



**30" OVER THE RANGE
MICROWAVE
INSTRUCTION MANUAL
MODEL:F3016MV2SS**

Read these instructions carefully before using your microwave oven.

If you follow the instructions, your oven will provide you with many years of good service.

SAVE THESE INSTRUCTIONS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and the door or allows soil or cleaner residue to accumulate on sealing surfaces.
- (c) **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:**
 - (1) **DOOR (bent)**
 - (2) **HINGES AND LATCHES (broken or loosened)**
 - (3) **DOOR SEALS AND SEALING SURFACES**
- (d) **The oven should not be adjusted or repaired by anyone except properly qualified service personnel.**

Specifications

| | |
|--------------------------------|--------------------|
| Model: | F 3016MV2SS |
| Rated Voltage: | 120V~ 60Hz |
| Rated Input Power(Microwave): | 1550W |
| Rated Output Power(Microwave): | 1000 W |
| Oven Capacity: | 1.6 cu. ft. |
| Turntable Diameter: | Ø 13.58 in. |
| External Dimensions: | 29.9x15.0x16.4 in. |
| Net Weight: | Approx. 55 lbs |

IMPORTANT SAFETY INSTRUCTIONS

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

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific: "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 4.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers - for example, closed glass jars - are able to explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair, or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store this appliance outdoors. Do not use this product near water - for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surface.
14. Do not let cord hang over edge of table or counter.
15. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergent applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
 - 1). Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - 2). Remove wire twist-ties from paper or plastic bag before placing bag in oven.
 - 3). If material inside of the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - 4). Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present.

THIS COULD RESULT IN VERY HOT LIQUID SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.

To reduce the risk of injury to persons:

- 1) Do not overheat the liquid.
 - 2) Stir the liquid both before and halfway through heating it.
 - 3) Do not use straight-sided containers with narrow necks.
 - 4) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - 5) Use extreme care when inserting a spoon or other utensil into the container.
18. Do not operate any heating or cooking appliance beneath the appliance.
(Exception: A microwave oven investigated for use above another heating appliance.)
 19. Do not mount unit over or near any portion of heating or cooking appliance.
(Exception: A microwave oven investigated for use above another heating appliance.)
 20. Do not mount over sink.
 21. Do not store anything directly on top of the appliance surface when the appliance is in operation .
 22. Clean Ventilation Hoods Frequently - Grease should not be allowed to accumulate on hood or filter.
 23. When flaming foods under the hood, turn the fan on.
 24. Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter
 25. Suitable for use above both gas and electric cooking equipment.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING - Improper use of the grounding can result in a risk of electric shock.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounded plug, and 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.

DANGER - Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

WARNING - Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used:
 - 1) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
 - 2) The extension cord must be a grounding-type 3-wire cord.
 - 3) The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

RADIO INTERFERENCE

1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - 1) Clean door and sealing surface of the oven
 - 2) Reorient the receiving antenna of radio or television.
 - 3) Relocate the microwave oven with respect to the receiver.
 - 4) Move the microwave oven away from the receiver.
 - 5) Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

UTENSILS

CAUTION - Personal Injury Hazard

Tightly-closed utensils could explode. Closed containers should be opened and plastic pouches should be pierced before cooking.

See the instructions on "Materials you can use in microwave oven or to be avoided in microwave oven."

There may be certain non-metallic utensils that are not safe to use for microwaving. If in doubt, you can test the utensil in question following the procedure below.

Utensil Test:

1. Fill a microwave-safe container with 1 cup of cold water (250ml) along with the utensil in question.
2. Cook on maximum power for 1 minute.
3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking.
4. **Do not exceed 1 minute cooking time.**

Materials you can use in microwave oven

| Utensils | Remarks |
|-----------------------|--|
| Browning dish | Follow manufacturer* instructions. The bottom of browning dish must be at least 3/16 inch (5mm) above the turntable. Incorrect usage may cause the turntable to break. |
| Dinnerware | Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes. |
| Glass jars | Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break. |
| Glassware | Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes. |
| Oven cooking bags | Follow manufacturer* instructions. Do not close with metal tie. Make slits to allow steam to escape. |
| Paper plates and cups | Use for short*erm cooking/warming only. Do not leave oven unattended while cooking. |
| Paper towels | Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only. |
| Parchment paper | Use as a cover to prevent splattering or a wrap for steaming. |

