



Use and Care & Cooking Guide

Sub-Compact Microwave Oven

Contents

Adapter Plugs	23	Installation Kit	5
Aluminum Foil	4,10	Microwave Cookware Guide	10
Appliance Registration	2	Microwaving Tips	3
Care and Cleaning	22	Model and Serial Numbers	2
Consumer Services	27	Precautions	2-5
Control Panel	6	Problem Solver	24
Cooking	7	Safety Instructions	2-5
Cooking Guide	15-21	Timer	6-8
Defrosting	8	Warranty	Back Cover
Defrosting Guide	13,14		
Extension Cords	23	Cooking Guide	15-21
Features	6		
Glass Cooking Tray	6,22		
Glossary of Microwave Terms	9		
Grounding Instructions	23	GE Answer Center[®]	
Heating or Reheating Guide	11, 12	800.626.2000	

Model JES41W

**Microwave power output
of this oven is 575 watts.**

(IEC-705 Test Procedure)

Help us help you...

Before using your oven, read **this** book carefully.

It is intended to help you operate and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write (include your phone number):

Consumer Affairs
GE Appliances
Appliance Park
Louisville, KY 40225

Write down the model and **serial** numbers.

You'll find them on a label inside the oven.

These numbers are also on the Consumer Product Ownership Registration Card that came with your microwave oven. Before sending in this card, please write these numbers here:

Model Number

Serial Number

Use these numbers in any correspondence or service calls concerning your microwave oven.

Be sure your microwave oven **is** registered.

It is important that we know the location of your microwave oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser, please write to us, stating model and serial numbers.

This appliance must be **registered**. Please be certain that it is.

Write to:

GE Appliances
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the oven.

Save time and money. Before you request service...

Check the Problem Solver in the back of this book. It lists causes of minor operating problems that you can correct yourself.

All these things are normal with your microwave oven.

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

If you need service...

To obtain service, see the Consumer Services page in the back of this book.

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased, write all the details—including your phone number—to:

Manager, Consumer Relations
GE Appliances
Appliance Park
Louisville, KY 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance Consumer
Action Panel
20 North Wacker Drive
Chicago, IL 60606

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 allow soil or cleaner residue to accumulate on sealing surfaces.

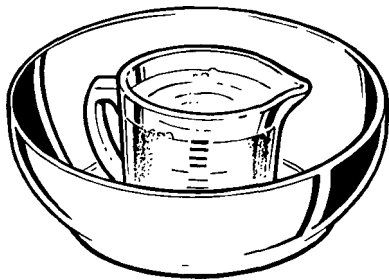
(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- (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.

Microwaving Tips

• **Make sure all cookware used in your microwave oven is suitable for microwaving.** Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."



If you are not sure if a dish is microwave-safe, use this test:

Place in the oven both the dish you are testing and a glass measuring cup filled with one cup water—set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be used for microwaving. If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.

• **Paper towels, waxed paper and plastic wrap** can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.

• **Some microwaved foods require stirring, rotating or rearranging.** Check the cooking guide.

• **Steam builds up pressure in foods which are tightly covered by a skin or membrane.** Pierce potatoes, egg yolks and chicken livers to prevent bursting.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

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:

• Use this appliance only for its intended use as described in this manual. **Do not** use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.

• **Read and follow** the specific **"PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY"** in this book.

• This appliance must be grounded. Connect only to properly grounded outlet. See **"GROUNDING INSTRUCTIONS."**

• For best operation, plug this appliance into **its** own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

• Do not mount this appliance over a sink. Install or locate this appliance only in accordance with the provided Installation Instructions.

• Be certain to place the front surface of the door three inches or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.

• Do **not** cover or **block** any openings on the appliance.

• Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, or near a swimming pool.

• Do not immerse power cord or plug in water.

• Keep power cord away from heated surfaces.

• Do not let power cord hang over edge of table or counter.

• Do **not** operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has **been** damaged or dropped.

• See door surface cleaning instructions in the Care and Cleaning section(s) of this book.

• This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

• As with any appliance, close supervision is necessary when used by children.

• To reduce the risk of fire in the oven cavity:

—Remove wire twist-ties from paper or plastic bags before placing bags in oven.

—Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

—Do not use recycled paper products. Recycled paper towels, napkins and waxed paper may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.

—Do not use your microwave oven to dry newspapers.

—Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.

—Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs the life of the oven.

—Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.

•Do **not use the oven** for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.

•If materials inside oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at the fuse or circuit breaker panel.

•Some products such as whole eggs and sealed **containers**—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.

•Avoid heating baby food in glass jars, even without their lids; especially meat and egg mixtures.

•Don't defrost frozen beverages in narrow necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.

•Use metal only as directed in this book. TV dinners maybe microwaved in foil trays less than 3/4" high; remove top foil cover and return tray to box. When using metal in the microwave oven, keep metal at least 1 inch away from sides of oven.

•Cookware may **become** hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.

•Sometimes, the cooking tray can become too hot to touch. Be careful touching the cooking tray during and after cooking.

•Foods cooked in liquids (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to the Care and Cleaning section(s) for instructions on how to clean the inside of the oven.

•Thermometer—Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.

•Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In

longer exposures to overcooking, the food and cookware could ignite. For these reasons: 1) Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations, 2) Do not subject empty cookware to microwaving. 3) Do not permit children to use plastic cookware without complete supervision.

•When cooking pork, follow the directions exactly and always cook the meat to an internal temperature of at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and the meat will be safe to eat.

•Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.

•Foods with unbroken outer "skin" such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

•Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.

•Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, stir the liquid briefly before removing the container from the microwave oven.

• **“Boilable” cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

• **Hot foods and steam can cause burns.** Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.

