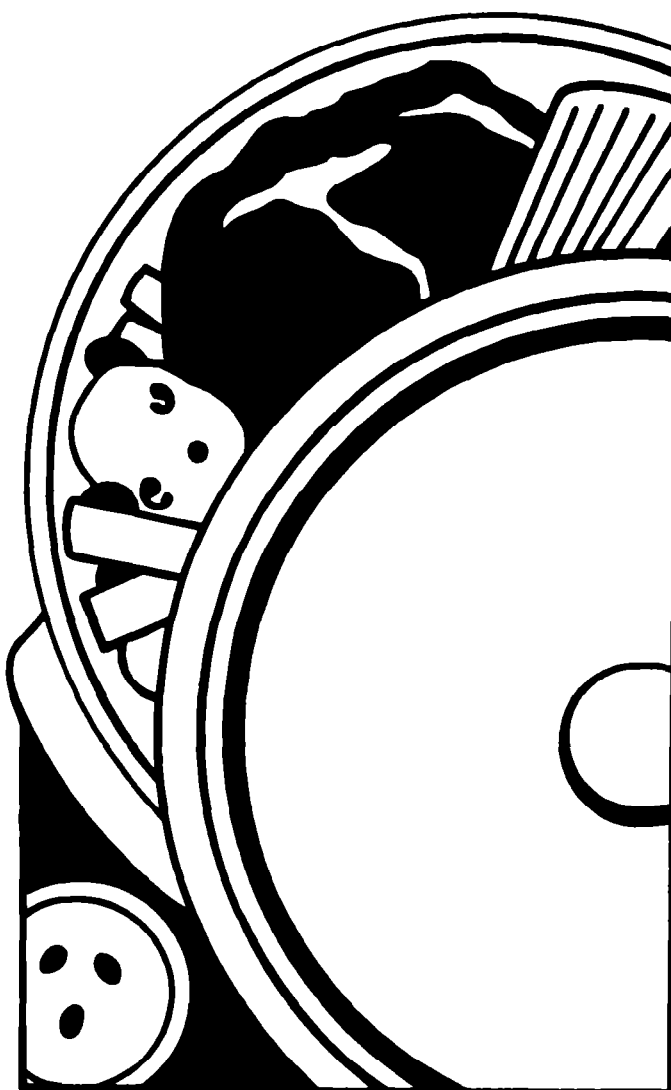




Use And Care

G U I D E



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1-800-253-1301

Call us with questions or comments.

UPPER MICROWAVE OVEN

NOTE: Use and care instructions for the lower oven are provided in a separate manual.

MODEL RM280PXB

3/94

A Note To You

Thank you for buying a Whirlpool® appliance.

You have purchased a quality, *world-class* home appliance. Years of engineering experience have gone into its manufacturing. To ensure that you will enjoy many years of trouble-free operation, we have developed this Use and Care Guide. It is full of valuable information on how to operate and maintain your appliance properly and safely. Please read it carefully. Also, please complete and mail the Ownership Registration Card provided with your appliance. This will help us notify you about any new information on your appliance.

Your safety is important to us.

This guide contains safety symbols and statements. Please pay special attention to these symbols and follow any instructions given. Here is a brief explanation of the use of each symbol.

⚠ WARNING

This symbol will help alert you to such dangers as personal injury, burns, fire and electrical shock.

⚠ CAUTION

This symbol will help you avoid actions which could cause product damage (scratches, dents, etc.) and damage to your personal property.

Our Consumer Assistance Center number, 1-800-253-1301, is toll-free, 24 hours a day.

If you ever have a question concerning your appliance's operation, or if you need service, first see "If You Need Assistance Or Service" on page 43. If you need further help, feel free to call our Consumer Assistance Center. When calling, you will need to know your appliance's complete model number and serial number. You can find this information on the model and serial number plate (see diagram in Lower Oven Use and Care Guide). For your convenience, we have included a handy place below for you to record these numbers, the purchase date from the sales slip and your dealer's name and telephone number. Keep this book and the sales slip together in a safe place for future reference.

Model Number _____

Dealer Name _____

Serial Number _____

Dealer Phone _____

Purchase Date _____

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 burns, fire, electrical shock, injury to persons, exposure to excessive microwave energy, or damage when using the microwave oven, follow basic precautions, including the following:

- Read all instructions before using the microwave oven.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 4.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found in the Installation Instructions.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- 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. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate this appliance if it is not working properly, or if it has been damaged. Electrical shock, fire or other hazards may result.
- This appliance should be serviced only by qualified service personnel. Call an authorized Whirlpool® service company for examination, repair or adjustment.
- Do not cover or block any opening on the appliance. Fire may result.
- See door surface and interior cleaning instructions on page 34.
- 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 39. Some dishes (melamine, some ceramic dinnerware, etc.) absorb microwave energy, becoming too hot to handle and slowing cooking times. Cooking in metal containers not designed for microwave use can damage the oven, as can containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).
 - Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - If materials inside the oven should ignite, keep oven door closed, turn oven off or shut off power at the fuse or circuit breaker panel.
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- Read and follow "Operating Safety Precautions" starting on page 36.

– SAVE THESE INSTRUCTIONS –

IMPORTANT SAFETY INSTRUCTIONS

You are responsible for:

- Reading and following the INSTALLATION INSTRUCTIONS packed with your oven.
- Installing and leveling the oven in a cabinet strong enough to support its weight, and where it is protected from the elements. The microwave oven should be at a temperature above 50°F (10°C) for proper operation.
- Properly connecting the oven to electrical supply and grounding it.
- Making sure the oven is not used by anyone unable to operate it properly.
- Properly maintaining the oven.
- Using the microwave oven 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.

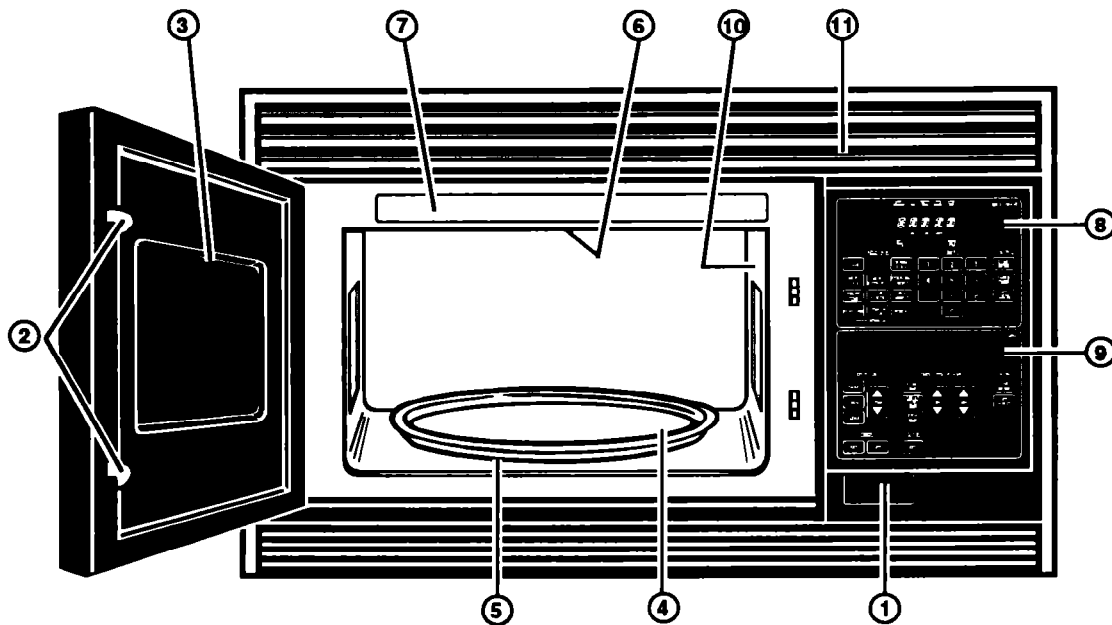
Do not operate the microwave oven if the door window is broken.

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.

Getting Acquainted

Microwave oven features



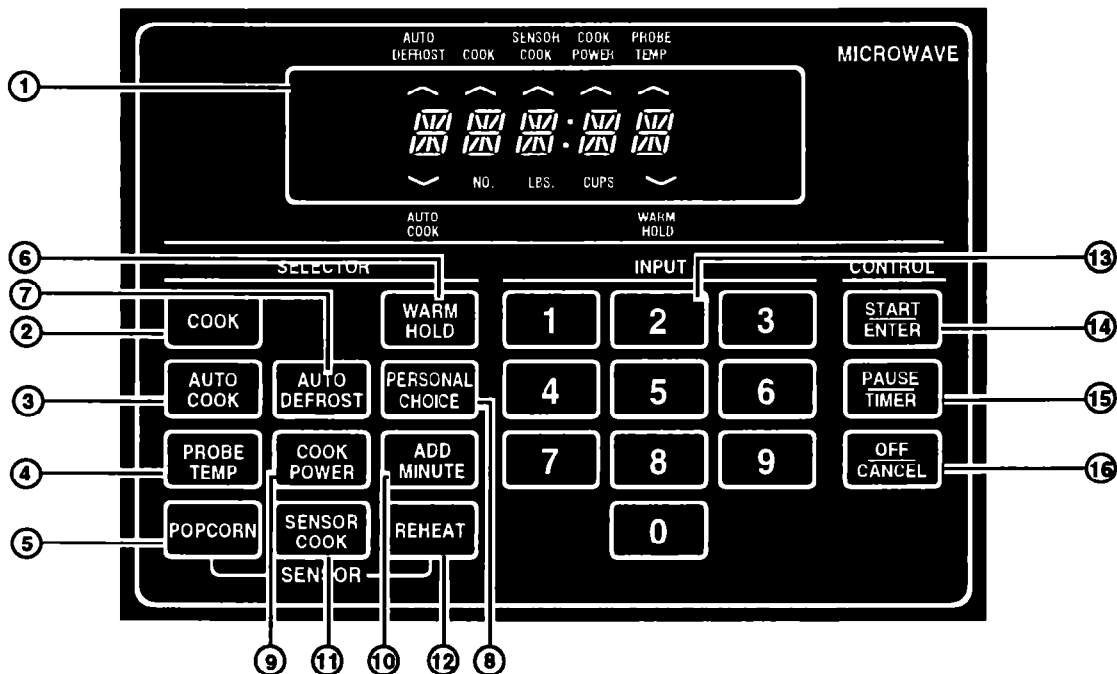
Your microwave oven is designed to make your cooking experience as enjoyable and productive as possible. To help get you up and running quickly, the following is a list of the oven's basic features:

1. **One-Touch Door Open Button.** Push to open door.
2. **Door Safety Lock System.** The oven will not operate unless the door is securely closed.
3. **Window with Metal Shield.** Shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
4. **Glass Turntable.** This turntable turns food as it cooks for more even cooking. It must be in the oven during operation for best cooking results. See pages 34, 35, and 39 for more details.
5. **Removable Turntable Support** (under turntable).
6. **Temperature Probe Socket** (on oven ceiling). Plug the Temperature Probe into this socket when using probe for cooking. See page 27 for more information.
NOTE: Do not store the Temperature Probe in the oven when probe is not being used. Store in a handy place.
7. **Auto Defrost, Auto Cook, and Sensor Cook Guide.**
8. **Microwave Control Panel.** Touch pads on this panel to perform all functions. See pages 6 and 7 for more information.
9. **Lower Oven Control Panel.** For more information, see Lower Oven Use and Care Guide.
10. **Light.** Automatically turns on when door is opened or when oven is operating.
11. **External Oven Air Vents** (in front).

