Use and Care & Cooking Guide

Spacemaker II™ Microwave Oven

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Model JEM23K

Microwave power output of this oven is 800 watts.

(IEC-705 Test Procedure)

GE Appliances

Help us help you...

Before using your oven, read this book carefully.

It is **intended to help you operate** and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write (include your phone number):

Consumer Affairs
GE Appliances
Appliance Park
Louisville. KY 40225

Write down the model and serial numbers.

You'll find them on a label inside the oven.

These numbers are also on the Consumer product Ownership Registration Card that came with your microwave oven. Before sending in this card, please write these numbers here:

Model Number

Serial Number

Use these numbers in any correspondence or service calls concerning your microwave oven.

Be sure your microwave oven is registered.

It is important that we know the location of your microwave oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser, please write to us, stating model and serial numbers.

This appliance must be registered. Please be certain that it is.

Write to:

GE Appliances
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the oven.

Save time and money. Before you request service...

Check the Problem Solver in the back of this book. It lists causes of minor operating problems that you can correct yourself.

All these things 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 blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some TV-Radio interference might be noticed while using your microwave oven. [t's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

If you need service...

To obtain service, see the Consumer Services page in the back of this book.

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased, write all the details—including your phone number—to:

Manager, Consumer Relations
GE Appliances
Appliance Park
Louisville, KY 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance Consumer Action Panel
20 North Wacker Drive
Chicago, IL 60606

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.

Microwaving Tips

•Make sure all cookware used in your microwave oven is suitable for microwaving. 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."



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 one cup water—set the measuring cup either in or next to the dish. Microwave 1 minute 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.

•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.

•Some microwaved foods require stirring, rotating or rearranging. Check cookbook supplied.

•Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

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

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

•Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.

•This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 25.

•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 or cook food, and is not intended for laboratory or industrial use.

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

•Do not mount this appliance over a sink. Install or locate this appliance only in accordance with the provided Installation Instructions.

• Be certain to place the front surface of the door three inches or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.

•Do not cover or block any openings on the appliance.

•Do not store this appliance outdoors. Do not use this product near water—for example in a wet basement or near a swimming pool.

•Do not immerse power cord or plug in water.

•Keep power cord away from heated surfaces.

•Do not let power cord hang over edge of table or counter.

•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.

•See door surface cleaning instructions in the Care and Cleaning section(s) of this book.

•This appliance should be serviced only 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.

•To reduce the risk of fire in the oven cavity:

—Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.

—Remove wire twist-ties from paper or plastic bags before placing bags in oven.

—Do not use your microwave oven to dry newspapers.

—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.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

—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.

—Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs the life of the oven.

—Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your 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 oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at the fuse or circuit breaker panel.

•Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.

•Avoid heating baby food in glass jars, even without their lids; especially meat and egg mixtures.

•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.

•Use metal only as directed in this book. TV dinners may be microwaved in foil trays less than 3/4" high; remove top foil cover and return tray to box. When using metal in the microwave oven, keep metal at least 1 inch away from sides of **oven.**

•Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware

•Sometimes, the oven tray can become too hot to touch. Be careful touching the tray during and after cooking.

•Foods cooked in liquids (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to page 24 for instructions on how to clean the inside of the oven.

• Thermometer—Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave 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. For these reasons: 1) Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations. 2) Do not subject empty cookware to microwaving. 3) Do not permit children to use plastic cookware without complete supervision.

•When cooking pork, follow the directions exactly and always cook the meat to an internal temperature of at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

•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.

•Foods with unbroken outer "skin" such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

•Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.

•Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, stir the liquid briefly before removing the container from the microwave oven.

•"Boilable" cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed on package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should beat 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.

•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.

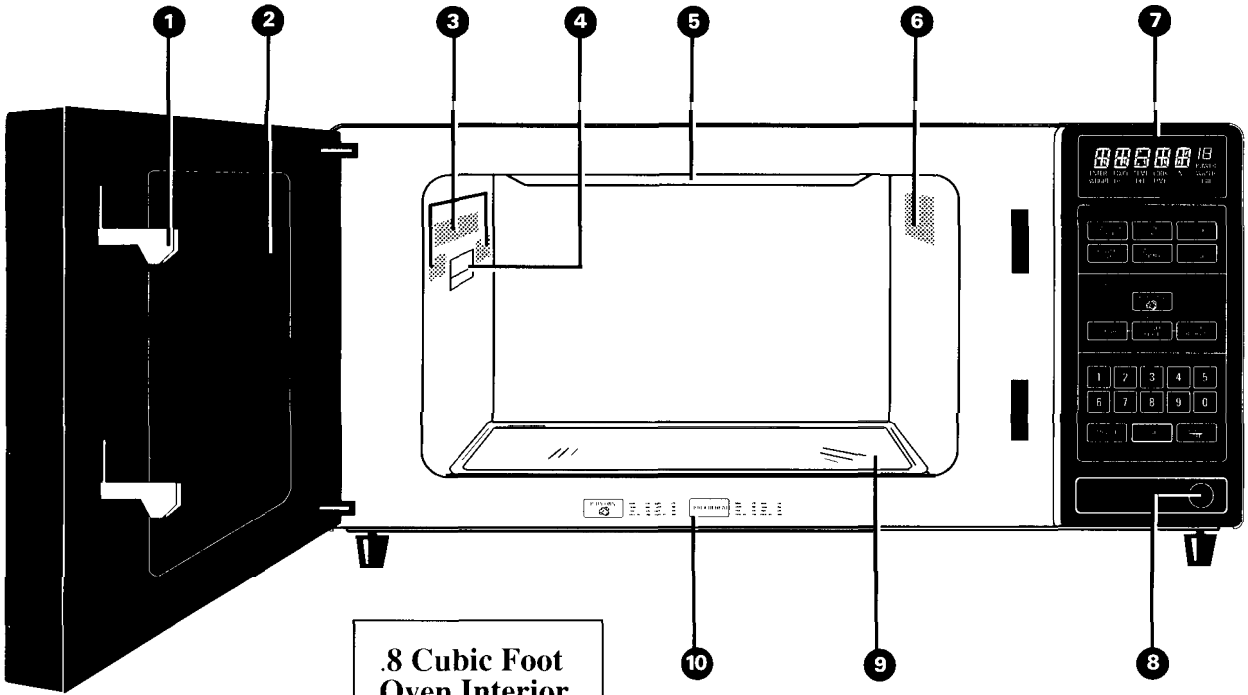
SAVE THESE INSTRUCTIONS

Features of Your Oven

Cooking Complete Reminder

(For all cooking and reheating features)

To remind you that you have food in the oven, the oven will beep once a minute until you either open the oven door or touch the CLEAR/OFF pad.



.8 Cubic Foot Oven Interior

1. Door Latches.

2. Door Screen. Metal screen permits viewing of foods and keeps microwaves confined inside oven.

3. **Oven Vents.**

4. Model and Serial Numbers.

5. Mode Stirrer Cover. Protects the microwave energy distributing system. Do not remove this cover. You will damage the oven.

6. Oven Interior Light. Turns on when the door is opened or when the oven is operating.

7. **Touch Control Panel and Display. See** next page for instructions.

8. Door Open Button. Push to open door.

9. Glass Cooking Tray. Tray must be in place when using the oven. Cooking performance will be unsatisfactory without the tray in place. The tray may be removed for cleaning.

lo. Automatic Cooking Guide. Contains cooking information for Quick Reheat and Popcorn functions.

Your Touch Control Panel

The Touch Control Panel allows you to set the oven controls with the touch of a finger. It's designed to be easy to use and understand.

When You Plug in the Oven

The display panel displays five 8's, "18 POWER" and all of the oven functions. After 15 seconds, all lights disappear and "RESET" appears in the upper portion. Touch the CLEAR/OFF pad, set the Clock and oven is ready for use.

If power is disrupted at any time, the above sequence recurs, and you must reset Clock after touching the CLEAR/OFF pad.

1. DISPLAY. Displays time of day, time counting down during cooking functions, power level, cooking mode and instructions.

2. **TIME DEFROST.** Gentle thawing at automatic power level 3 (Low).

