Use and Care & Cooking Guide

Countertop Microwave Oven

Contents

Adapter Plugs	28	Minute/Second Timer	9
Aluminum Foil	4	Model and Serial Numbers	2
Appliance Registration	2	One-Touch Cook	9
Auto Defrost	12,13	Power Levels	10-13
Auto Start	9	Precautions	2–5
Care and Cleaning	27	Probe	8,11,27
Consumer Services	31	Problem Solver	29
Control Panel	6,7	Program Cooking	5
Cooking Guide	20-26	Safety Instructions	2-5
Defrosting Guide	18,19	Temperature Cook	11
Delayed Cooking	9	Time Cook	10
Extension Cords	28	Turntable	3,8,27
Features	8	Warranty	Back Cover
Glossary of Microwave Terms	14		
Grounding Instructions	28		
Heating or Reheating Guide	16, 17		
Hold Time	9		
Installation	28		
Microwave Cookware Guide	15		
Microwaving Tips	3		

***GE Answer Center*℠**
800.626.2000

only difference is color

Model JES82TW

JE 85 T

Microwave power output of this oven is 700 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. It'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 the Cooking Guide.
- **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:

- **Use this appliance only for its intended use** as described in this manual.
- **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 28.
- **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.**
- **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.**
- Do not operate oven without the turntable and turntable support seated and in place.
- Do not allow turntable to be restricted so the turntable cannot rotate.
- See door surface cleaning instructions in the Care and Cleaning section(s) of your 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.**

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

•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.

—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 shutoff 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 maybe 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 turntable can become too hot to touch. Be careful touching the turntable 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 27 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.

•Remove the temperature probe from the oven when not using it to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven and damage oven walls.

• 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 by 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

When You Plug in the Oven

The display panel lights up. After 15 seconds, all lights disappear and "RESET" appears. Touch the PAUSE/CANCEL pad and oven is ready for use and the clock can be set.

If power is disrupted at any time, the above sequence recurs and you must reset clock after touching PAUSE/CANCEL.

Program Cooking

Use your Touch Control Panel to Time Cook with choice of power levels from 1 (lowest) to 10 (highest); to Auto Defrost, with the oven setting the power levels and cooking or heating times; to Temp Cook, using your choice of temperatures; 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 or set Time Cook for a three-stage program using different times and power levels.

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 lights up. After 15 seconds, all lights disappear and "RESET" appears. Touch the PAUSE/CANCEL pad and oven is ready for use and the clock can be set.

If power is disrupted at any time, the above sequence recurs, and you must reset the clock after touching the PAUSE/CANCEL pad.

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

2. **AUTO DEFROST.** Touch pad of the desired food type, and then enter the food weight using the number pads. The oven automatically sets power levels and defrosting time.

3. **ONE-TOUCH COOK.** Touch this pad once to quickly enter 1 minute of cooking time at power level 10 (High). Touch the pad repeatedly to increase the cooking time in l-minute intervals.

4. TIME COOK/TEMP COOK. Program up to 3 stages of memory cooking. Microwave for a selected amount of time or temperature using automatic power level 10 (High), or change power level after entering cooking time. Once food reaches selected temperature, oven switches to Hold setting and maintains that temperature until you touch the PAUSE/CANCEL pad.

5. **NUMBER PADS.** Touch these pads to enter cooking time, time of day, temperature, power level or food weights for Auto Defrost.

6. **CLOCK/AUTO START.** Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK/AUTO START pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and O and "1:30" will appear in display. Then touch CLOCK/AUTO START pad. To reset or change time, simply repeat this process.