Materials you can use in microwave oven

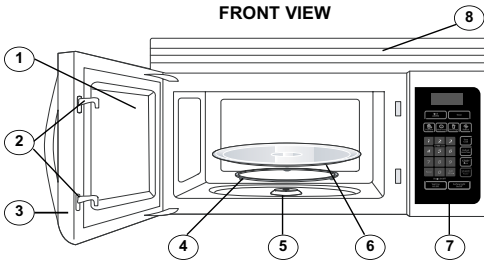
| Utensils | Remarks |
|--------------|---|
| Plastic | Microwave-safe only. Follow the manufacturer* instructions. Should be labeled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package. |
| Plastic wrap | Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food. |
| Thermometers | Microwave-safe only (meat and candy thermometers). |
| Wax paper | Use as a cover to prevent splattering and retain moisture. |

Materials to be avoided in microwave oven

| Utensils | Remarks |
|---------------------------------|--|
| Aluminum tray | May cause arcing. Transfer food into microwave-safe dish. |
| Food carton with metal handle | May cause arcing. Transfer food into microwave-safe dish. |
| Metal or metal-trimmed utensils | Metal shields the food from microwave energy. Metal trim may cause arcing. |
| Metal twist ties | May cause arcing and could cause a fire in the oven. |
| Paper bags | May cause a fire in the oven. |
| Plastic foam | Plastic foam may melt or contaminate the liquid inside when exposed to high temperature. |
| Wood | Wood will dry out when used in the microwave oven and may split or crack. |

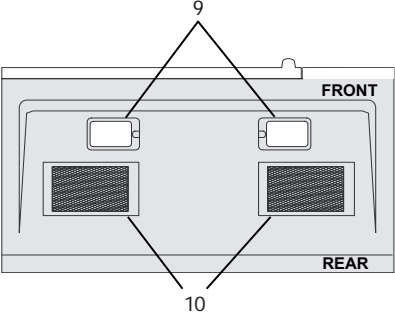
PART NAMES

Microwave features



- 1 Window
- 2 Interlock system
- 3 Door assembly
- 4 Turntable ring assembly
- 5 Turntable Shaft
- 6 Turntable glass tray
- 7 Control panel
- 8 Front vent grill
- 9 Surface lights
- 10 Ventilation filters

Bottom View



OPERATION

Operation Instructions

1. Clock Setting

- 1). Press "**CLOCK/AM/PM**", the unit enters the clock setting states. AM indicator will light. "0:00" flash to remind you to input the time.
- 2). Press "**CLOCK/AM/PM**" again to select AM or PM. The responding AM or PM indicator lights.
- 3). Press the number keys and enter the correct time. For example, time is 10:12 now, please press "1,0,1,2" in turn.
- 4). Press "**CLOCK/AM/PM**" key finish setting the clock.
Note: This is a 12 hour clock from 1:00 to 12:59. If the time set is not appropriate, press "**CLOCK/AM/PM**" will be no used. Buzzer sounds twice and turn back to waiting states.

2. Microwave Cooking

- 1) Press "**TIME COOK**" to select microwave cooking. "0:00" flash to remind you to input the cooking time.
- 2) Press the number keys to adjust the cooking time you need.
For example, to cook the time for 10 minutes. Please press "1,0,0,0" in turn.
The maximum cooking time is 99 minutes 99 seconds.
- 3) At the same time, you can choose the power by pressing "**POWER**".
- 4) Press the number keys to select the power level.
- 5) Press "**START/PAUSE**" to start cooking. Time counts down.

Note: 1). If the power level you choose is 100% power, steps "3" and "4" can be skipped and go directly to the step "5".

2). After cooking finishing, buzzer sounds five times.

Ten power levels are available.

| | | | | | | | | | | |
|---------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Level | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Power | 100% | 90% | 80% | 70% | 60% | 50% | 40% | 30% | 20% | 10% |
| Display | PL10 | PL9 | PL8 | PL7 | PL6 | PL5 | PL4 | PL3 | PL2 | PL1 |

3. Multi-stage Cooking

At most two stages can be input.

