

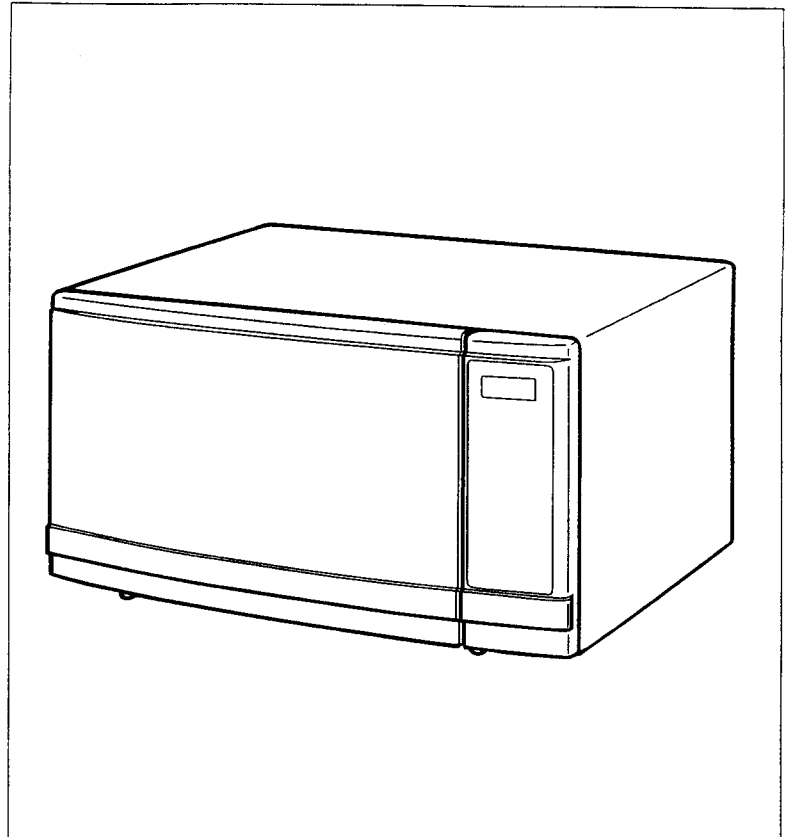
# SEARS

## OWNER'S MANUAL

Model No.  
565. 66480

Caution:  
**Read these instructions  
carefully before use.**  
If you follow the  
instructions, your  
microwave oven will  
provide you with many  
years of good service.

Precaución:  
**Lea atentamente estas  
instrucciones antes de la  
utilización.**



## MICROWAVE OVEN

- Safety Instructions (English & Spanish)
- Installation (English & Spanish)
- Operation (English & Spanish)
- Cooking Guide
- Care and Service

**SAVE THESE INSTRUCTIONS  
GUARDE ESTAS INSTRUCCIONES**

Sears, Roebuck and Co., Hoffman Estates, IL. 60179, U.S.A.

Thank you for purchasing this Kenmore Microwave Oven !

## FOR YOUR ASSISTANCE...

To make a request for service, information or replacement of parts, Sears will require the complete **Model number** and **Serial number** of your oven. The Model number is found on the label on the inner left side of the control panel. Note that you must open the door to see the Model number. The Serial number is found on the label on the back of oven.

Copy your Model and Serial numbers here.

Model No. \_\_\_\_\_

Serial No. \_\_\_\_\_

Date of Purchase \_\_\_\_\_

## PROPER AND SAFE USE OF YOUR OVEN

- **The oven** must be level.
- **The turntable and turntable roller rest** must be in the oven during cooking.
- **Place** the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- **Incorrect use** of browning dish may cause the turntable to break. See page 8.
- **Use** only the specified bag size when using Automatic Popcorn.
- **The oven** has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
- **Do not** operate the microwave oven empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
- **Do not** cook bacon directly on the turntable. Excessive local heating of the turntable may cause it to break.
- **Do not** heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause physical injury.
- **Do not** heat narrow-necked containers, such as syrup bottles.
- **Do not** attempt to deep-fry in your microwave oven.
- **Do not** do home canning in this microwave oven as it is impossible to be sure all contents of the jar have reached boiling temperature.
- **Do not** use this microwave oven for commercial purposes. This microwave oven is made for household use only.

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **Do not** attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **Do not** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **Do not** operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the:
  - (1) DOOR (bent)
  - (2) HINGES AND LATCHES (broken or loosened)
  - (3) DOOR SEALS AND SEALING SURFACES
- (d) **The oven** should not be adjusted or repaired by anyone except properly qualified service personnel.

# IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:



**WARNING** – To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. **Read** all instructions before using the appliance.
  2. **Read and follow** the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on the previous page.
  3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
- If a fire should start:**
- Keep the oven door closed
  - Turn the oven off, and
  - Disconnect the power cord or shut off power at the fuse or circuit breaker panel.
- Keep in mind the following rules at all times:**
- a. **Do not** overcook foods. Carefully attend the appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - b. **Do not** use the cavity for storage purposes. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven. If lightning strikes the power line, the oven may turn on by itself.
  - c. **Do not** use wire twist-ties in the oven. Be sure to inspect purchased items for wire twist-ties and remove before placing them in the oven.
  4. **This oven** must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 2.
  5. **Install or locate** this oven only in accordance with the provided installation instructions.
  6. **Some products** such as whole eggs and sealed containers — for example water with oil or fat and closed glass jars — may explode and therefore should not be heated in this oven.
  7. **Use** this appliance only for its intended use as described in the 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.
  8. As with any appliance, close supervision is necessary when used by children.
  9. **Do not** operate this oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
  10. **This appliance** should be serviced only by qualified service technicians. Contact the nearest authorized service facility for examination, repair or adjustment.
  11. **Do not** cover or block any vents on the oven.
  12. **Do not** store or use this appliance outdoors.
  13. **Do not** use this oven near water, near a kitchen sink, in a wet basement or near a swimming pool, and the like.
  14. **Do not** immerse cord or plug in water.
  15. **Keep** cord away from heated surfaces.
  16. **Do not** let cord hang over edge of table or counter.
  17. **When cleaning** surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth. (See "Cleaning" instructions on page 29.)

## SAVE THESE INSTRUCTIONS

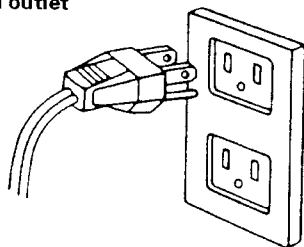
# ELECTRICAL GROUNDING INSTRUCTIONS

## **DANGER** - Electric Shock Hazard

Do not disassemble this appliance. Touching some of the internal components, even if the appliance is unplugged, can result in electric shock that can cause serious personal injury or death.

This appliance must be grounded. If there is an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord that has a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Properly polarized and grounded outlet



Three-pronged (grounding) plug

Consult a qualified electrician if the grounding instructions are not completely understood as to whether the appliance is properly grounded.

A short power supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord.

Longer cord sets or extension cords may be used with following precautions:

- The marked electrical rating of the cord set or extension cord should be equal to or higher than the electrical rating of the appliance.
- The extension cord must be a grounding type 3-wire cord.
- Longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

The electrical power cord must be kept dry and must not be pinched or crushed in any way.

## **WARNING** - Electric Shock Hazard

Improper use of the grounding plug can result in electric shock.

Do not plug into an outlet until appliance is properly installed and grounded.

# WARRANTY

## **KENMORE MICROWAVE OVEN FULL ONE YEAR WARRANTY**

For one year from the date of purchase, if this Kenmore Microwave Oven fails due to a defect in material or workmanship, Sears will repair it, free of charge.

## **KENMORE MAGNETRON FULL FIVE YEAR WARRANTY**

For five years from the date of purchase, if the magnetron in this Kenmore Microwave Oven fails due to a defect in material or workmanship, Sears will repair it, free of charge.

The above warranty coverage applies only to microwave ovens which are used for private household purposes.

Warranty service is available by simply **CONTACTING THE NEAREST SEARS STORE or SEARS SERVICE CENTER** in the United States.

This Warranty applies only while this product is in use in the United States.

The Warranty give you specific legal rights, and you may also have other rights which vary from state to state.

**SEARS, ROEBUCK AND CO.,  
DEPT. 817 WA,  
HOFFMAN ESTATES, IL. 60179**

For Service Call:

1 - 800 - 4 - REPAIR  
1 - 800 - 473 - 7247

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# SPECIFICATIONS

<b>Model</b>	<b>565. 66480</b>
Power Source	AC 120 V, 60 Hz
Power Consumption	13.2 Amps, 1480W
Maximum Output	1000W (IEC-705 test procedure)
Oven Capacity	1.6 cu. ft.
Turntable Diameter	14-3/16" (360 mm)
Dimensions (w x h x d)	23-7/16" x 14" x 17-5/8" (595 mm x 357 mm x 448 mm)
Weight (Approx.)	45.2 lbs. (20.0 kg)

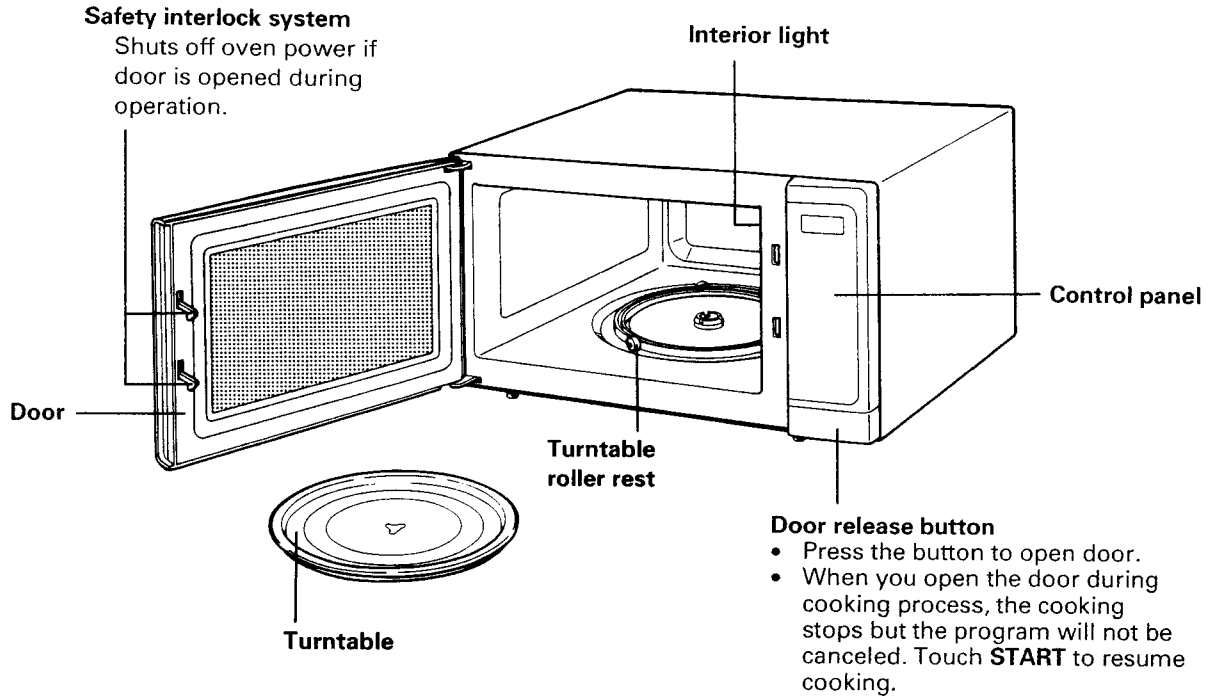
Specifications subject to change without notice.  
 KENMORE is a registered trademark of Sears, Roebuck and Co..

# NAMES OF OVEN PARTS AND ACCESSORIES

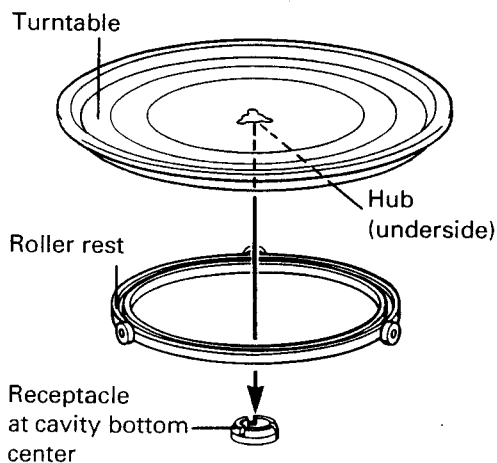
Remove the oven and all materials from the carton.

Your oven comes with the following accessories:

Turntable	1
Turntable roller rest	1
Owner's Manual	1



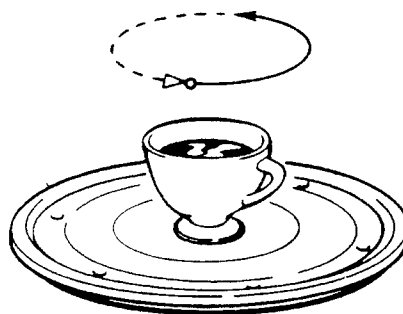
## TURNTABLE INSTALLATION



1. Place the roller rest on the cavity bottom.
  2. Place the turntable on top of the roller rest as shown in the diagram. Make sure the turntable hub is securely locked in the receptacle. **Never place the turntable upside down.** The turntable rotation should never be restricted.
- Both turntable and roller rest must always be used during cooking.
  - All food and containers of food are always placed on this turntable for cooking.
  - **This turntable returns to its original starting position** when cooking is finished. The light and fan will remain on but microwave power is turned off.
  - This turntable rotates clockwise or counterclockwise; this is normal.

## AUTO RETURN TURNTABLE

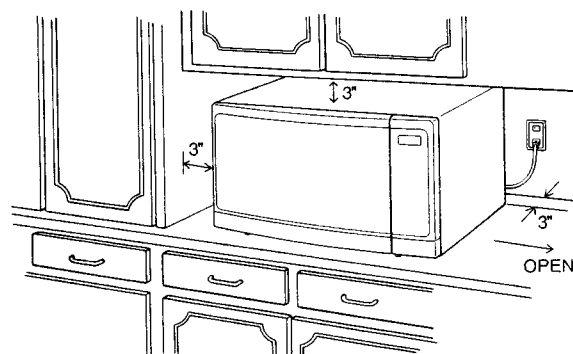
When a cook cycle is completed, the turntable will continue to turn until it reaches the same position as it was at the start. If however, you open the door it will stop immediately even if it has not reached the original position.



