



Use and Care Guide

Microwave/Convection Oven



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More questions ?...call	
GE Answer Center[®] 800.626.2000	



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Models: **JVM190K**
JVM192K
JVM193K

Microwave power output of this oven is 750 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 on the left side wall of the control panel seen when the door is open.

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

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.



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.

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:

- **Read and follow** the specific "Precautions to Avoid Possible Exposure to Excessive Microwave Energy" above.
- **This appliance must be grounded.** Connect only to properly grounded outlet. See Grounding Instructions section.
- **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/convection oven is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.

- **This over-the-range oven was designed for use over ranges no wider than 42 inches.** It may be installed over both gas and electric cooking equipment.
- **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.**
- **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, near a swimming pool or near a sink.
- **Do not store anything directly on top of the microwave oven surface when the oven is in operation.**
- **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 your 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:**
 - 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)

- Remove wire twist-ties from paper or plastic bags before placing bags in oven.
- Do not use your microwave/convection oven to dry newspapers.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- 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 overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Do not operate the oven in microwave or combination modes 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 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.

- Do not store any materials, other than our recommended accessories, in this oven when not in use.
- 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 may be 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 (other than metal shelf) at least 1 inch away from sides of oven.
- Do not cover the shelf or any other part of the oven with metal foil. This will cause overheating of the microwave/convection oven.



- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- Sometimes, the oven floor and walls can become too hot to touch. Be careful touching the floor and walls 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.

- When using the convection or combination cooking functions, both the outside and inside of the oven will become hot. Always use hot pads to remove containers of food and accessories such as broiler pan, metal accessory rack and temperature probe.
- Oversized food or oversized metal cookware should not be used in a microwave/convection oven because they increase the risk of electric shock and could cause a fire.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving risk of electric shock.
- Do not use paper products when the microwave/convection oven is operated in the convection or combination mode.

- Thermometer—Do not use regular cooking or oven thermometers when cooking by microwave or combination. The metal and mercury in these thermometers could cause "arcing" and possible damage to the oven. Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.
- Remove the temperature probe from the oven when not using it to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven, damage oven walls and damage the temperature probe.



- **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 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.

- **Some products such as whole eggs and sealed containers**—for example, closed glass 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.

- **"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.

- **Use of the shelf accessory.**

- Remove the shelf from oven when not in use.
- Do not store or cook with shelf on floor of oven. Product damage may result.
- Use pot holders when handling the shelf and cookware. They may be hot.
- Do not use microwave browning dish on shelf. The shelf could overheat.
- Use the shelf only when cooking on two levels.
- Be sure that the shelf is positioned properly inside the oven to prevent product damage. Use of shelf with Auto Cook, Auto Reheat or Popcorn feature is not recommended (see the Auto Cook, Auto Reheat or Popcorn sections).
- Do not use the drip pan or spatter shield while microwaving.



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IMPORTANT SAFETY INSTRUCTIONS

(continued)

The Exhaust Hood

- Have it installed and properly grounded by a qualified installer. See the special installation booklet packed with the microwave oven.

- The exhaust fan in the oven will operate automatically under certain conditions (see Automatic Fan Feature). While the fan is operating, caution is required to prevent the starting and spreading of accidental cooking fires while the exhaust fan is in use. For this reason:

- Never leave surface units unattended at high heat settings. Boilover causes smoking and greasy spillovers that may ignite and spread if exhaust fan is operating. To minimize automatic fan operation, use adequate sized cookware use high heat only when necessary.



- In the event of a grease fire, smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.

- Clean the vent hood often. Do not allow grease to build up on the hood or the filter.

- Use care when cleaning the vent hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.

- When flaming foods under the hood, turn the fan off. The fan, if operating, may spread the flame.

SAVE THESE INSTRUCTIONS

Optional Accessories

and Available at extra cost from your GE supplier.

JX40WH Filler Panel Kit (for model JVM192K).

JX41 Filler Panel Kit (for model JVM190K).

JX81 Charcoal Filter Kit for non-vented installation.

This microwave oven is UL listed for installation over electric and gas ranges.

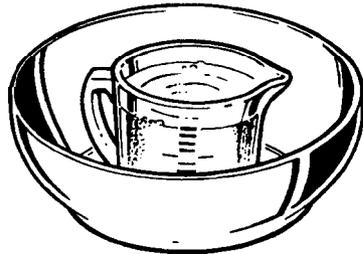
MICROWAVING TIPS



- **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 of 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 Cookbook supplied.
- **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.

AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven may, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

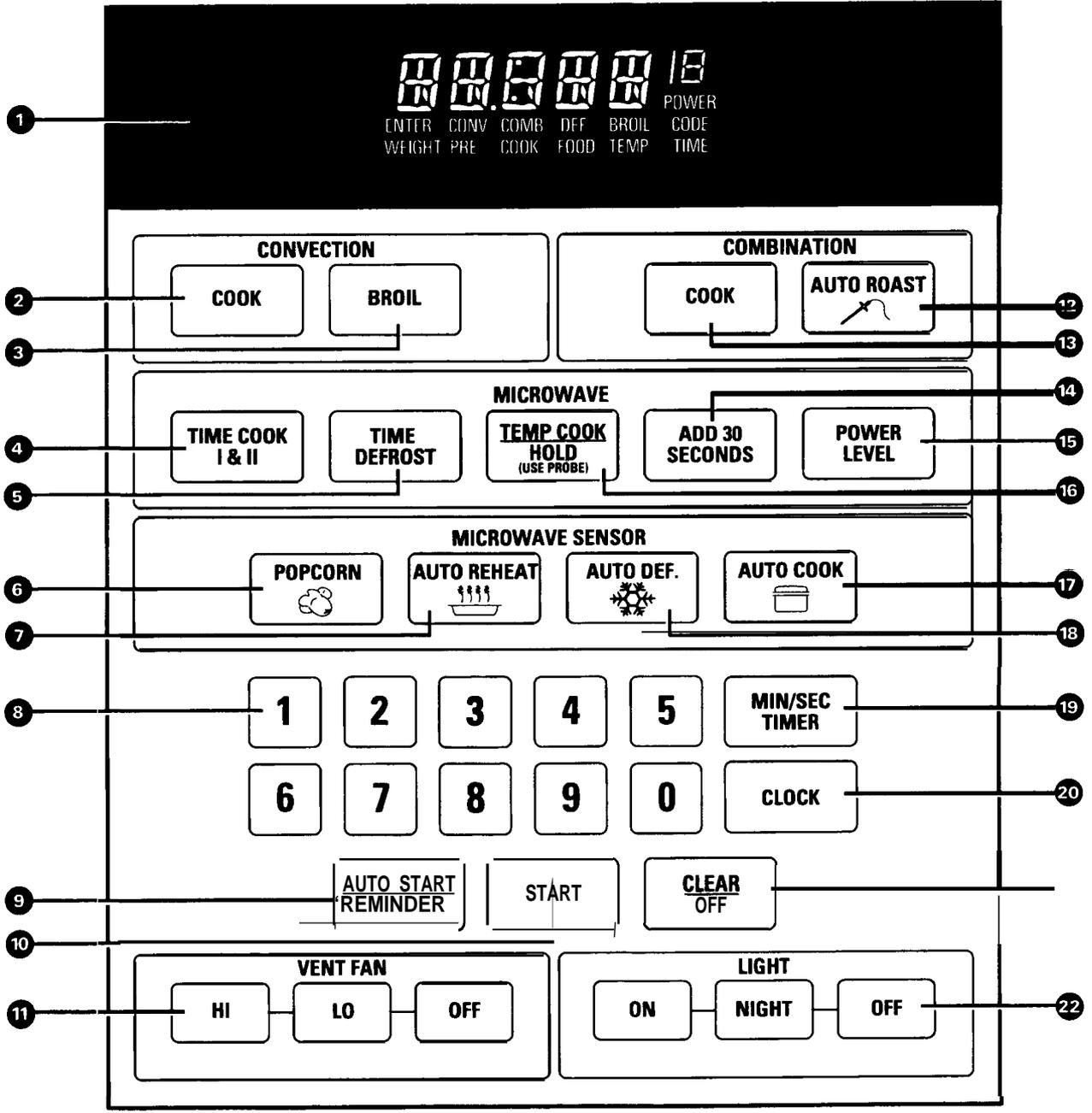
To prevent overheating from taking place, the exhaust fan is designed to automatically turn on at a low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.



YOUR TOUCH CONTROL PANEL

The touch control panel allows you to set the oven controls with the touch of a finger. It's designed to be easy to use and understand. With your new oven, you have several cooking options. In addition to microwave or convection cooking, you have combination cooking, which uses both methods. Also automatic microwave cooking (Auto Cook) and automatic microwave defrosting (Auto Defrost), and automatic combination temperature cooking (Auto Roast). Or you may make your own programs to suit your own cooking needs.

- 1. DISPLAY.** Displays time of day, time or temperature during cooking functions, doneness code words, preheat code words, power level being used, cooking mode and instructions.
- 2. CONVECTION COOK.** When convection cooking, touch this pad before entering desired oven time and temperature.
- 3. CONVECTION BROIL.** Touch this pad for broiling. Be sure to use spatter shield and broil pan.
- 4. TIME COOK I & II.** Microwave for a preset amount of time using automatic power level 10 or change power level after setting time.
- 5. TIME DEFROST.** Gentle thawing at automatic power level 3, or change power level after entering time.
- 6. POPCORN.** Touch this pad, then **START** to cook prepackaged microwave popcorn weighing 3.0 to 3.7 ounces.
- 7. AUTO REHEAT.** Touch this pad, then **START** for quick reheating of prepared foods.
- 8. NUMBER PADS.** Touch these pads to enter time of day or cooking time, internal food temperature when using probe, oven temperature, power level, cooking codes, food weights and broil code.
- 9. AUTO START/REMINDER.** Allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay. The Reminder feature can be used like an alarm clock.
- 10. START.** Touch this pad to begin any function.
- 11. VENT FAN.** Touch **HIGH**, **LO** or **OFF** for fan speed.
- 12. COMBINATION AUTO ROAST.** Touch this pad and roast by using a combination of microwave speed and convection browning.
- 13. COMBINATION COOK.** Touch this pad to either cook by time or internal food temperature with microwave speed and convection browning alternating during the cooking cycle.
- 14. ADD 30 SECONDS.** Press this pad to add 30 seconds to the cook time as it's counting down.
- 15. POWER LEVEL.** Touch this pad before entering another power level number if you want to change from automatic power level 10 (High) for cooking or power level 3 (Low) for defrosting.
- 16. TEMP COOK/HOLD.** Use the temperature probe to cook by using a preset temperature. When internal food temperature reaches 90°F., oven shows temperature until preset temperature is reached and holds temperature for up to one hour.
- 17. AUTO COOK.** Touch this pad and then number pad for desired code number, and oven automatically microwaves at pre-programmed power levels and determines the proper amount of cooking time until the food is done and oven shuts off.
- 18. AUTO DEFROST.** Touch this pad, then code number and food weight. The oven automatically sets power levels and defrosting time.
- 19. MIN/SEC TIMER.** This features uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking.
- 20. CLOCK.** Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch **CLOCK** pad and then enter time of day. For example, if time is 1:30, touch number pads 1,3, and **O** and "1:30" will appear in display. Then touch **START** or **CLOCK**. If you wish to reset or change time, simply repeat above process.
- 21. CLEAR/OFF.** When touched, it stops the oven and erases all settings except time of day.
- 22. LIGHT.** Touch **ON** to turn on hood light. Touch **NIGHT** to turn on night light.