Control panel features

Your microwave oven control panel lets you select the desired cooking function quickly and easily. All you have to do is touch the necessary Command Pad. The following is a list of all the Command and Number Pads located on the control panel. For more information, see pages 12-33.

Audible signals are available to guide you when setting and using your oven. A programming tone will sound each time you touch a pad. Four tones signal the end of a cooking cycle. One three-second tone signals the end of a Minute Timer function. If you do not hear a tone, it is because of incorrectly entered instructions.



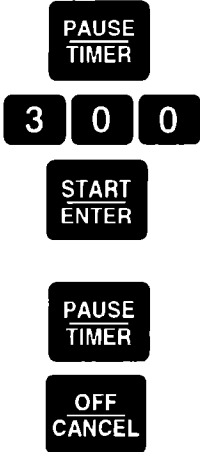
1. **Display.** This display includes indicators to tell you cooking time settings and cooking functions selected. See page 12 for more information.
2. **COOK.** Touch this pad when programming the oven to cook. See pages 15 and 16 for more information.
3. **AUTO COOK.** Touch this pad to cook common microwave-prepared foods without needing to program times and cook powers. See page 22 for more information.
4. **PROBE TEMP.** Touch this pad when using the Temperature Probe to cook. Touch PROBE TEMP followed by Number Pads to set desired final food temperature and COOK POWER followed by a Number Pad for the Cook Power you want. See pages 27-29 for more information.
5. **POPCORN.** Touch this pad when popping popcorn in your microwave oven. The oven will automatically heat for a preset time at a preset Cook Power. See page 31 for more information.
6. **WARM/HOLD.** Touch this pad to keep hot, cooked foods safely warm in your microwave oven for up to 99 minutes, 99 seconds. WARM/HOLD can be used by itself, or it can automatically follow a cooking cycle. See page 21 for more information.
7. **AUTO DEFROST.** Touch this pad followed by Number Pads to thaw frozen food by weight. See page 18 for more information.
8. **PERSONAL CHOICE.** Touch this pad to recall one cooking instruction previously programmed into memory. See page 30 for more information.

- 9. **COOK POWER.** Touch this pad followed by a Number Pad to set the amount of microwave energy released to cook the food. The higher the number, the higher the microwave power or “cooking speed”. See page 16 for more information. See the “Microwave cooking chart” on page 41 for specific Cook Powers to use for the foods you are cooking.
- 10. **ADD MINUTE.** Touch this pad to cook for one minute or to add an extra minute, at 100% Cook Power, to your cooking cycle. See page 33 for more information.
- 11. **SENSOR COOK.** Touch this pad followed by a setting selection to cook food with the sensor. The oven automatically adjusts cooking times and powers by detecting the amount of moisture and humidity emitted by the food during cooking. See page 24 for more information.
- 12. **REHEAT.** Touch this pad to reheat many of your favorite foods automatically without setting the time or Cook Power. See page 32 for more information.
- 13. **Number Pads.** Touch Number Pads to enter cooking times, Cook Powers, quantities or weights. Use also to set the Minute Timer.
- 14. **START/ENTER.** Touch this pad after setting a function on the microwave oven to start the function. If you open the door after the oven begins to cook, retouch START/ENTER.
- 15. **PAUSE/TIMER.** Touch this pad to set the Minute Timer or to stop the oven between cooking stages. See pages 14 and 20 for more information.
- 16. **OFF/CANCEL.** Touch this pad to erase an incorrect command, cancel the Minute Timer, cancel a program during cooking, or clear the Display. See page 14 for more information.

Quick reference cooking guide

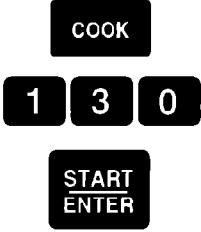
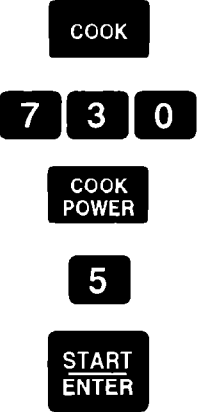

Your microwave oven gives you a wide range of cooking capabilities. The following chart can be used as a quick reference when cooking. For more in-depth information, see the corresponding sections in this Use and Care Guide.

NOTE: It may be necessary to touch OFF/CANCEL to clear the Display before setting a program.

If you want to ...	You ...	Example ...
<p>Use the Minute Timer The Minute Timer lets you time any cooking activities in your kitchen.</p>	<p>1. Touch PAUSE/TIMER.</p> <p>2. Touch Number Pads to enter the desired time.</p> <p>3. Touch START/ENTER.</p> <p>To clear the Minute Timer:</p> <p>1. Touch PAUSE/TIMER.</p> <p>2. Touch OFF/CANCEL.</p>	 <p>The diagram illustrates the button sequence for setting and clearing the Minute Timer. It shows the PAUSE/TIMER button, followed by the number pads 3, 0, and 0, then the START/ENTER button. Below this, it shows the PAUSE/TIMER button again, followed by the OFF/CANCEL button.</p>

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GETTING ACQUAINTED


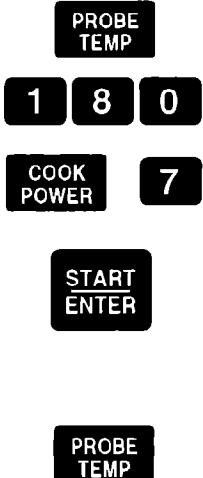
If you want to ...	You ...	Example ...
<p>Cook at high cook power High power cooking is perfect for quick cooking of small items and separate portions.</p>	<ol style="list-style-type: none"> Put food in the oven and close the door. Touch COOK. Touch Number Pads for the cooking time you want. Touch START/ENTER. 	 <p>The diagram shows the following sequence of button presses: a rectangular button labeled "COOK", followed by three square buttons labeled "1", "3", and "0" in a row, and finally a rectangular button labeled "START" above "ENTER".</p>
<p>Cook at lower cook powers Cooking at lower powers is necessary for efficient cooking of many foods. Failure to use the correct Cook Power may result in overcooking or undercooking.</p>	<ol style="list-style-type: none"> Put food in the oven and close the door. Touch COOK. Touch Number Pads for the cooking time you want. Touch COOK POWER. Touch a Number Pad for the Cook Power you want. Touch START/ENTER. 	 <p>The diagram shows the following sequence of button presses: a rectangular button labeled "COOK", followed by three square buttons labeled "7", "3", and "0" in a row, then a rectangular button labeled "COOK" above "POWER", then a square button labeled "5", and finally a rectangular button labeled "START" above "ENTER".</p>
<p>Defrost automatically Your microwave oven automatically defrosts a variety of common meats at preset Cook Powers for preset times.</p>	<ol style="list-style-type: none"> Put food in the oven and close the door. Touch AUTO DEFROST. Touch a Number Pad for the desired setting. (See "Auto defrost chart" on page 19.) Touch Number Pads for the weight of the item to be defrosted. (See "Auto defrost chart" on page 19.) Touch START/ENTER. 	 <p>The diagram shows the following sequence of button presses: a rectangular button labeled "AUTO" above "DEFROST", followed by a square button labeled "2", then two square buttons labeled "2" and "0" in a row, and finally a rectangular button labeled "START" above "ENTER".</p>

GETTING ACQUAINTED

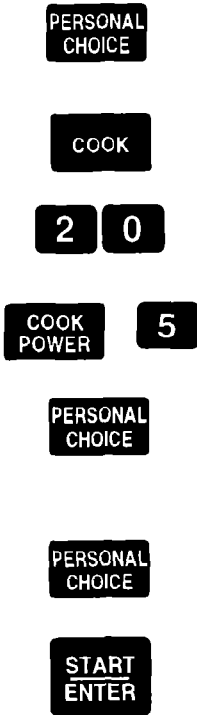



If you want to ...	You ...	Example ...
<p>Pause during cooking Touching PAUSE allows you to stop the oven during a cooking cycle to stir, turn food over or add ingredients during the cooking process.</p>	<ol style="list-style-type: none"> 1. Put food in oven and close the door. 2. Touch Command and Number Pads for the desired cooking cycle. 3. Touch PAUSE/TIMER. 4. Touch START/ENTER. 5. When oven pauses at programmed time, open door. Stir, turn over food, or add ingredients. Close door. 6. To restart, touch START/ENTER. 	<div style="display: flex; justify-content: center; gap: 20px; margin-bottom: 20px;"> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white;">PAUSE TIMER</div> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white;">START ENTER</div> </div> <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white; margin: 0 10px;">START ENTER</div> </div>
<p>Use WARM/HOLD You can keep hot, cooked food warm in your microwave oven safely for up to 99 minutes, 99 seconds with this selection.</p>	<ol style="list-style-type: none"> 1. Put hot, cooked food in the oven and close the door. 2. Touch WARM/HOLD. 3. Touch START/ENTER. 	<div style="display: flex; flex-direction: column; align-items: center; gap: 20px;"> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white; margin: 0 10px;">WARM HOLD</div> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white; margin: 0 10px;">START ENTER</div> </div>
<p>Cook with AUTO COOK Cooking with AUTO COOK lets you cook common microwave-prepared foods without needing to program times and Cook Powers.</p>	<ol style="list-style-type: none"> 1. Put food in the oven and close the door. 2. Touch AUTO COOK. 3. Touch a Number Pad for the desired setting. (See "Auto cook chart" on page 23.) 4. Touch a Number Pad to enter the quantity of food being cooked. (See "Auto cook chart" on page 23.) 5. Touch START/ENTER. 	<div style="display: flex; flex-direction: column; align-items: center; gap: 20px;"> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white; margin: 0 10px;">AUTO COOK</div> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white; margin: 0 10px; width: 30px; text-align: center;">1</div> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white; margin: 0 10px; width: 30px; text-align: center;">2</div> <div style="border: 1px solid black; padding: 5px; background-color: black; color: white; margin: 0 10px;">START ENTER</div> </div>

continued on next page

GETTING ACQUAINTED

If you want to ...	You ...	Example ...
<p>Cook with SENSOR COOK SENSOR COOK automatically adjusts cooking times and powers by detecting the moisture and humidity emitted by the food as it heats.</p>	<ol style="list-style-type: none"> 1. Put food in oven and close the door. 2. Touch SENSOR COOK. 3. Touch a Number Pad for desired setting. (See "Sensor cook chart" on page 25.) 4. Touch START/ENTER. 	 <p>SENSOR COOK 2 START ENTER</p>
<p>Cook with the Temperature Probe The Temperature Probe lets you tell the oven to turn off automatically when the food reaches a temperature you specify. Temperature Probe cooking ensures that food does not overcook or undercook.</p>	<ol style="list-style-type: none"> 1. Insert at least 1/3 of Temperature Probe into food. 2. Place food in oven and plug probe into socket on oven ceiling. 3. Touch PROBE TEMP. 4. Touch Number Pads for food temperature you want. 5. Touch COOK POWER, followed by a Number Pad for the Cook Power you want. 6. Touch START/ENTER. <p>To check probe temperature you programmed while cooking: Touch PROBE TEMP.</p>	 <p>PROBE TEMP 1 8 0 COOK POWER 7 START ENTER PROBE TEMP</p>

