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› Frigidaire Professional 30 in. 1.9 cu. ft. Over-The-Range Microwave Instruction Manual

Frigidaire 329739579

Frigidaire Professional Over-The-Range Microwave

Model: 329739579

INTRODUCTION

Thank you for choosing the Frigidaire Professional 30 in. 1.9 cu. ft. Over-The-Range Microwave. This appliance combines microwave, convection, and air fry technologies with an integrated ventilation system, offering versatile cooking options and efficient kitchen air purification. Please read this manual thoroughly before installation and operation to ensure safe and optimal performance.

Key Features:

- Over-The-Range Design: Integrates seamlessly above your cooking surface, saving counter space.
- 1.9 cu. ft. Capacity: Spacious interior accommodates various dish sizes.
- Integrated Vent System: Powerful ventilation to remove smoke, steam, and odors from your cooking area.
- Air Fry Technology: Enjoy crispy, healthier versions of your favorite fried foods with little to no oil.
- Convection Cooking: Circulates hot air for even baking and roasting results, functioning as a secondary oven.
- Sensor Cooking: Automatically adjusts cooking time and power for optimal results based on food moisture.
- Stainless Steel Finish: Durable and easy-to-clean exterior complements modern kitchen aesthetics.

SAFETY INFORMATION

Your safety and the safety of others are very important. Please read all safety messages in this manual and on your appliance. Always follow basic safety precautions, including:

- Do not attempt to operate this oven with the door open as this can result in harmful exposure to microwave energy.
- Do not place any object between the oven front face and the door or allow soil 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 closes properly and that there is no damage to the (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
- Always ensure proper ventilation when using the range hood function.
- Never use metal containers or foil in microwave mode, as this can cause arcing and damage the appliance.

SETUP AND INSTALLATION

Proper installation is crucial for the safe and efficient operation of your microwave. It is highly recommended that installation be performed by a qualified installer.

Unpacking

Carefully remove all packaging materials and inspect the microwave for any shipping damage. Retain packaging for potential future transport or service needs.

Location Requirements

Ensure the installation area meets the necessary electrical and structural requirements. The microwave must be mounted above a range or cooktop, with adequate clearance from cabinets and walls.

Electrical Connection

The microwave requires a dedicated, grounded electrical outlet. Refer to the electrical specifications section for detailed power requirements. Do not use extension cords.

Mounting

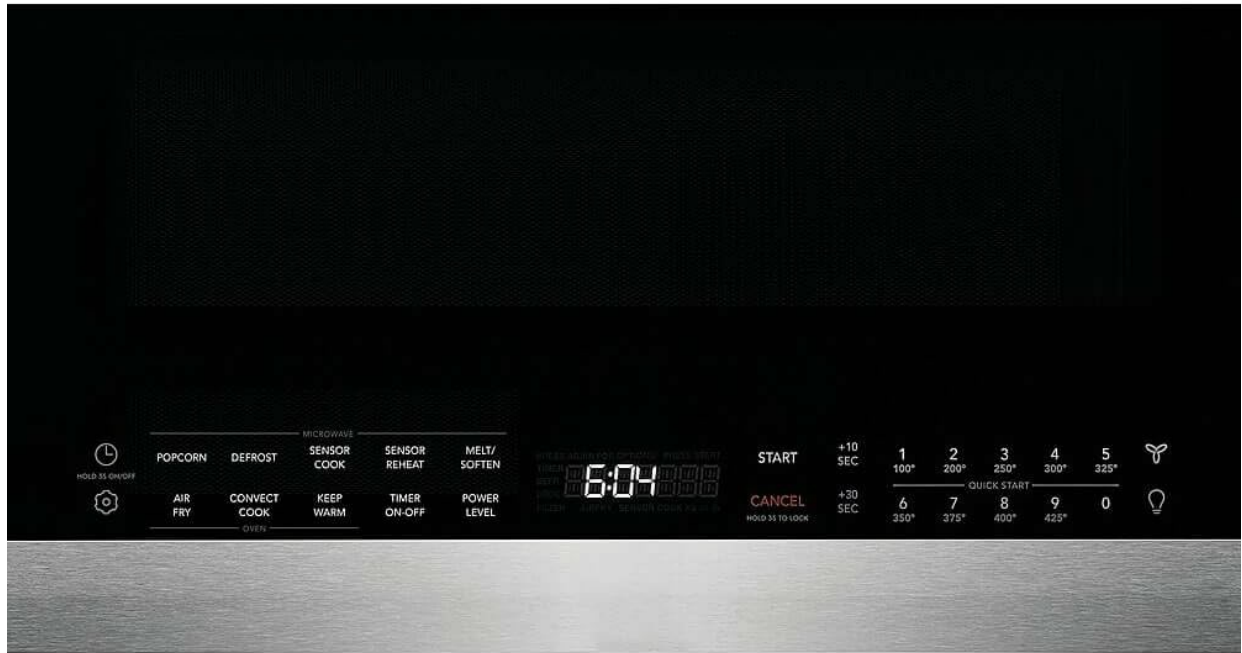
Follow the detailed mounting instructions provided in the separate installation guide. This typically involves securing a mounting plate to the wall, drilling holes for top cabinet support, and lifting the microwave into place. Ensure the vent system is properly connected to your home's ductwork if external venting is desired.