Your Touch Control Panel

When You Plug in the Oven

The panel displays five 8's on the upper portion and all of the oven functions on the lower portion. After 15 seconds, all lights disappear and "RESET" appears in the upper portion. Touch the CLEAR/OFF pad, set the clock and oven is ready for use.

If power is disrupted at any time, the above sequence recurs, and You must reset clock after touching the CLEAR/OFF pad.

Temperature Probe

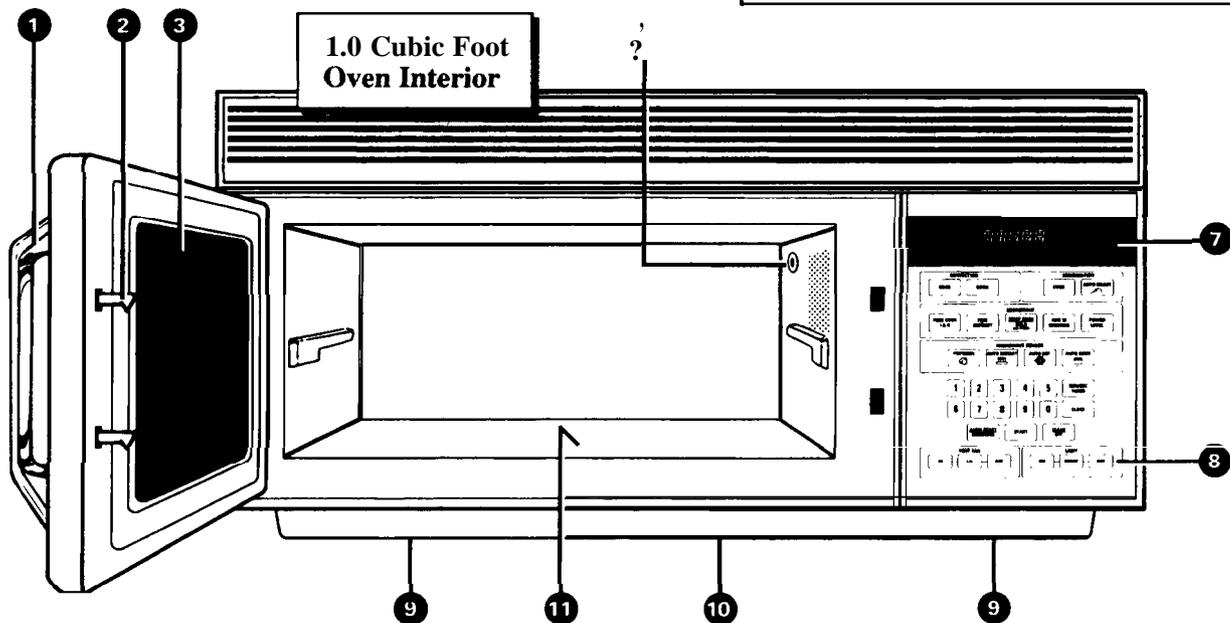
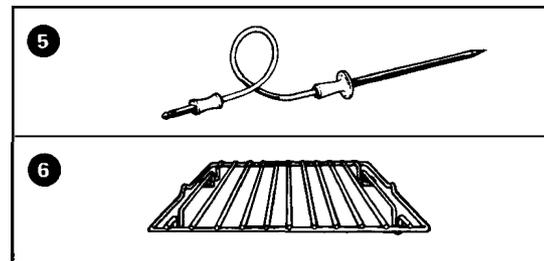
- 'PROBE'** Appears in the Display
- Probe has been forgotten when Combination Auto Roast or Temp Cook/Hold function is being used.
 - Probe is not securely seated in oven wall receptacle.
 - Probe left in oven wall receptacle and you programmed a function that doesn't need the probe.



FEATURES OF YOUR OVEN

Cooking Complete Reminder (For all defrost and cook cycles except Temp Cook/Hold)

To remind you that you have food in the oven, the oven will display "End" and beep once a minute until you either open the oven door or touch the CLEAR/OFF pad.



This is to certify that this unit has been tested in conformance with AMCA Bulletin No. 210.	C.F.M. at 0.10 WG 234 Vert. 239 Her.	SONES 6.0 Vert. 6.3 Her.
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- 1. **Door Handle.** Pull to open door. Door must be securely latched for oven to operate.
 - 2. **Door Latches.**
 - 3. **Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in oven.
 - 4. **Receptacle for Temperature Probe.** Probe must be securely inserted into receptacle before oven will start any temperature or Auto Roast cooking.
 - 5. **Temperature Probe.** Probe measures internal food temperature. The probe must be used when cooking by temperature in microwave, convection or combination modes.
 - 6. **Shelf.** The metal shelf must be in place on the oven floor when using convection or combination cooking. Remove the shelf when microwave-only cooking.
 - 7. **Touch Control Panel and Digital Display.** For detailed information on each feature, see Your Touch Control Panel section.
 - 8. **Hood Controls.**
Fan. Press HI, LO or OFF.
Light. Press ON, NIGHT or OFF.
 - 9. **Grease Filters.**
 - 10. **Cooktop Light.**
 - 11. **Oven Floor.**
 - 12. **Broiler Pan.** Consists of a drip pan and a spatter shield. See Convection Broiling section for instructions.
- NOTE:** Oven light and oven vent(s) are located on the inside walls of the microwave oven. Rating plate is located on the left side wall of the control panel seen when the door is open.

WHAT YOUR OVEN CAN DO



Cooking with your new oven offers a wide variety of food preparation options. Microwave cooking uses very short, high frequency radio waves. The movement of the microwaves through the food generates heat and cooks most foods faster than regular methods, while retaining their natural texture and moisture. Microwave **cooking** heats food directly, not the cookware or the interior of the oven. Reheating is easy and defrosting is particularly convenient because less time is spent in food preparation.

Convection cooking constantly circulates heated air around the food, creating even browning and **sealed-in** flavor by the constant motion of hot air over the food surfaces.

Your new oven also offers the option of combination cooking, using microwave energy along with convection cooking. You cook with speed and accuracy, while browning and crisping to perfection.

You can use microwave cooking, convection cooking or combination cooking to cook by time. Simply preset the length of cooking time desired and your oven turns off automatically. Or you can cook by temperature, by these methods, using the temperature probe to determine the doneness by the internal temperature of the food. This method takes the guesswork out of cooking, shutting the oven off automatically when the food reaches the desired temperature.

The Automatic Cooking Control (Auto Cook) feature does your microwave cooking for you. It's easy and convenient—just follow the step-by-step instructions in this manual. A sensor detects steam from the food and automatically adjusts cooking time and power level for best results.

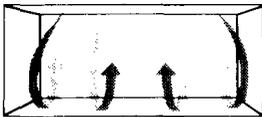
Combination Auto Roast is a cooking function that uses the temperature probe. You simply select from 4 Combination Auto Roast codes, and the oven automatically adjusts power level, oven temperature and internal food temperature to cook the food the way you want it.

Auto Defrost automatically sets the defrosting time and power levels for you. You choose the appropriate code number from 1 to 6 for the food you are defrosting, then enter the food weight in pounds and tenths of a pound and touch the START pad. The oven calculates the defrosting time and changes power levels during defrosting to give even defrosting results.

The Auto **Start/Reminder** feature lets you program the oven to start cooking at a desired time, even if you're not at home. The Reminder feature can be used like an alarm clock.

The following guide shows at a glance the difference between microwave, convection and combination cooking.

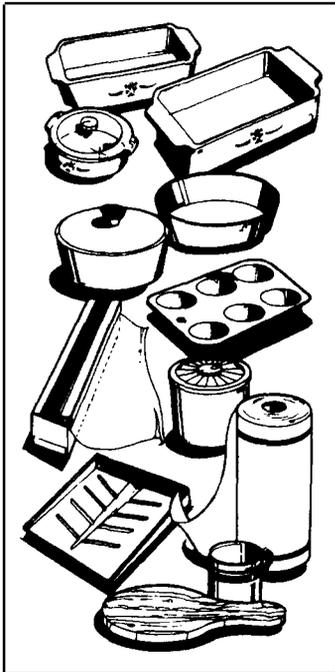
Comparison Guide

	Microwave	Convection	Combination
			
COOKING METHOD	Microwave energy is distributed evenly throughout the oven for thorough, fast cooking of food.	Hot air circulates around food to produce browned exteriors and seal in juices.	Microwave energy and convection heat combine to cook foods in up to one-half the time of regular ovens, while browning and sealing in juices.
HEAT SOURCE	Microwave energy.	Circulating heated air.	Microwave energy and circulating heated air.
HEAT CONDUCTION	Heat produced within food by instant energy penetration.	Heat conducted from outside of food to inside.	Food heats from instant energy from penetration and heat conducted from outside of food.
BENEFITS	Fast, high efficiency cooking. Oven and surroundings do not get hot. Easy clean-up.	Aids in browning and seals in flavor. Cooks some foods faster than regular ovens.	Shortened cooking time from microwave energy, plus browning and crisping from convection heat.

Read this book to learn the many different things your Microwave/Convection/Combination Oven can do. You will find a wide variety of cooking methods and programs designed to suit your lifestyle.



COOKWARE AND ACCESSORIES



Cookware	Microwave	Convection	Combination
Heat-Resistant Glass, Glass-Ceramic (Pyrex®, Fire King®, Corning Ware®, etc.)	YES	YES	YES
Ceramic (Cookware with no metal trim)	YES	YES	YES
Metal	NO	YES	NO
Non Heat-Resistant Glass	NO	NO	NO
Microwave-Safe Plastics	YES	NO	YES*
Plastic Films and Wraps	YES	NO	NO
Paper Products	YES	NO	NO
Straw, Wicker and Wood	YES	NO	NO

*Use only microwave cookware that is safe to 400°F.

NOTE: For more information on the proper use of cookware in your oven, see your [Microwave Convection Cookbook](#).

Cookware Tips

Convection Cooking

METAL PANS are recommended for all types of baked products, but especially where browning or crusting is important.

Dark or dull finish metal pans are best for breads and pies because they absorb heat and produce crisper crust.

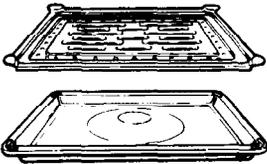
Shiny aluminum pans are better for cakes, cookies or muffins because these pans reflect heat and help produce a light tender crust.

GLASS OR GLASS-CERAMIC casserole or baking dishes are best suited for egg and cheese recipes due to the cleanability of glass.

Combination Cooking

GLASS OR GLASS-CERAMIC baking containers are recommended. Be sure not to use items with metal trim as it may cause arcing (sparking) with oven wall or metal accessory shelf, damaging the cookware, the shelf or the oven.

HEAT-RESISTANT PLASTIC microwave cookware (safe to 400°F) may be used, but it is not recommended for foods requiring crusting or all-around browning, because the plastic is a poor conductor of heat.

	Microwave	Convection	Combination	Broil
METAL SHELF ACCESSORY 	NO	YES	YES	YES
BROILER PAN (spatter shield and drip pan) 	NO	NO	NO	YES

HOW TO USE THE MINUTE/SECOND TIMER



The Minute/Second Timer

The Minute/Second Timer has three timing functions:

- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The Minute/Second Timer operates without microwave energy.

Using a Holding Time

The Minute/Second Timer can also be used to program a “holding time” between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A holding or standing time may be found in some of your own recipes fir in the Cookbook supplied.

How to Time a 3-Minute Phone Call

Step 1: Touch MIN/SEC TIMER pad.

Step 2: Touch number pads 3,0 and O (for 3 minutes and no seconds).

Step 3: Touch START. Display shows time counting down.

Step 4: When time is up, oven signals, flashes “End,” and display shows time of day.

Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, touch the pad for the desired cooking function. For example, touch TIME COOK I & II and enter cook time. Touch MIN/SEC TIMER and enter number of minutes to delay cooking. Touch START. **When delaying a temperature cooking function which uses the temperature probe, be sure the probe is in food before touching START.**

How to Defrost, Hold and Time Cook

Let’s say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here’s how to do it:

Step 1: Take casserole from freezer and place in oven.

Step 2: Touch TIME DEFROST pad.



Step 3: Touch pads 1,5,0 and O for 15 minutes defrosting time. (Defrosting is automatically set on power level 3 but can be changed by touching the POWER LEVEL pad and the desired power level.)



Step 4: Set standing or hold time by touching MIN/SEC TIMER pad.

Step 5: Touch pads 1,0,0 and O to hold for ten minutes.



Step 6: Touch TIME COOK I & 11 pad.

Step 7: Touch 2,5,0 and O for 25 minutes of cooking time.



Step 8: Touch START. As each function is automatically performed, oven display shows instructions entered and the function. When time is up, the oven signals and flashes “End.”

(continued next page)



HOW TO USE THE **MINUTE/SECOND** TIMER

(continued)

Using the Minute/Second Timer While Running Another Program

The Minute/Second Timer can be used while another program is running. First setup the other program and touch START. Then touch the MIN/SEC TIMER pad. Enter the amount of time you want by touching the number pads. Do not touch START; the timer will automatically begin within three seconds.

NOTE: The Minute/Second Timer will not work while Auto Start/Reminder, Combination Auto Roast, Auto Defrost or Auto Cook are running.

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

A. **Yes.** Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in defrost and amount of time. Then program the hold time. Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Foods that spoil easily, such as milk, eggs, fish, stuffings, poultry and pork should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to defrost for 4 minutes, hold for 2 minutes, and then defrost for 6 minutes. In this case, the oven would defrost for 6 minutes and hold for 2 minutes.

COOKING BY TIME

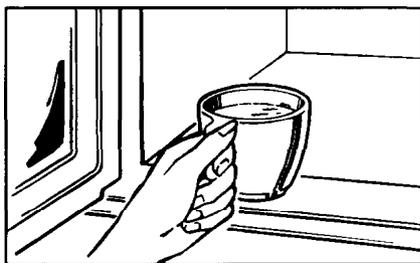
Time Cook I

Time Cook allows you to microwave for a selected amount of time.

Power level 10 (High) is recommended for most cooking, but you may change this for more flexibility. See your Cookbook.

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, 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 section). Place cup in oven and close door.



Step 2: Touch TIME COOK I & 11 pad.



Step 3: Select your time. Touch pads 1, 0 and 0 for one minute.

Because automatic power level 10 is recommended for this cup of coffee, there is no need to change the power level. (If power level 10 is not appropriate, see "How to Change Power Level" on next page.)



Step 4: Touch the START pad.



Step 5: When time is up, the oven signals and flashes “End.” The oven, light and fan shut off.

Step 6: Open the door.

How to Change Power Level

After setting cooking time, touch POWER LEVEL pad, then touch desired number for new power level. Then touch START.

Using the Time Cook II Feature

The Time Cook II feature lets you set two time cooking functions within one program. This is ideal if you want to change power levels during your cooking operations. Here’s how to do it.

Step 1: Place food in oven in microwave-safe container and close the door.



Step 2: Touch TIME COOK I & II.

Step 3: Select your first cook time. For example, touch 2, 1 and 5 for two minutes and 15 seconds.

Step 4: Touch TIME COOK I & II.

Step 5: Set your second cook time.

Step 6: Change the power level.

How to Change Power Level

After setting cooking time, touch POWER LEVEL pad, then touch desired number for new power level.

Step 7: Touch START.

Step 8: “POWER 10” is displayed and Cook Time 1 is shown counting down.

Step 9: At the end of Cook Time 1, the second power level is displayed and Cook Time 2 is shown counting down.

Step 10: When time is up, the oven signals and flashes “End.” The oven, light and fan shut off.

Step 11: Open the door.

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 was not done. What happened?

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

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn’t come on. Why not?

A. The TIME COOK I & II pad must be touched before setting the power level otherwise your oven will not begin cooking.

Q. I want to cook on a power level other than 10 (High). What do I need to do?

A. To change power level, touch the POWER LEVEL pad, then touch desired number for new power level.

Q. Can I interrupt Time Cook to check the food?

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

(continued on next page)



COOKING BY TIME

(continued)

The Express Cook Feature

The Express Cook feature is a short-cut method to set time for 1-5 minutes.

To Express Cook your food or beverage:

Step 1: Touch a number pad (from 1 to 5) that corresponds with the amount of your desired cooking time (in minutes). For example, touch the 2 pad for 2 minutes of cooking time.

Step 2: Touch the START pad.

The oven will automatically signal, flash “End” and shut off at the end of the programmed time.

Add 30 Seconds



The Add 30 Seconds feature provides a convenient way to extend cooking time by 30 seconds while the oven timer is counting down. It will add 30 seconds to the time shown each time the pad is touched.

How to Use Auto Start

The Auto Start feature allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay.



Step 1: Touch AUTO AUTO START START/REMINDER pad.

Step 2: Enter the time you want the oven to start. (Be sure your microwave oven clock shows the correct time of day.)

Step 3: Enter your desired cooking program.

Step 4: Touch START pad. The oven will automatically start at the desired time.

How to Use Reminder



The Reminder feature can be used like an alarm clock, without starting the oven.

Example: It is 7 a.m. and you must remember to leave for a dentist appointment at 10 a.m.



Step 1: Touch AUTO AUTOSTART START/REMINDER pad.

Step 2: Enter the time you want the oven to remind you. (Be sure your microwave oven clock shows the correct time of day. The reminder time can be set up to 12 hours later).

Step 3: Touch START pad.

The reminder is now set at the time you programmed, and will signal you at that time with a beeping sound until you open the door or touch the CLEAR/OFF pad. The display will show REM until the oven door is opened or CLEAR/OFF is touched. The REMinder time may be displayed by touching the AUTO START/REMINDER pad. The time-of-day may be displayed by touching the CLOCK pad.



DEFROSTING BY TIME



Time Defrost (Power Level 3)

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

Use Time Defrost to quickly thaw foods such as bread, rolls, vegetables, fruits and frozen dinners. The Auto Defrost setting is preferred for meat and poultry because the oven sets the defrosting time and power levels for you.

- Power level 3 is automatically set when you press TIME DEFROST pad, but you may change this for more flexibility.
- See your Cookbook for defrosting guides.

How to Change Power Level

After setting defrosting time, touch POWER LEVEL pad, then touch desired number for new power level. Then touch START.

To become better acquainted with the defrost function, defrost a 10 oz. package of frozen strawberries by following the steps below.

Step 1: Place a package of frozen strawberries in the oven and close door. Be sure package contains no metal.

**TIME
DEFROST**

Step 2: Touch TIME DEFROST.

Step 3: Select one half of the total defrosting time recommended in your Cookbook. For example, touch pads 4,0 and 0 for 4 minutes.

START

Step 4: Touch START. When the cycle is completed, the oven signals and flashes "End," then automatically shuts off.

Step 5: Turn the package over, close the door and repeat Steps 2 and 3 to set remaining half of defrosting time. Touch START.

Step 6: When the oven signals and flashes "End," open the door, remove the package and separate strawberries to finish defrosting.

Defrosting Tips

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



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



- Family-size, pre-packaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Your Cookbook has a defrosting guide.

(continued next page)



DEFROSTING BY TIME

(continued)

Questions and Answers

Q. When I press START, 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 10 (High).

Q. Can I defrost small items in a hurry?

A. Yes, but they **will** need more frequent attention than usual. Raise the power level after entering the time by touching the desired power level pad. Power level 7 cuts the total defrosting time in about 1/2; power level 10 cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

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

A. Cookbook times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your Cookbook. 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 Time Defrost to check on the progress of my food?

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

COOKING BY TEMPERATURE

Internal temperature is the best test of doneness for many foods.

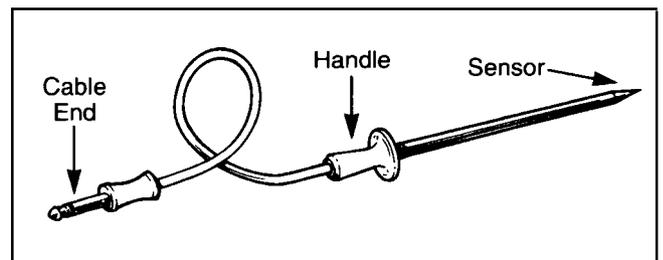
Use Temp Cook/Hold to cook a variety of foods to the desired finished food temperature. The Time Cook I & II setting is recommended for batters, doughs, frozen foods and foods which are difficult to cook precisely with the probe.

Temp Cook/Hold takes the guesswork out of cooking, because the oven automatically switches to "Hold" setting after reaching the preset food temperature from 90°F. to 199°F. and maintains that temperature for up to one hour or until you touch the CLEAR/OFF pad.

NOTE: Oven automatically switches to "Hold" when preset food temperature is reached.

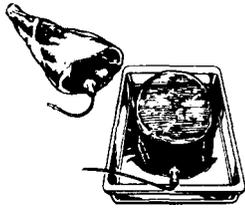
The Temperature Probe

The temperature probe is a food thermometer that gauges the internal temperature of your food. Use the probe when you want to Convection Cook or Combination Cook to a preferred internal temperature. (Its appearance may vary from picture at right.) The probe must be used when using Temp Cook/Hold or Auto Roast. To use your probe properly, follow directions on the next page.

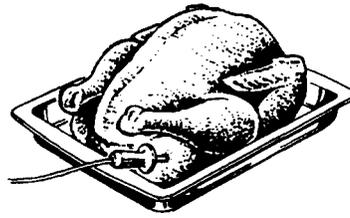




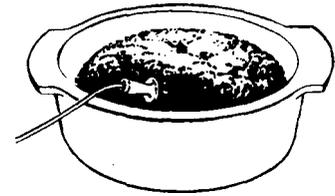
How to Use the Temperature Probe



Place probe so that point rests in center of the thickest meaty part of roast, or into the cut end or meatiest part of boneless ham or lamb. Point should not touch bone, fat or gristle. For bone-in ham or lamb, insert probe into center of lowest large muscle or joint.



Insert probe into meatiest part of inner thigh, below and parallel to the leg of a whole turkey.



For dishes such as meatloaf or casserole, insert probe into center.

How to Temp Cook a Rolled Beef Rib Roast to Medium

Step 1: Insert temperature probe and attach probe securely in oven wall. Close the door.



Step 2: Touch TEMP COOK/HOLD pad.

Step 3: Touch 1,5 and 0 for 150°F.



Step 4: Touch POWER LEVEL pad. Touch 5 for medium power.



Step 5: Touch START. If internal temperature of the roast is less than 90°F., display will show "COOL"; if temperature is 90°F. or above, display shows temperature counting up.

Step 6: When 150°F. is reached, the oven will sound and display "HOLD." The oven will then hold the temperature.



Step 7: Touch the CLEAR/OFF pad to stop the cycle.

Step 8: Remove probe and food from the oven.

Cooking Tips

- Use a lower power level; foods will heat more evenly though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.

- Cover foods loosely for moisture control and quick, even heating.

(continued next page)



COOKING BY TEMPERATURE

(continued)

Questions and Answers

Q. Are there any foods I can't Temp Cook?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc., soften rapidly at warm temperatures. Batters, doughs and frozen foods are also difficult to cook precisely with the probe. It's best to Time Cook these foods.