GETTING ACQUAINTED

If you want to ...	You ...	Example ...
<p>Use PERSONAL CHOICE PERSONAL CHOICE lets you recall one cooking instruction previously placed in memory.</p>	<p>To program:</p> <ol style="list-style-type: none"> 1. Touch PERSONAL CHOICE twice. 2. Touch a Command Pad for the cooking cycle you want. 3. Touch Number Pads for the cooking time or temperature you want. 4. Touch COOK POWER and then a Number Pad for the Cook Power you want. 5. Touch PERSONAL CHOICE. <p>To use Personal Choice:</p> <ol style="list-style-type: none"> 1. Touch PERSONAL CHOICE. 2. Touch START/ENTER. 	 <p>The diagram illustrates the button sequence for using Personal Choice. It starts with the 'PERSONAL CHOICE' button, followed by the 'COOK' button. Then, the number pads '2' and '0' are pressed. Next, the 'COOK POWER' button is pressed along with the number pad '5'. This is followed by another 'PERSONAL CHOICE' button, then a second 'PERSONAL CHOICE' button, and finally the 'START ENTER' button.</p>
<p>Pop popcorn POPCORN lets you pop popcorn by touching just one pad.</p>	<ol style="list-style-type: none"> 1. Place bag in center of upside-down glass pie plate. 2. Touch POPCORN. 	 <p>The diagram shows a single button labeled 'POPCORN'.</p>
<p>Reheat food REHEAT lets you reheat many foods by touching just one pad.</p>	<ol style="list-style-type: none"> 1. Put food in oven and close the door. 2. Touch REHEAT. 	 <p>The diagram shows a single button labeled 'REHEAT'.</p>
<p>Add a minute to your cooking Touching ADD MINUTE lets you cook for a minute at 100% Cook Power.</p>	<ol style="list-style-type: none"> 1. Make sure food is in oven. 2. Touch ADD MINUTE. 	 <p>The diagram shows a single button labeled 'ADD MINUTE'.</p>

Using Your Microwave Oven

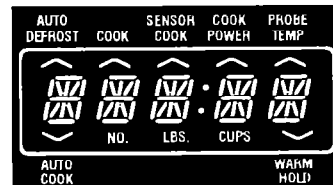
In This Section		Page	Page
Microwave oven controls	12	Auto cook chart	23
Using the Minute Timer	14	Using SENSOR COOK	24
Using OFF/CANCEL	14	Sensor cook chart	25
Cooking with your microwave oven	15	Cooking with the Temperature Probe	27
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Using AUTO COOK.....	22		

To obtain the best cooking results possible, you must operate your microwave oven properly. This section gives you important information for efficient and safe use of your oven.

Microwave oven controls

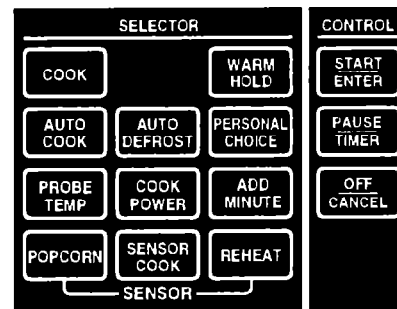
Display and indicators

The display shows time settings, Cook Powers, and indicators.



Command pads

- **Touch Command Pads** to tell the microwave oven what to do and in what order. A few examples:
 - **AUTO DEFROST** tells the oven you are going to defrost food.
 - **START/ENTER** tells the oven to start.
- **Most Command Pads** cause an indicator to light when you touch the Command Pad. While the oven is running, an indicator (or indicators) will be on to show what the oven is doing.
- **If you touch two instructions** into the same cycle, the second set of instructions will cancel the first.

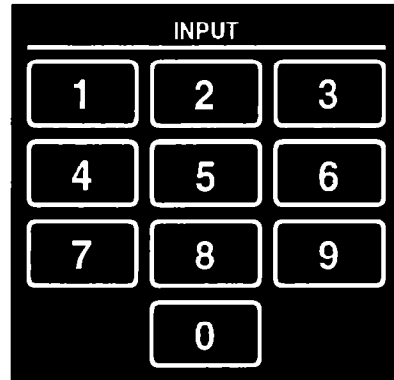


USING YOUR MICROWAVE OVEN

Number pads

Once you've touched a Command Pad to tell the oven what you want it to do, you'll touch Number Pads to tell it ...

- a time,
- a Cook Power,
- a weight,
- a quantity,
- a temperature.



Display messages

Messages will appear on the display to guide you with your cooking. If you attempt to enter unacceptable instructions, "ERROR" will appear in the Display. Touch OFF/ CANCEL and re-enter the instructions.



USING YOUR MICROWAVE OVEN

Using the Minute Timer

You can use your microwave oven as a kitchen timer. Use the Minute Timer for timing up to 99 minutes, 99 seconds.

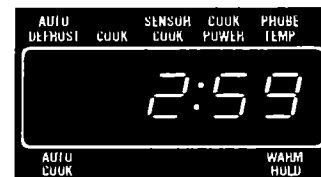
1. Touch PAUSE/TIMER.



2. Touch Number Pads for the minutes and seconds you want. The Display will show the numbers you touched in the order you touched them. This example shows 3 minutes.



3. Touch START/ENTER. The Display will count down to show you how much time is left. During the countdown, the oven will be dark and the fan will be off.
4. When the set time ends, one long tone will sound.



To cancel the Minute Timer:

1. Touch PAUSE/TIMER.
2. Touch OFF/CANCEL.



Using OFF/CANCEL

Touch OFF/CANCEL to:

- Erase instructions if you make a mistake during programming.
- Cancel the Minute Timer.
- Cancel a program during cooking.



NOTE: You can stop the oven during a cycle by opening the door. Close the door and touch START/ENTER to restart.

Cooking with your microwave oven

To get the best cooking results:

- **Although a new rating method*** rates this oven at 900 watts, you may use a reliable cookbook and recipes developed for microwave ovens previously rated at 700-800 watts.
- **ALWAYS cook** food for the minimum recommended cooking time. If necessary, touch **ADD MINUTE** while the oven is operating or after it has completed the cooking cycle. (See page 33 for more information.) Then check for doneness to avoid overcooking the food.

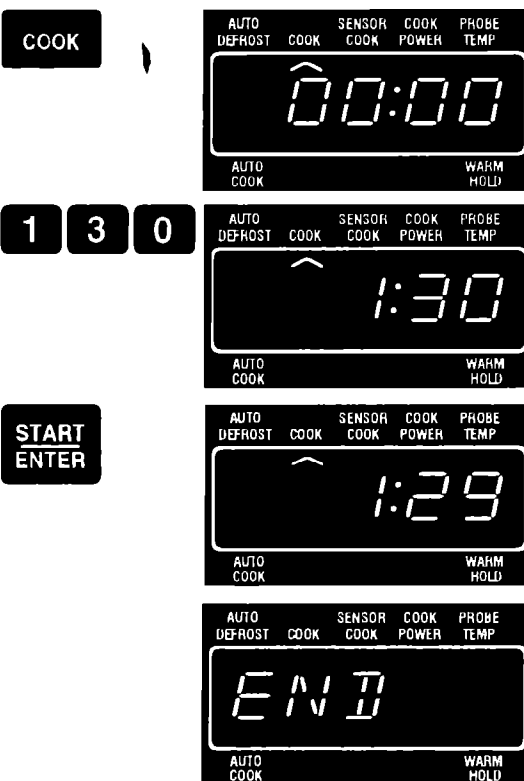
- **Stir, turn over or rearrange** the food being cooked about halfway through the cooking time for most even doneness with all recipes.
- **If a glass cover is not available, use wax paper, paper towels or microwave-approved plastic wrap. Turn back a corner to vent steam during cooking.**

* IEC-705 Test Procedure. The IEC-705 Test Procedure is an internationally recognized method of rating microwave wattage output and does not represent an actual change to output power or cooking performance.

Cooking at high cook power

Follow these steps to cook at **high power**:

1. **Put food in the oven and close the door.**
2. **Touch COOK.** The Display will show "00:00".
3. **Touch Number Pads for the cooking time you want.** The Display will show the numbers you touched **in the order you touched them.** The example shows 1 minute, 30 seconds.
4. **Touch START/ENTER.** The oven will automatically cook at high Cook Power. The Display counts down the time to show how much time is left in the cycle. When the cooking time ends, four tones will sound. "END" will show on the Display. **Touch OFF/CANCEL or open the oven door.**



NOTE: If you want to change the cooking time while cooking is in progress, **touch COOK, touch** in the new time **within 5 seconds, then touch START/ENTER.**

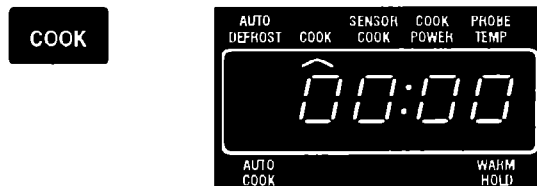
Cooking at lower cook powers

For best results, some recipes call for lower Cook Powers. The lower the Cook Power, the slower the cooking. Each Number Pad also stands for a different percentage of Cook Power. Many microwave cookbook recipes tell you by number, percent or name which Cook Power to use.

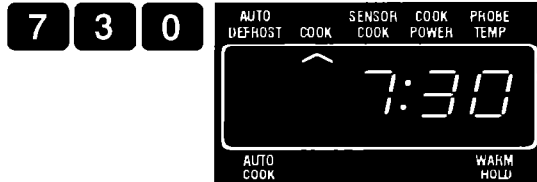
The following chart gives the percentage of Cook Power each Number Pad stands for, and Cook Power name usually used:

Automatic 100% of full power HIGH
9=90% of full power
8=80% of full power
7=70% of full power MED-HIGH
6=60% of full power
5=50% of full power MED
4=40% of full power
3=30% of full power MED-LOW
2=20% of full power
1=10% of full power LOW

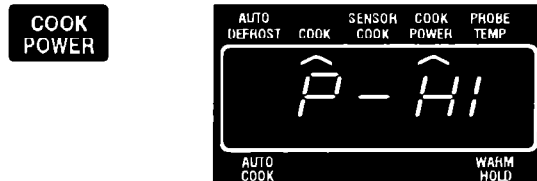
1. Put food in the oven and close the door.
2. Touch COOK. The Display will show "00:00".



3. Touch Number Pads for the cooking time you want. The Display will show the numbers you touched in the order you touched them. This example shows 7 minutes, 30 seconds.



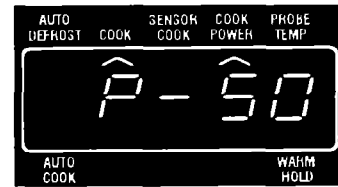
4. Touch COOK POWER. The Display will show "P-HI".



USING YOUR MICROWAVE OVEN

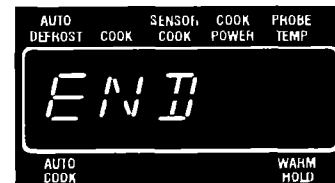
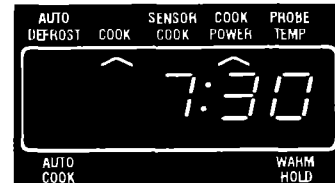
5. Touch a Number Pad for the Cook Power you want. The Display will show what you touched. This example shows you touched Number Pad 5 for 50% of full power.