## INSTALLATION

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

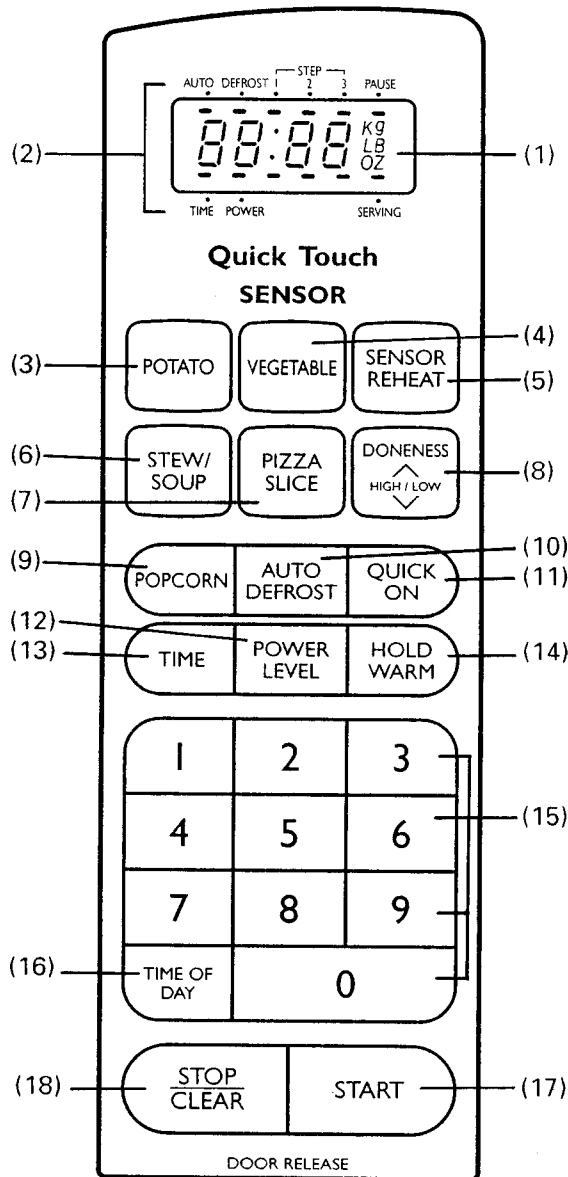
1. Select a level surface that provides enough open space (see illustration at right) for the inlet and/or outlet vents.
  - Leave a minimum clearance of 3 inches (7.5 cm) above the oven.
  - Do not remove the legs from the bottom of the oven.
  - Blocking the inlet and/or outlet openings can damage the oven.
  - Do not install oven over a range, cooktop or other heat-producing appliance.
2. Plug your oven into a standard 120-volt / 60-Hz household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.



A minimum clearance of 3 inches (7.5 cm) is required between the oven and any adjacent wall. One side must be open.

**NOTE:**  
This unit is not designed for 50 Hz or any circuit other than a 120-volt/60-Hz AC circuit. This oven is designed for countertop installation only. Insertion into a cabinet or wall will damage the product and void the warranty.

# CONTROL PANEL AND FEATURES



## (1) Display Window

Counts down cooking time in seconds.  
Shows clock time when oven is not in use.

## (2) Indicators

**STEP1/ STEP2/ STEP3 :**

Cooking stage indicators

**AUTO/ DEFROST/ PAUSE :**

Cooking mode indicators

**TIME/ POWER/ SERVING/ LB/ oz :**

A flashing indicator prompts you to enter desired cooking time, power setting, food weight or number of servings.

## Auto Sensor keypads (page 11 and 15 - 18)

(3) **POTATO**

(4) **VEGETABLE**

(5) **SENSOR REHEAT**

(6) **STEW/SOUP**

(7) **PIZZA SLICE**

(8) **DONENESS <HIGH/LOW>**

## Auto menu keypads

(9) **POPCORN** (page 9)

(10) **AUTO DEFROST** (page 10)

(11) **QUICK ON** (page 9)

## Other keypads

(12) **POWER LEVEL** (page 12)

(13) **TIME** (page 12)

(14) **HOLD WARM** (page 13)

(15) **NUMBER**

(16) **TIME OF DAY** (page 7)

(17) **START**

(18) **STOP/CLEAR**

Clears all previous setting if pressed before cooking starts. During cooking: touch once to stop oven; twice to stop and clear all entries.





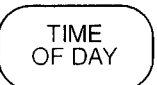
## Beep Sound

A beep tone sounds when a keypad on the control panel is touched to indicate a setting has been entered.



# SETTING CLOCK

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to **0:00**. Set the clock.

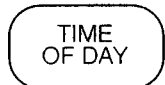
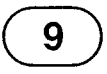

- Example:** To set 3:15 :
1.  Touch **TIME OF DAY**.
  2.    Touch number keypads **3**, **1** and **5**.
  3.  Touch **TIME OF DAY**.  
The clock starts counting.




**Remember:**

- If the clock (or display) shows any abnormality, unplug the oven from the AC outlet. Plug it in again and then reset the clock.

# CHILD LOCK-OUT

Your oven has a safety feature which prevents children from accidentally turning it on. Even if the oven is accidentally programmed to cook, no cooking takes place when this feature is set.

- To set :**
1.  Touch **TIME OF DAY**.
  2.  Touch **9** four times.
  3.  Touch **START**.  
Indicator **L** lights and clock display reappears.

- To cancel :**
1.  Touch **TIME OF DAY**.
  2.  Touch **7** four times.
  3.  Touch **START**.  
Indicator **L** disappears and clock display reappears.

# UTENSILS

## MATERIALS YOU CAN USE IN MICROWAVE OVEN

Utensils	Use	Remarks
Aluminum foil	Shielding	Small smooth pieces can be used to cover thin parts of meat or poultry to prevent overcooking. <b>Arcing can occur if foil is too close to oven walls.</b> The foil should be at least 1 inch (2.5 cm) away from oven walls.
Browning dish	Searing meats	Follow manufacturer's instructions. The bottom of browning dish must be at least $\frac{3}{16}$ inch (5 mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Reheating and short-term cooking	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Warming	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Cooking	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Cooking	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Short-term warming and cooking	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Reheating and short-term cooking	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Cooking	Use as a cover to prevent spattering or a wrap for steaming.
Plastic	Reheating and short-term cooking	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe." Some plastic containers soften as the food inside gets hot.
Plastic wrap	Cooking	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Cooking	Microwave-safe only (meat and candy thermometers).
Wax paper	Cooking	Use as a cover to prevent spattering and to retain moisture.

## MATERIALS TO BE AVOIDED IN MICROWAVE OVEN

Utensils	Remarks
Aluminum tray	Aluminum tray may cause arcing. Transfer the food into a microwave-safe dish before cooking.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	They may cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam cups	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

**UTENSIL TEST:** Fill a microwave-safe container with 1 cup of cold water (250 mL) and place it in the oven along with the utensil in question. Cook on **HI** power for 1 minute. Carefully feel the utensil. If the empty utensil is warm, it should not be used for microwave cooking. **Do not exceed 1 minute testing time.** This test cannot be used for plastic containers.



### CAUTION - Personal Injury Hazard

Tightly-closed utensils could explode.

Closed containers are opened and plastic pouches pierced before cooking.

# AUTOMATIC POPCORN

This feature lets you pop a 3.5-oz (100-g) or 3.0-oz (85-g) prepackaged microwave popcorn quickly and easily.

## Popcorn Popping Tips:

- Microwave popcorn bag should be at room temperature.
- Place only one bag in the oven at a time. Follow package instructions. Do not increase quantity.
- Popcorn popping devices are not recommended for use with this feature.

**Example:** To pop one bag of 3.5-oz (100-g) microwave popcorn:

1.



Touch **POPCORN** once. Display shows bag size. Select bag size as follows.

Bag Size	Touch <b>POPCORN</b>
3.5 oz (100 g)	once
3.0 oz (85 g)	twice

2.



Touch **START**. The display shows the time counting down.

## Remember:

- If popcorn bag size is not 3.5 oz (100 g) or 3.0 oz (85 g), do not use this feature. Follow instructions on the package.
- Do not leave the oven unattended while the corn is being popped.
- Remember to supervise children closely.



## CAUTION - Personal Injury Hazard

- \* After popping, open bag carefully. Popcorn and steam are extremely hot.
- \* Do not reheat unpopped kernels or reuse bag. Overcooking can result in an oven fire.
- \* Never use a brown paper bag for popping corn.

# QUICK-ON COOKING (HI-POWER)

A time-saving feature, this simplified control lets you quickly set and start microwave cooking without the need to touch **START**.

You can choose from ten preset cooking time selections (30 seconds to 9 minutes) to cook at highest power level (**HI**). Quick-On cooking chart is located on page 26.

## 30 seconds Cooking

To set Quick-On cooking for 30 seconds, touch **QUICK ON** and **0**.

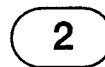
**Example:** To set Quick-On cooking for 2 minutes:

1.



Touch **QUICK ON**.

2.



Touch **2**. The oven begins cooking and display shows time counting down.

## Remember:

- You may open the door to stop cooking before the selected time is over. To start again, close the door and touch **START**.

# AUTOMATIC DEFROST BY WEIGHT

The Auto Defrost by Weight feature allows precise, even defrosting of frozen foods — automatically. Just touch the AUTO DEFROST key, then enter the frozen food's weight using the number keys (weight up to 5.9 lbs.). The menu selects 1 lb if a weight is not entered.

## Pause

This feature has a built-in pause mechanism to allow for checking, turning, separating or rearranging the food. When the PAUSE indicator flashes in the display (and the beep tone sounds 5 times), open the door and rearrange the food. If you do not open the door at the pause, the oven automatically starts the second defrost period.


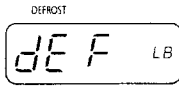

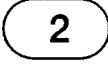
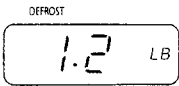
Auto Defrosting chart is located on page 27.


For manual defrosting using Time Cooking, see page 12.

## Defrosting Tips:

- Check the food during defrosting.
- Remove frozen food from its original paper or plastic wrap. When it is difficult to remove the wrap, defrost the food in the wrap until the Pause. At the pause, remove the wrap.
- Place foods in a flat microwave-safe baking dish or roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.
- The Auto Defrost menu includes standing time.
- Food can be defrosted in a styrofoam package.

**Example:** To defrost 1.2 lb of chicken pieces:

1. Touch **AUTO DEFROST**.  


2. Enter the weight by touching **1** and then **2**.  


3. Touch **START**.  


Indicator **STEP1** lights and the total defrost time appears in the display.
4. After the first stage of cooking, the beep tone sounds 5 times. The indicator changes from **STEP1** to **STEP 2** and the **PAUSE** indicator flashes for 5 seconds. Open the door and separate, rearrange or turn food over.
5. Touch **START** to resume defrosting.  


## Remember:

- To enter a weight of less than 1 lb, always press **0** first. For example, to enter 0.2 lb, press **0** and then **2**.
- Only one digit can be entered after a decimal point. If in doubt, convert to the lower number.

Conversion Chart	
Ounces	Tenths of a Pound
1 - 2	0.1
3 - 4	0.2
5	0.3
6 - 7	0.4
8	0.5
9 - 10	0.6
11 - 12	0.7
13	0.8
14 - 15	0.9

# AUTOMATIC SENSOR COOKING

Automatic Sensor cooking/reheating allows direct access operation for a variety of foods. Five cooking courses are provided.

At the beginning of a cooking period, the sensor measures the steam generated from the food in the oven to determine the correct cooking time and power level.

See pages 15 - 18 for more information on Sensor Cooking and sample recipes.

**Cooking Tips:**

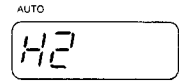
- Cover food with plastic wrap, wax paper or well-fit casserole lid. Loose-fitting covers may cause the oven to miscalculate cooking time. **(Never use tightly sealed plastic containers.)**
- Small quantities of foods (less than 4 oz or 115 g) should not be cooked using Auto Sensor. Cook using Time cooking.
- The room temperature should be below 95°F (35°C).
- Keep the inside of oven, the turntable and the outside of cooking containers dry. Wipe off all spillovers. Excessive humidity in the oven may result in an incorrect cooking time.
- Do not open the oven door while the display still shows the selected course number at the beginning of cooking. During this period, the oven sensor measures the amount of steam in the oven to determine the cooking time, which appears in the display when the process has completed.

**Example:** To reheat 1 serving of frozen foods:

1.



Touch **SENSOR REHEAT** twice. Course number appears in the display.



2.



Touch **DONENESS HIGH/LOW** keypad once or twice to adjust, if desired.

Touch once for longer cooking time. Indicator H appears.

Touch twice for shorter cooking time. Indicator L appears.

The oven automatically sets to medium doneness if no selection is made.

3.



Touch **START**.

While the display shows the selected Course number and/or doneness, the oven sensor measures the amount of steam in the oven to determine the cooking time.

After sensor measures steam, cooking time appears in the display window. Beep tone sounds for 1 second and starts the time count down.

Operation

**AUTO SENSOR Cooking courses**

Food Category	Touch keypad	Course No.
SENSOR REHEAT, Refrigerated foods (to reheat non-frozen foods)	once	H1
SENSOR REHEAT, Frozen foods (to defrost/reheat frozen foods)	twice	H2
POTATO	once	A1
STEW/SOUP	once	A2
VEGETABLE	once	A3
PIZZA SLICE	once	A4

**DONENESS HIGH/LOW keypad:**

Proper food doneness varies with each individual. After a few Auto Sensor Cooking trials, you will learn which setting produces the best results for you.

**Remember:**

**If an error message (E1 or E2) flashes:**

- If the door is opened before time countdown appears in the display, **E1** will flash. Press **STOP/CLEAR** twice and restart using Time Cooking. (Partially-cooked foods are no longer suitable for Auto Sensor Cooking.)
- **E2** will flash if the oven has not been plugged into a power supply for more than five minutes when you start a sensor cooking. Press **STOP/CLEAR** twice and wait for 5 minutes to restart from step 1.