Q. Why did "PROBE" flash on the display after I touched the START pad?

A. "PROBE" will flash if you don't seat the cable end of the probe securely into the receptacle in the oven wall or if you touch the TEMP COOK/HOLD pad and forget to use the probe.

Q. Can I leave my probe in the oven if it's not inserted in food?

A. No, if it touches the oven wall, it may damage the oven.

Q. Can I Temp Cook different portions of food at different temperatures?

A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place probe in food and change temperature setting as needed.

AUTO DEFROST

With the Auto Defrost feature, the oven automatically sets the defrosting time and power levels for you. You choose the appropriate code number from 1 to 6 for the food you are defrosting, then enter the food weight in pounds and tenths of a pound (See Conversion Guide on next page) and touch START. The oven calculates the defrosting time and changes power levels during defrosting to give even defrosting results.

When the oven reaches approximately half of the total defrosting time, the display flashes "TURN," telling you to turn food over and will not continue defrosting until door is opened and START is touched again.

After defrosting time is complete, the oven automatically turns off.

How to Set Auto Defrost

NOTE: Before you begin, check the Automatic Defrosting guide for minimum and maximum food weights for each code number. You will need to know your food weight and corresponding code before beginning.

Step 1: Remove frozen meat from package and place in microwave-safe dish. Place in oven and close door.



Step 2: Touch AUTO DEFROST pad.



Step 3: Touch number pad 4.

Step 4: Touch number pad 3 and 0 for weight of 3 lbs.



Step 5: Touch START pad. Defrost time begins counting down on display.

Step 6: When 1/2 the defrosting time is completed, the oven signals and "TURN" flashes on display instead of time counting down. Open door and turn package over.



Step 7: Close door and touch the START pad. Display shows remaining defrosting time counting down.

Step 8: When defrosting time is completed, oven signals, "End" flashes, and oven turns off.





Automatic Defrosting Guide

CODE	MIN.-MAX. WEIGHT	HOLD TIME*	RECOMMENDED FOOD
1	.5-4.9 lbs.	none	Chicken pieces
2	.5-3.9 lbs.	none	Fish
3	.5-5.9 lbs.	none	Ground Beef
4	3.0-5.9 lbs.	20 min.	Roasts, Bone in
5	3.&5.9 lbs.	20 min.	Roasts, Boneless
6	.5-3.9 lbs.	none	Steaks and Chops

*In Auto Defrost, it is necessary to allow the meat to stand during holding time. You may take the meat out of the oven if you prefer. Allow a longer hold time for larger cuts of meat.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9



AUTO REHEAT

Auto Reheat lets you touch just 2 pads to bring previously prepared foods to serving temperature. With many leftovers, there is no need to look up reheating times in the cookbook or to rely on guesswork.

By actually sensing the steam that escapes as food heats, this feature automatically adjusts the oven's heating time to various types and amounts of pre-cooked food.

Because all cooking containers must be covered during automatic reheating, this feature is best with foods you want to steam or retain moisture.

NOTE: Use of the metal shelf with Auto Reheat is NOT recommended.

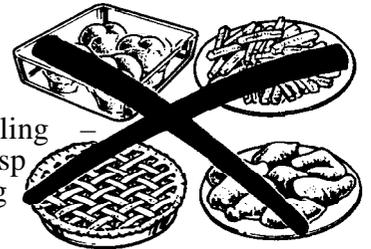
Foods Recommended

A wide variety of previously prepared foods including leftovers can be Auto Reheated. Auto Reheat is recommended for single-servings of food or plates of leftovers.



Foods Not Recommended

Bread products, foods that must be reheated uncovered, foods that require constant attention, foods calling for a dry look or crisp surface after reheating should not be Auto Reheated. It is best to use Time Cook I & 11.



Easy to Use

Simply touch AUTO REHEAT and START.

Keep Door Closed

Do not open the oven door while the word "RHEAT" is displayed—steam escaping from the oven can affect reheating performance. If the door is opened, close the door and touch START immediately.

Example:



Place covered food in oven. Touch AUTO REHEAT pad.



'RHEAT" shows on display and "FOOD" flashes.



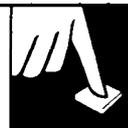
Touch START pad.



"RHEAT" and "FOOD" are displayed.



Beep sounds when steam is sensed and "RHEAT" is replaced by time counting down. Rotate or stir food if necessary. Close door and touch START to finish heating. When done, oven displays "End" and beeps every minute until door is opened or CLEAR/OFF is touched.



Containers and Covers

Appropriate containers and coverings help assure good reheating results.

- **Always use microwave-safe containers and cover them with lids, wax paper or plastic wrap.** Wonder if it's microwave safe? Put it to the test described in the Microwaving Tips section.
- **Never use tight-sealing plastic lids—they can prevent steam from escaping and cause poor reheating results.**

- **Match the amount of food to the size of the container. Fill containers at least half full for best results.**
- **Be sure the outside of the cooking container and the inside of the microwave oven are dry before placing food in the oven.** Beads of moisture turning into steam can mislead the sensor.
- **Stir or rotate some foods after the beeping signal (if required).**



Use microwave-safe casseroles or bowls. Cover with lids that fit. If lids are not available, use plastic wrap or wax paper. Plastic wrap should be loose over food to allow for escaping steam. Seal by pressing plastic wrap firmly around edges.

Questions & Answers

Q. If my food is not completely reheated after using Auto Reheat, what should I do?

A. Use Time Cook I & II to reheat for additional time until desired temperature is reached.

Q. What if I don't fully cover the dish in Auto Reheat?

A. Oven senses steam too quickly, which shortens the reheating time and leaves food too cool. Cover tightly and reset Auto Reheat.

Q. Do the shapes and sizes of food make a difference when using Auto Reheat?

A. Yes, in some cases, larger pieces will require additional Time Cooking. Be sure to check suggested arrangement of pieces in the dish, since proper arrangement is often a successful tip in regular microwaving.

Q. Are there any other foods which are reheated best using Time Cook I & II, rather than Auto Reheat?

A. Bakery foods, candies, melted chocolate or foods when a dry or crisp surface is desirable, are reheated best by Time Cook I & II.

Q. Would my plastic containers with very tight fitting lids be appropriate for Auto Reheat?

A. No, most types of plastic storage dishes, butter tubs, etc. with tight fitting lids are not recommended for microwaving. Also tight fitting plastic lids may prevent adequate steam from escaping and food may not heat properly during Auto Reheat.

Q. I tried to warm some chow mein noodles using Auto Reheat. Why didn't this work?

A. Food must have some moisture in order to create steam which helps the auto sensor function. Extremely dry foods such as chow mein noodles, potato chips and other such foods do not have enough moisture.

Q. May I use Auto Reheat when I am reheating many foods in more than one dish or casserole?

A. No. Because of different food densities, attention needed during reheating, and food amounts, it is best to use Time Cook I & II when reheating many foods.



AUTO COOK

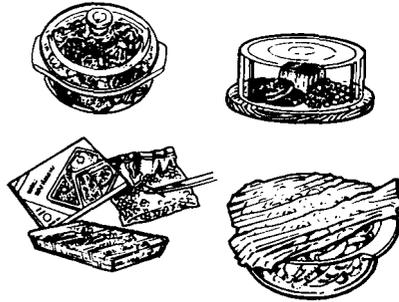
The Auto Cook feature may be used to eliminate your need to look up cooking time in the cookbook or guess how long to set cooking time. **By actually sensing the steam that escapes as food microwaves, this feature automatically adjusts the oven's cooking time to various types and amounts of food.**

Because most cooking containers must be covered during Auto Cook, this feature is best with foods that **you want** to steam or retain moisture.

NOTE: Use of the metal shelf with Auto Cook is NOT recommended.

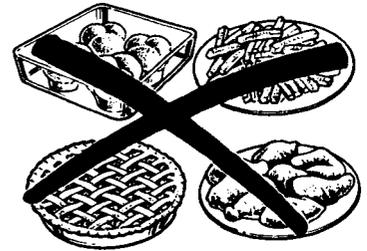
Foods Recommended

A wide variety of foods including meats, fish casseroles, vegetables, leftovers and convenience foods can be Auto Cooked.



Foods Not Recommended

Foods that must be cooked uncovered, foods that require constant attention, foods that require addition of ingredients during cooking, and foods calling for a **dry look** or **crisp surface** after cooking should not be Auto Cooked. It is best to Time Cook them.



Foods that microwave best using the temperature probe should be **Temp Cooked** or **Auto Roasted**.

Easy to Use

Simply touch three control pads—AUTO COOK, desired CODE, and START. The word “AUTO” appears on the display and the sensor is activated to sense steam from food.

Keep Door Closed

Do not open the oven door while the word “AUTO” is displayed—steam escaping from the oven can affect cooking performance. If the door is opened, close the door and touch START immediately.

Auto Cook Codes

Auto Cook codes 1 through 8 are designed to give you easy automatic results with a number of foods.

Code 1, designed for reheating foods quickly, turns the oven off automatically as soon as the sensor detects steam from the foods.

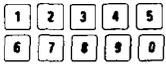
When codes 2 through 8 are selected, the oven determines how much additional cooking time is needed after steam has been sensed, automatically switches to TIME COOK and signals. The word “AUTO” on the display is then replaced by countdown numbers indicating remaining cooking time. When the signal is heard, the oven door may be opened for stirring, turning or rotating food.



Example:



Place covered food in oven. Touch AUTO COOK pad. "ENTER COOK CODE" flashes on display.



Touch number pad for desired code. "CODE 2" shows on the display. Touch START.

Word "AUTO" shows on display, indicating steam sensor is activated. **DO NOT OPEN DOOR. OPENING DOOR MAY AFFECT COOKING PERFORMANCE.**



Beep sounds when steam is sensed and "AUTO" is replaced by cook time. Rotate or stir food, if necessary. When done, oven beeps every minute until door is opened or CLEAR/OFF is touched.



How to Adjust Auto Cook Codes to Suit Your Taste

By simply adding a 1 after any Auto Cook code number, you can set the oven to cook for 20% less time than the code would regularly provide.

For example, if code 4 cooks your chicken more done than you like it, set code 41 next time and you'll get 20% shorter cooking time.

If you want a longer cooking time than a code provides, add a 9 after the code.

For the chicken in the example at left, code 49 would provide 20% longer cooking time than the regular code 4 would provide.

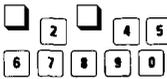
Example:



Touch AUTO COOK pad.



Touch START. "AUTO" shows on display. **DO NOT OPEN DOOR** until first oven signal, then rotate dish 1/2 turn if necessary. Close door and touch START to finish cooking.



Touch number pads 4 and 1 in that order. "AUTO CODE 4" shows and on the display.