5



6. Touch START/ENTER. The Display counts down the time to show how much cooking time is left in the cycle. When the cooking time ends, four tones will sound. "END" will show on the Display. Touch OFF/CANCEL or open the oven door to clear the Display.

START
ENTER



OFF
CANCEL

To check Cook Power after cooking has started:

Touch COOK POWER. The Cook Power percentage or "HI" will show in the Display for three seconds.

To change Cook Power after cooking has started:

- Follow Steps 4, 5 and 6 to set a Cook Power lower than HI.
- Touch COOK POWER twice to change from a lower Cook Power to HI.

Defrosting

Your microwave oven automatically defrosts a variety of common meats at preset Cook Powers for preset times. The 3-stage Auto Defrost Cycle is programmed for: Roast Beef, Pork; Steaks, Chops, Fish; Ground Meat; Chicken, Whole; and Chicken Pieces. All you do is touch the Number Pad as-

1. Put frozen food in the oven and close the door.
2. Touch AUTO DEFROST. The AUTO DEFROST Indicator will come on and "FOOD" will show on the Display.

signed to the desired category and enter the weight of the items being heated. Your microwave oven does the rest.

NOTE: Before using AUTO DEFROST, be sure the Display is blank. If the Display is not blank, touch OFF/CANCEL once or twice.

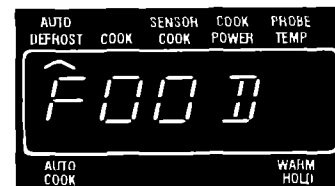
3. Choose an Auto Defrost setting by touching the appropriate Number Pad. The Display will show "ENTER" and the "LBS." Indicator will be displayed. This example shows an entry of "2" for Steaks, Chops, Fish. (See the "Auto defrost chart" on page 19 or the Cook Guide label on the frame behind the door for Auto Defrost settings.)
4. Touch Number Pads to enter the food's weight. The weight will appear on the Display. This example shows an entry of "2.0" for two pounds.

NOTE: If "ERROR" appears on the Display, touch OFF/CANCEL and start over. See the "Auto defrost chart" on page 19 for weight ranges available for each food category.

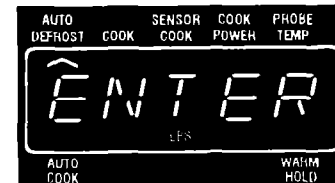
5. Touch START/ENTER. The Display will count down the time to show how much defrosting time is left.

6. After the first stage is completed, the oven will stop, two tones will sound, and directions will appear on the Display. Open the door, turn meat over and shield any warm portions. (The Displays shown are just examples of directions you will see, depending on the type of meat being thawed.) Close the door. "PRESS START" will appear.

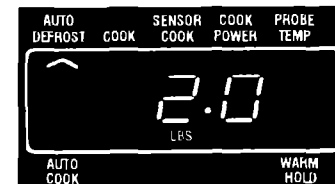
AUTO DEFROST



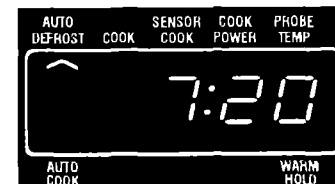
2



2 0



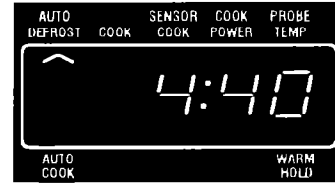
START ENTER



USING YOUR MICROWAVE OVEN

7. Touch START/ENTER. The Display will continue to count down the second stage of the defrost cycle.

START
ENTER



8. After the second stage is completed, the oven will stop, two tones will sound, and directions will appear on the Display. **Open** the door, **shield** any warm portions and **close** the door. "PRESS START" will appear.

CHECK

COVER

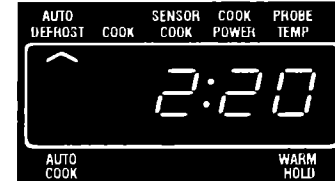
EDGE

PRESS

START

9. Touch START/ENTER to complete defrosting.

START
ENTER



10. After defrosting, the oven will stop and directions will appear on the Display. **Open** the door or touch OFF/CANCEL.

OFF
CANCEL

COVER

STAND

Auto defrost chart

SETTING	FOOD	AMOUNT	PROCEDURE
1	Roast Beef, Pork	2.5-6.0 lbs	After 1st stage, turn over and shield any warm portions with aluminum foil. After the 2nd stage, turn over and shield any warm portions with aluminum foil. Stand, covered 30-60 minutes.
2	Steaks, Chops, Fish	0.5-4.0 lbs	After the 1st stage, turn over and shield any warm portions with aluminum foil. After the 2nd stage, shield any warm portions with aluminum foil. Stand, 10-15 minutes.
3	Ground Meat	0.5-3.0 lbs	Remove any thawed parts after each stage. Stand, 5-10 minutes.
4	Chicken, Whole	2.5-6.0 lbs	Remove giblets before freezing poultry for more uniform defrosting. After the 1st stage, turn over and shield any warm portions with aluminum foil. After the 2nd stage, shield any warm portions with aluminum foil. Stand, covered 30-55 minutes.
5	Chicken Pieces	0.5-3.0 lbs	After the 1st stage, turn over and rearrange. After the 2nd stage, if there are warm or thawed portions, rearrange or remove. Stand, 10-15 minutes.

USING YOUR MICROWAVE OVEN

NOTES:

- If you enter an amount not shown in the chart on page 19, "ERROR" will appear. AUTO DEFROST will only operate within the weight ranges shown in the chart. Round weights of food items to the nearest half pound.
- To defrost items not listed in AUTO DEFROST, use 30% Cook Power. See the Microwave Cookbook provided with your oven for defrosting information.
- To lengthen or shorten defrosting times, see "Changing one-touch and sensor cooking times" on page 33.

Using PAUSE

PAUSE allows you to stop the oven during a cooking cycle to stir, turn food over or add ingredients during the cooking process.

1. Put food in the oven and close the door.
2. Touch in instructions for the desired cooking cycle.
3. To program the oven to pause halfway through the cycle:

Before touching START/ENTER, touch PAUSE/TIMER. If your cooking cycle is, for example, four minutes long, the oven will pause two minutes into the cycle.

To make the oven pause while you are cooking:

Touch PAUSE/TIMER and START/ENTER during cooking and the oven will pause immediately.

PAUSE
TIMER

START
ENTER

PAUSE
TIMER

START
ENTER

When the oven pauses:

Two tones will sound and "PAUSE" will show in the Display. Open the door and stir the food. "PRESS START" will show in the Display.



PRESS START

4. Close the door and touch START/ENTER to resume cooking. When the cooking time ends, four tones will sound.

START
ENTER

Using WARM/HOLD

You can keep hot, cooked foods warm in your microwave oven safely for up to 99 minutes, 99 seconds (about 1 hour, 40 minutes). You can use WARM/HOLD by itself, or to follow a cooking cycle automatically.

1. Put hot, cooked food in the oven and close the door.
2. Touch WARM/HOLD. The WARM/HOLD Indicator will come on.

WARM
HOLD



3. Touch START/ENTER. The WARM/HOLD Indicator will stay on. The oven light and fan will come on.
 - WARM/HOLD operates for up to 99 minutes, 99 seconds.
 - Opening the oven door cancels WARM/HOLD. Close the door and touch WARM/HOLD, then touch START/ENTER if additional WARM/HOLD time is desired.
 - Foods cooked covered should be covered during WARM/HOLD.
 - Pastry items (pies, turnovers, etc.) should be uncovered during WARM/HOLD.
 - Complete meals kept warm on a dinner plate should be covered during WARM/HOLD.
 - Do not use more than one complete WARM/HOLD (about 1 hour, 40 minutes). The quality of some foods will suffer with extended time.

START
ENTER



To automatically follow another cycle:

- While you are touching in cooking instructions, touch WARM/HOLD before touching START/ENTER.
OR
- After the oven starts operating, touch WARM/HOLD and then touch START/ENTER.
- When the last cooking cycle is over, you will hear four tones. The WARM/HOLD Indicator will come on while the oven continues to run.
- You can set WARM/HOLD to follow AUTO DEFROST, COOK, SENSOR COOK, AUTO COOK, PERSONAL CHOICE, ADD MINUTE or Temperature Probe cooking.

Using AUTO COOK

Cooking with AUTO COOK lets you cook common microwave-prepared foods without needing to program times and Cook Powers. AUTO COOK has preset times and Cook Powers for five major food categories: Rolls, Muffins; Casserole; Baked Potatoes; Fresh Vegetables and Frozen Vegetables. All you

1. Put the food in the oven and close the door.
2. Touch AUTO COOK. "FOOD" will show on the Display.

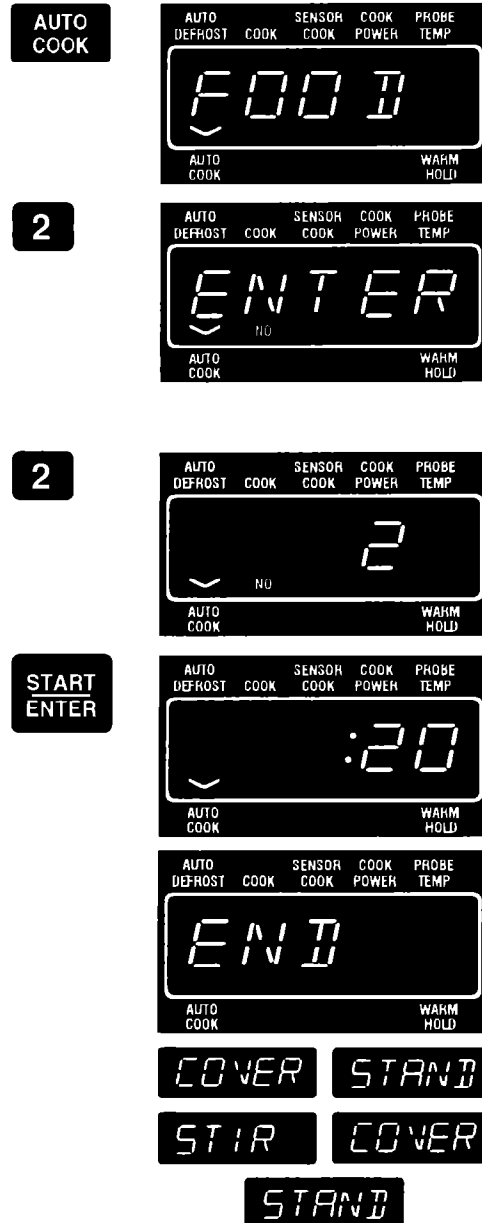
3. Touch a Number Pad (1-5) to select an Auto Cook setting. To choose the desired setting, see the "Auto cook chart" on page 23 or the Cook Guide label on the frame behind the door. The Display will show "ENTER" and the "NO." or "CUPS" Indicator will be displayed. This example shows an entry of "2" for Rolls, Muffins.
4. Touch a Number Pad to enter the amount of items to be heated. The amount will appear on the Display. This example shows an entry of "2" for two items.

5. Touch START/ENTER. When the cooking time ends, four tones will sound. "END" or further instructions will appear on the Display, depending on which setting you are using.

NOTE: To change cooking times on Auto Cook settings, see "Changing one-touch and sensor cooking times" on page 33.

do is touch the Number Pad assigned to the desired category and enter the number of items being heated. Your microwave oven does the rest.

