



# Microwave Oven

with Convection and Grill

**Owner's Manual**

JES1290

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**Write the model and serial numbers here:**

**Model #** \_\_\_\_\_

**Serial #** \_\_\_\_\_

You can find them on a label inside the oven.



## IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

**⚠ WARNING!** For your safety, the information in this manual must be followed to minimize the risk of fire or explosion, electric shock, or to prevent property damage, personal injury, or loss of life.

### 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 close properly and that there is no damage to the:
  - (1) door (bent),
  - (2) hinges and latches (broken or loosened),
  - (3) door seals and sealing surfaces.
- (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. Use this appliance only for its intended purpose as described in this Owner's Manual.

- Read and follow the specific precautions in the *Precautions to Avoid Possible Exposure to Excessive Microwave Energy* section above.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the *Grounding Instructions* section on page 5.
- Install or locate this appliance only in accordance with the provided installation instructions.
- This oven must be located at least 3 ft. above floor level.
- Be certain to place the front surface of the door 3" or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- Do not mount this appliance over a sink.
- Do not mount the microwave oven over or near any portion of a heating or cooking appliance.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly or if it has been damaged or dropped. If the power cord is damaged, it must be replaced by General Electric Service or an authorized service agent using a power cord available from General Electric.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- This microwave oven is not approved or tested for marine use.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- Do not let power cord hang over edge of table or counter.
- To reduce the risk of fire in the oven cavity:
  - Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.
  - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
  - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
  - If materials inside the oven ignite, 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. If the door is opened, the fire may spread.
- See door surface cleaning instructions in the *Care and cleaning of the microwave oven* section of this manual.
- This appliance must only be serviced by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.

**SAVE THESE INSTRUCTIONS**

## ⚠ **WARNING!**



### ARCING

If you see arcing, press **CLEAR/OFF** and correct the problem.

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- The metal shelf installed incorrectly so it touches the microwave wall.
- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.



### FOODS

- When microwaving, place all foods and containers on the glass microwave turntable.

#### ■ **SUPERHEATED WATER**

*Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.*

To reduce the risk of injury to persons:

- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks.
- After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.
- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Some products such as whole eggs and sealed containers—for example, closed jars—are able to explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.
- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
- Don’t defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.
- Foods cooked in liquids (such as pasta) may tend to boil more rapidly than foods containing less moisture. Should this occur, refer to the *Care and cleaning of the microwave oven* section for instructions on how to clean the inside of the oven.

# IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

## ⚠ **WARNING!**



### MICROWAVE-SAFE COOKWARE

Make sure to use suitable cookware during microwave cooking. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled “suitable for microwaving.”

- Place food or microwavable container directly on the glass turntable to cook your food.
- Use of the black metal tray during microwave cooking will result in inferior cooking performance.
- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 30–45 seconds at high. If the dish heats, it should not be used for microwaving.

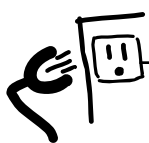
If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.

- Oversized food or oversized metal cookware should not be used in a microwave/convection oven because they increase the risk of electric shock and could cause a fire.
- Sometimes the oven floor, turntable and walls can become too hot to touch. Be careful touching the floor, turntable and walls during and after cooking.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Do not use paper products when the microwave/convection oven is operated in the convection or combination mode.

- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
  - Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
  - “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
  - Use foil only as directed in this guide. TV dinners may be microwaved in foil trays less than 3/4” high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1” away from the sides of the oven.
  - Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials, and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.
  - Use of the shelf accessory:
    - Remove the shelf from the oven when not in use.
    - Use pot holders when handling the shelf and cookware. They may be hot.
    - Be sure that the shelf is positioned properly inside the oven to prevent product damage.
    - Do not cover the shelf or any part of the oven with metal foil. This will cause overheating of the microwave/convection oven.
- Follow these guidelines:*
- 1 Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer’s recommendations.
  - 2 Do not microwave empty containers.
  - 3 Do not permit children to use plastic cookware without complete supervision.

## GRILLING, CONVECTION & COMBINATION SAFETY

- Use the black metal tray when grilling, convection or combination cooking. Use the tray in the same way you would use a shallow baking pan or baking tray. Place food, oven-safe cookware or the rack directly on the black metal tray when cooking.
- Use of the glass turntable when grilling, convection or combination cooking will result in inferior cooking performance.
- Do not cover the black metal tray with metal foil in combination mode. This will cause arcing in the oven.
- Any non-metal, oven-safe dish can be used when combination cooking in the oven. Any oven-safe dish can be used when grilling or convection cooking.
- The oven and door will get hot when grilling, convection or combination cooking.
- Cookware will become hot when grilling, convection or combination cooking. Pot holders or oven mitts will be needed to handle the cookware.
- Do not use paper towels or coverings, containers or cooking/roasting bags made of foil or other reflective material, plastic, wax or paper when grilling, convection or combination cooking.
- Do not place food directly against the top or bottom heating elements.
- Use of the rack:
  - For convection two level baking only.
  - Place dish directly on the rack.
  - Remove the rack from the oven when not in use.
  - Use pot holders or oven mitts when handling the rack. It may be hot.
  - Be sure that the rack is positioned properly inside the oven to prevent product damage.
  - Do not cover the rack or any part of the oven with metal foil. This will cause overheating of the oven.
- During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the top heating element or guard. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.
- Remove cookware completely from the oven before turning food.



## GROUNDING INSTRUCTIONS

**▲ WARNING:** *Improper use of the grounding plug can result in a risk of electric shock.*

This appliance must be grounded. In the event of 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 power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

We do not recommend using an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance. (See *EXTENSION CORDS* section.)

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

# IMPORTANT SAFETY INSTRUCTIONS.

## READ ALL INSTRUCTIONS BEFORE USING.



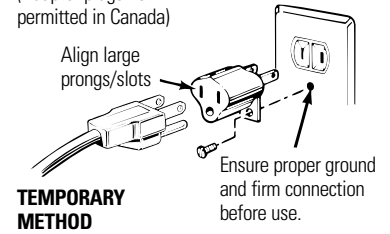
### ADAPTER PLUGS

#### **Usage situations where appliance's power cord will be disconnected infrequently.**

Because of potential safety hazards under certain conditions, **we strongly recommend against the use of an adapter plug.** However, if you still elect to use an adapter, where local codes permit, a **TEMPORARY CONNECTION** may be made to a properly grounded 2-prong wall receptacle by the use of a UL listed adapter which is available at most local hardware stores.