AUTO COOK

(continued)

Questions & Answers

- Q. Why does my oven automatically cut off after the Auto cycle when using Auto Cook code 1, when it does not for other settings?**
- A.** When using code 1, there is no second phase of minutes counting down. All the cooking is completed in the first phase or Auto.
- Q. If my food is not completely cooked after using the suggested code, what should I do?**
- A.** Use Time Cook I and power level 10 for a few minutes until completion.
- Q. Do all fresh or frozen vegetables require a standing period after cooking with Auto Cook?**
- A.** Most vegetables are cooked to a crisp state during Auto Cook, just as in regular microwaving. Therefore, it is recommended that you let the vegetables stand for up to 5 minutes depending on size and density of pieces. This standing time also enhances the overall flavor and appearance of most vegetables.
- Q. What if I don't fully cover the dish in Auto Cook?**
- A.** Oven senses steam too quickly, which shortens the cooking time and leaves food undercooked. Cover tightly and reset Auto Cook.
- Q. Do the shapes and sizes of foods make a difference when using Auto Cook?**
- A.** Yes, in some cases, larger pieces will require additional Time Cooking. Be sure to check suggested arrangement of pieces in the dish, since proper arrangement is often a successful tip in regular microwaving.
- Q. Do fresh or frozen vegetables require water when using Auto Cook?**
- A.** Yes. Add water to the vegetables as recommended on guide and cover well for even, complete cooking.
- Q. Should I use Auto Cook to cook pudding or sauces?**
- A.** Most pudding and sauce recipes require stirring many times during cooking; therefore, Time Cook I & II is recommended.
- Q. My scalloped potatoes were not completely cooked when I removed the dish after Auto Cook. What is wrong?**
- A.** If you prepared the sauce in the oven prior to combining the sauce with potatoes, there may have been too much remaining moisture in the oven. Make sure you dry the oven completely before using Auto Cook since this function operates properly by sensing steam in the oven. Also, starting Auto Cook with hot foods creates steam in the oven too soon, and decreases the first sensing cycle.
- Q. Are there any other foods which are best Time Cooked, rather than Auto Cooked?**
- A.** Bakery foods, candies, melted chocolate or foods when a dry or crisp surface is desirable are cooked best by Time Cook I & II.
- Q. Would my plastic containers with very tight fitting lids be appropriate for Auto Cook?**
- A.** No, most types of plastic storage dishes, butter tubs, etc. with tight fitting lids are not recommended for microwaving. Also, tight fitting plastic lids may prevent adequate steam from escaping and may keep food from cooking properly during Auto Cook.
- Q. I tried to warm some chow mein noodles using Auto Cook. Why didn't this work?**
- A.** Food must have some moisture in order to create steam which helps the auto sensor function. Extremely dry foods such as chow mein noodles, potato chips and other such foods do not have enough moisture.
- Q. May I use Auto Cook when I am cooking many foods in more than one dish or casserole?**
- A.** No. Because of different food densities, attention needed during cooking and food amounts, it is best to use Time Cook I & II when cooking many foods.

AUTOMATIC COOKING CONTAINERS & COVERS



Containers and Covers

Appropriate containers and coverings help assure good cooking results.

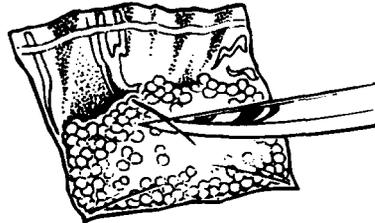
- Always use microwave-safe containers and cover them with lids or vented plastic wrap. Wonder if it's microwave-safe? Put it to the test described in the Microwaving Tips section.
- **Never use tight-sealing plastic covers—they can prevent steam from escaping and cause food to overcook.**

- **Match the amount of food to the size of the container.** Fill containers at least half full for best results.
- **Be sure the outside of the cooking container and the inside of the microwave oven are dry** before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.
- **Stir or rotate some foods after a beeping signal, if required.** See Automatic Cooking Control Guide and recipes on the following pages.

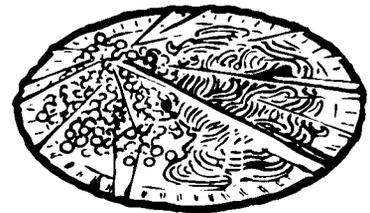


Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lids that fit. If lids are not available, use plastic wrap or wax paper. Plastic wrap should be vented over food to allow for escaping steam. Seal by pressing plastic wrap firmly around edges.

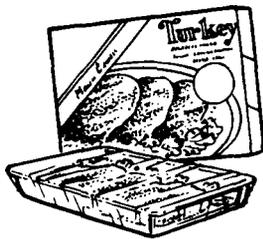
For frozen foods in metal trays, remove foil covering and baked goods, reinsert tray into box and close ends of box.



Slit plastic pouches 1 inch as shown above. Break food up thoroughly after oven signals.



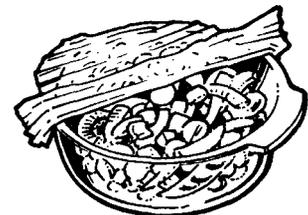
Paper plates—while they may be used for Time and Temperature Cooking and Defrosting, **do not use them with automatic cooking.** Use microwave-safe plates or bowls for reheating. Cover with plastic wrap or wax paper.



For frozen entrees in paperboard trays, remove tray from box but do not remove film over tray. Thick entrees may take longer to cook—see the Automatic Cooking Control Guide.



Use oblong or square containers for chicken or corn on the cob. Plastic wrap covering should be vented over food to allow for escaping steam. Seal by pressing plastic wrap firmly around edges.



Follow Automatic Cooking Control Guide setting for casseroles. Cover casserole meat and vegetables with sauce. If they are not cool, it is better to use Time Cook I & 11.



AUTOMATIC COOKING CONTROL GUIDE

- Do not open oven door during Auto cycle. When oven signals and countdown time is displayed, door may be opened for stirring, turning or rotating food. To resume cooking, close door and touch START.
- Match the amount of food to the size of container. Fill containers at least 1/2 full.
- Add 1/4 to 1/2 cup water to fresh vegetables.
- Foods **should** be covered with lid to dish or plastic wrap to prevent spattering to keep oven clean. Spareribs, pot roasts and meat loaf should be covered tightly to ensure even cooking.
- Be sure outside of container and inside of oven are dry.
- After completion of Auto Cook cycle, if food needs additional cooking, return food to oven and use Time Cook I & 11 to finish cooking.
To adjust cook times to suit individual tastes, add a "1" or "9" to code number when entering Auto Cook Code. See the Auto Cook section for instructions.
- **Use of Auto Cook feature with metal shelf is not recommended.**

Food	Auto Cook Code	Container	Approx. Time	Comments
Canned Foods				
Thin —water and milk-based soups, sauces, gravies	1	Microwave-safe container matched to size of food.	3 to 4 min. per cup	Cover with lid to dish or plastic wrap.
Thick —chili, beef stew, ravioli, spaghetti, chunky soups	2	Microwave-safe container matched to size of food.	3 to 4 min. per cup	Cover with lid to dish or plastic wrap.
Vegetables—8 to 16 ounces	2	Microwave-safe container matched to amount of food.	4 to 8 min.	Cover with lid to dish or plastic wrap.
Leftovers	2	Plate or microwave-safe container matched to amount of food.	2 to 4 min. per serving	Cover with lid to dish or plastic wrap.
Convenience Foods				
Frozen dinners (with entree and 2 vegetables or vegetable and pasta)	4	Package tray or plate	6 to 10 min.	Cover with plastic lid to plate or leave plastic covering in place on tray.
Frozen dinner entree (individual)				If tray has foil cover, replace with plastic wrap.
Pouch	3	Pouch	3 to 6 min.	
Tray	5	Tray	8 to 11 min.	
Frozen dinner entree (2 to 3 servings)	5	Tray	18 to 22 min.	If tray has foil cover, replace with plastic wrap.
Frozen breakfast entrees	3	Package wrap or tray	3 to 5 min.	
Grocery-Shelf dinner entrees	3	Package	3 to 5 min.	



Food	Auto Cook Code	Container	Approx. Time	Comments
Casseroles				
Pre-cooked ingredients in sauce, such as tuna noodle, turkey tetrazzini, and franks and beans	6	1X- to 3-qt. casserole with lid	20 to 30 min.	When oven signals, stir if necessary.
Uncooked ingredients, such as scalloped potatoes, hamburger patty, stew	7	1 1/2- to 3-qt. casserole with lid	40 to 55 min.	When oven signals, stir if necessary.
Meats, Poultry				
Seafood				
Chicken pieces (up to 2 1/2 lbs.)	5	2-qt. oblong glass baking dish	8 to 24 min.	Cover with plastic wrap.
Whole chicken (Up to 3 lbs.)	8	2-qt. oblong glass baking dish	30 to 40 min.	Place in cooking bag; cut slits in bag as directed on package.
Fish fillets (1 lb.)	3	2-qt. oblong glass baking dish	7 to 10 min.	Cover with plastic wrap.
Meat loaf (1 1/2 lbs.)	8	9x5x3 inch loaf dish	24 to 28 min.	Cover with plastic wrap.
Hamburger patties (4)	3	8 inch square dish	7 to 9 min.	Cover with plastic wrap.
Sausage patties (12 oz.)	3	2-qt. oblong glass baking dish	7 to 9 min.	When oven signals, turn patties over.
Pork chops (4, 1/2 to 3/4 inch thick)	8	2-qt. oblong glass baking dish	30 to 35 min.	Cover with plastic wrap.
Shrimp (up to 1 lb.)	2	2-qt. oblong glass baking dish	4 to 7 min.	Cover with plastic wrap.
Vegetables				
Frozen, 10-oz. block	2	1-qt. casserole with lid	7 to 10 min.	Add amount of water recommended on package.
Frozen, 10-oz. pouch	3	Pouch on microwave-safe plate	8 to 10 min.	Cut slits in pouch as directed on package.
Baking potatoes (4, 6 to 8 oz. each)	4	8 inch square dish	12 to 16 min.	Pierce skin with fork. Arrange around sides of dish; cover with plastic wrap.
Cubed potatoes (Up to 2 lbs.)	4	2-qt. casserole with lid	20 to 30 min.	Add 1 to 1 1/2 cups water.
Fresh vegetables, such as carrots, brussels sprouts, broccoli, cauliflower, summer and winter squash, green beans	4	1X- to 2-qt. casserole with lid	13 to 15 min.	Add 1/4 to 1/2 cup water. When oven signals, stir if necessary.
Fruit				
Baked apples, pears (4)	2	2-qt. casserole with lid	12 to 14 min.	Add 2 tablespoons water per piece of fruit to dish.



MEAT AND MAIN DISH RECIPES

Mexican Meatball Casserole

Auto Cook Code 6; Approx. Cooking Time—27 min.;
Makes 6 to 8 Servings

- 1 lb. ground chuck
- 1/2 cup dry bread crumbs
- 3 tablespoons dry minced onions
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- in 1 teaspoon pepper
- 1 egg
- 3 tablespoons ketchup
- 1/2 cup instant rice
- 1 (15½ oz.) can kidney beans, undrained
- 1 (14% oz.) can tomatoes, chopped and undrained
- 1 tablespoon chili powder

In large mixing bowl, combine meat, bread crumbs, onion, chili powder, salt, pepper, egg and ketchup. Mix well and form into 12 balls. Arrange balls in 2-qt. casserole. Set aside.

In small mixing bowl, combine rice, beans, tomatoes and chili powder. Mix well and pour over meatballs. Cover. Microwave on Auto Cook code 6.

Sweet Tart Franks

Auto Cook Code 2; Approx. Cooking Time—10 min.;
Makes about 80 hors d'oeuvre

- 1 (10 oz.) jar currant jelly
- 1 (6 oz.) jar prepared mustard
- 2 lbs. frankfurters, cut into 1 inch pieces.

In 2-qt. casserole, stir together jelly and mustard until well blended. Add frankfurters, stirring to coat each piece. Cover. Microwave on Auto Cook code 2. When oven signals, stir frankfurters.

Chicken Teriyaki

Auto Cook Code 8; Approx. Cooking Time—45 min.;
Makes 4 Servings

- 1/4 cup soy sauce
- 1/4 cup honey
- 1/3 cup orange juice
- 1 whole chicken (about 3 lbs.)
- 1 tablespoon water
- 2 tablespoons cornstarch

In small cooking bag, mix soy sauce, honey and orange juice. Add chicken to bag and tie with plastic tie. Turn chicken on its side in 2-qt. oblong glass baking dish. Marinate 1 hour on each side. Place chicken breast-side-up in dish. Slash bag near closure. Microwave on Auto Cook code 8. When oven signals, remove chicken and prepare Teriyaki Sauce. In 1-pt. glass measuring cup stir together water and cornstarch. Cut off one corner of

cooking bag with scissors and drain juices into cup. Microwave at High (10) 2 minutes. Remove chicken from bag and place on a serving platter. Pour sauce over chicken just before serving.

