

Microwave Oven

Use and

Care Guide



Appliances
MCE 04XW

Thank you for choosing a Roper appliance

This Use and Care Guide will help you operate and maintain your new, qualitybuilt Roper microwave oven. Keep this Use and Care Guide in a safe place for future reference.

Complete and mail the Product Registration Card

This card enters your warranty into our warranty system that insures efficient claim processing, can be used as a proof of purchase for insurance claims and helps Roper to contact you immediately in the unlikely event of a product-safety recall.

Please remember

It is your responsibility to be sure that your microwave oven:

- Has been properly installed and leveled where it is protected from the elements and on a surface strong enough to support its weight. (See the Installation Instructions.)
The microwave oven should be at a temperature above 50°F (10°C) for proper operation.
- Has been properly connected to electrical supply, and grounded. (See the Installation Instructions.)
- Is not used by children or anyone unable to operate it properly.
- Is properly maintained.
- Is used only for jobs expected of a home microwave oven.

Precautions To Avoid Possible Exposure To Excessive Microwave Energy . . .

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.

Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

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.

Do not operate the microwave oven if the door window is broken.

The microwave oven should be checked for microwave leakage by qualified service personnel after a repair is made.

The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Do not operate the microwave oven with the outer cabinet removed.

IMPORTANT SAFETY INSTRUCTIONS

Microwave ovens have been thoroughly tested for safe and efficient operation. However, as with any appliance, there are special installation and safety precautions which must be followed to ensure safe and satisfactory operation and prevent damage to the unit.

WARNING

To reduce the risk of fire, electrical shock, injury to persons or damage when using the microwave oven, follow basic precautions, including the following:

- Read all instructions before using appliance.
- Read and follow the specific "Precautions To Avoid Possible Exposure To Excessive Microwave Energy" found on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions found on page 5.
- Install or locate this appliance only in accordance with the provided Installation Instructions found on page 6.
- Some products such as whole eggs and sealed containers, for example, closed glass jars—may explode and should not be heated in this oven.
- Use this appliance only for its intended use as described in this manual.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped. Electrical shock, fire or other hazards may result.
- This appliance should be serviced only by qualified service personnel. Call an authorized RoperSM service company for examination, repair or adjustment.
- Do not cover or block any opening on the appliance. Fire may result.
- Do not use outdoors. Damage to the oven or electrical shock may result.
- Do not immerse cord or plug in water. Electrical shock may result.
- Keep cord away from heated surfaces. Electrical shock may result.
- Do not let cord hang over edge of table or counter. Electrical shock may result.
- Follow door surface and interior cleaning instructions on page 14.
- 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. Paper can char or burn, and some plastics can melt if used when heating foods.
 - Do not deep fry in oven.
 - **Test dinnerware or cookware before using.** See page 17. Some dishes (melamine, Centura[®], etc.) absorb microwave energy, becoming too hot to handle and slowing cooking times. Remove wire twist-ties from paper or plastic bags before placing bag in oven. Cooking in metal containers can damage the oven. So can containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).
 - If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
- Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.
- Read and follow "SAFETY PRECAUTIONS" on page 13.

SAVE THESE INSTRUCTIONS

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INSTALLATION

A. EXAMINE OVEN

Empty the microwave oven and clean inside it with a soft, damp cloth. Check for damage such as misaligned door, damage around the door or dents inside the oven or on the exterior. If there is any damage, please do not operate the unit until it has been checked by an authorized service technician and any repairs made.

B. GROUNDING INSTRUCTIONS

⚠ WARNING

Electrical Shock Hazard

Improper use of the grounding plug can result in a risk of electrical shock. DO NOT, UNDER ANY CIRCUMSTANCES, REMOVE THE POWER SUPPLY CORD GROUNDING PRONG.

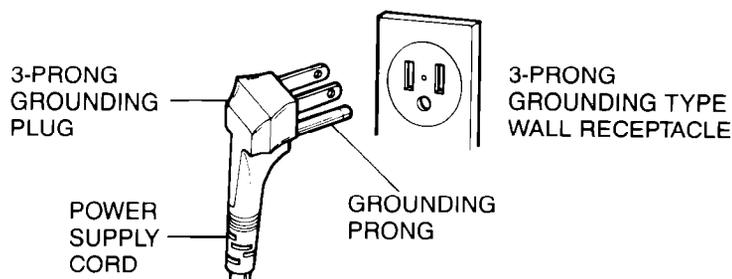
For your personal safety, this appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electrical shock by providing an escape wire for the electric current. This appliance is equipped with a polarized 3-prong grounding plug. It must be plugged into a correctly polarized mating 3-prong grounding type wall receptacle, properly installed and grounded in accordance with local codes and ordinances. If a mating wall receptacle is not available or if you are not sure if the wall receptacle is properly grounded and polarized, have it checked by a qualified electrician.

It is the personal responsibility and obligation of the customer to have a properly grounded and correctly polarized 3-prong wall receptacle installed by a qualified electrician.

Consult a qualified electrician if the grounding instructions are not completely under-

stood, or if doubt exists as to whether the appliance is properly grounded.

It is not recommended to use an extension cord with your microwave oven, but if you find it necessary to do so temporarily (until a properly grounded and polarized 3-prong receptacle is installed), use only a heavy duty UL listed 3-wire grounding type extension cord containing three 16-gauge (minimum) copper wires. It must not be longer than 10 feet (cords longer than 10 feet may affect the cooking performance of your microwave oven). The plug on the extension cord must fit into a 3-prong grounding type wall receptacle (as shown on this page) and the receptacle end of the extension cord must accept the 3-prong grounding plug of the microwave oven. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.



ENSURE PROPER GROUND EXISTS BEFORE USE

C. CIRCUITS

Observe all governing codes and ordinances. A 120 Volt, 60Hz, AC only, 15 or 20 amp fused electrical supply is required. (Time-delay fuse is recommended.) It is recommended that a separate circuit serving only this appliance be provided.

D. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking.

E. LOCATION OF THE OVEN

Your microwave oven can easily be placed in your kitchen, family room or any other room in your home. Place the oven on a flat surface such as a kitchen countertop or a specially-designed microwave oven cart. **(The control side of the unit is the heavy side. Use care when handling.)** The weight of the oven is approximately 23 lbs. (10.4kg). Do not place oven above a gas or electric range. Free air flow around the oven is important. The microwave oven should be placed three inches or more away from the edge of the countertop or cart to avoid accidental tipping of the oven.

⚠ CAUTION

Do not install the oven next to a conventional surface unit or in any area where excessive heat and steam are generated. This could damage the outside of the cabinet.

F. DO NOT BLOCK VENTS

All air vents should be kept clear during cooking. If air vents are covered during oven operation, the oven may overheat. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently. Make sure the microwave oven legs are in place to ensure proper air flow.

G. TEST THE OVEN

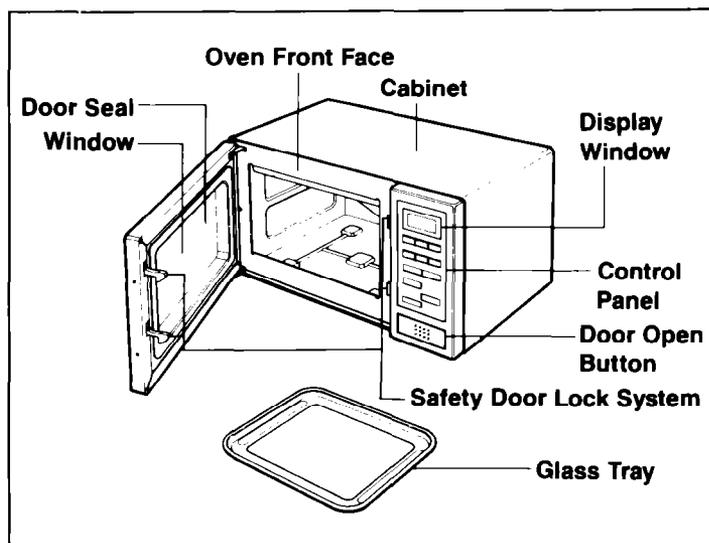
To test the oven, plug it into the proper electrical outlet. Put about one cup (250 mL) of cold water in a glass container in the oven. Close the door. Make sure it latches. Follow the directions on page 10 to set the oven to cook for 2 minutes. When the time is up, the water should be heated.