The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

(Adapter plugs not permitted in Canada)



**TEMPORARY METHOD**

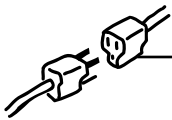
**⚠ CAUTION:** *Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.*

You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to break with repeated use. Should this happen, **DO NOT USE** the appliance until a proper ground has again been established.

#### **Usage situations where appliance's power cord will be disconnected frequently.**

**Do not use an adapter plug** in these situations because frequent disconnection of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the 2-prong wall receptacle replaced with a 3-prong (grounding) receptacle by a qualified electrician before using the appliance.



### EXTENSION CORDS

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if you are careful in using them.

*If an extension cord is used—*

- 1** The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance;
- 2** The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;
- 3** The extension 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 unintentionally.

If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.



**READ AND FOLLOW THIS SAFETY INFORMATION CAREFULLY.**

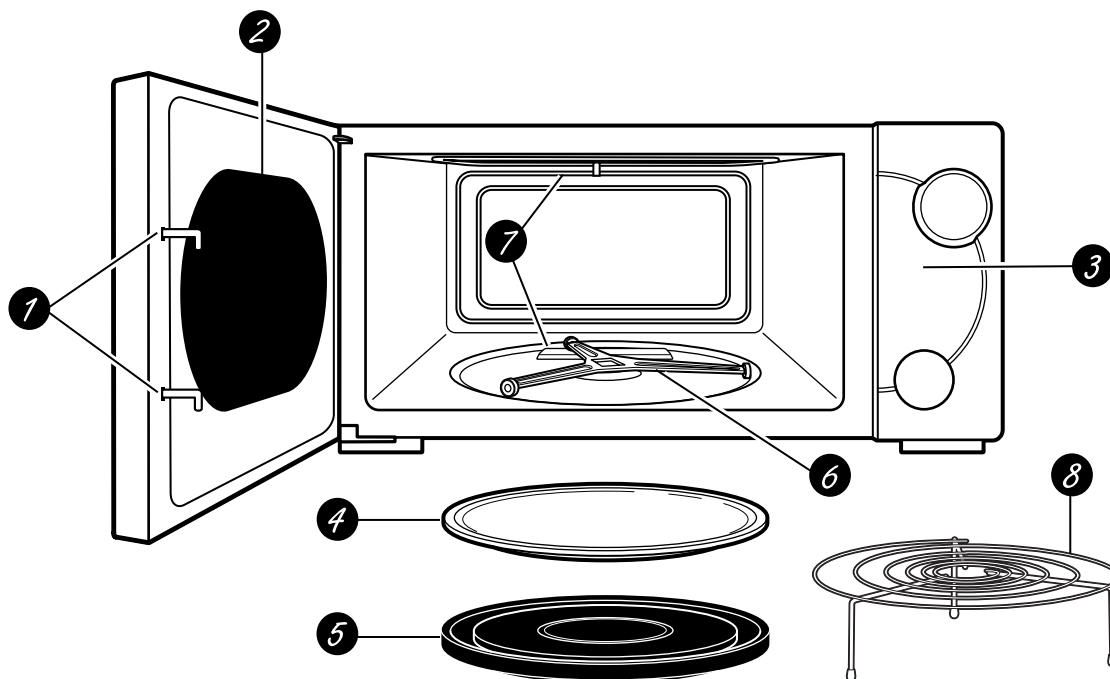
**SAVE THESE INSTRUCTIONS**

# About the features of your oven.

ge.com

Throughout this manual, features and appearance may vary from your model.

1000 Watts



## Features of the Oven

- 1 Door Latches**
- 2 Window with Metal Shield**  
Screen allows cooking to be viewed while keeping microwaves confined in the oven.
- 3 Control Panel and Display**
- 4 Glass Turntable**  
Center the tray on the turntable support when using the microwave features. Place food or microwave-safe cookware directly on the glass turntable.
- 5 Black Metal Tray**  
Put food or appropriate cookware directly on the black metal tray and place on the turntable support when using grilling, convection or combination features.
- 6 Removable Turntable Support**  
The turntable support must be in place when using the oven.  
**NOTE:** Rating plate is located on the front of the microwave, behind the door. Oven vent(s) and oven light are located on the inside walls of the microwave oven.
- 7 Heating Elements**  
Allows you to cook frozen convenience foods, brown already cooked foods quickly on top or grill foods on the top and bottom.
- 8 Rack**  
Used primarily for two level convection baking. Center the rack on the black metal tray. (Do not use when microwave or combination cooking.)

Safety Instructions

Operating Instructions

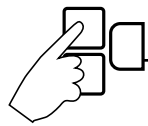
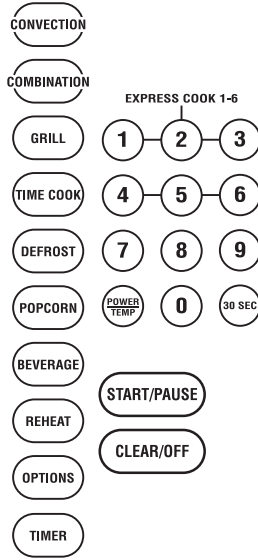
Troubleshooting Tips

Consumer Support



# About the features of your oven.

You can microwave by time, or with the convenience features, or cook using the grilling features.



## Cooking Controls

### 1 Microwave Cooking Time and Auto Feature

Press	Enter and press <b>START</b>	Option
<b>TIME COOK</b>	Amount of cooking time	more/less time
<b>DEFROST</b>		
Press once to <b>AUTO</b>	Food weight	
Press twice to <b>TIME</b>	Amount of defrosting time	
<b>POWER/TEMP</b>	Power level 1–10	
<b>EXPRESS COOK</b>	Starts immediately!	
<b>REHEAT</b>	Food type, serving size	
<b>POPCORN</b>	3.5 oz. or 3 oz.	more/less time
<b>BEVERAGE</b>	4, 8 or 12 oz.	