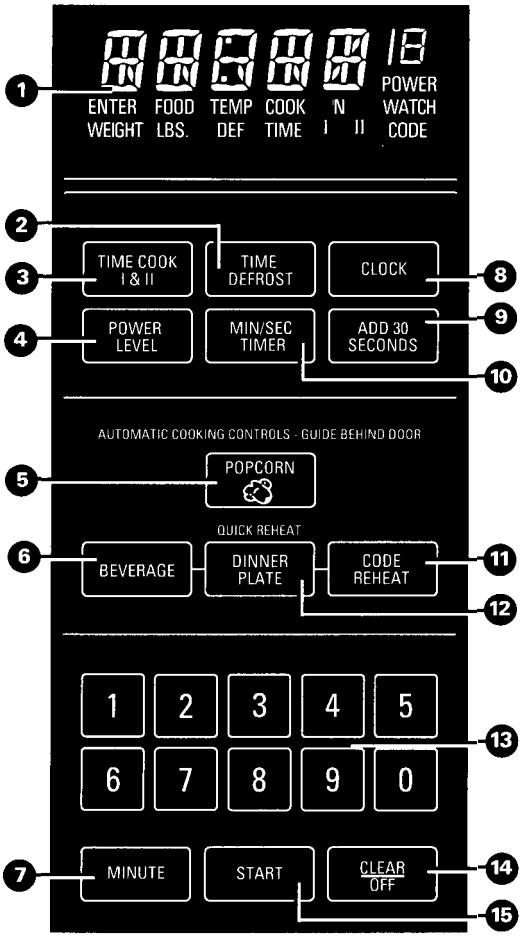
3. TIME COOK I & II. Microwave for a selected amount of time usin$_g$ automatic power level 10 (High).

4. POWER LEVEL. Touch this pad after you enter the cooking time if you want to change from automatic power level 10 (High) for cooking or power level 3 (Low) for defrosting.

5. POPCORN. Cook prepackaged microwave popcorn by just pressing this pad. The microwave popcorn feature is designed to be used only with prepackaged microwave popcorn weighing 3.0 to 3.7 ounces.

6. BEVERAGE. Reheat a beverage by just pressing this pad.

7. MINUTE. Use with number pads to enter whole minutes. For example, for 4 minutes touch 4 and MINUTE.



8. CLOCK. Touch this pad to enter time of day or check time of day while microwaving.

To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1 :30, touch number pads 1, 3, and () and " 1 :30" will appear in display. Then touch START pad. To reset or change time, simply repeat this process.

9. ADD 30 SECONDS. Press this pad to add 30 seconds to the cook time as it's counting down.

10. MIN/SEC TIMER. This feature uses no microwave energy. It functions as a kitchen timer, as a holding period after defrost or as a delay timer before time cooking.

11. CODE REHEAT. Use Code Reheat for quick reheating of a variety of foods using different times and power levels.

12. DINNER PLATE. Reheat a plate of leftovers by just pressing this pad.

13. NUMBER PADS. Touch these pads to enter cooking/defrosting time, power level and time of day.

14. **CLEAR/OFF.** When touched, it shuts off the oven and erases all settings (except time of day).

15. START. After all selections are made, touch this pad to start oven.

Program Cooking

Use your Touch Control Panel to Time Defrost or Time **Cook** with choice of power levels from 1 (lowest) to 10 (highest); to Quick Reheat using a preset time and power level; to cook popcorn using a preset time and power level; to time kitchen tasks with the Min/Sec Timer; and to set the clock.

Create your own programs to suit your individual cooking style. For example: use the Min/Sec Timer to delay the start of Time Cook I & II or program a hold time between Time Defrost and **Time Cook 1 & 11. Set Time Cook I & 11 for a** two-stage program using different times and power levels.

How to Use the Minute/Second Timer

The MIN/SEC TIMER has three timing functions:

- **It operates as a minute timer.**
- **It can be set to delay cooking.**
- **It can be used as a hold setting after defrosting.**

The MI N/SEC TIMER operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch MI N/SEC TIMER pad.

2. Touch 3 and MINUTE pad (for 3 minutes and no seconds).

3. Touch START. Display shows time counting down. The timer signals when time is up.

Using a Holding Time

The Minute/Second Timer can also be used to program a "holding time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A holding or standing time may be found in some of your own recipes or in the Cooking Guide.

Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, touch TIME COOK I & II and enter cook time. Touch MIN/SEC TIMER and enter number of minutes to delay cooking. Touch START. Timer will count down to zero and cooking will begin.

How to Defrost, Hold and Time Cook

Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here's how to do it:

Step 1: Take casserole from freezer and place in oven.



Step 2: Touch TIME DEFROST.

Step 3: Touch pads 1,5 and MINUTE pad for 15 minutes defrosting time. (Defrosting is automatically set on power level 3 but can be changed by touching the POWER LEVEL pad and the desired power level.)



Step 4: Set standing or hold time by touching MIN/SEC TIMER.

Step 5: Touch 1,0 and MINUTE to hold for ten minutes.



Step 6: Touch TIME COOK I & 11

Step 7: Touch 2,5 and MINUTE pad for 25 minutes of cooking time.



Step 8: Touch START. As each function is automatically performed, oven display shows instructions entered and the function. When time is up, the oven signals and flashes "End."

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

Q. **Can I defrost and hold only?**

A. Yes. Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in defrost and amount of time. Then program the hold time. Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Foods that are highly perishable, such as milk, eggs, fish, stuffings, poultry and pork should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

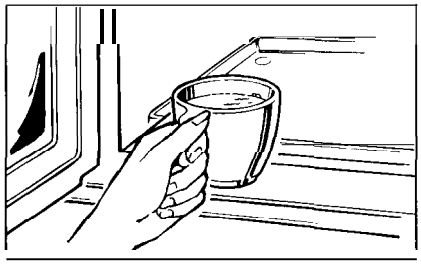
A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to defrost for 4 minutes, hold for 2 minutes, and then defrost for 6 minutes. In this case, the oven would defrost for 6 minutes and hold for 2 minutes.

Cooking by Time

Time Cook I & 11 allows you to microwave for a selected amount of time.

Power level 10 (High) is recommended for most cooking, but you may change this for more flexibility. See the Cooking Guide.

To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water, add I teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave-safe (refer to Microwaving Tips in the Safety Instructions section). Place cup in oven and close door.



Step 2: Touch TIME COOK 1 & 11.

Step 3: Select your time. Touch I and MINUTE pad for one minute.

Because automatic power level 10 is recommended for this cup of coffee, there is no need to change the power level. (If power level 10 is not appropriate, see "How to Change Power Level" at right.)

Step 4: Touch the START pad.

Step 5: When time is up, the oven signals and flashes "End." The oven, light and fan shut off.

Step 6: Open the door.

Using the Time Cook II Feature

The Time Cook II feature lets you set two time cooking functions within one program. This is ideal if you want to change power levels during your cooking operations. Here's how to do it:

Step 1: Place food in oven in microwave-safe container and close the door.



Step *2:* Touch TIME COOK I & 11

Step 3: Select your first cook time. For example, touch 2, I and 5 for two minutes and 15 seconds.

Step 4: Touch TIME COOK I & 11.

Step 5: Set your second cook time.

How to Change Power Level

After setting cooking time, touch POWER LEVEL pad, then touch desired number for new power level.

Step *6:* Touch the START pad.

Step 7: "POWER 10" is displayed and "COOK TIME I" counts down.

Step 8: At the end of "COOK TIME 1," the second power level is displayed and "COOK TIME 11" is shown counting down.

When time is up, the oven signals and flashes "End." The oven, light and fan shut off.

The Express Cook Feature

The Express Cook feature is a short-cut method to set time for I-5 minutes.

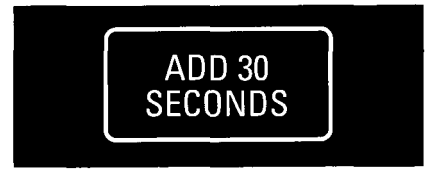
To Express Cook your food or beverage:

Step 1: Touch a number pad (from I to 5) that corresponds with the amount of your desired cooking time (in minutes). For example, touch the 2 pad for 2 minutes of cooking time.

Step 2: Touch the START pad.

The oven will automatically signal, flash "End" and shut off at the end of the programmed time.

Add 30 Seconds



The Add 30 Seconds feature provides a convenient way to extend cooking time by 30 seconds while the oven timer is counting down. It will add 30 seconds to the time shown each time the pad is touched.

Defrosting

The Defrost setting is designed for speedy thawing of frozen food and is one of the great advantages of a microwave oven.

- Power level 3 (Low) is automatically set for det.resting, but you may change this for more flexibility.
- See the Defrosting Guide for defrosting help.

To become better acquainted with the defrost function, defrost frozen pork chops by following the steps below.

Step 1: Place a 1 -lb. package of frozen chops in the oven and close the door.



Step 2: Touch TIME DEFROST



Step 3: Select one half of the total defrosting time recommended in the Defrosting Guide. For example, touch 4 and MINUTE for 4 minutes.

How to Change Power Level

After setting defrosting time, touch POWER LEVEL pad, then touch desired number for new power level.



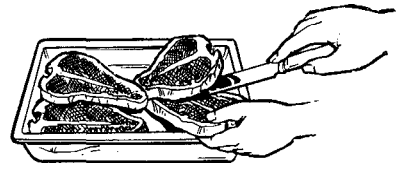
Step 4: Touch START. When cycle is completed, the oven signals and flashes "End," then automatically shuts off.