Classic Ham Loaf

Auto Cook Code 8; Approx. Cooking Time—36 min.;
Makes 6 Servings

- 1 lb. ground cooked ham
- 1/2 lb. ground fresh pork
- 1/2 cup soft bread crumbs
- 1/2 cup water
- 2 tablespoons instant minced onion
- 1/4 teaspoon pepper

Mix ground ham and pork thoroughly with crumbs, water, onion and pepper. Mold into flat loaf in 9 inch pie plate. Cover with plastic wrap. Microwave on Auto Cook code 8. When oven signals, rotate dish 1/4 turn.

Sausage-Wild Rice Casserole

Auto Cook Code 6; Approx. Cooking Time—20 min.;
Makes 6 to 8 Servings

- 1 lb. hot bulk sausage
- 1/2 cup celery, chopped
- 1/2 cup onion, chopped
- 1/2 cup mushrooms, sliced
- 1/2 cup green pepper, chopped
- 1½ cups water
- 1 (10¼ oz.) can cream of mushroom soup
- 1 (8 oz.) pkg. long grain and wild rice with seasoning packet
- 1 cup Cheddar cheese, shredded
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Brown sausage, celery, onion, mushrooms and green pepper together until well browned. Drain thoroughly.

In 2-qt. casserole, combine meat mixture, water, soup, rice, cheese, salt and pepper. Cover. Microwave on Auto Cook code 6. Stir mixture when oven signals.

Swiss Steak

Auto Cook Code 7; Approx. Cooking Time—65 min.;
Makes 6 Servings

- 1½ lbs. round steak, 1/2 inch thick, tenderized
- 1/4 cup flour
- 1½ teaspoons salt
- 1/8 teaspoon pepper
- 1 thinly sliced medium onion
- 1 (14½ oz.) can tomatoes

Cut meat in 6 pieces and coat with mixture of flour, salt and pepper. Place in 3-qt. casserole. Cover with onion. Break up tomatoes with fork and pour over top. Cover. Microwave on Auto Cook code 7.

VEGETABLE AND FRUIT RECIPES



Zesty Squash and Tomatoes

Auto Cook Code 3; Approx. Cooking Time—15 min.; Makes 4 Servings

- 1/4 cup butter, melted
- 1/8 teaspoon garlic powder
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon seasoned salt
- 1/8 teaspoon pepper
- 2 medium zucchini, thinly sliced
- 1 medium yellow squash, thinly sliced
- 2 small tomatoes, each cut into 4 wedges

In 2-qt. casserole, combine butter, garlic powder, oregano, basil, seasoned salt and pepper. Add zucchini, yellow squash and tomatoes. Toss to coat. Microwave on Auto Cook code 3.

Country-Style Yellow Squash

Auto Cook Code 5; Approx. Cooking Time—23 min.; Makes 4 to 6 Servings

- 1 teaspoon salt
- 2 pounds yellow squash, diced
- 1/4 cup onion, chopped
- 1/4 cup butter, melted
- 1/4 teaspoon pepper
- 1/4 teaspoon basil
- 3 slices fresh bread, cubed
- 1/2 cup cheddar cheese, shredded
- 1 cup sour cream
- 8 strips crisply cooked bacon, crumbled

In 2-qt. glass dish, mix together all ingredients, using 1/2 of crumbled bacon. Sprinkle top with remaining bacon. Cover. Microwave on Auto Cook code 5.

Corn Pudding

Auto Cook Code 3; Approx. Cooking Time—12 min.; Makes 4 Servings

- 1 egg
- 1/2 cup milk
- 1 tablespoon sugar
- 1 (16 oz.) can whole cream-style corn
- 3/4 cup crushed crackers
- 2 tablespoons butter, cut in pieces
- Paprika

Place egg in 1/2-qt. casserole and beat well with fork. Stir in milk, sugar, corn, crackers and butter. Cover. Microwave on Auto Cook code 3. When done, center will be just barely set. Let stand 5 minutes. Sprinkle with paprika before serving.

Eggplant Italiano

Auto Cook Code 5; Approx. Cooking Time—14 min.; Makes 4 to 6 Servings

- 1 medium eggplant
- 2 (8 oz.) cans tomato sauce
- 2 teaspoons oregano
- 1/2 cup sharp cheddar cheese, shredded
- 1 (6 oz.) pkg. mozzarella cheese, shredded

Peel eggplant; slice 1/8 inch thick. Spread 2 tablespoons tomato sauce in bottom of 2-qt. casserole. Layer half of eggplant, 1 can tomato sauce, half of oregano and half of shredded cheese. Repeat layers. Cover. Microwave on Auto Cook code 5. Sprinkle with mozzarella cheese and microwave at High (10) 1 to 2 minutes, until cheese has melted.

Pineapple Casserole

Auto Cook Code 6; Approx. Cooking Time—21 min.; Makes 6 to 8 Servings

- 2 (20 oz.) cans pineapple chunks, drained
- 1 cup sugar
- 1/2 cup flour
- 2 cups buttery-flavored cracker crumbs
- 1/2 cup butter, melted

Spread pineapple chunks evenly in 2-qt. oblong glass baking dish. Combine sugar and flour; sprinkle over pineapple. Top with cracker crumbs and drizzle melted butter over crumbs. Cover with vented plastic wrap. Microwave on Auto Cook code 6.

Spicy Apple Cobbler

Auto Cook Code 3; Approx. Cooking Time—12 min.; Makes 6 to 8 Servings

- 1 (22 oz.) can prepared apple pie filling
- 1 (9 oz.) box yellow cake mix
- 1/2 cups peanuts, coarsely chopped
- 1/4 cup butter, melted
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg

In 8 inch square dish, spread pie filling.

In small bowl, mix together cake mix, peanuts, butter, cinnamon, ginger and nutmeg until crumbly. Sprinkle evenly over apples. Cover with plastic wrap. Microwave on Auto Cook code 3.



POPCORN

NOTE:

Use of the metal shelf with the Popcorn program is **NOT recommended**.

The Popcorn feature is designed to be used only with prepackaged microwave popcorn weighing 3.0 to 3.7 ounces.

Step 1: Remove the outer wrapper from the microwave popcorn.

Step 2: Open oven door and place package of popcorn in the center of the oven floor as directed by the manufacturer's instructions. Close oven door.



Step 3: Touch POPCORN pad.



"POP" flashes on the display.

START

Step 4: Touch START. The popcorn sensor automatically calculates the cooking time.



After the popcorn sensor detects steam, the oven signals and displays remaining cooking time needed.



Step 5: When cooking is completed, the oven signals and flashes "End." Open the door and remove the popcorn.

How to Adjust the POP Program to Provide a Shorter or Longer Cook Time

If your favorite popcorn is not completely popped, there is a simple adjustment you can make.

Touch the POPCORN pad and then touch number pad 9. The word "POP" will appear on the display with a plus sign beside it. The plus sign indicates 20 seconds more cooking time is being provided.



Press the START pad.

If your favorite popcorn is overcooked, there is another adjustment you can make.

Touch the POPCORN pad and then touch number pad 1. The word "POP" will appear on the display with a minus sign beside it. The minus sign indicates 20 seconds less cooking time is being provided.



Press the START pad.

CONVECTION TIME COOKING



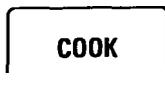
During convection cooking, a heating element is used to raise the temperature of the air inside the oven. Any oven temperature from 225°F. to 450°F. may be programmed. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food; some foods cook faster than in regular oven cooking.

NOTE: For information on suggested cookware, see Cookware and Accessories section.

How to Convection Preheat and Time Cook

(The metal shelf must be in place on the oven floor when using convection or combination cooking.)



Step 1: Touch Convection COOK pad.



Step 2: Enter the oven temperature by touching the number pads that correspond with the desired oven temperature. For example, touch number pads 2, 7, and 5 for 275°F. Do not enter convection cook time now. Proceed to Step 3.



Step 3: Touch START. When preheating is complete, oven will signal and "READY" will flash.

If you do not open the door within 30 minutes the oven will turn off automatically.

Step 4: Open the oven door. "HOT" appears on the display to remind you that the oven is hot and care should be used when placing the food in the oven.

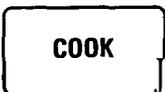
Step 5: Close the oven door. Set the desired cooking time in hours and minutes by touching number pads in sequence. For example, to set 2 hours and 30 minutes, touch number pads 2, 3, and O in that order. To enter time less than one hour, for example, 30 minutes, touch 3 and O.



Step 6: Touch START pad. The display shows remaining cooking time. If time is less than 1 hour display shows minutes and seconds. If longer, time counts down minute by minute until 59 minutes remain, then switches to display minutes and seconds. When cooking is completed, the display shows "End" and the oven signals and turns off.

How to Convection Time Cook Without Preheating

(The metal shelf must be in place on the oven floor when using convection or combination cooking.)



Step 1: If your recipe does not require preheating, touch the Convection COOK pad.

Step 2: Enter the oven temperature by touching the number pads that correspond to the desired oven temperature. For example, touch number pads 2, 2 and 5 for 225°F.

Step 3: Set the desired cooking time in hours and minutes by touching number pads in sequence. For example, to set 2 hours and 30 minutes, touch number pads 2, 3 and O, in that order. To enter time less than one hour, for example, 30 minutes, touch 3 and O.



Step 4: Touch START pad. Cooking begins and cooking time counts down as described above.

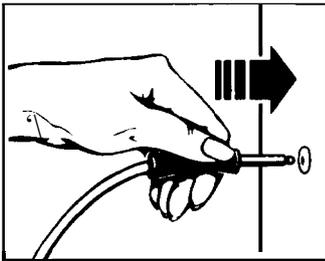


CONVECTION TEMPERATURE COOKING

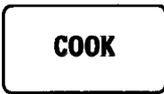
You can also convection cook with the temperature probe, to assure that foods are cooked precisely to the degree of doneness desired, while the constantly circulating hot air assures even cooking and delicious browning. The temperature probe monitors the internal temperature of the food and turns the oven off automatically when the desired temperature is reached.

How to Convection Temperature Cook

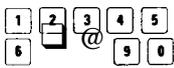
(The metal shelf must be in place on the oven floor when using convection or combination cooking.)



Step 1: Insert probe in food as directed in the Cookbook or in this book. Plug other end of probe securely into wall receptacle.



Step 2: Touch Convection COOK pad. Time of day disappears from the display.



Step 3: Enter oven temperature by touching the number pads that correspond with the desired oven temperature. For example, touch 2, 2, 5 for 225°F.

Step 4: Touch the appropriate number pads in sequence to enter the desired food temperature. Any food temperature from 90°F. to 199°F. may be programmed. For example, touch 1, 8 and 0, in that order, for 180°F. The temperature selected is shown on the display.



Step 5: Touch START pad. The display shows "COOL" until the food temperature reaches above 90°F., then it shows actual food temperature as it rises. When food reaches preselected temperature, display shows "End," oven signals and turns off.

Questions and Answers

Q. After I preheated my oven, I tried to set cooking time, but nothing happened. What is the problem?

A. Until you open the oven door or touch the CLEAR/OFF pad, the oven remains in the preheat mode and no further instructions can be entered. After 30 minutes oven automatically turns off.

Q. Can I check during the cooking cycle to be sure that I have set the correct oven temperature?

A. Yes. If you touch the Convection COOK pad at any time during cooking, the selected oven temperature is displayed on the display.