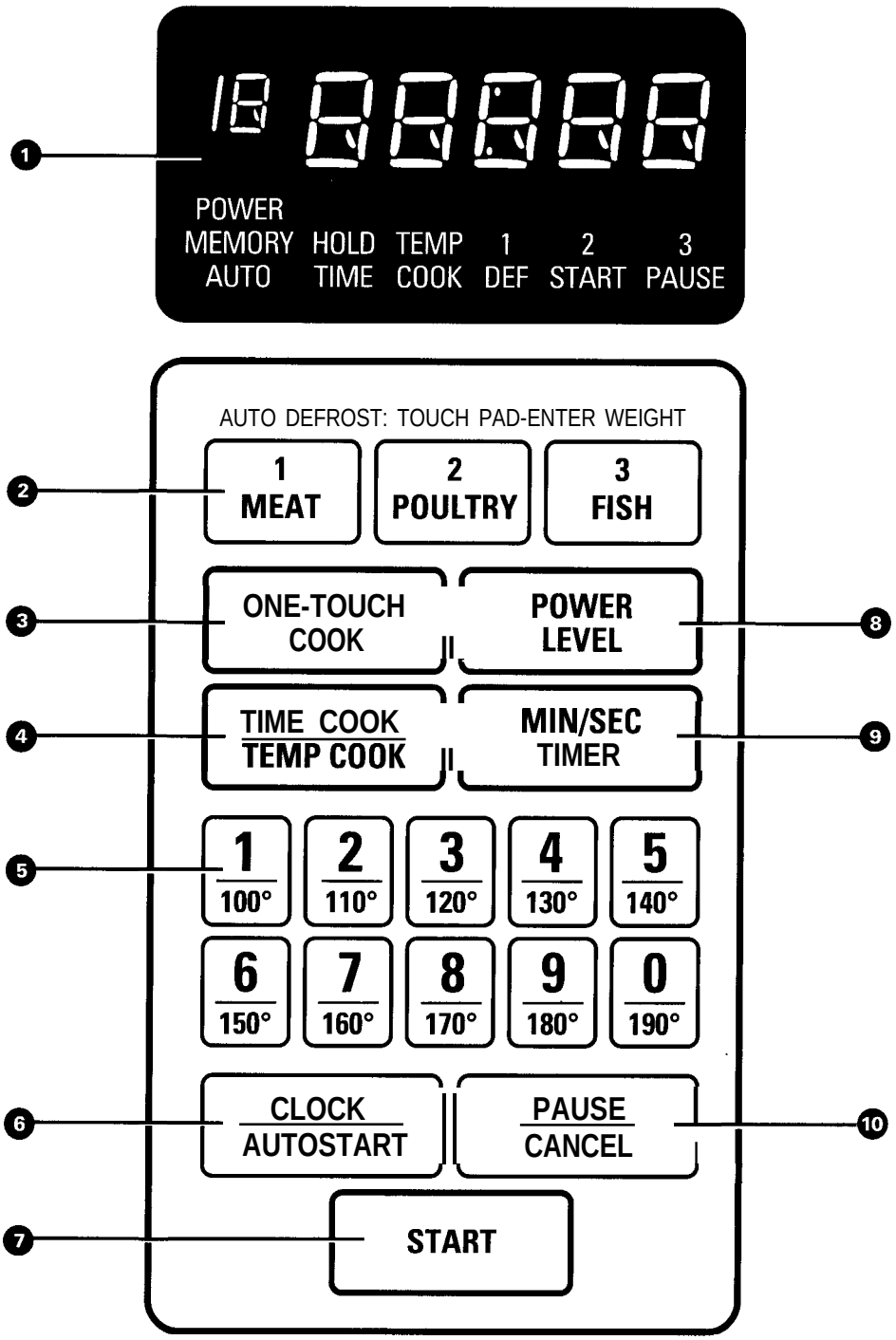
Also use this pad to program your oven to begin cooking at a later time of day—up to a 12-hour delay.

7. **START.** After time or defrost – selections are made, touch this pad to start the oven.

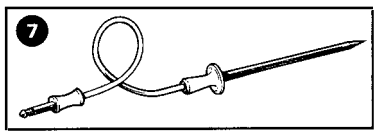
8. **POWER LEVEL.** Touch this pad after you enter the cooking time if you want to change from automatic power level 10 (High) for cooking.