# TIME COOKING

This basic microwave cooking method allows you to cook food for a desired time. In addition to the **HI** (maximum) power level, you can select different microwave power from 9 levels, **1** (10% of HI power level) to **9** (90% of HI power level) for the foods that require slower cooking. The oven also provides power level **0** (no power) so that the clock can be utilized as a minute timer. See page 13 for details.





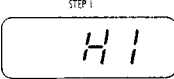

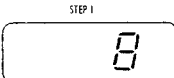

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavor and texture of the foods.

To check the power level during cooking, touch **POWER LEVEL**. The power level appears in the display window.

## Manual Defrosting

For manual defrosting (without using Auto Defrost features), use power level 3. To speed up the defrosting of dense foods over 1 lb (450 g), you may start on **HI** for **2 minutes**, then reduce to the level 3.

### Example: To cook at power level 8 for 40 seconds:

1.  Touch **TIME**.
2.   Enter 40 seconds by touching **4** and then **0**.
3.  Touch **POWER LEVEL**.  STEP 1  
POWER
4.  Touch **8** to select power level 8. The display shows 8.  STEP 1  
POWER
5.  Touch **START**.

### Remember:

- Cooking time can be set up to 99 minutes 99 seconds.
- When you cook on **HI** power, skip steps 3 and 4.

## POWER LEVEL SETTING GUIDE



Power Level	Cooking Examples
1	<ul style="list-style-type: none"> <li>• Softening cream cheese and butter.</li> <li>• Keeping casseroles and main dishes warm.</li> </ul>
2	<ul style="list-style-type: none"> <li>• Softening chocolate and clarifying butter.</li> <li>• Heating breads, rolls, pancakes, tacos, tortillas and French toast.</li> <li>• Taking the chill out of fruit. Heating small amounts of food.</li> </ul>
3	<ul style="list-style-type: none"> <li>• Completing the cooking cycle of casseroles, stews and sauces.</li> <li>• Manual defrosting.</li> <li>• Thawing meat, poultry and seafood.</li> </ul>
4	<ul style="list-style-type: none"> <li>• Cooking less tender cuts of meat in liquid or slow-cooking dishes.</li> <li>• Completing the cooking cycle of less tender roasts.</li> </ul>
5	<ul style="list-style-type: none"> <li>• Cooking stews and soups after bringing to a boil.</li> <li>• Cooking custards and pasta.</li> <li>• Cooking rump roast, ham, veal and lamb.</li> </ul>
6	<ul style="list-style-type: none"> <li>• Cooking scrambled eggs. Baking cakes.</li> </ul>
7	<ul style="list-style-type: none"> <li>• Cooking cheese dishes.</li> </ul>
8	<ul style="list-style-type: none"> <li>• Reheating precooked or prepared food quickly. Cooking fish.</li> </ul>
9	<ul style="list-style-type: none"> <li>• Cooking onions, celery and green peppers quickly.</li> <li>• Reheating rice and pasta.</li> </ul>
HI	<ul style="list-style-type: none"> <li>• Cooking poultry, vegetables and most casseroles.</li> <li>• Preheating a browning dish. Boiling water.</li> </ul>

## HOLD WARM

This is an appropriate feature to keep food warm such as casserole, stew, etc. Hold Warm keeps food warm for a programmed 100 minutes after a cooking program is completed or until the door is opened or **STOP/CLEAR** is pressed.

The Hold Warm feature can be used with the Time Cooking program. Touch **HOLD WARM** and then repeat Time Cooking steps shown on the previous page.

**Example:** To keep a casserole warm:

1.  Touch **HOLD WARM**.
2.  Touch **START**.  
HOLD appears in the display.








**Remember:**

- Do not defrost food and then use the Hold Warm feature, as spoilage may occur.

## MINUTE TIMER

You can use the timer function of your oven for purposes other than cooking.

**Example:** To set 3 minutes for a telephone call:

1.  Touch **TIME**.
2.    Touch **3**, **0** and **0**.
3.  Touch **POWER LEVEL**.
4.  Touch **0** (power level 0).
5.  Touch **START**.

## MULTISTAGE COOKING

- You can program up to 3 stages of cooking in sequence. To program 2-stage or 3-stage cooking, repeat the Time Cooking steps 1 to 4 on the previous page and touch **START**.
- Using the Minute Timer feature for the first stage, you can delay cooking start time by up to 99 minutes and 99 seconds.
- Using the Auto Defrost by Weight feature for the first stage, you can defrost first and can program up to 3 stages of cooking.

# COOKING TECHNIQUES

Advantages of microwave cooking are speed and efficiency. For warming, heating, and defrosting, nothing compares. There are a few tips that will make microwaving easier and more enjoyable.

## Microwave Cooking Principles

Because microwave cooking requires only one-quarter to one-third the time of conventional cooking, the same cooking principles become even more important.

### Quantity

The more food being cooked, the longer you will have to cook it. As a general rule, when doubling a recipe, increase the cooking time by about 50 percent. When cutting a recipe in half, reduce the time by about 40 percent.

### Density

Dense foods, such as potatoes, roasts and carrots, absorb microwave energy less quickly than porous foods such as ground beef or mashed potatoes. Therefore, denser foods take longer to cook.

### Shape and Size

Small pieces cook faster than large ones. For even cooking, it is important to have all the pieces the same size. Evenly shaped pieces, round or doughnut shaped, microwave best. When cooking items of varying thickness, arrange the thick portion near the outer edge of the dish.

### Moisture, Sugar and Fat

Food high in moisture, sugar or fat cook faster than foods that are low in these substances. Add a minimum of liquid to moist foods. An excess amount of water slows cooking.

### Starting Temperature

Frozen or refrigerated foods take longer to microwave than food at room temperature.

### Delicate Ingredients

Some foods require special attention when cooked in the microwave oven. Delicate foods such as eggs, cheese, mayonnaise, etc. cook so quickly, they should be watched carefully.

## Microwave Cooking Techniques

**Arranging:** Arrange foods in a circular pattern, when possible.

**Piercing:** Pierce the membrane of foods such as eggs, oysters, snails, sausages, livers, clams and whole vegetables, so they do not burst.

**Covering:** Covering speeds heating and prevents spattering.

**Stirring:** To help food cook more quickly and evenly.

**Turning Over:** To help larger foods such as roasts or whole chickens cook more evenly.

**Reheating:** Place food that is denser/larger/thicker to the outer edge and the smaller/thinner or more porous food to the center.

**Shielding:** To prevent overcooking, thin or bony areas can be protected with small strips of aluminum foil.

**Standing Time:** Foods continue cooking even after removal from the oven. Standing time is necessary to allow foods to complete cooking.

## Defrosting

The microwave's ability to defrost is one of its most appreciated features. Many of the same principles and techniques that apply to microwave cooking also apply to microwave defrosting.

## Converting Recipes

Microwave recipes will likely call for less liquid and cooking time.

## Microwave Thermometers

For best results, a microwave-safe thermometer can be carefully and properly inserted into the food. The guide to internal temperatures gives suggested thermometer readings for meat and poultry. Keep in mind that standing time is essential for most food to reach its proper serving temperature.

### Guide to Internal Temperatures

130°F (54°C)	Rare beef
140°F (60°C)	Medium beef
150°F (66°C)	Vegetables, hot drinks, soups, casseroles
155°F (68°C)	Veal
160°F (71°C)	Fish steaks and fillets
165°F (74°C)	Well done lamb, pork
170°F (77°C)	Poultry parts, whole fish, Well done beef



# AUTO SENSOR COOKING

## SENSOR REHEAT

### Refrigerated:

Use to reheat cooked food at room or refrigerated temperature:

### Frozen foods:

Use to defrost and heat precooked frozen food:

### H1: Refrigerated foods

(press SENSOR REHEAT keypad once)

### H2: Frozen foods

(press SENSOR REHEAT keypad twice)

#### For best reheating results :

- Auto Sensor Reheat is best used for 1 - 2 servings.
- Always cover foods loosely but completely with wax paper, plastic wrap or casserole lid. (Do not use any snap closing lids.)
- Do not use Auto Sensor Reheat for less than 4 oz (115 g) or more than 20 oz (560 g) of food. Use Time cooking.
- Very dense foods, such as refrigerated or frozen lasagna should be allowed to stand covered after reheating.
- Do not use **SENSOR REHEAT** keypads to heat uncooked food. All foods must be precooked and can be at room, refrigerated or frozen temperature.
- The following types of foods are not recommended: Boil-in-the-bag entrees or vegetables, raw or uncooked food, frozen cheesecake, dried foods, bread or pastry, beverages.

## POTATO

Suitable for all types of fresh whole, quartered or sliced potatoes: white baking potatoes, sweet potatoes or red boiling potatoes.  
(6 oz - 3 lbs or 170 g - 1.4 kg)

### A1: Potato

#### For best results:

- When cooking quartered or sliced potatoes, use LOW doneness setting.
- Allow 5 - 10 minutes standing time.
- The best container for quartered or sliced potatoes is a ½ to 1½ quart (½ to 1½ litre) microwave-safe casserole.
- Turn over after cooking time appears in the display window.

## STEW/SOUP

Suitable to cook one-container dishes such as full bodied meat, vegetable and liquid combinations.

### A2: Stew/Soup

#### For best results:

- Stir foods once after cooking time appears in the display window. Press **START** after closing the door.
- A standing time is automatically included at the end of cooking time.

CAUTION: Do not use this feature to reheat canned or precooked soups.

## VEGETABLE

Suitable for a wide variety of fresh or frozen vegetables and vegetable combinations.  
(4 oz - 2 lbs or 115 g - 900 g)

### A3: Vegetable

#### For best results:

- The best container for cooking vegetables is a ½ to 2 quart (½ to 2 litre) microwave-safe casserole.
- Stir after cooking time appears in the display window.
- When cooking frozen vegetables, use LOW doneness setting.

## PIZZA SLICE

Suitable for room or refrigeration temperature left over pizza.

### A4: Pizza slice

#### For best results:

- Pizza should not be frozen.
- When reheating whole pizza, use HIGH doneness setting.
- Reheating pizza slice is best used for 2 - 4 slices.

CAUTION: Be careful when eating pizza cooked in the microwave. The pizza surface and sauce can be very hot.

## AUTO SENSOR COOKING (CONT.)

### SENSOR REHEAT GUIDE

Food	Amount	Special Notes
Casserole Entree	4 oz - 20 oz (115 g - 560 g)	Cover with plastic wrap or casserole lid. Stir after reheating. Unstirrable foods (ex. lasagna) should be allowed to stand covered for 3 - 5 minutes after reheating.
Plate of food	4 oz - 20 oz (115 g - 560 g)	Cover with wax paper or plastic wrap. Arrange less dense foods in center of plate. Cover. Allow to stand covered.
Fried chicken	2 - 4 pieces	Cover with wax paper.

**NOTE:** Do not reheat in foil containers.

When reheating delicate sauces/dips that contain sour cream, or eggs, or cream cheese, reheat manually using power level 3.

### SENSOR COOKING GUIDE

Food	Amount	Water	Preparation
<b>Potato</b> White potatoes Sweet potatoes Whole: 6 - 8 oz each. (170 - 230 g)	1 - 6	none	Wash, scrub and pierce several places with fork. Place on paper towel. Arrange potatoes in circle avoiding center of the turntable. When cooking a potato, place it away from the turntable center.
quartered or sliced:	1/2 - 1 lb (225 g - 450 g)	1/4 cup (50 mL)	Peel and quarter or slice. Add water. Cover with plastic wrap or casserole lid.
Red potato, boiling New potatoes, small	1/2 - 1 lb (225 g - 450 g)	1/4 cup (50 mL)	Wash and/or peel. Pierce with fork. Add water. Cover with plastic wrap or casserole lid.
<b>Vegetables</b> Artichokes, Beans, Broccoli, Brussels sprouts, Cabbage, Carrots, Corn, Cauliflower, Eggplant, Mushrooms, Onion, Okra, Pea, Spinach, Squash, Zucchini, or mixture of these.	4 oz - 2 lbs (115 g - 900 g)	1 - 4 tbs. (15 - 60 mL)	Wash. Prepare and cut into slices or cube. Add water. Cover with plastic wrap or casserole lid. Stir large quantities of vegetables after cooking time appears in the display. Let stand 3 - 5 minutes.
<b>Pizza Slice</b> 1 slice: 3 oz (12 inch, 1/8 cut or 16 inch, 1/12 cut)	2 - 6	-	Place on a paper plate or paper towel. No cover.

# SENSOR COOKING RECIPES

## POTATO RECIPE

### Twice-Baked Potatoes

Cooking Time : About 15 - 20 minutes

- 4 baking potatoes (6 oz - 170 g each)
- ½ cup (125 mL) butter or margarine
- ½ cup (125 mL) dairy sour cream
- ½ teaspoon (2 mL) salt
- Dash pepper
- Paprika

4 servings

Pierce potatoes with a fork several times. Place in oven end-to-end in a ring on a paper towel, spacing about 1 inch (2.5 cm) apart. Cook on **POTATO**. Remove from oven. Let stand several minutes. When potatoes can be handled, remove ¼ inch (0.6 cm) horizontal slice from top of each potato. Carefully scoop out pulp, keeping skins intact. Blend butter, sour cream, salt, and pepper into potato pulp. Beat vigorously until smooth. Spoon pulp mixture into potato shells, or pipe in with pastry bag and star tip. Place filled shells in a ring along edge of microwave-safe plate. Cook on HI, 2 to 4 minutes. Sprinkle with paprika.

## VEGETABLE RECIPE

### Asparagus with Mustard Sauce

Cooking Time : About 7 - 11 minutes

- 1 lb (450 g) asparagus, cleaned and cut into pieces
- ¼ cup (50 mL) water
- ⅓ cup (75 mL) mayonnaise
- 1 tablespoon (15 mL), minced fresh parsley
- 1 teaspoon (5 mL) prepared dijon-style mustard
- ½ teaspoon (2 mL) onion salt
- White pepper to taste

6 servings

Combine asparagus and water in 1½ quart (1½ litre) microwave-safe casserole. Cover with casserole lid. Place in oven. Cook on **VEGETABLE**. Stir once after cooking time appears in the display window. Drain. Set aside. Combine remaining ingredients in small bowl. Pour over asparagus and toss lightly to coat asparagus. Cook on HI, 1 to 1½ minutes or until heated through.

