stop and sound a signal at the end of cooking time.

TRY IT! **USING THE TIMER**

You can use the oven like a separate timer to time mixing or to turn food. If the oven is not cooking:

- Press change/cancel twice.
- Press the number for the time desired.
- Press **timer** (2). The display will "count down" and show **timer** (1), indicating the timer function is in use.
- 4. A signal will sound when the time has elapsed.

If the oven is cooking:

- 1. Press numbers for the time desired. Do not stop the oven.
- 2. Press **timer** (1). The display will "count down" the timer

time and show "timer" (along with other ongoing oven functions. The oven will continue to cook undisturbed. When timer time has elapsed, a signal will sound, the display will show any remaining cooking time and the oven will finish cooking.

- To change a timer setting, simply press the new time desired and press timer (again. Do not stop the oven.
- To check cooking time remaining before timer has elapsed, PRESS 0 and cooking program (1).

TRY IT! **AUTOMATIC DEFROSTING**

Most frozen foods can be defrosted quickly by using automatic defrost X, which automatically selects various power levels for optimum defrosting results, without much of the premature cooking that occurs with many ordinary microwave oven defrost cycles. It pulses microwave energy on and off at the proper power levels. During the "on" periods, the exterior of the food is heated. During the "off" periods, heat is conducted to the interior of the food, allowing uniform defrosting with little or no cooking on the exterior. Note: Consult the charts on the following pages when using automatic defrost *:

To defrost foods using automatic defrost 洪:

1. Place frozen food inside oven and close oven door. If food is inside a plastic bag, slit the bag to allow steam to escape.

Press change/cancel (2) twice.

Press numbers for defrosting time. Start with the shortest amount of time and increase if needed.

Press automatic defrost 3.

Press start | and the oven will operate. The display will show*, indicating the oven is programmed to defrost. Microwave power cycles on and off automatically, as indicated by "POWER" flashing on and off. Note: Some frozen foods defrost better on #3 Cookmatic Level instead of the ones selected by the automatic defrost * pad. If this method is preferred, follow the directions for cooking with Cookmatic power levels (see pages 12-13.) Do not use automatic defrost **.

AUTOMATIC DEFROSTING GUIDE =

Use this guide when using the automatic defrost * feature. If you decide to use defrosting charts and times from a cookbook, use Cookmatic Level 3. The number of frozen convenience foods available in today's market is endless. This makes it almost impossible to include preparation instructions for all

of them in this guide! Since most frozen convenience food packages include microwave preparation instructions, you should follow those package instructions when defrosting and heating frozen convenience foods in your microwave oven.

	FROZEN BEVERAGE DEFROSTING CHART						
TYPE OF BEVERAGE	APPROXIMATE CARTON OR CAN SIZE	UTENSIL*	DEFROSTING TIME**	SETTING	SPECIAL INSTRUCTIONS		
Frozen Juice Concentrate	175 g. can	1 liter casserole or glass measure	35 to 45 sec.	Full power	Place frozen juice concentrate in utensil. Heat according to time and setting, or until defrosted. If necessary, continue stirring until mixture is melted and smooth.		
	350 g. can	2 liter casserole or glass measure	1 to 1 min., 30 sec.	Full Power			
	450 g. can	2 liter casserole	2 to 2 min., 30 sec.	Full Power			

^{*} Frozen juice concentrate can be placed directly in the serving pitcher and heated in the microwave oven. Be certain the pitcher is microwave oven-safe and fits inside the microwave oven.

^{**} For more information regarding defrosting, see page 9.

FROZEN BREAD DEFROSTING CHART				
BREAD TYPE APPROXIMATE PKG. SIZE DEFROSTING TIME*				
Frozen Coffee Cakes	200 g.	3 to 4 min.		
Frozen Croissants 200 g.		5 to 6 min., 30 sec.		
Frozen Danish Rolls	200 g.	4 to 5 min.		

^{*} For more information regarding defrosting, see page 9.

General Instructions for Defrosting Bread

Remove coffee cake or rolls from the container, if metal. Place on plastic rack or paper plate. Cover with a paper towel.