Front view of the Frigidaire Professional Over-The-Range Microwave, showcasing its sleek stainless steel design.

OPERATING INSTRUCTIONS

Your Frigidaire Professional microwave offers a variety of cooking modes and features. Familiarize yourself with the control panel for optimal use.



Close-up of the intuitive control panel, displaying various cooking functions and the numerical keypad.

Basic Microwave Operation

- **Time Cook:** Press 'Time Cook', enter desired cooking time using the number pad, then press 'Start'.
- **Power Level:** After entering cooking time, press 'Power Level' and select a power level from 1-10 (10 being 100%).
- **Quick Start:** For quick 30-second increments, simply press the 'Start' button. Each press adds 30 seconds.

Air Fry Function

The Air Fry function allows you to cook foods with a crispy exterior using minimal oil. Place food on the included air fry tray or a suitable non-metal, oven-safe dish. Select 'Air Fry', choose the desired preset or temperature, and press 'Start'.

Convection Cooking

Use Convection Cook for baking and roasting. This mode uses a fan to circulate hot air, providing even cooking similar to a conventional oven. Select 'Convection Cook', choose the desired temperature, and press

'Start'. Preheating may be required.

Sensor Cooking & Reheat

The sensor automatically detects moisture and humidity levels in food to adjust cooking time for optimal results. Place food in the microwave, select 'Sensor Cook' or 'Sensor Reheat', and press 'Start'.

Defrost

Select 'Defrost' and choose either 'Weight Defrost' (enter food weight) or 'Time Defrost' (enter desired time). The microwave will prompt you to turn food over during the cycle.

Melt/Soften

This feature provides specific settings for melting butter, chocolate, or softening cream cheese. Select 'Melt/Soften' and choose the appropriate option.

Keep Warm

The 'Keep Warm' function maintains the temperature of cooked food for an extended period without overcooking. Select 'Keep Warm' and press 'Start'.

Timer On-Off

Use the 'Timer On-Off' button to set a kitchen timer independent of cooking functions.

Ventilation Fan

The integrated ventilation fan helps remove smoke and odors from your cooking area. Press the 'Vent' button to cycle through fan speeds (e.g., Low, Medium, High, Off). The fan can be set to automatically turn on at a low speed when heat is detected from the cooktop below.



Angled view of the microwave, showing the powerful integrated vent system beneath the unit.

Interior Light

Press the 'Light' button to turn the interior light on or off, or to set it to automatically turn on when the door is opened or during cooking.



Spacious interior of the microwave with the door open, revealing the turntable and ample cooking space.



A dish placed inside the microwave, demonstrating the generous capacity for various meal preparations.

MAINTENANCE AND CLEANING

Regular cleaning and maintenance will help ensure the longevity and performance of your microwave.

Interior Cleaning

Clean the interior of the microwave regularly with a mild detergent and a soft cloth. For stubborn food splatters, place a bowl of water with lemon slices inside and microwave for a few minutes to loosen residue before wiping clean. Do not use abrasive cleaners or scouring pads.

Exterior Cleaning

Wipe the exterior surfaces, including the control panel and stainless steel finish, with a soft cloth dampened with mild soap and water. For stainless steel, use a specialized stainless steel cleaner for best results, wiping in the direction of the grain.

Grease Filter Cleaning

The grease filters located on the underside of the microwave should be cleaned monthly or as needed. Remove the filters and wash them in hot, soapy water or in a dishwasher. Rinse thoroughly and allow to dry completely before reinstalling.

Charcoal Filter Replacement

If your microwave is set up for recirculating (ductless) ventilation, it will have a charcoal filter that absorbs odors. This filter cannot be washed and should be replaced approximately every 6-12 months, depending on usage. Refer to the installation guide for replacement instructions.

TROUBLESHOOTING

Before calling for service, check the following common issues and solutions:

Problem	Possible Cause / Solution
Microwave does not operate.	Check if the power cord is securely plugged in. Ensure the circuit breaker has not tripped. Close the door firmly.
Food is not heating.	Ensure the door is closed properly. Check if the power level is set correctly. Verify that the cooking time is sufficient.
Turntable does not rotate.	Ensure the turntable is properly seated on its support. Check for obstructions underneath the turntable.
Excessive noise during operation.	Ensure the microwave is installed level. Check for loose items inside the cavity.
Display shows an error code.	Refer to the specific error code in the full user manual or contact customer support.

SPECIFICATIONS

- **Product Dimensions:** 16.5 x 30 x 17.25 inches
- **Item Weight:** 83 Pounds
- **Item Model Number:** 329739579
- **Manufacturer:** Frigidaire
- **ASIN:** B0CNL9J596
- **Date First Available:** June 9, 2023

WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or visit the official Frigidaire website. If you require technical assistance or have questions not covered in this manual, please contact Frigidaire Customer Service. Have your model and serial number ready when contacting support.