## STEW/SOUP RECIPES

### Hearty Beef Vegetable Stew

Cooking Time : About 70 - 80 minutes

- 2¼ cups (510 mL) water
- 2 beef bouillon cubes
- 1 lb (450 g) round steak, cut into ½ inch (1.25 cm) cubes
- 3 tablespoons (45 mL) cornstarch
- 2 large potatoes, peeled and cubed
- ¾ cup (175 mL) thinly sliced carrots
- ½ cup (125 mL) thinly sliced celery
- 1 medium onion, diced
- ½ teaspoon (2 mL) salt
- ¼ teaspoon (1 mL) freshly ground pepper
- ¼ teaspoon (1 mL) thyme
- 1 bay leaf, crushed

4 - 6 servings

Place all ingredients in 3 quart (3 litre) microwave-safe casserole, and stir. Cover with casserole lid. Cook on **STEW/SOUP**. Stir once after cooking time appears in the display window.

## SENSOR COOKING RECIPES (CONT.)

### Bacon Vegetable Soup

7 oz (200 g) slices bacon, diced  
1 medium tomato, peeled and chopped  
1 carrot, sliced  
1 stalk celery, sliced  
1 medium red potato, cubed  
1 small zucchini, sliced  
1 medium onion, chopped  
2 bay leaves  
1 teaspoon (5 mL) basil  
1 teaspoon (5 mL) Italian herb seasoning,  
season as desired  
3 cups (690 mL) beef broth

4 - 6 servings

Cooking Time : About 75 - 85 minutes

Combine all ingredients in 3 quart (3 litre) microwave-safe casserole. Cover with Casserole lid. Cook on **STEW/SOUP**. Stir once after cooking time appears in the display window.

### Onion-Beef Soup

3 medium onions, thinly sliced  
¼ cup (50 mL) butter or margarine  
4 cups (920 mL) beef broth  
¼ cup (50 mL) white wine  
1 teaspoon (5 mL) Worcestershire sauce  
1 teaspoon (5 mL) salt  
1 teaspoon (5 mL) soy sauce  
½ teaspoon (2 mL) paprika  
Grated Parmesan cheese

6 servings

Cooking Time : About 60 - 70 minutes

Combine onions and butter in 3 quart (3 litre) microwave-safe casserole. Cover with casserole lid. Cook on HI, 4 to 6 minutes. Add remaining ingredients, except cheese. Blend well. Cover. Cook on **STEW/SOUP**. Stir once after cooking time appears in the display window. Serve in bowls with cheese sprinkled on top.

### Ham and Potato Scallop

1 cup (250 mL) white sauce,  
seasoned as desired  
3 medium potatoes, peeled and  
thinly sliced (about 1 lb - 450 g)  
5 oz (140 g) diced cooked ham  
1 teaspoon (5 mL) instant minced onion  
¼ cup (1 oz - 30 g) shredded cheddar cheese

4 servings

Cooking Time : About 25 - 30 minutes

Place potatoes in 1½ quart (1½ litre) microwave-safe casserole. Add ham and onion. Pour white sauce over ham and potatoes mixture, stir to combine. Cover with casserole lid. Place in oven. Cook on **STEW/SOUP**. Stir once after cooking time appears in the display window. After cooking, sprinkle with cheese. Cover and let stand 10 minutes or until cheese is melted.

### Casserole Italiano

½ lb (225 g) lean ground beef  
¾ cup (175 mL) spaghetti sauce  
½ can (4 oz - 115 g) tomato sauce  
¾ cup (175 mL) water  
½ can (8 oz - 230 g) green beans, drained  
3 cups (4 oz - 115 g) uncooked  
medium-width egg noodles  
1 tablespoon (15 mL) onion flakes  
1 clove garlic, minced  
1 tablespoon (15 mL) sugar  
1 teaspoon (5 mL) Italian herb seasoning  
¼ teaspoon (1 mL) salt  
pepper to taste  
1 cup (4 oz - 115 g) shredded mozzarella  
cheese

6 - 8 servings

Cooking Time : About 35 - 45 minutes

Crumble beef into 2 quart (2 litre) microwave-safe casserole. Place in oven. Cook on HI, 3 to 4 minutes. Stir to break up beef. Drain. Add remaining ingredients except cheese to beef. Blend well. Cover with casserole lid. Place in oven. Cook on **STEW/SOUP**. Stir once after cooking time appears in the display window. After cooking, sprinkle with cheese. Stir and let stand before serving.

# APPETIZERS

## CONVERTING RECIPES

Most hot appetizers adapt well to microwave cooking, the exception being those wrapped in pastry. Pastry requires the hot environment of the conventional oven to become crisp.

- Toppings for canapés can be made ahead and then placed on bread or crackers just before heating. This guarantees crispness.

- Cover appetizers or dips only when called for by a recipe. Use casserole lids, wax paper, plastic wrap, or paper towel.
- Appetizers and dips that contain cheese, mayonnaise and other delicate ingredients are usually heated on power level 1. A higher setting might cause separation or drying.

## Reheating Guide - Convenience Appetizers

Item	Amount	Power	Approx. Cooking Time	Special Notes
Meat spread	4 oz (115 g)	8	1 - 1½ min.	Transfer to small microwave-safe bowl.
Cocktail franks	4 servings	7	½ - 1½ min.	Place on paper towel. Cover with wax paper.
Cooked pizza, 10 inches, cut into 8 portions	1 wedge	8	½ - 1 min.	Place on paper towel or paper plate or leave in uncovered cardboard box, points toward center.
	4 wedges	8	1½ - 2½ min.	
	Whole	8	2 - 4 min.	
Dips, cream	½ cup (125 mL)	1	2 - 3 min.	Cover with wax paper.
Egg rolls	12 (6 oz - 170 g)	7	1 - 2 min.	Place on paper towel or paper plate.
Mini Tacos	4 - 6 (6 oz - 170 g)	5	1 - 2 min.	Place on paper towel or paper plate.

## Cooking Guide – Hot Drinks

Item	Amount	Power	Approx. Cooking Time	Special Notes
Water	6 oz (170 mL) cup, 1	HI	1 - 1½ min.	For instant coffee, soup, tea, etc.
	6 oz (170 mL) cup, 2	HI	1½ - 2½ min.	
	8 oz (230 mL) cup, 1	HI	1½ - 2½ min.	
	8 oz (230 mL) cup, 2	HI	3 - 4 min.	
Milk	6 oz (170 mL) cup, 1	7	1½ - 2½ min.	For hot chocolate, etc.
	6 oz (170 mL) cup, 2	7	3 - 4 min.	
	8 oz (230 mL) cup, 1	7	2 - 3 min.	
	8 oz (230 mL) cup, 2	7	4 - 5 min.	

# SOUPS AND SANDWICHES

A large variety of sandwich combinations can be made in your microwave oven. Because sandwiches heat quickly, be careful not to overcook them — the bread can become tough and chewy. Heat breads until warm, not hot, and cheese until it just begins to melt. Let the following tips guide you when adapting or creating your own sandwiches.

## CONVERTING SANDWICH RECIPES

- Heat sandwiches on white paper towels or paper plates. To prevent splattering, as well as to absorb steam and prevent sogginess, you can wrap each sandwich in a paper towel. Remove wrapping immediately after warming. It takes less than 1 minute to heat most sandwiches. Heat on power level 8.

- Thinly sliced meat heats better than thickly sliced meat. The slower-cooking thick slices often cause the bread to overcook before the meat is hot.

## CONVERTING SOUP RECIPES

- When cooking canned soups, remove from can. Use microwave-safe dish. Add milk or water as directed on can. Cover dish.
- Stir cream-style soup halfway through cooking time. Let stand, covered, 3 minutes before serving.

## Cooking Guide – Canned Soups

Item	Amount	Power	Approx. Cooking Time
Broth	10¼ oz (290 mL)	8	4 - 6 min.
Cream-style	10¼ oz (290 mL)	8	5 - 7 min.
Tomato	10¾ oz (300 mL)	8	5 - 7 min.
Bean, pea, or mushroom	10¾ oz (300 mL)	7	6 - 8 min.
Undiluted chunk-style vegetable	10¾ oz (300 mL)	8	2 - 4 min.
	19 oz (540 mL)	8	5 - 7 min.

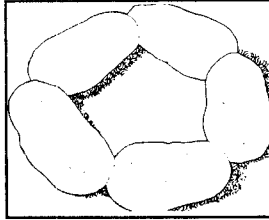
## Cooking Guide - Quick Soups

Item	Amount (number of envelopes)	Power	Approx. Cooking Time
Cup of Instant soup 1¼ oz (35 g) envelope	1	HI	1 - 2 min.
	2	HI	2 - 3 min.
	4	HI	4 - 5 min.

# VEGETABLES AND RICE

## Fresh Vegetables

Spread out cut vegetables in a shallow microwave-safe dish. Add water as recommended in chart. Add salt to water or salt after cooking. Whole vegetables such as potatoes, squash or eggplant should be pierced and arranged in a circular pattern with heavier ends pointing towards the outer edge of dish. Cook covered. Halfway through cooking, stir, rearrange and/or turn vegetables over. Let stand, covered. Whole vegetables should stand 10 minutes and cut vegetables 5 minutes.



## Frozen Vegetables

Remove frozen vegetables from package (10 oz / 280 g) and place them in a microwave-safe casserole.

Cook covered on **HIGH** 3 - 5 minutes. Stir once during cooking. Let stand covered a few minutes.

Add 2 tablespoons (30 mL) of water to frozen artichokes, brussels sprouts, okra and peas and ½ cup (125 mL) water plus 1 tablespoon (15 mL) butter or margarine to frozen lima beans.

## Frozen Vegetables in a Pouch

Remove pouch from package, and place on a microwave-safe plate. Pierce one hole in pouch. Follow package directions.

## Fresh Vegetables Cooking Chart

Cook on **HIGH** power. (All weights in the chart are the purchase weights before peeling and trimming.)

Vegetable	Amount	Water	Approx. Cooking Time
Asparagus, spears	1 lb (450 g)	2 tbsp (30 mL)	3 - 4 min.
Beans, green or wax, cut in pieces	1 lb (450 g)	¼ cup (50 mL)	4 - 6 min.
Broccoli, cut in pieces	1 lb (450 g)	¼ cup (50 mL)	4 - 6 min.
Brussels sprouts	10 oz (280 g)	¼ cup (50 mL)	3 - 5 min.
Cabbage, shredded	1 lb (450 g)	¼ cup (50 mL)	5 - 6 min.
Carrots, sliced or diced	1 lb (450 g)	2 tbsp (30 mL)	5 - 7 min.
Cauliflower, chopped	1 medium	¼ cup (50 mL)	3 - 5 min.
Corn, on the cob	1 ear 2 ears 4 ears	none none none	2 - 5 min. 5 - 8 min. 10 - 13 min.
Mushrooms, sliced	½ lb (230 g)	2 tbsp (30 mL)	2 - 4 min.
Peas, green, shelled	1 lb (450 g)	¼ cup (50 mL)	5 - 7 min.
Potatoes, white, baking, 6 - 8 oz (170 - 230 g) each. Pierce skin.	1 2 4	none none none	3½ - 6 min. 6 - 8 min. 8 - 11 min.
Potatoes, red, boiling	3	¼ cup (50 mL)	7 - 9 min.
Spinach, leaf	1 lb (450 g)	none	4 - 6 min.
Squash, pierce with fork	1½ lb (680 g)	none	7 - 9 min.
Zucchini, sliced	1 lb (450 g)	¼ cup (50 mL)	5 - 7 min.

**NOTE:** Your oven is equipped with Sensor Cooking for fresh and frozen vegetables.

## Cooking Guide - Rice

Item	Water	Power	Approx. Cooking Time	Special Notes
Long grain, 1 cup (250 mL)	1¾ cups (425 mL)	3	20 - 25 min.	Use 3-quart (3 L) microwave-safe casserole. Heat water 5 to 7 min. to boil. Add rice, salt and butter or margarine. Cover tightly. Let stand 5 minutes.
Short grain, 1 cup (250 mL)	1⅔ cups (400 mL)	3	22 - 27 min.	
Wild rice, brown rice, 1 cup (250 mL)	2 cups (500 mL)	3	40 - 50 min.	

# MEATS, POULTRY AND FISH

## PREPARATION

Use a microwave-safe baking dish, casserole, etc. to cook meat, poultry and fish.  
 Frozen meat, poultry and fish should be completely thawed.  
 Wash poultry and fish in cool water.  
 Arrange small items in a single layer in dish and avoid overlapping edges of food.  
 Place thick sections toward edge of the dish.  
 Use a rack in the dish to elevate meat out of the juices.

Use spices and seasonings as desired.  
 Add salt after cooking if necessary.  
 Kitchen bouquet with butter may be used to obtain "cooked" color of meats and poultry.  
 Aluminum foils can be used to cover thin parts of meat or poultry wings and legs to prevent overcooking. Foils should be applied toward the end of cooking time. Place meat fat side down.

## COOKING

Use wax paper or plastic wrap to stop splattering.  
 Turn over or rearrange meat, poultry and fish halfway through cooking time.

## CHECKING DONENESS

**Beef:** The color inside meat indicates doneness. Rare roast should be red inside. Medium is pink and gray indicates well done.  
**Pork:** Cooked pork meat should be gray with clear juice.  
**Poultry:** Juices should be clear yellow when cooked. Legs should move freely.  
**Fish and Seafood:** Should be opaque in color and flake easily.

To check internal temperature of various meats and poultry, use a microwave or conventional meat thermometer after removing meat from the oven. Insert the thermometer avoiding bone or fat. Lower temperatures are found in the center of the roast or in the muscle close to a large bone.  
**Never use a conventional meat thermometer in the microwave oven.**

Return undercooked food to oven for a short period of time at the recommended power level. Let stand as recommended in chart. Cover roasts and whole poultry during stand time.