FROZEN FISH AND SEAFOOD DEFROSTING CHART				
TYPE	PKG. SIZE	DEFROSTING TIME*	SPECIAL INSTRUCTIONS	
Fillets, Flounder, Cod, Sole, Haddock, etc.	450 g.	9 to 12 min.	Turn fillets over halfway through defrosting time.	
Shrimp	350 g.	7 to 10 min.	Turn over halfway through defrosting time	

^{*} For more information regarding defrosting, see page 9.

General Instructions for Defrosting Fish and Seafood

- 1. Read the "Special Instructions" on the chart before defrosting frozen fish and seafood.
- 2. Place frozen seafood in glass casserole or utility dish. Cover loosely with plastic wrap or waxed paper.
- Allow defrosted seafood to stand for a short period of time before cooking to be certain the seafood is totally defrosted. Larger seafood
 pieces can be held under cold running water, if necessary, to finish the defrosting process, or to allow still-frozen fillets to be
 separated. Fish and seafood should be totally defrosted before cooking, so that cooking will be done evenly.

FROZEN FRUIT DEFROSTING CHART

APPROXIMATE PACKAGE SIZE

UTENSIL

DEFROSTING TIME*

275 g. 550 g.

1 liter casserole

1.5 liter casserole

7 to 9 min. 12 to 15 min.

General Information for Defrosting Fruit

- 1. Place the fruit in the utensil recommended on the chart. Cover the fruit with a glass lid or plastic wrap.
- 2. Defrost, according to the time recommended on the chart. Stir the fruit halfway through the defrost time to break the fruit apart and rearrange.

FROZEN SMALL SIZE MEAT DEFROSTING CHART				
MEATTYPE	APPROXIMATE WEIGHT	DEFROSTING TIME*	SPECIAL INSTRUCTIONS	
Bacon	450 g.	6 to 8 min.	Turn over halfway through defrosting time.	
Bratwurst	450 g.	12 to 15 min.	Turn over halfway through defrosting time.	
Chops	450 g.	12 to 15 min.	Turn over halfway through defrosting time.	
Frankfurters	450 g.	9 to 11 min.	ramover hanway inlough demosting time.	
Ground Beef, Pork or L	.amb			
Bulk	450 g.	12 to 15 min.	Turn over halfway through defrection time	
Patties	450 g.	11 to 14 min.	Turn over halfway through defrosting time. Arrange in circle. Turn over halfway	
.			through defrosting time.	
Steaks (beef)	450 g.	12 to 15 min.	Turn over halfway through defrosting time.	

^{*} For more information regarding defrosting, see page 9.

General Instructions for Defrosting Small Size Meat

- 1. Read the "Special Instructions" on the chart before defrosting frozen small meat items.
- 2. Defrost, according to the time recommended on the chart.

FROZEN MAIN DISH DEFROSTING AND COOKING CHART				
DISH SIZE	DEFROSTING TIME*	COOKING TIME** ON FULL POWER		
1 liter	35 to 45 min.	5 to 7 min.		
1.5 liter	45 to 55 min.	6 to 9 min.		
2 liter	1 hr., 5 min. to 1 hr., 15 min.	7 to 10 min.		
3 liter	1 hr., 45 min. to 1 hr., 55 min.	9 to 13 min.		

^{*} For more information regarding defrosting, see page 9.

General Instructions for Defrosting and Cooking Frozen Main Dishes

- 1. Select the defrosting and cooking instructions, according to the size of dish in which your frozen main dish is being cooked. Cover the dish with a glass lid or plastic wrap.
- 2. Defrost and cook, according to the times recommended on the chart.
- 3. After defrosting, you may wish to cook the main dish to 60° C using the Automatic Temperature Control System, if your microwave oven has this feature. You will not need to set an amount of cooking time since the Automatic Temperature Control System will determine when the main dish has finished cooking. Insert the temperature probe into the center of the main dish. Cover the dish with a glass lid or plastic wrap. Cook in the microwave oven on Full Power to the final temperature of 60° C. Stir halfway through the cooking time. For more information about the Automatic Temperature Control System, see pages 13 and 14.

^{*} For more information regarding defrosting, see page 9.