NOTE: Before using AUTO COOK, be sure the Display is blank. If the Display is not blank, touch OFF/CANCEL once or twice.



Auto cook chart

SETTING	FOOD	AMOUNT	PROCEDURE
1	Baked Potatoes	1-6 med size	Prick; place on paper towel directly on turntable. After cooking, remove from oven and let stand wrapped in foil 5 minutes. NOTE: For large (8-10 ounce) potatoes, cook for longer time. For small (4 ounce) potatoes, cook for shorter time. (See "Changing one-touch and sensor cooking times" on page 33.)
2	Rolls, Muffins	1-6 pieces	Arrange on a double layer of paper towels; cover with another towel.
3	Fresh Vegetables	1-4 cups	Place in a microwave-safe container. For beans, carrots, corn, and peas, add 1 tablespoon water per cup. For broccoli, brussels sprouts, cabbage and cauliflower, cook immediately after washing with no additional water. If you like tender-crisp vegetables, set the Auto Cook quantity for half the amount of vegetables you are actually cooking. For example, when cooking 2 cups of vegetables, set AUTO COOK for 1 cup. Cover with lid or plastic wrap. After cooking, remove from oven, stir, cover and let stand 3 to 5 minutes before serving.
4	Frozen Vegetables	1-4 cups	Place in a microwave-safe container. Cover with lid or plastic wrap. After cooking remove from oven, stir, cover and let stand 3 minutes before serving.
5	Canned Vegetables	1-4 cups	Place in a microwave-safe container. Cover with lid or plastic wrap. After cooking remove from oven, stir, cover and let stand 3 minutes before serving.

NOTES:

- If you enter an amount not shown in the chart above, "ERROR" will appear. AUTO COOK will only operate with the amounts shown.
- When cooking a 10 oz package of frozen vegetables (this equals about 1½ cups), touch "1" for 1 cup of "tender crisp" vegetables (you cannot enter ½ cup amounts) or touch "2" for two cups of vegetables more fully cooked.

Using SENSOR COOK

Cooking with SENSOR COOK takes the guesswork out of microwave cooking. The microwave oven automatically adjusts cooking times and powers by detecting the moisture and humidity emitted by the food as it heats.

1. Put food in oven and close the door.
2. Touch SENSOR COOK. The SENSOR Indicator will come on and "FOOD" will show on the Display.

NOTE: Before using SENSOR COOK, be sure the Display is blank. If the Display is not blank, touch OFF/CANCEL once or twice.

3. Choose a Sensor Cook setting by touching the appropriate Number Pad. (See the Cook Guide label on the frame behind the oven door for setting information.)

NOTE: If you touch the wrong Sensor setting, touch the correct setting. The chosen setting will appear on the Display.

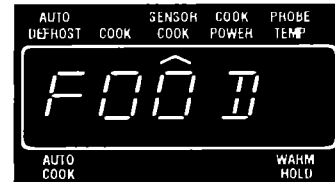
4. Touch START/ENTER. The sensor now detects the moisture and humidity emitted by the food.

NOTE: Do not open the door or touch OFF/CANCEL during this part of the cooking cycle. The measurement will be interrupted.

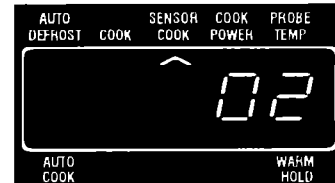
If "ERROR" appears on the Display before cooking starts, touch OFF/CANCEL and start over. If "ERROR" appears after cooking has started, touch OFF/CANCEL and continue cooking using a timed cycle. See page 15 or 16.

5. When the Display shows the remaining cooking time, you can open the door to stir or season the food.

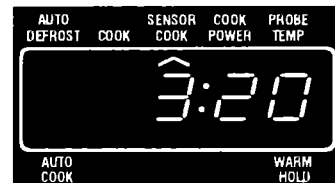
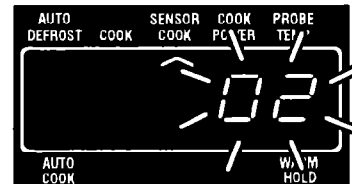
SENSOR
COOK



2



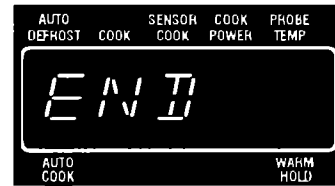
START
ENTER



USING YOUR MICROWAVE OVEN

6. After cooking, the oven will stop. "END" or directions will appear on the Display, depending on which setting you are using. Open the door or touch OFF/CANCEL.

NOTE: To change cooking times on Sensor Cook settings, see "Changing one-touch and sensor cooking times" on page 33.



Sensor cook chart

FOOD	SENSOR SETTING	AMOUNT	PROCEDURE	COMMENTS
Dinner Plate, Reheat	1	4 or more ounces	Cover with wax paper.	Stand, covered, 5 min.
Potatoes Baked potatoes	2	1-6 med	Prick; place on turntable.	Stand, wrapped in foil, 5-10 min. Stand, wrapped in foil, 3 min.
Sweet potatoes		1-6 med	Prick; place on turntable.	
Fresh Vegetables, Soft Broccoli Brussels sprouts Cabbage Cauliflower (flowerets) Cauliflower (whole) Spinach Zucchini	3	½-2 lbs ½-2 lbs ½-3 lbs ½-2 cups 1 med ¼-1 lb ½-2 cups	Wash and place in casserole. Add 2 tablespoons of water. Cover with lid for tender vegetables. Use plastic wrap for tender, crisp vegetables. Stir before standing, if possible.	Stand, covered, 3-5 min.
Fresh Vegetables, Hard Carrots, sliced Corn on cob Green beans Winter squash, diced halves	4	½-2 cups 2-4 cups ½-2 cups ½-2 cups 2	Place in casserole. Add ¼ to ½ cup of water. Cover with lid for tender vegetables. Use plastic wrap cover for tender, crisp vegetables. Stir before standing, if possible.	Stand, covered, 5 min.

continued on next page

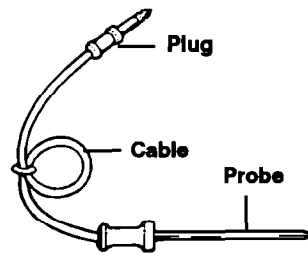
USING YOUR MICROWAVE OVEN

FOOD	SENSOR SETTING	AMOUNT	PROCEDURE	COMMENTS
Bacon, Slices	5	2-6 slices	Place bacon on paper plate, lined with paper towel. Bacon should not extend over rim of plate. Cover with paper towel. Put plate upside down on turntable. Place plate of bacon on top of overturned plate.	
Chicken Pieces	6	1-4 lbs	Wash. Place in baking dish. Cover with wax paper or plastic wrap.	Stand, covered, 5-10 min.
Hamburger	7	1-6 patties 0.5-2 lbs	Place on microwave-safe roasting rack. Cover with plastic wrap or wax paper. Break up and put in casserole. Cover with lid, wax paper, or plastic wrap. Drain off grease or place in microwave-safe colander over casserole and allow grease to drain off. Cover with wax paper or plastic wrap.	Stand, covered, 5 min. Stand, covered, 5 min.
Fish, Seafood Fillet, steak, shrimp Scallops, fresh or frozen, thawed Clams, fresh	8	¼-1 lb ¼-1 lb	Arrange in ring around shallow glass dish. (Roll fillet with edges underneath.) Cover with plastic wrap. Place in plastic bag. Secure end. Slit bag with knife.	Stand, covered, 3 min. Stand, covered, 3 min.

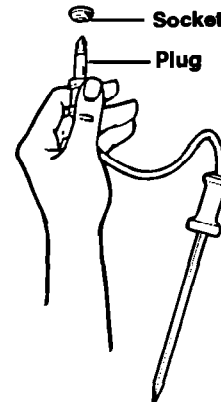
Cooking with the Temperature Probe

The Temperature Probe helps take the guesswork out of cooking roasts and larger casseroles. The probe is designed to turn off the oven when it senses the temperature you chose between 90°F and 200°F. See your Microwave Cookbook for helpful information on cooking different types of food.

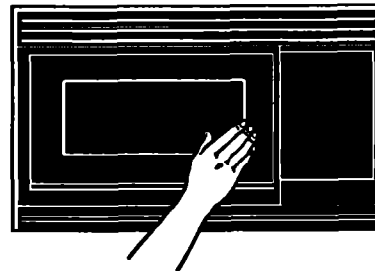
1. **Insert** at least 1/3 of the Temperature Probe into the food. (See page 29.)



2. **Place** food in the oven and **plug** the probe into the socket on the oven ceiling.

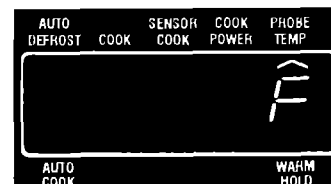


3. **Make sure** the probe does not touch any part of the oven interior (including the turntable). **Close** the door.



4. **Touch PROBE TEMP** to choose temperature cooking.

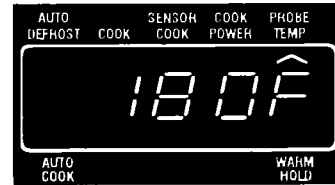
**PROBE
TEMP**



USING YOUR MICROWAVE OVEN

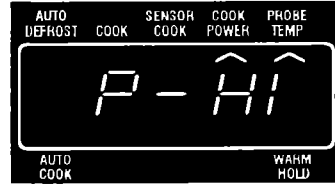
5. Touch Number Pads for the food temperature you want.

1 8 0

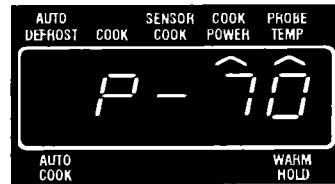


6. Touch COOK POWER followed by a Number Pad for the Cook Power you want.

COOK POWER

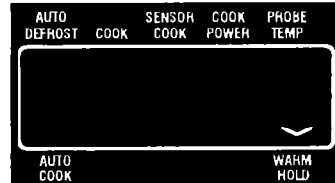


7



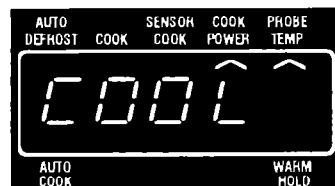
7. **OPTIONAL:** You can set the oven to maintain the set temperature for up to 99 minutes, 99 seconds. After setting the Cook Power in Step 6 above, touch WARM/HOLD.

WARM HOLD



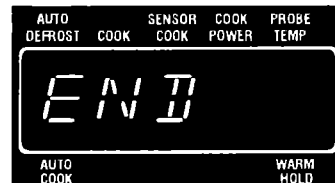
8. Touch START/ENTER. When the food temperature is lower than 90°F, the Display will show "COOL". When the food temperature reaches 90°F, the Display will show the actual temperature of the food as it increases to the desired temperature. When the probe detects the desired food temperature, the oven will shut off.

START ENTER



9. After cooking, open the door or touch OFF/CANCEL. Four tones will sound and "END" will show on the Display, unless you have set WARM/HOLD.

OFF CANCEL



NOTES:

- **After you have programmed the oven**, if the Temperature Probe is not plugged in properly or is defective, "End" will show on the Display and the oven will shut off. If the Temperature Probe is not plugged in, "PROBE" will show on the Display and the oven will not turn on.
- **If you are in the process** of cooking using the Temperature Probe and want to check the temperature you have programmed, **touch PROBE TEMP**. As long as you are touching PROBE TEMP, the programmed temperature will be displayed.

