

	_
A Note To You	2
Important Safety Instructions	3
Getting Acquainted	5
Using Your Microwave Oven 1	10
Caring For Your Microwave Oven 2	25
How Your Microwave Oven Works 2	26
Operating Safety Precautions 2	27
Cooking Guide 3	31
Questions And Answers 3	33
If You Need Assistance Or Service 3	34
	36
1-800-253-1301 Call us with questions or comments.	i

UPPER MICROWAVE OVEN

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



A NOTE TO YOU

A Note To You

Thank you for buying a Whirlpool appliance.

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

Your safety is important to us.

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

AWARNING

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

ACAUTION

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

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

If you ever have a question concerning your appliance's operation, or if you need service, first see "If You Need Assistance Or Service" on page 34. If you need further help, feel free to call our Consumer Assistance Center. When calling, you will need to know your appliance's complete model number and serial number. You can find this information on the model and serial number plate (see diagram in Lower Oven Use and Care Guide). For your convenience, we have included a handy place below for you to record these numbers, the purchase date from the sales slip and your dealer's name and telephone number. Keep this book and the sales slip together in a safe place for future reference.

Model Number _____

Dealer Name	
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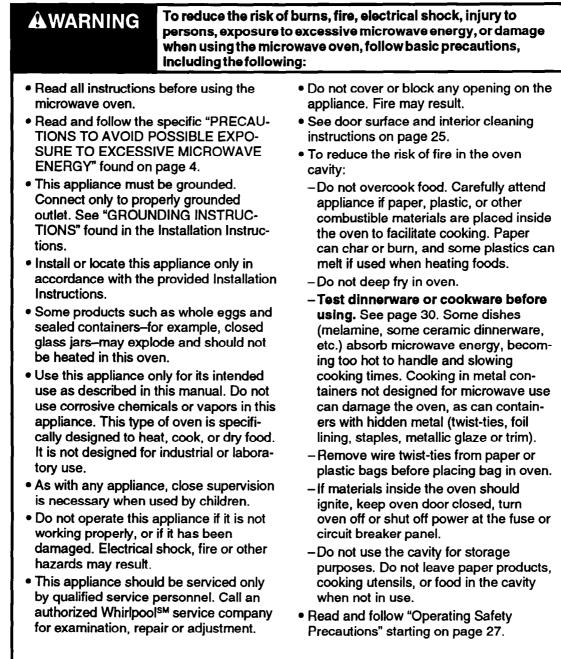
Serial Number_____

Purchase Date _____

Dealer Phone		
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Important Safety Instructions

Microwave ovens have been thoroughly tested for safe and efficient operation. However, as with any appliance, there are special installation and safety precautions which must be followed to ensure safe and satisfactory operation and prevent damage to the unit.



- SAVE THESE INSTRUCTIONS -

IMPORTANT SAFETY INSTRUCTIONS

You are responsible for:

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

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY...

Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) Door (bent),

- (2) Hinges and latches (broken or loosened),
- (3) Door seals and sealing surfaces.

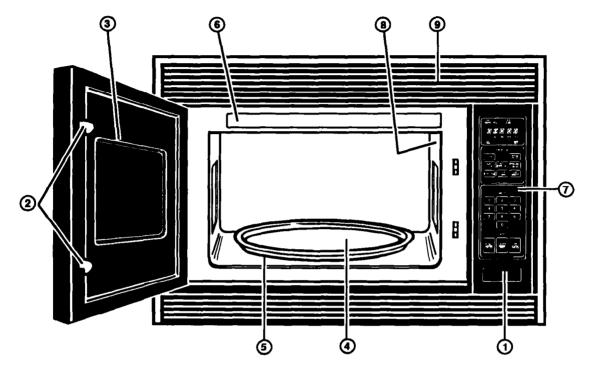
Do not operate the microwave oven if the door window is broken.

The microwave oven should be checked for microwave leakage by qualified service personnel after a repair is made.

The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Getting Acquainted

Microwave oven features



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

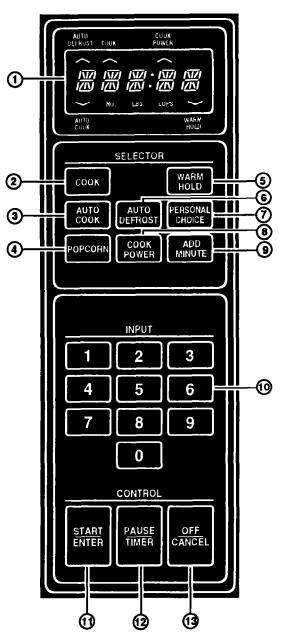
- 1. One-Touch Door Open Button. Push to open door.
- 2. Door Safety Lock System. The oven will not operate unless the door is securely closed.
- 3. Window with Metal Shield. Shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
- 4. Glass Turntable. This turntable turns food as it cooks for more even cooking. It must be in the oven during operation for best cooking results. See pages 25, 26 and 30 for more details.
- 5. Removable Turntable Support (under turntable).
- 6. Cooking Guide.
- 7. Control Panel. Touch pads on this panel to perform all functions. See pages 6 and 7 for more information.
- 8. Light. Automatically turns on when door is opened or when oven is operating.
- 9. External Oven Air Vents (in front).

