

7/93

Monogram.

Use and Care Guide

for ZMW2000 Series

Built-In

Microwave Oven

*Monogram.<sup>TM</sup>*

*Microwave Oven*

---

---

## Introduction

Your new Monogram microwave oven makes an eloquent statement of style, convenience and kitchen planning flexibility. Whether you chose it for its purity of design, practical cooking features or assiduous attention to detail—or for all of these reasons—you'll find that your Monogram microwave oven's superior blend of form and function will delight you for years to come.

The Monogram microwave oven was designed to provide the flexibility to blend in with your kitchen cabinetry.

The information on the following pages will help you operate and maintain your microwave oven properly.

For a listing of dealers—or if you have other questions—please call the GE Answer Center® (800.626.2000).

---

## Contents

Adapter Plugs .....	28	Hold Time .....	10
Aluminum Foil .....	5, 17	Microwaving Tips .....	6
Appliance Registration .....	3	Minute/Second Timer .....	10
Care and Cleaning .....	28, 29	Popcorn .....	13
Clock .....	8,9	Power Levels .....	8, 10, 11, 15, 16, 18,20
Consumer Services .....	34	Model and Serial Number .....	7
Control Panel .....	8, 9	Location .....	7
Extension Cords .....	28	Oven Light Replacement .....	30
Features .....	7	Oven Shelf .....	5-7, 13,21,22,24,27-29
Grounding Instructions .....	28	Precautions to Avoid Possible Exposure to Excessive Microwave Energy .....	3
Microwave Cooking .....	6, 10-27	Problem Solver .....	31
Add 30 Seconds .....	12	Safety Instructions .....	4-6
Auto Cook .....	22-26	Temperature Probe .....	5,7,9, 10, 14,15, 18, 19,29
Auto Defrost .....	16, 17	Warranty .....	35
Automatic Cooking Control Guide .....	24, 25	<b>Questions?</b>	
Auto Reheat .....	21, 22	<b>Call GE Answer Center</b>	
Auto Roast .....	18, 19	<b>800.626.2000</b>	
Auto Start/Reminder .....	12		
Cooking by Temperature .....	14, 15		
Cooking by Time .....	11, 12		
Cooking Complete Reminder .....	7		
Defrosting by Time .....	20		
Delayed Cooking .....	10		
Express Cook Feature .....	12		

---

<p><b>Microwave power output of this oven is 800 watts.</b></p> <p>(IEC-705 Test Procedure)</p>
---

---

---

## 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.

See the Features of Your Oven section for model and serial number location. 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.

---

## 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 this book. It lists causes of minor operating problems that you can correct yourself.

---

## 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

### 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.

## 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.

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 section on the previous page.
- **This appliance must be grounded.** Connect only to properly grounded outlet. See the 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 oven is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.
- **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.

• **This microwave/convection oven is not approved or tested for marine use.**

• **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.

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

—**Do not use your microwave 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 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.

- **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.**



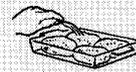
- **Cookware may become hot** because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- **Sometimes, the oven floor and walls can become too hot to touch.** Be careful touching the floor and walls during and after cooking.
- **Foods cooked in liquids** (such 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.

- **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.

(continued next page)

# IMPORTANT SAFETY INSTRUCTIONS

(continued)

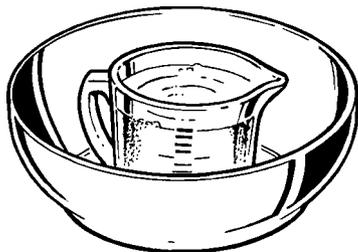
- **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.
- **“Boilable” cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after rooking, 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).



## SAVE THESE INSTRUCTIONS

## 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.**
- **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.

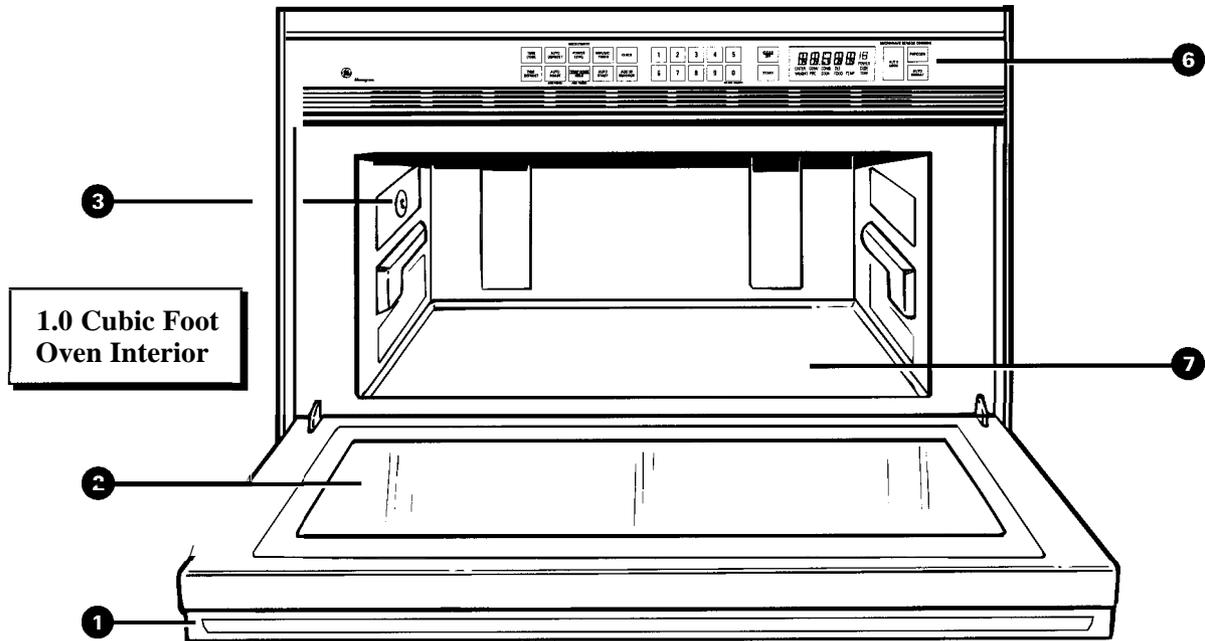
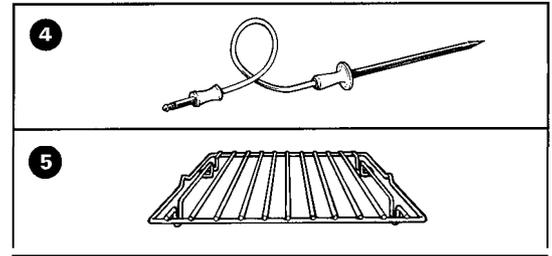