^{**} When heating casseroles on Full Power, stir halfway through the cooking time.

FROZEN POULTRY DEFROSTING CHART* **APPROXIMATE WEIGHT** & SIZE OF POULTRY **DEFROSTING TIME** SPECIAL INSTRUCTIONS** 1.5 kilogram or less; package is 11 to 14 min./500 g. Turn over halfway through defrosting time. less than 25 cm thick. 1.5 kilogram or more; package is 13 to 15 min./500 a. Turn over halfway through defrosting time. greater than 2.5 cm thick. Whole 1.5 - 2 kilograms 13 to 15 min./500 q. Turn over halfway through defrosting time. 2-3.5 kilograms 13 to 15 min./500 g. Turn over after 5 minutes and halfway through the remaining defrosting time. Soak in cool water if not completely defrosted. 3.5 - 4.5 kilograms 13 to 15 min./500 g. Turn over every 5 minutes during the first 15 minutes and twice during the remaining defrosting time. Soak in cool water if not completely defrosted.

General Instructions for Defrosting Poultry

- 1. Read the "Special Instructions" on the chart before defrosting frozen poultry.
- 2. Place the frozen poultry on a plate or cooking grill. Cover with plastic wrap. Remove all metal pieces, if possible.
- 3. You may wish to cover the wing tips, the narrow part of the legs, and the high point of the breat bone and back with small strips of foil to prevent them from dehydrating and cooking.
- 4. If the item takes longer than 99 minutes 99 seconds to defrost, manually enter any remaining time on power level 1.

FROZEN CONVENIENCE CAKE DEFROSTING CHART				
CAKETYPE	APPROXIMATE SIZE	DEFROSTING TIME*		
Cake 350 g.		3 to 4 min.		
Pound Cake 275 g.		3 min., 30 sec. to 4 min., 30 sec.		

^{*} For more information regarding defrosting, see page 9.

General Instructions for Defrosting Frozen Cakes

- 1. Remove the cake from the container, if metal. Place on a plastic rack or a paper plate. Cover with a paper towel, if not defrosted.
- 2. Defrost, according to the time recommended on the chart. Do not melt the frosting.

9 TRY IT! COOKING AT COOKMATIC® POWER LEVELS

Just as some foods cook better conventionally at lower rather than higher oven temperatures, some foods cook better at lower rather than higher microwave power levels. This oven has 10 power levels, each well suited for different types of foods. The cookbook provided with this oven specifies the proper power levels to be used for optimum cooking. When no power level is programmed, the oven operates at Full Power.

- 1. Place food or water in oven and close oven door.
- Press change/cancel twice.
- Press numbers for cooking time. The time will appear in the display.
- 4. Press cook.....
- Press number for Cookmatic Level (to cook at Level 8, press 8, which is 80% of Full Power). The number will appear in the display.

^{*} The "Frozen Poultry Defrosting Chart" lists defrosting times for all types of poultry, in terms of minutes-per-pound. The chart applies to Cornish hens, capon, duck and individual poultry pieces, as well as to whole chicken and turkey. For best results when defrosting, be sure to consider the general hints.

^{**} For more information regarding defrosting, see page 9.

6. Press cookmatic level/~.

8. To change power levels during cooking, press the

number for the new power level, then simply press **cook-matic level**/~. The oven display will change accordingly. You do not need to stop the oven. To change to Full Power, simply press 0, then press **cookmatic level**/~.

The oven will stop and sound a signal at the end of cooking time.

10 USING THE AUTOMATIC TEMPERATURE CONTROL SYSTEM =

Read these special hints first.

Use the automatic temperature control system to cook foods, especially meats, to precise temperature. It can also be used for reheating leftovers, warming soups and beverages and many other tasks. And you can hold a casserole, fondue, meat or almost any other food at serving temperature for even the latest of the late arrivals.

Do not use the temperature probe to cook candies.
 The highest temperature sensed by the probe is 94° C, while most candies require temperatures of 110° C or higher.

Insert the temperature probe as shown at right:
 Meats — Insert probe sensor tip in the thickest lean section, halfway between the center and the exterior, but away from fat and bone.