Step 5: Turn the package over, close the door and repeat Steps 2 and 3 to set the remaining half of defrosting time and touch **START.**

Step 6: When the oven signals and flashes "End," open the door, remove the package and separate chops to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.



- For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.



- 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.
- Check the Defrosting Guide for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull, thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a power level lower than 10 (High).

Q. **Can I defrost small items in a hurry?**

A. Yes, but they will need more frequent attention than usual. Raise the power level after entering the time by touching the POWER LEVEL pad and then the desired number pad. Power level 5 (Medium) cuts the total defrosting time approximately 1/2. Power level 10 (High) cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

Q. **Why don't the defrosting times in the Defrosting Guide seem right for my food?**

A. These times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in the Defrosting Guide. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

Q. **Should all foods be completely thawed before cooking?**

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

Q. **Can I open the door during defrosting to check on the progress of my food?**

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START. The oven begins operating if time is left on timer. If not, reset timer.

Quick Reheat

The Quick Reheat feature is a short-term program to automatically reheat a beverage or previously cooked food. The oven turns off automatically after a preset amount of time.

Touch just 3 pads to use Code Reheat codes 1 to 6 to reheat many popular foods. See the guide at bottom of page. Or touch just 2 pads to use the BEVERAGE or DINNER PLATE programs with the oven automatically setting the code for you.

Beverage

The Beverage program makes it simple to reheat a cup of hot chocolate or other beverage. Use a cup that has no metal decoration and is microwave-safe (refer to Microwaving Tips in the Safety Instructions section).

Step 1: Touch BEVERAGE pad.

Step 2: Touch START pad.

Oven will signal and display remaining time counting down shortly before shut off.

Dinner Plate

The Dinner Plate program makes it easy to reheat a plate of leftovers or reheat a previously prepared meal for a guest who arrived late for dinner.

Step 1: Touch DINNER PLATE.

Step 2: Touch START pad.

Oven will signal and display remaining time counting down shortly before shut off.

Code Reheat

The Code Reheat program makes it a snap to reheat many popular foods. Choose a code number from 1 to 6 (see guide below).

Step 1: Touch CODE REHEAT.

Step 2: Touch a number pad from 1 to 6 to select a food group.

Step 3: Touch START pad.

Oven will signal and display remaining time counting down shortly before shut off.

To Reheat More Than One Serving

Quick Reheat codes 1 through 5 and Beverage let you heat up to three servings. To add more than one serving, just touch number pad 2 or 3 right before touching START.



The word "SERV" and a number will be displayed to show how many servings are selected.

The serving size may be changed or added after touching START. Just touch number pad 2 or 3. "SERV" and a number will be displayed briefly to show that serving size has been changed.

Popcorn

Regular Microwave Popcorn

Step 1: Touch POPCORN pad.

Step *2:* Touch START pad.

Oven will signal and display remaining time counting down shortly before shut off.

Light Microwave Popcorn

Step 1: Touch POPCORN pad.

Step 2: Touch number pad 2.

Step *3:* Touch START pad.

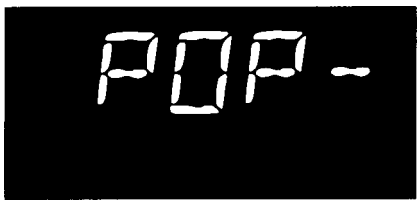
Adjust for Shorter or Longer Cook Time

If your favorite popcorn is undercooked, try this:



Touch the POPCORN pad. Touch number pad 1 for regular microwave popcorn or touch number pad 2 for lite microwave popcorn. Touch number pad 9. A plus sign is displayed. The plus sign indicates 20 seconds is added to cooking time.

If your favorite popcorn is overcooked, try this:



Touch the POPCORN pad. Touch number pad 1 for regular microwave popcorn or touch number pad 2 for lite microwave popcorn. Touch number pad 1. A minus sign is displayed. The minus sign indicates 20 seconds less cooking time is being provided.

Code Reheat Guide

Code	Display	Time per serving	Foods Recommended
1	BREAD	20 sec.	Breads, pastries, pies, bakery goods
2	MEATS	1 min.	Meats, casseroles, pizza, solid foods
3	VEGS	1½ min.	Fruits & vegetables
4	BEV	1½ min.	Beverages
5	SAUCE	2½ min.	Soups, stews, sauces
6	PLATE	4 min. total	2 to 3 foods; 4 oz. each

Glossary of Microwave Terms

When adapting recipes for the microwave, it is best to start with a familiar recipe. Knowing how the food should look and taste will help when adapting recipes for microwaving. Foods that require browning or crisp, dry surfaces will cook better conventionally.

- Moist foods, such as vegetables, fruits, poultry and seafood, microwave well.
- Rich foods, such as bar cookies, moist cakes and candies, are suitable for microwaving because of their high fat and sugar content.
- Reduce conventional cooking time by one-half to one-third. Check food after minimum time to avoid overcooking.
- Small amounts of butter or oil can be used for flavoring, but are not needed to prevent sticking.
- Seasonings may need to be reduced. Salt meats and vegetables after cooking.

Covering. In both conventional and microwave cooking, covers hold in moisture, allow for more even heating and reduce cooking time. Conventionally, partial covering allows excess steam to escape. Venting plastic wrap or covering with wax paper serves the same purpose when microwaving.

Venting. After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Arranging Food in Oven. In conventional baking, you position foods, such as cake layers or potatoes, so hot air can flow around them. When microwaving, you arrange foods in a ring, so that all sides are exposed to microwave energy.

Stirring. In range-top cooking, you stir foods up from the bottom to heat them evenly. When microwaving, you stir cooked portions from the outside to the center. Foods that require constant stirring conventionally will need only occasional stirring when microwaving.

Turning Over. In range-top cooking, you turn over foods, such as hamburgers, so both sides can directly contact the hot pan. When microwaving, turning is often needed during defrosting or when cooking certain foods, such as frozen hamburgers.

Standing Time. In conventional cooking, 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.

Shielding. In a conventional 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.

Arcing. Sparks caused by too much metal in the microwave oven or metal touching the side of the oven or foil that is not molded to food.

Prick Foods to Release Pressure. Steam builds up pressure in foods that are tightly covered by a skin or membrane. Prick foods, such as potatoes (as you do conventionally), egg yolks and chicken livers, to prevent bursting.

Rotating. Occasionally, repositioning a dish in the oven helps food cook more evenly. To rotate l/2 turn, turn the dish until the side that was to the back of the oven is to the front. To rotate 1/4 turn, turn the dish until the side that was to the back of the oven is to the side.

Basic Microwave Guidelines

Density of Food. In both conventional and microwave cooking, dense foods, such as potatoes, take longer to cook than light, porous foods, such as rolls, bread or pieces of cake.

Round Shapes. Since microwaves penetrate foods to about one inch from top, bottom and sides, round shapes and rings cook more evenly. Corners receive more energy and may overcook. This may also happen when cooking conventionally.

Delicacy. Foods with a delicate texture, such as custards, are best cooked at lower power settings to avoid toughening.

Natural Moisture of food affects how it cooks. Very moist foods cook evenly because microwave energy is attracted to water molecules. Food that is uneven in moisture should be covered or allowed to stand so heat can disperse evenly.

Piece Size. Small pieces cook faster than large ones. Pieces that are similar in size and shape cook more evenly. With large pieces of food, reduce the power setting for even cooking.

Shape of Food. In both types of cooking, thin areas cook faster than thick areas. This can be controlled in microwaving by placing thick pieces near the outside edge and thin pieces in the center.

Starting Temperature. Foods taken from the freezer or refrigerator take longer to cook than foods at room temperature. Timings in our recipes are based on the temperatures at which you normally store the foods.

Quantity of Food. In both types of cooking, small amounts usually take less time than large amounts. This is most apparent in microwave cooking, where time is directly related to the number of servings.

Shelf (on models so equipped). Use the shelf to heat more than one dish at a time. Take the shelf out when you are not using it.

Microwave Cookware Guide & Microwave Adapting

Type of Cookware	Microwave Uses
Foil-1ined paper bags and boxes	Avoid using.
Foil baking trays	You can use foil trays that are no higher than 3/4-in. (Foil or metal will reflect microwaves and cause uneven heating.) Arcing can occur if foil is closer than I inch to oven walls.
Aluminum foil	Use for shielding.
Metal or partially metal pots, pans, thermometers, skewers and twist ties	Do not use. Microwave-safe thermometers and skewers are available.
Glass jars and bottles	Generally, glass jars can be used to warm food. However, do not heat baby food in jars, even without lids, because food will heat unevenly. Do not warm foods in narrow-necked bottles because pressure can build up.
Microwave plastics	Cooking and heating.
Paper or Styrofoam plates and cups	Heating and serving 01' foods and beverages. Styrofoam will melt if food is too hot or if food is cooked for a long time.
Oven glass and ceramic	Cooking and heating.
Dinnerware	Heating and some cooking. Follow dinnerware manufacturer's recommendations. Avoid using dishes with metal trim.
Paper towels, paper napkins and wax paper	Absorbing moisture, and preventing spatters. Heating and serving of sandwiches or appetizers. Light covering to hold in steam. Do not use paper towels that have synthetic fibers, such as nylon, woven into them. Synthetic fibers may cause the towel to ignite. Avoid using recycled paper.
Plastic wrap, cooking bags, boil-in bags and storage bags	Covering to hold in steam (wrap). Cooking (cooking and boil-in bags). Heating (storage bags).
Paperboard trays used for frozen entrees and dinners	Cooking and heating.
Plastic trays and plates used for frozen entrees and dinners	Cooking and heating.
Straw, wicker and wood	Warming.