If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

# 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.



1.0 Cubic Foot  
Oven Interior

- 1. Door Handle.** Pull to open door. Door must be securely closed for oven to operate.
- 2. Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in oven.
- 3. Receptacle for Temperature Probe.** Probe must be securely inserted into receptacle before oven will start any temperature or Auto Roast cooking.
- 4. Temperature Probe.** Probe measures internal food temperature. The probe must be used when cooking by temperature or Auto Roast cooking.
- 5. Shelf.** Lets you microwave several foods at once. Food microwaves best when placed directly on the oven floor. Use this shelf only when cooking foods on two levels.
- 6. Touch Control Panel and Digital Display.** For detailed information on each feature, see Your Touch Control Panel section.
- 7. Oven Floor.**  
**NOTE:** Oven light and oven vent(s) are located on the inside walls of the microwave oven. Rating plate is located on the front of the oven seen when the door is open.

## All These Things are Normal With Your Microwave Oven:

- 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.
- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- During cooking you will hear “cracking” and “popping” noises which are nothing more than normal expansion of the oven.
- At the end of microwave cycles you will hear a slight thump. This is normal.

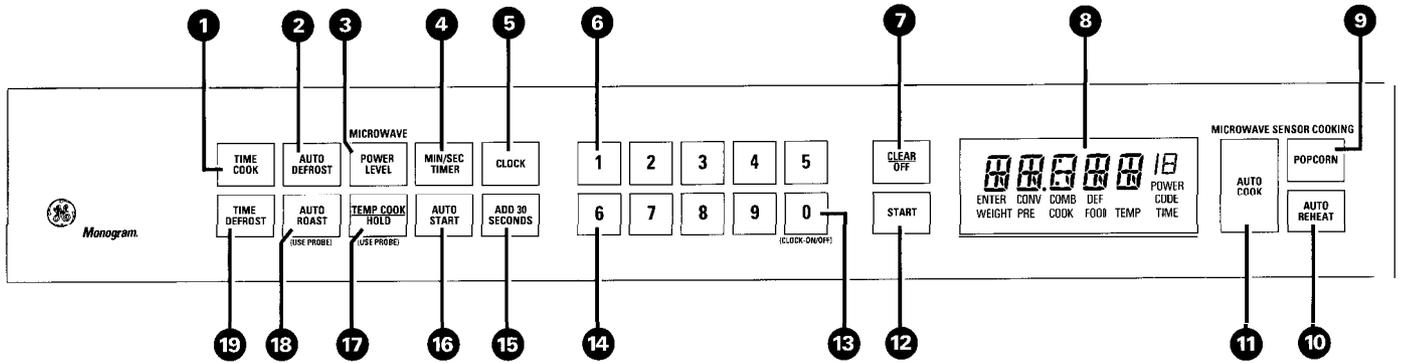
---

# 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.

---

1. **TIME COOK.** Microwave for a preset amount of time using automatic power level 10 or change power level after setting time.
2. **AUTO DEFROST.** Touch this pad, then code number and food weight. The oven automatically sets power levels and defrosting time.
3. **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.
4. **MIN/SEC TIMER.** This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking.
5. **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 0 and "1:30" will appear in display. Then touch START or CLOCK. If you wish to reset or change time, simply repeat above process.
6. **EXPRESS COOK.** Touch the number 1 through 5 pads for 1 to 5 minutes of cooking at power level 10. For example, touch 2 then START for 2 minutes at power level 10.
7. **CLEAR/OFF.** When touched, it stops the oven and erases all settings except time of day.
8. **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.
9. **POPCORN.** Touch this pad, then START to cook prepackaged microwave popcorn weighing 3.0 to 3.7 ounces.
10. **AUTO REHEAT.** Touch this pad, then START for quick reheating of prepared foods.
11. **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.
12. **START.** Touch this pad to begin any function.
13. **CLOCK DISPLAY ON/OFF.** Touch the 0 number pad to turn the clock display on or off. The Clock Display On/Off feature cannot be used while a cooking feature is in use.
14. **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 and food weights.
15. **ADD 30 SECONDS.** Press this pad to add 30 seconds to the cook time as it's counting down.
16. **AUTO START.** 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.
17. **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.
18. **AUTO ROAST.** Insert probe, touch this pad, and desired number pad to slow-cook or temperature cook meat with automatic preset program.
19. **TIME DEFROST.** Gentle thawing at automatic power level 3, or change power level after entering time.