Casseroles, Leftovers, Beverages — Insert probe sensor tip in center.

 Be sure probe is securely inserted into food. If the probe accidentally falls out of food, air temperature will be sensed and food will not cook properly. The probe could become damaged.

 Do not use the probe with foil or other metal. Arcing could result. If the recipe suggests using foil, do not use the probe.

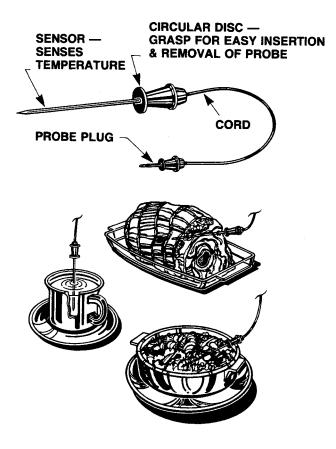
5. Do not operate oven if probe is caught in oven door.

 Do not use the automatic temperature control system when cooking different foods at the same time. Different foods cook at different speeds, and the results may be unsatisfactory.

Do not force the temperature probe into frozen food.
 The sensor tip could be damaged or the probe could break.

 Use a hot pad to remove the hot temperature probe.
 During cooking, the probe could become hot enough to burn you.

 Always remove the probe after use. Do not store it in the oven. Keep it in a place where it won't become lost or damaged. Wash the probe with hot, soapy water. Do not immerse the probe plug in water nor wash in an automatic dishwasher. Rinse and dry probe thoroughly.



TRY IT! COOKING TO TEMPERATURE=

Note: The Temperature-Hold feature is designed to operate when the set temperature is 60°C or above. Food such as cooked meat, poultry or fish should be held at 60°C or above to prevent the growth of bacteria or the production of toxins.

1. Read the rules and hints above.

2. Place food in oven. Insert temperature probe tip into

food, insert probe plug into right oven interior wall near the back and close oven door.

3. Press change/cancel@twice.

 Press numbers for desired temperature (to cook to 60°C, press 60). The numbers will be displayed. The probe's temperature sensing range is 38°C to 94°C. Press accu-temp ∦ . The display will show "TEMP" ₽ if the probe has been inserted securely. (If the probe is not inserted securely or is damaged, the Error Signal will sound a short tone and the display will show the cooking program number when you press accu-temp 1 . Reinsert probe and reprogram instructions. If the problem persists, see page 18 for how to correct it.)

6. If less than full microwave power is desired, press number for Cookmatic power level, then simply press

cookmatic level/~.

7. Press start | and the oven will operate. (You don't program cooking time, because the oven will cook to temperature only.) The display will show "POWER" and the actual temperature of the food. To check the set temperature, press accu-temp 1.

To change the set temperature during cooking, press numbers for the new temperature, then press accu-

temp \(\) Do not stop the oven.

When set temperature is reached, the oven will sound a signal. If the set temperature is 59°C or lower, the oven will automatically stop when the temperature is

AUTOMATIC HOLD — If the set temperature is 60°C or higher, the oven will automatically "hold" food at that temperature for 60 minutes or until you press stop (). If you stop and restart the oven during the hold period, the timing of the 60 minutes will begin again. (If you wish to keep track of the time the food is held, press numbers for the time desired, then press timer (5) To see the actual temperature, press 0, then cooking program ①. To see the amount of time remaining, press timer (5.)

When cooking is finished, press stop O, then press **change/cancel** twice to return to the time of day.

Remove probe from the oven.

TRY IT! USING THE TEMPERATURE PROBE WITHOUT COOKING =

You can use the temperature probe as a thermometer, even when the oven isn't cooking. For example, you may want to see if tap water is warm enough to soften dry yeast (44°C), or if food is less than serving temperature (less than 60°C).

Place food or water item in the oven.

Insert temperature probe tip into item and probe plug

into oven cavity wall receptacle.

Press change/cancel twice. Press accu-temp ∦ . The number displayed is the

actual temperature of the item.

Remove probe and press change/cancel twice to return display to the time of day.

