



## Owner's Manual

MICROWAVE OVEN

**MODEL MW700**

PART NUMBER: TUN850001  
INPUT: 120 V, 60 Hz, 1100 W  
MAXIMUM OUTPUT: 700 W  
MAGNETRON VOLTAGE: 4.15 kV  
MAGNETRON FREQUENCY: 2450 MHz

Read and follow all safety rules and operating instructions in this manual before using this product.

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2041-A Leonard-De Vinci St., Sainte-Julie, Quebec, Canada J3E 1Z2

Tel: **450.649.2470 / 1.877.964.2582** Fax: **1.888.855.9834**

## NEED HELP?

Before calling for service, there are a few things you can do to help us serve you better.

1. **Read this manual:** It contains instructions to help you properly use and maintain your microwave.
2. **If you received a damaged oven:** Immediately contact your dealer.
3. **Check the “Troubleshooting” section on p. 13** before calling. This section will help you solve the most common problems that might occur.

**If you do need service, please contact us!**

**Technical Support**  
**450-649-2470 / 1-877-964-2582**

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Please take a moment to note model and serial numbers here.

**Model number** **MW700**

**Serial number**

\_\_\_\_\_  
SERIAL NUMBER IS LOCATED ON THE BACK PANEL NAME PLATE

**Date purchased**

\_\_\_\_\_

We suggest that you staple your receipt to this manual.  
You will need it to obtain service under our warranty.

# IMPORTANT SAFETY INFORMATION

## **READ ALL SAFETY INFORMATION BEFORE USING THIS PRODUCT**

For your safety, all the information included in this manual must be followed to minimize the risk of fire or explosion and to prevent property damage, personal injury or loss of life.

## **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**

**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 defeat or tamper with the safety interlocks.

**Do not place** any object between the oven front face and the door and/or allow dirt or cleaner residue to accumulate on sealing surfaces.

**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:

- door (deformation or crack)
- hinges and latches (broken or loosened)
- door seals and sealing surfaces

**This oven should never be** altered or modified.

## **FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT**

This equipment generates and uses ISM frequencies that may cause interference with radio and television reception. It has been type-tested and found to comply with limits for ISM Equipment pursuant to Part 18 of FCC rules, which are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur with your installation. If this equipment does cause interference with radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Relocate the receivers away from the microwave oven
- Use a shorter extension cord

Tundra International is not responsible for any radio or TV interference caused by this microwave oven.

## **CAUTION! HOT CONTENT**

Cooked or reheated food and their containers can get very hot. Use caution when touching them, and always have dry, clean pot holders available for use.



## WARNING

To reduce the risk of fire, burns, electric shock, injury to persons or exposure to excessive microwave energy when using your appliance, follow all precautions included in this manual.

## SAFETY PRECAUTIONS

- This appliance must be grounded. Connect only to a properly grounded outlet.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual.
- Do not use corrosive chemicals or any products in this appliance that produce explosive vapors.
- This microwave oven is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.
- Some products such as whole eggs and sealed containers (e.g. glass jars or canned food) may explode and should not be heated in this microwave oven.
- Do not store this appliance outdoors.
- Do not use this product near water, in a wet environment, near a swimming pool or close to a sink.
- Keep the power cord away from heated surfaces.
- Do not immerse the power cord or plug in water.
- This appliance should only be serviced by qualified service personnel.
- As with any appliance, close supervision is necessary when children are present.

## TO REDUCE THE RISK OF FIRE IN THE OVEN: DO NOT OVERCOOK FOOD

- Carefully attend the appliance if paper, plastic or other combustible materials are placed inside the microwave oven while cooking.
- Remove wire twist ties and metal handles from containers before placing them in the oven.
- Do not use the microwave oven for storage purposes.
- Do not leave paper products, cooking utensils or food in the microwave oven when not in use.
- Do not use the microwave oven to dry newspapers.
- If materials inside the microwave oven should ignite, keep the door closed, turn the oven off, and disconnect the power from the input source. If the door is opened, the fire may spread.

