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› [BLACK+DECKER](#) /

› [BLACK+DECKER 0.7 Cu. Ft. 700-Watt Compact Countertop Digital Microwave Oven Instruction Manual](#)

BLACK+DECKER 0.7 Cu. Ft. 700-Watt

BLACK+DECKER 0.7 Cu. Ft. 700-Watt Compact Countertop Digital Microwave Oven

INSTRUCTION MANUAL

1. Product Overview

The BLACK+DECKER 0.7 Cu. Ft. 700-Watt Compact Countertop Digital Microwave Oven is designed for efficient and convenient cooking in smaller spaces. Its stainless steel exterior offers a sleek look, making it suitable for various kitchen decors, dorm rooms, or office break rooms. This microwave features 10 power levels, a bright green digital display with LED interior lighting, and user-friendly one-touch buttons for quick and easy food preparation. Multiple pre-programmed settings, including defrost and express cook, enhance its versatility.



Front view of the BLACK+DECKER 0.7 Cu. Ft. 700-Watt Compact Countertop Digital Microwave Oven.

2. Key Features

- **700 Watts of Output Power:** Provides efficient cooking and reheating for various food items.

- **0.7 Cubic Feet Capacity:** Compact size ideal for small kitchens, dorms, or office spaces.
- **10 Power Levels:** Offers flexibility for precise cooking control.
- **Multi-Stage Cooking:** Allows for customized cooking sequences.
- **6 One-Touch Cooking Programs:** Includes settings for popcorn, potato, pizza, frozen vegetable, beverage, and dinner plate.
- **Defrost Settings:** Options to defrost by weight or by time.
- **Express Cook Function:** Quick start buttons for 1-6 minutes of cooking.
- **Plus 30 Sec. Button:** Adds 30 seconds to cooking time with a single press.
- **Memory Function:** Stores frequently used customized settings.
- **Bright Green Digital LED Display:** Clear and easy-to-read display for time and settings.
- **LED Interior Lighting:** Provides clear visibility of food during cooking.
- **Child Safety Lock:** Enhances safety by preventing unintended operation.
- **Stainless Steel and Black Finish:** Modern and sleek design.
- **10-inch Turntable:** Ensures even cooking.

3. Setup and Installation

Before operating your new microwave oven, please follow these setup instructions carefully:

1. **Unpacking:** Remove all packaging materials from inside and outside the microwave oven. Ensure all components, including the glass turntable and turntable ring assembly, are present.
2. **Placement:** Place the microwave oven on a flat, stable surface that is strong enough to hold the oven and the food being cooked. Ensure there is adequate ventilation space around the unit (at least 4 inches on top, sides, and back). Do not block air vents.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the voltage matches the specifications of the microwave oven.
4. **Turntable Assembly:** Place the turntable ring assembly in the center of the microwave cavity. Then, place the glass turntable securely on top of the ring assembly. Ensure it sits properly on the center hub.
5. **Initial Cleaning:** Wipe the interior and exterior of the microwave with a soft, damp cloth before first use.



4. Operating Instructions

The BLACK+DECKER microwave oven features an intuitive control panel for easy operation.

4.1 Control Panel Overview

The control panel includes a digital display, number pads (0-9), and various function buttons:

- **Time Cook:** Manually set cooking time.
- **Power:** Adjust power level (1-10).
- **Clock:** Set the current time.
- **Timer:** Use as a kitchen timer.
- **Time Defrost:** Defrost food based on time.
- **Weight Defrost:** Defrost food based on weight.
- **Popcorn, Potato, Pizza, Frozen Vegetable, Beverage, Dinner Plate:** One-touch pre-programmed settings.
- **Express Cook (1-6):** Quick start for 1 to 6 minutes of cooking.
- **Start/+30Sec.:** Starts cooking or adds 30 seconds to current cooking time.
- **Stop/Cancel:** Stops cooking or clears settings.
- **Memory:** Stores and recalls frequently used settings.