## 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 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.

## Clock Display On/Off Feature

The Clock Display On/Off Feature allows you to turn the the clock display on or off without changing the time on the clock. Touch the 0 number pad to turn the clock display on or off. The Clock Display On/Off feature cannot be used while a cooking feature is in use.

---

# 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.

---

## 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.

---

## 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 the 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 the MIN/SEC TIMER pad.

## 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.

---

## 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 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.

---

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



**Step 6:** Touch the TIME COOK 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.”

---

## 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, Auto Roast, Auto Defrost, Auto Cook, Auto Reheat or Popcorn are running.

---

# COOKING BY TIME

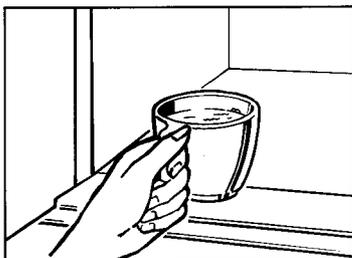
## Time Cook

**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.

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 pad.

**TIME  
COOK**

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" below.)

Step 4: Touch the START pad.

**START**

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

Step 6: Open the door.

If you interrupt Time Cook to check the food, simply close the door and press START to resume cooking. If there is not time remaining on timer you must reset the timer to resume cooking.

### 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 pad.

**TIME  
COOK**

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 pad.

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.

If you interrupt Time Cook to check the food, simply close the door and press START to resume cooking. If there is not time remaining on timer you must reset the timer to resume cooking.

(continued 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

A rectangular button with a black border containing the text "ADD 30 SECONDS" in bold, uppercase letters.

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.

A rectangular button with a black border containing the text "AUTO START" in bold, uppercase letters.

**Step 1:** Touch AUTO START 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.**

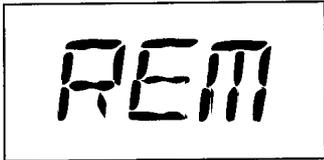
**Example: It is 7 a.m. and you must remember to leave for a dentist appointment at 10 a.m.**

A rectangular button with a black border containing the text "AUTO START" in bold, uppercase letters.

**Step 1:** Touch AUTO START 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 pad. The time-of-day may be displayed by touching the CLOCK pad.

A rectangular display area with a black border showing the word "REM" in a stylized, blocky font.

# 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 package instructions. Close oven door.

POPCORN

Step 3: Touch POPCORN pad.

POP

“POP” flashes on the display.

START

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

: 20

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

End

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

## How to Adjust the Popcorn 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.

POP+

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.

POP-

---

# 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 setting is recommended for batters, doughs, frozen foods and foods which are difficult to cook precisely with the probe.**

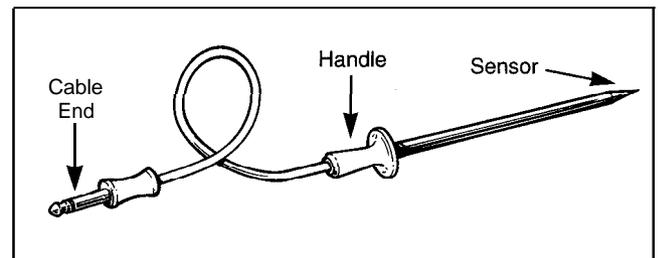
Temp Cook/Hold takes the guesswork out of cooking, because the oven automatically switches to “Hold” setting after reaching the preset food temperature from 90°F. to 199°F. and maintains that temperature for up to one hour or until you touch the CLEAR/OFF pad.

**NOTE:** Oven automatically switches to “Hold” when preset food temperature is reached.

---

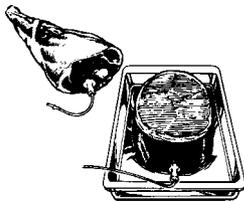
## The Temperature Probe

The temperature probe is a food thermometer that gauges the internal temperature of your food. (Its appearance may vary from picture shown.) The probe must be used when using Temp Cook/Hold or Auto Roast. See How to Use the Temperature Probe section for proper use of your probe.

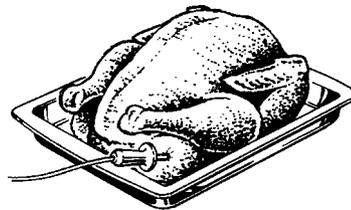


---

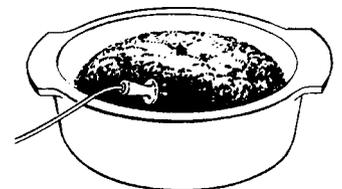
## How to Use the Temperature Probe



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



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



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

**TEMP COOK**  
**HOLD**  
n

**Step 2:** Touch TEMP COOK/  
HOLD pad.

**Step 3:** Touch 1,5 and O for 150°F.

**POWER**  
**LEVEL**

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

**START**

**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.

**CLEAR**  
**OFF**

**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.
- 

## Questions and Answers

**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.

# AUTO DEFROST

## Auto Defrost

With the Auto Defrost feature, the oven automatically sets the defrosting times and power levels for you.