## ARCING

Arcing is the scientific term for sparks in the oven. Arcing is caused by:

- Metal or foil touching the side of the oven
- Foil not molded to food (upturned edges act like an antenna)
- Metal, such as twist ties, poultry pins, or gold-rimmed dishes
- Recycled paper towels containing small metal particles

IF YOU SEE ARCING, PRESS THE **START/STOP** BUTTON TO STOP THE MICROWAVE OVEN.

## FOOD RECOMMENDATIONS

- Only use popcorn labeled for use in microwave ovens or a certified microwave oven-safe accessory dish.
- Some products, such as whole eggs (with shell), sealed containers and closed jars, will explode and should not be heated in this microwave oven. Heating these products in the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside the egg yolk and will cause it to burst. This can result in possible injury.
- Operating the microwave oven with no food inside for more than one minute increases the heat around the magnetron. This may cause damage to the microwave oven, start a fire and/or shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, sausages, tomatoes, apples, chicken livers, egg yolks and any similar food should be pierced before cooking to allow steam to escape during cooking.

## SUPERHEATED WATER OR BABY FOOD

Microwaved water and other liquids do not always bubble when they reach their boiling point. They can get superheated and not bubble at all. Superheated liquid can start bubbling up when moved or when something like a spoon or tea bag is plunged into it. To prevent this from happening as well as possible injury, do not heat any liquid for more than 2 minutes per cup. When heating is done, let the cup stand in the microwave oven for 30 seconds before moving it or putting anything into it. Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly before serving. The container may feel cooler than the food or milk really is. Always test before feeding your baby.

To prevent spontaneous boiling and possible injury from splashing liquid, we recommend the following:

- Before removing a container from the microwave oven, allow it to stand in the oven for 30 to 40 seconds.
- In the case of containers such as soft drink bottles, wine flasks and narrow-necked coffee cups: even if the container is already open, excessive steam can nevertheless build up and cause it to burst or overflow.
- Do not defrost frozen beverages contained in narrow-necked bottles (especially carbonated beverages). Even if the container is open, pressure can build up and this can cause the container to burst.
- Hot foods and steam can cause burns. Be careful when opening any container of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate, catch fire, and cause damage to your oven.
- Cook meat to an internal temperature of at least 160°F (71.1°C). Cooking to this temperature usually protects against foodborne illness.

## CHILD LOCK



This safety feature prevents unsupervised operation by children. **To set:** Press and hold RESET for 3 seconds. A clock icon will appear on the display. **To cancel:** Press and hold RESET for 3 seconds.

## MICROWAVE-SAFE COOKWARE

Make sure any cookware used in your microwave oven is labeled “microwave-safe” or suitable for microwave cooking. Most glass casserole dishes, measuring cups and china dinnerware which do not have a metallic trim sheen can be used.

- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignition. Paper products containing nylon or nylon filaments should be avoided as well, as they may also ignite.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Some styrofoam trays (like those used for meat packaging) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the microwave oven or ignite other parts of it.
- Cookware may become hot because of heat transferred from the heated food. Pot holders are recommended for handling cookware.
- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented, as directed on most packages. If they are not, plastic could burst during or immediately after cooking, resulting in possible injury. Also, plastic storage containers should be at least partially uncovered to avoid pressure build-up. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes to retain moisture and prevent splattering. Be sure to leave a vent to allow steam to escape.

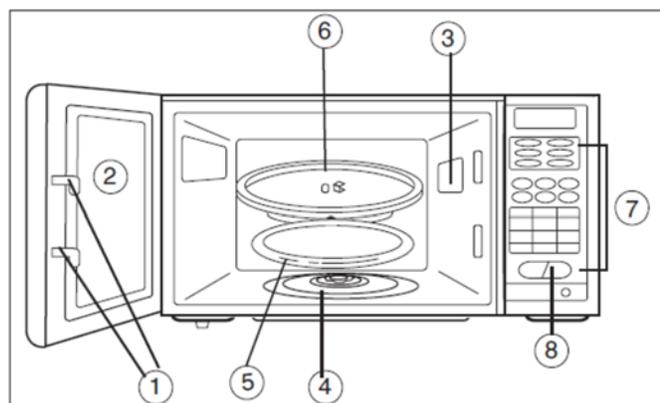
## NORMAL SITUATIONS YOU MAY ENCOUNTER

- Outside of oven may feel warm
- Steam may escape from oven
- Change in interior light intensity and change in blower sound when lower power setting is used

NONE OF THE ABOVE INDICATE A MALFUNCTIONING MICROWAVE.