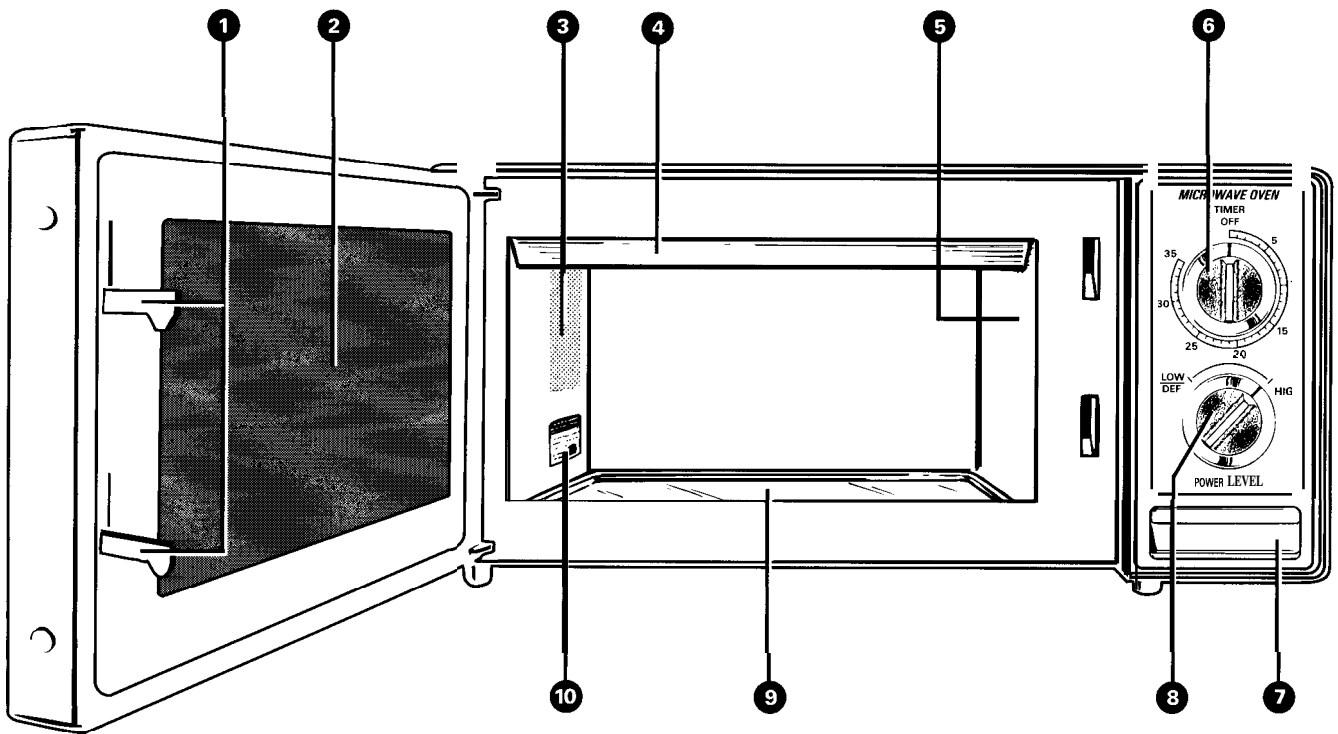
SAVE THESE INSTRUCTIONS

Optional Accessory

Available at extra cost from your GE supplier.

4-A019 Installation Kit allows this oven to be mounted under a cabinet.

Features of Your Microwave Oven



1.4 Cubic Foot
Oven Interior

1. Door Latches.

2. Door Screen. Metal screen permits viewing of foods and keeps microwaves confined inside oven.

3. Oven Vent.

4. Mode Stirrer Cover. Protects the microwave energy distributing system. Do not remove the cover. You will damage the oven.

5. Oven Interior Light. Turns on when timer is on.

6. 35-Minute Timer. Set timer to desired cooking or defrosting time. Setting the timer starts the oven (when the door is closed).

7. Door Open Bar. Press to open door. Door must be securely latched for oven to operate.

8. Power Level Knob. This knob can be set at LOW/DEF or HIGH.

9. Glass Cooking Tray. Tray must be in place when using the oven. Cooking performance will be unsatisfactory without the tray in place. The tray may be removed for cleaning.

10. Model and Serial Numbers.

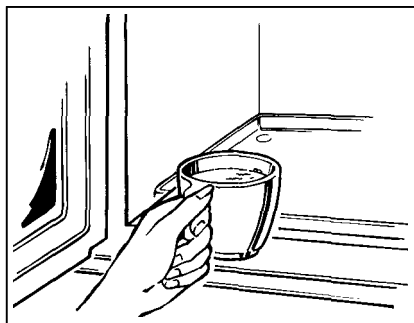
Cooking

The timer allows you to preset the cooking time.

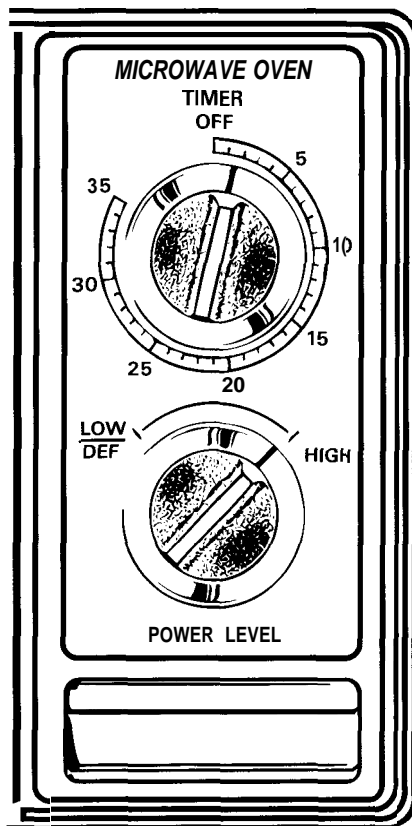
The oven shuts off automatically.

Power Level HIGH is recommended for all cooking and heating.

To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water and add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave safe (refer to Microwaving Tips in the Safety Instructions section). Place cup in oven and close door.



Step 2: Turn Power Level knob to HIGH.

Step 3: Set Timer Control. For coffee, set at 1 1/2 minutes. Timer may be reset during cooking if needed.

Note: To set timer less than 2 minutes, turn the Timer Control past 2 and then back to the desired time.

Step 4: When time is up, the oven sounds, oven light and fan shut off.

Questions and Answers

Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my food wasn't done. What happened?

A. Since house power varies due to time or location, most recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your food a little longer, if necessary.

Q. What happens if I accidentally operate the microwave oven without food in it?

A. Accidental use for short periods of time does not damage the magnetron but it is not recommended.

Q. Can I interrupt the cooking function to check the food?

A. Yes. To resume cooking, simply close the door. The timer must be reset for cooking to resume unless time is remaining on timer.

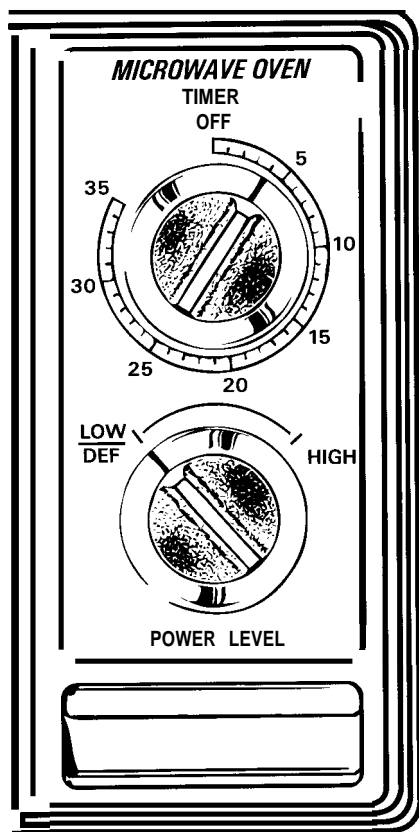
Defrosting

The Defrost setting is designed for speedy thawing of frozen food and is one of the great advantages of a microwave oven.

- Power Level LOW/DEF should be used for defrosting.
- See your Defrosting Guide for defrosting help.

To become better acquainted with the defrost function, defrost frozen pork chops by following the steps below.

Step 1: Place 1-lb. package of frozen chops in the oven and close door.



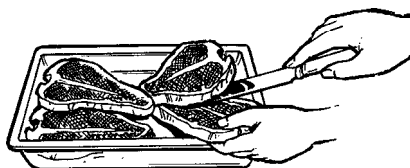
Step 2: Turn Power Level knob to LOW/DEF.

Step 3: Turn Timer Control to one half of the total defrosting time recommended in the Defrosting Guide. Turning the Timer Control starts the oven when the door is closed.