Food	Power	Approx. Cooking Time	Stand Time	Special Notes
<b>Beef</b>				
Hamburgers, refrigerated 4 oz (115 g) each				Cook in a shallow dish. Cover loosely with wax paper. Turn over halfway through cooking.
1	HI	1 - 2 min.	2 min.	
2	HI	2 - 4 min.	2 min.	
4	HI	4 - 6 min.	2 min.	
Hamburgers, frozen 4 oz (115 g) each				
1	HI	2 - 3 min.	2 min.	
2	HI	4 - 6 min.	3 min.	Turn over and separate halfway through cooking.
4	HI	7 - 9 min.	3 min.	
Meat loaf 1½ lb (680 g)	5	15 - 20 min.	5 min.	
Roasts, tender 1 lb (450 g)				Cover with wax paper. Shield halfway through cooking and turn roast over if necessary. Stand tented with foil. *Approx. temp. after stand Rare 130°F (54°C) Medium 140°F (60°C) Well done 170°F (77°C)
Rare	5	8 - 11 min.	10 - 15 min.	
Medium	5	10 - 13 min.	10 - 15 min.	
Well done	5	12 - 15 min.	10 - 15 min.	

\*Check with conventional meat thermometer.



## MEATS, POULTRY AND FISH (CONT.)

Food	Power	Approx. Cooking Time	Stand Time	Special Notes
<b>Pork</b> Chops, loin ½ inch (1 cm) thick, 7 oz (200 g) each 1 2 4	 HI HI HI	 3 - 5 min. 6 - 8 min. 9 - 11 min.	 2 min. 3 min. 3 min.	Place in a shallow dish. Cover loosely with wax paper. Turn over halfway through cooking.
Pork roast, 1 lb (450 g)	5	12 - 15 min.	10 - 15 min.	Cover with wax paper. Shield halfway through cooking and turn roast over if necessary. *Approx. temp. after stand 170°F to 175°F (77°C to 79°C)
Ham, precooked canned 3 lb (1.4 kg)	5	11 - 14 min.	10 min.	Shield edge of ham with strip of foil. Place on roasting rack. Cover with wax paper. Turn over halfway through cooking. *Approx. temp. after stand 120°F to 130°F (50°C to 55°C)
Ham, slice 1 inch (2.5 cm) thick, 1 lb (450 g)	HI	7 - 9 min.	5 min.	Cover with wax paper. Turn over halfway through cooking.
Sausage links, fresh 1 - 2 oz (30 - 55 g) each 2 4	 HI HI	 ½ - 2 min. 1 - 3 min.	 1 min. 1 min.	Pierce before cooking. Cover with wax paper. Turn over once.
Sausage links, frozen, precooked brown and serve ¾ oz (20 g) each 2 4	 HI HI	 ½ - 1 min. 1 - 2 min.	 1 min. 1 min.	
Wieners, 2 oz (55 g) each 1 2 4	 HI HI HI	 ½ - 1 min. 1 - 2 min. 1½ - 3 min.	 1 min. 1 min. 1 min.	Score before cooking.
Bacon, slices 1 2 4	 HI HI HI	 ¾ - 1½ min. 1½ - 2 min. 2½ - 4 min.	 1 min. 1 min. 1 min.	Cook on bacon rack or line bottom of dish. Place bacon on paper towel. Cover loosely with another paper towel. Do not turn over bacon.
<b>Lamb</b> Chops, shoulder ½ inch (1 cm) thick 1 2	 HI HI	 2 - 4 min. 4 - 6 min.	 2 min. 5 min.	Cover loosely with wax paper.

\*Check with conventional meat thermometer.

## MEATS, POULTRY AND FISH (CONT.)

Food	Power	Approx. Cooking Time	Stand Time	Special Notes
<b>Poultry</b> Chickens, whole, up to 4 lb (1.8 kg) 1 lb (450 g) Cornish hens 1 lb (450 g)	HI  HI	6 - 9 min.  5 - 8 min.	10 min.  10 min.	Place breast-side down on a roasting rack in a dish. Cover with plastic wrap or wax paper. Turn over halfway through cooking. Stand tented with foil. When cooked, internal temperature should be 180°F (82°C) and juices should run clear.
Chicken pieces, up to 2 lb (900 g) 1 lb (450 g)	HI	5 - 8 min.	5 min.	Arrange skin-side up in a baking dish halfway through cooking, meatier portions toward edge of dish. Cover with plastic wrap or lid.
<b>Fish and Seafood</b> Fish fillets, ¾ lb (340 g) Fish steaks 2, 6 oz (170 g) each Scallops 1 lb (450 g) Shrimp, medium size, shelled and cleaned, 1 lb (450 g) Whole fish, stuffed or unstuffed 1½ to 1¾ lb (680 - 800 g)	HI 5 7 7 HI	4 - 6 min. 6 - 9 min. 4 - 7 min. 4 - 7 min. 7 - 10 min.	3 min. 5 min. 3 min. 3 min. 5 min.	Arrange in a single layer in dish. Cover with wax paper. Rearrange or stir shrimp or scallops halfway through cooking.

## EGGS

### SCRAMBLED EGGS

Break eggs into a microwave-safe glass measure.

Add 1 tablespoon milk and 1 teaspoon butter for each egg. Beat with a fork.

Cook at **Power Level 6** according to time in the chart. Stir at least once during cooking time. Stir after cooking, and let stand 1 minute.

### POACHED EGGS

Use 6-ounce (170 mL) microwave-safe custard cup with ¼ cup (50 mL) water for 1 to 3 eggs.

Use 1-quart (1 L) microwave-safe dish with 1 cup (250 mL) water for 4 eggs.

Heat at **HI POWER** to bring water to a boil with ⅛ teaspoon salt and up to ¼ teaspoon vinegar. Break egg carefully into hot water.

Pierce egg several times lightly with toothpick. Cover with wax paper.

Cook at **Power Level 5** according to time in the chart. Let stand, covered, 1 minute before serving.

Eggs	Time
1	¾ - 1½ min.
2	1½ - 2½ min.
3	2¼ - 4 min.
4	3¼ - 5 min.

Eggs	Time
1	¾ - 1½ min.
2	1½ - 3 min.
3	2 - 3½ min.
4	3 - 5 min.

# BAKED GOODS AND DESSERTS

## Converting Recipes

When adapting quick bread recipes, you will find it necessary to reduce the amount of leavening (baking powder or soda) by about one-quarter the normal amount. A bitter aftertaste is apparent if too much leavening is used in biscuits or muffins. Since food rises higher in the microwave oven, you will not see a loss in volume from the reduction of soda or baking powder.

If a recipe contains buttermilk or sour cream, do not change the amount of soda, since it serves to counteract the sour taste and does not act only as a leavening agent.

When using a mix where leavening cannot be reduced, allow the dough to stand about 10 minutes before cooking in order for some of the gas to be lost.

Breads and rolls should be reheated only until they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.

## Cooking/Reheating Guide

Item	Power	Approx. Cooking or Reheating Time	Special Notes
Hamburger buns, hot dog rolls, frozen: 1 lb (450 g) Room temp.: 1 2 4	3 8 8 8	2 - 3 min. 5 - 10 sec. 10 - 15 sec. 15 - 20 sec.	Place on paper plate or wrap in paper towel.
French bread, Frozen: 1 lb (450 g) Room temp.: 1 lb (450 g)	8 8	1 - 2 min. 20 - 30 sec.	Place on paper plate or towel.
Doughnuts, sweet rolls, muffins 4 oz (115 g) each 1 2 4	8 8 8	15 - 25 sec. 25 - 35 sec. 50 - 60 sec.	Place on paper plate or towel. If frozen, defrost foods for 30 to 40 seconds per serving at power level 3 before reheating.
Whole coffee cake, Frozen: 10 - 13 oz (280 - 370 g) Room temp.: 10 - 13 oz (280 - 370 g)	8 8	1 - 2 min. ½ - 1 min.	Place on paper plate or towel. Let stand 5 - 10 minutes before serving.
Butter cake 2¼ cups (550 mL) batter 1st stage 2nd stage	5 HI	5 - 7 min. 1 - 2 min.	Place on inverted pie plate.
Brownies 2 cups (500 mL) batter	5	8 - 11 min.	Cover with wax paper. Place on inverted pie plate.
Bar cookies 1½ cups (375 mL) batter	5	5 - 7 min.	Cover with wax paper.
Muffins, ¼ cup (50 mL) batter each 1 2 6	7 7 7	40 - 60 sec. 1 - 1½ min. 3 - 4 min.	

## QUICK-ON COOKING CHART

Reheating Item	Amount	Time	Special Notes
<b>Beverage</b>			
Water-based	1 cup (250 mL)	1 - 2 min.	Heat uncovered. Stir after heating.
	2 cups (500 mL)	2 - 4 min.	
Milk-based	1 cup (250 mL)	1 - 2 min.	
	2 cups (500 mL)	2 - 4 min.	
<b>Soups</b>			
Broth-based	10¾ oz (300 mL) can	2 - 3 min.	Use microwave-safe casserole. Cover. Stir after heating.
Cream-based	10¾ oz (300 mL) can	3 - 4 min.	
<b>Cooked pizza</b>			
10 inches cut into 8 portions	2 wedges	½ - 1 min.	Place on paper towels or paper plate or leave in uncovered cardboard box. Points toward center.
	4 wedges	1 - 2 min.	
	whole	2 - 3 min.	
<b>Meat</b>			
Sliced thin	3 - 5 oz (85 - 140 g)	½ - 1 min.	Heat on microwave-safe plate, covered with wax paper.
Sliced thick, 1" (2.5 cm)	3 - 5 oz (85 - 140 g)	1 - 2 min.	
Chili, stews	2 cups (500 g)	3 - 4 min.	Place in microwave-safe dish. Cover. Stir halfway through cooking time.
Hamburgers, meat loaf slices, sausage patties	1 serving	½ - 1 min.	Place on microwave-safe plate. Cover with paper towel. Turn over once.
	2 servings	1 - 2 min.	
	4 servings	2 - 3 min.	
<b>Poultry</b>			
Chicken pieces	1	1 min.	Heat on microwave-safe plate. Cover with wax paper. If fried, cover with paper towel.
	2	1 - 2 min.	
	4	2 - 3 min.	
	6	3 - 5 min.	
Chicken, turkey, sliced	3 - 5 oz (85 - 140 g)	1 - 2 min.	Heat on microwave-safe plate. Cover with wax paper.
<b>Seafood</b>			
Shrimp, crab, or scallops in sauce, frozen	6½ oz (185 g)	3 - 5 min.	Pierce pouch and place on microwave-safe plate. Flex pouch to mix halfway through cooking time.
Seafood or fish casserole, frozen	16 oz (450 g)	4 - 6 min.	Remove from package to a microwave-safe casserole. Cover. Stir once during cooking.
<b>Cooked rice, pasta</b>			
	1 cup (250 mL)	1 - 2 min.	Heat in microwave-safe casserole, covered with plastic wrap.
	2 cups (500 mL)	2 - 3 min.	
Vegetable, frozen in pouch	10 - 12 oz (280 - 340 g)	3 - 5 min.	Pierce pouch. Place on microwave-safe plate. Flex pouch to mix halfway through cooking time.
<b>Canned vegetable</b>			
	8 oz (230 g)	1 - 2 min.	Use microwave-safe casserole, covered. Stir once.
	15 oz (425 g)	2 - 3 min.	
	18 oz (500 g)	2 - 4 min.	
<b>Cooking Item</b>			
<b>Mashed potatoes, instant</b>			
	4 servings	3 - 5 min.	Follow package directions. Reduce liquid by 1 tbsp (15 mL).
<b>Pudding and pie filling mix</b>			
	¾ oz (90 g)	4 - 6 min.	Follow package directions. Stir once.
<b>Cereals</b>			
Cream of wheat (regular)	¼ cup (50 mL)	1 - 2 min.	Add ¾ cup (175 mL) of water. Cook uncovered. Stir once. Let stand 1 minute. Add 1½ cup (375 mL) of water. Cook uncovered. Stir once. Let stand 1 minute.
	½ cup (125 mL)	3 - 4 min.	
Wheat-bran cereal	¼ cup (50 mL)	1 - 2 min.	Add ¾ cup (175 mL) of water. Cook uncovered. Stir once. Let stand 1 minute. Add 1½ cup (375 mL) of water. Cook uncovered. Stir once. Let stand 1 minute.
	½ cup (125 mL)	3 - 4 min.	

# AUTOMATIC DEFROST CHART

- Set Auto Defrost by Weight according to instructions on page 10.
- Remove food from wrapper and place in a microwave-safe dish or place on a microwave-safe roasting rack.
- Cover thin parts with aluminum foil.
- Large roasts should be still icy in center. Allow to stand.
- Fish and seafood should also be slightly icy.
- Food can be defrosted in a styrofoam package.
- Some types of food will need to be rearranged at the Pause.

Item	Special Notes
<b>Beef</b>	
Ground beef	Turn over and remove defrosted portion at pause.
Liver	Drain liquid as it defrosts. Separate pieces.
Roasts	Turn over at pause. Cover ends with foil.
Sirloin steak	Turn over at pause.
Rib or T-bone	Turn over at pause.
Flank steak	Turn over at pause.
Stewing meat	Break apart at pause.
<b>Pork</b>	
Bacon	Defrost in original wrapper. Turn over at pause. Center should be slightly icy.
Chops	Separate and turn over at pause.
Ribs	Turn over at pause.
Roasts	Turn over at pause. Cover ends with foil.
<b>Lamb</b>	
Chops	Separate and turn over at pause.
Ribs	Turn over at pause.
Roasts	Turn over at pause. Cover ends with foil.
<b>Poultry</b>	
Chicken, whole, up to 3 lb - 2 oz (1.4 kg)	Check for and remove any metal clamps or wires before defrosting. Turn over at pause. Cover ends with foil. Rinse under cold water.
Pieces	Separate and turn over at pause.
Cornish hens	Check for and remove any metal clamps or wires before defrosting. Turn over at pause. Rinse under cold water.
<b>Fish and Seafood</b>	
Crabmeat, shrimp	Break apart at pause.
Fish fillets	Turn over and rearrange at pause. Rinse under cold water to separate.
Fish whole, steaks	Turn over at pause. Cover head and tail with foil.
Scallops	Break apart at pause. Remove defrosted scallops.

