Commercial CHEF CHM7MB

Commercial Chef 0.7 Cu. Ft. Countertop Microwave Oven

Model: CHM7MB Instruction Manual

Your guide to safe and efficient use of your new microwave oven.

Safety Overview Setup Operation Maintenance Troubleshooting Specifications Warranty & Support

Important Safety Instructions

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

1. Read all instructions before using the appliance.
2. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner.
3. Do not heat liquids or other foods in sealed containers as they are liable to explode.
4. Do not use corrosive chemicals or vapors in this appliance.
5. Close supervision is necessary when the appliance is used by or near children.
6. This appliance must be grounded. Connect only to properly grounded outlets.
7. Do not use this microwave for commercial purposes. It is designed for residential use only.
8. Always ensure the turntable and roller ring are correctly in place before operating.
9. Do not operate the microwave oven empty.
10. This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

Product Overview

The Commercial Chef 0.7 Cu. Ft. Countertop Microwave Oven (Model CHM7MB) is a compact and powerful appliance designed for convenient food preparation. It features 700 watts of cooking power, 10 power levels, and a digital LED display with touch controls. This microwave is ideal for heating meals, snacks, and beverages quickly and efficiently.



Front view of the Commercial Chef 0.7 Cu. Ft. Countertop Microwave Oven.

Key Features:

- **700 Watts Cooking Power:** Efficiently heats various food items.
- **0.7 Cubic Feet Capacity:** Compact design suitable for small spaces.
- **10 Power Levels:** Offers versatile cooking options for different foods.

- **Digital LED Display & Touch Controls:** Easy-to-use interface for setting time and functions.
- **10-inch Turntable Plate:** Ensures even heating.
- **Push Button Door:** Convenient and secure door opening mechanism.
- **Pre-set Menus:** Includes options for popcorn, potato, pizza, frozen vegetable, beverage, and dinner plate.
- **Defrost Function:** For thawing food by time or weight.
- **Child Safety Lock:** Prevents unintended operation.

Your browser does not support the video tag.

Official product video demonstrating the 0.7 Cu. Ft. Microwave with 10 Power Levels (CHM7MB/CHM7MW).

Setup Guide

1. Unpacking

- Remove all packaging materials from inside and outside the microwave oven.
- Check the oven for any damage, such as dents or a misaligned door. Do not operate if damaged.
- Ensure all included components are present: 0.7 Cu. Ft. Countertop Microwave, Manual, Turntable.

2. Placement

Place the microwave on a flat, stable surface that can support its weight (19.8 lbs) and the heaviest food item likely to be cooked in it. Ensure adequate ventilation around the unit.

- **Dimensions (D x W x H):** 12.4" x 16.9" x 10"
- Allow at least 3 inches of space on the top, sides, and rear for proper air circulation.
- Keep the microwave away from heat and steam sources.



The compact size of the microwave makes it suitable for various small living spaces.

3. Turntable Installation

1. Place the roller ring in the center of the microwave oven floor.
2. Place the glass turntable plate (10 inches diameter) on top of the roller ring, ensuring it sits securely in the center support.

4. Power Connection

Plug the microwave oven into a standard 120V, 60Hz grounded electrical outlet. Do not use an extension cord.

Operating Instructions

Control Panel Overview

The microwave features an intuitive touch control panel with a digital LED display. Familiarize yourself with the buttons for various functions.



The digital LED display and touch controls make operation simple.

Basic Cooking

1. Place food in a microwave-safe container on the turntable.
2. Close the door firmly using the push button mechanism.
3. Enter the desired cooking time using the number pads (e.g., for 1 minute 30 seconds, press '1', '3', '0').
4. Press the 'POWER' button to select a power level (default is 100%). Press repeatedly to cycle through 10 power

levels.

5. Press 'START' to begin cooking.

Express Cook (1-6 Minutes)

For quick heating, simply press any number pad from '1' to '6' to start cooking immediately for that many minutes at 100% power.