TRY IT! PROGRAMMED COOKING USING 2, 3, OR 4 COOKING PROGRAMS_

This oven can remember up to four cooking programs, so you can defrost food, cook by time, then cook to temperature all with one set of instructions, simply by pressing cooking program (1) between each instruction.

NOTE: If using the temperature probe, the Accu-Temp function must occupy the final program in a sequence for the automatic "hold" feature to work. Programming Accu-Temp in the first or a middle program will cause the oven not to hold after cooking to temperature.

Put food in oven and close oven door. 1.

- Insert temperature probe in the food and in the oven 2. if one of your programs will involve cooking to temperature
- 3. Close oven door.

Press change/cancel twice.

Enter your instructions for Cooking Program 1. The display will flash "pgm 1 ① to indicate you are in that program.

Press cooking program to "step" or "advance" to Program 2. The display will stop flashing pgm 1 ① and begin flashing "pgm 2 ①.

Enter your instructions for Program 2. If this is your

last program, recheck all instructions (see Step 11), then press start |

If a third program is required, press cooking program 1 to advance to Program 3. The display will flash pgm 3 (1)

Enter your instructions for Program 3. If this is your last program, recheck all instructions (see Step 11), then

press start

If a fourth program is required, press cooking program (1) to advance to Program 4. The display will flash pgm 4 (1).

Recheck all instructions (see Step 11), then press start

Always check programming instructions before starting the oven. Uncorrected mistakes can cause food to cook improperly or be ruined. To check, press cooking program (1) until the time of day is displayed. Then press repeatedly to advance to each program. The display will show your instructions. If the oven is already operating, the program indicator lights will not flash for the program being used.

12 TRY IT! CHANGING A COOKING PROGRAM AFTER THE OVEN STARTS=

To change part of a 2, 3 or 4 cooking program sequence after the oven starts, proceed as follows:

- To change the program in which the oven is cooking, simply enter the correct instructions while the oven continues to operate. The oven will immediately follow the new instructions.
- To change one program while the oven cooks in another program, press stop , then press cooking program (1) to advance to the program to be changed. Enter new instructions, then press 0 and cooking program (1) to return the display to the current program. Then press start | .

USING AUTOMATIC START TIME

Read these rules and hints first.

The automatic start time feature lets you program the oven to start cooking food up to four hours later. Remember:

- Do not hold any food longer than four (4) hours.
 Highly perishable foods such as milk, eggs, fish, poultry
 and stuffing should not be cooked using the automatic
 start time feature.
- Use only frozen foods if the food is to be held longer than 1 hour before cooking.
- Use foods that require little or no stirring or turning.
 If you are not there to turn or stir food when suggested, cooking results will be less than optimum.
- The safest foods to use are frozen casseroles and main dishes, or non-frozen soups or casseroles that do not contain meat, milk or eggs.
- Be sure the correct cooking sequence is programmed.
 If the oven is programmed to cook unattended too fast or too long, there is a remote chance a fire could occur.

 Extreme overcooking can cause food to smoke or char.

- Use the charts below as a guide to determining how long foods should be cooked using Start Time.
- Be sure to set the correct Start Time. A good formula to remember is:
 Serving Time - Approximate Oven Time = Start Time.
 For example, if you want to eat at 5:00 p.m., and cooking time will take one hour, set the oven to start at 4:00 p.m.
- Caution children and others not to touch the control panel after the oven is programmed. If any pads are pressed, cooking instructions could be altered.
- 9. Be sure the oven time-of-day clock is correct.
- Remember to press start | before you leave the oven.
 Otherwise, the oven will not operate at the programmed Start Time.

13 TRY IT! AUTOMATIC START TIME

- 1. Read the rules and hints listed above.
- 2. Place food in oven and close oven door.
- 3. Press change/cancel twice.
- 4. Check that the oven clock has the correct time of day.
- Press numbers for the desired start time. Remember: Serving Time minus Oven Cooking Time equals Start Time.
- 6. Press **start time**
- 7. Enter the desired cooking instructions.
- 8. Press start .
- 9. To check the time of day before the oven starts, press **clock** , then press **start time**.
- The oven will start operating at the start time you have programmed.