Temperature Probe cooking tips:

- **Stir** foods during cooking when recommended.
- **Stir** soups, casseroles and drinks before serving.
- **Cover** roasts with foil after cooking and **let stand** a few minutes. **Remove** foil if you decide to cook it longer.
- **Remove** the probe from the oven when not cooking by temperature.
- **For casseroles**, the tip of the probe should be in the center of the food. **Stir** foods when recommended. **Replace** the probe.
- **For liquids**, **balance** the probe on a wooden spoon or spatula so the tip of the probe is in the center of the liquid.
- **For roasts**, the tip of the probe should be in the center of the largest muscle, but not touching fat or bone.
- **Casseroles** cooked using the Temperature Probe should be made from pre-cooked foods. Do not use raw meats, raw vegetables and cream sauces in casseroles.
- **Dry casseroles** do not work well.
- **Thaw** frozen casseroles and meats in the microwave oven before inserting the probe.
- **If you are cooking** more than one individual serving at the same time, such as mugs of soup, **check** the probe setting in several of the items—all the mugs may not heat at the same rate.
- **Dry meat loaf** mixtures do not work well.
- **Check poultry** with thermometer in 2-3 places to ensure adequate doneness.
- **Remember** that roasts may vary in size, shape and composition. **Use** the Temperature Probe as a guide.

Don't ...

- **let probe or probe cable** touch any part of the oven interior (including the turntable).
- **let probe touch foil** (if used). You can keep foil away from probe with wooden toothpicks. **Remove** foil if arcing occurs.
- **use** paper, plastic wrap or plastic containers. They will be in the oven too long and might distort.
- **force** probe into frozen food.
- **use probe** for food that needs to simmer.
- **plug** the pointed end of the Temperature Probe into the socket.

Removing and cleaning the Temperature Probe:

1. After oven has shut off, **unplug** the Temperature Probe using an oven mitt or hot pad.
2. **Wipe** probe with a hot, sudsy cloth and **dry** thoroughly. **Use** a plastic scouring pad to remove cooked-on foods.
3. You can place probe in the silverware basket of a dishwasher.

USING YOUR MICROWAVE OVEN

Using PERSONAL CHOICE

PERSONAL CHOICE allows you to recall one cooking instruction previously placed in memory and begin cooking quickly. For example, if you heat a roll every morning, program the cooking steps into PERSONAL CHOICE. You can heat your roll each morning by touching PERSONAL CHOICE. PERSONAL CHOICE also allows you to program a recipe for another person to cook at a later time.

To program Personal Choice:

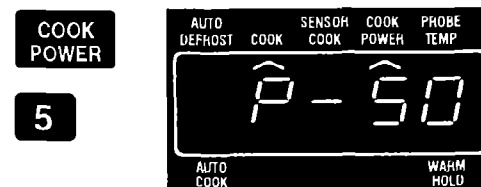
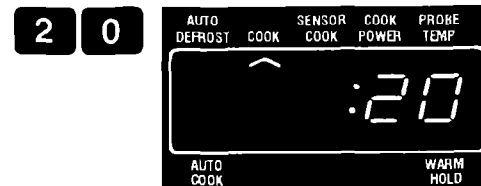
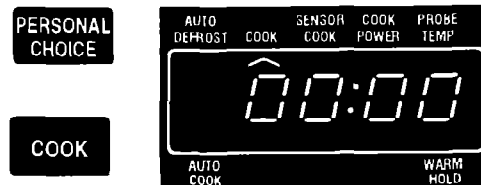
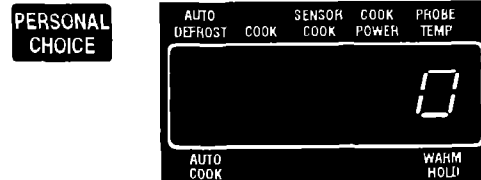
1. Touch PERSONAL CHOICE. The Display will show "0".
2. Touch PERSONAL CHOICE again. The Display will show ":".
3. Touch a Command Pad for the cooking cycle you want. (Example: COOK.) The Display will show "00:00".
4. Touch Number Pads for the cooking time or temperature desired. This example shows an entry of 20 seconds.
5. Touch COOK POWER and then a Number Pad for the Cook Power desired. This example shows an entry of "5" for 50% Cook Power.

6. Touch PERSONAL CHOICE. PERSONAL CHOICE is now programmed.

To use Personal Choice:

1. Touch PERSONAL CHOICE.

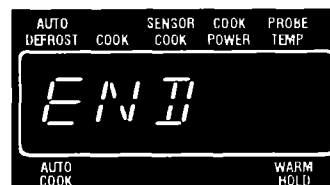
NOTE: Before using PERSONAL CHOICE, be sure the Display is blank. If the Display is not blank, touch OFF/CANCEL once or twice.



USING YOUR MICROWAVE OVEN

2. Touch START/ENTER. The oven will cook according to your preprogrammed instructions. When cooking time ends, four tones will sound. "END" will show on the Display. Remove food from the oven.

NOTE: You can reprogram PERSONAL CHOICE by repeating the above instructions. A power failure will erase your Personal Choice program.



Using POPCORN

POPCORN allows you to pop popcorn by touching just one pad.

NOTE: Before using POPCORN, be sure the Display is blank. If the Display is not blank, touch OFF/CANCEL once or twice.

1. Place bag in center of upside-down glass pie plate and close the door.
2. Touch POPCORN. "POP-" and "CORN" will flash on the Display.

Cooking performance may vary with brand. Try several brands to decide which gives best popping results. For best results, use fresh bags of popcorn. Do not try to repop unpopped kernels. Do not reuse popcorn bags.

NOTE: POPCORN is designed for commercially bagged microwave popcorn. If you are using a microwave popcorn popper, follow instructions with the popper for cooking time.

3. When the sensor detects the vapor emitted from the food, the remainder of the cooking time will appear.

NOTES:

- Always touch OFF/CANCEL to clear the control before programming POPCORN.
- Use only 1 package at a time.
- Use only popcorn packages for microwave oven.
- To change cooking time, see "Changing one-touch and sensor cooking times" on page 33.
- If you remove the glass pie plate right after popping popcorn, use oven mitts. The plate will be very hot.



USING YOUR MICROWAVE OVEN

Using REHEAT

You can reheat many foods by touching just one pad. You do not need to calculate cooking time or Cook Power.

NOTES:

- **Before** using REHEAT, be sure the Display is blank. If the Display is not blank, touch OFF/CANCEL once or twice.
- **See** "Reheating chart" on page 40 when reheating with cooking time and Cook Power.

1. Put food in the oven and **close** the door.
2. **Touch** REHEAT. "RE-" and "HEAT" will flash on the Display. When the sensor detects the vapor emitted from the food, the remainder of the cooking time will appear (1 min, 30 sec in example).

3. **When cooking is over**, "COVER" and "STAND" will flash on the Display. **Open** the door or **touch** OFF/CANCEL.

4. **To continue with cooking**, choose a cooking time and Cook Power (see pages 15 and 16).

NOTES:

- **REHEAT** can be programmed within 1 minute after cooking, closing the door or touching OFF/CANCEL.
- **To change** reheating time, see "Changing one-touch and sensor cooking times" on page 33.

OFF
CANCEL

REHEAT



COVER STAND

OFF
CANCEL

Using ADD MINUTE

ADD MINUTE allows you to cook food for one minute or to add an extra minute, at 100% Cook Power, to your cooking cycle. You can also use it to extend cooking time in multiples of one minute.

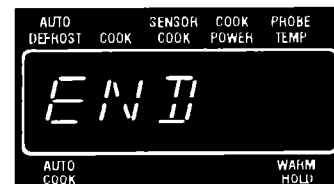
NOTE: Before using ADD MINUTE, be sure the Display is blank. If the Display is not blank, touch OFF/CANCEL once or twice.

1. **Make sure** food is in the oven and the door is closed.
2. **Touch** ADD MINUTE.
3. **To extend** cooking time in multiples of one minute, **touch** ADD MINUTE repeatedly during cooking. When the cooking time ends, a long tone will sound. The Display will then show "END".

NOTE: ADD MINUTE can only be entered after closing the door, after touching OFF/CANCEL, or during cooking.

ADD MINUTE **cannot** be used:

- with POPCORN, AUTO COOK, AUTO DEFROST, REHEAT, SENSOR COOK, WARM/HOLD, or Temperature Probe cooking.
- to **start** the oven if any program, other than the Minute Timer, is on the Display.



Changing one-touch and sensor cooking times

- **If you want longer** cooking times for POPCORN, REHEAT, AUTO COOK, AUTO DEFROST or SENSOR COOK, **touch** COOK POWER **once** after choosing desired setting.
- **If you want shorter** cooking times, **touch** COOK POWER **twice** after choosing desired setting.

For example, for POPCORN setting, first **touch** POPCORN, then immediately **touch** COOK POWER **once** to increase cooking time or **twice** to decrease cooking time.

NOTE: You must touch COOK POWER within one second after choosing desired setting.



Caring For Your Microwave Oven

Wipe often with warm, sudsy water and a sponge or paper towel. You can remove the glass turntable for cleaning; however, this oven is designed to operate with the turntable in place. **Do not** operate the microwave oven when turntable is removed for cleaning. See page 39 for further information about the turntable.

For stubborn soil, **boil** a cup of water in the oven for 2 or 3 minutes. Steam will soften the soil.

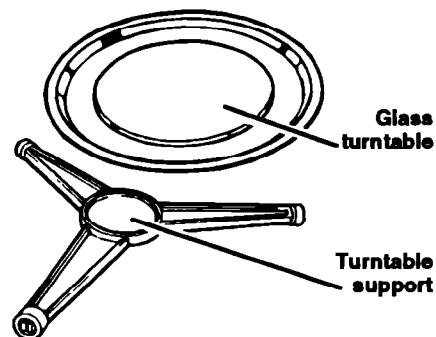
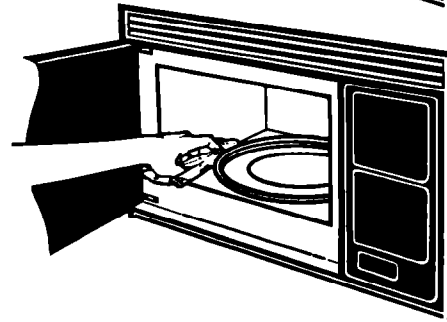
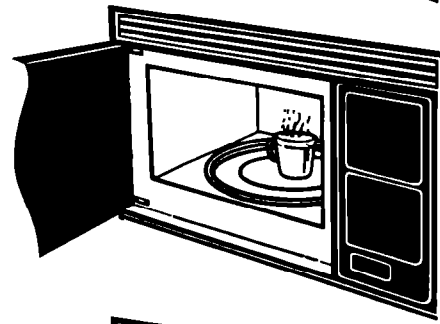
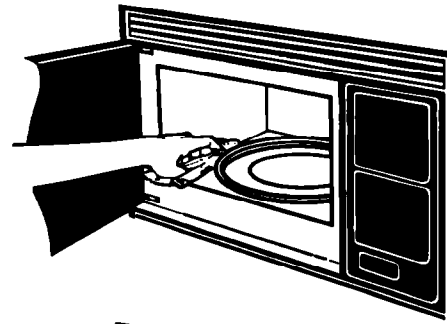
Be sure to keep the areas clean where the door and oven frame touch when closed. Use only mild, nonabrasive soaps or detergents applied with a sponge or paper towel when cleaning surfaces. **Rinse well.**

⚠ CAUTION

Product Damage Hazard

Abrasive cleansers, steel-wool pads, gritty wash cloths, etc., can damage the control panel, and the interior and exterior oven surfaces. Use a sponge with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to paper towel; do not spray directly on oven.