Use the Auto Defrost Guide. Enter the food weight in pounds and tenths of a pound (see Conversion Guide). Then touch the START pad.

The oven calculates defrosting time and changes power levels during defrosting to give even defrosting results.

## How to Set Auto Defrost

**Step 1:** Remove food from package, place in oven on microwave-safe dish and close door.



Step 2: Touch the AUTO DEFROST pad.

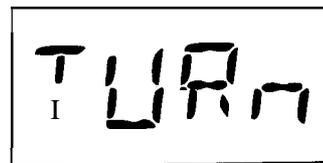


**Step 3:** Enter weight. For example, touch number pads 1 and 2 for weight of 1.2 pounds (1 pound, 3 ounces. See Conversion Guide below.)



Step 4: Touch the START pad. Display shows defrost time counting down.

Twice during defrosting, the oven beeps 4 times and "TURN" flashes.



Follow the directions in the Auto Defrost Guide

for what to do at the first and second signal. Then close the door and touch START. (Defrosting continues during "TURN" display.)

When defrosting time is completed, "End" flashes and oven beeps 4 times. "End" remains on display and oven beeps every minute until door is opened or CLEAR/OFF pad is touched.

## Stand Time

After Auto Defrosting, meat needs to stand in order to let the inside defrost. You may take the food out of the oven if you wish. Stand time recommendations are given in the Auto Defrost Guide.

## 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
& 5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

# AUTO DEFROST GUIDE

1. Unwrap item being defrosted.
2. Place roasts and whole poultry on trivet in microwave-safe dish. Check food for warm spots halfway through defrosting, and shield these areas with small pieces of foil.

RECOMMENDED FOODS	MIN.-MAX. WEIGHT	INSTRUCTIONS	STAND TIME
Chops	0.1 - 6.0 lbs.	Separate, turn over and shield where necessary.	5 minutes
Frankfurters, Sausage	0.1- 6.0 lbs.	Separate and remove defrosted pieces.	2 minutes
Ground Meat	0.1 -6.0 lbs.	Turn over, remove defrosted areas and break apart.	5 minutes
Beef Patties	0.1 - 6.0 lbs.	Turnover and separate patties. Remove defrosted pieces.	5 minutes
Roast	0.1 -6.0 lbs.	Turn over and shield.	30-90 minutes
Ribs	0.1 -6.0 lbs.	Separate, turn over and remove defrosted pieces. Shield if necessary.	5 minutes
Steak	0.1 -6.0 lbs.	Turn over and shield.	5 minutes
Stew	0.1 -6.0 lbs.	Separate and remove defrosted pieces.	5 minutes
Whole Chicken	0.1 -6.0 lbs.	Turn over and shield.	10 minutes; run cold water in cavity.
Turkey Breast (breast side up)	0.1 -6.0 lbs.	Turn over and shield.	20 minutes in refrigerator; run cold water in cavity.
Chicken Pieces	0.1 - 6.0 lbs.	Separate and remove defrosted pieces.	5 minutes
Cornish hens (whole)	0.1 -6.0 lbs.	Turn over and shield where necessary.	10 minutes; run cold water in cavity.
Cornish hens (split)	0.1 -6.0 lbs.	Turn over and shield.	5 minutes
Fish fillets	0.1 -6.0 lbs.	Separate and remove defrosted pieces.	5 minutes
Shrimp, scallops	0.1 -6.0 lbs.	Separate and remove defrosted pieces.	5 minutes
Whole fish	0.1 -6.0 lbs.	Turn over and shield tail and head.	5 minutes; hold under cold running water.

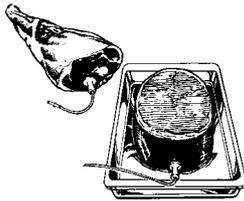
Edges or thin areas of meat will defrost more rapidly than other areas. After first or second signal, shield warm areas with small pieces of foil.

# AUTOMATIC ROASTING

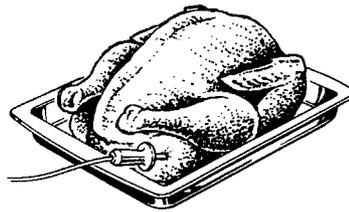
**Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook/Hold, which uses a single power level, Auto Roast uses up to 3 power settings which automatically switch during roasting, thus providing even, tender cooking results without overcooking.**

Just as in regular roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time.

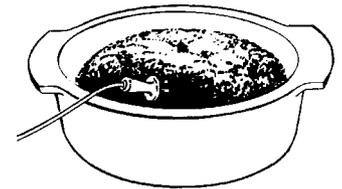
## How to Use the Temperature Probe



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



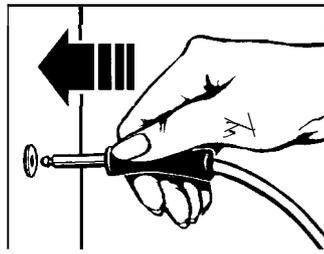
Insert the probe into the meatiest part of the inner thigh, below and parallel to the leg of a whole turkey.