Control panel features

Your microwave oven control panel lets you select the desired cooking function quickly and easily. All you have to do is touch the necessary Command Pad. The following is a list of all the Command and Number Pads located on the control panel. For more information, see pages 10-24.

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

- 1. Display. This display includes indicators to tell you cooking time settings and cooking functions selected. See page 10 for more information.
- **2. COOK.** Touch this pad when programming the oven to cook. See pages 13 and 14 for more information.
- **3. AUTO COOK.** Touch this pad to cook common microwave-prepared foods without needing to program times and Cook Powers. See page 20 for more information.
- 4. POPCORN. Touch this pad when popping popcom in your microwave oven. The oven will automatically heat for a preset time at a preset Cook Power. See page 23 for more information.
- 5. WARM/HOLD. Touch this pad to keep hot, cooked foods safely warm in your microwave oven for up to 99 minutes, 99 seconds. WARM/HOLD can be used by itself, or it can automatically follow a cooking cycle. See page 19 for more information.
- 6. AUTO DEFROST. Touch this pad followed by Number Pads to thaw frozen food by weight. See page 15 for more information.
- 7. PERSONAL CHOICE. Touch this pad to recall one cooking instruction previously programmed into memory. See page 22 for more information.
- 8. COOK POWER. Touch this pad followed by a Number Pad to set the amount of microwave energy released to cook the



food. The higher the number, the higher the microwave power or cooking speed. See page 14 for more information. See the "Microwave cooking chart" on page 32 for specific Cook Powers to use for the foods you are cooking.

- 9. ADD MINUTE. Touch this pad to cook for one minute or to add an extra minute, at 100% Cook Power, to your cooking cycle. See page 24 for more information.
- **10. Number Pads.** Touch Number Pads to enter cooking times, Cook Powers, quantities or weights. Use also to set the Minute Timer.

- **11. START/ENTER.** Touch this pad after setting a function on the microwave oven to start the function. If you open the door after the oven begins to cook, retouch START/ENTER.
- **12. PAUSE/TIMER.** Touch this pad to set the Minute Timer or to stop the oven during cooking stages. See pages 12 and 18 for more information.
- **13. OFF/CANCEL.** Touch this pad to erase an incorrect command, cancel the Minute Timer, cancel a program during cooking, or clear the Display. See page 12 for more information.

Quick reference cooking guide

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

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

If you want to	You	Example
Use the Minute Timer The Minute Timer lets you time any cooking	1. Touch PAUSE/TIMER.	PAUSE TIMER
activities in your kitchen.	2. Touch Number Pads to enter the desired time.	300
	3. Touch START/ENTER.	START ENTER
	To clear the Minute Timer:	
1	1. Touch PAUSE/TIMER.	
		PAUSE
	2. Touch OFF/CANCEL.	
Cook at high cook power	1. Put food in the oven and close the door.	
High power cooking is perfect for quick cook-	2. Touch COOK.	СООК
ing of small items and separate portions.	 Touch Number Pads for the cooking time you want. 	1 3 0
	4. Touch START/ENTER.	<u>START</u> ENTER

continued on next page

GETTING ACQUAINTED

If you want to	You	Example
Cook at lower cook powers Cooking at lower powers is necessary for efficient cooking of many foods. Failure to use the correct Cook Power may result in overcooking or undercooking.	 Put food in the oven and close the door. Touch COOK. Touch Number Pads for the cooking time you want. Touch COOK POWER. Touch a Number Pad for the Cook Power you want. Touch START/ENTER. 	COOK 7 3 0 COOK POWER 5 START ENTER
Defrost automatically Your microwave oven automatically defrosts a variety of common meats at preset Cook Powers for preset times.	 Put food in the oven and close the door. Touch AUTO DEFROST. Touch a Number Pad for the desired setting. (See "Auto defrost chart" on page 17.) Touch Number Pads for the weight of the item to be defrosted. (See "Auto defrost chart" on page 17.) Touch START/ENTER. 	AUTO DEFROST 2 2 2 0 <u>START</u> ENTER
Pause during cooking Touching PAUSE allows you to stop the oven during a cooking cycle to stir, turn food over or add ingredients during the cooking process.	 Put food in oven and close the door. Touch Command and Number Pads for the desired cooking cycle. Touch PAUSE/TIMER. Touch START/ENTER. When oven pauses at pro- grammed time, open door. Stir, turn over food, or add ingredi- ents. Close door. To restart, touch START/ ENTER. 	PAUSE TIMER START ENTER START ENTER
Use WARM/HOLD You can keep hot, cooked food warm in your microwave oven safely for up to 99 min- utes, 99 seconds with this selection.	 Put hot, cooked food in the oven and close the door. Touch WARM/HOLD. Touch START/ENTER. 	WARM HOLD S <u>TART</u> ENTER