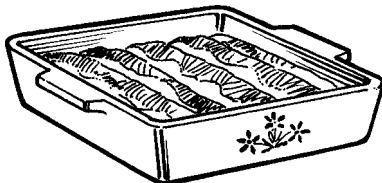
Step 4: When oven turns off, turn package over, close door, and set timer for remaining defrosting time.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.



- For even defrosting, many foods need to be broken up or separated part of the way through the defrosting time.



- Family size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.

- Check the Defrosting Guide for other defrosting tips.

Questions and Answers

Q. When I turn the Timer Control and start the oven, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a Power Level lower than HIGH.

Q. Why don't the defrosting times in the Defrosting Guide seem right for my food?

A. These times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your Defrosting Guide. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

Q. Should all foods be completely thawed before cooking?

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

Q. Can I open the door during defrosting to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door. The oven begins operating if time is left on timer. If not, reset timer.

Glossary of Microwave Terms

When adapting recipes for the microwave, it is best to start with a familiar recipe. Knowing how the food should look and taste will help when adapting recipes for microwaving. Foods that require browning or crisp, dry surfaces will cook better conventionally.

- Moist foods, such as vegetables, fruits, poultry and seafood, microwave well.
- Rich foods, such as bar cookies, moist cakes and candies, are suitable for microwaving because of their high fat and sugar content.
- Reduce conventional cooking time by one-half to one-third. Check food after minimum time to avoid overcooking.
- Small amounts of butter or oil can be used for flavoring, but are not needed to prevent sticking.
- Seasonings may need to be reduced. Salt meats and vegetables after cooking.

Covering. In both conventional and microwave cooking, covers hold in moisture, allow for more even heating and reduce cooking time. Conventionally, partial covering allows excess steam to escape. Venting plastic wrap or covering with wax paper serves the same purpose when microwaving.

Venting. After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Arranging Food in Oven. In conventional baking, you position foods, such as cake layers or potatoes, so hot air can flow around them. When microwaving, you arrange foods in a ring, so that all sides are exposed to microwave energy.

Stirring. In range-top cooking, you stir foods up from the bottom to heat them evenly. When microwaving, you stir cooked portions from the outside to the center. Foods that require constant stirring conventionally will need only occasional stirring when microwaving.

Turning Over. In range-top cooking, you turn over foods, such as hamburgers, so both sides can directly contact the hot pan. When microwaving, turning is often needed during defrosting or when cooking certain foods, such as frozen hamburgers.

Standing Time. In conventional cooking, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.

Shielding. In a conventional oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.

Arcing. Sparks caused by too much metal in the microwave oven or metal touching the side of the oven or foil that is not molded to food.

Prick Foods to Release Pressure. Steam builds up pressure in foods that are tightly covered by a skin or membrane. Prick foods, such as potatoes (as you do conventionally), egg yolks and chicken livers, to prevent bursting.

Rotating. Occasionally, repositioning a dish in the oven helps food cook more evenly. To rotate 1/2 turn, turn the dish until the side that was to the back of the oven is to the front. To rotate 1/4 turn, turn the dish until the side that was to the back of the oven is to the side.

Basic Microwave Guidelines

Density of Food. In both conventional and microwave cooking, dense foods, such as potatoes, take longer to cook than light, porous foods, such as rolls, bread or pieces of cake.

Round Shapes. Since microwaves penetrate foods to about one inch from top, bottom and sides, round shapes and rings cook more evenly. Corners receive more energy and may overcook. This may also happen when cooking conventionally.

Delicacy. Foods with a delicate texture, such as custards, are best cooked at lower power settings to avoid toughening.

Natural Moisture of food affects how it cooks. Very moist foods cook evenly because microwave energy is attracted to water molecules. Food that is uneven in moisture should be covered or allowed to stand so heat can disperse evenly.

Piece Size. Small pieces cook faster than large ones. Pieces that are similar in size and shape cook more evenly. With large pieces of food, reduce the power setting for even cooking.

Shape of Food. In both types of cooking, thin areas cook faster than thick areas. This can be controlled in microwaving by placing thick pieces near the outside edge and thin pieces in the center.

Starting Temperature. Foods taken from the freezer or refrigerator take longer to cook than foods at room temperature. Timings in our recipes are based on the temperatures at which you normally store the foods.

Quantity of Food. In both types of cooking, small amounts usually take less time than large amounts. This is most apparent in microwave cooking, where time is directly related to the number of servings.

Shelf (on models so equipped). Use the shelf to heat more than one dish at one time. Take the shelf out when you are not using it.

Microwave Cookware Guide & Microwave Adapting

Type of Cookware	Microwave Uses
Foil-lined paper bags and boxes Foil baking trays	Avoid using. You can use foil trays that are no higher than 3/4-in. (Foil or metal will reflect microwaves and cause uneven heating.) Arcing can occur if foil is closer than 1 inch to oven walls.
Aluminum foil	Use for shielding.
Metal or partially metal pots, pans, thermometers, skewers and twist ties	Do not use. Microwave-safe thermometers and skewers are available.
Glass jars and bottles	Generally, glass jars can be used to warm food. However, do not heat baby food in jars, even without lids, because food will heat unevenly. Do not warm foods in narrow-necked bottles because pressure can build up.
Microwave plastics	Cooking and heating.
Paper or Styrofoam plates and cups	Heating and serving of foods and beverages. Styrofoam will melt if food is too hot or if food is cooked for a long time.
Oven glass and ceramic	Cooking and heating.
Dinnerware	Heating and some cooking. Follow dinnerware manufacturer's recommendations. Avoid using dishes with metal trim.
Paper towels, paper napkins and wax paper	Absorbing moisture, and preventing spatters. Heating and serving of sandwiches or appetizers. Light covering to hold in steam. Do not use paper towels that have synthetic fibers, such as nylon, woven into them. Synthetic fibers may cause the towel to ignite. Avoid using recycled paper.
Plastic wrap, cooking bags, boil-in bags and storage bags	Covering to hold in steam (wrap). Cooking (cooking and boil-in bags). Heating (storage bags).
Paperboard trays used for frozen entrees and dinners	Cooking and heating.
Plastic trays and plates used for frozen entrees and dinners	Cooking and heating.
Straw, wicker and wood	Warming.

Cookware Tips

- Always check the cookware manufacturer's recommendations before using any cookware in the oven.
- Before purchasing cookware or preparing food in cookware, check its size to make sure it will fit in the oven.
- For best cooking results select a dish that matches the size or amount of food being prepared.

Heating or Reheating Guide

- Directions below are for heating or reheating already-cooked foods stored in refrigerator or at room temperature. Use microwave-safe cookware.
- Cover most foods for fastest heating. Exceptions are some sandwiches, griddle foods and baked items.
- Bubbling around edges of dish is normal, since the center is the last to heat. Foods heated to 160°F. to 165°F. will provide safe,

palatable results. Adjust temperatures to suit your personal taste. Let foods stand a few minutes before serving.