### 2 Convection Cooking

Press	Enter and press <b>START</b>	Option
<b>CONVECTION</b>	Enter oven temperature and cooking time	with or without preheat more/less time

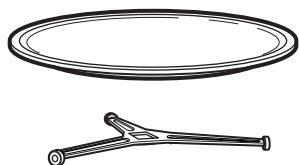
### 3 Combination Cooking (Combi 1 = Microwave and Convection, Combi 2 = Microwave and Grill)

Press	Enter and press <b>START</b>	Option
<b>COMBINATION</b> once (Combi-1)	Enter oven temperature and cooking time	with or without preheat more/less time Microwave power level change
<b>COMBINATION</b> twice (Combi-2)	Enter cooking time	more/less time Microwave and Grill power level change

### 4 Grilling (Grill 1 = Top and Bottom Heat, Grill 2 = Top Heat)

Press	Enter and press <b>START</b>	Option
<b>GRILL</b> once (Grill-1)	Enter time	more/less time
<b>GRILL</b> twice (Grill-2)	Enter time	more/less time

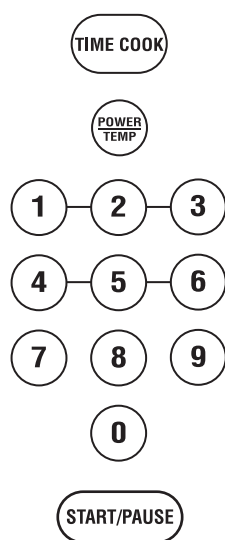




**Make sure the turntable support and glass turntable are in place when microwaving.**

- Place food or microwavable container directly on the glass turntable to cook your food.
- Center the glass turntable on the turntable support.
- Make sure that cookware is suitable for microwaving.

## About changing the microwave power level.



The power level may be entered or changed immediately after entering the time for **Time Cook**, **Combination**, **Time Defrost** or **Express Cook**. The power level may also be changed during time countdown.

- 1** First, follow directions for **Time Cook**, **Time Defrost** or **Express Cook**.
- 2** Press the **POWER/TEMP** button.
- 3** Enter the desired power level 1–10.
- 4** Press the **START/PAUSE** button to start cooking.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. **Power level 7** is microwave energy 70% of the time. **Power level 3** is energy 30% of the time. Most cooking will be done on **High (power level 10)** which gives you 100% power. **Power level 10** will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with **power level 3**—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

*Here are some examples of uses for various power levels:*

**High 10:** Fish, bacon, vegetables, boiling liquids.

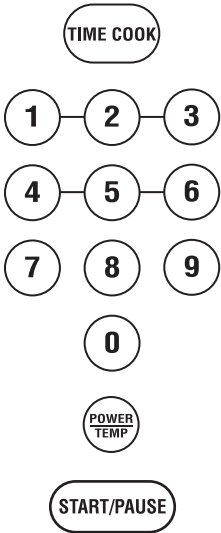
**Med-High 7:** Gentle cooking of meat and poultry; baking casseroles and reheating.

**Medium 5:** Slow cooking and tenderizing for stews and less tender cuts of meat.

**Low 2 or 3:** Defrosting; simmering; delicate sauces.

**Warm 1:** Keeping food warm; softening butter.

## About the time and auto microwave features.



### Time Cook

#### Time Cook I

Allows you to microwave for any time up to 99 minutes.

**Power level 10 (High)** is automatically set, but you may change it for more flexibility.

- 1** Press the **TIME COOK** button.
- 2** Enter cooking time.
- 3** Change power level if you don't want full power. (Press **POWER/TEMP**. Select a desired power level 1–10.)
- 4** Press the **START/PAUSE** button to start cooking.

You may open the door during **Time Cook** to check the food. Close the door and press **START/PAUSE** to resume cooking.

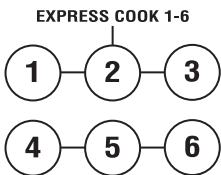
#### Time Cook II

Lets you change power levels automatically during cooking. Here's how to do it:

- 1** Press the **TIME COOK** button.
- 2** Enter cooking time.
- 3** Change the power level if you don't want full power. (Press **POWER LEVEL**. Select a desired power level 1–10.)
- 4** Press the **TIME COOK** button again.
- 5** Enter the second cooking time.
- 6** Change the power level if you don't want full power. (Press **POWER/TEMP**. Select a desired power level 1–10.)
- 7** Press the **START/PAUSE** button to start cooking.

At the end of **Time Cook I**, **Time Cook II** counts down.

**Make sure the turntable support and glass turntable are in place when microwaving.**



### Express Cook

This is a quick way to set and start cooking in one minute blocks each time the **EXPRESS** button is pressed.

The power level will automatically be set at 10 and the oven will start immediately.

The power level can be changed as time is counting down. (Press **POWER/TEMP**. Select a desired power level 1–10.)

**Make sure the turntable support and glass turntable are in place when microwaving.**



### Add 30 Seconds

- Each time the **30 SEC** button is pressed, it will add 30 seconds to any cooking time counting down, until the maximum cooking time is reached.

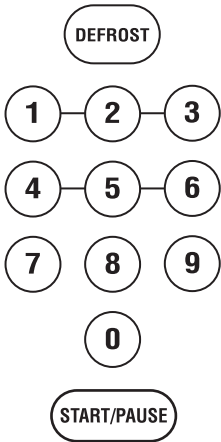
**Make sure the turntable support and glass turntable are in place when microwaving.**

## Cooking Guide for Microwave Time Cook

**NOTE:** Use **High power level (10)** unless otherwise noted.

<b>Vegetable</b>	<b>Amount</b>	<b>Time</b>	<b>Comments</b>
<b>Asparagus</b> (fresh spears)	1 lb.	6 to 9 min., Med-High (7)	In 1½-qt. casserole, place 1/4 cup water.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
<b>Beans</b> (fresh green)	1 lb. cut in half	9 to 11 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
<b>Beets</b> (fresh, whole)	1 bunch	17 to 21 min.	In 2-qt. casserole, place 1/2 cup water.
<b>Broccoli</b> (fresh cut)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	9 to 13 min.	In 2-qt. casserole, place 1/4 cup water.
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Cabbage</b> (fresh)	1 medium head (about 2 lbs.)	8 to 11 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		7 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
<b>Carrots</b> (fresh, sliced)	1 lb.	7 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Cauliflower</b> (flowerets)	1 medium head	9 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	10 to 17 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Corn</b> (frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Corn on the cob</b> (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	5 to 6 min. 3 to 4 min. per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
<b>Mixed vegetables</b> (frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Peas</b> (fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Potatoes</b> (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1-inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	3 to 4 min.	Pierce with cooking fork. Place in the oven, 1" apart, in circular arrangement. Let stand 5 minutes.
<b>Spinach</b> (fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Squash</b> (fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

## About the time and auto microwave features.



### Time Defrost

Use **Time Defrost** to defrost for a selected length of time.

- 1** Press the **DEFROST** button twice.
- 2** Enter the defrosting time.
- 3** Press the **START/PAUSE** button to start defrosting.
- 4** Turn the food over if the oven signals **TURN FOOD OVER**.

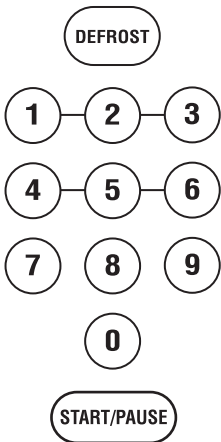
Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. **Power level 7** cuts the total defrosting time in about half; **power level 10** cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at **High** power.