GETTING ACQUAINTED

If you want to	You	Example
Cook with AUTO COOK Cooking with AUTO COOK lets you cook common microwave- prepared foods without needing to program times and Cook Powers.	 Put food in the oven and close the door. Touch AUTO COOK. Touch a Number Pad for the desired setting. (See "Auto cook chart" on page 21.) Touch a Number Pad to enter the quantity of food being cooked. (See "Auto cook chart" on page 21.) Touch START/ENTER. 	AUTO COOK 1 2 <u>START</u> ENTER
Use PERSONAL CHOICE PERSONAL CHOICE lets you recall one cooking instruction previously placed in memory.	 To program: Touch PERSONAL CHOICE twice. Touch a Command Pad for the cooking cycle you want. Touch Number Pads for the cooking time or temperature you want. Touch COOK POWER and then a Number Pad for the Cook Power you want. Touch PERSONAL CHOICE. To use Personal Choice: Touch START/ENTER. 	PERSONAL CHOICE COOK 2 0 COOK POWER 5 PERSONAL CHOICE PERSONAL CHOICE START ENTER
Pop popcorn POPCORN lets you pop popcorn by touching just one pad.	 Place bag in center of upside- down glass pie plate. Touch POPCORN. 	POPCORN
Add a minute to your cooking Touching ADD MINUTE lets you cook for a minute at 100% Cook Power.	 Make sure food is in oven. Touch ADD MINUTE. 	ADD MINUTE

Using Your Microwave Oven

In This Section

Page		Page
Microwave oven controls10	Using WARM/HOLD	19
Using the Minute Timer12	Using AUTO COOK	20
Using OFF/CANCEL12	Auto cook chart	21
Cooking with your microwave oven 13	Using PERSONAL CHOICE	
Cooking at high cook power13	Using POPCORN	23
Cooking at lower cook powers14	Using ADD MINUTE	24
Defrosting15	Changing one-touch	
Auto defrost chart17	cooking times	24
Using PAUSE18	-	

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

Microwave oven controls

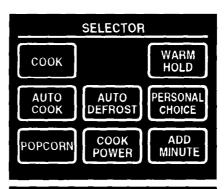
Display and indicators

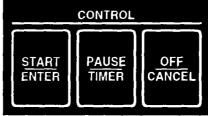
The display shows time settings, Cook Powers, and indicators.

AUTO DEFROST	соок	COOK POWEH		
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AUTO COOK			WARM HOLD	

Command pads

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



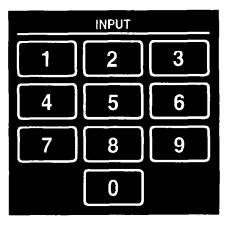


Number pads

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

-a time,

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



Display messages

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



Using the Minute Timer

You can use your microwave oven as a kitchen timer. Use the Minute Timer for timing up to 99 minutes, 99 seconds. **1. Touch** PAUSE/TIMER.

- 2. Touch Number Pads for the minutes and seconds you want. The Display will show the numbers you touched in the order you touched them. This example shows 3 minutes.
- 3. Touch START/ENTER. The Display will count down to show you how much time is left. During the countdown, the oven will be dark and the fan will be off.
- 4. When the set time ends, one long tone will sound.

To cancel the Minute Timer:

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

Using OFF/CANCEL

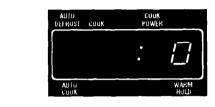
Touch OFF/CANCEL to:

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

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



PAUSE TIMER









Cooking with your microwave oven

Although a new rating method* rates this oven at 900 watts, you may use a reliable cookbook and recipes developed for microwave ovens previously rated at 700-800 watts.

To get the best cooking results:

- ALWAYS cook food for the minimum recommended cooking time. If necessary, touch ADD MINUTE while the oven is operating or after it has completed the cooking cycle (see page 24 for more information). Then check for doneness to avoid overcooking the food.
- Stir, turn over or rearrange the food being cooked about halfway through the cooking time for most even doneness with all recipes.
- If a glass cover is not available, use wax paper, paper towels or microwave-approved plastic wrap. Turn back a corner to vent steam during cooking.

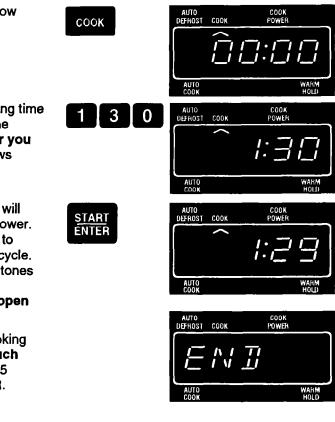
*IEC-705 Test Procedure. The IEC-705 Test Procedure is an internationally recognized method of rating microwave wattage output and does not represent an actual change to output power or cooking performance.