H. USE OVEN PROPERLY

This microwave oven is designed for use in the household only and must not be used for commercial purposes.

Do not remove the door, control panel or cabinet at any time. The unit is equipped with high voltage and should not be serviced unless by an authorized service technician.

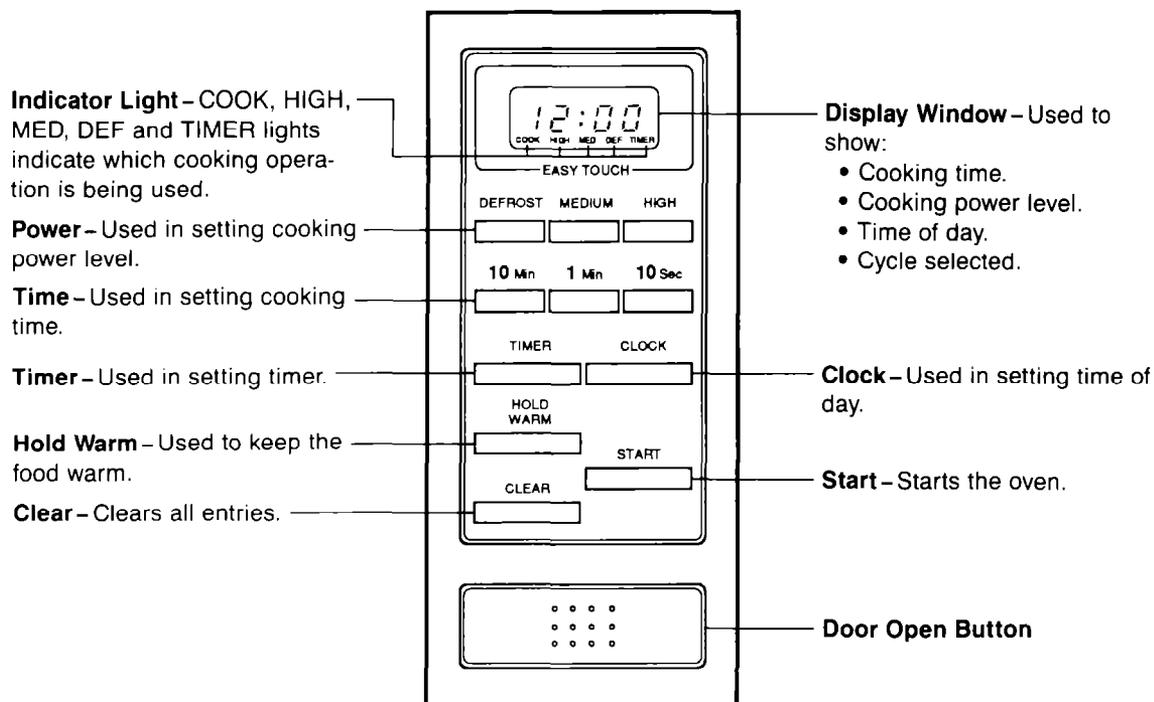
FEATURES



Remove your microwave oven and all materials from the shipping carton. Your oven will be packed with the following materials:

- Glass Tray 1
- Owner's Manual & Cooking Guide 1

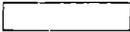
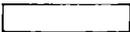
CONTROL PANEL



NOTE: To enter a setting, touch a word or number pad. A beep sounds when a pad on the control panel is touched to indicate a setting has been entered.

OPERATING INSTRUCTIONS

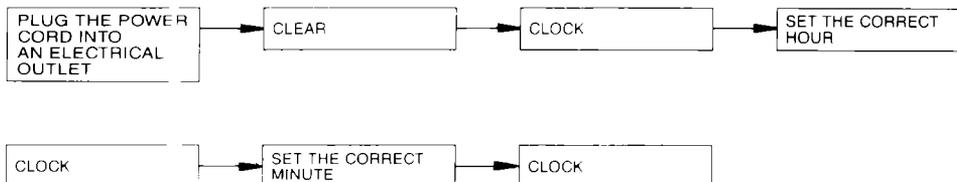
1. SETTING CLOCK

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Plug the power cord into an electrical outlet.		12:00	
2. Touch CLEAR.	CLEAR 	12:00	
3. Touch CLOCK.	CLOCK 	12	
4. For correct hour — touch minute key three times.	1 Min 	3	The hour will be set.
5. Touch CLOCK.	CLOCK 	3:00	
6. Touch 10 Min and/or 1 Min key for correct minute.	10 Min 	3:10	At this time the minute will be set.
7. Touch CLOCK. (This "locks" in the time and starts the clock running.)	CLOCK 	3:10	

NOTE:

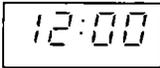
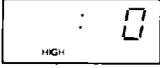
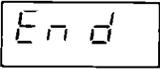
This unit is designed for 120 volts/60 Hz AC circuit only. If oven does not operate properly, remove the plug from wall outlet (120 volt household outlet), then put the plug back in.

OPERATION SUMMARY



2. HIGH-POWER COOKING

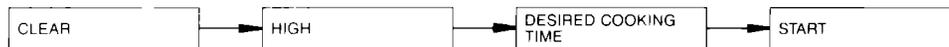
EXAMPLE: If you want to cook food at HIGH-POWER for 6 minutes:

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.	CLEAR 		Erases all previous settings except time of day.
2. Touch HIGH.	HIGH 		
3. Set 6 minutes by touching "1 Min" six times. "6:00" will show in the display window.	1 Min 		The cooking time will appear in the display window.
4. Touch START.	START 		The cooking time will begin to count down in the display window. Two short and one long beeps will sound when the cooking cycle is over, and the word "End" will appear in the display window.

NOTE:

1. To stir food during cooking, open the door and stir or turn the food over. Close the oven door and touch START. The oven will automatically continue to count down the amount of time left on the timer.
2. While the set cooking time is counting down, you can add the desired additional cooking time by touching the 1 Min key once for each additional minute, up to 9 minutes.
3. The cooking time available on power level HIGH is up to 30 minutes.

OPERATION SUMMARY



3. MULTI-POWER COOKING

Many foods need slower cooking (at less than HIGH-POWER) in order to give you the best results. In addition to HIGH-POWER there are two multi-power settings (MEDIUM and DEFROST). The "Microwave Cooking Recipes and Tables" sections of this book tell you which power setting is recommended for the food being cooked. Refer to these sections for detailed reference.

EXAMPLE: If you want to cook food at DEFROST for 1 minute 30 seconds:

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.	CLEAR []	12:00	Erases all previous settings except time of day.
2. To defrost — touch the DEFROST key.	DEFROST []	: 0 DEF	
3. Set 1-½ minutes (1 minute 30 seconds) by touching "1 Min" once and "10 Sec" three times. "1:30" will show in the display window.	1 Min 10 Sec [] []	1:30 DEF	The cooking time will appear in the display window.
4. Touch START.	START []	End	The oven begins to cook. The display window will show the time count down. When cooking cycle is completed, two short and one long beeps will sound and the word "End" will appear in the display window.