**Make sure the turntable support and glass turntable are in place when microwaving.**

### Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented **AFTER** food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as roasts, use **Auto Defrost**. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.



### Auto Defrost

Use **Auto Defrost** for meat, poultry and fish. Use **Time Defrost** for most other frozen foods.

**Auto Defrost** automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

- Remove meat from package and place on microwave-safe dish.
- 1** Press the **DEFROST** button once.
- 2** Enter the food weight, using the Conversion Guide at right.  
For example, press 1.2 for 1.2 pounds (1 pound, 3 oz.).
- 3** Press the **START/PAUSE** button to start defrosting.
- 4** Turn the food over if the oven signals **TURN FOOD OVER**.
- Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

**Make sure the turntable support and glass turntable are in place when microwaving.**

### Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

**Defrosting Guide**

<b>Food</b>	<b>Time</b>	<b>Comments</b>
<b>Breads, Cakes</b> <i>Bread, buns or rolls (1 piece)</i> <i>Sweet rolls (approx. 12 oz.)</i>	<b>1 min.</b> <b>3 to 5 min.</b>	Rearrange after half the time.
<b>Fish and Seafood</b> <i>Filletts, frozen (1 lb.)</i> <i>Shellfish, small pieces (1 lb.)</i>	<b>6 to 8 min.</b> <b>5 to 7 min.</b>	Place block in casserole. Turn over and break up after half the time.
<b>Fruit</b> <i>Plastic pouch—1 or 2 (10-oz. package)</i>	<b>3 to 6 min.</b>	
<b>Meat</b> <i>Bacon (1 lb.)</i> <i>Franks (1 lb.)</i>  <i>Ground meat (1 lb.)</i> <i>Roast: beef, lamb, veal, pork</i>  <i>Steaks, chops and cutlets</i>	<b>2 to 5 min.</b> <b>2 to 5 min.</b>  <b>5 to 7 min.</b> <b>12 to 16 min.</b> <b>per lb.</b> <b>5 to 7 min.</b> <b>per lb.</b>	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after first half of time. Use <b>power level 10</b> . Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
<b>Poultry</b> <i>Chicken, broiler-fryer, cut up (2½ to 3 lbs.)</i>  <i>Chicken, whole (2½ to 3 lbs.)</i>  <i>Cornish hen</i>  <i>Turkey breast (4 to 6 lbs.)</i>	<b>15 to 19 min.</b>  <b>17 to 21 min.</b>  <b>7 to 13 min.</b> <b>per lb.</b> <b>5 to 9 min.</b> <b>per lb.</b>	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting. Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cold water in the cavity until giblets can be removed. Place unwrapped hen in the oven breast-side-up. Turn over after first half of time. Run cool water in the cavity until giblets can be removed. Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

## About the convenience microwave features.

### POPCORN

Use only with prepackaged microwave popcorn weighing 3.0 to 3.5 ounces.

### Popcorn

**Make sure the turntable support and glass turntable are in place when microwaving.**

To use the **Popcorn** feature:

- 1** Follow package instructions, using **Time Cook** if the package is less than 3.0 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
- 2** Press the **POPCORN** button once or twice. The oven starts immediately.  
Press once for a regular size (3.5 oz.) bag of popcorn.  
Press twice for a smaller size (3.0 oz.) bag of popcorn.

If you open the door while **POPCORN** is displayed, **PAUSE** will appear. Close the door, press **START/PAUSE** to resume cooking **OR** press **CLEAR/OFF** to cancel the popcorn feature.

If food is undercooked after the countdown, use **Time Cook** for additional cooking time.

#### To add time:

Immediately after oven starts, press 9 to add 20 seconds.

#### To subtract time:

Immediately after oven starts, press 1 to subtract 20 seconds.

### BEVERAGE

### Beverage

**Make sure the turntable support and glass turntable are in place when microwaving.**

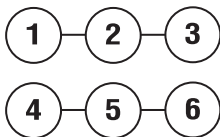
To use the **Beverage** feature:

- 1** Press **BEVERAGE**.
- 2** The serving size is automatically set at 4 ounces, but can be changed by pressing **BEVERAGE** to select 8 or 12 ounces. Pressing twice selects 8 ounces and pressing three times selects 12 ounces. The oven starts immediately.

**Drinks heated with the Beverage feature may be very hot. Remove the container with care.**

If beverage is not hot enough after the countdown, use **Time Cook** for additional heating time.

### REHEAT



### START/PAUSE

### Reheat

**Make sure the turntable support and glass turntable are in place when microwaving.**

The **Reheat** feature reheats 1–6 servings of many previously cooked foods.

- 1** Press **REHEAT**.
- 2** Select food type 1–6. (See *Reheat Guide* below).

- 3** Select serving size 1–3.

- 4** Press **START**.

**NOTE:** Serving size cannot be changed during cooking.

### Reheat Guide

Food Type	Comments
<b>1. Meats</b>	Cover with lid or vented plastic wrap.
<b>2. Pasta</b>	Cover with lid or vented plastic wrap.
<b>3. Pizza slices</b>	Do not cover.
<b>4. Plate of leftovers</b>	Cover with lid or vented plastic wrap.
<b>5. Sauce</b>	Cover with lid or vented plastic wrap.
<b>6. Vegetables</b>	Cover with lid or vented plastic wrap.

## About the convection features.

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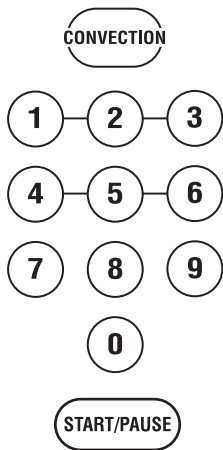
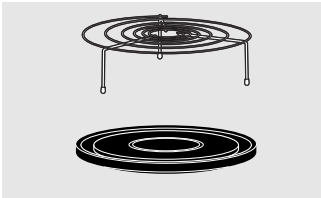
Convection cooking uses a heating element to raise the temperature of the air inside the oven. Any oven temperature from 250°F to 450°F may be set, in increments of 5°F. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

See the *Cookware Tips* section for information on suggested cookware.

### For Best Results...

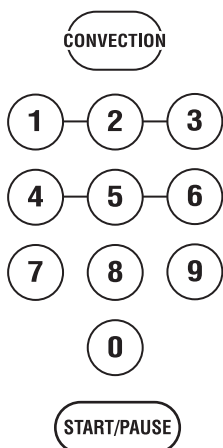
Use the rack only when doing two level baking. Otherwise, place food or oven-safe dish directly on metal tray.