Cooking at high cook power

Follow these steps to cook at high power:

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

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



Cooking at lower cook powers

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

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

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

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

соок

3

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AUTO Defrost

> AUTO CODK

AUTO COOK

AUTO DEFROST

COOK

AUTO DEFROST COOK

COOK

COOK POWER

COOK POWER

COOK POWER

- Touch Number Pads for the cooking time you want. The Display will show the numbers you touched in the order you touched them. This example shows 7 minutes, 30 seconds.
- 4. Touch COOK POWER. The Display will show "P-HI".
- 5. Touch a Number Pad for the Cook Power you want. The Display will show what you touched. This example shows you touched Number Pad 5 for 50% of full power.

5

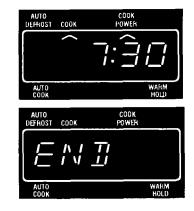
COOK

POWER



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

START ENTER



To check Cook Power after cooking has started:

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

To change Cook Power after cooking has started:

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

Defrosting

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

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

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



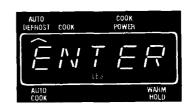


- 3. Choose an Auto Defrost setting by touching the appropriate Number Pad. The Display will show "ENTER" and the "LBS." Indicator will be displayed. This example shows an entry of "2" for Steaks, Chops, Fish. (See the "Auto defrost chart" on page 17 or the Cooking Guide label on the frame behind the door for Auto Defrost settings.)
- **4. Touch** Number Pads to enter the food's weight. The weight will appear on the Display. This example shows an entry of "2.0" for two pounds.

NOTE: If "ERROR" appears on the Display, **touch** OFF/CANCEL and **start over. See** the "Auto defrost chart" on page 17 for weight ranges available for each food category.

- 5. Touch START/ENTER. The Display will count down the time to show how much defrosting time is left.
- 6. After the first stage is completed, the oven will stop, two tones will sound, and directions will appear on the Display. Open the door, turn meat over and shield any warm portions. (The Displays shown are just examples of directions you will see, depending on the type of meat being thawed.) Close the door. "PRESS START" will appear.
- 7. Touch START/ENTER. The Display will continue to count down the second stage of the defrost cycle.
- 8. After the second stage is completed, the oven will stop, two tones will sound, and directions will appear on the Display. Open the door, shield any warm portions and close the door. "PRESS START" will appear.

2







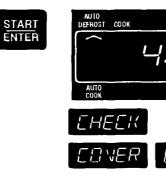




COOK

166

START



PRE

9. Touch START/ENTER to complete defrosting.



OFF

CANCEL



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

Auto defrost chart

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

NOTES:

- If you enter an amount not shown in the chart above, "ERROR" will appear. AUTO DE-FROST will only operate within the weight ranges shown in the chart. Round weights of food items to the nearest half pound.
- **To defrost items** not listed in AUTO DEFROST, **use** 30% Cook Power. See the Microwave Cookbook provided with your oven for defrosting information.
- To lengthen or shorten defrosting times, see "Changing one-touch cooking times" on page 24.

Using PAUSE

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

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

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

When the oven pauses:

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





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

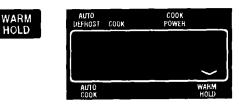


Using WARM/HOLD

You can keep hot, cooked foods warm in your microwave oven safely for up to 99 minutes, 99 seconds (about 1 hour,

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

40 minutes). You can use WARM/HOLD by itself, or to automatically follow a cooking cycle.



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

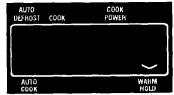
To automatically follow another cycle:

 While you are touching in cooking instructions, touch WARM/HOLD before touching START/ENTER.

OR

- After the oven starts operating, touch WARM/HOLD and then touch START/ ENTER.
- When the last cooking cycle is over, you will hear four tones. The WARM/HOLD Indicator will come on while the oven continues to run.
- WARM/HOLD will follow AUTO DE-FROST, COOK, AUTO COOK, PER-SONAL CHOICE, or ADD MINUTE.

START ENTER

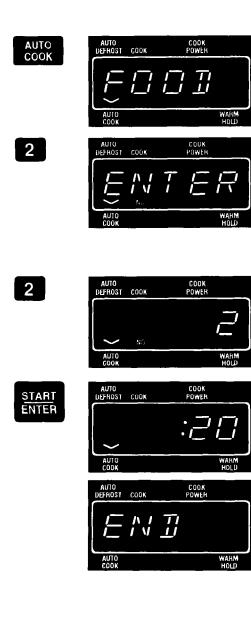


Using AUTO COOK

Cooking with AUTO COOK lets you cook common microwave-prepared foods without needing to program times and Cook Powers. AUTO COOK has preset times and Cook Powers for five major food categories: Rolls, Muffins; Casserole; Baked Potatoes; Fresh Vegetables and Frozen Vegetables. All you do is touch the Number Pad assigned to the desired category and enter the number of items being heated. Your microwave oven does the rest.

- 1. Put the food in the oven and close the door.
- Touch AUTO COOK. "FOOD" will show on the Display.
- 3. Touch a Number Pad (1-5) to select an Auto Cook setting. To choose the desired setting, see the "Auto cook chart" on page 21 or the Cooking Guide label on the frame behind the door. The Display will show "ENTER" for the setting you selected and the "NO." or "CUPS" Indicator will be displayed. This example shows an entry of "2" for Rolls, Muffins.
- 4. Touch a Number Pad to enter the amount of items to be heated. The amount will appear on the Display. This example shows an entry of "2" for two items.
- Touch START/ENTER. When the cooking time ends, four tones will sound.
 "END" or further instructions will appear on the Display, depending on which setting you are using.