NOTE:

While the set cooking time is counting down, you can add the desired additional cooking time by touching 1 Min key once for each additional minute, up to 9 minutes. Your microwave oven has three power levels (HIGH, MEDIUM and DEFROST). The cooking time available for MEDIUM is up to 30 minutes. The cooking time available for DEFROST is 99 minutes 90 seconds.

POWER LEVEL CHART

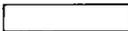
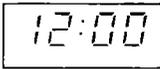
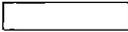
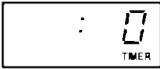
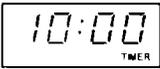
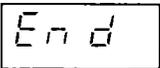
POWER LEVEL	%
HIGH	100
MEDIUM	70
DEFROST	40

OPERATION SUMMARY



4. TIMER

Your oven also has a timer that can be used for non-cooking functions. When used as a regular timer, the oven is not running. The timer is simply counting down in seconds. See below for detailed instructions.

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.	CLEAR 		
2. Touch TIMER.	TIMER 		
3. Touch "10 Min".	10 Min 		
4. Touch START.	START 		The time will begin counting down in the display window with no cooking or heating in the oven. When time is completed, two short and one long beeps will sound and the word "End" will show in the display window.

NOTE:

1. While the set time is counting down, you can add the desired additional time by touching 1 Min key once for each additional minute, up to 9 minutes. To add time over 9 minutes the 10 Min key must be used. For example: to add 12 minutes, touch 10 Min key once then touch 1 Min key twice.
2. The timer can be set for up to 99 minutes 90 seconds.

OPERATION SUMMARY



5. HOLD WARM

Your oven has a HOLD WARM feature that keeps the food warm after the cooking is done.

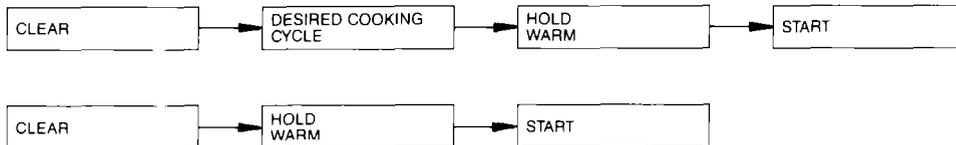
EXAMPLE: If you want to cook food at MEDIUM for 6 minutes.

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.	CLEAR []	12:00	Erases all previous settings except time of day.
2. Touch MEDIUM.	MEDIUM []	: 0 MED	
3. Touch "1 Min" six times.	1 Min []	6:00 MED	"Hold" will appear in the display window.
4. Touch HOLD WARM.	HOLD WARM []	Ho ld	
5. Touch START.	START []	End	

NOTE:

HOLD WARM will continue for up to 60 minutes if CLEAR has not been touched. At this time, "End" will show in the display window will two short and one long tones. The HOLD WARM function can be used independently.

OPERATION SUMMARY



SAFETY PRECAUTIONS

1. Do not attempt to tamper with, or make any adjustments or repairs to door, control panel, safety interlock switches or any other part of the oven. Repairs should be done by qualified service personnel only.
2. Do not hit or strike the control panel with objects such as silverware, utensils, etc. Breakage may occur.
3. Be careful when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot. Use hot pads. Microwave energy does not heat containers, but the hot food does.
4. Do not rinse cooking utensils by immediately placing them into water just after cooking. This may cause breakage. Allow the glass tray to cool down before cleaning.
5. Do not use metal utensils for cooking. See "UTENSILS" section on page 17.
6. Starting a microwave oven when it's empty is not recommended. If you experiment, put a container of water in the oven. It is normal for the inside of the oven door to look wavy after the oven has been running for a while.
7. Do not heat unopened food containers in the oven. Pressure build-up can cause the container to burst, resulting in injury.
8. Do not use newspaper or other printed paper in the oven. Fire could result. Do not dry flowers, fruit, herbs, wood, paper, gourds or clothes in the oven. Fire could result.
9. Only use thermometers approved for microwave oven cooking.
10. Be certain the glass tray is in place when you operate the oven.
11. Pierce the skin of potatoes, whole squash, apples or any fruit or vegetable which has a skin covering before cooking. Do not overcook potatoes. Fire could result. At the end of the recommended cooking time they should be slightly firm. Wrap in foil and set aside for 5 minutes. They will finish cooking while standing.
12. Never use your microwave oven to cook eggs in the shell or to cook or reheat a whole egg. Steam build-up may cause them to burst and burn you, and possibly damage the oven. Slice hard boiled eggs before heating. In rare instances, poached eggs have been known to explode. Cover poached eggs and allow a standing time of one minute before cutting into them.
13. Do not pop popcorn, except in a microwave approved popcorn popper or commercial package designed especially for microwave ovens. Never try to pop popcorn in a paper bag. Overcooking may result in smoke and fire.
14. Liquids heated in certain containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (coffee, etc.) resulting in harm to the oven and possible personal injury. For best results stir any liquid several times before heating or reheating.
15. Never lean on the door or allow a child to swing on it when the door is open. Injury could result.
16. Do not do canning of foods in the oven. Closed glass jars may explode resulting in damage to the oven or possible personal injury.
17. Do not use the oven to sterilize objects (baby bottles, etc.). It is difficult to maintain the high temperature required for safe sterilization.
18. Do not deep fry in the oven. Microwavable utensils are not suitable and it is difficult to maintain appropriate deep frying temperatures.
19. Do not use the oven for storage. Do not leave paper products, books or cooking utensils in the oven when not in use. Fire may result if someone accidentally starts the oven.
20. Do not let food or containers touch the top or sides of the oven.
21. If a fire should start in the oven cavity: do not open oven door; turn oven off; unplug the oven or turn off the power at the main power supply.
22. Do not place anything on top of the oven. Damage to the oven may result.
23. Do not try to melt paraffin wax in the oven. You may be burned.

CLEANING AND CARE

BE SURE THE OVEN IS TURNED OFF BEFORE CLEANING.

INTERIOR WALLS AND DOOR

Keep the inside of the oven clean. Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with warm sudsy water and a soft cloth right away. Crumbs and spillovers will absorb the microwave energy and lengthen cooking time.

Use warm sudsy water and a soft cloth or sponge to wipe up crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with warm sudsy water and a soft cloth or sponge. Then rinse and dry. Do not use harsh detergent or abrasive cleaners.

The glass tray can be washed by hand or in a dishwasher.

EXTERIORS

Keep the outside of the oven clean. Clean the outside of your oven with soap and water, then rinse with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings.

To clean control panel, open the door to prevent oven from accidentally starting, and wipe with a damp cloth, followed immediately by a dry cloth. Touch clear pad after cleaning.

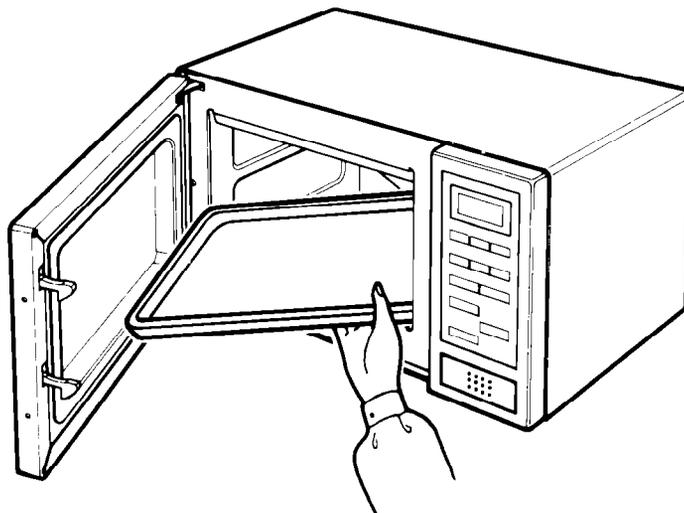
If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunctions of the unit.