Pre-set Menus

The microwave includes 6 pre-set menus for common food items:

- **Popcorn:** For popping corn.
- **Potato:** For baking potatoes.
- **Pizza:** For reheating pizza slices.
- **Frozen Vegetable:** For cooking frozen vegetables.
- **Beverage:** For heating drinks.
- **Dinner Plate:** For reheating a full dinner plate.

To use a pre-set menu, press the corresponding button once for the default quantity, or multiple times to select different quantities if available (refer to the specific menu guide in the full manual).



The control panel offers 10 power levels and convenient pre-set menus.

Defrost Function

The microwave offers two defrost modes:

- **Time Defrost:** Press 'TIME DEFROST', enter the desired defrosting time, then press 'START'.
- **Weight Defrost:** Press 'WEIGHT DEFROST', enter the food's weight (in pounds), then press 'START'. The

microwave will automatically calculate the defrosting time.

Child Safety Lock

To activate the child lock, press and hold the 'STOP/CANCEL' button for 3 seconds. The display will show 'LOCK'. To deactivate, press and hold 'STOP/CANCEL' again for 3 seconds.

Setting the Clock

Press the 'CLOCK' button, then use the number pads to enter the current time. Press 'CLOCK' again to confirm.

Your browser does not support the video tag.

Official product video showcasing the Commercial Chef Counter Top Microwave Oven, 0.7 Cubic Feet.

Maintenance

Cleaning the Microwave Oven

- Always unplug the microwave before cleaning.
- Wipe the interior and exterior surfaces with a damp cloth and mild soap. Avoid abrasive cleaners.
- For stubborn stains inside, place a bowl of water with lemon slices in the microwave and heat for a few minutes. The steam will loosen the grime.
- Clean the door seals, hinges, and latch regularly to ensure proper closure.

Turntable Care

- The glass turntable and roller ring can be washed in warm soapy water or in the dishwasher.
- Ensure they are completely dry before placing them back in the microwave.

Troubleshooting

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

Problem	Possible Cause	Solution
Microwave does not start	Power cord not securely plugged in; Door not closed properly; Fuse blown or circuit breaker tripped; Child lock activated.	Ensure plug is secure; Close door firmly; Check household fuse/circuit breaker; Deactivate child lock.
Food not heating	Incorrect cooking time/power level set; Microwave-safe dish not used.	Adjust cooking time/power; Use only microwave-safe cookware.
Turntable not rotating	Turntable or roller ring not correctly placed; Food too large or heavy.	Re-position turntable and roller ring; Use smaller dishes or reduce food quantity.
Excessive steam inside oven	High moisture content in food.	This is normal for some foods. Wipe interior after use.

Product Specifications

Feature	Detail
Brand	Commercial CHEF

Feature	Detail
Model Number	CHM7MB
Capacity	0.7 Cubic Feet
Color	Black
Product Dimensions (D x W x H)	12.4"D x 16.9"W x 10"H
Item Weight	19.8 Pounds
Wattage	700 watts
Voltage	120 Volts
Frequency	50 Hz
Number of Power Levels	10
Turntable Diameter	10 Inches
Material	Plastic (Exterior), Tempered Glass (Inner)
Controller Type	Button, Touch
Special Features	Child Safety Lock, Timer, Turntable
Cooking Programs	Express Cook, Preset Menus, Time Cook, Time Defrost, Weight Defrost
Recommended Uses	Residential
UPC	810064691669

Warranty and Support

Manufacturer's Warranty

This Commercial Chef microwave oven comes with a**1-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal household use.
Please retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty service, please contact Commercial Chef customer support. Refer to the contact information provided in your product packaging or visit the official Commercial Chef website for the most up-to-date support details.
You can also visit the Commercial Chef Store on Amazon for more product information and resources.

© 2024 Commercial CHEF. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question

and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question