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



NOTE: To change cooking times on Auto Cook settings, **see** "Changing one-touch cooking times" on page 24.



Auto cook chart

SETTING	FOOD	AMOUNT	PROCEDURE
1	Baked Potatoes	1-6 med size	Prick; place on paper towel directly on turntable. After cooking, remove from oven and let stand wrapped in foil 5 minutes. NOTE: For large (8-10 ounce) potatoes, cook for longer time. For small (4 ounce) potatoes, cook for shorter time. (See "Changing one-touch cooking times" on page 24.)
2	Rolls, Muffins	1-6 pieces	Arrange on a double layer of paper towels; cover with another towel.
3	Fresh Vege- tables	1-4 cups	Place in a microwave-safe container. For beans, carrots, corn, and peas, add 1 tablespoon water per cup. For broccoli, brussels sprouts, cabbage and cauliflower, cook immediately after washing with no additional water. If you like tender-crisp vegetables, set the Auto Cook quantity for half the amount of vegetables you are actually cooking. For example, when cooking 2 cups of vegetables, set AUTO COOK for 1 cup. Cover with lid or plastic wrap. After cooking, remove from oven, stir, cover and let stand 3 to 5 minutes before serving.
4	Frozen Vege- tables	1-4 cups	Place in a microwave-safe container. Cover with lid or plastic wrap. After cooking remove from oven, stir, cover and let stand 3 minutes before serving.
5	Canned Vege- tables	1-4 cups	Place in a microwave-safe container. Cover with lid or plastic wrap. After cooking remove from oven, stir, cover and let stand 3 minutes before serving.

NOTES:

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

Using PERSONAL CHOICE

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

To program Personal Choice:

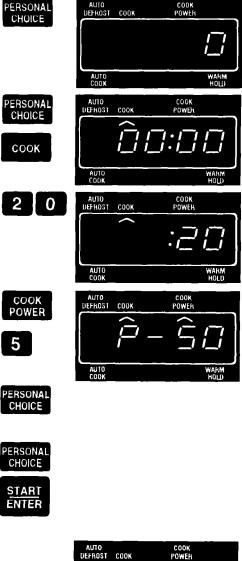
- 1. Touch PERSONAL CHOICE. The Display will show "0".
- 2. Touch PERSONAL CHOICE again. The Display will show ":".
- **3. Touch** a Command Pad for the cooking cycle you want. (Example: COOK.) The Display will show "00:00".
- 4. Touch Number Pads for the cooking time or temperature desired. This example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

To use Personal Choice:

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

NOTE: You can reprogram PERSONAL CHOICE by repeating the above instructions. A power failure will erase your Personal Choice program. PERSONAL CHOICE also allows you to program a recipe for another person to cook at a later time.

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





22

Using POPCORN

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

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

- 1. Place bag in center of upside-down glass pie plate and close the door.
- 2. Touch POPCORN once for 3 minutes of cooking time needed for most regular size (3.5 oz) bags of microwave popcorn.
 - Touch POPCORN 2 times for 4 minutes, 40 seconds of cooking time needed for big (7.0 oz) bags of popcorn.
 - Touch POPCORN 3 times for 2 minutes, 20 seconds cooking time needed for most single serving (1.75 oz) bags.

Cooking performance may vary with brand. Try several brands to decide which gives best popping results. For best results, **use** fresh bags of popcorn. **Do not try** to repop unpopped kernels. **Do not reuse** popcom bags. **NOTE:** POPCORN is designed for commercially bagged microwave pop-

corn. If you are using a microwave popcom popper, **follow** instructions with the popper for cooking time.

3. The Display will count down the cooking time and the COOK Indicator will appear on the Display. When the cooking time ends, a long tone will sound. The Display will then show the time of day.

NOTES:

- Always touch OFF/CANCEL to clear the control before programming POPCORN.
- Use only 1 package at a time.
- Use only popcorn packages designed for microwave ovens.
- To change cooking time, see "Changing one-touch cooking times" on page 24.
- If you remove the glass pie plate right after popping popcorn, use oven mitts. The plate will be very hot.



POPCORN

Using ADD MINUTE

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

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

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

NOTE: ADD MINUTE can only be entered after closing the door.

ADD MINUTE cannot be used:

- -with POPCORN, AUTO COOK, AUTO DEFROST, or WARM/HOLD.
- -to start the oven if any program is on the Display.

Changing one-touch cooking times

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

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

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





COOK

POWER



ADD MINUTE



CARING FOR YOUR MICROWAVE OVEN

Caring For Your Microwave Oven

Cleaning the microwave oven

Wipe often with warm, sudsy water and a sponge or paper towel. You can remove the glass turntable for cleaning; however, this oven is designed to operate with the turntable in place. **Do not** operate the microwave oven when turntable is removed for cleaning. See page 30 for further information about the turntable.