Q. Can I store the probe in the oven when it is not in use?

A. Leaving the probe in the oven is not recommended. If you forget and leave it in during cooking, without having inserted it in food, damage to the probe or to the oven may result.

COMBINATION TIME COOKING

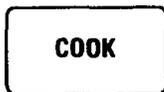


Combination cooking offers the best features of microwave energy and convection cooking. Microwaves cook food fast and convection circulation of heated air browns foods beautifully.

Four combination cooking codes make it easy to set your oven for combination cooking. Just enter one digit to automatically set both oven temperature and microwave power level.

How to Combination Time Cook

(The metal shelf must be in place on the oven floor when using convection or combination cooking.)



Step 1: Touch Combination COOK pad.



Step 2: Select a combination cooking code by touching a number pad from one to four.



Step 4: Touch START. Cooking time begins to count down. When time reaches less than 60 minutes, display shows minutes on left of colon and seconds on right. When time is completed, oven signals, flashes "End" and turns off.

Questions and Answers

Q. May I use my metal roasting pan to Combination Cook a roast?

A. No. Do not use metal cookware when using Microwave or Combination cooking. Place metal accessory shelf on floor of oven. Then place roast in a glass dish on the shelf.

Q. Can I switch from one Combination code to another during cooking?

A. No. The selected Combination  may not be changed during the cooking operation, but you may reprogram the complete cooking instructions if you wish.

Q. Is it necessary to place a glass dish on the oven floor when Combination cooking?

A. No. For best roasting results, place meat in a glass dish. Place dish on the oven shelf on floor of oven.

Remember:

- Check the Cookware and Accessories section of this book and your Cookbook for correct cookware when Combination cooking.
- For best roasting and browning results, whole roasts and poultry should be cooked in a dish placed directly on the oven shelf on floor of oven.
- Place meat in a glass dish on a trivet to collect juices and prevent spattering. See Convection preheat instructions in the Convection Time Cooking section.
- Some recipes call for preheating.

Combination Codes

The guide on the right shows the oven temperature and microwave power (watts) that are automatically set when using that particular code number. You must set the cooking time or internal food temperature as shown above and in the Convection Temperature Cooking section. Check your Cookbook for specific food instructions.

Code	Oven Temp	Microwave Power (Watts)
1	250° F.	220
2	275° F.	220
3	300° F.	220
4	350° F.	220



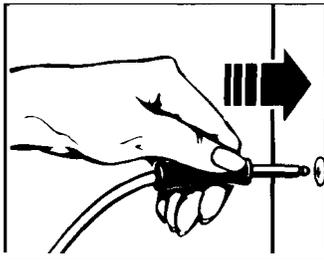
COMBINATION TEMPERATURE COOKING

With this function of your new oven, you can enjoy the benefits of combination cooking with the precision of the temperature probe. Four combination codes are shown on the guide in the Combination Time Cooking section to make it easy to program microwave power level and oven temperature with only one entry.

The probe makes it simple to cook to the exact degree of doneness desired, by monitoring the internal temperature of the food. This function is exactly like combination time cooking except you set internal food temperature desired instead of cooking time.

How to Combination Temperature Cook

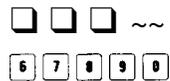
(The metal shelf must be in place on the oven floor when using convection or combination cooking.)



Step 1: Insert the temperature probe into food as directed in this book or in the Cookbook. Plug the other end securely into the oven wall receptacle.



Step 2: Touch Combination COOK pad.



~~ **Step 3:** Select the combination code by touching a number pad from 1 to 4 depending on oven temperature needed.

Step 4: Enter the desired finished food temperature by touching the number pads in sequence. Any food temperature from 90°F. to 199°F. maybe programmed. For example, to set 180°F., touch 1, 8 and 0 in that order. The selected temperature is shown on the display.



Step 5: Touch START to begin cooking. The selected food temperature disappears and the display shows "COOL" until internal food temperature reaches 90°F. Then display shows actual food temperature as it rises. When food reaches the selected temperature, the display shows "End" and the oven signals and turns off.

For information on cookware for combination temperature cooking, refer to the Cookware and Accessories section.

COMBINATION AUTO ROAST



combination Auto Roast is similar to combination temperature cooking, using both microwave and convection cooking in conjunction with the temperature probe. However, the Combination Auto Roast feature eliminates most of the steps necessary to program combination temperature cooking. Instead, you can set the entire cooking program by selecting just one Combination Auto Roast code.

The food is placed in a glass dish on a trivet for cooking during Combination Auto Roast. To select a code from 1 to 4, see the Combination Auto Roast Guide below.

How to Combination Auto Roast

(The metal shelf must be in place on the oven floor when using convection or combination cooking.)

Step 1: Insert temperature probe into the meat and plug the probe firmly into the oven wall receptacle.

In this example, "MED," "COMB" and "CODE 1" are displayed.

m



Step 2: Touch the Combination AUTO ROAST pad.



If you want to see the actual food temperature, press the Combination AUTO ROAST pad.

m

"Auto" replaces the time of day on the display and "ENTER CODE" flashes.

The probe temperature will be displayed as long as the pad is pressed.

m



Step 3: Enter the desired combination Auto Roast code by touching a number pad from 1 to 4. For example, touch number pad 1 for Beef, medium.

When the food reaches the programmed temperature for proper degree of doneness, the display shows "End" and the oven signals and turns off.



Step 4: Touch START.

Combination Auto Roast Guide (Use Probe)

Food	Temp	Code	Doneness Display
Beef, Medium	160°F.	1	MED
	Well	3	WELL
Lamb, Medium	170°F.	2	MED
	Well	3	WELL
Pork	190°F.	4	WELL
Chicken, whole	190°F.	4	WELL

(continued next page)



COMBINATION AUTO ROAST

(continued)

Questions and Answers

Q. When I cook poultry, the thin, small areas like legs and wings often overcook before the rest of the bird is thoroughly cooked. How can I prevent this?

A. Thin, uneven portions of poultry maybe shielded with aluminum foil during cooking. Do not allow foil to touch metal accessory shelf or oven sides, arcing may occur.

Q. Usually my temperature probe gives very accurate results, but this time it didn't. What happened?

A. If the temperature probe is positioned touching fat or bone, an inaccurate reading may result. Be sure to place the probe in solid muscle, usually the thickest, meatiest part of the roast or poultry, or in the center of a meatloaf or casserole.

Q. Meats often take longer than indicated in the guides to reach the desired internal temperature. Why?

A. If the meat is recently defrosted and still very cold or icy inside, it will require a longer cooking time than meat which has been merely refrigerated. Times shown in the guides are usually for meats that are refrigerator temperature.

Q. When I tried to program my oven for Combination Auto Roast, it beeped and flashed "PROBE." What did I do wrong?

A. Combination Auto Roast cannot be programmed without the temperature probe connected to the oven wall receptacle. To eliminate the "PROBE" display and continue programming the oven, just securely insert the probe into the receptacle.

Q. Do most meats require standing time after Combination Auto Roasting?

A. You may also want to let meats stand briefly, to allow easier carving and serving. Most meat roasts continue to cook for a few minutes after removing from the oven. Check the Cookbook for specific instructions.

CONVECTION BROILING

For broiling time and procedures, refer to the chart in the Cookbook.

(The metal shelf must be in place on the shelf supports when using convection broil.)

Broiling is cooking food by intense heat from the upper unit in the oven. Most fish and tender cuts of meat can be broiled. Follow these steps to keep spattering and smoking to a minimum.

Step 1: If meat has fat or gristle near edge, cut vertical slashes through both about 2" apart. If desired, fat may be trimmed, leaving layer about 1/8" thick.

Step 2: Insert spatter shield onto drip pan. Always use spatter shield so fat drips into drip pan; otherwise juices may become hot enough to catch fire. You can use aluminum foil to line your drip pan and spatter shield. However, you must mold the foil tightly to the spatter shield and cut slits in it just like the spatter shield.

Without the slits, the foil will prevent fat and meat juices from draining to the drip pan. The juices could become hot enough to catch on fire. If you do not cut the slits, you are frying, not broiling.

BROIL

Step 3: Touch Convection BROIL pad.

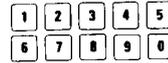
Step 4: Touch number pad 1 or 2 for desired Broil Code. Code 1 broils at 450°F. Code 2 broils at 425°F. Use Code 1 for thinner cuts of meat. "ENTER BROIL TIME" flashes on display but usually it is recommended that you preheat to preprogrammed broiling temperature. (See Step 5.)

**START**

Step 5: Touch START pad. When preheating is completed (preheating may take 25 to 30 minutes), oven will signal and display "READY."

NOTE: Oven will hold preprogrammed temperature for 30 minutes and then shut off unless you open the oven door.

Step 6: Open the door. "HOT" will appear on the display to remind you the oven is hot and that care should be taken when placing food in the oven. Place food on broiler pan assembly. Pull out metal accessory shelf to the stop position and set the broiler pan on it. Carefully push shelf back into oven and close the door.



Step 7: Close the oven door. Enter broiling time by touching number pads in sequence. For 25 minutes, touch 2, 5, 0 and 0.

START

Step 8: Touch START pad.

Step 9: When broiling is completed, oven signals and flashes "End." Oven, light and fan shut off.

Questions and Answers

Q. May I use aluminum foil to line the drip pan and spatter shield?

A. You can use aluminum foil to line your drip pan and spatter shield. However, you must mold the foil tightly to the spatter shield and cut slits in it just like the spatter shield. Without the slits, the foil will prevent fat and meat juices from draining to the drip pan. The juices could become hot enough to catch on fire. If you do not cut the slits, you are frying, not broiling.

Q. When broiling, is it necessary to always use the spatter shield-in the pan?

A. Yes. Using the spatter shield suspends the meat over the pan. As the meat cooks, the juices fall into the pan, thus keeping meat drier. Juices are protected by the shield and stay cooler, thus preventing excessive spatter and smoking.

Q. Should I salt the meat before broiling?

A. No. Salt draws out the juices and allows them to evaporate. Always salt after cooking. Turn meat with tongs; piercing meat with a fork also allows juices to escape. When broiling poultry or fish, brush each side often with butter.

Q. Why are my meats not turning out as brown as they should?

A. In some areas, the power (voltage) to the oven may be low. In these cases, preheat the broil unit for 10 minutes before placing broiler pan assembly with food in oven. Turn food only once during broiling.

Q. Do I need to grease my broiler spatter shield to prevent meat from sticking?

A. The spatter shield is designed to reflect broiler heat, thus keeping the surface cool enough to prevent meat sticking to the surface. However, spraying the shield lightly before cooking with a vegetable cooking spray will make cleanup easier.



COOKING REFERENCE GUIDE

This is a Quick Reference to guide you in selecting the best method of cooking. Specific recipes can be adapted to any method of cooking.

* — Best Method
A — Alternate
N — Not Recommended

Foods	Microwave	Combination	Convection
Appetizers			
Dips and Spreads	*	N	N
Pastry Snacks	A	*	A
Beverages	*	N	N
Sauces and Toppings	*	N	N
Soups and Stews	*	A	N
Meats			
Defrosting	*	N	N
Roasting	A	*	A
Poultry			
Defrosting	*	N	N
Roasting	A	*	A
Fish and Seafood			
Defrosting	*	N	N
Cooking	*	A	A
Casseroles	A	*	A
Eggs and Cheese			
Scrambled, Omelets	*	N	N
Quiche, Souffle	A	A	*
Vegetables, Fresh	*	N	N
Breads			
Quick	A	A	*
Yeast	N	A	*
Muffins, Coffee Cake	A	*	A
Desserts			
Cakes, Layer and Bundt	A	A	*
Angel Food and Chiffon	N	N	*
Custard and Pudding	*	N	N
Bar Cookies	A	*	A
Pies and Pastry	N	A	*
Candy, Fruit	*	N	N
Blanching Vegetables	*	N	N
Frozen Convenience Foods	*	A	A



CARE AND CLEANING

Follow these simple care rules:

Keep inside of oven clean. Food spatters or spilled liquids will absorb microwave energy and reduce efficiency of oven. Wipe up when they are still warm.