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

## How to Auto Roast Beef to Medium

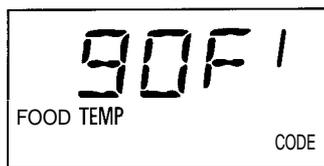
**Step 1:** Insert the temperature probe into the food. Insert probe securely in the oven wall outlet and close the oven door.



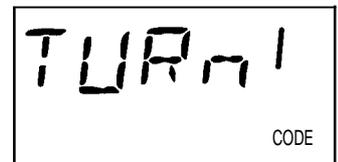
**Step 2:** Touch the AUTO ROAST pad. Touch number pad 1. Touch START. (See the “Auto Roast Guide” for complete list of recommended codes.)



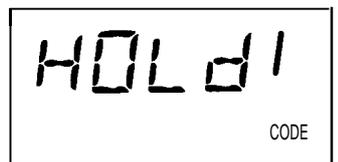
**NOTE:** By touching the AUTO ROAST pad during cooking, the meat’s internal temperature will be displayed. (“COOL” will be displayed until meat reaches 90°F.) When pad is released, doneness code reappears on the display.



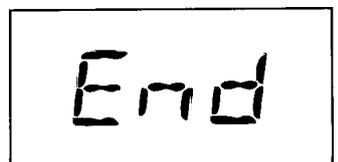
**Step 3:** When you select Auto Roast codes 1 or 2, the oven signals with 4 beeps and “TURN” flashes on the display when it’s time to turn the roast over. After you turn the roast, close the door and touch START. (**NOTE:** Oven continues to cook after the signal whether or not roast is turned over.)



**Step 4:** After a pre-programmed food temperature is reached the oven beeps 4 times and “HOLD” appears on the display.



**Step 5:** Food will be held at this temperature for 60 minutes. The oven then beeps 4 times and “End” appears.



## Auto Roast Guide

• Place meats in a cooking bag in microwave-safe dish. (Refer to package instructions for proper use of cooking bag.)

• Recommended codes are shown below.

• Insert probe as described elsewhere in this section.

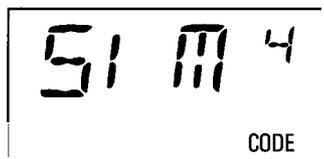
Food	Code	Minimum Final Temp.	Approx. Time (minutes per pound)	Hold* Minutes	Doneness Display
<b>Beef (5 lb. max.)</b> Tender Roast Medium Well	1 2	160°F. 170°F.	13-15 15-17	0 5-10	MEd WELL
<b>Pork (5 lb. max.)</b> Loin Roast	2	170°F.	15-19	10	WELL
<b>Poultry (6 lb. max.)</b> Turkey Breast (Insert probe horizontally into meatiest area.)	3	185°F.	17-20	10-15	WELL

\*Recommended standing time before serving.

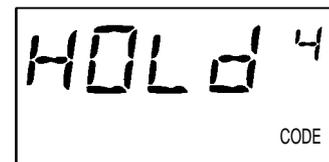
## Automatic Simmer (Auto Roast Code 4)

Total time includes time to bring food to 180°F., and hold at that temperature until done.

Set Auto Simmer like **Auto Roast** as explained in this section. Display shows “SIM” and “CODE 4.”



Oven switches to Hold at 180°F., and continues holding at 180°F. until you remove food and touch CLEAR/OFF pad. If stirring is recommended, you can restart oven by touching the START pad again. Touch CLEAR/OFF pad after cooking.



## Automatic Simmer Guide (Auto Roast Code 4)

Food	Final Temp.	Approx. Time/Hours	Doneness Display	Comments
<b>Beef</b> Pot Roast	180°F.	5-7	SIM	Add enough liquid to just cover meat. If adding vegetables, make sure they are completely covered by liquid. Precook meat. Place probe 1 inch from top surface. Stir after 3 hours, if possible.
Chili	180°F.	5-8	SIM	
<b>Chicken</b> Stewing	180°F.	4-6	SIM	Add 4 cups liquid. Insert probe into meatiest area of inner thigh from below end and parallel to leg. Turn over after 1/2 of time. Same procedure as above.
Broiler/Fryer	180°F.	3-4	SIM	
<b>Ham/Pork</b> Roast	180°F.	4-6	SIM	Add 4 cups liquid.
soup Stock/Vegetable	180°F.	7-10	SIM	Make sure that vegetables and meat are covered by liquid. Stir every 3 hours. Add enough liquid to cover peas at least 2 inches. Stir after 3 hours.
Split Pea	180°F.	5-7	SIM	

---

# 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.

---

### 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.



Step 2: Touch TIME DEFROST.

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



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.

---

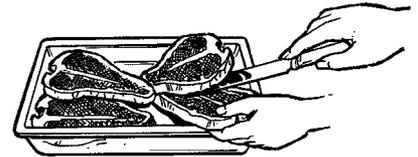
## Defrosting Tips

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



- 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.

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



- 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.

---

## 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.

# 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 rely on guesswork.

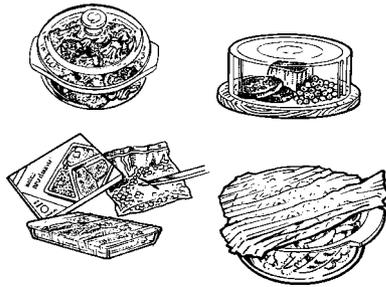
By actually sensing the steam that escapes as food heats, this feature automatically adjusts the oven's heating time to various types and amounts of pre-cooked food.