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

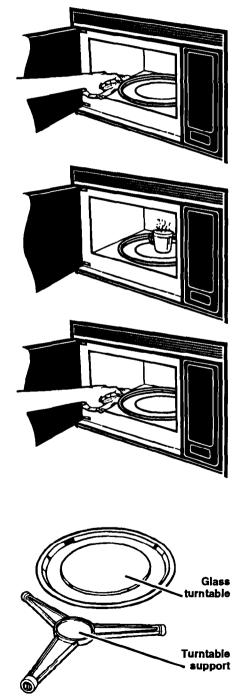
Be sure to keep the areas clean where the door and oven frame touch when closed. Use only mild, nonabrasive soaps or detergents applied with a sponge or paper towel when cleaning surfaces. Rinse well.

ACAUTION

Product Damage Hazard

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

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



How Your Microwave Oven Works

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

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

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

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

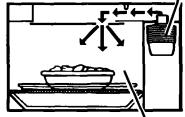
Microwaves pass through most glass, paper and plastics without heating them so food absorbs the energy. Microwaves bounce off metal pans so food does not absorb the energy.

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

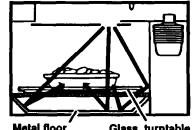
The microwaves disturb water molecules in the food. As the molecules bounce around bumping into each other, heat is made, like rubbing your hands together. This is the heat that does the cooking.



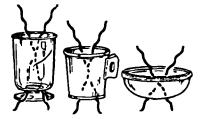




Oven cavity



Glass turntable





Operating Safety Precautions

AWARNING

To reduce the risk of burns, fire, electrical shock, injury to persons, or damage when using the microwave oven, follow the precautions on pages 27-30.

Never cook or reheat a whole egg. Steam build-up in whole eggs may cause them to burst and burn you, and possibly damage the oven. **Slice** hard-boiled eggs before heating. In rare instances, poached eggs have been known to explode. **Cover** poached eggs and **allow** a standing time of one minute before cutting into them.

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

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

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





Stir before heating





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

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

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

Do not use the oven for storage. **Do not** leave anything in the oven when not in use. Fire may result if someone accidentally starts the oven.

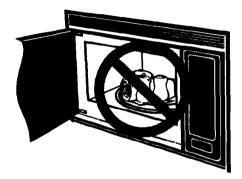
Do not let food or container touch the top or sides of the oven.

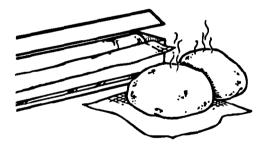
Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

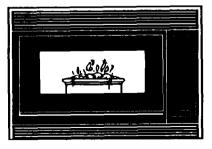
Do not overcook potatoes. Fire could result. At the end of the recommended cooking time potatoes should be slightly firm because they will continue cooking during standing time. **After microwaving, wrap** potatoes in foil and **set aside** for 5 minutes. They will finish cooking while standing.

If a fire should start in the oven cavity:

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







Do not pop popcorn, except in a microwave-approved popcorn popper or commercial package designed especially for microwave ovens.

Never try to pop popcorn in a paper bag not designed for microwave oven use. Overcooking may result in smoke and fire. For microwaving bags of popcorn, see page 23 for instructions on using the Popcorn feature.

Do not repop unpopped kernels. Do not reuse popcorn bags.

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

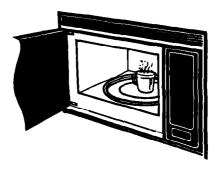
If you practice programming the oven, put a container of water in the oven.

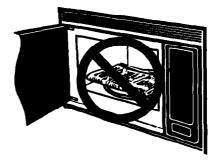
It is normal for the oven door to look wavy after the oven has been running for a while.

Do not use newspaper or other printed paper in the oven. Fire could result.

Do not dry flowers, fruit, herbs, wood, paper, gourds or clothes in the oven. Fire could result.

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





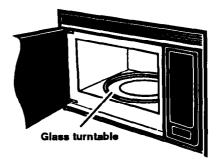


Do not operate the microwave oven unless the glass turntable is securely in place and can rotate freely. The turntable can rotate in either direction.