⚠ CAUTION

Abrasive cleansers, steel wool pads, gritty wash cloths, etc., can damage the control panel, and the interior and exterior oven surfaces. Use a soft cloth or a sponge with a mild detergent or spray glass cleaner.

NOTE:

When you insert or take out the glass tray, you should tilt it sideways to prevent the oven from being damaged. Wipe up liquid spills before removing.



QUESTIONS AND ANSWERS

Q. What's wrong when the oven light will not light?

- A.**
- Light bulb is burned out.
 - Door is not closed.
 - START has not been touched.
-

Q. Why is steam coming out of the air exhaust vent?

- A.** Steam is normally produced during cooking operations. The microwave oven has been made to vent this steam out of the bottom vent and the side vent.
-

Q. Does microwave energy pass through the viewing screen in the door?

- A.** No. The metal screen reflects the energy to the oven cavity. The holes, or ports are made to allow light to pass; they do not let microwave energy through.
-

Q. Why does the beep tone sound when a pad on the control panel is touched?

- A.** The tone sounds to indicate that the setting has been entered.
-

Q. Will the microwave oven be damaged if it operates while empty?

- A.** Yes. Never run it empty.
-

Q. Why do eggs sometimes pop?

- A.** When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking. Never microwave eggs in their shells.
-

Q. Why is a standing time recommended after the cooking operation has been completed?

- A.** Standing time is very important. With microwave cooking, the heat is in the food, not in the oven. Many foods build-up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. The standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.
-

Q. Why doesn't my oven always cook as fast as the recipes and tables in this book say it should?

- A.** Check the recipes and tables again to make sure you've followed directions exactly and to see what might cause variations in cooking time.

Times and heat setting are suggestions, chosen to help prevent over-cooking . . . the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and density of the food could require longer cooking time. Use your own judgment along with the cooking suggestions in this book to test for doneness, just as you would do with conventional cooking.

Make sure the power level is at the recommended setting and that you are allowing for more time when cooking more food at one time.

Also, the electric supply to your home or wall outlets may be low or lower than normal. Your electric company can tell you if the line voltage is low. Your electrician or service technician can tell you if the outlet voltage is low.

Q. Why do sparks and crackling (arcing) occur in the oven?

- A.** There may be several reasons why sparks and crackling within cavity (arcing) happen.
- You are using dishes with parts or trim containing metal.
 - You have left a fork or other metal utensil in the oven.
 - You are using a large amount of metal foil.
 - You are using a metal twist-tie.
-

TECHNICAL SPECIFICATIONS

Power Input	: 120V, 60Hz, 8.0A, AC only 3-prong grounded plug.
Power Output	: 500 Watts
Microwave Frequency	: 2,450MHz
Outer Dimensions	: 16 ¹⁵ / ₁₆ (W) × 8 ¹³ / ₁₆ (H) × 11 ⁷ / ₈ (D) inches
Cavity Dimensions:	: 10 ¹³ / ₁₆ (W) × 5 ¹ / ₂ (H) × 11 ¹ / ₁₆ (D) inches
Cavity Volume	: 0.4 Cu.ft.
Net Weight	: 23 lbs. (Approx.)
Shipping Weight	: 26 lbs. (Approx.)
Power Consumption	: 900 Watts

Weights and dimensions shown are approximate.
Specifications are subject to change without notice.

The serial number is found on the back of this unit. This number is unique to this unit and not available to others. You should record requested information here and retain this guide as a permanent record of your purchase.	Data of Purchase _____
	Dealer Purchased From _____
	Dealer Address _____ _____
	Dealer Phone No. _____
	Model No. MCE 04XW _____
	Serial No. _____

MICROWAVE COOKING RECIPES AND TABLES

INTRODUCTION

Your microwave oven can be one of the most useful appliances in your home. If you follow a few basic instructions, this book will teach you how to make microwave cooking both enjoyable and safe. All of the recipes in this book have been tested and proven to provide many rewarding meals for you and your family. Before you begin trying the recipes, take a few moments to read these pages of instructions and helpful hints.

How Your Microwave Oven Works: Quite simply, microwaves are a form of energy, just as sunlight and radio waves. The only difference is in the shape and form of the energy wavelengths. When the magnetron tube in your oven is activated, electricity is converted into high frequency radiating energy in the form of very small (micro) waves. The microwaves are released into the oven compartment through an opening in the top of the appliance, and are distributed evenly by a built-in stirrer. When microwaves penetrate food, individual molecules in the food begin to vibrate, and the heat friction caused by this vibration passes from molecule to molecule, cooking the food.

Power and Standing Time: Like any conventional oven, microwave appliances are affected by fluctuations in local energy supplies. The location of your house, the weather and the time of day may all affect energy availability and thereby vary the rate at which your microwave oven cooks. This book provides you with minimum and maximum cooking times for each recipe to accommodate this possible variation in energy availability.

Standing times, which allow the extra cooking to take place, can vary from one to five minutes for vegetables, or five to ten minutes for a large roast. Experience will help you determine standing times for the various foods you prepare.

UTENSILS

Never use metal or metal-trimmed utensils in your microwave oven. Microwaves cannot penetrate metal. They will bounce off any metal object in the oven — just as they bounce off the metal walls of the oven — and cause “arcing”, a phenomenon that resembles lightning. Many of the containers which you already own are perfectly safe to use.

How to Test for Microwave Use: Here is a simple test to determine whether or not a utensil is compatible with your microwave oven. Measure one cup of water into a glass container, and place it on or near the dish you wish to test. Turn microwave on HIGH for one minute, until water is hot, then test the container in question. If the dish remains cool to the touch, it is safe for the microwave oven.

Utensils to Use in a Microwave Oven: Containers made of glass, ceramics, and some forms of paper and plastic, allow microwaves to pass freely through them, making them ideal for microwave use. Boilable pouches and oven cooking bags are usually equally effective in your microwave oven.

Many utensils are made especially for use in a microwave oven. These heat-resistant plastics may go directly from freezer to microwave and vice versa without harming either food or container. To avoid problems, always read the instructions on these containers before using them.

FOOD CHARACTERISTICS & YOUR MICROWAVE

Many people believe that their job is done once the food goes into the microwave and the timer is set. This is far from true. The following techniques are as important to your cooking as selecting quality ingredients from the market.

Density: Microwaves penetrate porous foods such as cakes or breads more easily than heavy foods such as roasts or casseroles. Dense foods must be cooked for a longer time, and often at a lower power setting to avoid uneven cooking.

Starting Temperatures: The initial temperature of food directly affects the length of time they must cook or heat. As in a conventional oven, frozen food takes longer to cook than does refrigerated food, while food at room temperature cooks most quickly.

Moisture Content: Because microwaves are attracted to moisture, cooking time will vary according to water content. Naturally moist foods such as vegetables, fish and poultry will cook quickly and evenly; drier foods such as rice or dried beans require added moisture for microwave cooking.

Bones and Fat Content in Meat: The bone and fat distribution affects how evenly meats cook in the microwave oven. Boneless cuts cook more evenly, since bones conduct heat to areas near them. Well-marbled meat cooks more evenly. Large areas of fat attract energy away from the meat, and slow cooking. To prevent uneven cooking, meats with bones or large fatty areas may require frequent turning during microwaving.

Shape of Foods: Thin parts of uneven foods cook faster than thick parts. Chicken pieces, fish fillets and other foods which vary in thickness will take longer to cook in the thicker portions. To promote even cooking, arrange foods so that thicker portions are to the outside, where they will absorb more energy.

Quantity of Foods: Microwave times relate directly to the amount of food being cooked. Smaller quantities of food cook faster than large quantities. When doubling a recipe, increase time by about half and check for doneness. Add any additional time very cautiously.