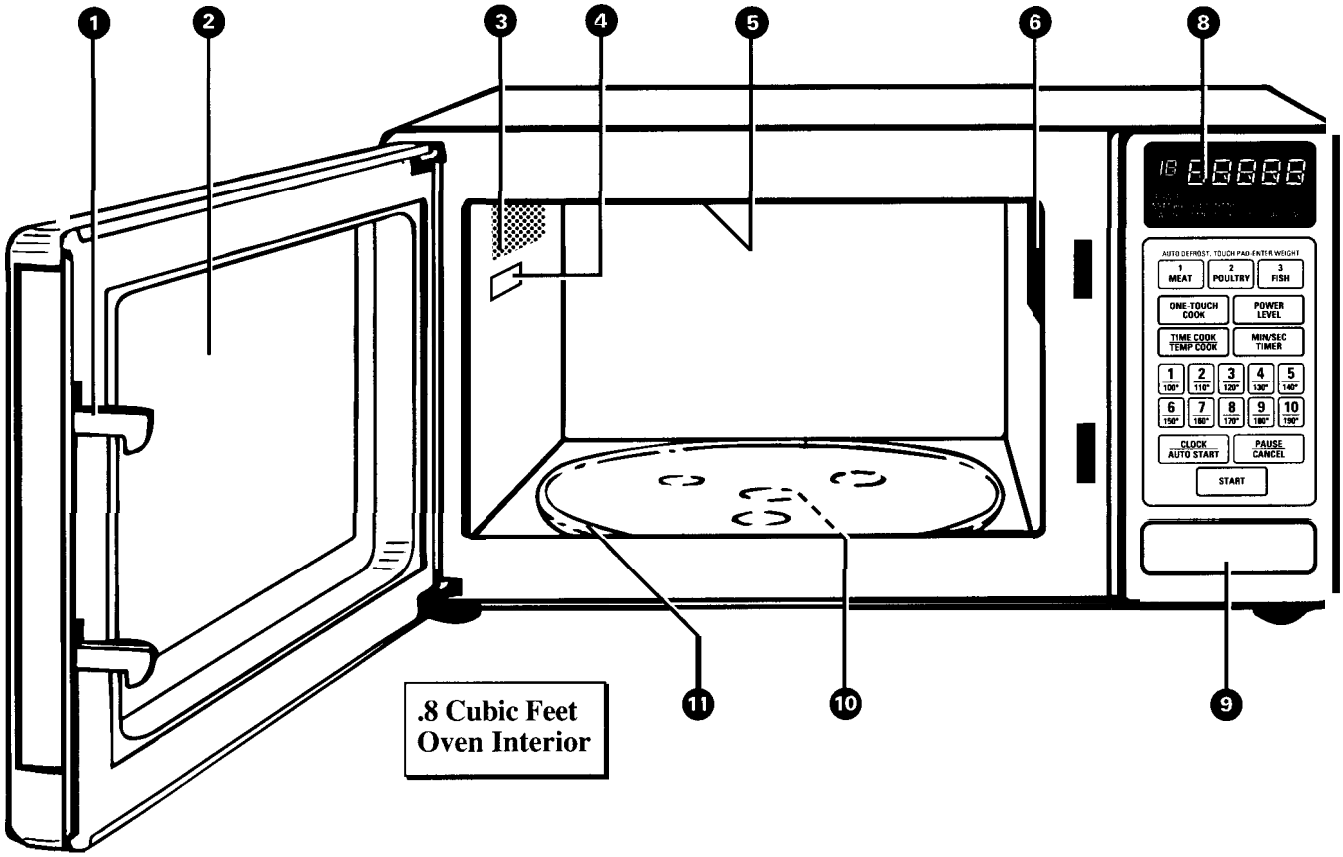
9. **MIN/SEC TIMER.** This feature uses no microwave energy. It functions as a kitchen timer, as a holding period after Auto Defrost or as a delay timer before time cooking.

10. PAUSE/CANCEL. Touch this pad once to stop microwave cooking. Remaining cooking time will appear on display. Touch START to resume cooking, or touch PAUSE/CANCEL again to erase the cooking program. The time of day will appear on the display.


POWER
MEMORY HOLD TEMP 1 2 3
AUTO TIME COOK DEF START PAUSE
AUTO DEFROST: TOUCH PAD-ENTER WEIGHT
1 MEAT
2 POULTRY
3 FISH
ONE-TOUCH COOK
POWER LEVEL
TIME COOK
TEMP COOK
MIN/SEC TIMER
1 100°
2 110°
3 120°
4 130°
5 140°
6 150°
7 160°
8 170°
9 180°
0 190°
CLOCK AUTOSTART
PAUSE CANCEL
START

Features of Your Oven





1. Door Latches.

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

3. **Oven Vent.**

4. Model and Serial Numbers.

5. Receptacle for Temperature Probe. Temperature probe must be securely inserted into receptacle when using Temp Cook.

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

7. **Temperature Probe.** Use with Temp Cook only.

8. **Touch Control Panel and Display.**

9. Door Latch Release. Press latch release button at indent to open door.

10. Removable Turntable Support. Turntable support must be in place when using the turntable. The support may be removed for cleaning.

11. Removable Turntable. Turntable must be in place when using the oven. Cooking performance will be unsatisfactory without the turntable in place. The turntable may be removed for cleaning.

How to Use the Minute/Second Timer

The Minute/Second 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 Minute/Second Timer operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch MIN/SEC TIMER pad.