- Be **sure** foods are heated throughout before serving. Steaming or bubbling around edges of dish does not necessarily mean food is heated throughout.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Item	Amount	Time
------	--------	------

Appetizers

Dips: cream or processed cheese	1/2 cup	2½ to 3½ min.
	1 cup	3 to 5 min.
Pastry bites: small pizzas, egg rolls, etc.	2 to 4 servings	2 to 4 min.
Saucy: meatballs, riblets, cocktail franks, etc. (1/2 cup per serving)	1 to 2 servings	1½ to 5 min.
	3 to 4 servings	3 to 7 min.

Tip: Cover saucy appetizers with wax paper. Cover dips with plastic wrap. Microwave pastry bites uncovered to retain their crispness.

Bakery Foods

Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread	1 piece	1/4 to 1/2 min.
	2 pieces	1 to 1½ min.
	4 pieces	1½ to 2 min.
	9-in. cake or 12 rolls or doughnuts	4 to 5 min.
Dinner rolls, muffins	1	1/4 to 1/2 min.
	2	1/2 to 1 min.
	4	1 to 1½ min.
	6 to 8	1 to 2 min.
Pie: fruit, nut or custard 1 slice= 1/8 of 9-in. pie (use minimum time for custard)	1 slice	1/2 to 1 min.
	2 slices	1 to 1½ min.
	4 slices	2½ to 3 min.
	9-in. pie	5 to 7 min.

Beverages

Cocoa, other milk based (6 oz./cup)	1 to 2 cups	3 to 6 min.
	(9 oz./cup)	5 to 7 min.
Coffee, tea, cider (6 oz./cup)	1 to 2 cups	1½ to 3 min.
	(9 oz./cup)	3 to 5 min.

Gravies & Sauces

Desserts: chocolate, butterscotch, etc.	1/2 cup	½ to 2 min.
	1 cup	1 to 3 min.
Gravies: giblet or creamy	1/2 cup	2 to 4 min.
	1 cup	3 to 5 min.
	1/2 cup	2 to 4 min.
Meat or main dish sauces, such as spaghetti sauce, etc.	1 cup	3 to 6 min.
	1 can (16 oz.)	4 to 7 min.

Tip: Cover food to prevent spattering.

Griddle Foods

Pancakes, french toast or waffles: Plain, no topping	2 or 3 pieces	1 to 1½ min.
	Syrup & butter	1 to 1¼ min.

Tip: Do not cover.

(continued next page)

Heating or Reheating Guide (continued)

Item	Amount	Time
Meats and Main Dishes		
Chicken pieces	1 to 2 pieces	2 to 3 min.
	3 to 4 pieces	3 to 4 min.
Hamburgers or meatloaf (4 oz. per serving)	1 to 2 servings	1½ to 2 min.
	3 to 4 servings	2½ to 3½ min.
Hot dogs and sausages	1 to 2	1 to 1¼ min.
	3 to 4	1¼ to 3 min.
Rice and pasta (2/3-3/4 cup per serving)	1 to 2 servings	1 to 3 min.
Saucy, main dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. (3/4-1 cup per serving)	1 to 2 servings	4 to 7 min.
	3 to 4 servings	8 to 12 min.
	1 can (16 oz.)	6 to 8 min.
Steaks, chops, ribs, meat pieces	1 to 2 servings	2½ to 4 min.
	3 to 4 servings	6 to 8 min.
Thinly-sliced meat (3 to 4 oz. per serving)	1 to 2 servings	3 to 5 min.
	3 to 4 servings	5 to 8 min.
Topped or mixed with sauce (2/3-3/4 cup per serving)	1 to 2 servings	4 to 6 min.
	3 to 4 servings	8 to 12 min.
Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with wax paper. When heating or reheating 3 to 4 servings of meat slices or pieces, rotate dish 1/2 turn after half of cooking time.		
Plate of Leftovers		
Meat plus 2 vegetables	1 plate	2½ to 5 min.
Tip: Cover plate of food with wax paper or plastic wrap.		
Sandwiches		
Meat-cheese filling: with 2 slices of bread	1 to 2 servings	2 to 4 min.
	3 to 4 servings	4 to 6 min.
Moist filling: Sloppy Joes, barbecue, ham salad, etc. in bun (1/3 cup per serving)	1 to 2 servings	2 to 4 min.
	3 to 4 servings	4 to 6 min.
Tip: Use paper towel or napkin to cover sandwiches.		
soups		
Milk-based (6 oz. per serving)	1 to 2 servings	4 to 7 min.
	3 to 4 servings	9 to 13 min.
	1 can (10 oz.)	7 to 9 min.
Water-based (6 oz. per serving)	1 to 2 servings	2 to 6 min.
	3 to 4 servings	6 to 10 min.
	1 can (10 oz.)	5 to 6 min.
Tip: Cover soups with wax paper or plastic wrap.		
Vegetables		
Large pieces or whole: asparagus spears, corn on the cob, etc.	1 to 2 servings	1½ to 3 min.
	3 to 4 servings	3 to 6 min.
	1 can (16 oz.)	5 to 6 min.
Mashed (1/2 cup per serving)	1 to 2 servings	2 to 4 min.
	3 to 4 servings	6 to 8 min.
Small pieces: peas, beans, corn, etc (1/2 cup per serving)	1 to 2 servings	1 to 2½ min.
	3 to 4 servings	2½ to 3½ min.
	1 can (16 oz.)	3½ to 4½ min.
Tip: Cover vegetables for most even heating.		

Defrosting Guide

1. Food packaged in paper or plastic maybe defrosted without unwrapping. If food is foil wrapped, remove foil and place food in cooking dish for defrosting.
2. After first half of defrosting time, unwrap package and check food. Turn food over, if necessary; break apart or separate food if possible. Shield any warm areas with small pieces of foil.
3. Be sure large meats are completely defrosted before cooking.
4. When defrosted, food should be cool but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes.

Food	First Half Time, Min.	Second Half Time, Min.	Comments
Breads, Cakes			
Bread, buns or rolls (8 to 16 oz.)	2 to 3	1 to 2	Remove metal twist tie, Turn over after first half of time.
Cake, frosted, 2 to 3 layer (17 oz.)	3 to 5	none	Let stand 5 to 10 minutes before serving.
Cake, plain, 1 layer	2 to 3	none	Let stand 5 minutes before serving.
Cheesecake, plain or fruit-topped (17 to 19 oz.)	3 to 6	none	
Coffee cakes (11 to 14 ³ / ₄ oz.)	6 to 7	none	
Cream or custard pie (14 oz.)	2 to 3	2 to 3	Reposition after first half of time. Let stand 5 minutes before serving.
Crunch cakes & cupcakes	1/2 to 3/4 each	none	
Doughnuts (1 or 2) (4 to 6)	1/2 to 1 1 to 2	none 1 to 2	Rearrange after first half of time.
French toast (2 slices)	2	1	Turn over after first half of time.
Fruit or nut pie (8 in.)	7 to 9	none	
Pound cake (11 ¹ / ₄ oz.)	2 to 4	none	Let stand 5 minutes before serving
Sweet rolls (8 ³ / ₄ to 12 oz.)	2 to 3	2 to 3	Rearrange after first half of time.
Fish & Seafood			
Fillets:			
Pre-packaged (1 lb.)	4 to 5	5 to 7	Place unopened package in oven. (If fish is frozen in water, place in cooking dish.) Turn package over after first half of time. After second half of time, hold under cold water to separate.
Freshly frozen (1 lb.)	4 to 5	5 to 7	
Shellfish, blocks:			
Crab meat (6-oz. package)	2	2	Place block in casserole. Turn over and breakup with fork after first half of time.
Oysters (12-oz. can)	4 to 6	4 to 6	Place block in casserole. Breakup with fork after first half of time.
Scallops (1-lb. package)	4 to 6	4 to 6	Place block in casserole. Turn over and breakup after first half of time.
Shellfish, large:			
Crab legs, 1 to 2 (8 to 10 oz.)	2 to 3	2 to 3	Arrange in cooking dish with light-underside-up. Turn over after first half of time.
Lobster tails, 1 to 2 (6 to 9 oz.)	3 to 4	3 to 4	Arrange in cooking dish, with meaty-side-down. Turn over after first half of time.
Shellfish, small pieces (1 lb.)	3 to 4	3 to 4	Spread shellfish in single layer in baking dish. Rearrange pieces after first half of time.
Steaks (6 to 12 oz.)	2 to 3	none	Let stand a few minutes to finish defrosting.
Whole fish (8 to 10 oz.)	3	2 to 4	Place fish in cooking dish. Turn over after first half of time. After second half of time, rinse cavity with cold water to complete defrosting.