Size of Foods: Small, even-sized pieces of food cook more rapidly than large ones. To insure even cooking, cut all pieces of food into similar sizes and shapes.

TECHNIQUES FOR MICROWAVE COOKING

Every different food has unique characteristics. Here are some ideas and guidelines to help you achieve optimum results from your microwave oven.

Elevating: As in conventional cooking, foods such as roasts are elevated so they are not allowed to steam in their own juices. Turning foods is especially important here because it allows for more even cooking. Shielding may also be needed to prevent overcooking in some smaller areas.

Turning: Turning food while it cooks allows the microwave energy to penetrate all areas. Large items such as roasts must be turned occasionally to promote even cooking. Smaller foods like pork chops should be turned midway through the cooking time or the dish may be rotated.

Stirring: As with other cooking methods, prevent uneven cooking by stirring and rearranging food while it is cooking. Since the food towards the outside of a dish heats first, stir from the outside toward the center to promote even heat distribution.

Shielding: Certain foods that attract excess microwave energy, such as wing tips and leg ends of poultry, and the corners of square baking pans, can be shielded to prevent overcooking. Shielding done with small pieces of foil will not hurt your oven as long as they do not touch each other or the sides of the oven.

Arranging and Spacing: Individual foods like potatoes and muffins should be arranged in a circle at the outside edge of the glass tray. This will guarantee that all the pieces cook evenly at the same rate. Foods which are uneven in thickness, such as chicken wings, should be arranged with the meatier portions to the outside. Delicate foods like asparagus tips should be placed toward the inside of the dish to receive less microwave energy. If possible, always leave spaces between individual pieces of food.

Browning: Many microwave utensils are specially designed to allow browning of some foods. A special coating on the bottom of these dishes absorbs microwave energy to create temperatures high enough to brown food such as hamburgers, fried eggs, and grilled sandwiches. Use these utensils according to manufacturer's instructions.

APPETIZERS & SOUPS

MICROWAVING APPETIZERS & SOUPS: TIPS & TECHNIQUES

- Many appetizers can be prepared ahead of time, like meatballs and dips. They will reheat well on serving trays and casseroles in just a minute or two.
- Some other uses for the microwave oven:
 - Cook refrigerated cheese 30 seconds at MEDIUM for easier slicing.
 - Soften 8 oz. cream cheese for a spread by removing foil and microwave at medium for 1 minute.
 - Freshen potato chips and pretzels by microwaving at HIGH for 1 minute per cup. Let stand until crisp.
- What you can't do:
 - Don't deep fat fry appetizers.
 - Pull pastry does not microwave well.
 - Breaded products can be microwaved, but they do not come out crispy.
- Use HIGH power for water-based soups and MEDIUM for milk or cream-based soups; soups with uncooked meat or chicken start on HIGH and finish on DEFROST.
- Microwave soups in a container with twice the volume of the ingredients to prevent boiling over.
- Generally microwaved soups are covered with either a casserole lid, waxed paper or plastic wrap.

APPETIZERS COOKING TABLE

Food	Amount	Power Level	Cooking Time
Meatballs (1 lb. = 40)	20	HIGH	3 to 8 minutes
Saucy Appetizers (cocktail franks in sauce)	2 Cups	HIGH	7 to 8 minutes
Cheese Dip	1 Cup	MEDIUM	6 minutes
Sour Cream Dip	1 Cup	DEFROST	5½ minutes
Canapes (spread on crackers or toast)	12	MEDIUM	2 to 4 minutes

CANNED SOUPS COOKING TABLE

Soup	Amount	Power Level	Cooking Time
Water-based — Condensed	1-8 oz. serving 10¾ oz. can	HIGH HIGH	2½ to 3½ minutes 6 to 8 minutes
Milk or Cream-based — Condensed	1-8 oz. serving 10¾ oz. can 15 oz. can	MEDIUM MEDIUM MEDIUM	3 to 5 minutes 7 to 8 minutes 11 to 12 minutes
Bean, pea or mushroom — Condensed	1-8 oz. serving 10¾ oz. can	MEDIUM MEDIUM	3 to 5 minutes 7 to 8 minutes
Undiluted Chunk-style	10¾ oz. can 19 to 20 oz. can	HIGH HIGH	3 to 4 minutes 6 to 7 minutes

1. Mix soup as directed on can or package in a 1½ or 2-quart casserole; individual servings can be heated in a mug or soup bowl.
2. Cover and microwave as directed above. Stir once or twice.
3. Let stand, covered, 3 minutes before serving.

MEAT, FISH & POULTRY

DEFROSTING MEAT, POULTRY, FISH & SHELLFISH: TIPS & TECHNIQUES

- You can defrost meats and poultry in their original wrapping as long as no metal is present. Remove any metal rings, twist ties, wire or foil.
- Place meat and poultry in a shallow baking dish to catch juices.
- Defrost meat using the defrosting table. Separate items like chops, hot dogs, and bacon as soon as possible. Remove thawed portions and continue to defrost remaining pieces.
- Whole pieces of meat are ready for standing time as soon as a fork can be pushed into the center of the meat using moderate pressure. The center will still be icy. Allow to stand until completely thawed.

DEFROSTING TABLE

Item	Amount	Defrosting Time	Standing Time
BEEF			
frankfurter	1 lb.	5-6 minutes	10 minutes
ground beef	1 lb.	6-8 minutes	10 minutes
roast, rib (rolled)	3-4 lbs.	13-18 minutes	15 minutes
roast, rump (boneless)	3-4 lbs.	18-23 minutes	15 minutes
roast, sirloin tip	4-5 lbs.	25-30 minutes	20 minutes
steak, sirloin	2 lbs.	11-13 minutes	10 minutes
steak, cubed	1 lb.	7-8 minutes	10 minutes
LAMB			
roast, leg or shoulder	4-5 lbs.	25-30 minutes	15 minutes
VEAL			
chop	1 lb.	9-10 minutes	10 minutes
ground veal	1 lb.	4-5 minutes	10 minutes
steak	1 lb.	6-8 minutes	10 minutes
PORK			
chop (½" thick)	1½ lbs.	8-13 minutes	10 minutes
cubes	1½ lbs.	8-10 minutes	10 minutes
ground pork	1 lb.	5-6 minutes	10 minutes
roast, loin (boneless)	4-5 lbs.	28-34 minutes	20 minutes
CHICKEN			
whole	2½-3 lbs.	20-24 minutes	20 minutes
parts	2½-3 lbs.	12-15 minutes	15 minutes
breasts (bone-in)	2-3 lbs.	8-12 minutes	20 minutes
CORNISH HENS			
WHOLE	3½-4 lbs.	22-28 minutes	25 minutes
TURKEY			
parts	2-3 lbs.	12-15 minutes	15 minutes
breast (bone-in)	4-5 lbs.	16-21 minutes	20 minutes
DUCKLING, WHOLE			
	4-5 lbs.	27-37 minutes	25 minutes
FISH FILLETS			
	1 lb.	6-8 minutes	5 to 10 minutes
SHRIMP			
	1 lb.	5-6 minutes	5 to 10 minutes
LOBSTER TAILS			
	1 lb.	8-9 minutes	5 to 10 minutes
SCALLOPS			
	1 lb.	5-6 minutes	5 to 10 minutes