## QUESTIONS AND ANSWERS

### OPERATION

- Q. What is wrong when the oven light will not glow?
- A. There may be several reasons why the oven light will not glow.
- The light bulb has burned out.
  - **START** has not been touched.
- Q. Why is steam coming out of the air exhaust vent?
- A. Steam is normally produced during cooking. The microwave oven has been made to vent this steam.
- Q. Can the microwave oven be damaged if it operates empty?
- A. Yes. Never operate while empty or without the turntable positioned correctly on the roller rest.
- Q. When the oven is plugged into a wall outlet for the first time, it might not work properly. What is wrong?
- A. When the oven is plugged in for the first time or when power resumes after a power interruption, the microcomputer used in the oven control may temporarily become scrambled and fail to function as programmed. Unplug the oven from the wall outlet and then plug it back in. The microcomputer will then reset for proper functioning.
- Q. Why do I see light reflection around the outer case?
- A. This light is from the oven light located outside the oven cavity.
- Q. Why is there noise coming from the turntable when the oven is turned on?
- A. This noise occurs when the turntable roller rest and cavity bottom are dirty. Frequent cleaning of these parts should eliminate or reduce the noise.
- Q. Instructions for aluminum foil use are confusing. When should I use foil?
- A. It should be used to shield portions of food from becoming overcooked or overdefrosted. Use small flat pieces of foil for shielding. (Refer to page 8)

### FOODS

- Q. What is wrong when baked foods have a hard, dry, brown spot?
- A. This is caused by overcooking. Shorten cooking or reheating time.
- Q. Why do eggs sometimes pop?
- A. The egg yolk may pop because of steam build-up inside the membrane. To prevent this, simply pierce the membrane with a toothpick before cooking it.
- CAUTION: Never microwave eggs in the shell since they may explode.**
- Q. Why are scrambled eggs sometimes a little dry after cooking?
- A. Eggs dry out if they are overcooked. You may need to vary the cooking time for one of these reasons:
- Eggs vary in size.
  - Eggs are at room temperature one time and at refrigerator temperature another time.
  - The shapes of utensils vary, which makes it necessary to vary cooking time.
  - Eggs continue cooking during standing time.
- Q. What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?
- A. The fourth potato may be slightly heavier than the others and should be cooked 30 to 60 seconds longer. Remember to allow one inch (2.5 cm) around each potato when baking. For more even cooking, place potatoes in a circle.
- Q. Why do baked apples sometimes burst during cooking?
- A. As in regular cooking methods, steam is formed in the interior of the apple, causing it to swell and expand during the cooking process.
- Q. How are boil-overs avoided?
- A. Use a larger utensil than usual for cooking. If you open the oven door or touch **STOP/CLEAR**, the food will stop boiling.
- Q. Why does the dish become hot when I microwave food in it?
- A. As the food becomes hot it will conduct the heat into the dish. Use oven mitts to remove food after cooking.

# CLEANING

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis - more often if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

**REMOVABLE PARTS**


The following parts may be removed as described. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. Never use cleaning powders, steel wool or rough pads.

- The turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The turntable roller rest should be cleaned regularly.

**SPECIAL CARE**

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe them often with a mild detergent. Then rinse and wipe dry. Never use cleaning powders or rough pads.

After cleaning the control panel, touch **STOP/CLEAR** to clear any entries that might have been entered accidentally while cleaning the panel.



**CAUTION - Product Damage Hazard**

Uncleaned cavity cover (located in the right side wall of the oven cavity) will cause fire, burn or sparking.

Clean your oven with wet towel.

# SEARS SERVICE

**"WE SERVICE WHAT WE SELL"**

"We Service What We Sell" is our assurance to you that you can depend on Sears for service because Sears Service is nationwide.

Your Sears Kenmore Microwave Oven has added value when you consider that Sears has a service unit near you, staffed by Sears Trained Technicians-professional technicians specifically trained on Sears Kenmore Microwave Ovens, having the parts, tools and equipment to insure that we meet our pledge to you-"We Service What We Sell!"

**TO FURTHER ADD TO THE VALUE OF YOUR MICROWAVE OVEN, BUY A SEARS MAINTENANCE AGREEMENT.**

Sears Kenmore Microwave Ovens are designed, manufactured, and tested for years of dependable operation. Yet, any modern appliance may require service from time to time. A Sears Maintenance Agreement is more than an extension of the Warranty.

It provides complete protection from unexpected repair bills and undue inconvenience. It assures you of maximum efficiency from your Microwave Oven.

Here's a comparative warranty and Maintenance Agreement chart showing you the benefits of a Sears Microwave Oven Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1 st Yr.	2 nd Yr. thru 5 th Yr.
1.Replacement of defective parts other than magnetron	W	MA
2.Replacement of magnetron	W	W
3.Annual preventive maintenance check at your request	MA	MA

W-WARRANTY  
MA-MAINTENANCE AGREEMENT

Contact your Sears salesperson or local Sears Service Center today and purchase a Sears Maintenance Agreement.

**Maintenance**

## BEFORE CALLING FOR SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact the nearest authorized service center.

PROBLEM	POSSIBLE CAUSE	POSSIBLE SOLUTION
Oven will not start	<ol style="list-style-type: none"> <li>1. Electrical cord for oven is not plugged in.</li> <li>2. Door is open.</li> <li>3. Wrong operation is set.</li> </ol>	<ol style="list-style-type: none"> <li>1. Plug into the outlet.</li> <li>2. Close the door and try again.</li> <li>3. Check instructions, (pages 9-13)</li> </ol>
Err appears in the display window	<ol style="list-style-type: none"> <li>1. Wrong operation is set.</li> </ol>	<ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> </ol>
Arcing or sparking	<ol style="list-style-type: none"> <li>1. Materials to be avoided in microwave oven are used.</li> <li>2. The oven is operated when empty.</li> <li>3. Food refuse remains in the cavity or inside the cavity is uncleaned.</li> </ol>	<ol style="list-style-type: none"> <li>1. Use microwave-safe cookware only, (page 8)</li> <li>2. Do not operate with oven empty.</li> <li>3. Clean cavity with wet towel.</li> </ol>
Unevenly cooked foods	<ol style="list-style-type: none"> <li>1. Materials to be avoided in microwave oven are used.</li> <li>2. Food is not defrosted completely.</li> <li>3. Cooking time/ Cooking power level is not suitable.</li> <li>4. Food is not turned or stirred.</li> </ol>	<ol style="list-style-type: none"> <li>1. Use microwave-safe cookware only, (page 8)</li> <li>2. Completely defrost food.</li> <li>3. Use correct time/cooking power level.</li> <li>4. Turn or stir food.</li> </ol>
Overcooked foods	<ol style="list-style-type: none"> <li>1. Cooking time/ Cooking power level is not suitable.</li> </ol>	<ol style="list-style-type: none"> <li>1. Use correct time/cooking power level.</li> </ol>
Undercooked foods	<ol style="list-style-type: none"> <li>1. Materials to be avoided in microwave oven are used.</li> <li>2. Food is not defrosted completely.</li> <li>3. Oven ventilation ports are restricted.</li> <li>4. Cooking time/ Cooking power level is not suitable.</li> </ol>	<ol style="list-style-type: none"> <li>1. Use microwave-safe cookware only, (page 8)</li> <li>2. Completely defrost food.</li> <li>3. Check to see that oven ventilation ports are not restricted.</li> <li>4. Use correct time/cooking power level.</li> </ol>
Improper defrosting	<ol style="list-style-type: none"> <li>1. Materials to be avoided in microwave oven are used.</li> <li>2. Cooking time/ Cooking power level is not suitable.</li> <li>3. Food is not turned or stirred.</li> </ol>	<ol style="list-style-type: none"> <li>1. Use microwave-safe cookware only, (page 8)</li> <li>2. Use correct time/cooking power level.</li> <li>3. Turn or stir food.</li> </ol>



# Instrucciones en español

## ESPECIFICACIONES

Modelo	565, 66480
Alimentación	120V CA, 60 Hz
Consumo de energía	13,2 Amperios, 1480 W
Salida máxima	1000W (Los procedimientos de prueba IEC-705)
Capacidad del horno	1,6 pies cúbicos
Diámetro de la bandeja rotativa	14- <sup>3</sup> / <sub>16</sub> " (360 mm)
Dimensiones (an x al x prf)	23- <sup>7</sup> / <sub>16</sub> " x 14" x 17- <sup>5</sup> / <sub>8</sub> " (595 mm x 357 mm x 448 mm)
Peso (aprox.)	45,2 lbs. (20,0 kg)

Especificaciones sujetas a cambios sin previo aviso.

KENMORE es una marca comercial registrada de Sears, Roebuck and Co.

## EMPLEO ADECUADO Y SEGURO DEL HORNO

- El horno debe estar nivelado.
- La bandeja rotativa y el apoyo de la bandeja rotativa deben estar en el horno para evitar posibles daños.
- Ponga los utensilios de cocinar en la plataforma rotativa y manipúlelos con cuidado para evitar posibles daños.
- El empleo incorrecto del plato de tostar pueden causar roturas en la bandeja rotativa. Vea la página 8.
- Emplee solo el tamaño de bolsa especificado cuando emplee la función de palomitas de maíz automáticamente.
- El horno tiene varios interruptores incorporados de seguridad para asegurar que la alimentación queda desconectada cuando la puerta está abierta. No manipule estos interruptores.
- No opere el horno de microondas estando vacío. La operación del horno sin comidas o con comidas con muy poca humedad puede ocasionar incendios, quemaduras o chispas.
- No cocine tocina directamente en la bandeja rotativa. El calentamiento local excesivo de la bandeja rotativa puede causar su rotura.
- No caliente biberones ni comidas para bebés en el horno de microondas. El calentamiento desigual puede producirse y causar daños personales.
- No caliente recipientes de cuello estrecho, tales como botellas de jarabe.
- No intente freír en el horno de microondas.
- No caliente latas en conserva en este horno de microondas porque es imposible asegurar que todo el contenido del recipiente alcanzará la temperatura de ebullición.
- No emplee este horno de microondas para aplicaciones comerciales. Este horno de microondas está hecho sólo para su empleo en el hogar.

## PRECAUCIONES PARA EVITAR LA POSIBLE EXPOSICION A EXCESIVA ENERGIA DE MICROONDAS

- (a) No intente operar el horno de microondas con la puerta abierta porque la operación con la puerta abierta puede ocasionar la exposición perjudicial a la energía de microondas. Es importante no desactivar ni manipular los bloqueos de seguridad.
- (b) No coloque ningún objeto entre la superficie frontal del horno y la puerta ni permita que suciedad ni residuos de limpiadores se acumule en la superficies de sellado.
- (c) No opere el horno si está dañado. Es muy importante que la puerta del horno se cierre bien y que no haya daños en:
  - (1) LA PUERTA (combadura)
  - (2) BISAGRAS Y ENGANCHES (rotos o flojos)
  - (3) SELLOS DE LA PUERTA Y SUPERFICIES DE SELLADO
- (d) El horno no debe ser ajustado ni reparado por nadie que no sea el personal de servicio cualificado.

# INSTRUCCIONES IMPORTANTES DE SEGURIDAD

Quando emplee dispositivos eléctricos, deberán seguirse las precauciones de seguridad, incluyendo lo siguiente:



## ADVERTENCIA –

Para reducir el peligro de quemaduras, descargas eléctricas, fuegos, daños en personas o exposición a excesiva energía de microondas:

1. Lea todas las instrucciones antes de la utilización.
2. Lea y respete las "PRECAUCIONES PARA EVITAR LA POSIBLE EXPOSICION A EXCESIVA ENERGIA DE MICROONDAS" en la página anterior.
3. Al igual que con la mayor parte de utensilios de cocina, se requiere mucha supervisión para reducir el peligro de incendios en la cavidad del horno.

### Si se produce un fuego:

- Mantenga la puerta del horno cerrada.
- Desconecte el horno, y
- Desenchufe el cable de alimentación o desconecte la alimentación en el fusible o panel del disyuntor.

### Tenga presente las reglas siguientes en todo momento:

- a. No sobrecocine comidas. Mire siempre el horno. Tenga cuidado si se ponen dentro del horno papeles, plásticos, u otros materiales combustibles para facilitar el cocinado.
  - b. No emplee la cavidad para guardar cosas. No guarde productos combustibles, como por ejemplo pan, galletas, productos de papel, etc. dentro del horno. Si un rayo afecta la línea eléctrica, el horno podría conectarse por sí mismo.
  - c. No emplee anudadores de alambre en el horno. Asegúrese de, inspeccionar los productos comprados para ver que no tengan anudadores y sáquelos antes de poner los artículos en el horno.
4. Este horno debe conectarse a tierra. Conecte sólo a una toma de tierra adecuada. Consulte las "INSTRUCCIONES DE TOMA DE TIERRA" en la página 33.
  5. Instale o sitúe este horno sólo de acuerdo con las instrucciones de instalación provistas.
  6. Algunos artículos tales como huevos en cáscara, agua con aceite o grasa, recipientes cerrados y jarras de vidrio cerradas, por ejemplo, pueden explotar, por lo que no deben calentarse en este horno.
  7. Emplee este horno sólo para lo que está indicado como se describe en este manual. No emplee nunca productos químicos ni vapores corrosivos en este horno. Este tipo de horno está específicamente diseñado para calentar o cocinas comidas, y no está diseñado para aplicaciones industriales ni laboratorios.
  8. Al igual que con otros aparatos, los niños sólo deberán usar el horno bajo supervisión.
  9. No opere el horno si tiene el cable o la clavija dañados, si no funciona correctamente o si ha sufridos daños o caídas.
  10. El servicio de este aparato debe efectuarlo sólo técnicos de servicio cualificados. Póngase en contacto con el centro de servicio autorizado para los exámenes, reparaciones o ajustes.
  11. No cubra ni bloquee las rejillas de ventilación del horno.
  12. No guarde ni emplee este aparato en exteriores.
  13. No emplee este horno cerca de agua, cerca del lavadero de la cocina ni en sótanos húmedos así como tampoco cerca de una piscina.
  14. No sumerja el cable ni la clavija en el agua.
  15. Mantenga el cable apartado de superficies calientes.
  16. No permita que el cable cuelgue por el borde de la mesa o mostrador.
  17. Cuando limpie la puerta y las superficies interiores del horno, emplee sólo jabones o detergentes suaves que no sean abrasivos y aplíquelos con una esponja o paño suave. (Consulte las instrucciones de "Limpieza" de la página 29.)