### Convection Time Cook with Preheat

- 1 Press the **CONVECTION** button.
- 2 Enter the desired oven temperature between 250°F and 450°F. Do not enter convection cook time now. (The cook time will be entered later, after the oven is preheated.)
- 3 Press the **START/PAUSE** button to start preheating.
- 4 When the oven is preheated, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically.
- 5 Open the oven door and, using caution, place the food in the oven.
- 6 Close the oven door. Enter the cook time and press **START/PAUSE** to start cooking.
- 7 When cooking is complete, the oven will signal and turn off.

**Make sure the turntable support and black metal tray are in place.**



### Convection Time Cook without Preheating

- 1 If your recipe does not require preheating, press the **CONVECTION** button.
- 2 Enter the desired oven temperature between 250°F and 450°F.
- 3 Enter the cook time.
- 4 Press the **START/PAUSE** button to start the oven.

**Make sure the turntable support and black metal tray are in place.**



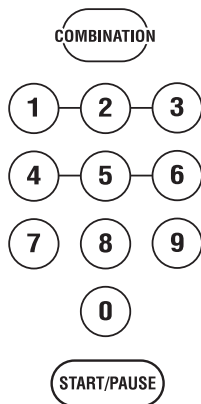
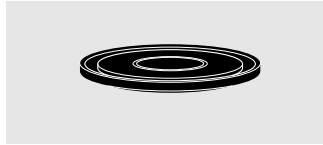
## Using the combination 1 (microwave and convection) features.

**Combination 1 Cooking** offers the best features of microwave energy and convection cooking. Microwaves cook food fast and convection circulation of heated air browns foods beautifully. Any oven temperature from 250°F to 450°F may be set, in increments of 5°F.

**⚠ CAUTION:** When using the combination features, remember that the oven, door and dishes will be very hot!

- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food or oven-safe cookware directly on the black metal tray when cooking.
- Make sure food is cooked all the way through before browning.
- Use the black metal tray in the same way you would use a shallow baking pan or baking tray.
- In addition to the cookware provided, you can use non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the black metal tray.
- Be sure to select a size that will rotate easily.
- Place the black metal tray directly on the turntable support.
- Do not use cookware or coverings made of paper, plastic or foil when using the combination features.

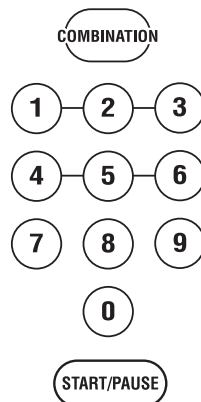
See the *Cookware Tips* section for information on suggested cookware.



### Combination 1 Time Cooking with Preheat

- 1** Press the **COMBINATION** button. **COMBI-1** will be displayed.
- 2** Enter the desired oven temperature between 250°F and 450°F. Do not enter combination cook time now. (The cook time will be entered later, after the oven is preheated.)
- 3** Press the **START/PAUSE** button to start preheating.
- 4** When the oven is preheated, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically.
- 5** Open the oven door and, using caution, place the food in the oven.
- 6** Close the oven door. Enter the cook time. Enter whole minutes. Press the **START/PAUSE** button to start cooking.
- 7** When cooking is complete, the oven will signal and turn off.

**Make sure the turntable support and black metal tray are in place.**



### Combination 1 Time Cooking without Preheat

- 1** If your recipe does not require preheating, press the **COMBINATION** button.
  - 2** Enter the desired oven temperature between 250°F and 450°F.
  - 3** Enter the cook time.
  - 4** Press the **START/PAUSE** button to start the oven.
- NOTE:**
- Some recipes call for preheating.
  - Check the *Cookware Tips* section for correct cookware when **Combination Cooking**.
  - Do not use metal cookware when **Combination Cooking**.
  - Place meat on a trivet in a glass dish to collect juices and prevent spattering. For foods that are too tall to fit in the oven, you can leave out the trivet.
  - For best roasting and browning results, whole roasts should be cooked in a glass dish placed directly on the oven shelf.

**Make sure the turntable support and black metal tray are in place.**

## Using the combination 2 (microwave and grill) features.

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**Make sure the turntable support and black metal tray are in place when using the Combination 2 feature.**

The grilling features use a combination of microwave and heat from the top and bottom elements to cook food evenly throughout.

**CAUTION:** *When using the combination features, remember that the oven, door and dishes will be very hot!*

- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food and oven-safe cookware directly on the black metal tray when cooking.

- Use the black metal tray in the same way you would use a shallow baking pan or baking tray.
- In addition to the cookware provided, you can use non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the black metal tray.
- Be sure to select a size that will rotate easily.
- Place the black metal tray directly on the turntable support.
- Do not use cookware or coverings made of paper, plastic or foil when using the combination features.

### Setting a Combination 2 (Microwave and Grill) Program

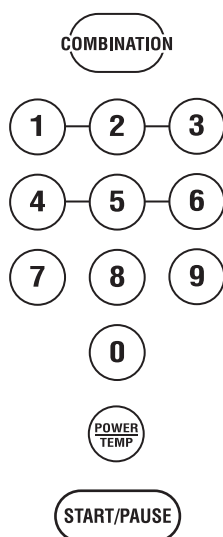
**Make sure the turntable support and black metal tray are in place when using the Combination 2 feature.**

- 1** Press **COMBINATION** twice to select Combi-2.
- 2** Enter the desired cooking time. Enter whole minutes.
- 3** Change the power level for both Microwave and Grill. Microwave is set to PL-4 and can be adjusted from 1-4. Grill is set at Grill-1, but can be changed to Grill-2. (Press **POWER/TEMP** to select desired power level for each feature.)
- 4** Press **START**.

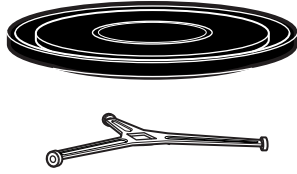
**When the oven stops, use oven mitts to carefully remove the dish or black metal tray. It may be very hot.**

**During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the cooking elements. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.**

**Remove cookware completely from the oven before turning food.**



## Using the grill feature.



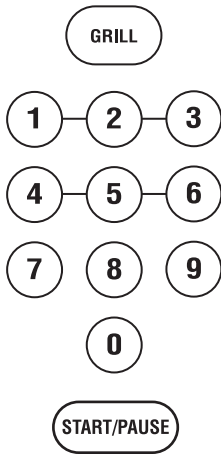
**Make sure the turntable support and black metal tray are in place when grilling.**

The grilling features use direct heat from the top and bottom elements to cook fresh and frozen foods.