Cookware Tips

- Always check the cookware manufacturer's recommendations before using any cookware in the oven.
- Before purchasing cookware or preparing food in cookware, check its size to make sure it will fit in the oven.

Heating or Reheating Guide

1. Directions below are for heating or reheating already-cooked foods stored in refrigerator or at room temperature. Use microwave-safe cookware.
2. Cover most foods for fastest heating. Exceptions are some sandwiches, griddle foods and baked items.
3. Bubbling around edges of dish is normal, since the center is the last to heat. FOOL Is heated to 160°F. to 165°F. will provide safe, palatable results. Adjust temperatures to suit your personal taste. Let foods stand a few minutes before serving,
4. Be sure foods are heated throughout before serving. Steaming or bubbling around edges of dish does not necessarily mean food is heated throughout.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Item	Amount	Power Level	Time
Appetizers			
Dips: cream **or** processed cheese	½ cup	Medium (5)	2 to 3 min.
	i cup	Medium (5)	3 to 5 min.
Pastry bites: small pizzas, egg rolls, etc.	2 to 4 servings	High (10)	i to 3 min.
Saucy: meatballs, riblets,	1 to 2 servings	High (1 0)	2 to 4 min.
cocktail franks, etc.	3 to 4 servings	High (10)	3 to 5 min.
(½ cup per serving)			
Tip: Covet. saucy appetizers with wax paper. Cover dips with plastic wrap. Microwave pastry bites uncovered to retain their crispness.			
Bakery Foods			
Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread	I piece	Low (3)	¼ to ½ min.
	2 pieces	Low (3)	1 to I ½ min.
	4 pieces	Low (3)	I ½ to 2 min.
	9-in. cake or 12 rolls or doughnuts	Low (3)	2 to 4 min.
Dinner rolls, muffins	1	Medium (5)	¼ to ½ min.
	2	Medium (5)	½ to ¼ min.
	4	Medium (5)	½ to 1 min.
	6 to 8	Medium (5)	Ito 2 min.
Pie: fruit, nut (II' custard	1 slice	High (I())	½ to i min.
i slice= i/X of 9-in. pie	2 slices	High (lo)	i to 1 ½ min.
(use minimum time for custard)	4 slices	Meal-High (7)	2 to 3 min.
	9-in. pie	Meal-High (7)	3 to 5 min.
Beverages			
Cocoa, other milk based			
(6 oz./cup)	i to 2 cups	High (I())	3 to 5 min.
(9 oz./cup)	3 to 4 cups	High (I())	7 to 9 min.
Coffee, tea, cider			
(6 oz./cup)	i to 2 cups	High (10)	2 to 4 min.
(9 oz./cup)	3 to 4 cups	High (10)	5 to 7 min.
Gravies & Sauces			
Desserts: chocolate, butterscotch, etc.	½ cup	High (10)	I to 1 ½ min.
	1 cup	High (I())	2 to 2½ min.
Gravies: giblet or creamy	½ cup	High (I())	2 to 3 min.
	1 cup	High (10)	3 to 4 min.
Meat or main dish sauces, such as	½ cup	High (10)	2 to 3 min.
spaghetti sauce, etc.	1 cup	High (lo)	3 to 4 min.
	i can (16 oz.)	High (I())	4 to 6 min.
Tip: Cover food to prevent spattering			
Griddle Foods			
Pancakes, french toast or waffles:			
Plain, no lopping	2 or 3 pieces	High (lo)	I to l)< min.
Syrup & butter	2 or 3 pieces	High (I())	i to I ¼ min.
Tip: Do not cover.			

Heating or Reheating Guide (continued)

Item	Amount	Power Level	Time
Meats and Main Dishes			
Chicken pieces	1 to 2 pieces	High (10)	1 to 3 min.
	3 to 4 pieces	High (10)	4 to 6 min.
Hamburgers or meatloaf (4 oz. per serving)	1 to 2 servings	High (lo)	1 to 2 min.
	3 to 4 servings	High (10)	3 to 5 min.
Hot dogs and sausages	1 to 2	High (lo)	1 to 1½ min.
	3 to 4	High (10)	1½ to 2½ min.
Rice and pasta (¼-½ cup per serving)	1 to 2 servings	High (10)	1 to 2½ min.
Saucy, main dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. (¼-1 cup per serving)	1 to 2 servings	High (10)	4 to 7 min.
	3 to 4 servings	High (10)	X to 11 min.
	1 can (16 oz.)	High (lo)	5 to 7 min.
Steaks, chops, ribs, meat pieces	1 to 2 servings	Meal-High (7)	1½ to 2½ min.
	3 to 4 servings	Meal-High (7)	3 to 5 min.
Thinly-sliced meat (3 to 4 oz. per serving)	1 to 2 servings	Meal-High (7)	1 to 2 min.
	3 to 4 servings	Meal-High (7)	2 to 3 min.
Topped or mixed with sauce (¼-½ cup per serving)	1 to 2 servings	High (10)	3 to 5 min.
	3 to 4 servings	High (10)	5 to X min.
Plate of Leftovers			
Meat plus 2 vegetables	1 plate	High (10)	3 to 4 min
Sandwiches			
Meat-cheese filling: with 2 slices of bread	1 to 2 servings	Meal-High (7)	2 to 3 min.
	3 to 4 servings	Meal-High (7)	4 to 5 min.
Moist filling: Sloppy Joes, barbecue, ham salad, etc. in bun (¼ cup per serving)	1 to 2 servings	Meal-High (7)	1 to 2 min.
	3 to 4 servings	Meal-High (7)	3 to 4 min.
soups			
Milk-based (6 oz. per serving)	1 to 2 servings	Meal-High (7)	1½ to 5 min.
	3 to 4 servings	Meal-High (7)	7 to 10 min.
	1 can (10 oz.)	Meal-High (7)	7 to X min.
Water-based (6 oz. per serving)	1 to 2 servings	High (10)	1½ to 3 min.
	3 to 4 servings	High (10)	5 to 9 min.
	1 can (10 oz.)	High (10)	5 to 10 min.
Vegetables			
Large pieces or whole: asparagus spears, corn on the cob. etc.	1 to 2 servings	High (10)	1½ to 3 min.
	3 to 4 servings	High (10)	4 to 6 min.
Mashed (½ cup per serving)	1 to 2 servings	High (10)	2 to 4 min.
	3 to 4 servings	High (10)	5 to 7 min.
Small pieces: peas, beans, corn, etc. (½ cup per serving)	1 to 2 servings	High (10)	1½ to 3 min.
	3 to 4 servings	High (10)	5 to 9 min.
	1 can (16 oz.)	High (10)	5 to 10 min.

Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with wax paper. When heating or reheating 3 to 4 servings of meat slices or pieces, rotate dish 1/2 turn after half of' cooking time.

Tip: Cover plate of food with wax paper or plastic wrap.

Tip: Use paper towel or napkin to cover sandwiches.

Tip: Cover soups with wax paper or plastic wrap.

Tip: Cover vegetables for most even heating.

Defrosting Guide

1. Food packaged in paper or plastic maybe defrosted without unwrapping. If food is foil wrapped. remove foil and place food in cooking dish for defrosting. Most food defrosts well using Defrost (3). For more even defrosting of larger foods, such as beef. lamb and veal roasts. use Warm (l).
2. After first half of defrosting time, unwrap package and check food. Turn food over, if necessary: break apart or separate food if possible, Shield any warm areas with small pieces of foil.
3. Be sure large meats are completely defrosted before cooking.
4. When defrosted, food should be cool but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes.