## FEATURES

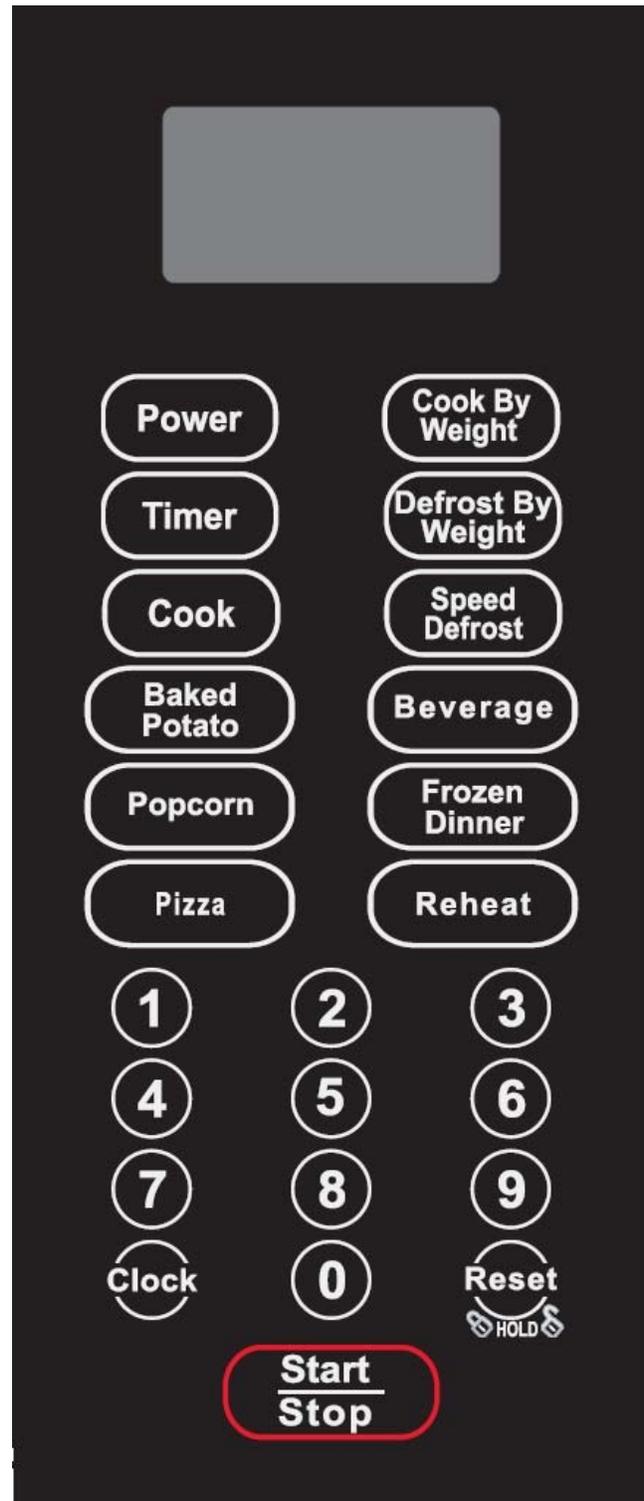
- 1) Door safety lock
- 2) Oven window: screen allows cooking to be viewed while keeping microwave energy confined in oven.
- 3) Wave guide cover
- 4) Turntable rotator
- 5) Turntable roller ring
- 6) Turntable plate
- 7) Control Panel
- 8) Start/Stop button