(continued next page)

Defrosting Guide (continued)

Food	First Half Time, Min.	Second Half Time, Min.	Comments
Fruit			
Fresh (10 to 16 oz.)	4 to 5	4 to 5	Place package in oven. Remove foil or metal. After minimum time, break up with fork. Repeat if necessary.
Plastic pouch—1 to 2 (10-oz. package)	3 to 4	4 to 5	Place package in oven. Flex package once.
Meat			
Bacon (1 lb.)	4 to 5 per lb.	4 to 5 per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting.
Franks (1 lb.)	4 to 5	4 to 5	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
Ground: beef & pork (1 lb.)	4 to 5	4 to 5	Turn meat over after first half of time.
(2 lbs.)	8 to 10	8 to 10	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Break up remaining block and microwave 1 to 2 minutes more.
(5 lbs.)	15 to 20	15 to 20	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Microwave 6 to 8 minutes more. Scrape and set aside. Break up remaining block and microwave 3 to 5 minutes more.
Roast: beef, lamb, veal (3 to 4 lbs.)	10 to 15 per lb.	10 to 15 per lb.	Place unwrapped roast in cooking dish. Turn roast over after first half of time. Defrost for second half of time. Let stand for 30 minutes to 1 hour in refrigerator.
Roast, pork (3 to 4 lbs.)	8 to 10 per lb.	8 to 10 per lb.	Place unwrapped roast in cooking dish. Turn roast over after first half of time. Defrost for second half of time. Let stand for 30 minutes to 1 hour in refrigerator.
Sausage, bulk (1-lb. tray)	4 to 5	3 to 4	Turn over after first half of time. Let stand 5 minutes.
(1-lb. roll)	4 to 5	4 to 5	Turn over after first half of time. Let stand 15 minutes.
Sausage, links (1 to 1½ lbs.)	3	2½ to 3½	Rotate package 1/4 turn after first half of time. Let stand 5 minutes.
Sausage, patties (12-oz. package)	3	3 to 4	Turn over and separate after first half of time. Remove patties as they thaw.
Spareribs, pork (2 to 3 lbs.)	5 to 6 per lb.	5 to 16 per lb.	Place unwrapped ribs in cooking dish. Turn over after first half of time. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Steaks, chops & cutlets	6 to 7 per lb.	6 to 7 per lb.	Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Poultry			
Chicken, broiler-fryer, cutup (2½ to 3 lbs.)	9 to 11	9 to 11	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
Chicken, whole (2½ to 3 lbs.)	12 to 15	12 to 15	Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed.
Cornish hen	6 to 8 per lb.	6 to 8 per lb.	Place unwrapped hen in oven breast-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed.
Duckling	6 to 8 per lb.	6 to 8 per lb.	Place unwrapped duckling in oven. Turn over after first half of time. Shield warm areas with foil. Run cool water in cavity until giblets can be removed.
Turkey breast (4 to 6 lbs.)	6 to 8 per lb.	6 to 8 per lb.	Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

Cooking Guide

Breads

Crust on breads will be soft and the outsides will not brown. If desired, sprinkle top of batter with cinnamon-sugar mixture, chopped nuts or other topping for brown color. To increase

brown color on upside down breads, line dish before microwaving with brown sugar-caramel mixture or savory topping, such as crushed, canned, French-fried onion rings.

Food	Container	Cover	Time	Comments
Coffee cakes	8-in. round dish	No	9 to 11 min.	Place batter in greased dish.
Corn bread	8- to 9-in. tube dish*	No	11 to 13 min.	Sprinkle cooking dish with finely chopped, canned, French-fried onions before microwaving. Turn out of pan upside down to serve.
Muffins (1 Muffin) (2 to 4 Muffins) (3 to 6 Muffins)	Paper-lined muffin cups (Do not use foil liners.)	No	1 to 1½ min. 1 to 2½ min. 2½ to 4½ min.	Use microwave-safe muffin container or homemade muffin cups, made by cutting down hot drink paper cups. Some muffins may be done before others. Remove muffins as they are done, and continue cooking remaining muffins a few seconds longer.
Quick breads, from a mix	8- to 9-in. tube dish*	No	9 to 12 min.	When done, toothpick inserted near center will come out clean. Let stand 15 minutes before turning out of dish. Cool.

*If tube dish is unavailable, microwave in 8-in. round dish with drinking glass placed open-end-up in center.

Cakes and Dese-

1. Always use microwave-safe cookware.
2. Before adding measured amount of batter, grease dishes or line them with wax paper. (Do not flour.)
3. Cakes are done when toothpick or long skewer inserted into center comes out clean.
4. Cool cake in dish set directly on heat-proof surface or wooden board 10 to 15 minutes before inverting.
5. Crust on cakes will be soft. If cake is to be frosted, refrigerate cake for an hour to firm exterior surface.
6. Chiffon and angel food cakes are not recommended for microwaving.

Food	Container	Cover	Time	Comments
Baked apples or pears	Microwave-safe dish or casserole	Lid or plastic wrap	2 to 4 min. per piece	Pierce fruit or peel to prevent bursting. Core and fill center of apple with 2 tablespoons sugar, 1 teaspoon butter and 1/8 teaspoon cinnamon. Add 2 tablespoons water for each piece of fruit.
Bar cookies	8-in. round baking dish	No	10 to 13 min.	Grease dish before adding batter. Cut when cool.
Commercial mix 18 to 20 oz.	8-in. round dish	No	2 min. 5 to 7 min.	Grease dish before adding batter. Let stand 5 to 10 minutes to cool before inverting.
Cupcakes—(6)	Paper-lined cupcaker	No	3 to 4 min.	When cooking several cupcakes, some will be done before others. Remove cupcakes as they are done and continue cooking the rest a few seconds longer.
Pineapple upside down cake	8-in. round dish	No	10 to 12 min.	When done, toothpick inserted in center comes out clean. Invert cake onto plate; let dish stand over cake a few minutes.