Food	First Half Time, Min.	Second Half Time, Min.	Comments
Breads, Cakes [Power Level: Defrost (3)]			
Bread, buns or rolls (8 to 16 oz.)	2 to 3	none	Remove metal twist tie. Turn over after first half of time
Cake, frosted, 2 to 3 layer (17 oz.)	2 to 4	none	Let stand 5 to 1 () minutes before serving.
Cake, plain, I layer	2 to 4	none	Let stand 5 minutes before serving.
Cheesecake, plain or fruit-topped (17 to 19 oz.)	5 to 7	none	
Coffee cakes (1 I to 14¼ oz.)	2 to 3	2 to 3	
Cream or custard pie (14 to 23 oz.)	4 to 6	4 to 6	Reposition after first half of time. Let stand 5 minutes before serving.
Crunch cakes & cupcakes	½ to ¾ each	none	
Doughnuts (I or 4)	I to 2	none	
Doughnuts, glazed **(I box** of 8 large)	2 to 3	2 to 3	Rearrange after first half of time.
French toast (2 slices)	2	1	Turn over after first half of time.
Fruit or nut pie (X in.)	X to 15	none	
Pound cake (10¼ **oz.)**	3 to 5	none	Let stand 5 minutes before serving
Sweet rolls (8¼ to I 2 oz.)	2 to 3	2 to 3	Rearrange after first half of' time.
Fish & Seafood [Power Level: **Defrost (3)]**			
Fillets (1 -l b.)	4 to 5	5 to 7	Place unwrapped fish on trivet in dish. Turn over after first half of time, shield ends with foil. After second half of time, hold under cold water to separate.
Steaks (6-16 oz.)	2 to 3	2 to 3	
Steaks (1-2 lbs.)	4 to 5	3 to 5	
Shellfish, blocks: Crab meat (6-oz. package)	2	2	Place block in casserole. Turn over and break up with fork after first half of time.
Oysters (I 0-oz. can)	4 to 6	4 to 6	Place block in casserole. Break up with fork after first half of time.
Scallops (I-lb. package)	4 to 6	4 to 6	Place block in casserole. Turn over and break up after first half of time.
Shellfish, large: Crab legs. I to 2 (X to 10 oz.)	2 to 4	2 to 4	Arrange on trivet in cooking dish with light-underside-up. Turn over after first half of time.
Lobster tails, 1 to 2 (6 to 9 oz.)	3 to 4	3 to 4	Arrange on trivet in cooking dish, with meaty-side-down. Turn over after first half of time.
Shellfish, small pieces (1 lb.)	3 to 4	3 to 4	Spread shellfish in single layer in baking dish. Rearrange pieces after first half of time.
Whole fish (8 to 10 oz.)	3	2 to 4	Place fish in cooking dish. Turn over after first half of time. After second half of time, rinse cavity with cold water to complete defrosting,

Defrosting Guide (continued)

Food	First Half Time, Min.	Second Half Time, Min.	Comments
Fruit [Power Level: **Defrost (3)**]			
Fresh (1 () to 16 oz.)	2 to 3	2 to 3	Place package in oven. Remove foil or metal. After minimum titne. break Lip with fork. Repeat if necessary.
Plastic pouch—1 to 2 (10-07 .." package)	1 to 3	3 to 4	Place package in oven. Flex package once.
Meat [Power Level: **Defrost (3)**]			
Bacon (1 2-16 oz.)	2 to 3 per lb.	2 **to** 3 per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting.
Franks (1 lb.)	2 to 3	2 to 3	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, i f necessary, to complete defrosting.
Ground: beef & pork			
(1 lh,)	3 to 5	3 to 5	Turn meat over after first half of time.
(2 lbs.)	6 to X	6 to X	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Break up remaining block and microwave 1 to 2 minutes more.
Roast: beef, lamb, veal (up to 3 Ibs.)	4 to 5 per lb.	4 to 5 per lb.	Place unwrapped roast in cooking dish. Turn roast over after first half of time. Defrost for second half of titne. Let stand for 30 minutes to 1 hou '.
Roast, pork (Lip to 3 Ibs.)	4 to 5 per Ih.	4 to 5 per lb.	Place unwrapped roast in cooking dish. Turn roast over after first half of time. Defrost for second half of time. Let stand for 30 minutes to 1 hour.
Sausage, bulk			
(1-lb. tray)	2 to 3	2 to 3	Turn over after first half of time. Let stand 5 minutes.
(1-lb. roll)	3 to 5	3 to 5	Turn over after first half of time. Let stand 15 minutes.
Sausage, links (½ to 1 lb.)	3	2 to 3	Rotate package 1/4 turn after first half of time. Let stand 5 minutes.
Sausage, patties (12-oz. package)	3	2 to 3	Turn over and separate after first half of time. Remove patties as they thaw.
Steaks, chops & cutlets	3 to 5 per lb.	3 to 4 per lb.	Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of titne. separate pieces with table knife. Let stand to complete defrosting.
Spareribs, pork (2 to 3 lb.)	2 to 4 per lb.	2 to 4 per lb.	Place unwrapped ribs in cooking dish. Turn over after first half of titnc and shield warm areas with foil. After second half of titne, separate pieces with knife. Let stand to complete thawing.
Poultry [Power Level: **Defrost (3)**]			
Chicken, broiler-fryer, cut up (1½ to 2 Ibs.)	X to 10	6 to X	Place wrapped chicken in dish. Unwrap and turn river after first half 01" titne. After second half of titnc, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish dcf'resting.
Chicken, whole (2½ to 3½ Ibs.)	14	t I to I 3	Place unwrapped chicken on trivet in cooking dish. After half of titnc, turn chicken over. Shield bone ends, wings, tail and warm areas with foil. Det'rest for second half of time. Rinse cavity to loosen giblets.
Cornish hen	5 to 6 per Ih.	5 per lb	Place hen hi-e;lst-side-down on trivet in cooking dish. Turn over after first half of time. Defrost for second half of time. Rinse cavity to loosen Xi blets.
Duckling	4 to 6 per lb.	4 to 6 per lb.	Place unwrapped duckling in oven. Turn over after first half of time. Shield warm areas with foil. **Run** cool water in cavity until giblets can be removed.
Turkey breast (4 to 5 lbs.)	3 to 5 per lb.	3 to 5 per lb.	Place unwrapped breast in microwave-safe dish breast-side-down. After first half 01" titnc, turn breast-side-up and shield warm areas with foil. Defrost for second half of titnc. Let stand 1 to 2 hours to complete defrosting in refrigerator.

Cooking Guide

Breads

Crust on breads will be soft and the outsides will not brown. If desired, sprinkle top of batter with cinnamon-sugar mixture, chopped nuts or other topping I\) r brown color. To increase brown color on upside down breads, line dish before microwaving with brown sugar-caramel mixture or savory topping, such as crushed, canned, trench-fried onion rings.

Food	Container	Cover	Power Level & Time		Comments
Coffee cakes	X-in. round or square dish	No	Med-High (7)	6 to 8 min.	Place batter in greased dish.
Cum bread	X- to 9-in. tube dish*	No	Med-High (7)	8 to 9 min.	Sprinkle cooking dish with finely chopped, canned, french-fried onions before microwaving. Turn out of pan upside down to Serve.
Muf'fins (1 Muffin) (2 to 4 Muffins) (5 to 6 Muffins)	P:lpci-lined muffin cups (Do not use foilliners.)	No	Med-High (7)	 ½ to I min. I to 3 min. 3 to 4½ min.	Use microwave-safe muffin container or homemade muffin cups, made by cutting down hot drink paper cups. Some muffins may be done before others. Remove muffins as [hey are done, and continue cooking remaining mu ffins a few seconds longer.
Quick breads, I'rein a mix	Glass loaf dish	No	Med-High (7)	I 2 to 22 min.	Shield corners after half of cooking time When done, toothpick inserted in center will come out clean. Let stand 15 minutes before turning out of dish. Cool.

*If tube dish is unavailable, microwave in 8-in. round dish with drinking glass placed open-side-up in center.

Cakes and Desserts

1. Always use microwave-safe cookware.
2. Before adding measured amount of batter, grease dishes 01" line them with wax paper. (Do not flour.)
3. Cakes are done when toothpick or long skewer inserted into center comes out clean.
4. Cool cake in dish set directly on heat-proof surface or wooden board 10 to 15 minutes before inverting.
5. Crust on cakes will be soft. If cake is to be frosted, refrigerate cake for an hour to firm exterior surface.
6. Chiffon and Angel Feud cakes are not recommended for microwaving.

Food	Container	Cover	Power Level & Time		Comments
Baked apples or pears	Microwave-safe dish or casserole	Lid or plastic wrap	High (10)	2 to 4 min per piece	Pierce fruit or peel to prevent bursting. Core and fill center of apple with 2 tablespoons sugar, 1 teaspoon butter and 1/X teaspoon cinnamon. Add 2 tablespoons water for each piece of fruit.
Bar cookies	X-in. round baking dish	No	Meal-High (7)	5 to I () min.	Grease dish before adding batter. Cut when cool.
Commercial mix	X-in or 9-in, round dish	No	High (10)	6 to I () min.	Grease dish before adding batter. Let stand 5 to 1 () minutes to cool before inverting.
	] 2 cup fluted tube cake pan	No	High (lo)	1 I to I 5 min.	Let tube cake stand 15 to 20 minutes to cool, before inverting,
Cupcakes—6	Piipct-lined cupcaker	No	Med-High (7)	2½ to 4½ min.	When cooking several cupcakes, some will be done before others. Remove cupcakes as they are done and continue cooking remaining cupcakes a few secon S longer.
Pineapple upside down cake	X-in. round baking dish	No	Med-High (7)	10 to 14 min.	When done, toothpick stuck in cake comes out clean. Invert cake onto plate; let dish stand over cake a few minutes.