## GUARDE ESTAS INSTRUCCIONES

# INSTRUCCIONES DE TOMA DE TIERRA ELECTRICA

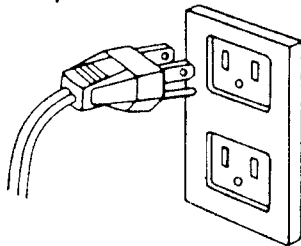


## **PELIGRO**- Peligro de descargas eléctricas

No desmonte este aparato. Si toca ciertos componentes internos, aunque el aparato esté desenchufado, pueden producirse descargas eléctricas que pueden producir daños personales graves o incluso la muerte.

Este aparato debe ponerse a tierra. Si hay un cortocircuito, la toma de tierra reducir el peligro de descargas eléctricas proporcionando un cable de escape para la corriente eléctrica. El aparato está equipado de un cable que tiene un conductor de tierra con clavija de tierra. La clavija debe enchufarse a una toma que esté correctamente instalada y puesta a tierra.

Toma de corriente con toma de tierra y correctamente polarizada



Clavija de tres cuchillas (con toma de tierra)

Consulte a un electricista cualificado si no se entienden bien las instrucciones de puesta a tierra para ver si el aparato está correctamente puesto a tierra.

Se suministra un cable de alimentación corto para reducir el peligro de enredos o de mezclarse con cables más largos.

Los juegos de cables más largos o cables de extensión podrán usarse siguiendo las precauciones siguientes:

- Los valores eléctricos del juego de cables o del cable de extensión deben ser iguales o más altos que los valores eléctricos del aparato.
- El cable de extensión debe ser del tipo de 3 conductores con toma de tierra.
- El cable más largo debe disponerse de modo que no quede suelto encima del mostrador o mesa ni donde niños puedan tirar del mismo o pueda pisarse por accidente.

El cable de alimentación eléctrica deberá mantenerse seco y no deberá pellizcarse ni retorcerse de ningún modo.



## **ADVERTENCIA** - Peligro de descargas eléctricas

El empleo inadecuado de la clavija de tierra puede ocasionar descargas eléctricas. No la enchufe a ninguna toma de corriente hasta que el aparato esté correctamente instalado y puesto a tierra.

## GARANTIA

### **HORNO DE MICROONDAS KENMORE**

#### **GARANTIA PARA TODO UN AÑO**

Durante un período de un año a partir de la fecha de adquisición, si este horno de microondas Kenmore falla debido a un defecto de materiales o de mano de obra, Sears lo reparará sin ningún cargo.

### **MAGNETRON KENMORE**

#### **GARANTIA PARA CINCO AÑOS ENTEROS**

Durante un período de cinco años a partir de la fecha de adquisición, si el magnetron de este horno de microondas Kenmore se avería debido a un defecto de materiales o de mano de obra, Sears lo reparará sin ningún cargo.

La garantía de arriba se aplica sólo a los hornos de microondas que se emplean para aplicaciones privadas en el hogar.

El servicio de garantía está disponible simplemente **PONIENDOSE EN CONTACTO CON LA TIENDA DE SEARS MAS CERCADA O CENTRO DE SERVICIO SEARS** de los Estados Unidos.

Esta garantía se aplica sólo mientras este producto se utiliza en los Estados Unidos.

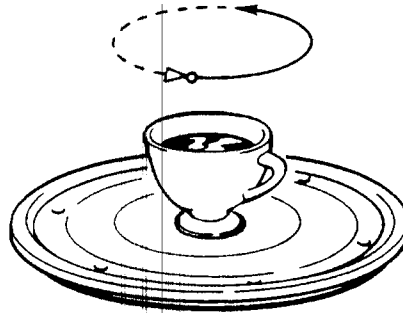
La garantía le proporciona derechos legales específicos y usted puede tener otros derechos que varían según el estado.

**SEARS, ROEBUCK AND CO.,  
DEPT. 817 WA,  
HOFFMAN ESTATES, IL. 60179**

Para el servicio,  
llame al número 1 - 800 - 676 - 5811

## BANDEJA ROTATIVA AUTOMÁTICA

Cuando se completa un ciclo de cocinado, la bandeja rotativa seguirá girando hasta llegar a la misma posición en la que estaba al principio. Sin embargo, si usted abre la puerta, se parará inmediatamente aunque no haya llegado a la posición correcta.

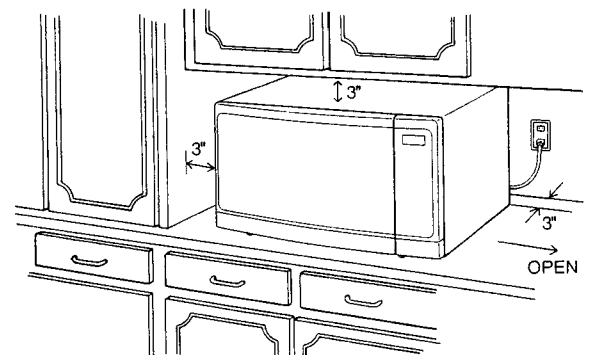


## INSTALACION

Extraiga todos los materiales de embalaje y los accesorios.

Examine el horno para ver si tiene algún daño, como por ejemplo golpes o si la puerta está rota. No instale el horno si está dañado.

- Seleccione una superficie nivelada que proporcione suficiente espacio libre (vea la ilustración de la derecha) para las rejillas de entrada y/o salida.
- Deje una holgura mínima de 3 pulgadas (7,5 cm) por encima del horno.
- No saque las patas de la parte inferior del horno.
- Si se bloquean las aberturas de entrada y/o salida puede dañarse el horno.
- No instale el horno sobre otro horno, cocina de gas ni otro aparato que produzca calor.
- Enchufe el horno en una toma de corriente normal de 120 voltios/60 Hz. Asegúrese de que el circuito eléctrico tenga por lo menos 15 amperios y que su horno de microondas sea el único electrodoméstico en el circuito.

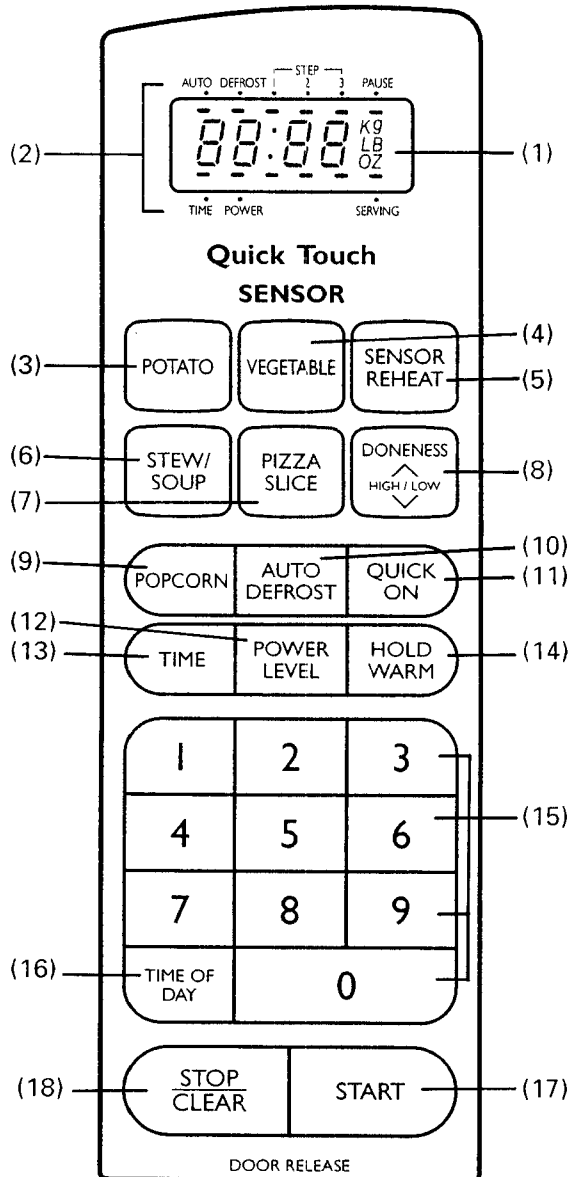


Se requiere una holgura mínima de 3 pulgadas (7,5 cm) entre el horno y cualquier pared adyacente. Un lado debe estar abierto.

### Nota:

Este aparato no está diseñado para 50 Hz ni para ningún circuito que no sea un circuito de 120 voltios CA/60 Hz. Este horno está diseñado para colocarlo encima de una mesa o mostrador solamente. Si se inserta en un mueble o pared se dañaría el producto y se anularía la garantía.

# PANEL DE CONTROLES Y FUNCIONES



## (1) Ventanilla de Indicaciones

Cuenta en segundos de forma regresiva el tiempo de cocinado. Enseña la hora cuando el horno no está en uso.

## (2) Indicadores

### STEP1/ STEP2/ STEP3:

Indicadores de cocinado.

### AUTO/ DEFROST/ PAUSE:

Modalidad de cocinado.

**TIME/ POWER/ SERVING/ LB/ oz** : Una luz destellante indica cuándo seleccionar el tiempo de cocinado, selección de potencia, el peso de la comida, o el número de porciones.

## Teclas del sensor automático (páginas 39 y 15 - 18)

(3) **POTATO** (patatas)

(4) **VEGETABLE** (verduras)

(5) **SENSOR REHEAT** (Recalentado con sensor)

(6) **STEW/SOUP** (Cocido/sopa)

(7) **PIZZA SLICE** (porción de pizza)

(8) **DONENESS <HIGH/LOW>** (Alto/bajo)

## Botones del menú automático

(9) **POPCORN** (palomitas de maíz) {Página 37}

(10) **AUTO DEFROST** (descongelador automático) {Página 38}

(11) **QUICK ON** (cocinando rápidamente) {Página 37}

(12) **POWER LEVEL** (botón del nivel de potencia) {Página 40}

(13) **TIME** (botón del tiempo) {Página 40}

(14) **HOLD WARM** (botón para mantener el calor) {Página 41}

## (15) Botones de números

(16) **TIME OF DAY** (hora del día) {Página 36}

(17) **START** (botón para iniciar)

(18) **STOP/CLEAR** (botón para parar o borrar)

Borra todos los comandos previos si se presiona antes de comenzar a cocinar. Mientras el horno este en uso presione una vez para parar, y dos para parar y borrar los comandos previos.

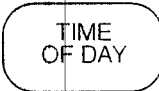




## Sonido de zumbido

Habrá un sonido cuando algún botón del panel de controles sea presionado para indicar que una función ha sido programada.

# AJUSTANDO EL RELOJ

Cuando el horno se enchufa por primera vez o cuando la electricidad vuelva después de ser desconectada, los números del reloj leerán **0:00**. Ajuste el reloj.

## Ejemplo Para ajustar a 3:15 :

1.  Presione **TIME OF DAY**.
2.    Presione **3, 1, y 5**.
3.  Presione **TIME OF DAY**.  
El reloj empieza a contar.



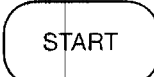
## Recuerde

- Si el reloj (o visualizador) muestran alguna anomalía, desconecte el horno de la salida de corriente CA. Conéctelo nuevamente y reajuste el reloj.

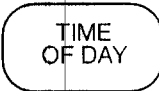

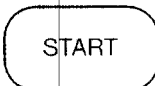
# SEGURO CONTRA NIÑOS

Su horno tiene una función de seguridad para prevenir el uso accidental del horno por un niño. Si el horno es accidentalmente programado para cocinar, el horno no se conectará cuando esta función haya sido programada.

## Para Programar:

1.  Presione **TIME OF DAY**.
2.  Presione **9** cuatro veces.  
4 veces
3.  Presione **START**.  
El indicador **L** se prenderá y la indicación del reloj reaparecerá

## Para Cancelar:

1.  Presione **TIME OF DAY**.
2.  Presione **7** cuatro veces.  
4 veces
3.  Presione **START**.  
El indicador **L** desaparecerá y la indicación del reloj reaparecerá.

# PALOMITAS DE MAIZ AUTOMATICAMENTE

Esta función le permite cocinar una bolsa de palomitas de maíz de 3,5-oz (100-g) ó 3,0-oz (85-g) preempacadas para el microondas de manera fácil y rápida.

## Recomendaciones para cocinar Palomitas de maíz

- La bolsa de las palomitas de maíz debe de estar a temperatura ambiente.
- Coloque solamente una bolsa en el horno a la vez. Siga las instrucciones del paquete. No incremente la cantidad.
- Artículos para facilitar el cocinado de las palomitas no son recomendables para usarse con esta función.

### Ejemplo

Para cocinar una bolsa de palomitas para microondas de 3,5-oz (100-g) :

1.

POPCORN

Presione **POPCORN** una vez. La indicación enseña el tamaño de la bolsa. Seleccione el tamaño como sigue.

Tamaño	Presione <b>POPCORN</b>
3,5 oz (100 g)	una vez
3,0 oz (85 g)	dos veces

2.

START

Presione **START**. La indicación contará el tiempo para cocinarse.

### Recuerde

- Si el tamaño de la bolsa no es de 3,5 oz (100 g) ó de 3,0 oz (85 g) siga las instrucciones del fabricante y no use esta función.
- No deje el horno desatendido mientras las palomitas se cocinan.
- Recuerde de supervisar a los niños cuidadosamente.



### PRECAUCION - Peligro de daños personales

- \* Después de cocinar abra la bolsa cuidadosamente. Las palomitas y el vapor están extremadamente calientes.
- \* No recaliente el maíz que no haya tronado, ni reuse la bolsa. El sobrecalentamiento puede incendiar el horno.
- \* Nunca utilice una bolsa de papel café para cocinar las palomitas.

# COCINANDO RAPIDAMENTE(QUICK ON)

QUICK ON es un botón para ahorrar tiempo. Este control simplificado le permite una programación rápida y poder comenzar a cocinar sin tener que tocar el botón **START**.