For example: to cook the food with 100% microwave power for 10 minutes and then cook with 80% microwave power for 15 minutes. Do as following:

- 1) Press "**TIME COOK**" to choose microwave cooking;
- 2) Press "1","0","0","0" to input the cooking time;
- 3) Press "**POWER**" to choose 100% microwave power;
- 4) Press "**TIME COOK**" to choose microwave cooking;

- 5) Press "1", "5", "0", "0" to input cooking time;
- 6) Press **"POWER"** to select the microwave power;
- 7) Press "8" to choose 80% microwave power;
- 8) Press **"START"** to start cooking.

Note:

- a. Microwave cooking can be set as two stages only. Defrost program and auto menu cannot be set here.
- b. When the first stage finish, buzzer sounds once and the second stage begins cooking.
- c. During cooking, each added press on **"ADD 30 SEC."**, 30 seconds can be added too. The time can be up to 99 minutes and 99 seconds.

4. Speedy Cooking

- 1) In waiting states, press **" ADD 30 SEC."** to start cooking 100% microwave power for 30 seconds.
- 2) During cooking states, 30 seconds can be increased for each pressing on **"ADD 30 SEC."**. The maximum cooking time is 99 minutes and 99 seconds.
- 3) Press number keys from 1 to 6 to start cooking with full microwave power for 1-6 minutes.

Note: During speedy cooking, microwave power can be checked and selected.

Press **"POWER"**, the current power displays, then press number keys to choose the power you need

5. Defrost Cooking

A. Defrost By Weight

- 1) Press **" DEFROST AUTO/TIME"** once to choose defrost by weight function. Defrost indicator will light and "lb" indicator flash;
- 2) Press number keys from 0 to 9 to input the defrost weight. For example: the food weight is 1.2 Lbs, then "1", "2" will be input. The maximum cooking weight is 6.0 Lbs. If the weight input is more than 6.0 Lbs, the unit will turn back to waiting states.
- 3) Press **"START/PAUSE"** to start defrosting. "lb" indicator will be off.

B. Defrost By Time

- 1) Press **" DEFROST AUTO/TIME"** twice to choose defrost by time function. Defrost indicator will light;
- 2) Press number keys from 0 to 9 to input the defrost time. The maximum time can be input is 99 minutes and 99 seconds.
- 3) Press **"START/PAUSE"** to start defrosting.

Note: If half the defrost time passes, the buzzer will sound twice to remind you to turn the food over.

6. Hood Function

- 1) When the exhaust fan is under off states, press "**VENT FAN/H/L/OFF**" once to choose the fan with high speed;
- 2) Press "**VENT FAN/H/L/OFF**" twice to choose the fan with low speed;
- 3) Press "**VENT FAN/H/L/OFF**" three times to choose the fan to be off.
- 4) Except lock states, the fan can be adjusted anytime.

7. Oven Lamp

- 1) Press "**SURFACE LIGHT ON/OFF**" once to turn on the lamp;
- 2) Press "**SURFACE LIGHT ON/OFF**" twice to turn off the lamp.

8. Timer Function

- 1) Press "**TIMER**", timer indicator will light;
- 2) Press number keys to input the cooking time you need.
The maximum cooking time is 99 minutes and 99 seconds.
- 3) Press "**TIMER**", time counts down.

Note: During timer states, hood and oven lamp can be activated. Others function will be no used.

9. Display On/Off Function

- 1) In wating states,press "**0**" for 3 seconds,buzzer sounds twice. The oven will enter to Display Off state.
- 2) In Display Off state, press any button can turn on the display. The buzzer will ring once.

10.Popcorn Menu

- a) Press "**POPCORN**" repeatedly until the number you wish appears in the display.
"1"SET: approximate 1.75 ounces
2"SET: approximate 3.0 ounces
3"SET: approximate 3.5 ounces

For example, press "**POPCORN**" once , "1.75" appears in the LED.

- b) Press "**START/PAUSE**" to cook.

11. Baked Potato Menu

- a) Press "**BAKED POTATO**" repeatedly until the number you wish appears in the display.
- "1"SET: 1 potato
 - "2"SET: 2 potatoes
 - "3"SET: 3 potatoes
- For example, press "**BAKED POTATO**" once , "1" appears in the LED.
- b) Press "**START/PAUSE**" to cook.