2. Touch number pads 3,0 and O (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

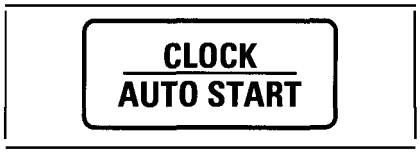
To delay cooking up to 99 minutes and 99 seconds, touch TIME COOK/TEMP COOK pad and enter the cook time. Touch MIN/SEC TIMER pad and enter number of minutes to delay cooking. Touch START. Timer will count down to zero and cooking will begin.

How to Use Auto Start

The Auto Start feature allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay.

To Use Auto Start

Step 1: Enter your desired cooking program.



Step 2: Touch CLOCK/AUTO START pad (instead of START).

Step 3: Enter the time you want the oven to start. (Be sure your microwave oven clock shows the correct time of day. See Your Touch Control Panel section.)

Step 4: Touch START pad. The oven will automatically start at the desired time.

One-Touch Cook

With this feature, you can quickly program a short cooking operation with the touch of one pad.

NOTE: Oven operation begins automatically, without your having to touch the START pad.

To Use One-Touch Cook

Step 1: Place food in oven in microwave-safe dish.



Step 2: Touch ONE-TOUCH COOK. Oven operation will start.

To increase the amount of cooking time, touch ONE-TOUCH COOK pad repeatedly until the desired time has been reached. The cook time will increase in one-minute increments each time you touch the ONE-TOUCH CO-OK pad.

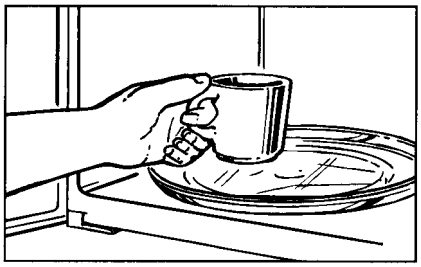
Step 3: When time is up, the oven signals and "End" flashes.

Cooking by Time

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

Power level 10 (High) is recommended for most cooking, but you can program up to 3 cooking stages, varying the power level for each stage if desired. 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 1 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/TEMP COOK pad,

Step 3: Select your time. Touch 1, 0 and O pads 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 START.

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

Step 6: Open the door.

Using the 2 & 3 Stage Cooking Feature

The Time Cook feature lets you set up to three 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/TEMP COOK pad.

Step 3: Select your first cook time. For example, touch 2, 1 and 5 for two minutes and 15 seconds.

Step 4: Touch TIME COOK/TEMP COOK pad again.

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 START.

Step 7: "POWER 10" is displayed and "COOK TIME 1" counts down.

Step 8: At the end of "COOK TIME l," the second power level is displayed and "COOK TIME 2" is shown counting down.

Step 9: When time is up, the oven signals and flashes "End." The oven, light and fan shut off.

Step 10: Open the door.

To program cooking stage 3, simply repeat the steps for programming stage 2.

Questions and Answers

Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my food wasn't done. What happened?

A. Since house power varies due to time or location, many Time Cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your food a little longer, if necessary.

Q. **I touched the number pads and selected my power level. When I touch START however, my oven didn't come on. Why not?**

A. The TIME COOK/TEMP COOK pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. **Can I interrupt my Time Cook function to check the food?**

A. Yes. To resume cooking, simply close the door and press the START pad. The timer must be reset for cooking to resume unless time is remaining on timer.

Cooking by Temperature

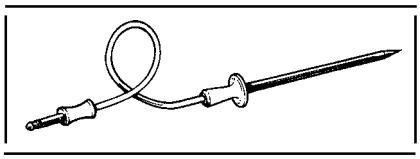
Internal temperature is the best test of doneness for many foods.

Use Temp Cook to cook a variety of foods to the desired finished food temperature. The Time Cook setting is recommended for batters, doughs, frozen foods and foods which are difficult to cook precisely with the probe.

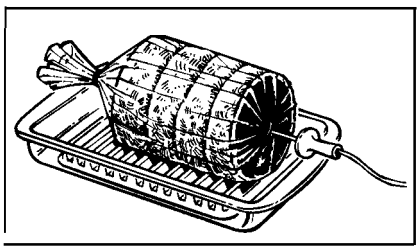
Temp Cook takes the guesswork out of cooking, because the oven automatically switches to "Hold" setting after reaching the preset food temperature and maintains that temperature until you touch the PAUSE/CANCEL pad or open the door,

Note: Oven automatically switches to "Hold" when preset food temperature is reached.