Cooking Guide (continued)

Candies

1. Always use microwave-safe cookware. For easy clean-up, melt chocolate in paper wrappers scan-side-up, or place chocolate in paper bowl to melt.
2. Candies which are boiled become very hot; handle cooking containers carefully.

Food	Container	Cover	Power Level & Time		Comments
Caramel apples	1 pint (2-cup) measure	No	High (10)	3 to 7 min.	Unwrap half of a 14-oz. package of caramels into measuring cup. Add 1 tablespoon water. Microwave, stirring every minute. Dip 4 apples into mixture.
Chocolate bark	1½-qt. casserole or bowl	Yes	High (lo)	3 to 6 min.	Place 12 oz. scmi-sweet chocolate pieces in container. Microwave to melt. Add 1 cup whole toasted almonds. Spread over wax paper on cookie sheet. Chill until firm.
Marshmallow crisp	2-qt, casserole or bowl	No	High (lo)	1 min. to melt butter, 4 min. to melt marshmallows	In large glass bowl, melt 1/4 cup butter. Add 10-oz. package marshmallows, cover with wax paper and microwave to melt. Stir in 4 cups crispy rice cereal. Press firmly into buttered dish.
S'Mores	Paper napkin or paper plate	No	High (10)	15 to 25 seconds	Cover graham cracker with chocolate and marshmallow.

Cereal, Pasta and Rice

1. Always use microwave-safe cookware,
2. For pasta. use about one-half the amount of water needed for conventional boiling. Add regular amount of salt and I teaspoon oil (optional, to prevent sticking).
3. For rice or minute rice, use the same amount of water needed for conventional boiling. Add regular amount of salt.
4. Cover pasta and rice while microwaving. When using plastic wrap, turn back one corner to vent.
5. Stir or rearrange after half of cooking time. Drain pasta immediately after microwaving.
6. Microwave time and conventional boiling time are about the same,

Food	Container	Cover	Power Level & Time		Comments
Oatmeal, old fashioned	1-qt. casserole or bowl	No	High (10)	3 to 5 min. per serving	Increase casserole size for more than one serving. Increase time about 2 minutes for each additional serving you are cooking. Stir after half of cooking time.
Note: To microwave single-serving packet of instant oatmeal, follow package directions for amount of water and microwave at High (10) for ½ to 1 minute.					
Rice, minute (1½ cups)	2-qt. casserole	Lid or plastic wrap	High (10)	2 to 6 min.	Add 1½ cups water. Stir after 2 minutes.
Rice, regular long grain (1 cup)	2-qt, casserole	Lid or plastic wrap	High (10)	17 to 21 min.	Add 2 cups water. Stir after 10 minutes.
Spaghetti (8 oz.)	2-qt. casserole or oblong dish	Plastic wrap	High (10)	16 to 20 min.	Add 6 to 7 cups water. Stir after 8 minutes

Cheese and Eggs

1. Eggs may be prepared many ways in the microwave oven. Always pierce whole yolks before microwaving to prevent bursting.
2. Never cook eggs in the shell. **Do** not reheat hard cooked eggs in the shell. They will explode.
3. Cook eggs just until set. They are delicate and can toughen if overcooked.

Food	Container	Cover	Power Level & Time		Comments
Cheese					
Fondue	Microwave-safe 2-qt. dish	Cover or plastic wrap	High (10) Medium (5)	To make sauce 3 to 5 min. 8 to 9 min.	Make basic white sauce, substituting wine for milk. Add cheese and microwave at Medium (5) for 8 to 9 minutes, whisking every 2 minutes.
Eggs					
Basic eggs	Buttered custard cup	Plastic wrap	Medium (5)	¼ to 1 min. per egg	Puncture membrane of yolk to prevent bursting.
Omelet	9-in. pie plate	No	High (10) Medium (5)	Melt butter 30 to 45 sec. 7½ to 10 min.	Sprinkle cheese over omelet. Microwave ½ to 1 minute until cheese is slightly melted.
Poached eggs (4 maximum)	Custard cup	Plastic wrap	High (10) Meal-High (7)	1 to 2 min. ½ to ¾ min. per egg	Heat 2 tablespoons water and 1/4 teaspoon vinegar in each custard cup. Break 1 egg into each custard cup. Cover loosely with plastic wrap. Cook according to guide.
Quiche	9-in quiche dish	No	Meal-High (7)	17 to 22 min.	Pour filling into precooked 9-inch shell.
Scrambled	Glass measuring cup or casserole	**No**	High (10)	¼ to 1 min. per egg	Scramble eggs with 1 teaspoon butter and 1 tablespoon milk per egg. Place in oven and microwave for half of total time. Stir set portions from the outside to the center. Allow to stand 1 or 2 minutes to finish cooking.

Fish and Seafood

1. Fish is done when it flakes easily when tested with a fork. Center may still be slightly translucent, but will continue cooking as fish stands a few minutes after cooking.
2. Cook fish with or without sauce. A tight cover steams fish. Use a lighter cover of wax paper or paper towel for less steaming.
3. Do not overcook fish. Check at minimum time.

Food	Container	Cover	Power Level & Time		Comments
Clams. 6	Pie plate or shallow dish	Plastic wrap	High (10)	4 to 7 min.	Place in dish with hinged side out.
Fillets or steaks (1 lb.)	Oblong dish	Wax paper or plastic wrap	High (10)	5 to 7 min.	Microwave until fish flakes easily. Turn steaks over after half of cooking time.
Shrimp—1 lb. (peeled)	Pie plate or shallow dish	Plastic wrap	High (10)	6 to 8 min.	Brush with garlic butter before cooking. Rearrange after 4 minutes.
Shrimp— 1 to 2 lbs. (unpeeled)	2-qt. casserole	Lid or plastic wrap	High (10)	5 to 9 min.	Place shrimp in casserole. Add 2 cups hottest tap water. Cover. Stir after 5 minutes.
Whole fish	Oblong dish	Plastic wrap	High (10)	5 to 7 min. per lb.	Shield head and thin tail with aluminum foil.

Cooking Guide (continued)

Gravies & Sauces

1. Cover thick, chunky sauces to prevent spattering.
2. Whisk sauces vigorously with wire whisk once or twice while microwaving.
3. Vary basic white sauce by adding cheese, egg yolks, cream, wine or herbs.

Food	Container	Cover	Power Level & Time		Comments
Gravies and sauces thickened with flour or cornstarch (1 cup)	Glass measure 01" bowl	No	High (10)	4 to 7 min.	Microwave fat, flour and salt together to melt and blend. Whisk in liquid and finish cooking. Increase time 1 [n 2 minutes per additional cup of sauce.
Melted butter sauces, clarified butter (½ cup)	Glass measure	No	High (t())	t to 3 min.	Microwave butter just to melting. For clarified butter, bring to boiling then let stand until layers separate. Pour 0[''[' and use clear, top layer.
Thick spaghetti, barbecue or sweet/sour sauces (2 cups)	Casserole, bowl	Yes (spaghetti)	ligh (t())	5 to t() tnin.	Stir ingredients together, then microwave, stirring after half of cooking time. Let stand 5 to I() minutes to develop flavor.
Thin, liquid **sauces** (Au jus, clam, etc.) (1 cup)	Casserole	No	ligh (lo)	3 to 5 min.	Add cornstarch-water mixture to heated ingredients, Stir well and microwave to finish.

Meats

1. Always use a cooking bag when cooking beet, lamb, pork or veal roasts. See package instructions for proper use of cooking bag.
2. After enclosing roast in cooking bag, place on trivet in microwave-safe dish.
3. Allow about I() minutes standing time for most roasts before carving.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Food	Container	Cover	Power Level & Time (or Internal Temp.)		Comments
Beef					
Ground, crumbled (for casseroles 01" soup) (1 lb.) (1½ lbs.)	Casserole	No	High (t())	5 to 12 min. 7 to 12 tnin.	Stir after half of cooking time. Add sauce or casserole ingredients and finish. To cook frozen block, microwave t() to 15 minutes, breaking up and stirring every 5 minutes. Let stand 5 minutes.
Meatballs (1 lb.)	Oblong or round dish	Wax paper or plastic wrap	High (10)	9 to t 3 min.	Arrange around edge of dish.
Meatloaf (**Round** loaf) (Loaf shape)	Pie plate or loaf dish	Plastic wrap	Meal-High (7) or cook" to 170°	25 to 30 tnin. 30 to 35 min.	Let stand t() minutes after cooking. Let stand I() minutes after cooking.
Patties (4 patties per lb.) t to 2 patties 3 to 4 patties	Oblong glass dish (with trivet if desired) or ceramic dinner plate	Wax paper	High (10)	3 to 5 min. 4 to 6 tnin.	If desired, add browning sauce or agent. Let patties stand, covered, 2 minutes.
Pot roasts (Lip to 3 lbs.)	Casserole or oblong glass baking dish	Cooking bag	Low (3)	4 to 6 min. 23 to 29 tnin. per lb.	Brush with browning sauce and add t/~ cup water to cooking bag. Turn over after half of time. Add vegetables if desired after half of time. Re-cover and finish.