**Note:** Turntable rotator, roller ring and plate must be in place when using the oven.

## CONTROL PANEL (Overview)

- **DISPLAY**  
Displays time, cooking time, cooking power and codes
- **POWER**  
Use to set power level
- **TIMER**  
Use to set timer
- **COOK**  
Use for two-stage cooking
- **COOK BY WEIGHT**  
To cook by weight
- **DEFROST BY WEIGHT**  
To defrost by weight
- **SPEED DEFROST**  
To speed defrost frozen food
- **AUTO COOK PROGRAMS (6)**  
Instant cooking settings
- **NUMERIC PAD**  
To set time, quantity and weight
- **CLOCK**  
To set time of day
- **RESET**  
To clear all previous settings
- **START/STOP**  
To start or stop cooking



# OPERATING INSTRUCTIONS

## SETTING THE CLOCK

- Press CLOCK once and the display will start blinking.
- Enter the correct time using the numeric pad. (e.g. 305 for 3:05).
- Press CLOCK again to confirm the selected time.
- If you prefer not to have the clock displayed, unplug the microwave, plug it again and press RESET.

## POWER

This function is used to adjust cooking power. **The default setting is 100% of output power.** If you wish to adjust the cooking power to an inferior level, you must:

- Enter the required cooking time using the numeric pad.
- Press POWER and select between 1 and 10, 10 being 100% power.
- Press START/STOP to start cooking.

10	9	8	7	6	5	4	3	2	1
100%	90%	80%	70%	60%	50%	40%	30%	20%	10%

## TIMER

Timer works independently from cooking and can be set at any time for various tasks.

- Press TIMER and enter the amount of time you wish to set by using the numeric pad. Digital time is in minutes and seconds (e.g. 530 for 5 minutes and 30 seconds).
- Press START/STOP to initiate the countdown.
- The display will switch from timer countdown to current time after 5 seconds. To display the remaining time, press TIMER.
- To stop the timer, press RESET.
- When the timer reaches its time limit, one long beep will be emitted.

The timer can be used while cooking, but this is not recommended. It could interfere with your interpretation of the remaining cooking time, which could lead to your food burning.

## COOK BUTTON

Follow instructions for two-stage cooking to learn more about this function.

## COOKING (single stage)

To cook, set cooking time by using the numeric pad. If this does not work, press RESET first. The default setting is 100% output power. To change cooking power, press POWER. Press START/STOP to initiate cooking. Cooking is finished when End appears on the display.

## TWO-STAGE COOKING

The two-stage cooking function allows you to cook food at two different power levels with one time setting. For example, rice should be cooked in two stages. Stage 1 starts the rice at 100% power for 5 minutes, and Stage 2 completes cooking for 10 minutes more at 50% power level.

To set Stage 1:

- Assuming 100% power is required, enter the required cooking time using the numeric pad.
- To adjust cooking power, press POWER and adjust accordingly.
- Do not press START/STOP at this point.

To set Stage 2:

- Press COOK and then enter Stage 2 cooking time.
- Press POWER and adjust Stage 2 cooking power level.

To initiate cooking:

- Press START/STOP.

The first stage of cooking will begin and stop by emitting a single beep. The second stage will follow immediately and stop by emitting 4 beeps. Two-stage cooking is finished when End appears on the display.

## COOK BY WEIGHT

This feature is used for roasting meats in the microwave oven. Its preset times and power levels give better results than microwave cooking at one power only, and it's easier than with cookbook instructions because you do not have to calculate "minutes per pound" cooking times. Based on the settings entered, the microwave will automatically calculate the best cooking sequence and time.

Note:

- Meat must be defrosted in the refrigerator for preset cooking times to apply.
- For best results, the ideal amount of meat is 3 to 5 lb.
- Maximum weight of meat is 5 lb. and 16 oz.

Meat Codes

1	2	3
Pork	Beef	Poultry

To cook:

- Press COOK BY WEIGHT.
- Enter meat code (1, 2 or 3).
- Enter weight in pounds and ounces / 3 digits are required (e.g. 305 for 3 lb. and 5 oz.).
- Press START/STOP to initiate cooking.

**During cooking, the system will pause automatically and sound with two "beeps" to you to turn the meat over. Once meat is turned, press START/STOP to resume cooking.** After total time has elapsed, you will hear 4 beeps, and End will appear on display. Touch any button or open oven door to clear END before starting another function.