**⚠ CAUTION:** *When using the grilling features, remember that the oven, door and dishes will be very hot!*

- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food or oven-safe cookware directly on the black metal tray when cooking.
- Use the black metal tray in the same way you would use a shallow baking pan or baking tray.

- In addition to the cookware provided, you can use non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the black metal tray.
- Be sure to select a size that will rotate easily.
- Place the black metal tray directly on the turntable support.
- Do not use cookware or coverings made of paper, plastic or foil when using the grilling features.



### Setting a Grilling Program

**Make sure the turntable support and black metal tray are in place when grilling.**

- 1** Press **GRILL** one time. **GRILL-1** will be displayed. This cooking mode grills foods using top and bottom heaters.
- 2** Enter grilling time in whole minutes.
- 3** Press **START**.

**OR**

- 1** Press **GRILL** two times. **GRILL-2** will be displayed. This cooking mode grills foods using only the top-heating element.
- 2** Enter grilling time in whole minutes.
- 3** Press **START**.

**When the oven stops, use oven mitts to carefully remove the dish or black metal tray. It may be very hot.**

**During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the cooking elements. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.**

**Remove cookware completely from the oven before turning food.**

# Best cooking methods.

Use this chart as a guide to cooking common foods.

## GRILL 1 (Uses both the Top and Bottom Heaters)

Food Type	Serving Size	Cooking Time	Options/Comments
Boneless Chicken Breasts	2 large (6–7 oz. each)	20 min.	Sprinkle with seasoning. Turn over after 13 min.
Boneless Pork Chops	2 (4–5 oz. each)	16 min.	Sprinkle with seasoning. Turn over after 8 min.
Rib Eye Steaks (Medium)	2 (3/4" thick)	15 min.	Sprinkle with seasoning. Turn over after 12 min.
Strip Steaks (Medium)	2 (1/2"–3/4" thick)	17 min.	Sprinkle with seasoning. Turn over after 12 min.
Filet Mignon (Medium)	2 (1–1 1/4" thick)	19 min.	Sprinkle with seasoning. Turn over after 12 min.
Hamburger Patties	2 (4 oz. each)	15 min.	Sprinkle with seasoning. Turn over after 10 min.
Salmon Filets	2 (5–6 oz. each)	13 min.	
Shrimp	1/2 lb.	9 min.	
Pizza (Frozen), Regular Crust	12" pizza	19 min.	
Pizza (Frozen), Rising Crust	12" pizza	25 min.	
Pizza (Frozen), Deep Dish Singles	2 pizzas	20 min.	
Grilled Cheese Sandwich	2 sandwiches	10 min.	Turn over after 7 min.

## GRILL 2 (Uses the Top Heater Only)

Food Type	Serving Size	Cooking Time	Options/Comments
Cheese Sticks (Frozen)	2 servings (4 sticks)	11 min.	Place food in star pattern on tray.

## COMBI 1 (Uses both Microwave Power and Convection Heat)

Food Type	Serving Size	Cooking Time	Options/Comments
Baked Potatoes	8–10 oz. each	30 min.	Preheat oven to 400°F; use default Microwave PL4.
Whole Chicken	3.5–4 lbs.	55 min.	Preheat oven to 375°F; use default Microwave PL4.

## COMBI 2 (Uses both Microwave Power and Grill Heaters)

Food Type	Serving Size	Cooking Time	Options/Comments
Fish Sticks (Frozen)	2 servings (12 fish sticks)	5 min.	Use Microwave PL3, Grill 1; place food in star pattern.
Chicken Nuggets (Frozen)	2 servings (10 nuggets)	3 min.	Use Microwave PL4, Grill 1.
Crinkle-cut Fries (Frozen)	2 servings	10 min.	Use Microwave PL3, Grill 1.
Potato Nuggets (Frozen)	2 servings (18 nuggets)	8 min.	Use Microwave PL3, Grill 1.
Burritos (Frozen)	2 burritos	9 min.	Use Microwave PL2, Grill 1.
Bagel Bites (Frozen)	8 pieces	4 min.	Use Microwave PL3, Grill 1.

## Cookware tips.

### Convection Cooking

**Metal Pans** are recommended for all types of baked products, but especially where browning or crusting is important.

Dark or dull finish metal pans are best for breads and pies because they absorb heat and produce crisper crust.

Shiny aluminum pans are better for cakes, cookies or muffins because these pans reflect heat and help produce a light tender crust.

**Glass or Glass-Ceramic** casserole or baking dishes are best suited for egg and cheese recipes due to the cleanability of glass.

### Combination Cooking

**Glass or Glass-Ceramic** baking containers are recommended. Be sure not to use items with metal trim as it may cause arcing (sparking) with oven wall or oven shelf, damaging the cookware, the shelf or the oven.

**Heat-Resistant Plastic** microwave cookware (safe to 450°F) may be used, but it is not recommended for foods requiring crusting or all-around browning, because the plastic is a poor conductor of heat.

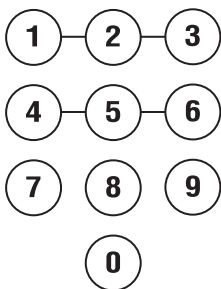
<b>Cookware</b>	<b>Microwave</b>	<b>Convection</b>	<b>Grill</b>	<b>Combination</b>
<b>Heat-Resistant Glass, Glass-Ceramic</b> (Pyrex®, Fire King®, Corning Ware®, etc.)	Yes	Yes	Yes	Yes
<b>Metal</b>	No	Yes	Yes	No
<b>Non Heat-Resistant Glass</b>	No	No	No	No
<b>Microwave-Safe Plastics</b>	Yes	No	No	Yes*
<b>Plastic Films and Wraps</b>	Yes	No	No	No
<b>Paper Products</b>	Yes	No	No	No
<b>Straw, Wicker and Wood</b>	Yes	No	No	No

\*Use only microwave cookware that is safe to 450°F.

## Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display **FOOD IS READY** and beep once a minute until you either open the oven door or press **CLEAR/OFF**.

OPTIONS



## Clock

Press to enter the time of day.

- 1 Press **OPTIONS**.
- 2 Enter 2 to select **Clock Set**.
- 3 Set the time.
- 4 Press **OPTIONS** to set the clock.

## Start/Pause

START/PAUSE

In addition to starting many functions, **START/PAUSE** allows you to stop cooking without opening the door or clearing the display. Press **START/PAUSE** to restart the oven.