CONVENIENCE MEAT COOKING TABLE

Convenience Meat	Amount	Power Level	Cooking Time	Standing Time
bacon slices	2	HIGH	2-2½ minutes	1 minute
	3		2½-4 minutes	1 minute
	4		5-6 minutes	1 minute
	8		7-10 minutes	1 minute
Canadian bacon slices	2	HIGH	2-3 minutes	1 minute
	4		3-5 minutes	1 minute
	8		5-6½ minutes	1 minute
frankfurters	2	HIGH	1-2 minutes	2 minutes
	4		2½-3½ minutes	2 minutes
ham slices, 2 oz. each	2	HIGH	2-3 minutes	1 minute
	4		4-6 minutes	1 minute
hamburgers, fresh 4 oz. each	1	HIGH	2-2½ minutes	2 minutes
	2		4-5 minutes	2 minutes
	4		5-7 minutes	3 minutes
hamburgers, frozen 3½ oz. each	1	HIGH	4-5 minutes	3 minutes
	2		6-7 minutes	3 minutes
	4		9-10 minutes	3 minutes
sausage links, fresh, 1-2 oz. each	2	HIGH	2½-4 minutes	2 minutes
	4		5-7½ minutes	2 minutes
	8		4½-11 minutes	2 minutes
sausage links, brown- and-serve, frozen.	2	HIGH	1½-3 minutes	2 minutes
	4		3 minutes	2 minutes
	8		3 minutes	2 minutes
sausage patties, fresh, 1-2 oz. each	2	HIGH	2½-4 minutes	2 minutes
	4		5-7½ minutes	2 minutes

CONVENIENCE POULTRY COOKING TABLE

Convenience Poultry	Amount	Power Level	Cooking Time
barbecued chicken, frozen	5- to 6½-ounce pouch*	HIGH	4-6 minutes
chicken a la king, frozen	12-ounce pouch*	HIGH	9-13 minutes
chicken croquettes, thawed	12-ounce package	HIGH	5-7 minutes
fried chicken, precooked and thawed	2 medium pieces	HIGH	3-6 minutes
sliced turkey with gravy, frozen	12-ounce pouch*	HIGH	10-14 minutes
turkey tetrazzini, frozen	5- to 6½-ounce pouch*	HIGH	4-6 minutes

* *Slit pouch and place in a baking dish before placing in microwave oven.*

COOKING MEAT & POULTRY: TIPS & TECHNIQUES

- Be sure meat and poultry is completely defrosted before cooking. Trim off excess fat.
- Place meat, fat side down, on a microwave roasting rack in a microwave-safe baking dish.
- Arrange meat and poultry so thicker portions face the outside of the baking dish.
- Drain juices as they accumulate in the dish. Save for making gravy.
- Shield thin or bony portions with strips of aluminium foil molded to the meat to prevent overcooking. Be sure to keep foil at least 1 inch from oven walls.
- Cover meat lightly with waxed paper to stop spatters.
- Let meat stand, covered with foil 10 to 15 minutes, after removing from the oven. During standing time the internal temperature of the meat will rise approximately 5°F.—15°F. Standing time is an important part of the total time required to complete cooking.

COOKING TABLE

Item	Amount	Power Level	Cooking Time	Standing Time
BEEF meatloaf rib roast (rolled)	1½ lbs. 3-4 lbs.	HIGH DEFROST	25-30 minutes 50-57 minutes (rare) 57-70 minutes (med) 78-91 minutes (well)	5 minutes 15 minutes 15 minutes 15 minutes
roast, rump or chuck	3-4 lbs.	MEDIUM	30-43 minutes	15 minutes
VEAL rump roast (bone-in)	4-5 lbs.	HIGH—MEDIUM	7—35-45 minutes	15 minutes
PORK ham (fully cooked) loin roast (boneless) shank	4-5 lbs. 3-4 lbs. 4-5 lbs.	MEDIUM—DEFROST DEFROST DEFROST	20—45-60 minutes 45-65 minutes 55-75 minutes	15 minutes 15 minutes 15 minutes
LAMB leg or shoulder roast	4-5 lbs.	MEDIUM	24-37 minutes (med) 37-50 minutes (well)	15 minutes 15 minutes
VENISON rump roast (bone-in)	2-3 lbs.	HIGH—DEFROST	15—32-45 minutes	10 minutes
CHICKEN whole half parts breasts (bone-in)	2½-3 lbs. 1-1½ lbs. 2½-3 lbs. 2½-3 lbs.	HIGH HIGH HIGH HIGH	32-45 minutes 13-15 minutes 18-23 minutes 18-20 minutes	10 minutes 10 minutes 10 minutes 10 minutes
CORNISH HENS WHOLE	3½-4 lbs.	MEDIUM	40-45 minutes	10 minutes
TURKEY parts breast (bone-in)	2-3 lbs. 4-5 lbs.	HIGH	40-45 minutes 50-65 minutes	10 minutes 10 minutes
FISH FILLETS	1 lb. 2 lbs.	HIGH HIGH	4 to 6½ minutes 7 to 10½ minutes	3 to 5 minutes 3 to 5 minutes
SHRIMP	1 lb.	HIGH	5 minutes	1 to 2 minutes
LOBSTER TAILS	1 lb.	HIGH	5½ to 6½ minutes	3 to 4 minutes
SCALLOPS	1 lb.	HIGH	5½ to 6½ minutes	1 to 2 minutes

EGGS AND CHEESE

SCRAMBLED EGGS

Microwavable Dish	Butter	Eggs	Milk	Salt	Pepper	Cooking Time
15 oz. bowl	1 tablespoon	2	1 tablespoon	dash	dash	1½ to 2 minutes
1-quart casserole	2 tablespoon	4	2 tablespoons	¼ teaspoon	⅛ teaspoon	3 to 4 minutes
1-quart casserole	¼ cup	8	¼ cup	½ teaspoon	⅛ teaspoon	7 to 8 minutes

Place butter in microwavable dish or casserole. Microwave at HIGH for 30 to 90 seconds, or until butter melts. Blend in eggs, milk, salt and pepper.

Microwave at HIGH as directed above, or until eggs are set but still moist, stirring twice. Cover with waxed paper. Let stand 1 to 3 minutes. Eggs will become firm as they stand.

1 to 4 servings

POACHED EGGS

Microwavable Casserole	Hot Water (130°F)	Vinegar	Eggs	Cooking Time
1-quart	1 cup	1 teaspoon	2	3 to 4 minutes

In microwavable casserole, combine hot water and vinegar. Microwave at HIGH for 4 to 5 minutes, or until water boils. Break each egg into separate custard cup. Pierce yolk with wooden pick. Gently place eggs, one at a time, into hot water. Cover tightly.

Microwave at DEFROST as directed above, or until whites are set and yolks are soft-set, rotating casserole once. Let stand, covered, for 2 to 3 minutes. Remove eggs with slotted spoon. Serve over toast or English muffin halves.

2 servings

BASIC OMELET

1 tablespoon butter or margarine
 2 eggs
 2 tablespoons milk
 ⅓ teaspoon salt
 dash pepper
 ¼ cup shredded cheese or ¼ cup
 diced ham or ¼ cup jelly (optional)

1. Place butter in a 9-inch glass pie plate. Microwave, uncovered, at HIGH for 30 seconds, or until melted. Tilt plate to cover bottom with melted butter.
2. Combine eggs, milk, salt and pepper in a small bowl. Beat to blend thoroughly. Pour mixture into pie plate. Microwave at MEDIUM for 4½ to 5½ minutes, or until nearly set, stirring once after 2 minutes of cooking time. Let stand, covered, 2 minutes to set completely.
3. If desired, spread a filling such as shredded cheese, diced ham, or jelly on top of the omelet. Fold in thirds like a business letter.

Makes 1 to 2 servings.