Meats

Food	Container	Cover	Power Level & Time (or Internal Temp.)		Comments
Beef (continued)					
Simmered beef (corned beef or brisket)	Casserole	Cooking bag	Medium (5)	120 to 130 min.	Add 1 cup water per pound of meat. Turn over after half of cooking time. Let meat stand in broth at least 10 minutes after cooking. For boiled dinner, remove meat and cook vegetables in broth.
Tender roasts (rib, high quality rump, sirloin tip)	Oblong dish with trivet	Cooking bag	Medium (5)	Minutes per lb. / Internal Temp. Rare 11 to 14 / 140° Medium 13 to 17 / 160° Well 15 to 20 / 170°	Turn roasts over after half of cooking time. Let meat stand 10 minutes before carving.
Lamb					
Roast (leg or shoulder)	2-qt. oblong dish with trivet	Cooking bag	Medium (5)	Min. per lb. Medium 10½ to 17 Well 17 to 22	Place roast fat-side-down in microwave-safe dish. Turn over after half of cooking time. Shield end of shank bone with foil during first half of time. Let roast stand 10 min. before carving.
Chops & cutlets (1 to 2) (3 to 4)	2-qt. oblong dish	Wax paper	Meal-High (7)	6 in 9 min.	Brush chops lightly with oil. Turn meat over after half of cooking time.
Pork					
Bacon (per slice)	Microwave-safe plate or oblong dish	Paper towel	High (10)	¼ to 1 min.	Arrange in single layer on paper towels or on trivet set in dish. Cover with a paper towel. To microwave more than 1 layer of bacon, use an oblong dish and place a paper towel between each layer of bacon. Cover with a paper towel to prevent spatters.
Canadian bacon 2 slices 4 slices 6 slices	Microwave-safe cookware	Wax paper	High (10)	½ to 1¼ min. 1 to 1¼ min. 1½ to 2 min.	Arrange in single layer.
Ham, precooked: canned, butt or shank	2-qt. oblong dish	Cooking bag	Medium (5)	14 to 19 min. per lb.	Place fat-side-down in dish. Turn ham over after half of cooking time.
Ham, slices & steaks (1- to 2-in. thick)	2-qt. oblong dish	Wax paper	Medium (5)	10 to 15 min.	Turn over or rearrange after 10 minutes.
Pork chops: 1-in. 2 3 4	Microwave-safe cookware	Plastic wrap	Medium (5)	7 to 13 min. 9 to 16 min. 13 to 19 min.	Brush with barbecue sauce or browning agent, if desired. Turn over after half of cooking time. Let stand covered 5 to 10 minutes before serving.
Pork roast	2-qt. oblong dish with trivet	Cooking bag	Medium (5)	15 to 20 min. per lb.	Turn roast over after half of cooking time. Microwave to an internal temperature of 170°F.
Pork sausage (raw), link	Microwave-safe cookware	Wax paper	High (10)	½ to ¾ min. per link	Arrange in single layer. If cooking 6 or more links, rearrange after half of cooking time.
Pork sausage (raw) (½ lb.: 4 patties)	Microwave-safe cookware	Wax paper	High (10)	4½ to 5 min.	Arrange in single layer. Turn over after half of cooking time.
Veal					
Chops (1-in. thick) (4 chops)	2-qt. oblong dish	Wax paper	Meal-High (7)	6 to 9 min.	Brush chops tightly with oil. Turn meat over after half of cooking time.
Roast (shoulder)	2-qt. oblong dish with trivet	Cooking bag	Medium (5)	16 to 21 min. per lb.	Place roast fat- or cut-side-down. Turn over after half of cooking time. Let roast stand 10 minutes before carving.

Cooking Guide (continued)

Poultry

Let turkey breast and other poultry stand for 5 to 10 minutes after microwaving.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

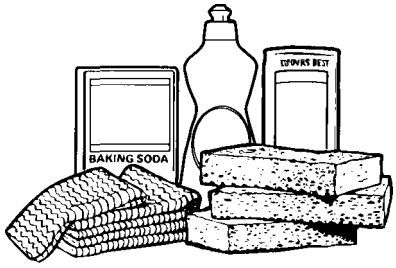
Food	Container	Cover	Power Level & Time		Comments
Chicken					
Pieces (per piece)	Plate or oblong dish	Wax paper	High (10)	3 to 5 min.	Arrange in single layer in cooking dish so thickest meaty pieces are to outside edges of dish. Turn pieces over and rearrange after half of cooking time.
Whole chicken (8 pieces)	Oblong dish	Wax paper	High (10)	I () to I 3 min.	
(unstuffed)	Oblong dish	Cooking bag	Meal-High (7)	I () to 12 min. per lb.	Brush with browning agent. if desired. Slit bag near closure to vent. Close securely with plastic tie. Cook breast-side-down. Turn over after half of cooking time. Cook to 1900 internal temp.
(stuffed)	Oblong dish	Cooking bag	Meal-High (7)	1 () to 16 min. per lb.	
Cornish Hens					
Halves	Square or oblong dish	Wax paper	Meal-High (7)	9 to 10 min. per lb.	Arrange skin-side-up in dish, on bed of stuffing, if desired.
Whole (stuffed or unstuffed)	Square or oblong dish	Wax paper	Meal-High (7)	13 to 15 min. per lb.	Place breast-side-down in dish. Turn over after half of cooking time. Shield tips of wings and legs with foil.
Turkey					
Turkey breast	Oblong dish	Cooking bag	Meal-High (7)	13 to I 5 min. per lb.	Tie ribs to breast cavity, Place breast in cooking bag. Close securely with plastic tie. Place breast-side-down in dish. Slash bag on underside near closure to vent. Turn over after half of cooking time, Cook to 190° internal temp.

Vegetables

1. **Always** use microwave-safe cookware.
2. Salt vegetables after cooking, Salting before cooking may cause darkening and dehydration of surface.
3. Arrange vegetables. such as asparagus, with the thickest pieces to [he outside of' the dish.
4. Cover vegetables when cooking If using plastic wrap, turn back one corner to vent.
5. Larger vegetable pieces will take longer to cook than smaller pieces.
6. For more even heating, stir, rearrange or rotate vegetables during cooking.

Vegetables	Container	Cover	Power Level & Time		Comments
Fresh:					
Slices, pieces	Casserole	Yes	High (10)	1 lb.: 10 to 17 min. 2 lbs.:16 to 21 min.	Add1/4 to 1/2 cup water.
Whole, halves or large or starchy vegetables (winter squash, cauliflower, etc.)	Casserole or square dish	Yes	High (10)	6 to I 6 min.	Add1/2 cup water to cauliflower. Winter squash needs no water. Turn vegetables over after half of time.
Watery (tomatoes, summer squash)	Casserole	Yes	High (lo)	I lb.: 8 to 12 min. 2 lbs.:13 to 17 min.	Cut in pieces or halves. No additional water is needed.
Potatoes (6 to 8oz. each) 1 2 3 4	No	No	High (10)	 4 to 6 min. 8 to I () min. 12 to15 min. 15 to 20 min.	Prick skin before cooking. Position potatoes in star pattern on oven floor. After cooking, wrap in foil and allow to stand for 5 minutes before serving.
Corn on the cob 1 2 3 4	No	Husk or plastic wrap	High (lo)	 5 to 7 min. 7 to 8 min. 13 to I 6 min. I 6 to I 8 min.	For convenience and freshest flavor, microwave corn in husk, Position corn in star pattern on oven floor.
Frozen:					
Package (10 oz.)	Casserole	Yes	High (lo)	8 to I 1 min.	Add I tablespoon water. Stir after half of' time.
Pouch (I () oz.)	Plate	No	High (10)	7 to 9 min.	Pierce pouch before cooking. Stir before serving.
Corn on the cob (4 ears)	Casserole	Plastic wrap	High (10)	8 min.	Follow package instructions. Place on oven floor in star pattern.
Blanching fresh vegetables for freezing	Casserole	Yes	High (10)	3to 7 min.	Blanch I pound or I quart vegetables at a time. Place in 1 or 2 qt. casserole with 1/4 to 1/2 cup water. Cool drained blanched vegetables immediately by plunging in container of ice water.