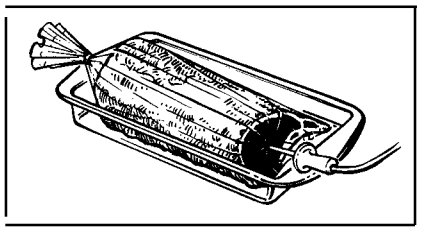
The Temperature Probe



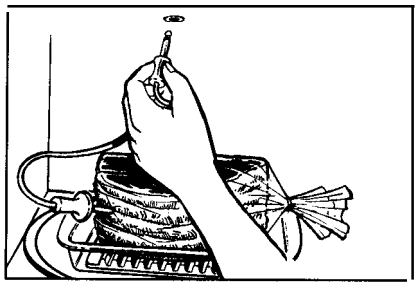
The temperature probe is a food thermometer that gauges the internal temperature of your food. (Its appearance may vary from picture above.) The probe must be used when using Temp Cook. To use your probe properly in a roast, follow directions below.



Place tender beef roast in cooking bag on trivet in microwave-safe dish. (Refer to package instructions for proper use of cooking bag.) Insert probe through cooking bag horizontally into the center meaty area not touching bone or fat. Make sure the handle does not touch the food or top or sides of the oven.



Place pork roast in cooking bag and place in microwave-safe dish.



Place meat in the oven. Insert cable end of probe firmly into the outlet.

How to Temp Cook

On*Stage Programming

Step 1: Insert the temperature probe and attach it securely into the outlet. Close the door.

Step 2: Touch the TIME COOK/ TEMP COOK pad.

Step 3: Touch the appropriate number pad to set the temperature (100°F.–195°F.). For example, touch number pad 2 to set 110°F.

NOTE: To set 115°F., touch number pad 2 twice. (110°F. for the first touch, 115°F. for the second touch.)

Step 4: Touch POWER LEVEL pad, then touch the appropriate number pad.

Note: If you do not want to program a second stage, touch the START pad to begin cooking.

Two-Stage Programming

If you want to program a second stage, proceed to Step 5:

Step 5: Touch the TIME COOK/ TEMP COOK pad.

Step 6: Touch the appropriate number pad to set the second-stage temperature (100°F.–195°F.).

Step 7: Touch the POWER LEVEL pad, then the appropriate number pad.

Note: If you do not want to program a third stage, touch the START pad to begin cooking.

Three-Stage Programming

If you want to program a third stage, proceed to Step 8:

Step 8: Touch the TIME COOK/ TEMP COOK pad.

Step 9: Touch the appropriate number pad to set the third-stage temperature (100°F.–195°F.).

Step 10: Touch the POWER LEVEL pad, then the appropriate number pad.

Step 11: Touch START pad.

The current temperature of the food being cooked is displayed rising in 5°F. increments. If the start temperature is lower than 90°F., however, "L90" (meaning lower than 90°F.) will be displayed.

When all cooking ends and the final stage temperature is reached, the oven automatically holds the food temperature for 60 minutes (or until the door is opened).

Step 12: Touch the PAUSE/ CANCEL pad to stop the cycle.

Step 13: Remove probe and food from the oven.

Questions and Answers

Q. Are there any foods I can't Temp Cook?

A. Yes. You can't Temp Cook foods that are not completely defrosted. Also, do not Temp Cook delicate butter icings, ice cream, frozen whipped toppings, etc., because they soften rapidly at warm temperatures. It is also best to Time Cook batters and doughs because they are difficult to cook precisely with the probe.

Q. **Can I leave my probe in the oven if it's not inserted in food?**

A. No, if it touches the oven wall, it may damage the oven.

Auto Defrost

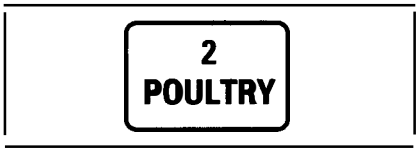
With the Auto Defrost feature, the oven automatically sets the defrosting times and power levels for you.

Use the Auto Defrost guide on the next page. Select the food type by touching the appropriate pad. Enter the food weight in pounds and tenths of a pound (see Conversion Guide at right). Then touch START pad.

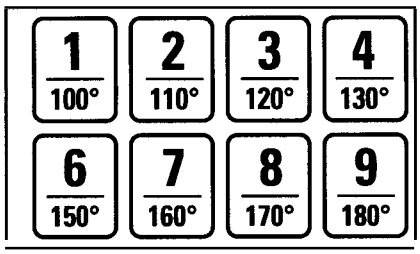
The oven calculates defrosting time and changes power levels during defrosting to give even defrosting results.