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.**

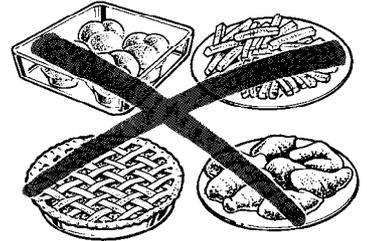
## Foods Recommended

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.



## 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.



After 4 seconds, "START" flashes on display. 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.

*(continued next page)*

---

# AUTO REHEAT

(continued)

## Questions & Answers

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

**A.** Use Time Cook 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.

---

## AUTO COOK

The Auto Cook feature may be used to eliminate your need to 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.

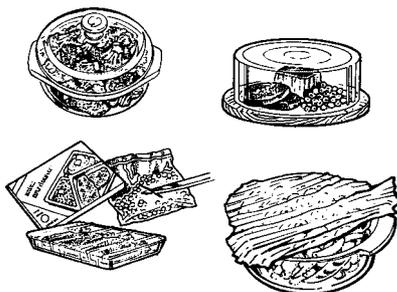
Because most cooking containers must be covered during Auto Cook, this feature is best with foods that you want to steam or retain moisture.

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

---

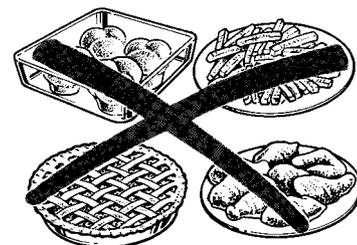
### Foods Recommended

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.

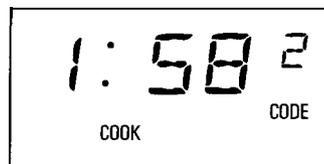


Touch number pad for desired code. "CODE 2" shows on the display. Touch START.

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



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.

# 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 vented 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 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
<b>Canned Foods</b>				
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.
<b>Leftovers</b>	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.
<b>Convenience Foods</b>				
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.	

<b>Food</b>	<b>Auto Cook Code</b>	<b>Container</b>	<b>Approx. Time</b>	<b>Comments</b>
<b>Casseroles</b> 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	1½- to 3-qt. casserole with lid	40 to 55 min.	When oven signals, stir if necessary.
<b>Meats, Poultry Seafood</b>				
Chicken pieces (upto 2½ lbs.)	5	2-qt. oblong glass baking dish	8 to 24 min.	Cover with plastic wrap.
Whole chicken (upto 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 (1½ 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.
<b>Vegetables</b>				
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 (upto 2 lbs.)	4	2-qt. casserole with lid	20 to 30 min.	Add 1 to 1 ½ cups water.
Fresh vegetables, such as carrots, brussels sprouts, broccoli, cauliflower, summer and winter squash, green beans	4	1½- to 2-qt. casserole with lid	13 to 15 min.	Add 1/4 to 1/2 cup water. When oven signals, stir if necessary.
<b>Fruit</b>				
Baked apples, pears (4)	2	2-qt. casserole with lid	12 to 14 min.	Add 2 tablespoons water per piece of fruit to dish.

# AUTOMATIC COOKING CONTAINERS & COVERS

## Containers and Covers

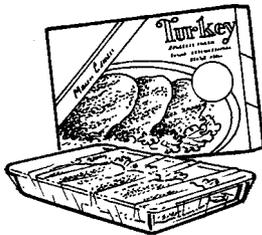
Appropriate containers and coverings help assure good cooking results.

- 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 the Automatic Cooking Control Guide.

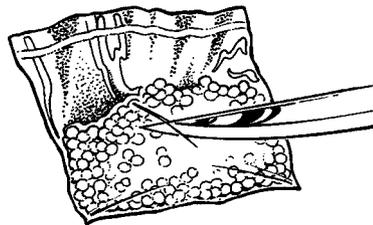


Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lids that fit. If lids are not available, use plastic wrap or wax paper. Plastic wrap should be vented over food to allow for escaping steam. Seal by pressing plastic wrap firmly around edges.



For frozen 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.

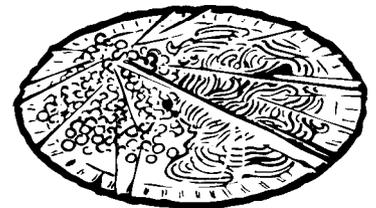
For frozen foods in metal trays, remove foil covering and baked goods, reinsert tray into box and close ends of box.



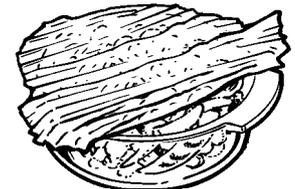
Slit plastic pouches 1 inch as shown above. Break food up thoroughly after oven signals.



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.



**Paper plates**—while they maybe 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.



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.