(continued next page)

Cooking Guide (continued)

Candies

1. Always use microwave-safe cookware. For easy clean-up, melt chocolate in paper wrappers seam side up, or place chocolate in paper bowl to melt.
2. Candies which are boiled become very hot; handle cooking container carefully.

Food	Container	Cover	Time	Comments
Caramel apples	2-cup measure or 1-qt. casserole	No	2 to 3 min.	Unwrap half of a 14-oz. package of caramels into measuring cup. Add 1 tablespoon water. Microwave, stirring every minute. Dip 4 apples into mixture.
Chocolate bark	1½-qt. casserole or bowl	Yes	2 to 2½ min.	Place 12 oz. semi-sweet chocolate pieces in container. Microwave to melt. Add 1 cup whole toasted almonds. Spread over wax paper on cookie sheet. Chill until firm.
Marshmallow crisp	Large glass bowl	Yes	1 min. to melt butter, 2½ to 3½ min. to melt marshmallows	In large glass bowl, melt ¼ cup butter. Add 10-OZ. package marshmallows, cover with wax paper and microwave to melt. Stir in 5 cups crispy rice cereal. Press firmly into buttered 2-qt. oblong glass dish.
S'Mores	Paper napkin or paper plate	No	15 to 25 seconds	Cover graham cracker with chocolate and marshmallow.

Cereal and Rice

1. Always use microwave-safe cookware.
2. For minute rice, use the same amount of water needed for conventional boiling. Add regular amount of salt.
3. Cover rice while microwaving. When using plastic wrap, turn back one corner to vent.
4. Stir or rearrange after half of cooking time.
5. Microwave time and conventional boiling time are about the same.

Food	Container	Cover	Time	Comments
Oatmeal, old fashioned	1-qt. casserole or bowl	No	3 to 5 min. per serving	Increase casserole size for more than one serving. Increase time about 1½ minutes for each additional serving you are cooking. Stir after half of cooking time.
Rice, minute (1½ cups)	2-qt. casserole	Lid or plastic wrap	6 to 7 min.	Add 1 ½ cups water. Stir after 4 minutes.

Note: To microwave single-serving packet of instant oatmeal, follow package directions for amount of water and microwave at High for 1/2 to 1 minute.

Cheese and Eggs

1. Eggs may be prepared many ways in the microwave oven. Always pierce whole yolks before microwaving to prevent bursting.
2. Never cook eggs in the shell. Do not reheat hard cooked eggs in the shell. They will explode.
3. Cook eggs just until set. They are delicate and will toughen if overcooked.

Food	Container	Cover	Time	Comments
Cheese				
Fondue	2-qt. casserole	Cover or plastic wrap	To make sauce 5 to 7 min. 6 to 8 min.	Make Basic White Sauce, substituting wine for milk. Add cheese and microwave at High for 6 to 8 minutes, whisking every 2 minutes.
Eggs				
Basic eggs	Buttered custard cup	Plastic wrap	1 to 1 ¼ min. per egg	Puncture membrane of yolk to prevent bursting.
Omelet	9-in. pie plate	No	Melt butter 1 min. 7 to 9 min.	Sprinkle cheese over omelet. Microwave 1/2 to 1 minute until cheese is slightly melted.
Poached eggs (4 maximum)	1½-qt. casserole	Casserole cover	6 to 8 min. Boil 2 cups water. 1/2 to 1 ½ min. per egg	Heat 2 cups hot tap water 5 to 6 minutes on High. Break eggs onto plate, puncture membrane. Swirl boiling water with spoon, slip in eggs gently. Cover. Microwave at High 1/2 to 1 min. per egg. Let stand in water a few minutes.
Quiche	9-in. pie plate	No	8 to 10 min.	Pour filling into precooked shell.
Scrambled	Glass measuring cup or casserole.	No	3/4 to 1½ min. per egg	Scramble eggs with 1 teaspoon butter and 1 tablespoon milk per egg. Place in oven and microwave for half of total time. Stir set portions from the outside to the center. Let stand 1 or 2 minutes to finish cooking

Fish and Seafood

1. Fish is done when it flakes easily when tested with a fork. Center may still be slightly translucent, but will continue cooking as fish stands a few minutes after cooking.
2. Cook fish with or without sauce. A tight cover steams fish. Use a lighter cover of wax paper or paper towel for less steaming.
3. Do not overcook fish. Check at minimum time.

Food	Container	Cover	Time	Comments
Fillets or steaks (1 lb.)	Round dish	Wax paper or plastic wrap	5 to 7 min.	Microwave until fish flakes easily. Turn steaks over after half of cooking time.
Shrimp—1 lb. (peeled)	Pie plate	Plastic wrap	4 to 7 min.	Brush with garlic butter before cooking. Rearrange after 4 minutes.
Shrimp—1 lb. (unpeeled)	2-qt. casserole	Lid or plastic wrap	4 to 7 min.	Place shrimp in casserole. Add 2 cups hottest tap water. Cover. Stir after 5 minutes.

(continued next page)

Cooking Guide (continued)

Gravies & Sauces

1. Cover thick, chunky sauces to prevent spattering.
2. Whisk sauces vigorously with wire whisk once or twice while microwaving.
3. Vary basic white sauce by adding cheese, egg yolks, cream, wine or herbs.

Food	Container	Cover	Time	Comments
Gravies and sauces thickened with flour or cornstarch (1 cup)	Casserole	No	5½ to 6½ min.	Microwave fat, flour and salt together to melt and blend. Whisk in liquid and finish cooking. Increase time 1 to 2 minutes per additional cup of sauce.
Melted butter sauces, clarified butter (1/2 cup)	Glass measure	No	1 to 2 min.	Microwave butter just to melting. For clarified butter, bring to boiling then let stand until layers separate. Pour off and use clear, top layer.
Thick spaghetti, barbecue or sweet/sour sauces (2 cups)	Casserole	Yes	5 to 7 min.	Prepare as directed in recipe. Microwave, stirring after half of cooking time. Let stand 5 to 10 minutes to develop flavor.
Thin, liquid sauces (Au jus, clam, etc.) (1 cup)	Casserole	No	6 to 8 min.	Add flour-water mixture to heated ingredients. Stir well and microwave to finish.

Meats

1. Always use a cooking bag when cooking beef, lamb, pork or veal roasts. See package instructions for proper use of cooking bag.
2. After enclosing roast in cooking bag, place in microwave-safe dish.
3. Allow about 10 minutes standing time for most roasts before carving.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Food	Container	Cover	Time	Comments
Beef				
Ground, crumbled (for casseroles or soup) (1 lb.) (1½ lbs.)	Casserole	No	5 to 7 min. 7 to 9 min.	Stir after half of cooking time. Add sauce or casserole ingredients and finish. To cook frozen block, microwave 10 to 15 minutes, breaking up and stirring every 5 minutes. Let stand 5 minutes.
Meatballs (1 lb.) (2 lb.)	Round dish	Wax paper or plastic wrap	6 to 8 min. 9 to 12 min.	Arrange ¾ to 1 in. apart in circle around edge of dish.
Meatloaf (Round loaf)	Pie plate	Plastic wrap	26 to 29 min.	Make a well between the edge of meat mixture and dish to eliminate spill-over of juices during cooking. Let stand 10 minutes after cooking.
Patties (4 patties per lb.) 1 to 2 patties 3 to 4 patties	Ceramic dinner plate	Wax paper	2 to 4 min. 5 to 7 min.	Cover with wax paper or cook uncovered and turn patties over. If desired add browning sauce.