How to set Auto Defrost

1. Remove food from package, place in oven on microwave-safe dish and close door.



2. Touch the appropriate Auto Defrost pad for the food that you are defrosting. For example, touch 2 POULTRY pad.



3. Enter weight. For example, touch number pads 1 and 2 for weight of 1.2 pounds (1 pound, 3 ounces. See Conversion Guide at right.)



4. Touch START pad. Display shows the oven power level and the defrost time counting down.

When defrosting time is completed, "End" flashes and oven beeps 4 times. Oven, light and fan shut off.

Stand Time

After Auto Defrosting, meat needs to stand in order to let the inside defrost. You may take the food out of the oven if you wish. Stand time recommendations are given in the guide on the next page.

Conversion Guide

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

Ounces	Pounds
1–2	.1
3	.2
4–5	.3
6-7	.4
8	.5
9-1o	.6
11	.7
12-13	.8
l&15	.9

Auto Defrost Guide

1. Unwrap item being defrosted.

2. Place roasts and whole poultry on trivet in microwave-safe dish. Check food for warm spots halfway through defrosting, and shield these areas with small pieces of foil.

RECOMMENDED FOODS	MIN.-MAX. WEIGHT	INSTRUCTIONS	STAND TIME
Chops	0.1 - 6.0 lbs.	Separate, turn over and shield where necessary.	15-30 minutes
Frankfurters, Sausage	0.1 -6.0 lbs.	Separate and remove defrosted pieces.	l&15 minutes
Ground Meat	0.1 -6.0 lbs.	Turn over, remove defrosted areas and break apart.	15–30 minutes
Beef Patties	0.1 -6.0 lbs.	Turn over and separate patties. Remove defrosted pieces.	15–30 minutes
Roast	0.1 -6.0 lbs.	Turn over and shield.	30–90 minutes
Ribs	0.1 -6.0 lbs.	Separate, turn over and remove defrosted pieces. Shield if necessary.	15–30 minutes
Steak	0.1 -6.0 lbs.	Turn over and shield.	15–30 minutes
Stew	0.1- 6.0 lbs.	Separate and remove defrosted pieces.	15-30 minutes
Whole Chicken	0.1 -6.0 lbs.	Turn over and shield.	15–30 minutes; run cold water in cavitv.
Turkey Breast (breast side up)	0.1 -6.0 lbs.	Turn over and shield.	60–90 minutes in refrigerator
Chicken Pieces	0.1 - 6.0 lbs.	Separate and remove defrosted pieces.	15-30 minutes
Cornish hens (whole)	0.1 -6.0 lbs.	Turn over and shield where necessary.	10–20 minutes; run cold water in cavity.
Cornish hens (split)	0.1- 6.0 lbs.	Turnover and shield.	10-20 minutes
Fish fillets	0.1 - 6.0 lbs.	Separate and remove defrosted pieces.	15-30 minutes
Shrimp, scallops	0.1 -6.0 lbs.	Separate and remove defrosted pieces.	15–30 minutes
Whole fish	0.1 -6.0 lbs.	Turn over and shield tail and head.	15–30 minutes; hold under cold running water.

Edges or thin areas of meat will defrost more rapidly than other areas. After first or second signal, shield warm areas with small pieces of foil.

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 comer 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 1/2 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. Comers 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 one time. Take the shelf out when you are not using it.