## DEFROST BY WEIGHT

Defrosting by weight automatically sets microwave oven power for quickest thawing of small to medium amounts of food. Because this function works in conjunction with the food's weight, you must know its weight before starting to cook.

Note:

- Maximum weight of food is 5 lb. and 16 oz.

To defrost by weight:

- Press DEFROST BY WEIGHT.
- Enter weight in pounds and ounces / 3 digits are required (e.g. 305 for 3 lb. and 5 oz.).
- Press START/STOP to initiate defrosting.

**During defrosting, the system will pause automatically and sound to remind you to turn food over. Once the food is turned, press START/STOP to resume defrosting.** After total time has elapsed, you will hear 4 beeps, and End will appear on display. Touch any button or open oven door to clear END before starting another function.

## SPEED DEFROST

Speed defrosting automatically sets microwave oven power for quickest thawing of small to medium amounts of food. This function works in conjunction with the timer, so you must know the required time to defrost your food.

Note:

- Maximum weight of food is 5 lb. and 16 oz.

To speed defrost:

- Press SPEED DEFROST.
- Enter time in minutes (e.g. 530 for 5 minutes and 30 seconds)
- Press START/STOP to initiate defrosting.

**During speed defrosting, the system will pause automatically and sound to remind you to turn food over. Once the food is turned, press START/STOP to resume speed defrosting.** After total time has elapsed, you will hear 4 beeps, and End will appear on display. Touch any button or open oven door to clear END before starting another function.

## AUTO COOK PROGRAMS

This microwave oven has 6 Auto Cook Programs to reheat popular foods automatically (without entering power level or time). Follow the instructions for each program to obtain best results. Preset cooking times may not be appropriate for your type or amount of food. Always be careful when using any of these functions to avoid burning your food or damaging the microwave oven.

### BAKED POTATO

The BAKED POTATO Auto Cook Program setting allows you to easily set the microwave to cook a variety of potatoes. A built-in standing time helps equalize the potatoes' temperature during the cooking process.

For potatoes of 4 to 6 oz.:

- Press BAKED POTATO.
- Enter how many potatoes to be cooked, between 1 and 4.
- Press START/STOP.

For large potatoes of 8 to 10 oz.:

- Press BAKED POTATO twice (2x).
- Enter how many potatoes to be cooked, between 1 and 4.
- Press START/STOP.

### POPCORN

The POPCORN Auto Cook Program is preset at 3 minutes to cook a 3.5 oz. bag of microwave popcorn. We recommend to always supervise popcorn as it pops. Cooking must be stopped when pops slow down to 3 seconds apart.

To cook popcorn:

- Press POPCORN.
- Press START/STOP.

To change the preset POPCORN time:

- Touch POPCORN twice (2x).
- Enter the desired time in minutes and seconds using the numeric pad.
- Confirm your selection by pressing START/STOP.
- This new cooking time will remain active until the microwave oven is disconnected from power.

### REHEAT

The REHEAT Auto Cook Program is preset at 4:10 to reheat a great variety of foods.

- Press REHEAT
- Press START/STOP

## **PIZZA**

The PIZZA Auto Cook Program is very useful to reheat single servings of leftover cooked pizza or a whole frozen pizza.

To reheat a thick slice or two thin slices:

- Press PIZZA.
- Press START/STOP.

To reheat a whole frozen pizza:

- Press PIZZA twice (2x).
- Press START/STOP.

## **BEVERAGE**

The BEVERAGE Auto Cook Program is programmed for two different sizes of hot beverages.

For small beverages of 5 to 7 oz.:

- Press BEVERAGE.
- Enter the number beverages to be heated, between 1 and 4.
- Press START/STOP.

For large beverages of 9 to 11 oz.:

- Press BEVERAGE twice (2x).
- Enter the number beverages to be heated, between 1 and 4.
- Press START/STOP.

## **FROZEN DINNER**

The FROZEN DINNER Auto Cook Program is very useful to easily cook your favorite single-serving entrees and dinners. This program is specially designed to sequence power levels and allow standing time to better cook a wide variety of frozen foods. For this reason, cooking time may take slightly longer than the microwave preset time.