## Child Lock-Out

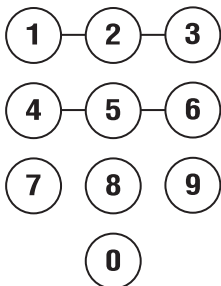
CLEAR/OFF

You may lock the control panel to prevent the microwave oven from being accidentally started or used by children.

To lock or unlock the controls, press and hold **CLEAR/OFF** for about 3 seconds. When the control panel is locked, **LOCKED** will be displayed briefly. While locked, **L** will be in the display.

## Timer

TIMER



**Timer** operates as a minute timer when the oven is not operating.

- 1 Press **TIMER**.
- 2 Enter the time.
- 3 Press **TIMER**.

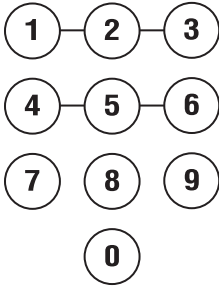
When time is up, the oven will signal.

Press **TIMER** to cancel the timer.

**NOTE:** The Timer indicator will be lit while the timer is operating.

## About the other features.

OPTIONS



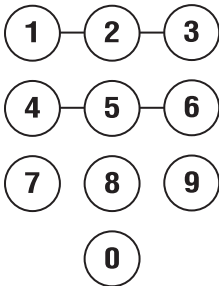
### Beeper Volume

The beeper sound level can be adjusted.

- 1** Press **OPTIONS**.
- 2** Enter 1 to select **Beeper Volume**.
- 3** Select the volume.  
0 = Mute, 1 = Low, 2 = Norm, 3 = Loud

**NOTE:** The **MUTE** indicator will be lit when the button beep is turned **OFF**.

OPTIONS

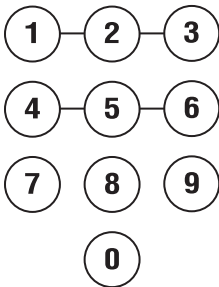


### Display On/Off

To turn the clock display on or off:

- 1** Press **OPTIONS**.
- 2** Enter 3 to select **DISPLAY ON/OFF**.
- 3** Select one of the following:  
1 = ON or 0 = OFF

OPTIONS



### Display Speed

The scroll speed of the display can be changed.

- 1** Press **OPTIONS**.
- 2** Enter 4 to select **Display Speed**.
- 3** Select one of the following:  
1 = SLOW, 2 = MSLOW, 3 = NORM,  
4 = MFAST, 5 = FAST

CLEAR/OFF

### Clear/Off

Press the **CLEAR/OFF** button to stop and cancel cooking at any time.



<b>Term</b>	<b>Definition</b>
<b>Arcing</b>	Arcing is the microwave term for sparks in the oven. Arcing is caused by: <ul style="list-style-type: none"><li>■ the metal shelf being installed incorrectly and touching the microwave walls.</li><li>■ metal or foil touching the side of the oven.</li><li>■ foil that is not molded to food (upturned edges act like antennas).</li><li>■ metal such as twist-ties, poultry pins, gold-rimmed dishes.</li><li>■ recycled paper towels containing small metal pieces.</li></ul>
<b>Covering</b>	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
<b>Shielding</b>	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
<b>Standing Time</b>	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
<b>Venting</b>	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

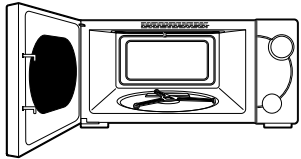
## Care and cleaning of the microwave oven.



### Helpful Hints

An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

*Unplug the cord before cleaning any part of this oven.*



### How to Clean the Inside

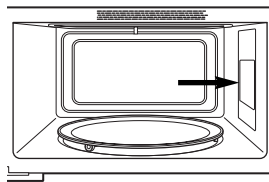
#### **Walls, Floor, Inside Window, Heating Elements, Metal and Plastic Parts on the Door**

Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

*To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.*

*Never use a commercial oven cleaner on any part of your microwave oven.*

*The heating elements cannot be removed.*



*Do not touch, clean or attempt to remove the protective cover on the side wall.*

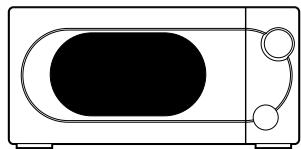
#### **Glass Microwave Turntable, Black Metal Tray and Turntable Support**

To prevent breakage, allow the glass microwave turntable and black metal tray to cool completely before cleaning. Wash carefully in warm, sudsy water or in the dishwasher.

A soap-filled scouring pad can also be used to clean the black metal tray. Do not use abrasives, as they may damage the finish.

#### **Rack**

Clean with mild soap and water or in the dishwasher. **Do not clean in a self-cleaning oven.**



### How to Clean the Outside

*Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave oven.*

#### **Case**

Clean the outside of the microwave oven with a sudsy cloth. Rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth.

#### **Control Panel and Door**

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

#### **Stainless Steel Surfaces**

Do not use a steel-wool pad; it will scratch the surface.

To clean the stainless steel surface, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry clean cloth. Always scrub lightly in the direction of the grain.

#### **Door Surface**

It is important to keep the area clean where the door seals against the microwave oven. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

#### **Power Cord**

If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

<b>Problem</b>	<b>Possible Causes</b>	<b>What To Do</b>
<b>Oven will not start</b>	A fuse in your home may be blown or the circuit breaker tripped.	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	• Open the door and close securely.
<b>Control panel lighted, yet oven will not start</b>	Door not securely closed.	• Open the door and close securely.
	<b>START</b> not pressed after entering cooking selection.	• Press <b>START</b> .
	Another selection entered already in oven and <b>CLEAR/OFF</b> not pressed to cancel it.	• Press <b>CLEAR/OFF</b> .
<b>Microwave oven controls will not work</b>	Food weight not entered after selecting <b>AUTO DEFROST</b> .	• Make sure you have entered food weight after selecting <b>AUTO DEFROST</b> .
<b>Microwave oven controls will not work</b>	The control has been locked. (When the control panel is locked, <b>L</b> will be in the display.)	• Press and hold <b>CLEAR/OFF</b> for about 3 seconds to unlock the control.

### Things That Are Normal With Your Microwave Oven

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.

**Notes.**

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***Safety Instructions***

***Operating Instructions***

***Troubleshooting Tips***

***Consumer Support***

**Notes.**

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**Notes.**

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***Safety Instructions***

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## GE Service Protection Plus™

GE, a name recognized worldwide for quality and dependability, offers you Service Protection Plus™—comprehensive protection on all your appliances—**No Matter What Brand!**

**Benefits Include:**

- Backed by GE
- All brands covered
- Unlimited service calls
- All parts and labor costs included
- No out-of-pocket expenses
- No hidden deductibles
- One 800 number to call

***We'll Cover Any Appliance.  
Anywhere. Anytime.\****

You will be completely satisfied with our service protection or you may request your money back on the remaining value of your contract. No questions asked. It's that simple.