Microwave Cookware Guide & Microwave Adapting

Type of Cookware	Microwave Uses
Foil-lined 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 1 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 of 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. Foods 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)	2½ to 3½ min.
	1 cup	Medium (5)	3 to 5 min.
Pastry bites: small pizzas, egg rolls, etc.	2 to 4 servings	**High (10)**	**2** to **4** min.
Saucy: meatballs, riblets,	1 to 2 servings	High (10)	2 to 4 min.
cocktail franks, etc.	3 to 4 servings	High (10)	3 to 5 min.
(½ cup per serving)			
Tip: Cover 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,	1 piece	Low (3)	¼ to ½ min.
nut or fruit bread	**2** pieces	Low (3)	1 to 1 ½ min.
	4 pieces	Low (3)	1 ½ to 2 min.
	9-in. cake or 12 rolls or doughnuts	Low (3)	4 to 5 min.
Dinner rolls, muffins	1	Medium (5)	¼ to ½ min.
	2	Medium (5)	½ to 1 min.
	4	Medium (5)	**1** to 1½ min.
	6 to 8	Medium (5)	**1** to **2** min.
Pie: fruit, nut or custard	**1** slice	High (10)	½ to **1** min.
1 slice=⅛ of 9-in. pie	2 slices	High (10)	**1** to 1 ½ min.
(use minimum time for custard)	4 slices	Meal-High (7)	2½ to 3 min.
	9-in. pie	Meal-High (7)	5 to 7 min.
Beverages			
Cocoa, other milk based			
(6 oz./cup)	**1** to **2** cups	Meal-High (7)	3 to 6 rein,
(9 oz./cup)	1 to 2 cups	Meal-High (7)	6 to 9 min.
Coffee, tea, cider			
(6 oz./cup)	**1** to 2 cups	High (10)	1½ to 3 min.
(9 oz./cup)	1 to 2 cups	High (10)	6 to 7 min.
Gravies & Sauces			
Desserts: chocolate, butterscotch, etc.	½ cup	High (10)	¾ to 1 ½ min.
	1 cup	High (10)	**1**½ to 2½ min.
Gravies: giblet or creamy	½ cup	High (10)	1 to 2 min.
	1 cup	High (10)	2 to 3 min.
Meat or main dish sauces, such as	½ cup	High (10)	2 to 4 min.
spaghetti sauce, etc.	1 cup	High (10)	3½ to 5 min.
	1 can (16 oz.)	High (10)	4 to 6 min.
Tip: Cover food to prevent spattering.			
Griddle Foods			
Pancakes, french toast or waffles:			
Plain, no topping	2 or 3 pieces	High (10)	1 to 1 ½ min.
Syrup & butter	2 or 3 pieces	High (10)	**1** to 1 ¼ min.
Tip: Do not cover.			

Item	Amount	Power Level	Time
Meats and Main Dishes			
Chicken pieces	1 to 2 pieces	High (10)	2 to 3 min.
	3 to 4 pieces	High (10)	3 to 4 min.
Hamburgers or meatloaf (4 oz. per serving)	1 to 2 servings	High (10)	1 to 2½ min.
	3 to 4 servings	High (10)	3 to 4 min.
Hot dogs and sausages	1 to 2	High (10)	1 to 1¼ min.
	3 to 4	High (10)	1¼ to 3 min.
Rice and pasta (⅔-¾ cup per serving)	1 to 2 servings	High (10)	1 to 3 min.
Saucy, main dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. (¾-1 cup per serving)	1 to 2 servings	High (10)	4 to 12 min.
	3 to 4 servings	High (10)	12 to 15 min.
	1 can (16 oz.)	High (10)	6 to 8 min.
Steaks, chops, ribs, meat pieces	1 to 2 servings	Meal-High (7)	2½ to 4 min.
	3 to 4 servings	Meal-High (7)	6 to 10 min.
Thinly-sliced meat (3 to 4 oz. per serving)	1 to 2 servings	Meal-High (7)	3 to 5 min.
	3 to 4 servings	Meal-High (7)	5 to 8 min.
Topped or mixed with sauce (⅔-¾ cup per serving)	1 to 2 servings	High (10)	4 to 6 min.
	3 to 4 servings	High (10)	8 to 12 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.~~ Rearrange meat in dish.

Plate of Leftovers			
Meat plus 2 vegetables	1 plate	High (10)	3 to 5 min.

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

Sandwiches			
Meat-cheese filling: with 2 slices of bread	1 to 2 servings	Meal-High (7)	2 to 4 min.
	3 to 4 servings	Meal-High (7)	4 to 6 min.
Moist filling: Sloppy Joes, barbecue, ham salad, etc. in bun (⅓ cup per serving)	1 to 2 servings	Meal-High (7)	2 to 4 min.
	3 to 4 servings	Meal-High (7)	4 to 6 min.

Tip: Use paper towel or napkin to cover sandwiches.

soups			
Milk-based (6 oz. per serving)	1 to 2 servings	Meal-High (7)	3 to 8 min.
	3 to 4 servings	Meal-High (7)	8 to 12 min.
	1 can (10 oz.)	Meal-High (7)	6 to 8 min.
Water-based (6 oz. per serving)	1 to 2 servings	High (10)	2 to 6 min.
	3 to 4 servings	High (10)	6 to 10 min.
	1 can (10 oz.)	High (10)	5 to 6 min.

Tip: Cover soups with wax paper or plastic wrap.

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)	3 to 6 min.
	1 can (16 oz.)	High (10)	5 to 6 min.
Mashed (½ cup per serving)	1 to 2 servings	High (10)	2 to 4 min.
	3 to 4 servings	High (10)	6 to 8 min.
Small pieces: peas, beans, corn, etc. (½ cup per serving)	1 to 2 servings	High (10)	1 to 3 min.
	3 to 4 servings	High (10)	3 to 4½ min.
	1 can (16 oz.)	High (10)	3½ to 4½ min.

