BLACK&DECKER®

Quick Start Guide
Quick Tips

INFRAWAVE™
SPEED COOKING
COUNTERTOP OVEN

Containers to use with your Infrawave™ Oven

1. The inside dimensions of this Oven are 10-5/16" x 11" x 6" This size allows for many different types of baking containers. Keep interior dimensions in mind when purchasing cooking containers.

2. Metal, ovenproof glass without lids or ceramic bakeware may be used in your oven. Follow manufacturer's instructions. **Be sure the edge of the container and the food being cooked is at least 1" (2.54 cm) away from upper heating elements.**

3. Some frozen foods are packaged in paper or plastic containers suitable for microwave or regular ovens. Do not use paper or plastic containers in the Infrawave™ Oven. Simply transfer food to an Infrawave™ Oven compatible container: If there are any questions regarding the use of a specific container, contact the food manufacturer.

4. Some items which should never be used in your Oven:
   - Glass lids on glass or metal bakeware. (If a cover is needed, use aluminum foil and be careful that it does not touch the heating elements.)
   - Air-tight packages such as sealed pouches or cans.
   - Plastic wrapping such as oven roasting bags or paperboard covers.
   - Containers larger than those recommended.
   - Containers with warnings against use in range-type or toaster ovens.

A few notes on your Infrawave™ Speed Cooking Countertop Oven:

- During cooking, the interior lights will cycle on and off. This is because the Infrawave™ Oven doesn't cook by a specific temperature. It cooks by cycling its heater lights on and off.
- A beep will sound when pressing most control panel buttons.
- Since infrared waves can go through glass, cooking can be improved with an oven-safe, glass dish.
- Holding down the UP or DOWN arrows will change the selection more rapidly.

TROUBLESHOOTING

Cooking Problem	Solution
Food is cooking too quickly.	Because the Infrawave™ Oven cooks food quickly, you may want to use default cooking times the first time you cook a dish.
When I open the oven door to check on food, the heating cycle seems to stop.	If the oven door is opened during the cooking cycle, heaters will pause. To resume cooking, close oven door and PRESS the Start/Stop button.
Sometimes when I'm cooking, I notice smoke from the surface of the pan.	When using nonstick sprays, butter or margarine for cooking, you may notice a small amount of smoke and browning. This occurs because these coatings will cook first. NOTE: Always start with a clean tray, pan or aluminum foil since any baked on food residue will also cause smoke.
When I make a casserole, it tends to brown too quickly on the top.	With deep-dish casseroles (including lasagna), the top may brown more quickly than with conventional ovens. Place a piece of aluminum foil over your casserole dish during the cooking process. Remove aluminum foil near the end of the cooking cycle to brown on top.
I want to adjust the number of minutes my food has left to cook, but I've already started the cooking process.	Any time during cooking, you can adjust the cooking time with the Up and Down arrows.
I can't find the exact food I want to cook in the selection menu.	Choose the food that is closest to the one you want to cook. -OR- If you have a recipe with temperature and time, you may choose the Convert Menu.

Digital Control Panel
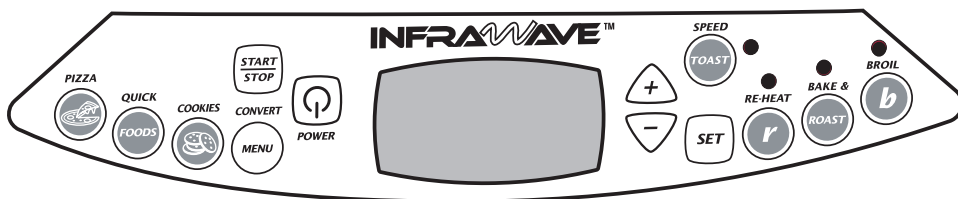
No Preheating Necessary.

During cooking, heater lights cycle on and off.

Using the Infrawave™ Speed Cooking Countertop Oven is simple!

To get started, please refer to the quick and easy directions below.

Note: Default time is the Infrawave™ Oven suggested time for a typical portion of the food you are cooking. You may increase or decrease the cooking time for your preferred level of doneness.

Pizza

1 PRESS [PIZZA]

2 To find the type of Pizza you want to cook, PRESS [+/-] until your selection appears.

3 To select the type of Pizza and accept default time, PRESS [PIZZA]

To adjust cooking time, PRESS [+/-]

PIZZA SELECTIONS INCLUDE:

Regular (Frozen)
Rising crust (Frozen)
French bread pizza (Frozen)
Fresh/Deli

COOKIES

Cookies (Includes: All cookie types)

1 PRESS COOKIES

2 To accept default time, PRESS COOKIES

To adjust cooking time, PRESS (+/−)

BAKE & ROAST

Bake and Roast

1 PRESS BAKE & ROAST

2 PRESS (+/−) to find the food category you would like to cook.

3 To accept default cooking time, PRESS BAKE & ROAST or START STOP to start baking.

To adjust cooking time, PRESS (+/−)

BAKE AND ROAST SELECTIONS INCLUDE:

Yellow cake	Crescent rolls
Chocolate cake	Frozen biscuit
Cupcakes, yellow	Casserole
Cupcakes, chocolate	Lasagne
Muffins	Chicken (whole
Coffee cake	chicken, chicken parts,
Brownies	chicken breast)
Bar cookies	Turkey (1/2 turkey
Potatoes	breast, frozen breast
Pie crust	roll)
2-crust pastry	Meat loaf
Fridge biscuits	Beef
Homemade biscuits	Rib roast

QUICK FOODS

Quick Foods

1 PRESS QUICK FOODS

2 To find the type of food you want to cook, PRESS (+/−) until your selection appears.

3 To accept default cooking time, PRESS QUICK FOODS or START STOP to start baking.

To adjust cooking time, PRESS (+/−)

SELECTIONS INCLUDE:

Frozen chicken nuggets
Frozen pizza rolls
Frozen potato skins
Frozen poppers
Frozen wings (chicken)
Frozen bagel bites
Frozen potato crispers
Frozen oven fries

CONVERT MENU

Convert Menu Use the ConvertMenu™ function to cook recipes that include cooking directions or to cook pre-packaged foods. Infrawave™ Oven cooking time will appear after you enter recipe or package cooking instructions.

1 PRESS (POWER) to turn ON the unit.

2 PRESS CONVERT MENU

3 To select food type to cook, PRESS (+/−)

4 To make your selection, PRESS SET

5 To input the recipe temperature, PRESS (+/−) then PRESS SET

To accept default time, PRESS CONVERT MENU or START STOP

6 To adjust cooking time, PRESS (+/−)

CONVERT SELECTIONS INCLUDE:

Meat
Fish
Poultry
Dessert
Baked Goods
Casserole