Care and Cleating



Your new microwave oven is a valuable appliance. Protect it from misuse by following these rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps air-out the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils on your oven.** The inside and outside oven walls can be scratched. The control panel can be damaged.

BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

How to Clean the Inside

Walls, floor and mode stirrer cover. 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 on oven walls. NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

Door (inside). Window: Wipe up spatters daily and wash when soiled with a damp cloth. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL MAR THE SURFACE.

Glass Cooking Tray. Occasionally it is necessary to remove the cooking tray for cleaning of the tray or oven. To prevent breakage, do not place tray into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The tray can be broken if dropped. Remember, do not operate the oven without the cooking tray in place.

Special note when using Brown 'N Sear Dish: If grease is present, high heat generated on bottom of a Brown 'N Sear dish may cause the grease to burn onto the oven tray. This may be removed with a cleanser such as Bon Ami® brand cleanser.

After using Bon Ami® brand cleanser, rinse and dry thoroughly, following instructions on can. Do not use Bon Ami® brand cleanser on the painted surfaces such as the walls. It may scratch the paint.

How to Clean the Outside

Case. Clean the outside of your oven with soap and damp cloth, rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

Control Panel. 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.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

Power Cord. If the cord becomes soiled, unplug and wash with 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.

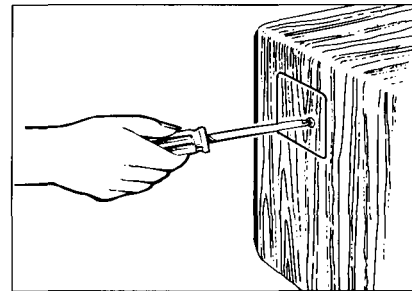
Optional Accessory

Optional accessories are available at extra cost from your GE supplier.

JX-29 Installation Kit
converts this oven to a built-in wall oven.

Oven Lamp Replacement

First unplug the oven. Then remove lamp compartment cover by removing screw which holds cover in place. Cover is located on the left side of the outer case.



Replace with 40-watt appliance bulb. (It is available in drug and hardware stores.) Replace compartment cover. Plug in the oven.

GROUNDING INSTRUCTIONS

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. (Fig. 1)

WARNING–improper use of the grounding plug can result in a risk of electric shock.

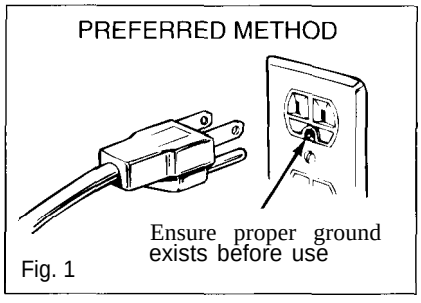


Fig. 1

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,

Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

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

Use of 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 two-prong wall receptacle by the use of a UL listed adapter (Fig. 2) which is available at most local hardware stores.

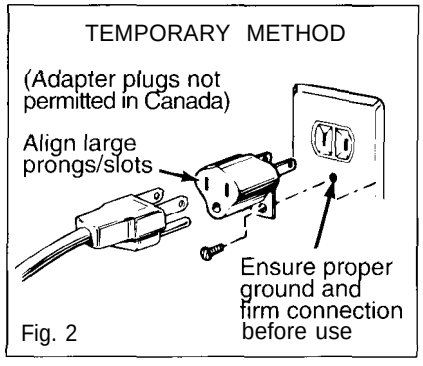


Fig. 2

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.

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 two-prong wall receptacle replaced with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.

Use of Extension Cords

Because of potential safety hazards under certain conditions, we strongly recommend against the use of an extension cord. However, if it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance (15 amperes).

If you do use an extension cord with your microwave oven, the interior light may flicker and the blower sound may vary when oven is in use. Cook times may be longer as well.

A short power-supply cord is provided to reduce risks of becoming entangled in or tripping over a longer cord. Do not drape the cord over a countertop or table where it can be pulled on by children or tripped over accidentally.



Questions? Use This Problem Solver

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT COME ON	• A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker. • Unplug your microwave oven, then plug it back in. • Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	• Door not securely closed. • START pad must be touched after entering cooking selection. • Another selection entered already in oven and CLEAR/OFF pad not touched to cancel it. • Make sure you have entered cooking time after touching TIME COOK I & 11 pad. • CLEAR/OFF pad was touched accidentally. Reset cooking program and touch START pad.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	• Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME COOK I & 11 pad and additional cooking time for completion. • Incorrect power level entered. Check Cooking Guide for recommended power level. • Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cooking Guide or recipe for instructions. • Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check Cooking Guide time recommendations.

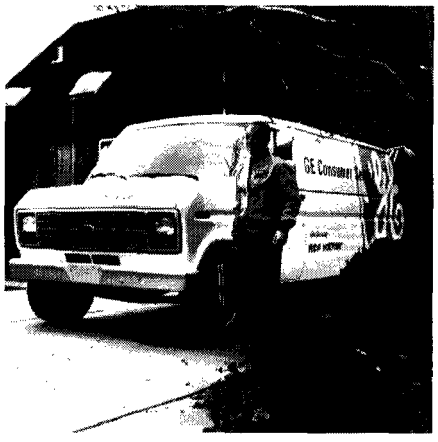
All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar t-o the interference caused by other small appliances and does not indicate a problem with your oven.

If you need more help...call, toll free: GE Answer Center"/ 800.626.2000/ consumer information service

We'll Be There

With the purchase of your new GE appliance, receive the assurance that if you ever need information or assistance from GE, we'll be there. All you have to do is call–toll-free!



In-Home Repair Service
800-GE-CARES (800-432-2737)

A GE consumer service professional will provide expert repair service, scheduled at a tim ' that's convenient for you. Many (GE Consumer Service company-operated locations offer you service today or tomorrow, or :1(your convenience (7:()();l.m.107:()() p.m. weekdays, 9:00 a. m. to 2:00 p.m. Saturdays). our factory-trained technicians know your appliance inside and out—so most repairs can be handled in just one visit.



Service Contracts
800-626-2224

You can have the secure feeling that GE Consumer Service will still be there after your warranty expires. Purchase a (GE contract while your warranty is still in effect and you'll receive a substantial discount. With a multiple-year contract, you're assured of' future service at today's prices,



Parts and Accessories
800-626-2002

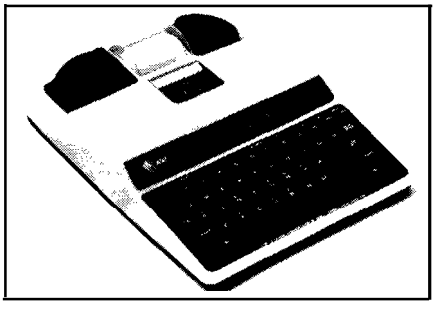
Individuals qualified to service their own appliances can have needed parts or accessories **sent.** directly to their **home.** The GE parts **system provides** access to over **47,000** parts...and all GE Genuine Renewal Parts are fully war-ranted. VISA, MasterCard and Discover cards are accepted.

User maintenance instructions contained in this booklet cover procedures intended 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.



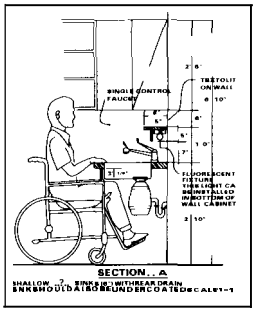
GE Answer Center[a]
800.626.2000

Whatever your question about any GE major appliance, GE Answer Center[®] information service is available to help. Your call—and your question—will be answered promptly and courteously. **And** you can call any time. GE **Answer** Center[®] service is open 24 hours a day, 7 days a week.



Telecommunication Device for the Deaf





For Customers With Special Needs...
800.626.2000

Upon request, GE will provide Braille controls for a variety of GE appliances and a brochure to assist in planning a barrier-free kitchen for persons with limited mobility. To obtain these items free of charge, call 800.626.2000.

Consumers with impaired hearing or speech who have access to a TDD or a conventional teletypewriter may (':111 800-TDD-GEAC (800 0-833-4322) to request information or service.

YOUR GE MICROWAVE OVEN

WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace ***any part of the microwave oven*** that fails because of a manufacturing defect.

LIMITED ADDITIONAL NINE-YEAR WARRANTY

For the second through tenth year from date of original purchase, we will provide, free of charge, a replacement ***magnetron tube*** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care" servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE℠ SERVICE.

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

GE Answer Center"
800.626.2000
consumer information service

- Improper installation

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, gas, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is used for other than its intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS NOTRESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above 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. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

If further help is needed concerning this warranty, write:
Manager—Consumer Affairs, GE Appliances, Louisville, KY 40225

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