For small frozen dinners of 5 to 7 oz.:

- Press FROZEN DINNER.
- Enter the number of dinners to be cooked, 1 or 2.
- Press START/STOP.

For large frozen dinners of 10 to 12 oz.:

- Press FROZEN DINNER twice (2x).
- Enter how many dinners to be cooked, 1 or 2.
- Press START/STOP.

# TROUBLESHOOTING

Problem	Solution
The oven causes TV interference.	Some radio and TV interference may occur when you cook with the microwave oven. This interference is like the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with the oven.
Steam accumulates.	During cooking, food gives off steam and warm air. Most of the steam and warm air will be removed by air circulating inside and outside the oven. However, some steam may condense on cooler surfaces such as the oven door. This is normal. After use, the oven should be wiped dry.
Oven does not turn on.	<p>The oven is not plugged in securely or needs to be reset. Remove plug from outlet, wait ten seconds, and plug again.</p> <p>Main circuit breaker or main fuse is tripped. Reset main circuit breaker or replace main fuse.</p> <p>There is a problem with the outlet. Plug another appliance into the outlet to check if it is working.</p> <p>The CHILD SAFETY LOCK is activated. Deactivate CHILD SAFETY LOCK by pressing RESET for 3 seconds.</p>
Oven does not start cooking.	<p>The door is not completely closed. Close the oven door properly.</p> <p>START/STOP was not pressed after programming. Press START/STOP.</p> <p>Another program has already been entered. Press Reset to cancel the previous program or disconnect the microwave from the power source to reset all its functions.</p>
The turntable plate wobbles.	The glass plate is not positioned properly on the roller ring or there is food under it. Remove, clean and reinstall.
When the oven is operating, the glass tray makes noise.	The roller ring and oven bottom are dirty. Remove, clean and reinstall. Clean according to Care and Maintenance (see page 14).
The “lock” icon appears in the display.	The CHILD SAFETY LOCK is activated. Deactivate CHILD SAFETY LOCK by pressing RESET for 3 seconds.

## CARE AND MAINTENANCE

- Always turn off the oven and remove the power plug from the wall socket before cleaning.
- Keep the inside of the oven clean. Wipe food spills with a damp cloth using mild detergent.
- Avoid industrial sprays and other harsh cleaners, as they may stain, streak or dull the door and other microwave surfaces.
- To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
- Outside surfaces should be cleaned with a slightly damp cloth (not wet).
- To clean door surfaces, only use mild, non-abrasive soaps or detergents applied with a soft cloth.
- Do not allow the control panel to become wet. Clean with a soft, damp cloth.
- When cleaning the control panel, leave the door open to prevent oven from accidentally turning on.
- If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth.
- To clean the turntable plate and roller ring, remove them from the microwave oven and wash them in warm water with dish soap or in the dishwasher.
- When removing the roller ring from the microwave, make sure to replace it in the proper position.
- To remove odors from the microwave oven, combine a cup of water with the juice and skin of one lemon in a deep bowl, and cook at full power for 3 minutes. Wipe thoroughly any excess humidity with a dry, soft cloth.
- Please contact your retailer to have the oven light replaced.

## LIMITED WARRANTY

TUNDRA INTERNATIONAL warrants its products against defects in material or workmanship for a period of one (1) year from the date of purchase. This warranty applies to the original purchaser (end user) of the product only. This limited warranty is void if the unit is abused, modified, installed improperly or if there is a lack of maintenance. Tundra International is not liable for any incidental, consequential or other damages arising from the use, misuse or operation of this product, including, without limitation, damages resulting from loss of use, cost of removal, installation, or troubleshooting of the customer's electrical systems.

### TO BE ELIGIBLE FOR WARRANTY:

- The product must never have been abused or modified.
- The product must never have been exposed to liquids, heavy dust or corrosive materials.
- Shipping-related damages are not covered by the warranty.

**FOR ASSISTANCE, CONTACT US AT 450-649-2470 or 1-877-964-2582.**

2041-A Leonard-De Vinci St., Sainte-Julie, Quebec, Canada J3E 1Z2