Meats (continued)

Food	Container	Cover	Time (or Internal Temp.)	Comments		
Beef (continued)						
Pot roasts (upto 3 lbs.)	Pie plate	Cooking bag	22 to 25 min. per lb.	Add 1/2 cup water to cooking bag. Turn over after half of time. Add vegetables if desired after half of cooking time. Recover and finish.		
Tender roasts (rib, high quality rump, sirloin tip)	Pie plate	Cooking bag	Minutes per lb. Internal Temp. (°F.)	Turn roasts over after half of cooking time. Let meat stand 10 minutes before carving.		
			Rare		10 to 12	140°
			Medium		13 to 16	160°
			Well		16 to 19	170°
Lamb						
Roast, leg or shoulder	Pie plate	Cooking bag	Minutes per lb. Internal Temp. (°F.)	Place roast fat-side-down in microwave-safe dish. Turn over after half of cooking time. Let roast stand 10 minutes before carving.		
		Medium	18 to 22		160°	
		Well	24 to 28		170°	
Chops & cutlets (1 in. thick) 4 chops	Round dish	No	8 to 10 min.	Brush chops lightly with oil. Turn meat over after half of cooking time.		
Pork						
Bacon (per slice)	Microwave-safe plate	Paper towel	3/4 to 1 min.	Arrange in single layer on paper towels. Cover with a paper towel.		
Canadian bacon 2 slices 4 slices 6 slices	Microwave-safe cookware	Wax paper	1 to 1 1/2 min.	Arrange in single layer.		
			2 to 2 1/2 min.			
			2 1/2 to 3 min.			
Ham, precooked: canned	Pie plate	Cooking bag	15 to 19 min. per lb.	Place fat-side-down in dish. Turn ham over after half of cooking time.		
Ham, slices & steaks (1 to 2 in. thick)	Round dish	Wax paper	18 to 27 min.	Turn over after 10 minutes.		
Pork chops: 3/4 in. 2 4	Microwave-safe cookware	Plastic wrap	15 to 18 min.	Brush with barbecue sauce or browning agent, if desired. Turn over after half of cooking time. Let stand covered 5 to 10 minutes before serving.		
			18 to 20 min.			
Pork roast	Pie plate	Cooking bag	15 to 18 min. per lb.	Turn roast over after half of cooking time. Microwave to an internal temperature of 170°F.		
Pork sausage raw (link)	Microwave-safe cookware	Wax paper	1 to 1 1/2 min. per link	Arrange in single layer. If cooking 6 or more links, rearrange after half of cooking time.		
Pork sausage raw (1/2 lb.: 4 patties)	Microwave-safe cookware	Wax paper	5 to 7 min.	Arrange in single layer. Turn over after half of cooking time.		

(continued next page)

Cooking Guide (continued)

Meats (continued)

Food	Container	Cover	Time	Comments
Veal				
Chops (1 in. thick) 4 chops	Round dish	No	8 to 10 min.	Brush chops lightly with oil. Turn meat over after half of cooking time.
Roast (shoulder)	2-qt. oblong dish	Cooking bag	18 to 22 min. per lb.	Place roast fat- or cut-side-down. Turn over after half of cooking time. Let roast stand 10 minutes before carving. Slice thinly.

Poultry

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

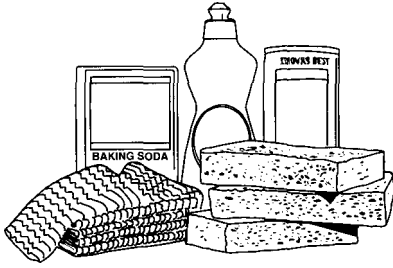
Food	Container	Cover	Time	Comments
Chicken				
Pieces	Plate or round dish	Wax paper	2 to 2½ min. per piece	Arrange in single layer in cooking dish so thickest meaty pieces are to outside edges of dish. Turn pieces over and rearrange after half of cooking time.
Whole (unstuffed)	Round dish	Cooking bag	10 to 12 min. per lb.	Slit bag near closure to vent. Close securely with plastic tie. Cook breast-side-down . Turn over after half of cooking time. Cook to 190°F. internal temp. Let stand 5 to 10 minutes.
(stuffed)	Round dish	Cooking bag	17 to 20 min. per lb.	
Cornish Hens				
Halves	Round dish	Wax paper	11 to 13 min. per lb.	Arrange skin-side-up in dish, on bed of stuffing, if desired.
Whole (stuffed or unstuffed)	Round dish	Wax paper	9 to 11 min. per lb.	Place breast-side-down in dish. Turn over after half of cooking time. Shield tips of wings and legs with foil.

Vegetables

1. Always use microwave-safe cookware.
2. Salt vegetables after cooking. Salting before cooking may cause darkening and dehydration of surface.
3. Arrange vegetables, such as asparagus, with the thickest pieces to the outside of the dish.
4. Cover vegetables when cooking. If using plastic wrap, turn back one corner to vent.
5. Larger vegetable pieces will take longer to cook than smaller pieces.
6. For more even heating, stir, rearrange or rotate vegetables during cooking.

Food	Container	Cover	Time	Comments
Fresh				
Slices, pieces (1 lb.) (2 lbs.)	Casserole	Yes	10 to 20 min. 15 to 25 min.	Add 1/4 to 1/2 cup water.
Whole, halves or large or starchy vegetables (winter squash, cauliflower, etc.)	Casserole or square dish	Yes	10 to 20 min.	Add 1/2 cup water to cauliflower. Winter squash needs no water. Turn vegetables over after half of time.
Watery (tomatoes, summer squash) (1 lb.) (2 lbs.)	Casserole	Yes	8 to 12 min. 13 to 17 min.	Cut in pieces or halves. No additional water is needed.
Potatoes (6 to 8 oz. each)	No	No	1 2 3 4 4 to 6 min. 8 to 10 min. 12 to 15 min. 15 to 20 min.	Prick skin before cooking. Position potatoes in star pattern on glass cooking tray. After cooking, wrap in foil and allow to stand for 5 minutes before serving.
Corn on the cob 1 2 3 4	No	Husk or plastic wrap	5 to 7 min. 7 to 10 min. 13 to 16 min. 16 to 18 min.	For convenience and freshest flavor, microwave corn in husk. Position corn in star pattern on glass cooking tray.
Frozen				
Package (10 oz.)	Casserole	Yes	8 to 11 min.	Add 1 tablespoon water. Stir after half of time.
Pouch (10 oz.)	Plate	No	7 to 9 min.	Pierce pouch before cooking. Stir before serving.
Corn on the cob (4 ears)	Casserole	Plastic wrap	10 to 12 min.	Follow package instructions. Place on glass cooking tray in star pattern.
Blanching fresh vegetables for freezing	Casserole	Yes	5 to 10 min.	Blanch 1 pound or 1 quart vegetables at a time. Place in 1 or 2 qt. casserole with 1/4 to 1/2 cup water. Cool drained blanched vegetables immediately by plunging in container of ice water.