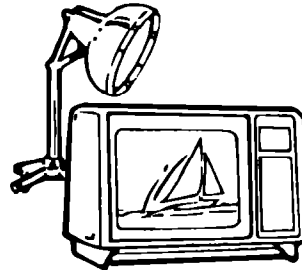
To clean turntable and turntable support, wash in mild, sudsy water; for heavily soiled areas use a mild cleanser and scouring sponge. The turntable and turntable support are dishwasher-safe.



How Your Microwave Oven Works

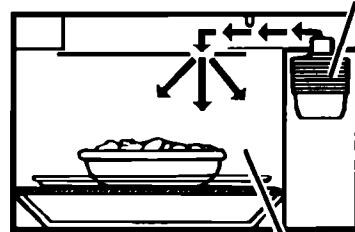
Microwave ovens are safe. Microwave energy is not hot. It causes food to make its own heat, and it's this heat that cooks the food.

Microwaves are like TV waves or light waves. You cannot see them, but you can see what they do.



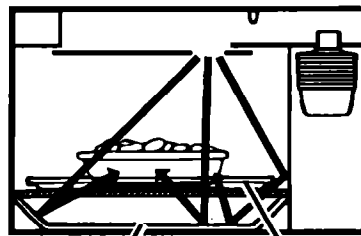
Magnetron

A magnetron in the microwave oven produces microwaves. The microwaves move into the oven where they contact food as it turns on the glass turntable.



Oven cavity

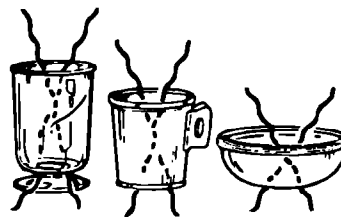
The glass turntable of your microwave oven lets microwaves pass through. Then they bounce off a metal floor, back through the glass turntable, and are absorbed by the food.



Metal floor

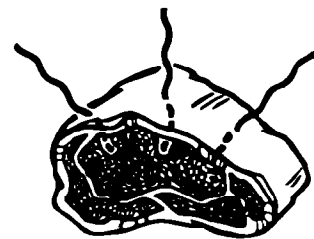
Glass turntable

Microwaves pass through most glass, paper and plastics without heating them so food absorbs the energy. Microwaves bounce off metal pans so food does not absorb the energy.



Microwaves may not reach the center of a roast. The heat spreads to the center from the outer, cooked areas just as in regular oven cooking. This is one of the reasons for letting some foods (for example, roasts or baked potatoes) stand for a while after cooking, or for stirring some foods during the cooking time.

The microwaves disturb water molecules in the food. As the molecules bounce around bumping into each other, heat is made, like rubbing your hands together. This is the heat that does the cooking.



Operating Safety Precautions

⚠ WARNING

To reduce the risk of burns, fire, electrical shock, injury to persons, or damage when using the microwave oven, follow the precautions on pages 36-39.

Never cook or reheat a whole egg. Steam buildup in whole eggs 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.

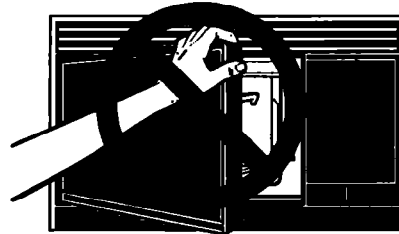


For best results stir any liquid several times before heating or reheating. Liquids heated in certain containers (especially cylindrical containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (coffee, etc.) resulting in harm to the oven and possible personal injury.

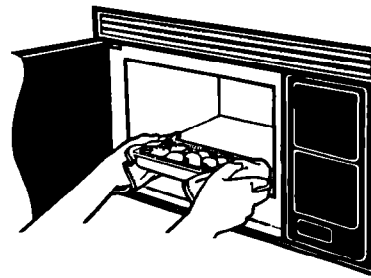


Stir before heating

Never lean on the door or allow a child to swing on it when the door is open. Injury could result.



Use hot pads. Microwave energy does not heat containers, but the hot food does.



OPERATING SAFETY PRECAUTIONS

Do not do canning of foods in the oven. Closed glass jars may explode resulting in damage to the oven or possible personal injury.

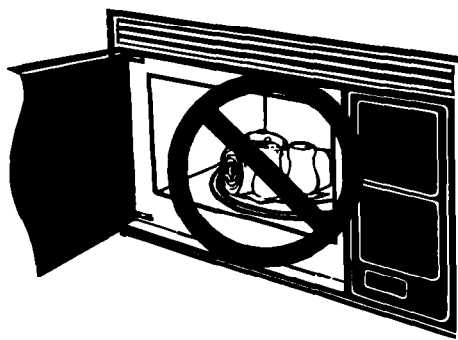
Do not use the oven to sterilize objects (baby bottles, etc.). It is difficult to maintain the high temperature required for safe sterilization.

Do not deep fry in the oven. Microwavable utensils are not suitable and it is difficult to maintain appropriate deep frying temperatures.

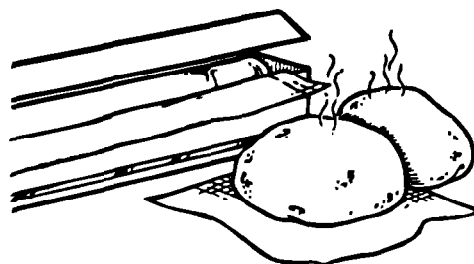
Do not use the oven for storage. **Do not** leave paper products, books or cooking utensils in the oven when not in use. Fire may result if someone accidentally starts the oven.

Do not let food or container touch the top or sides of the oven.

Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

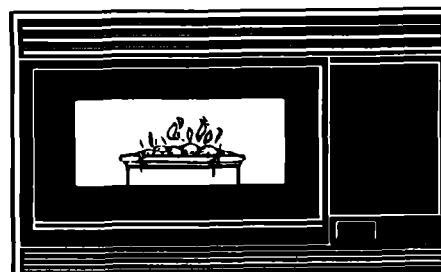


Do not overcook potatoes. Fire could result. At the end of the recommended cooking time potatoes should be slightly firm because they will continue cooking during standing time. **After microwaving, wrap potatoes in foil and set aside for 5 minutes.** They will finish cooking while standing.



If a fire should start in the oven cavity:

- **Do not open the oven door.**
- **Touch OFF/CANCEL to turn oven off.**
- **Unplug the oven or turn off the power at the main power supply.**



OPERATING SAFETY PRECAUTIONS

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 not designed for microwave oven use. Overcooking may result in smoke and fire. For microwaving bags of popcorn, **see** page 31 for instructions on using the Popcorn feature.

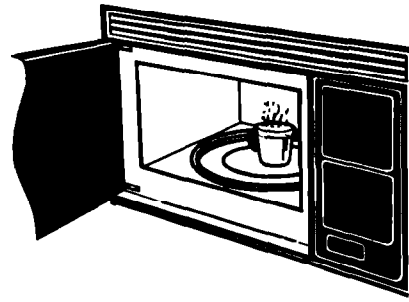
Do not repop unpopped kernels.

Do not reuse popcorn bags.

Do not start a microwave oven when it is empty. Product life may be shortened.

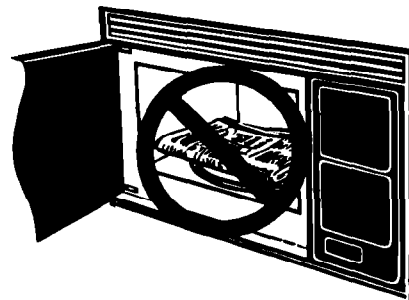
If you practice programming the oven, **put** a container of water in the oven.

It is normal for the oven door to look wavy after the oven has been running for a while.



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.



Do not try to melt paraffin wax in the oven. Paraffin wax will not melt in a microwave oven because it allows microwaves to pass through it.



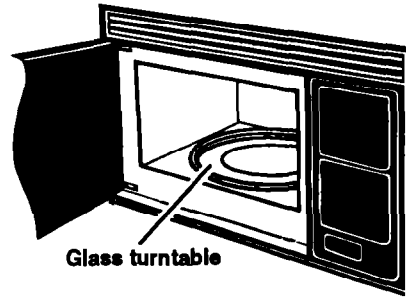
OPERATING SAFETY PRECAUTIONS

Do not operate the microwave oven unless the glass turntable is securely in place and can rotate freely. The turntable can rotate in either direction.

Make sure the glass turntable is correct-side up in oven. Carefully place cookware on glass turntable to avoid possible breakage.

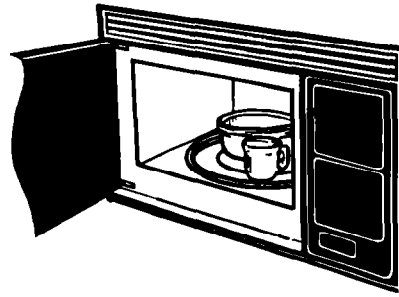
Handle glass turntable with care when removing from oven to avoid possible breakage. If glass turntable cracks or breaks, contact your Whirlpool dealer for a replacement.

When you use a browning dish, the browning dish bottom must be at least $\frac{3}{16}$ inch above the glass turntable. Follow directions supplied with browning dish.



General information

To test a dish for safe use, put it into the oven with a cup of water beside it. Cook at 100% Cook Power for one minute. If the dish gets hot and water stays cool, do not use it. Some dishes (melamine, some ceramic dinnerware, etc.) absorb microwave energy, becoming too hot to handle and slowing cooking times.



⚠ CAUTION

Product Damage Hazard

Remove wire twist-ties from paper or plastic bags before placing bag in oven. Cooking in metal containers not designed for microwave use could damage the oven, as can containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).

Cooking Guide

Reheating chart

Times are approximate and may need to be adjusted to individual taste. **NOTE:** See "Using REHEAT" on page 32 for instructions on how to reheat by touching just one Command Pad.