START TIME CHART FOR FROZEN CASSEROLES:

Use this chart as a guide in determining how long similarly sized frozen foods should be cooked using Start Time. This chart allows for the "natural" preliminary defrosting that occurs during the Start Time waiting period, so the defrost times given

here differ from the "Casserole Defrosting Chart" in your oven cookbook. Program instructions in the order shown, reading left to right.

Dish Size	"Hours Out"	Programming Instructions*	Approximate** Oven Time
1 liter	4	20:00, Defrost, COOKING PROGRAM 4:00 a 6:00 COOK, COOKING PROGRAM	24 to 26 min.
1.5 liter	4	25:00, Defrost, COOKING PROGRAM	30 to 32 min.
2 liter	4	45:00, Defrost, COOKING PROGRAM 11:00 to 14:00, COOK, COOKING PROGRAM	56 to 60 min.
3 liter	4	60:00, Defrost, COOKING PROGRAM 15:00 a 20:00, COOK, COOKING PROGRAM	1 hr., 15 min. to 1 hr., 20 min.

^{*} Remember to press **change/cancel** twice, then set 00:00 **start time** before programming the defrosting and cooking instructions. Remember to press **start** | .

^{**} Includes defrosting and cooking times. You may want to stir before serving.

TRY IT! USING AUTOMATIC START TIME LIKE AN ALARM CLOCK =

You can use the Automatic Start Time feature like an alarm clock to remind you when to take medicine ... or when it's time to leave for an appointment!

- 1. Press change/cancel twice.
- 2. Check to be sure the clock is set at the correct time of day.
- Press the numbers for the time (within the next 12 hours) when you'd like to be reminded to do something. (For example, if you need to take a pill at 9:00, press 9, 0, 0.)
- Press start time . The reminder signal will sound at the time you have set.

14 TRY IT! INSTANT REPLAY

Your oven has "instant replay" features that let you ask questions about what you've programmed before and after the oven starts. Just press the word pad that describes what you want to know and the answer will be displayed. Always press 0 cooking program (1) to return to the original readout.

To ask the oven:

"WHAT'S THE TEMPERATURE OF THE FOOD?"
 (when cooking to temperature) — Press accu-

temp & and the answer will be displayed.

- "WHAT DID I TELL YOU TO DO IN THE SECOND COOKING PROGRAM?" (when using 2, 3 or 4 cooking programs — Press cooking program @repeatedly until pgm 2 @flashes in the display. The answer will be displayed.
- "WHAT TIME OF DAY IS IT?" Press clock (and the answer will be displayed.

15 TRY IT! USING THE OVEN RACK=

The oven rack may be used to double the amount of food placed in your oven. To install the rack in the oven, open the oven door as wide as possible and place the rack in the rack supports located on the left and right sides of the oven interior. To clean the rack, wipe it with a soft sponge or cloth dampened with mild, sudsy water, or hand-wash in sink. Do not wash in a dishwasher or use harsh, abrasive cleanser.

Placement of food

Dishes may be placed on the floor and rack. Space must be allowed between the foods for proper cooking results.

The following dish sizes will fit together on either the oven rack or floor with the rack in place:

- 9 x 5 x 2-inch loaf dish and 1½-quart oblong casserole
- 9 x 5 x 2-inch loaf dish and 1-quart round covered casserole
- 11/2-quart covered casserole
- 9-inch round cake dish

Do not use a browning skillet on the rack. Heat from the skillet could damage the rack and oven interior.

Reheating

Plates of food may be easily reheated in the oven. Leftovers taste as good as they did the first time! Place one plate above the other. Heat at Full Power and switch plate positions halfway through cooking time. For best results, cover plates loosely with plastic wrap.

Defrosting

Baked products may be defrosted on the rack. Donuts, breads, cakes and sandwiches may become soggy if placed on the oven floor while defrosting. Refer to the cookbook that came with this oven or the Accu-Thaw charts in this manual for approximate defrosting times.

Cooking a Meal

To cook a meal, select foods which cook well at Full Power. Foods that have the longest cooking times should be replaced on the rack. Arrange other food on the oven floor.