Care and Cleaning



Your new microwave oven is a valuable appliance. Protect it from misuse by following these rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps air out the inside. An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.
- Don't use sharp-edged utensils with your oven. The inside and outside oven walls can be scratched and the control panel can be damaged.

BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

How to Clean the Inside

Walls, floor and mode cover.

Some spatters can be removed with a paper towel, while others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth.

Do not use abrasive cleaners on oven walls. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door (inside). Window: Wipe up spatters daily and wash when soiled with a damp cloth. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. **DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL MAR THE SURFACE.**

Glass cooking tray. Occasionally it is necessary to remove the cooking tray for cleaning of the tray or oven. To prevent breakage, do not place tray into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The tray can be broken if dropped.

Remember, do not operate the oven without the cooking tray in place.

Special note when using

Brown 'N Sear dish: If grease is present, high heat generated on bottom of a Brown 'N Sear dish may cause the grease to burn onto the oven floor. This may be removed with a cleanser such as Bon Ami® brand cleanser.

After using Bon Ami® brand cleanser, rinse and dry thoroughly, following instructions on can. Do not use Bon Ami® brand cleanser on the painted surfaces such as the walls. It may scratch the paint.

How to Clean the Outside “

Case. Clean the outside of your oven with soap and a damp cloth, rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

Control Panel. Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it.

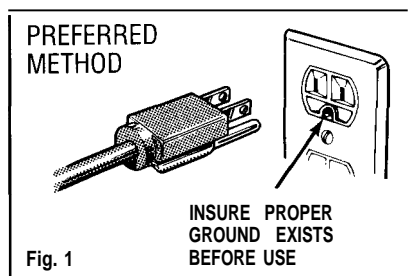
Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

Power Cord. If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

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 power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. (Fig. 1)

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



Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

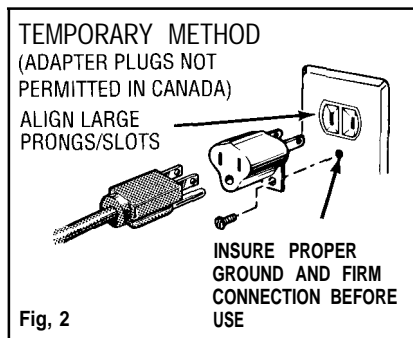
Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

Use of Adapter Plugs

Usage situations where appliance's power cord will be disconnected infrequently.

Because of potential safety hazards under certain conditions, we **strongly recommend against the use of an adapter plug**. However, if you still elect to use an adapter, where local codes permit, a **TEMPORARY CONNECTION** may be made to a properly grounded two-prong wall receptacle by the use of a UL listed adapter (Fig. 2) which is available at most local hardware stores.



The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

Caution: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring. You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to break with repeated use. Should this happen, **DO NOT USE** the appliance until a proper ground has again been established.

Usage situations where appliance's power cord will be disconnected frequently.

Do not use an adapter plug in these situations because disconnecting of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the two-prong wall receptacle replaced with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.

Use of Extension Cords

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer cords sets or extension cords are available and may be used if care is exercised in their use.

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.

If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.



Questions? Use This Problem Solver

PROBLEM	POSSIBLE CAUSE
OVEN WILL NOT COME ON	<ul style="list-style-type: none">• A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.• Make sure 3-prong plug on oven is fully inserted into wall receptacle.• Door not securely closed.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	<ul style="list-style-type: none">• Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Set additional cooking time for completion.• Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cooking Guide or recipe for instructions.

All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

If you need more help...call, toll free: GE Answer Center® /800.626.2000/ consumer information service -

Notes

Notes

We'll Be There

With the purchase of your new GE appliance, receive the assurance that if you ever need information or assistance from GE, we'll be there. All you have to do is call-toll-free!



In-Home Repair Service

800-GE-CARES (800-432-2737)

AGE consumer service professional will provide expert repair service, scheduled at a time that's convenient for you. Many GE Consumer Service company-operated locations offer you service today or tomorrow, or at your convenience (7:00 a.m. to 7:00 p.m. weekdays, 9:00 a.m. to 2:00 p.m. Saturdays). Our factory-trained technicians know your appliance inside and out—so most repairs can be handled in just one visit.



Service Contracts

800-626-2224

You can have the secure feeling that GE Consumer Service will still be there after your warranty expires. Purchase a GE contract while your warranty is still in effect and you'll receive a substantial discount. With a multiple-year contract, you're assured of future service at today's prices.

Parts and Accessories

800-626-2002

Individuals qualified to service their own appliances can have needed parts or accessories sent directly to their home. The GE parts system provides access to over 47,000 parts... and all GE Genuine Renewal Parts are fully warranted. VISA, MasterCard and Discover cards are accepted.

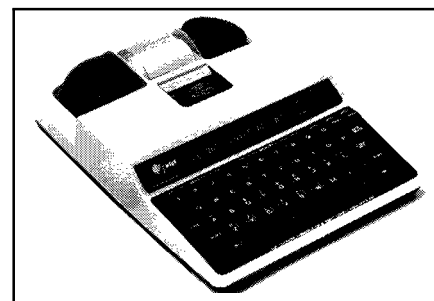
User maintenance instructions contained in this booklet cover procedures intended to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.



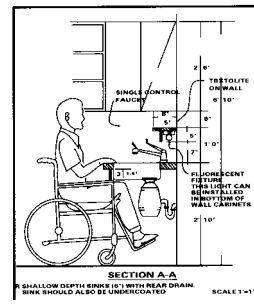
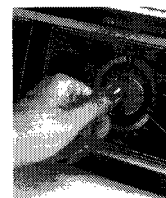
GE Answer Center®

800.626.2000

Whatever your question about any GE major appliance, GE Answer Center® information service is available to help. Your call—and your question—will be answered promptly and courteously. And you can call any time. GE Answer Center® service is open 24 hours a day, 7 days a week.



Telecommunication Device for the Deaf



For Customers With Special Needs...

800.626.2000

Upon request, GE will provide Braille controls for a variety of GE appliance! and a brochure to assist in planning a barrier-free kitchen for persons with limited mobility. To obtain these items free of charge, call 800.626.2000.

Consumers with impaired hearing or speech who have access to a TDD or a conventional teletypewriter may call 800-TDD-GEAC (800-833-4322) to request information or service.

YOUR GE MICROWAVE OVEN WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

LIMITED ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor to repair or replace **any part of the microwave oven** that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement **magnetron tube** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

For each of the above warranties: To avoid any trip charges, you must take the microwave oven to a General Electric Factory Service Center or a General Electric Customer Care[®] servicer and pick it up following service. In-home service is also available, but you must pay for the service technician's travel costs to your home.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care[®] servicers during normal working hours.

Should your appliance need service, during warranty period or beyond, call 800-GE-CARES (800-432-2737).

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

GE Answer Center[®]
800.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, gas, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.

- Failure of the product if it is used for other than its intended purpose or used commercially.

- Damage to product caused by accident, fire, floods or acts of God.
- WARRANTOR IS NOT RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

**If further help is needed concerning this warranty, write:
Manager—Consumer Affairs, GE Appliances, Louisville, KY 40225**

Part No. 164 D2588P076
Pub. No. 49-8273

JES41W