Podrá seleccionar 10 posiciones de tiempo de cocinado preajustado (de 30 segundos a 9 minutos) para cocinar al nivel de potencia más alta (**HI**). Un diagrama para cocinar con Quick On aparece en la página 26.

**Cocinado de 30 segundos**  
Para ajustar el cocinado rápido (QUICK ON) a 30 segundos, presione el botón **QUICK ON** y **0**.

### Ejemplo

Para ajustar Quick on y cocinar en dos minutos:

1.

QUICK ON

Presione **QUICK ON**.

2.

2

Presione **2**. El horno comenzará a cocinar y la indicación contará el tiempo para cocinar.

### Recuerde

- Puede abrir la puerta para dejar de cocinar antes de que el tiempo programado se acabe. Para comenzar otra vez, cierre la puerta y presione **START**.

# DESCONGELADO AUTOMÁTICO POR PESO

La función de descongelación automática según el peso hace posible descongelar de forma precisa y uniforme los comestibles congelados de forma automática. Pulse la tecla AUTO DEFROST, e introduzca entonces el peso de los comestibles congelados usando las teclas de los números (peso hasta 5,9 libras). El menú selecciona 1 libra si no se introduce el peso.

## Pausa

Esta característica tiene un mecanismo de pausa incorporado que permite verificar, dar la vuelta, separar o redispone las comidas. Cuando parpadea el indicador PAUSE en el visualizador (y suena 5 veces el tono de pitido), abra la puerta y redispone la comida. Si no abre la puerta durante la pausa, el horno iniciará automáticamente el segundo período de descongelación.


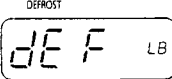

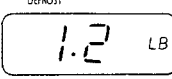


Un diagrama del descongelador automático (Automatic Defrost Chart) aparece en la página 27.

Para la descongelación manual usando el Tiempo de Cocinado vea la página 40.

## Recomendaciones para descongelar

- Revise la comida durante la descongelación.
- Saque la comida congelada de su envoltura original de papel o de plástico. Cuando sea difícil sacar la envoltura, descongele la comida en su envoltura hasta la pausa. Durante la pausa, saque la envoltura.
- Coloque las comidas en un plato compatible con el microondas o una parrilla para asar para el goteo.
- La comida debe de estar algo congelada en el centro cuando sea removida del horno.
- El menú para el Descongelado Automático incluye el tiempo de pausa.
- La comida puede descongelarse en una envoltura de espuma de estirolo.

## Ejemplo Para descongelar 1,2 libras de piezas de pollo:

1. Presione **AUTO DEFROST**.  
  

2. Coloque el peso presionando 1 y 2.  
  

3. Presione **START**. El indicador STEP1 se enciende y aparece el tiempo total de descongelación en el visualizador.  

4. Después de la primera etapa de cocinado, el tono de pitido suena 5 veces. El indicador cambia de STEP1 a STEP2 y parpadea el indicador PAUSE durante 5 segundos. Abra la puerta y separe, redispone o dé la vuelta a la comida.
5. Presione **START** para reanudar la descongelación.  


## Recuerde

- Para programar un peso que sea menor de una libra siempre presione 0 primero. Por ejemplo, para programar 0,2 lb. presione 0 y después 2.
- Solamente un número puede ser programado después de un punto decimal. Si está en duda convierta el número mas bajo.

Tabla de Conversión	
Onzas	Décimas de una libra
1 - 2	0.1
3 - 4	0.2
5	0.3
6 - 7	0.4
8	0.5
9 - 10	0.6
11 - 12	0.7
13	0.8
14 - 15	0.9



# COCINADO CON SENSOR AUTOMATICO

La función de cocinado con sensor automático/recalentado permite la operación de acceso directo para varias comidas. Se incorporan cinco cursos de cocinado.

Al principio de un período de cocinado, el sensor mide el vapor generado por la comida en el horno con el fin de determinar el tiempo correcto de cocinado y el nivel de potencia.

Consulte las páginas 15-18 para ver más información sobre el cocinado con sensor y las recetas de muestra.

## Consejos para el cocinado:

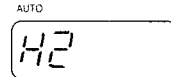
- Cubra la comida con envuelta de plástico, papel encerado o con una tapa de cacerola que se adapte bien. Las cubiertas que no cierran bien pueden hacer que el horno calcule erróneamente el tiempo de cocinado. **(No emplee nunca recipientes de plástico herméticos.)**
- Las cantidades pequeñas de comidas (menos de 4 oz ó 115 g) nunca deben cocinarse usando el sensor automático. Cocínelas con el cocinado por tiempo.
- La temperatura de la sala debe ser de menos de 95°F (35°C).
- Mantenga secos el interior del horno, la bandeja rotativa y el exterior de los recipientes de cocinado. Frote todo lo que se haya derramado. La humedad excesiva en el horno puede causar un cálculo incorrecto del tiempo de cocinado.
- No abra la puerta del horno mientras el visualizador todavía muestre el número del curso seleccionado al principio del cocinado. Durante este período, el sensor del horno mide la cantidad de vapor en el horno para determinar el tiempo de cocinado, que aparece en el visualizador cuando se completa el proceso.

## Ejemplo: Para recalentar 1 porción de comida congelada:

1.

SENSOR REHEAT

Pulse dos veces **SENSOR REHEAT**. El número del curso aparece en el visualizador.



2.

DONENESS HIGH/LOW

Pulse una o dos veces la tecla **DONENESS HIGH/LOW** para el ajuste, si así lo desea.

Pulse una vez para un tiempo de cocinado más largo. Aparecerá el indicador H.

Pulse dos veces para un tiempo de cocinado más corto. Aparecerá el indicador L.

El horno se ajustará automáticamente a cocinado de nivel medio si no se hace ninguna selección.

3.

START

Pulse **START**.

Mientras la pantalla muestra el número del plato seleccionado y/o el grado de cocido, el sensor del horno mide la cantidad de vapor en el horno para determinar el tiempo de cocinado.

Después de que el sensor ha medido el vapor, aparece el tiempo de cocinado en la pantalla. Suena un tono durante 1 segundo y se inicia la cuenta regresiva del tiempo.

## Cursor de cocinado del AUTO SENSOR

Categoría de comida	Pulse la tecla	N.º de curso
SENSOR REHEAT (para recalentar comidas no congeladas)	Una vez	H1
SENSOR REHEAT (para descongelar/ recalentar comidas congeladas)	Dos veces	H2
POTATO (PATATAS)	Una vez	A1
STEW/SOUP (COCIDO/SOPA)	Una vez	A2
VEGETABLE (VERDURAS)	Una vez	A3
PIZZA SLICE (PORCIÓN DE PIZZA)	Una vez	A4

**Teclas DONENESS HIGH/LOW:** El nivel adecuado de cocinado varía según cada individuo. Después de algunas pruebas de cocinado con el sensor automático, aprenderá lo que producen los ajustes para conseguir los mejores resultados para usted.

## Recuerde:

### Si parpadea un mensaje de error (E1 o E2):

- Si se abre la puerta antes de aparecer la cuenta regresiva del tiempo en el visualizador, **E1** parpadeará. Presione dos veces **STOP/CLEAR** y vuelva a empezar usando el cocinado por tiempo. (Las comidas parcialmente cocinadas no pueden seguir cocinándose con el sensor automático.)
- **E2** parpadeará si no se ha enchufado el horno a una toma de corriente durante más de cinco minutos cuando se haya empezado un cocinado con el sensor. Presione dos veces **STOP/CLEAR** y espere 5 minutos para volver a empezar desde el paso 1.

# TIEMPO DE COCINADO

Este método básico para cocinar con el horno de microondas permite cocinar la comida por el tiempo deseado.

Aparte del nivel de potencia máxima, **HI POWER** se puede seleccionar de 9 niveles de poder, **1** (10% de la potencia total) hasta **9** (90% de la potencia total) para las comidas que requieren ser cocinadas más lentamente.

El horno tiene también el nivel de potencia **0** (sin potencia) para poder utilizar el reloj como temporizador de minutos. Para más detalles, consulte la página 41.

Comidas con altas cantidades de humedad deben de ser cocinadas con la máxima potencia y que éste es el modo más rápido y mantiene mejor la textura y sabor de las comidas.

Para comprobar el nivel de potencia mientras el horno este en uso, simplemente oprima **POWER LEVEL**.

El nivel de potencia aparece en la ventanilla de indicaciones.


## Descongelando Manualmente

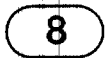
Para descongelar manualmente (sin usar las funciones del descongelador automático) utilice el nivel de potencia 3. Para apresurar la descongelación de comidas densas de más de 1 libra (450 g), se puede comenzar en **HI por 2 minutos** y después reducir al nivel 3.

**Ejemplo** Para cocinar en el nivel 8 por 40 segundos:

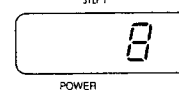
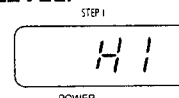
1.  Presione **TIME**.

2.   Programe 40 segundos presionando el **4** y el **0**.

3.  Presione **POWER LEVEL**.

4.  Presione **8** para seleccionar el nivel 8. La indicación enseñara **8**.

5.  Presione **START**.



## Recuerde

- El tiempo para cocinar puede ser programado hasta 99 minutos y 99 segundos.
- Cuando cocine en el nivel **HI**, no efectue los pasos 3 y 4.

## GUIA DE AJUSTE DEL NIVEL DE POTENCIA

Nivel de Potencia	Ejemplos de Cocinado
1	<ul style="list-style-type: none"> <li>• Ablandamiento de queso cremoso y de mantequilla.</li> <li>• Mantener cacerolas y guisados calientes.</li> </ul>
2	<ul style="list-style-type: none"> <li>• Ablandar chocolate y clarificar mantequilla.</li> <li>• Calentar panes, tortas, tacos, tortillas y pan francés.</li> <li>• Sacar el frío de las frutas. Calentar poca comida.</li> </ul>
3	<ul style="list-style-type: none"> <li>• Completar el ciclo de cocinar de cacerolas, guisados y algunas salsas.</li> <li>• Descongelar manualmente.</li> <li>• Desehelar carne, aves y mariscos.</li> </ul>
4	<ul style="list-style-type: none"> <li>• Cocinar piezas de carne no tan suaves en líquidos, o platillos que se cocinen despacio.</li> <li>• Completar el ciclo de cocinar de postres no tan suaves.</li> </ul>
5	<ul style="list-style-type: none"> <li>• Cocinar guisados y sopas después de hervir.</li> <li>• Cocinar flan y pastas.</li> <li>• Cocinar asados, jamón, ternera y cordero.</li> </ul>
6	<ul style="list-style-type: none"> <li>• Cocinar huevos revueltos. Cocinar pasteles.</li> </ul>
7	<ul style="list-style-type: none"> <li>• Cocinado de comidas con queso.</li> </ul>
8	<ul style="list-style-type: none"> <li>• Recalentar rápidamente comidas ya preparadas.</li> <li>• Cocinado de pescado.</li> </ul>
9	<ul style="list-style-type: none"> <li>• Cocinar cebollas, apio, y pimientos rápidamente.</li> <li>• Recalentamiento de arroz y pasta.</li> </ul>
HI	<ul style="list-style-type: none"> <li>• Cocinado de pollo, verduras y platos de carne con verdura.</li> <li>• Precalear un platillo que debe de dorarse. Hervir agua.</li> </ul>



## CONSERVANDO EL CALOR

Esta es una característica apropiada para conservar calientes las comidas tales como cocidos, potajes, etc.

La función para conservar calientes las comidas las conserva calientes durante 100 minutos programados después de haberse terminado el programada de cocinado o hasta que se abre la puerta o se presiona el botón **STOP/CLEAR**.

La característica para conservar calientes las comidas puede usarse con el programa de cocinado por tiempo. Presione **HOLD WARM** y luego repita los pasos para cocinado por tiempo que se muestran en la página anterior.

**Ejemplo** para mantener un cocido caliente:

1.  Presione **HOLD WARM**.
2.  Presione **START**.  
**HOLD** aparecerá en el visualizador.



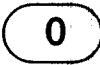


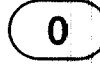
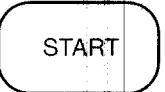
### Recuerde

- No descongele la comida y emplee luego la característica para conservar calientes las comidas, porque se podría echar a perder.

## ALARMA POR MINUTO

La alarma se puede utilizar para otros propósitos aparte del de cocinar.

**Ejemplo** Prográmelo por 3 minutos para llamar por teléfono:

1.  Presione **TIME**.
2.    Presione **3, 0, y 0**.
3.  Presione **POWER LEVEL**.
4.  Presione **0** (nivel de poder 0).
5.  Presione **START**.

## COCINANDO EN ETAPAS MÚLTIPLES

- Usted puede programar hasta 3 etapas de cocinado en secuencia. Para programar 2 ó 3 etapas de cocinado, repita los pasos del 1 a 4 de la página anterior y oprima **START**.
- Utilizando la alarma para la primera etapa, se puede dilatar el tiempo para empezar a cocinar hasta por 99 minutos y 99 segundos.
- Empleando la característica de descongelación automática por el peso para la primera etapa, podrá descongelar primero y podrá programar hasta 3 etapas de cocinado.

# SEARS

## OWNER'S MANUAL

Model No.  
565. 66480

The model number of your microwave oven is found on the inner left side of the control panel.

When requesting service, always provide the following information:

- Product Type
- Model Number
- Serial Number
- Problem Description



## MICROWAVE OVEN

For in-home major brand repair service  
Call 24 hours a day, 7 days a week

**1-800-4-REPAIR**



Para pedir servicio de reparación a domicilio,

Llame 24 horas al día, 7 días a la semana

**1 800-676-5811**

For the location of a  
Sears Repair Service Center in your area  
Call 24 hours a day, 7 days a week

**1-800-488-1222**



For information on purchasing a Sears  
Maintenance Agreement or to inquire  
about an existing Agreement

call 9 am - 5 pm, Monday-Saturday

**1-800-827-6655**



# SEARS REPAIR SERVICES

Sears, Roebuck and Co., Hoffman Estates, IL. 60179, U.S.A.