

WHIRLPOOL® Microwave Hood Combination

Models WMH75520 and GMH5205 Quick Reference Guide

POPCORN (sensor)

3.0-3.5 oz (85-99 g) size bag:

Place bag on turntable. Listen for popping to slow to 1 pop every 1 or 2 seconds, then stop the cycle. Fan operates only on low during Popcorn function.

QUICK DEFROST

1 lb (454 g) automatic defrost:

Remove wrap and place in microwave-safe dish. Do not cover. Turn over food at signal.

REHEAT: Touch REHEAT. Select food item.

- 1 Pizza** – 1-3 slices, 4 oz (114 g) each:
Place on paper towel or paper plate.
- 2 Casserole** – 1-4 cups (250 mL-1 L):
Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
- 3 Sauce (sensor)** – 1-4 cups (250 mL-1 L):
Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
- 4 Soup (sensor)** – 1-4 cups (250 mL-1 L):
Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
- 5 Baked Goods** – 1-6 pieces, 2 oz (57 g) each:
Place on paper towel. Two small rolls may be counted as one piece.
- 6 Beverage** – 1 or 2 cups, 8 oz (250 mL) each:
Do not cover. The diameter of the cup's opening will affect how the liquid heats. Beverages in cups with smaller openings may heat faster.

COOK: Touch COOK. Select food item.

- 1 Bacon** – 1-6 slices, average thickness:
Follow directions on package.
- 2 Canned Vegetables** – 1-4 cups (250 mL-1 L):
Place in microwave-safe container. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
- 3 French Toast** – 1-4 pieces:
Follow directions on package.
- 4 Fresh Vegetables (sensor)** – 1-4 cups (250 mL-1 L):
Place in microwave-safe container. Add 2-4 tbs (30-60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
- 5 Frozen Vegetables (sensor)** – 1-4 cups (250 mL-1 L):
Remove from package. Place in microwave-safe container. Add 2-4 tbs (30-60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
- 6 Rice (sensor)** – 0.5-2.0 cups (125-500 mL) dry, white long grain:
Follow measurements on package for ingredient amounts. Use microwave-safe dish with loose-fitting lid. Let stand 5 minutes after cooking, or until liquid is absorbed. Stir.
- 7 Frozen Entrée** – 10 or 20 oz (283 or 567 g) (sensor); 40 or 60 oz (1134 or 1701 g) (non-sensor):
Remove from package. Loosen cover on 3 sides. If entrée is not in microwave-safe container, place on plate, cover with plastic wrap, and vent.

BAKED POTATO / POTATO (sensor)

1-4 potatoes (pieces), 10-13 oz (283-369 g) each, similar in size:
Pierce each potato several times with a fork. Place on paper towel, around turntable edges, at least 1" (2.5 cm) apart. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.

DINNER PLATE (sensor)

1 serving (1 plate), about 8-16 oz (227-454 g):

Place food on microwave-safe plate, cover with plastic wrap, and vent.

KIDS MENU: Touch KIDS MENU. Select food item.

- 1 Canned Pasta** – 1-4 servings:
Follow directions on package.
- 2 Frozen Pizza** – 1 pizza, about 6 oz (170 g):
Follow directions on package.
- 3 Frozen Meal** – 8, 10 or 12 oz (227, 283 or 340 g):
Follow directions on package.
- 4 Hot Dog** – 1-4 hot dogs (pieces):
Pierce with fork. Place on microwave-safe plate.
- 5 Oatmeal** – 1 or 2 servings:
Follow directions on package. Use microwave-safe bowl with high sides.
- 6 Chicken Nuggets** – 1 or 2 servings (about 5-6 pieces each):
Place in single layer on paper towel-lined microwave-safe plate.

SOFTEN/MELT: Touch SOFTEN/MELT. Select "Soften" or Melt."
Select food item.

SOFTEN

- 1 Butter/Margarine** – 0.5, 1.0, 1.5 or 2.0 sticks:
Unwrap and place in microwave-safe dish.
- 2 Ice Cream** – 16, 32 or 64 oz (473, 946 or 1893 mL):
Place ice cream container on turntable.
- 3 Cream Cheese** – 3 or 8 oz (85 or 227 g):
Unwrap and place in microwave-safe dish.
- 4 Frozen Juice** – 6, 12 or 16 oz (170, 340 or 454 g):
Remove lid from container.

MELT

- 1 Butter/Margarine** – 0.5, 1.0, 1.5 or 2.0 sticks:
Unwrap and place in microwave-safe dish.
- 2 Chocolate** – 4, 6, 8 or 12 oz (113, 170, 227 or 340 g):
Place in microwave-safe dish.
- 3 Cheese** – 8 or 16 oz (227 or 454 g):
Place in microwave-safe dish. Stir at signal.
- 4 Marshmallows** – 5 or 10 oz (142 or 283 g):
Place in microwave-safe dish.

DEFROST: Touch DEFROST. Select category, then enter weight.

- 1 Meat** – 0.2-6.6 lbs (90 g-3 kg):
Remove wrap and place in microwave-safe dish. Do not cover.
- 2 Poultry** – 0.2-6.6 lbs (90 g-3 kg):
Remove wrap and place breast side up in microwave-safe dish. Do not cover.
- 3 Fish** – 0.2-4.4 lbs (90 g-2 kg):
Remove wrap and place in microwave-safe dish. Do not cover.

STEAM/SIMMER (sensor - manual): Touch STEAM/SIMMER. Select “Steam” or “Simmer.”

Use a microwave-safe steamer vessel (not provided) for this function. See “Accessory Configurations” in the User Instructions. A microwave-safe dish with a loose-fitting lid may be used for simmering.

NOTE: Do not remove the lid while the steamer is in the microwave oven, as a rush of steam would disrupt the sensor readings.

STEAM

Use 1¼ cups (300 mL) water in steamer base. Use 2-6 cups (500 mL-1.5 L) vegetables, 0.5-1 lb (227-454 g) fish or 5-10 oz (142-283 g) shrimp. Place food in steamer insert, place insert in base, and cover with steamer lid. Enter steam time. The sensor will detect when the liquid begins to boil and start the steam countdown.

Approximate steam times:

- Soft vegetables 1-3 min (ex.: spinach - 4 cups [1L] 1 min)
- Hard vegetables 3-6 min (ex.: broccoli - 2 cups [500 mL] 4 min)
- Frozen vegetables 4-5 min
- Fish and seafood 2-3 min

Use longer times for more doneness, or when steaming larger quantities.

SIMMER

Do not use steamer insert. Use same time as in recipe or on package directions.

Rice and sauces: Place liquid and food in steamer base and cover with the lid. Enter simmer time. The sensor will detect when the liquid begins to boil, and start the simmer countdown.

Pasta: Place liquid in steamer base, and cover with the lid. Enter simmer time of 1 second. The sensor will detect when the liquid begins to boil, and begin the simmer countdown. When the microwave oven stops, remove the steamer, remove the lid, and add the pasta. Re-cover and return the steamer to the microwave oven. Clear the display using the Cancel control, then reprogram the simmer function. Enter simmer time (ex.: dry spaghetti - 11-12 min), then touch START to begin simmering.