

Ströme MM70020

Ströme MM70020 Microwave Oven User Manual

Model: MM70020 | Brand: Ströme

1. INTRODUCTION

Thank you for choosing the Ströme MM70020 Microwave Oven. This compact and efficient 700W microwave with a 20-liter capacity is designed for convenient food preparation, heating, and defrosting. Featuring five power levels, a rotating glass plate for even heating, and intuitive dial controls, it simplifies your daily cooking tasks. Please read this manual thoroughly before operating your new microwave oven to ensure safe and optimal performance.

2. IMPORTANT SAFETY INSTRUCTIONS

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

- Read all instructions before using the appliance.
- Do not operate the microwave if the cord or plug is damaged, if it is not working properly, or if it has been damaged or dropped.
- Do not heat liquids or other foods in sealed containers since they are liable to explode.
- Only use utensils that are suitable for use in microwave ovens.
- Do not use corrosive chemicals or vapors in this appliance.
- This appliance is intended for household use only.
- Do not attempt to service or repair this appliance yourself. Contact qualified service personnel.
- Ensure the microwave is placed on a flat, stable surface, away from heat sources and water.
- Do not block any ventilation openings.
- Always ensure the rotating glass plate and support ring are correctly positioned before operation.

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your Ströme MM70020 Microwave Oven.



Figure 1: Front view of the Ströme MM70020 Microwave Oven. This image displays the microwave's exterior, including the door, viewing window, and the control panel located on the right side. The control panel features two rotary dials for power/function and time/defrost, along with a door release button at the bottom.



Figure 2: Interior view of the Ströme MM70020 Microwave Oven. The door is open, revealing the spacious 20-liter interior, the removable glass turntable, and the turntable support ring. The interior lighting is also visible, designed to illuminate food during cooking.

Components:

1. **Door:** Features a viewing window and a safety interlock system.
2. **Door Release Button:** Press to open the microwave door.
3. **Control Panel:** Contains the power/function dial and the timer/defrost dial.
4. **Glass Turntable:** Rotates to ensure even cooking.
5. **Turntable Support Ring:** Supports the glass turntable.
6. **Waveguide Cover:** Located inside the cavity, protects the microwave components. Do not remove.
7. **Interior Light:** Illuminates the oven cavity during operation.

4. SETUP AND INSTALLATION

Follow these steps to set up your microwave oven for first use.

1. **Unpacking:** Remove all packaging materials from inside and outside the microwave oven. Check for any damage such as dents or a misaligned door. Do not operate if damaged.
2. **Placement:** Place the microwave on a flat, stable, heat-resistant surface. Ensure there is adequate ventilation space: at least 20 cm (8 inches) above, 10 cm (4 inches) at the rear, and 5 cm (2 inches) on each side.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the voltage matches the specifications of the microwave (230 Volts AC, 60 Hz).
4. **Turntable Assembly:**
 - Place the turntable support ring in the center of the microwave cavity.
 - Position the glass turntable securely on top of the support ring, ensuring it sits correctly on the central hub.

Your microwave is now ready for operation.

5. OPERATING INSTRUCTIONS

The Ströme MM70020 features two simple rotary dials for control.

5.1. Power Level Selection

The upper dial controls the microwave power level. There are 5 power settings available:

- **Low:** For softening ice cream, simmering.
- **Med. Low (Defrost):** For defrosting.
- **Med:** For stewing, delicate sauces.
- **Med. High:** For general reheating, cooking.
- **High:** For fast cooking, boiling liquids.

Rotate the upper dial to select the desired power level.

5.2. Setting Cooking Time

The lower dial is used to set the cooking time.

1. Place the food in a microwave-safe container on the glass turntable.
2. Close the microwave door securely.
3. Rotate the upper dial to select the desired power level (e.g., "High" for general cooking).
4. Rotate the lower dial clockwise to set the desired cooking time (up to 35 minutes). The microwave will start automatically.

once the timer is set.

5. When the set time expires, the microwave will automatically turn off and a bell will sound.

To stop cooking before the time expires, simply open the door or turn the timer dial back to "0".

5.3. Defrosting by Time or Weight

The MM70020 offers convenient defrosting options.

1. Place the frozen food in a microwave-safe container on the glass turntable.
2. Close the microwave door.
3. Rotate the upper dial to the "Med. Low (Defrost)" setting.
4. Rotate the lower dial to select either:
 - **Defrost by Time:** Set the desired defrosting time (e.g., 5-10 minutes depending on food type and weight).
 - **Defrost by Weight:** The dial has markings for weight (e.g., 0.2kg to 1.0kg). Select the approximate weight of the food. The microwave will automatically calculate the defrosting time.
5. The microwave will start automatically. Turn food over periodically during defrosting for more even results.

Always check food thoroughly after defrosting to ensure it is fully thawed before cooking.

6. MAINTENANCE AND CLEANING

Regular cleaning and maintenance will ensure the longevity and efficient operation of your microwave oven.

- **Exterior Cleaning:** Wipe the exterior with a damp cloth and mild detergent. Avoid abrasive cleaners.
- **Interior Cleaning:**
 - For light spills, wipe the interior with a damp cloth immediately.
 - For stubborn food residue, place a bowl of water with a few lemon slices inside and heat on high for 5-7 minutes. The steam will loosen the residue, making it easier to wipe clean.
 - Ensure no water enters the ventilation openings.
- **Glass Turntable and Support Ring:** These can be removed and washed in warm soapy water or in a dishwasher. Ensure they are completely dry before placing them back in the microwave.
- **Door Seals:** Keep the door seals clean to ensure a proper seal. Wipe with a damp cloth.
- **Power Cord:** Regularly inspect the power cord for any damage. If damaged, it must be replaced by a qualified technician.

Caution: Always unplug the microwave oven before cleaning.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Microwave does not start.	Power cord not plugged in. Door not closed properly. Timer not set. Blown fuse or tripped circuit breaker.	Ensure plug is securely in outlet. Close door firmly until it latches. Set the timer dial to the desired cooking time. Check household fuse/circuit breaker.
Food is not heating.	Power level set too low. Cooking time too short. Improper utensils used.	Increase power level. Increase cooking time. Use only microwave-safe dishes.
Turntable is not rotating.	Turntable or support ring not positioned correctly. Food is too large or heavy, obstructing rotation.	Re-position the glass turntable and support ring. Use a smaller dish or ensure food does not touch cavity walls.

Problem	Possible Cause	Solution
Sparks or arcing inside the oven.	Metal or foil used in the microwave. Food residue on waveguide cover.	Remove all metal objects. Clean the interior, especially the waveguide cover.

If the problem persists after trying these solutions, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Ströme
Model	MM70020
Capacity	20 Liters
Wattage	700 watts
Voltage	230 Volts (AC)
Frequency	60 Hz
Number of Power Levels	5
Control Type	Dial
Turntable Diameter	25.5 Centimeters
Product Dimensions (D x W x H)	13.62"D x 17.32"W x 10.2"H
Special Features	Defrost, Express Cook, Lightweight, Timer, Turntable

9. WARRANTY AND SUPPORT

Specific warranty details for the Ströme MM70020 Microwave Oven are typically provided with your purchase documentation. Please refer to the warranty card or contact your retailer for information regarding warranty coverage and terms.

For technical support, service, or replacement parts, please contact Ströme customer service or your authorized dealer. Keep your purchase receipt as proof of purchase for warranty claims.

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