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

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

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



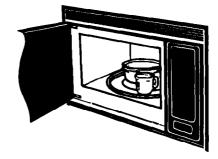
General information

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

ACAUTION

Product Damage Hazard

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



Cooking Guide

Reheating chart

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

ITEM	STARTING TEMP	TIME/POWER	PROCEDURE
Meat (Chicken pieces, chops, hamburgers, meat loaf slices)			Cover loosely.
	Refrigerated	1-2 min at 70%	
1 serving 2 servings	Refrigerated	2½-4½ min at 70%	
Meat Slices (Beef, ham,			Cover with gravy or wax
pork, turkey) 1 or more	Room temp	45 sec-1 min per serving at 50%	paper. Check after 30 sec
servings	Refrigerated	1-3 min per serving at 50%	per serving.
Stirrable Casseroles and Main Dishes			Cover. Stir after half the time.
1 serving	Refrigerated	2-4 min at 100%	
2 servings	Refrigerated	4-6 min at 100%	
4-6 servings	Refrigerated	6-8 min at 100%	
Nonstirrable Casseroles and Main Dishes			Cover with wax paper.
1 serving	Refrigerated	5-8 min at 50%	
2 servings	Refrigerated	9-12 min at 50%	
4-6 servings	Refrigerated	13-16 min at 50%	
Soup, Cream			Cover. Stir after half the
1 cup	Refrigerated	3-4½ min at 50%	time.
1 can (10¾ oz)	Room temp	5-7 min at 50%	
Soup, Clear			Cover. Stir after half the
1 cup	Refrigerated	21/2-31/2 min at 100%	time.
1 can (10¾ oz)	Room temp	4-5½ min at 100%	
Pizza	_		Place on paper towel.
1 slice	Room temp	15-25 sec at 100%	
1 slice	Refrigerated	30-40 sec at 100%	
2 slices	Room temp	30-40 sec at 100%	
2 slices	Refrigerated	45-55 sec at 100%	
Vegetables			Cover. Stir after half the
1 serving	Refrigerated	34-11/2 min at 100%	time.
2 servings	Refrigerated	1½-2½ min at 100%	
Baked Potato	D (1)		Cut potato lengthwise and
1	Refrigerated	1-2 min at 50%	then several times cross-
2	Refrigerated	2-3 min at 50%	wise. Cover with wax paper.
Breads			Wrap single roll, bagel or
(Dinner or breakfast roll)			muffin in paper towel. To
1 roll	Room temp	8-12 sec at 50%	reheat several, line plate
2 rolls	Room temp	11-15 sec at 100%	with paper towel. Cover with
4 rolls	Room temp	18-22 sec at 100%	another paper towel.
Pie			
Whole	Refrigerated	5-7 min at 70%	
1 slice	Refrigerated	30 sec at 100%	

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

1

MEATS. POULTRY. FISH. SEAFOOD Allow standing time after cooking.			VEGETABLES Cook at 100%)
	соок		FOOD		TIME
FOOD	POWER		Carrots (1 lb)		8-12 min
Bacon	100%	45 sec to	Cauliflower (n		6-9 min
Ground Beef for Casse-	100%	1 min 15 sec per slice 4-6 min	Corn on the C (2) (4)	ob	4-9 min 6-16 min
roles (1 lb)			Potatoes, Bal (4 medium)	(ed	13-19 min
Hamburger Patties (2)	100%	1st side 2 min 2nd side 1½ to	Squash, Sum	mer (1 lb)	3-8 min
()		2½ min	OTHER		
Hamburger Patties (4)	100%	1st side 2½ min 2nd side 2-3 min	FOOD	COOK POWER	TIME
Meat Loaf	100%	13-19 min	Applesauce (4 servings)	100%	7-10 min
(1½ lbs) Chicken	100%	6-9 min/lb	Baked Apples (4)	100%	4-6 min
Pieces Internal tempe standing.	rature shou	ld be 185°F after	Chocolate (melt 1 square)	50%	1-2 min
Turkey Breast		5 min		1009/	
	<u>then</u> 70%	8-12 min/lb	Eggs, Scrambled	100%	
Internal tempe standing.	rature shou	ld be 185°F after	(2)		1 min 15 sec to 1 min
Fish Fillets (1 lb)	100%	5-6 min	(4)		45 sec 2-3 min
Scallops and Shrimp (1 lb)	100%	3½-5½ min	Hot Cereals (1 serving) (4 servings)	100%	1½-5 min 4½-7 min
<u>VEGETABLES</u> Cook at 100% Cook Power.			Nachos (large plate)	50%	1½-2½ min
FOOD		TIME	Water for	100%	
Beans, Green (1 lb)	or Yellow	6-12 min	Beverage (1 cup)		2½-4 min 4½-6 min
Broccoli (1 lb))	6-10 min	(2 cups)		472-0 11001
L			<u> </u>		

QUESTIONS AND ANSWERS

Questions And Answers

QUESTIONS	ANSWERS
Can I operate my microwave oven without the turntable or turn the turntable over to accommodate a large dish?	No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable.
Can I use a rack in my microwave oven so that I may reheat or cook on two levels at a time?	You can use a rack only if rack is supplied with your microwave oven. Use of any rack not supplied with the microwave oven can result in poor cooking performance and/or arcing.
Can I use either metal or aluminum pans in my microwave oven?	Usable metal includes aluminum foil for shielding (use small, flat pieces), small skewers and shallow foil trays (if tray is ³ / ₄ inch deep and filled with food to absorb microwave energy). Never allow metal to touch walls or door.
Is it normal for the turntable to turn in either direction?	Yes. The turntable rotates clockwise or counterclockwise, depending on the rotation of the motor when the cooking cycle begins.
Sometimes the door of my microwave oven appears wavy. Is this normal?	This appearance is normal and does not affect the operation of your oven.
What are the humming noises that I hear when my microwave oven is operating?	You hear the sound of the transformer when the magnetron tube cycles on.
Why does the dish become hot when I microwave food in it? I thought that this should not happen.	As the food becomes hot it will conduct the heat to the dish. Be prepared to use hot pads to remove food after cooking.
What does "standing time" mean?	"Standing time" means that food should be taken out of the oven and covered for additional time after cooking. This process allows the cooking to finish, saves energy and frees the oven for another purpose.
Can I pop popcorn in my microwave oven? How do I get the best results?	Yes. Pop packaged microwave popcorn following manufacturer's guidelines or use the preprogrammed POPCORN pad. Do not use regular paper bags. Use the "listening test" by stopping the oven as soon as the popping slows to a "pop" every one or two seconds. Do not try to repop unpopped kernels. You can also use special micro- wave poppers. When using a popper, be sure to follow manufacturer's directions. Do not pop popcorn in glass utensils.