To estimate total cooking time, add recommended times for each food from the cookbook. Cook for half of total time. Reverse position of foods from rack to floor. Cook

for remaining time, checking for doneness 3 to 5 minutes before end of estimated time.

Sample meal for four:

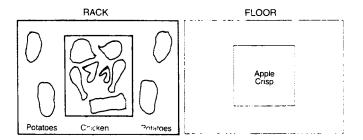
 Menu
 Estimated Time

 Baked Chicken, covered
 21 minutes

 Baked Potatoes, pierced
 12 minutes

 Apple Crisp
 11 minutes

Food Placement:



Other meats and main dishes that may work well are whole chicken, macaroni and cheese, and turkey breast.

PRECAUTIONS

TO AVOID DAMAGE TO OVEN CAVITY FINISH:

- USE RACK ONLY ACCORDING TO INSTRUC-TIONS IN THIS USE AND CARE MANUAL
- WHEN USING THE RACK, IT MUST BE FULLY EN-GAGED IN RACK SUPPORTS BEFORE OPERAT-ING OVEN
- WHEN INSTALLED, RACK MUST NOT TOUCH THE OVEN CAVITY WALLS
- DO NOT LAY RACK ON BOTTOM OF OVEN
- DO NOT STORE RACK IN OVEN, KEEP IT IN A PLACE WHERE IT WON'T BECOME LOST OR DAM-AGED

16 maintenance — cleaning the oven=

To Clean The Oven and Door Interior

If the inside walls, floor, door and splatter shield at the top of the oven should become splattered, simply wipe them with a paper towel or clean with a mild detergent in warm water using a soft sponge or cloth. If desired, a cup of water can be boiled in the oven to loosen soil before cleaning. After boiling the water, allow the water vapor to settle on the oven walls and soften the soil for several minutes before you open the door.

Do not use an abrasive to clean the inside. It might damage the finish. Never pour water into the bottom of the oven.

To Clean The Splatter Shield Inside Oven

The splatter shield keeps the top of the oven and antenna from getting dirty. Normally, a damp cloth will remove any splatter from the shield. However, if you want to clean it more thoroughly, remove the splatter shield. Be careful not to bend the antenna when removing the splatter shield. The shield snaps into a lip in the front of the oven and three slots in the back. Place your thumbs in the two indentations in the front of the shield. Press lightly towards the back and carefully lower the shield away from the antenna. Pull the shield out of the back slots and out of the oven.

Wash the shield in hot soapy water. Do not wash in a dish-

washer. Do not use harsh or abrasive cleansers. When replacing, again be careful not to bend the antenna. To replace, fit shield tabs into the three slots at the top of the back. Lift front until shield snaps into place.

To check antenna operation, place a glass or cup of water in the unit, close the door and start the unit. A rotating shadow should be visible above the splatter shield.

To Clean The Temperature Probe wash the metal probe in hot, soapy water. Do not immerse the probe or wires in water. Do not wash probe in dishwasher.

To Clean The Oven Exterior, use a soft sponge or cloth dampened with mild, sudsy water. Do not use abrasive cleaners.

To Clean The Discharge Air Vents

There will be a slight buildup of cooking vapors along the discharge louvers in the back of the oven on the right hand side. Clean the air vent with a damp cloth.

Always Keep the Control Panel Clean

To clean the control panel, wipe with a damp cloth or sponge. If the time of day is accidentally erased from the control, press **change/cancel** twice, then set the correct time of day.

17 HOW TO CHANGE THE OVEN LIGHT:



To remove bulb, turn it in the direction shown.

The lightbulb for the inside of the oven can be changed only from the back. On the upper left hand side of the oven back is a metal plate with one screw. The lightbulb is located behind this plate.

Follow these steps to change the bulb:

a. Unplug the oven from the electrical outlet.

- b. Facing the oven back, remove the screw and remove the plate.
- To remove the bulb, turn it counterclockwise, being careful not to burn fingers or break the bulb.
- d. Replace the bulb with a 40 watt, 250 volt appliance bulb, which can be purchased at grocery or hardware stores. To replace bulb, turn it clockwise.
- e. Reposition the plate, being careful not to bend the hinge tab. Tighten the screw. Do not operate oven without having plate in place.
- f. Connect the oven to power outlet.