Protect your refrigerator, dishwasher, washer and dryer, range, TV, VCR and much more—**any brand!** Plus there's no extra charge for emergency service and low monthly financing is available. Even icemaker coverage and food spoilage protection is offered. You can rest easy, knowing that all your valuable household products are protected against expensive repairs.

Place your confidence in GE and call us in the U.S. toll-free at **800.626.2224** for more information.

\*All brands covered, up to 20 years old, in the continental U.S.



Please place in envelope and mail to:

***General Electric Company***  
**Warranty Registration Department**  
**P.O. Box 32150**  
**Louisville, KY 40232-2150**



# Consumer Product Ownership Registration

Dear Customer:

Thank you for purchasing our product and thank you for placing your confidence in us.

We are proud to have you as a customer!

Follow these three steps to protect your new appliance investment:

# 1

**Complete and mail your Consumer Product Ownership Registration today.** Have the peace of mind of knowing we can contact you in the unlikely event of a safety modification.

# 2

After mailing the registration below, store this document in a safe place. It contains information you will need should you require service. Our service number is 800.GE.CARES (800.432.2737).

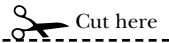
# 3

Read your Owner's Manual carefully. It will help you operate your new appliance properly.

Model Number

Serial Number

**Important: If you did not get a registration card with your product, detach and return the form below to ensure that your product is registered, or register online at ge.com.**



## Consumer Product Ownership Registration



Model Number

Serial Number

Mr.  Ms.  Mrs.  Miss

First Name

Last Name

Street Address

Apt. #

E-mail Address\*

City

State

Zip Code

Date Placed In Use  
Month

Day

Year

Phone Number  -  -



**GE Consumer & Industrial**  
Appliances  
General Electric Company  
Louisville, KY 40225  
ge.com

\* Please provide your e-mail address to receive, via e-mail, discounts, special offers and other important communications from GE Appliances (GEA).

Check here if you do not want to receive communications from GEA's carefully selected partners.

**FAILURE TO COMPLETE AND RETURN THIS CARD DOES NOT DIMINISH YOUR WARRANTY RIGHTS.**

For more information about GEA's privacy and data usage policy, go to ge.com and click on "Privacy Policy" or call 800.626.2224.

# GE Microwave Oven Warranty.



All warranty service provided by our Factory Service Centers, or an authorized Customer Care® technician. To schedule service, on-line, 24 hours a day, visit us at [ge.com](http://ge.com), or call 800.GE.CARES (800.432.2737). Please have serial and model numbers available when calling for service.

Staple your receipt here. Proof of the original purchase date is needed to obtain service under the warranty.

<b>For The Period Of:</b>	<b>GE Will Replace:</b>
<p><b>One Year</b> From the date of the original purchase</p>	<p><b>Any part</b> of the microwave oven which fails due to a defect in materials or workmanship. During this <b>limited one-year warranty</b>, GE will also provide, <b>free of charge</b>, all labor and related service to replace the defective part.</p>

**For the above limited warranty:** To avoid any trip charges, you must take the microwave oven to a General Electric Customer Care® servicer and pick it up following service. In-home service is also available, but you must pay for the service technician's travel costs to your home.

## What GE Will Not Cover:

- Service trips to your home to teach you how to use the product.
- Improper installation, delivery or maintenance.
- Product not accessible to provide required service.
- Failure of the product or damage to the product if it is abused, misused (for example, cavity arcing from wire rack or metal/foil), or used for other than the intended purpose or used commercially.
- Replacement of house fuses or resetting of circuit breakers.
- Damage to the product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.
- Damage caused after delivery.

**EXCLUSION OF IMPLIED WARRANTIES—Your sole and exclusive remedy is product repair as provided in this Limited Warranty. Any implied warranties, including the implied warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law.**

This warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA. If the product is located in an area where service by a GE Authorized Servicer is not available, you may be responsible for a trip charge or you may be required to bring the product to an Authorized GE Service Location for service. In Alaska, the warranty excludes the service calls to your home.

Some states do not allow the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are, consult your local or state consumer affairs office or your state's Attorney General.

**Warrantor: General Electric Company, Louisville, KY 40225**

## Consumer Support.

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### *GE Appliances Website*

**ge.com**

Have a question or need assistance with your appliance? Try the GE Appliances Website 24 hours a day, any day of the year! For greater convenience and faster service, you can now download Owner's Manuals, order parts, catalogs, or even schedule service on-line. You can also "Ask Our Team of Experts™" your questions, and so much more...



### *Schedule Service*

**ge.com**

Expert GE repair service is only one step away from your door. Get on-line and schedule your service at your convenience 24 hours any day of the year! Or call 800.GE.CARES (800.432.2737) during normal business hours.



### *Real Life Design Studio*

**ge.com**

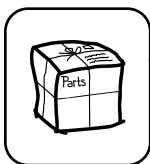
GE supports the Universal Design concept—products, services and environments that can be used by people of all ages, sizes and capabilities. We recognize the need to design for a wide range of physical and mental abilities and impairments. For details of GE's Universal Design applications, including kitchen design ideas for people with disabilities, check out our Website today. For the hearing impaired, please call 800.TDD.GEAC (800.833.4322).



### *Extended Warranties*

**ge.com**

Purchase a GE extended warranty and learn about special discounts that are available while your warranty is still in effect. You can purchase it on-line anytime, or call 800.626.2224 during normal business hours. GE Consumer Home Services will still be there after your warranty expires.

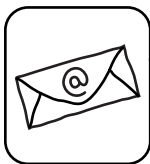


### *Parts and Accessories*

**ge.com**

Individuals qualified to service their own appliances can have parts or accessories sent directly to their homes (VISA, MasterCard, and Discover cards are accepted). Order on-line today, 24 hours every day or by phone at 800.626.2002 during normal business hours.

***Instructions contained in this manual cover procedures to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.***



### *Contact Us*

**ge.com**

If you are not satisfied with the service you receive from GE, contact us on our Website with all the details including your phone number, or write to: General Manager, Customer Relations  
GE Appliances, Appliance Park  
Louisville, KY 40225



### *Register Your Appliance*

**ge.com**

**Register your new appliance on-line—at your convenience!** Timely product registration will allow for enhanced communication and prompt service under the terms of your warranty, should the need arise. You may also mail in the pre-printed registration card included in the packing material.