VEGETABLES

MICROWAVING VEGETABLES: TIPS & TECHNIQUES

- Pierce the skins of whole potatoes and winter squash before microwaving. This allows steam to escape and prevents bursting in the oven. Arrange these whole vegetables in a ring, allowing space in between.
- Fresh vegetables should be cooked in a covered glass casserole or baking dish.
- Vegetables like broccoli and asparagus should be arranged with the stalks to the outside of the dish.
- Frozen vegetables may be cooked in their original carton, or in a plastic cooking pouch. Vegetables in a carton should be laid on a double layer of paper towels, which will absorb moisture. Cooking pouches should be slit to allow steam to escape. Check if package has microwave cooking instructions.

VEGETABLE COOKING TABLE

Vegetable	Preparation	Amount	Cooking Time at HIGH	Standing Time
artichokes, fresh	whole	4 (8 oz. each)	15-19 minutes	5 minutes
artichokes, frozen	hearts	9-oz. package	9-13 minutes	5 minutes
asparagus, fresh	1½-in. pieces	1 lb.	6-7 minutes	—
asparagus, frozen	whole spears	10-oz. package	7½-10 minutes	3 minutes
beans, green or wax, fresh	1½-in. pieces	1 lb.	8-10 minutes	—
beans, green or wax, frozen	cut up	9-oz. package	7½-10 minutes	3 minutes
beets, fresh,	sliced	1½-2 lbs.	14-16½ minutes	5 minutes
broccoli, fresh	spears	1 lb.	7½-10 minutes	—
broccoli, frozen	whole or cut	10-oz. package	8-10 minutes	3 minutes
brussels sprouts, fresh	whole	10-oz. tub	7-9 minutes	—
brussels sprouts, frozen	whole	10-oz. package	9½-12 minutes	3 minutes
cabbage, fresh	chopped	1 lb.	8-10 minutes	5 minutes
	wedges	1 lb.	9-11½ minutes	5 minutes
carrots, fresh	½-in. slices	1 lb.	8-10 minutes	3 minutes
carrots, frozen	sliced	10-oz. package	6-8 minutes	3 minutes
cauliflower, fresh	florets	1 medium head	8-10 minutes	3 minutes
	whole	1 medium head	13-19 minutes	5 minutes
cauliflower, frozen	florets	10-oz. package	7-9 minutes	3 minutes
celery, fresh	½-in. slices	1 lb.	10-13 minutes	—
corn, fresh	on cob, husked	4 ears	13-15 minutes	5 minutes
corn, frozen	on cob, husked	4 ears	14-16½ minutes	5 minutes
	whole kernel	10-oz. package	5-7 minutes	3 minutes
eggplant, fresh	cubed	1 lb.	9-10 minutes	3 minutes
	whole, pierced	1-1¼ lbs.	8-11 minutes	5 minutes
leeks, fresh	whole, ends	1 lb.	8-10 minutes	—
lima beans, frozen	whole	10-oz. package	7-9 minutes	3 minutes
mixed vegetables, frozen	—	10-oz. package	8-10 minutes	3 minutes
mushrooms, fresh	sliced	1 lb.	5-7½ minutes	3 minutes
okra, frozen	sliced	10-oz. package	6-8 minutes	5 minutes
onions, fresh	whole, peeled	8-10 small	11-17 minutes	—
peas, fresh	shelled	1 lb.	6-9 minutes	—
peas, frozen	shelled	10-oz. package	7-9 minutes	3 minutes
pea pods (snow peas), frozen	whole	6-oz. package	5-6 minutes	—
peas and carrots	—	10-oz. package	7-9 minutes	3 minutes
peas, black-eyed, frozen	whole	10-oz. package	25-29 minutes	5 minutes
parsnips, fresh	cubed	1 lb.	10-13 minutes	5 minutes
potatoes, white or sweet, fresh	whole	2 (6 oz. each)	13-15 minutes	3 minutes
	whole	4 (6 oz. each)	20-22 minutes	5 minutes
rutabaga, fresh	cubed	4 cups	15-17 minutes	5 minutes
spinach, fresh	whole leaf	1 lb.	6-7½ minutes	—
spinach, frozen	leaf or chopped	10-oz. package	7-9 minutes	3 minutes
squash, summer, fresh	½-in. slices	1 lb.	7½-9 minutes	3 minutes
squash, summer, frozen	sliced	10-oz. package	6-8 minutes	3 minutes
squash, winter, fresh	whole, pierced	1½ lbs.	15-19 minutes	5 minutes
squash, winter, frozen	whipped	12-oz. package	8-10 minutes	3 minutes
succotash, frozen	—	10-oz. package	7-9 minutes	3 minutes
turnips	cubed	4 cups	13-15 minutes	3 minutes

DESSERTS & BREADS

COCONUT CAKE

1 18½-ounce package yellow cake mix
1 3¾-ounce package coconut-flavored instant pudding mix
4 eggs
1 cup water
¼ cup oil
1 12-ounce jar strawberry or raspberry preserves
2 4½-ounce containers dessert topping thawed
1½ cups flaked coconut

1. Combine cake mix, pudding mix, eggs, water and oil in a large bowl of an electric mixer and beat at medium speed with mixer for 4 minutes. Pour batter into a well-greased 10 to 12-cup tube pan. Microwave, uncovered at MEDIUM for 15 to 20 minutes, or until there is no uncooked batter remaining near the bottom of the pan and the cake has begun to pull away from the sides of the pan. Let stand, covered, for 15 minutes. Loosen edges, invert onto a serving plate. Cover and let stand until cool.
2. Split cake horizontally into 3 layers, spread with preserves and reassemble. Frost with dessert topping and sprinkle with coconut. Store, covered, in the refrigerator until serving time.

Makes 1 cake.

PINEAPPLE MUFFINS

1 8-ounce can crushed pineapple, well drained
¼ cup syrup reserved
½ cup packed dark brown sugar
3 tablespoons butter or margarine
1 egg
1 cup flour
½ cup chopped pecans or walnuts
1 teaspoon baking powder
½ teaspoon salt

1. In a 1½-quart mixing bowl, cream together drained pineapple, brown sugar, and butter. Beat in egg and reserved syrup. Add flour, nuts, baking powder and salt. Stir only until dry ingredients are moistened. Turn batter into 6 to 8-ounce custard cups lined with cupcake papers.
2. Arrange 4 custard cups on a round baking tray. Microwave, uncovered at HIGH for 4½ to 6½ minutes. Repeat procedure with remaining 4 custard cups. Let muffins stand 5 minutes before serving.

Makes 8 muffins.

APRICOT WALNUT BREAD

¼ cup milk
½ cup water
1 cup chopped dried apricots
grated peel of 1 orange
¾ cup packed dark brown sugar
1 egg, lightly beaten
3 tablespoons oil
¾ cup chopped walnuts
1½ cups flour
1 teaspoon baking powder
¼ teaspoon ground nutmeg or mace
½ teaspoon salt

1. Combine milk, water, dried apricots, and orange peel in a 2-quart glass bowl. Microwave, uncovered, at HIGH for 2 to 3½ minutes, or until mixture boils, stirring once.
2. Add brown sugar, egg, and oil to fruit mixture, beating to blend well. Stir in remaining ingredients. Pour batter into a greased loaf dish. Do not cover.
3. Set microwave oven at MEDIUM 10 minutes and then HIGH for 3 minutes. If necessary, microwave at HIGH an additional 3½ to 8 minutes to complete cooking, rotating once. Let loaf stand 10 minutes before removing from dish. Let stand an additional 5 minutes before serving.

Makes 1 loaf.