If You Need Assistance Or Service

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

1. Before calling for assistance ...

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

PROBLEM	POSSIBLE CAUSE	SOLUTION
Nothing will operate	The unit is not wired into a live circuit with the proper voltage.	Wire the unit into a live circuit with the proper voltage. (See Installation Instructions.)
	A household fuse has blown or a circuit breaker has tripped.	Replace household fuse or reset circuit breaker.
	The electric company has experienced a power failure.	Check electric company for a power failure.
The microwave oven will not	You are using the oven as a timer.	Touch PAUSE/TIMER and OFF/ CANCEL to cancel the Minute Timer.
run	The door is not firmly closed and latched.	Firmly close and latch door.
	You did not touch START/ ENTER.	Touch START/ENTER.
	You did not follow directions exactly.	Check instructions for the function you are operating.
	An operation that was pro- grammed earlier is still running.	Touch OFF/CANCEL twice to cancel previous programming.
Microwave cooking times seem too long	The electric supply to your home is low or lower than normal.	Your electric company can tell you if the line voltage is low.
	The Cook Power is not at the recommended setting.	Check "Microwave cooking chart" on page 32.
	There is not enough cooking time for the amount of food being cooked.	Allow for more time when cooking more food at one time.
The Display shows a time counting down but the oven is not cooking	You have set the controls as a kitchen timer.	Touch PAUSE/TIMER and OFF/ CANCEL to cancel the Minute Timer.

IF YOU NEED ASSISTANCE OR SERVICE

PROBLEM	POSSIBLE CAUSE	SOLUTION
You do not hear the Program- ming Tone	The command is not correct.	Re-enter command.

2. If you need assistance ...

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

1-800-253-1301 and talk with one of our trained consultants. The consultant can instruct you in how to obtain satisfactory operation from your appliance or, if service is necessary, recommend a qualified service company in your area.

If you prefer, write to:

Mr. William Clark Consumer Assistance Representative Whirlpool Corporation 2000 M-63

Benton Harbor, MI 49022

Please include a daytime phone number in your correspondence.

3. If you need service ...



Whirlpool has a nationwide network of authorized WhirlpoolsM service companies. Whirlpool service technicians are

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

 APPLIANCE-HOUSEHOLD-MAJOR, SERVICE & REPAIR

- See: Whiripool Appliances or Authorized Whiripool Service (Example: XYZ Service Co.) WASHING MACHINES & DRYERS, SERVICE & REPAIR - See: Whirlpool Appliances or Authorized Whirlpool Service (Example: XYZ Service Co.)

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

- Contact the Major Appliance Consumer Action Panel (MACAP). MACAP is a group of independent consumer experts that voices consumer views at the highest levels of the major appliance industry.
- Contact MACAP only when the dealer, authorized servicer and Whirlpool have failed to resolve your problem. Major Appliance Consumer Action Panel 20 North Wacker Drive

Chicago, IL 60606

• MACAP will in turn inform us of your action.

WHIRLPOOL® Microwave Oven/Range Product Warranty

LENGTH OF WARRANTY	WHIRLPOOL WILL PAY FOR	
FULL ONE-YEAR WAR- RANTY From Date of Purchase	FSP [●] replacement parts and repair labor to correct defects in materials or workmanship. Service must be provided by an authorized Whirlpool SM service company.	
LIMITED FOUR-YEAR WARRANTY Second Through Fifth Year From Date of Purchase	FSP ^e replacement magnetron tube on microwave ovens if defective in materials or workmanship.	
WHIRLPOOL WILL NOT PAY FOR		
 A. Service calls to: Correct the installation of the cooking product. Instruct you how to use the cooking product. Instruct you how to use the cooking product. Replace house fuses or correct house wiring. Replace owner accessible light bulbs. B. Repairs when the cooking product is used in other than normal, single-family household use. Pickup and delivery. This product is designed to be repaired in the home. Damage to the cooking product caused by accident, misuse, fire, flood, acts of God or use of products not approved by Whirlpool. Any labor costs during limited warranty. Repairs to parts or systems caused by unauthorized modifications made to the appliance. 		
appliance		

WHIRLPOOL CORPORATION SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSE-QUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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

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

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