4.2 Basic Cooking

1. Place food in a microwave-safe container on the glass turntable.
2. Close the microwave door securely.
3. For manual cooking: Press **Time Cook**, enter desired cooking time using the number pads, then press **Power** to select a power level (default is 100%). Press **Start/+30Sec.** to begin.
4. For express cooking: Press any **Express Cook** button (1-6) for instant cooking for that number of minutes.
5. To add time during cooking: Press **Start/+30Sec.** to add 30 seconds.

4.3 Pre-Programmed Settings

Use the dedicated one-touch buttons for common food items:

- Press the desired food button (e.g., **Popcorn, Potato, Pizza**). The microwave will automatically set the optimal cooking time and power level.
- Press **Start/+30Sec.** to begin cooking.

4.4 Defrosting

- **Time Defrost:** Press **Time Defrost**, enter the desired defrosting time, then press **Start/+30Sec.**
- **Weight Defrost:** Press **Weight Defrost**, enter the weight of the food in ounces (4-100 oz), then press **Start/+30Sec.**

4.5 Child Safety Lock

To activate the child safety lock, press and hold the **Stop/Cancel** button for 3 seconds. The display will show "LOCK". To deactivate, press and hold the **Stop/Cancel** button again for 3 seconds.



Angled view of the microwave, highlighting the control panel and sleek design.

5. Care and Maintenance

Regular cleaning and proper maintenance will ensure the longevity and optimal performance of your microwave oven.

5.1 Cleaning the Exterior

- Wipe the exterior surface with a soft, damp cloth and mild soap.
- Avoid using abrasive cleaners or scouring pads, as they can scratch the stainless steel finish.
- Dry thoroughly with a soft cloth.

5.2 Cleaning the Interior

- For light spills, wipe with a damp cloth.
- For stubborn food residue, place a bowl of water with a few lemon slices inside the microwave and heat for 2-3 minutes until steam forms. This will loosen the residue, making it easier to wipe clean.
- Remove the glass turntable and turntable ring for separate cleaning with warm, soapy water. Rinse and dry thoroughly before replacing.

5.3 Odor Removal

To remove odors, combine 1 cup of water with several tablespoons of lemon juice or vinegar in a microwave-safe bowl. Heat on high for 5-7 minutes. Allow to cool inside the microwave for a few minutes before removing and wiping the interior.

6. Troubleshooting

If you encounter issues with your microwave oven, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Microwave does not start.	Door not closed properly; Power cord unplugged; Circuit breaker tripped; Child lock activated.	Ensure door is securely latched. Check power cord connection. Reset circuit breaker. Deactivate child lock by holding 'Stop/Cancel' for 3 seconds.
Food not heating.	Incorrect power level selected; Cooking time too short; Microwave-safe dish not used.	Increase power level or cooking time. Ensure dish is microwave-safe.
Turntable not rotating.	Turntable not properly seated; Obstruction under turntable.	Ensure turntable and ring are correctly positioned. Remove any debris.
Unusual noises during operation.	Food container touching cavity walls; Turntable not centered.	Adjust food container position. Re-center turntable.
Display shows error code.	Internal malfunction.	Unplug the microwave for 1 minute, then plug back in. If error persists, contact customer support.

7. Specifications

Feature	Detail
Brand	BLACK+DECKER
Model Number	0.7 Cu. Ft. 700-Watt
Capacity	0.7 Cubic Feet
Wattage	700 watts
Voltage	120 Volts
Product Dimensions (Exterior)	13"D x 17"W x 10"H (33 x 43.2 x 25.4 cm)
Interior Dimensions	14.2"L x 12.8"W x 8.1"H
Item Weight	23 pounds (10.43 kg)
Color	Stainless Steel
Material	Stainless Steel
Installation Type	Countertop
Special Feature	Child Safety Lock
Included Components	Microwave Oven with Turntable
Manufacturer	Midea
Country of Origin	China