12. Beverage Menu

- a) Press "**BEVERAGE**" repeatedly until the number you wish appears in the display.
- "1"SET: 1 cup
 - "2"SET: 2 cups
 - "3"SET: 3 cups
- For example, press "**BEVERAGE**" once , "1" appears in the LED.
- b) Press "**START/PAUSE**" to cook.

13. Reheat Menu

- a) Press "**REHEAT**" repeatedly until the number you wish appears in the display.
- "1"SET: approximate 8 ounces
 - "2"SET: approximate 16 ounces
 - "3"SET: approximate 24 ounces
- For example, press "**REHEAT**" once , "8" appears in the LED.
- b) Press "**START/PAUSE**" to cook.

14. Inquiring Function

- (1) Under microwave cooking states, press "**POWER**" to check the power level.
- (2) During cooking states, press "**CLOCK/AM/PM**" to check the clock.

15. Lock Function For Children

Lock: In waiting state, press "**STOP/CLEAR**" for 3 seconds, there will be two beeps denoting the entering into the children-lock state;

Lock quitting: In locked state, press "**STOP/CLEAR**" for 3 seconds, there will be two beeps denoting that lock is released.

MAINTENANCE

Troubleshooting

Check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact the nearest authorized service center.

| TROUBLE | POSSIBLE CAUSE | POSSIBLE REMEDY |
|-----------------------|--|--|
| Oven will not start | <ul style="list-style-type: none">a. Electrical cord for oven is not plugged in.b. Door is open.c. Wrong operation is set. | <ul style="list-style-type: none">a. Plug into the outlet.b. Close the door and try again.c. Check instructions. |
| Arcing or sparking | <ul style="list-style-type: none">a. Materials to be avoided in microwave oven were used.b. The oven is operated when empty.c. Spilled food remains in the cavity. | <ul style="list-style-type: none">a. Use microwave-safe cookware only.b. Do not operate with oven empty.c. Clean cavity with wet towel. |
| Unevenly cooked foods | <ul style="list-style-type: none">a. Materials to be avoided in microwave oven were used.b. Food is not defrosted completely.c. Cooking time, power level is not suitable.d. Food is not turned or stirred. | <ul style="list-style-type: none">a. Use microwave-safe cookware only.b. Completely defrost food.c. Use correct cooking time, power level.d. Turn or stir food. |
| Overcooked foods | Cooking time, power level is not suitable. | Use correct cooking time, power level. |
| Undercooked foods | <ul style="list-style-type: none">a. Materials to be avoided in microwave oven were used.b. Food is not defrosted completely.c. Oven ventilation ports are restricted.d. Cooking time, power level is not suitable. | <ul style="list-style-type: none">a. Use microwave-safe cookware only.b. Completely defrost food.c. Check to see that oven ventilation ports are not restricted.d. Use correct cooking time, power level. |
| Improper defrosting | <ul style="list-style-type: none">a. Materials to be avoided in microwave oven were used.b. Cooking time, power level is not suitable.c. Food is not turned or stirred. | <ul style="list-style-type: none">a. Use microwave-safe cookware only.b. Use correct cooking time, power level.c. Turn or stir food. |

FORTE

Microwave Warranty

WARRANTY COVERAGE

FORTE microwave parts will be warranted for one year from the original purchase date for the original purchaser of the product.

TERMS

This warranty applies only to the original purchaser of the product installed for normal residential use. This is defined as a single-family, residential dwelling in a non-commercial setting. Commercial settings include but are not limited to: schools, churches, hotels, restaurants, vacation rentals such as Airbnb, day care centers, private clubs, fire stations, common areas in multi-family dwellings, nursing homes, food service locations, and institutional food service locations such as hospitals or correction facilities. This warranty is non-transferable and will not be extended based on the date of installation. The warranty applies only to products installed in the continental United States and the District of Columbia. Warranty shall not apply and FORTE is not responsible for damage resulting from negligence, improper maintenance, misuse, abuse, alteration of or tampering with the appliance, accident, natural disaster, improper electric supply, unauthorized service or repair, improper installation, or installation not in accordance with the instructions contained in the manual or the local codes.

WHAT IS NOT COVERED

1. Installation or start-up damages or problems caused by improper installation or use.
2. Damage related to unauthorized service or unauthorized parts.
3. Installation in any commercial or non-residential application.
4. Aesthetic damage, scratches, or natural wear caused by normal use.