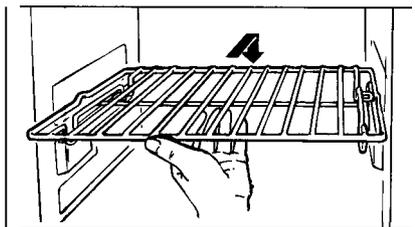
# GUIDE TO USE OF THE OVEN SHELF

- Use the shelf only when cooking food on 2 levels. Food microwaves best when placed directly on the oven floor.
- Do not store or cook with metal shelf on floor of oven. Product damage may result.
- Use pot holders when handling metal shelf and cookware. They may be hot.
- Do not store microwave browning dish on metal shelf.
- Use of shelf with the Auto Cook, Auto Reheat or Popcorn program is not recommended.

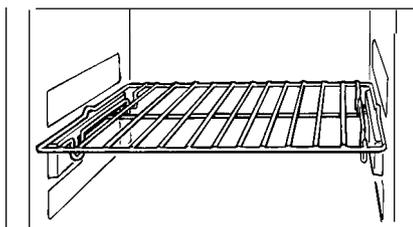
The wire shelf is specifically designed for added capacity heating and reheating in your microwave oven. Now more than 1 food may be heated or reheated and ready to serve at the same time.

Batters and dough foods and also uncooked foods which need to be prepared from scratch should be cooked without the oven shelf.

## How to Insert the Shelf Into the Oven



To insert the shelf, slide it all the way in until it drops into place on the shelf supports.



Make sure the raised bumps on the sides of the shelf are on the top or the shelf will not rest solidly on the shelf supports.

Use the shelf only when cooking food on 2 levels. To prevent arcing, remove the shelf when you are not using it.

## How to Reheat Several Different Types of Foods Together

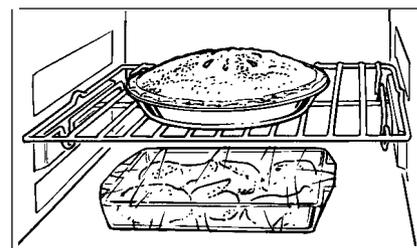
When heating several different types of food together, foods which should be served hot must be placed on the oven floor, while foods which need only to be warmed should be placed on the shelf. This is because microwave energy enters the oven from the bottom only. Also, it is important to remember that foods absorb microwave energy at different rates. Rates can be affected by the size of the food, and its starting temperature.

Because of the varying rates, you may need to start reheating a large or dense food a few minutes ahead of time, then add other smaller or less dense foods. Alternately, if one of the foods you are heating seems undercooked but the others are heated satisfactorily, let the underheated food continue cooking.

Heat or reheat different types of food at High (10). To determine heating times, add times for all foods together. After half of time, stir or rearrange foods (do not reverse positions). Check foods (especially those on the oven floor) after 3/4 of total time and remove any which are done. Continue cooking others.

Place on the floor larger or more dense foods, which need the most heating, such as leftover fried chicken, casseroles of canned or leftover vegetables, rice or pasta. Place on the oven shelf those foods which need only be warmed, such as bakery pies, rolls, muffins or breads.

Pop popcorn on the microwave oven floor only. Popcorn placed on the oven shelf will not pop properly. Use prepackaged popcorn labeled for use in microwave ovens.

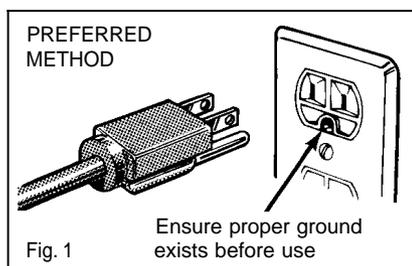


---

# 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.**

---

## 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
<b>Stainless Steel Oven Interior</b> –Side Walls Only –Ceiling	<ul style="list-style-type: none"> <li>•Damp Cloth</li> <li>•Plastic Scouring Ball</li> </ul>	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.
<b>Ceramic Oven Floor</b>	<ul style="list-style-type: none"> <li>•Non-abrasive Nylon Mesh Scouring Ball</li> <li>•Non-abrasive Cleanse]</li> </ul>	Wash floor with warm sudsy water.
<b>Metal Accessory Shelf</b>	<ul style="list-style-type: none"> <li>•Soap and Water</li> <li>•Soap-Filled Scouring Pad</li> </ul>	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.
<b>Inside Oven Door and Window</b>	<ul style="list-style-type: none"> <li>•Soft Cloth</li> <li>•Mild Detergent</li> </ul>	Wipe off spills or splatters while they are still warm Use mild detergent and water, then rinse with clear water and dry with a soft cloth.
<b>Outside Oven Surfaces</b>	<ul style="list-style-type: none"> <li>•Mild Detergent</li> <li>•Soft Cloth</li> </ul>	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.
<b>Touch Control Panel</b>	<ul style="list-style-type: none"> <li>•Soft Cloth</li> </ul>	Open oven door before cleaning to prevent oven from accidentally starting. Wipe with a damp cloth followed immediately by a dry cloth.
<b>Temperature Probe</b>	<ul style="list-style-type: none"> <li>•Plastic Scouring Ball</li> </ul>	Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with scouring ball if necessary. Rinse and dry. <b>Do not immerse the temperature probe in water. Do not store the temperature probe in the oven.</b>
<b>Bottom Trim</b>	<ul style="list-style-type: none"> <li>•Light Soil Heavy Duty Cleanser (Non-abrasive) Damp Cloth</li> <li>•Heavy Soil Damp Cloth Bleach</li> </ul>	<p>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.</p> <p>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.</p>
<b>Grille</b>	<ul style="list-style-type: none"> <li>•Light Soil Heavy Duty Cleanser (Non-abrasive) Damp Cloth</li> <li>•Heavy Soil Bleach Damp Cloth</li> </ul>	<p>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.</p> <p>Heavy Soil: Remove the grille (see Oven Light 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.</p>