ITEM	STARTING TEMP	TIME/POWER	PROCEDURE
Meat (Chicken pieces, chops, hamburgers, meat loaf slices) 1 serving 2 servings	Refrigerated Refrigerated	1-2 min at 70% 2½-4½ min at 70%	Cover loosely.
Meat Slices (Beef, ham, pork, turkey) 1 or more servings	Room temp Refrigerated	45 sec-1 min per serving at 50% 1-3 min per serving at 50%	Cover with gravy or wax paper. Check after 30 sec per serving.
Stirrable Casseroles and Main Dishes 1 serving 2 servings 4-6 servings	Refrigerated Refrigerated Refrigerated	2-4 min at 100% 4-6 min at 100% 6-8 min at 100%	Cover. Stir after half the time.
Nonstirrable Casseroles and Main Dishes 1 serving 2 servings 4-6 servings	Refrigerated Refrigerated Refrigerated	5-8 min at 50% 9-12 min at 50% 13-16 min at 50%	Cover with wax paper.
Soup, Cream 1 cup 1 can (10¼ oz)	Refrigerated Room temp	3-4½ min at 50% 5-7 min at 50%	Cover. Stir after half the time.
Soup, Clear 1 cup 1 can (10¼ oz)	Refrigerated Room temp	2½-3½ min at 100% 4-5½ min at 100%	Cover. Stir after half the time.
Pizza 1 slice 1 slice 2 slices 2 slices	Room temp Refrigerated Room temp Refrigerated	15-25 sec at 100% 30-40 sec at 100% 30-40 sec at 100% 45-55 sec at 100%	Place on paper towel.
Vegetables 1 serving 2 servings	Refrigerated Refrigerated	¾-1½ min at 100% 1½-2½ min at 100%	Cover. Stir after half the time.
Baked Potato 1 2	Refrigerated Refrigerated	1-2 min at 50% 2-3 min at 50%	Cut potato lengthwise and then several times crosswise. Cover with wax paper.
Breads (Dinner or breakfast roll) 1 roll 2 rolls 4 rolls	Room temp Room temp Room temp	8-12 sec at 50% 11-15 sec at 100% 18-22 sec at 100%	Wrap single roll, bagel or muffin in paper towel. To reheat several, line plate with paper towel. Cover with another paper towel.
Pie Whole 1 slice	Refrigerated Refrigerated	5-7 min at 70% 30 sec at 100%	

Microwave cooking chart

Times are approximate and may need to be adjusted to individual taste.

NOTE: See "Using AUTO COOK" on page 22 or "Using SENSOR COOK" on page 24 for instructions on how to cook without entering cooking times or Cook Powers.

MEATS, POULTRY, FISH, SEAFOOD Allow standing time after cooking.			VEGETABLES (continued) Cook at 100% Cook Power.	
FOOD	COOK POWER	TIME	FOOD	TIME
Bacon	100%	45 sec to 1 min 15 sec per slice	Carrots (1 lb)	8-12 min
Ground Beef for Casseroles (1 lb)	100%	4-6 min	Cauliflower (medium head)	6-9 min
Hamburger Patties (2)	100%	1st side 2 min 2nd side 1½ to 2½ min	Corn on the Cob (2)	4-9 min
Hamburger Patties (4)	100%	1st side 2½ min 2nd side 2-3 min	(4)	6-16 min
Meat Loaf (1½ lbs)	100%	13-19 min	Potatoes, Baked (4 medium)	13-19 min
Chicken Pieces Internal temperature should be 185°F after standing.	100%	6-9 min/lb	Squash, Summer (1 lb)	3-8 min
Turkey Breast Internal temperature should be 185°F after standing.	100% then 70%	5 min 8-12 min/lb	OTHER	
Fish Fillets (1 lb)	100%	5-6 min	FOOD	COOK POWER TIME
Scallops and Shrimp (1 lb)	100%	3½-5½ min	Applesauce (4 servings)	100% 7-10 min
VEGETABLES Cook at 100% Cook Power.			Baked Apples (4)	100% 4-6 min
FOOD		TIME	Chocolate (melt 1 square)	50% 1-2 min
Beans, Green or Yellow (1 lb)		6-12 min	Eggs, Scrambled (2)	100% 1 min 15 sec to 1 min 45 sec
Broccoli (1 lb)		6-10 min	(4)	2-3 min
			Hot Cereals (1 serving)	100% 1½-5 min
			(4 servings)	4½-7 min
			Nachos (large plate)	50% 1½-2½ min
			Water for Beverage (1 cup)	100% 2½-4 min
			(2 cups)	4½-6 min

Questions And Answers

QUESTIONS	ANSWERS
Can I operate my microwave oven without the turntable or turn the turntable over to accommodate a large dish?	No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable.
Can I use a rack in my microwave oven so that I may reheat or cook on two levels at a time?	You can use a rack only if rack is supplied with your microwave oven. Use of any rack not supplied with the microwave oven can result in poor cooking performance and/or arcing.
Can I use either metal or aluminum pans in my microwave oven?	Useable metal includes aluminum foil for shielding (use small, flat pieces), small skewers and shallow foil trays (if tray is ¾ inch deep and filled with food to absorb microwave energy). Never allow metal to touch walls or door.
Is it normal for the turntable to turn in either direction?	Yes. The turntable rotates clockwise or counterclockwise, depending on the rotation of the motor when the cooking cycle begins.
Sometimes the door of my microwave oven appears wavy. Is this normal?	This appearance is normal and does not affect the operation of your oven.
What are the humming noises that I hear when my microwave oven is operating?	You hear the sound of the transformer when the magnetron tube cycles on.
Why does the dish become hot when I microwave food in it? I thought that this should not happen.	As the food becomes hot it will conduct the heat to the dish. Be prepared to use hot pads to remove food after cooking.
What does "standing time" mean?	"Standing time" means that food should be taken out of the oven and covered for additional time after cooking. This process allows the cooking to finish, saves energy and frees the oven for another purpose.
Can I pop popcorn in my microwave oven? How do I get the best results?	Yes. Pop packaged microwave popcorn following manufacturer's guidelines or use the preprogrammed POPCORN pad. Do not use regular paper bags. Use the "listening test" by stopping the oven as soon as the popping slows to a "pop" every one or two seconds. Do not try to repop unpopped kernels. You can also use special microwave poppers. When using a popper, be sure to follow manufacturer's directions. Do not pop popcorn in glass utensils.

If You Need Assistance Or Service

This section is designed to help you save the cost of a service call. Part 1 of this section outlines possible problems, their causes, and actions you can take to solve each problem. Parts 2 and 3 tell you what to do if you still need assistance or service. When calling our Consumer Assistance Center for help or calling for service, please provide a detailed description of the problem, your appliance's complete model and serial numbers and the purchase date. (See page 2.) This information will help us respond properly to your request.

1. Before calling for assistance ...

Performance problems often result from little things you can find and fix without tools of any kind. Please check the chart below for problems you can fix. It could save you the cost of a service call.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Nothing will operate	The unit is not wired into a live circuit with the proper voltage. A household fuse has blown or a circuit breaker has tripped. The electric company has experienced a power failure.	Contact a qualified Whirlpool® service technician to wire unit into a live circuit with the proper voltage. (See Installation Instructions.) Replace household fuse or reset circuit breaker. Check electric company for a power failure.
The microwave oven will not run	You are using the oven as a timer. If you are using the Temperature Probe, probe is not plugged tightly into its socket. The door is not firmly closed and latched. You did not touch START/ENTER. You did not follow directions exactly. An operation that was programmed earlier is still running.	Touch PAUSE/TIMER and OFF/CANCEL to cancel the Minute Timer. Plug Temperature Probe tightly into its socket. Firmly close and latch door. Touch START/ENTER. Check instructions for the function you are operating. Touch OFF/CANCEL twice to cancel previous programming.
Microwave cooking times seem too long	The electric supply to your home is low or lower than normal. The Cook Power is not at the recommended setting. There is not enough cooking time for the amount of food being cooked.	Your electric company can tell you if the line voltage is low. Check "Microwave cooking chart" on page 41. Allow for more time when cooking more food at one time.

IF YOU NEED ASSISTANCE OR SERVICE

PROBLEM	POSSIBLE CAUSE	SOLUTION
<p>Turntable will not turn</p>	<p>Turntable is not correctly in place.</p> <p>Support is not operating correctly.</p>	<p>Make sure turntable is correct-side up and is sitting securely on support.</p> <p>Remove turntable and restart oven. If turntable support does not move, call an authorized Whirlpool service technician for repair. Cooking without the turntable can give you poor results.</p>
<p>The Display shows a time counting down but the oven is not cooking</p>	<p>You have set the controls as a kitchen timer.</p>	<p>Touch PAUSE/TIMER and OFF/CANCEL to cancel the Minute Timer.</p>
<p>You do not hear the Programming Tone</p>	<p>The command is not correct.</p>	<p>Re-enter command.</p>
<p>The microwave oven turns off too soon or not soon enough when using the Temperature Probe</p>	<p>Probe is not inserted far enough into food.</p> <p>Probe is not positioned in food correctly.</p> <p>Probe is touching bone or fat.</p> <p>Heat has not had enough time to go through all the food.</p> <p>Probe is loose in socket.</p> <p>Cook Power is not set correctly.</p> <p>Probe temperature is not set correctly.</p>	<p>Make sure probe is at least 1/3 way into food.</p> <p>Place tip of probe in center of food.</p> <p>Move probe away from bone or fat.</p> <p>Allow roasts to stand for a few minutes after cooking.</p> <p>Plug probe tightly into its socket.</p> <p>Re-enter Cook Power.</p> <p>Re-enter probe temperature.</p>

IF YOU NEED ASSISTANCE OR SERVICE

2. If you need assistance ...

Call Whirlpool Consumer Assistance Center telephone number. Dial toll-free from anywhere in the U.S.A.:

1-800-253-1301

and talk with one of our trained consultants. The consultant can instruct you in how to obtain satisfactory operation from your appliance or, if service is necessary, recommend a qualified service company in your area.

If you prefer, write to:

Mr. William Clark
Consumer Assistance Representative
Whirlpool Corporation
2000 M-63
Benton Harbor, MI 49022

Please include a daytime phone number in your correspondence.

3. If you need service ...



Whirlpool has a nationwide network of authorized Whirlpool® service companies. Whirlpool service technicians are trained to fulfill the product warranty and provide after-warranty service, anywhere in the United States. To locate the authorized Whirlpool service company in your area, call our Consumer Assistance Center telephone number (see Step 2) or look in your telephone directory Yellow Pages under:

**• APPLIANCE-HOUSEHOLD-
MAJOR, SERVICE & REPAIR**

- See: Whirlpool Appliances or
Authorized Whirlpool Service
(Example: XYZ Service Co.)

**• WASHING MACHINES &
DRYERS, SERVICE & REPAIR**

- See: Whirlpool Appliances or
Authorized Whirlpool Service
(Example: XYZ Service Co.)

4. If you are not satisfied with how the problem was solved ...

- 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 and Whirlpool 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.

WHIRLPOOL®

Microwave Oven/Range Warranty

LENGTH OF WARRANTY	WHIRLPOOL WILL PAY FOR
FULL ONE-YEAR WARRANTY From Date of Purchase	FSP® replacement parts and repair labor to correct defects in materials or workmanship. Service must be provided by an authorized Whirlpool service company.
LIMITED FOUR-YEAR WARRANTY Second Through Fifth Year From Date of Purchase	FSP replacement magnetron tube on microwave ovens if defective in materials or workmanship.
WHIRLPOOL WILL NOT PAY FOR	
<p>A. Service calls to:</p> <ol style="list-style-type: none"> 1. Correct the installation of your microwave oven/range. 2. Instruct you how to use your microwave oven/range. 3. Replace house fuses or correct house wiring. 4. Replace owner accessible light bulbs. <p>B. Repairs when your microwave oven/range is used in other than normal, single-family household use.</p> <p>C. Pickup and delivery. Your microwave oven/range is designed to be repaired in the home.</p> <p>D. Damage to your microwave oven/range caused by accident, misuse, fire, flood, acts of God or use of products not approved by Whirlpool.</p> <p>E. Any labor costs during limited warranty.</p> <p>F. Repairs to parts or systems caused by unauthorized modifications made to the appliance.</p>	

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WHIRLPOOL CORPORATION SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this 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.

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

If you need service, first see the "Assistance or Service" section of this book. After checking "Assistance or Service," additional help can be found by calling our Consumer Assistance Center telephone number, 1-800-253-1301, from anywhere in the U.S.A.



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50% recovered materials

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