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.

A browning dish is designed only for use on the Microwave setting. When microwaving, preheat browning dish or grill only on ceramic oven floor. Do not use dish with the metal accessory shelf.

Always follow manufacturer's suggestions when using browning dish or accessories.

Follow manufacturer's instructions when using microwave cookware or accessories.

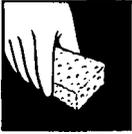
CLEANING GUIDE

NOTE: Let oven parts cool before touching or handling.



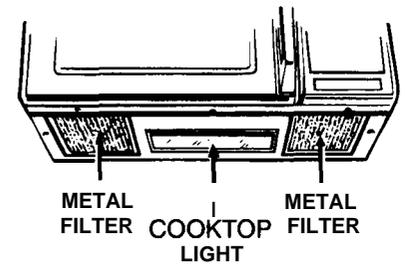
PART	MATERIALS TO USE	GENERAL DIRECTIONS
Stainless Steel Oven Interior -Side Walls Only -Ceiling	<ul style="list-style-type: none"> •Damp Cloth •Plastic Scouring Ball 	Clean with mild detergent and water, then rinse well with damp cloth. If desired, a container of water can be boiled in the oven using microwave energy. This will help loosen soil. For hard-to-remove soil, clean gently with scouring ball. Do not use abrasive cleaners which could scratch or damage the surface.
Ceramic Oven Floor	<ul style="list-style-type: none"> •Non-abrasive Nylon Mesh Scouring Ball •Non-abrasive Cleanser 	Wash floor with warm sudsy water.
Metal Accessory Shelf	<ul style="list-style-type: none"> •Soap and Water •Soap-Filled Scouring Pad 	Remove shelf and clean with one of the recommended materials. Then rinse and dry thoroughly. Some commercial cleaners may cause darkening or discoloration. When using for the first time, test cleaner on small portion of the shelf. Do not use commercial oven cleaners.
Broiler Pan (spatter shield and drip pan)	<ul style="list-style-type: none"> •Soap and Water •Soap-Filled Scouring Pad 	After broiling, remove the broiler pan from the oven. Remove the spatter shield from the drip pan. Carefully pour out the grease in the drip pan into a proper container. Wash; scour if necessary with a soap-filled or plastic scouring pad, in hot, soapy water. Rinse the drip pan and spatter shield in hot water. If food has burned on, sprinkle the spatter shield while hot with detergent and cover with wet paper towels or a dish cloth. That way, burned-on foods will soak loose while the meal is being served. Do not use commercial oven cleaners. OPTION: The drip pan and spatter shield may also be cleaned in a dishwasher.
Inside Oven Door and Window	<ul style="list-style-type: none"> • Soft Cloth •Mild Detergent 	Wipe off spills or spatters while they are still warm Use mild detergent and water, then rinse with clear water and dry with a soft cloth.
Outside Oven Surfaces	<ul style="list-style-type: none"> • Mild Detergent • Soft Cloth 	Clean with mild detergent and water, rinse and dry with a soft cloth. Clean chrome trim with a damp cloth and polish immediately with a dry cloth.
Touch Control Panel	<ul style="list-style-type: none"> •Soft Cloth 	Open oven door before cleaning to prevent oven from accidentally starting. Wipe with a damp cloth followed immediately by a dry cloth.
Temperature Probe	<ul style="list-style-type: none"> •Plastic Ball 	Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with scouring ball if necessary. Rinse and dry. Do not immerse the temperature probe in water. Do not store the temperature probe in the oven.
Bottom Trim	<ul style="list-style-type: none"> •Light Soil Heavy Duty Cleanser (Non-abrasive) Damp Cloth •Heavy Soil Damp Cloth Bleach 	Light Soil: Wash with a solution of 2 oz. heavy duty cleanser, such as Lestoil™ , and 6 oz. water. Rinse well with a damp cloth. Do not use abrasive cleansers or cleaning pads. Heavy Soil: Wash with a solution of 2 oz. household bleach and 6 oz. water. Wear rubber gloves to protect your hands. Be sure to protect surfaces below the oven from dripping bleach solution. Rinse well with a damp cloth. Do not use abrasive cleansers or cleaning pads.
Grille	<ul style="list-style-type: none"> •Light Soil Heavy Duty Cleanser (Non-abrasive) Damp Cloth •Heavy Soil Bleach Damp Cloth 	Light Soil: Wash with a solution of 2 oz. heavy duty cleanser, such as Lestoil™ , and 6 oz. water. Rinse well with a damp cloth. Do not use abrasive cleansers or cleaning pads. Heavy Soil: Remove the grille (see Light Bulb Replacement section). Soak the soiled end overnight in a solution of 1 cup household bleach and 3 cups water. After soaking the grille, rinse it with cold water and dry. Reinstall the grille.

NOTE: If steam accumulates inside or around outside of oven door, wipe with soft cloth. This may occur when operating the oven under high humidity conditions.



THE EXHAUST FEATURE

The exhaust hood feature on your microwave oven is equipped with two metal filters which collect grease. When the fan is operated, air is drawn up through the filters and is then discharged through the provided venting to the outside.

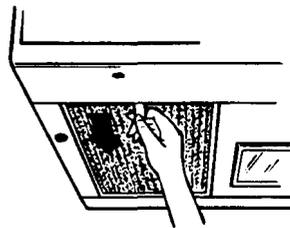


Reusable Grease Filters

The grease filters should be cleaned at least once a month. Never operate the microwave without the filters in place. In situations where flaming might occur on surfaces below hood, filters will stop the entry of flames into the unit.

To Remove Grease Filter

To remove grease filter, grasp the "finger hold" on the filter and slide to the rear. Then pull filter downward and to the front. The filter will drop out.



To Clean and Replace Grease Filter

To clean grease filter, soak it and then agitate filter in solution of hot water and detergent. Don't use ammonia or ammonia products because they will darken the metal. Light brushing can be used to remove embedded dirt.

Rinse, shake and remove moisture before replacing.

To replace grease filter, slide the filter in the frame slot on the back of the opening.

Pull filter upward and to the front to lock into place.

Charcoal Filter Kit (for some models)

There is a Recirculating Charcoal Filter Kit available for models that are not vented to the outside.

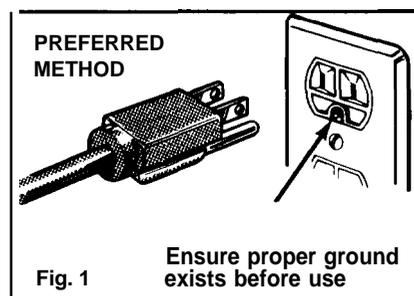
Filter Kit model JX81 can be ordered from your GE supplier. Ask for part WB02X4267.



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 circumstance cut or remove the third (ground) prong from the power cord.

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance.

LIGHT BULB REPLACEMENT



Cooktop Light

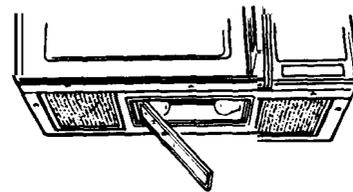
To replace the combination cooktop light/night light, first disconnect power at main fuse or circuit breaker panel or pull plug.

Remove screw on right side of light compartment cover and lower cover until it stops.



REMOVE SCREW

Be sure bulbs to be replaced are cool before removing. Break the adhesive seal by gently unscrewing the bulbs. Replace with 40-watt

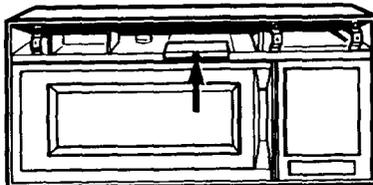


incandescent bulbs (WB02X4253) available from your GE supplier. High intensity 40-watt bulbs (40S11 N/1), which are available in supermarkets and hardware stores, may also be used for replacements. Raise light compartment cover and replace screw. Connect electrical power to microwave oven.

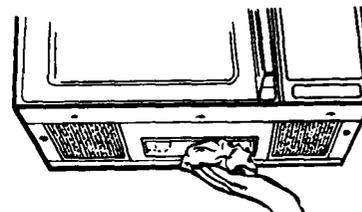
Oven Light



To replace your oven light, first disconnect power at main fuse or circuit breaker panel or pull plug. Remove the top grill by taking out the 2 screws that hold it in place.



Next, remove the single screw located above door near center of oven that secures light housing. Replace burned-out bulb with a 40-watt incandescent bulb (WB02X4253), available from your GE supplier.



Clean off the grease and dust on hood surfaces often. Use a solution of warm water and detergent. About 1 tablespoon of ammonia may be added to the water. Take care not to touch the filters and enamel surfaces with this solution; ammonia will darken metal.



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.• Unplug your microwave/convection oven. then plug it back in.• Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none">• Door not securely closed.• START pad must be touched after entering cooking selection.• Another selection entered already in oven and CLEAR/OFF pad not touched to cancel it.• Make sure you have entered cooking time or temperature after touching COOK pads.• CLEAR/OFF pad was touched accidentally. Reset cooking program and touch START pad.*Temperature probe not inserted properly or not being used during Combination Auto Roast or Temp Cook/Hold.• Make sure you have entered a desired finished food temperature or oven temperature after setting temperature cooking programs.• Make sure you have entered a code number after touching AUTO COOK, AUTO DEFROST or Combination AUTO ROAST pads.• Make sure you have entered a code number after touching Combination COOK pad for Combination Time Cooking or Combination Temperature Cooking.
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. Touch TIME COOK I & 11 pad and additional cooking time for completion.* incorrect power level entered. Check Cookbook for recommended power level, or changing levels during cooking if necessary.*Dish not covered as directed when using Auto Cook.• Dish was not rotated, turned or stirred, Some dishes require specific instructions. Check Cookbook or recipe for instructions.• Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check Cookbook time recommendations.• Incorrect code number entered after touching AUTO COOK, Combination COOK or Combination AUTO ROAST pads.• Probe not inserted properly into meat or dish when using Temp Cook/Hold or Combination Auto Roast functions. Check Cookbook or Cooking by Temperature section for specific instructions.• Check Cookbook for correct accessories such as shelves and food placement on them.• Incorrect finished temperature entered with temperature-controlled functions.• Flow of air blocked with convection or combination cooking functions.



PROBLEM	POSSIBLE CAUSE
"PROBE" APPEARS ON DISPLAY	<ul style="list-style-type: none">*Temperature probe is missing or not plugged in securely when using cooking functions that measure food temperature.• Temperature probe is inserted for a program that does not use the probe.
"Error" APPEARS ON DISPLAY	<ul style="list-style-type: none">• During Auto Cook, Auto Reheat or Popcorn program, the door was opened before steam could be detected, or steam was not detected in maximum time.• No steam was detected by sensor within four minutes and 10 seconds after start of Popcorn program.
FLOOR OF THE OVEN IS WARM, EVEN WHEN THE OVEN HAS NOT BEEN USED	<ul style="list-style-type: none">• The cooktop lamp is located directly below the oven floor. When the lamp is on, the heat it produces makes the oven floor get warm. This is normal.

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 thump 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

YOUR GE MICROWAVE/CONVECTION OVEN WARRANTY

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

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

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

LIMITED ADDITIONAL NINE-YEAR WARRANTY

For the second through tenth 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.

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 D2966P054
Pub. No. 49-8524

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