APPENDIX

TABLE FOR HEATING FROZEN CONVENIENCE FOODS

Item	Amount	Power Level	Heating Time & Comments (in minutes)	
Appetizers (bite size)	2 servings	HIGH	3 to 5	Heat 12 at a time on paper towel lined paper plate or microwave oven roasting rack.
Breakfast entree	4 to 5 oz.	HIGH	2 to 3	If container is $\frac{3}{4}$ -inch deep, remove foil cover and replace foil tray in original box. For containers more than $\frac{3}{4}$ inch deep, remove food to similar size glass container; heat, covered. If no top crust stir occasionally.
Entree	8 to 9 oz. 21 oz.	HIGH HIGH	7 to 9 17 to 19	
Regular TV-style dinner	11 oz.	HIGH	5½ to 8	
Hearty TV-style dinner	17 oz.	HIGH	9 to 11½	
Pot pie	8 oz.	HIGH	7 to 8½	Brush top of pot pie with a browning agent.
Fried chicken	2 pieces 4 pieces 6 pieces	HIGH HIGH HIGH	4½ to 5½ 5½ to 7 8 to 9	Arrange, on paper towel lined paper plate, covered with paper towel.
Fried fresh fillets	2 fillets 4 fillets	HIGH HIGH	2½ to 3½ 4 to 5	
Pizzas	1 2 4	HIGH HIGH HIGH	2 to 3 3½ to 4½ 5½ to 7	Arrange on microwave oven roasting rack.
Pouch dinners	5 to 6 oz. 10 to 11 oz.	HIGH HIGH	4½ to 5½ 8 to 9	Pierce pouch; set on plate.
Bagels	2 4	DEFROST DEFROST	2 to 3 3 to 4	Each individually wrapped in paper towel (for 1 to 2). Arrange on paper plate. Cover with paper towel (for 4 to 6).
Danish	1 2	DEFROST DEFROST	½ to 1 1½ to 2	
Dinner rolls	4 (6 oz. pkg.) 6 (13 oz. pkg.) 6	DEFROST DEFROST DEFROST	2½ to 3½ 3½ to 4½ 1½ to 2½	
Hard rolls	1 (1 to 1¼ oz.) 2 4	DEFROST DEFROST DEFROST	½ to ¾ 1 to 1½ 2 to 2½	
Frozen juice concentrates	6 oz. 12 oz.	HIGH HIGH	½ to 1 1 to 3¾	Remove lid. If container is foil lined transfer to a pitcher. Open carton. Let stand equal time after defrosting.
Non-dairy creamer	16 oz.	HIGH	9½ to 10½	
Pancake	10 oz.	HIGH	4 to 5	
Frozen vegetable	6 oz. 10 oz.	DEFROST DEFROST	3 to 4 5 to 6	Pierce box, set on saucer. If box is foil wrapped, remove foil. If vegetables are in pouch, pierce pouch. Let stand 5 minutes.
Cheese cake	17 oz.	DEFROST	3½ to 4½	Remove from original container. Arrange on a serving plate. Let stand 5 minutes after cooking (to defrost). Add an additional 1 to 2 minutes to serve warm.
Brownies	13 oz.	DEFROST	2 to 3	
Pound cake	10¾ oz.	DEFROST	1 to 2	
Coffee cake	11 to 12 oz.	DEFROST	3 to 4	

TABLE FOR HEATING

Canned Foods	Amount	Power Level	Heating Time	Standing Time
Soup	10½ to 11½ oz.	HIGH	3½ to 7 minutes	3 minutes
Barbecue beef	15 oz.	HIGH	3½ to 4½ minutes	3 minutes
Chicken a la king	12 oz.	HIGH	3½ to 4 minutes	3 minutes
Scalloped tuna	10½ oz.	HIGH	3 to 3½ minutes	3 minutes
Baked beans	8 oz.	HIGH	2 to 3 minutes	3 minutes
Baked beans	15 to 16 oz.	HIGH	4 minutes	3 minutes
Vegetables	8 oz.	HIGH	2½ to 3½ minutes	3 minutes
Vegetables	16 oz.	HIGH	3½ to 4½ minutes	3 minutes
Sloppy Joe	15 oz.	HIGH	5 to 6 minutes	3 minutes
Ravioli	15 oz.	HIGH	4½ to 5½ minutes	3 minutes
Spanish rice	12 to 15 oz.	HIGH	3½ to 5½ minutes	3 minutes

REHEATING TABLE

Item	Amount	Power Level	Heating Time (in minutes)
Spaghetti sauce	2 cups	HIGH	4 to 5
Soup	1 bowl	HIGH	3 to 4
Beef Stroganoff	2 cups	HIGH	4 to 6
Sliced roast	3 slices	HIGH	1 to 1½
Chicken	3 pieces	HIGH	4 to 5
Fish fillet	1 serving	HIGH	1 to 2
Casserole	1 cup	HIGH	2½ to 4
Lasagna noodles	1 serving	HIGH	4 to 5
Sloppy Joe	1 serving	HIGH	1 to 1½
Mashed potatoes	1 cup	HIGH	2½ to 3½
Bread	1 slice	HIGH	½ to 1
Dessert	1 serving	HIGH	½ to 1
Baby food	1 jar	HIGH	¾ to 1½
Canned food	2 cups	HIGH	4 to 6

LIMITED WARRANTY

ROPER

Appliances

LENGTH OF WARRANTY (From date of purchase)	PRODUCTS COVERED	WHAT WE WILL PAY FOR
FULL ONE YEAR WARRANTY	All Roper Appliances	Replacement parts and repair labor to correct defects in materials or workmanship.
FULL FIVE YEAR WARRANTY	Refrigerators Freezers Air Conditioners	Replacement parts and repair labor for the sealed refrigeration system (compressor, evaporator, condenser, drier or connecting tubing) which we find to be defective in materials or workmanship.
LIMITED 2ND-5TH YEAR WARRANTY	Microwave Ovens	Repair or replacement of magnetron tube which we find to be defective in materials or workmanship.
LIMITED 2ND-5TH YEAR WARRANTY	Automatic Washers	Repair or replacement of any part of the gear case assembly which we find to be defective in materials or workmanship.

WHAT WE WILL NOT PAY FOR

A. SERVICE CALLS TO:

1. Correct the installation of your appliance.
2. Instruct you how to use your appliance.
3. Replace house fuses or correct house wiring or plumbing.
4. Replace owner accessible light bulbs.

B. Repairs when appliance is used in other than normal, single-family household use.

C. Pick up and delivery. Your appliance is designed to be repaired in the home.

D. Damage to appliance caused by accident, misuse, fire, flood, acts of God, or use of product not approved by us.

E. Any labor costs during the limited warranties.

This Roper appliance is warranted by Whirlpool Corporation. Under no circumstances shall it be liable under this warranty for incidental or consequential damages and all implied warranties are limited to the same time periods stated in the express warranties for Roper Brand Appliances. Some states do not allow the exclusion or limitation of incidental or consequential damages or limitations of how long an implied warranty may last, so that above limitations or exclusions 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.

Outside the United States, a different warranty may apply. For details, please contact your franchised Roper distributor or military exchange.

HOW TO GET SERVICE OR ASSISTANCE

If you need service, first see the "Before You Call For Service" section of this book. If you still need service after checking this section additional help can be found if you:

- Contact your selling dealer for the authorized servicer in your area.*

OR

- Phone 1-800-44-ROPER (1-800-447-6737) between 8:00 a.m. and 4:30 p.m. Eastern Time, Monday through Friday*.

OR

- For further information, write to: Consumer Relations Dept., Roper Brand Appliances, 2000 M-63 North, Benton Harbor, MI 49022*.

* When requesting assistance, please provide the model and serial numbers, date of purchase, and a complete description of the problem. The model and serial numbers are located on front of unit.

If you are not satisfied with the service received, contact the Major Appliance Consumer Action Panel (MACAP). MACAP is a group of independent consumer experts that voices consumer views at the highest levels of the major appliance industry.

Contact MACAP only when the dealer, authorized servicer or Roper Brand Appliance warrantor have failed to resolve your problem:

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

MACAP will in turn inform us of your action.

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