

# WHIRLPOOL® Microwave Hood Combination

## Models WMH76718 and GMH6185 Quick Reference Guide

### POPCORN (sensor)

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

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

### QUICK DEFROST

1 lb (454 g) automatic defrost:

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

**REHEAT:** Touch REHEAT. Select food item.

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

**COOK:** Touch COOK. Select food item.

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

### BAKED POTATO / POTATO (sensor)

1-4 potatoes (pieces), 10-13 oz (283-369 g) each, similar in size:

Pierce each potato several times with a fork. Place on paper towel, around turntable edges, at least 1" (2.5 cm) apart. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.

### DINNER PLATE (sensor)

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

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

**KIDS MENU:** Touch KIDS MENU. Select food item.

- 1 Canned Pasta** – 1-4 servings (250 mL-1 L):  
Follow directions on package.
- 2 Frozen Pizza** – 1 pizza, about 6 oz (170 g):  
Follow directions on package.
- 3 Frozen Meal** – 8, 10 or 12 oz (227, 283 or 340 g):  
Follow directions on package.
- 4 Hot Dog** – 1-4 hot dogs (pieces):  
Pierce with fork. Place on microwave-safe plate.
- 5 Oatmeal** – 1 or 2 servings:  
Follow directions on package. Use microwave-safe bowl with high sides.
- 6 Chicken Nuggets** – 1 or 2 servings (about 5-6 pieces each):  
Place in single layer on paper towel-lined microwave-safe plate.

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

### SOFTEN

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

### MELT

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

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

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

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**CONVECTION BAKE:** Touch CONVECT BAKE. Select “Auto Convection Bake” or “Manual Convection Bake.”

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Use the provided convection rack and an ovenproof baking dish. See “Accessory Configurations” in the User Instructions.

**NOTE:** Microwave oven cavity, inside of the door, convection rack and baking dish will be hot. Use oven mitts to remove the dish and to handle the hot convection rack.

**AUTO CONVECT BAKE**

Place the convection rack on the turntable. Select food item. Touch START to begin preheat. Place the food in an ovenproof baking dish. After preheat, place the baking dish with food on the convection rack, then touch START to begin baking.

- 1 **Angel Food Cake** – 1 cake: Use large tube pan. Invert pan after baking.
- 2 **Biscuits (regular)** – 1 pan: Use refrigerated dough. Use round cake pan or pizza pan.
- 3 **Biscuits (large)** – 1 pan: Use refrigerated dough. Use round cake pan or pizza pan.
- 4 **Brownies** – 8" x 8" (20.3 x 20.3 cm)
- 5 **Cookies** – 1 pan: Use round pizza pan.
- 6 **Muffins** – 1 pan: Use pan with 6 cups.
- 7 **Pie (fresh)** – 1 pie
- 8 **Pie (frozen)** – 1 pie: Follow directions on package.
- 9 **Rolls (regular)** – 1 pan: Use refrigerated dough. Use round cake pan or pizza pan.

**10 Rolls (large)** – 1 pan: Use refrigerated dough. Use round cake pan or pizza pan.

**11 Yeast Bread** – 1 loaf

**MANUAL CONVECT BAKE**

Use for foods such as cookies, pies, cakes and breads. Use same time as recipe. Allow microwave oven to preheat.

- Place the convection rack on the turntable. Select temperature. Default temperature is 350°F (177°C).

1 – 250°F (121°C)	4 – 350°F (177°C)	7 – 425°F (218°C)
2 – 300°F (149°C)	5 – 375°F (191°C)	8 – 450°F (232°C)
3 – 325°F (163°C)	6 – 400°F (204°C)	
- Touch COOK TIME, and enter time in hours and minutes, up to 4 hours. Default time is 4 hours.
- Touch START to begin preheat. Preheat may be skipped by touching START again.
- After preheat, place baking dish with food on the convection rack, then touch START to begin baking.

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**CONVECTION ROAST:** Touch CONVECT ROAST. Select “Auto Convection Roast” or “Manual Convection Roast.”

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Use the provided convection rack and a microwave-safe, ovenproof baking dish. See “Accessory Configurations” in the User Instructions.

**NOTE:** Microwave oven cavity, inside of the door, convection rack and baking dish will be hot. Use oven mitts to remove the dish and to handle the hot convection rack.

**AUTO CONVECT ROAST**

Place food on convection rack, then place rack with food on the turntable. Place a microwave-safe, ovenproof dish under the rack to catch drippings. Select food item, then touch START to begin roasting. The microwaves will be added automatically at the preset power level.

- 1 **Whole Chicken** – 2.5-4.5 lbs (1.1-2.0 kg): Let stand, covered, for 10 minutes after cooking.
- 2 **Casserole** – 1.5 or 2.0 qt (1.4 or 1.9 L): Let stand 5-10 minutes after cooking.
- 3 **Lasagna** – 8" x 8" (20.3 x 20.3 cm): Let stand 5-10 minutes after cooking.
- 4 **Beef Roast** – 2.0-4.0 lbs (0.9-1.8 kg): Let stand, covered, for 10 minutes after cooking. Preset time is for medium doneness.
- 5 **Thin Crust Pizza (frozen)** – 6"-12" (15.2-30.5 cm): Place pizza directly on convection rack.
- 6 **Thick Crust Pizza (frozen)** – 6"-12" (15.2-30.5 cm): Place pizza directly on convection rack.
- 7 **Turkey Breast** – 2.5-4.5 lbs (1.1-2.0 kg): Let stand, covered, for 10 minutes after cooking.

**MANUAL CONVECT ROAST**

Use for foods such as beef and pork roasts, whole chicken and meat loaf. Decrease time by 10%-20%. Use 30% microwave power for large meats and casseroles. Use 10%-20% microwave power for thin cuts of meat.

- Select temperature. Default temperature is 350°F (177°C).

1 – 250°F (121°C)	4 – 350°F (177°C)	7 – 425°F (218°C)
2 – 300°F (149°C)	5 – 375°F (191°C)	8 – 450°F (232°C)
3 – 325°F (163°C)	6 – 400°F (204°C)	
- Touch COOK TIME, and enter time in hours and minutes, up to 4 hours. Default time is 4 hours.
- Touch COOK POWER, and enter power level, from 10% to 30%. Default power is 30%.
- Touch START to begin preheat. Preheat may be skipped by touching START again.
- After preheat, place baking dish with rack and food on the turntable, then touch START to begin roasting.

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

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Use the provided steamer vessel for this function. See “Accessory Configurations” in the User Instructions.

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

**STEAM**

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

Approximate steam times:

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

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

**SIMMER**

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

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

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