18 BEFORE YOU CALL FOR SERVICE:

Be sure you have read and followed the operating instructions. Avoid unnecessary service calls The space-age, electronic control module used in this microwave oven is the finest in versatility, quality and reliability. In many cases, a customer

call for module timer service is caused by conditions other than failure of the controls. That's why you should read the following before calling for service.



NOTE: A Power Interruption Signal (dash lines) will appear in the display whenever the oven is initially plugged into an electrical outlet. The lines will also appear whenever electrical power to the oven has been interrupted and then restored. When you see these lines, simply set the clock.

IF THE READING DISPLAY DOESN'T LIGHT UP:

- Is the oven plugged securely into the proper power outlet?
- Is a fuse blown or circuit breaker open?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE READOUT APPEARS WRONG:

- Did you remember to press cancel/change twice before programming the oven?
- Have you (or someone else) pressed the controls after cooking has started?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE CONTROL WILL NOT ACCEPT YOUR INSTRUCTIONS:

- For cooking by time, if the condition remains unchanged, perform the steps listed in the box on this page.

IF ANOTHER FEATURE DOESN'T APPEAR TO BE OPERATING CORRECTLY:

- Have you followed the use and care instructions exactly?
 Review them to be sure.
- Did you press change/cancel twice before programming the oven?
- Is the oven plugged into a properly grounded and polarized outlet as described in the grounding instructions (page 6)? Improper installation can result in erratic operation.
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF MICROWAVE POWER WON'T COME ON:

- Did you press start | ?
- Is the oven door securely closed?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE OVEN LIGHT PULSES DIMMER, THEN BRIGHTER:

Is the line voltage to your home low or lower than usual?
 (The power company in your area should be able to tell you if there is low voltage to your home.)

IF ROOM LIGHTS DIM OR PULSE DIMMER, THEN BRIGHTER WHEN THE OVEN IS IN USE:

 Is the microwave oven on a separate circuit? (Review grounding instructions on page 6.)

If condition remains unchanged, please perform the following steps:

- 1. Check to see if a fuse or circuit breaker is open.
- 2. Unplug the oven.
- Reconnect the oven to the wall outlet. Dash lines will appear in the display.
- Press change/cancel twice. (Dash lines will disappear.)

YOUR OVEN MUST BE ON A GROUNDED, POLARIZED CIRCUIT.

IF THE TEMPERATURE PROBE APPEARS NOT TO FUNCTION CORRECTLY:

- Is the probe jack securely inserted into the receptacle?
 This tells the oven that it is about to be set to cook to temperature.
- Is the food you're attempting to heat already notter than the temperature you've programmed?
- Is the food completely defrosted?
- Has the probe been accidentally left in the oven when cooking by a method other than temperature cooking?
 The probe could be destroyed by leaving it in the oven when cooking by a method other than temperature cooking.

IF FOOD IS OVERCOOKED:

 Did you remember to program the correct cooking power level? (Review instructions, pages 12-13.)

IF FOOD IS UNDERCOOKED:

- Are there other energy-consuming appliances on the same circuit as the microwave oven? (Review grounding instructions, page 6.)
- Is the line voltage to your home low or lower than usual?
 (The power company in your area should be able to tell you if there is low voltage to your home.)
- Did you remember to program the correct cooking power level? (Review instructions, pages 12-13.)

WHEN SERVICE IS REQUIRED:

Call nearest authorized service agency. (The dealer from whom you purchased your microwave oven can give you the name of your authorized **Amana** Service Center.) Help them give you prompt service by providing:

- 1. An accurate description of the trouble.
- Complete model and serial numbers. (See page 1.)
- Date of installation. (We also suggest you retain your sales receipt.)

Remember, repair by an unauthorized service person that results in subsequent failure will void the warranty promise.

If you have a service problem that is not resolved locally, contact:

Export Service Department AMANA REFRIGERATION, INC. Amana, Iowa 52204 USA

Telex: 433-0076 FAX: 319-622-2180