**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.

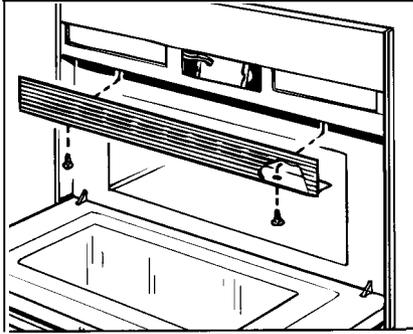
# OVEN LIGHT REPLACEMENT

## Oven Light

To replace your oven light, first disconnect power at main fuse or circuit breaker panel or pull plug.

**Step 1:** Open the oven door.

**Step 2:** Remove the front grille by taking-out the 2 screws that hold it in place.

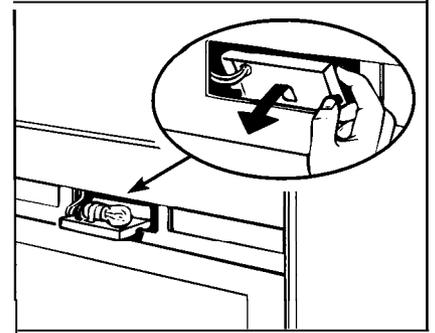


**Step 3:** Rotate the light bulb housing out and toward you to access the light bulb. Replace the burned-out bulb with a 40-watt incandescent bulb

(WB02X4253)

available from your GE supplier.

Reverse Step 2 and Step 3 to replace the grille, while making sure the grille is flush against the control panel.



## QUESTIONS? USE THIS PROBLEM SOLVER

PROBLEM	POSSIBLE CAUSE
OVEN WILL NOT COME ON	<ul style="list-style-type: none"> <li>• A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.</li> <li>• Set the circuit breaker to the off position. Wait 30 seconds. Reset the circuit breaker to the on position.</li> </ul>
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none"> <li>• Door not securely closed.</li> <li>• START pad must be touched after entering cooking selection.</li> <li>• Another selection entered already in oven and CLEAR/OFF pad not touched to cancel it.</li> <li>• Make sure you have entered cooking time or temperature after touching COOK pads.</li> <li>• CLEAR/OFF pad was touched accidentally. Reset cooking program and touch START pad.</li> <li>• Temperature probe not inserted properly or not being used during Auto Roast or Temp Cook/Hold.</li> <li>• Make sure you have entered a desired finished food temperature or oven temperature after setting temperature cooking programs.</li> <li>*Make sure you have entered a code number after touching AUTO COOK, AUTO DEFROST or AUTO ROAST pads.</li> </ul>
"PROBE" APPEARS ON DISPLAY	<ul style="list-style-type: none"> <li>• Temperature probe is missing or not plugged in securely when using cooking functions that measure food temperature.</li> <li>• Temperature probe is inserted for a program that does not use the probe.</li> </ul>
"Error" APPEARS ON DISPLAY	<ul style="list-style-type: none"> <li>• 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.</li> <li>• No steam was detected by sensor within four minutes and 10 seconds after start of Popcorn program.</li> </ul>

### All these things are normal with your microwave oven:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Dimming oven light and change in blower sound may occur while operating at power levels other than high.</li> <li>• Dull, thumping sound while oven is operating.</li> <li>• 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.</li> </ul> | <ul style="list-style-type: none"> <li>• Steam or vapor escaping from around the door.</li> <li>• Light reflection around door or outer case.</li> <li>• During cooking you will hear "cracking" and "popping" noises which are nothing more than normal expansion of the oven.</li> <li>• At the end of microwave cycles you will hear a slight thump. This is normal.</li> </ul> |
|---|--|

---

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

---

---

# NOTES

---

# NOTES

---

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

---

## ***In-Home Repair Service*** ***800-GE-CARES (800-432-2737)***

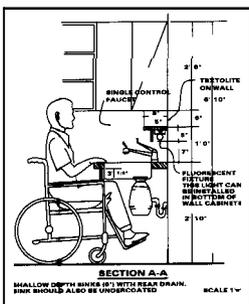
AGE consumer service professional will provide expert repair service, scheduled at a time that's convenient for you. Many GE Consumer Service company-operated locations offer you service today or tomorrow, or at your convenience (7:00 a.m. to 7:00 p.m. weekdays, 9:00 a.m. to 2:00 p.m. Saturdays). Our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

---

## ***GE Answer Center®*** ***800.626.2000***

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

---



## ***For Customers With Special Needs...*** ***800.626.2000***

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

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

---

## ***Service Contracts*** ***800-626-2224***

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

---

## ***Parts and Accessories*** ***800-626-2002***

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

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

---

# YOUR MONOGRAM MICROWAVE 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 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<sup>®</sup> 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<sup>™</sup>  
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**

ZMW2000 Series



*Monogram*™

---

General Electric Company  
Louisville, KY 40225

Pub. No. 49-8328  
Part No. 164 D2588P128  
12-92 CG