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	1 to 2	Remove metal twist tie. Turn over after first half of time.
Cake, frosted, 2 to 3 layer (17 oz.)	2 to 3	none	Let stand 5 to 10 minutes before serving.
Cake, plain, 1 layer	2 to 3	none	Let stand 5 minutes before serving.
Cheesecake, plain or fruit-topped (17 to 19 oz.)	3 to 6	none	
Coffee cakes (11 to 14¾ oz.)	6 to 7	none	
Cream or custard pie (14 oz.)	1 to 2	1 to 2	Reposition after first half of time. Let stand 5 minutes before serving.
Crunch cakes & cupcakes	½ to ¾ each	none	
Doughnuts			
(1 **or 2)**	½ to 1	none	Rearrange after first half of time.
(4 to 6)	1 to 2	1 to 2	
French toast (2 slices)	2	1	Turn over after first half of time.
Fruit or nut pie (8 in.)	7 to 9	none	
Pound cake (11 ¼ oz.)	2 to 4	none	Let stand 5 minutes before serving.
Sweet rolls (8% to 12 oz.)	2 to 3	2 to 3	Rearrange after first half of time.
Fish & Seafood [Power Level: **Defrost (3)**]			
Fillets:			
Pre-packaged (1 lb.)	**4 to 5**	**5 to 7**	Place unopened package in oven. (If fish is frozen in water, place in cooking dish.) Turn package over after first half of time. After second half of time, hold under cold water to separate.
Freshly frozen (1 lb.)	**4 to 5**	**5 to 7**	
Shellfish, blocks:			
Crab meat (6-oz. **package)**	**2**	**2**	Place block in casserole. Turn over and breakup with fork after first half of time.
Oysters (12-oz. **can)**	**4 to 6**	**4 to 6**	Place block in casserole. Breakup with fork after first half of time.
Scallops (l-lb. package)	**4 to 6**	**4 to 6**	Place block in casserole. Turn over and breakup after first half of time.
Shellfish, large:			
Crab legs, 1 to 2 (8 to 10 oz.)	**2 to 3**	**2 to 3**	Arrange 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 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.
Steaks (6 to 12 **oz.)**	**2 to 3**	none	Let stand a few minutes to finish defrosting.
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.

Food	First Half Time, Min.	Second Half Time, Min.	Comments
Fruit [Power Level: **Defrost (3)**]			
Fresh (10 to 16 oz.)	**2 to 3**	**2 to 3**	**Place package in oven. Remove foil or metal. After minimum time, break** up with fork. Repeat if necessary.
Plastic pouch—1 to 2 (10-oz. package)	1 to 3	3 to 4	Place package in oven. Flex package once.
Meat [Power Level: **Defrost (3)**]			
Bacon (1 lb.)	**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, if necessary, to complete defrosting.
Ground: beef & pork			
(1 lb.)	3 to 4	3 to 4	Turn meat over after first half of time.
(2 lbs.)	6 to 7	6 to 7	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.
(5 lbs.)	12 to 13	12 to 13	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Microwave 6 to 8 minutes more. Scrape and set aside. Break up remaining block and microwave 3 to 5 minutes more.
Roast: beef, lamb, veal* (3 to 4 lbs.)	8 to 10 per lb.	8 to 10 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 in refrigerator.
Roast, pork (3 to 4 lbs.)	6 to 8 per lb.	4 to 6 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 in refrigerator.
Sausage, bulk			
(1-lb. tray)	2 to 3	2 to 4	Turn over after first half of time. Let stand 5 minutes.
(l-lb. roll)	2 to 3	3 to 4	Turn over after first half of time. Let stand 15 minutes.
Sausage, links (1 to 1½ lbs.)	2	1½ to 2½	Rotate package 1/4 turn after first half of time. Let stand 5 minutes.
Sausage, patties (12-oz. **package)**	2	2 to 3	Turn over and separate after first half of time. Remove patties as they thaw.
Spareribs, pork (2 to 3 lbs.)	2 to 4 per lb.	2 to 4 per lb.	Place unwrapped ribs in cooking dish. Turn over after first half of time. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Steaks, chops & cutlets	3 to 5 per lb.	3 to 5 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 time, separate pieces with table knife. Let stand to complete defrosting.
Poultry [Power Level: **Defrost (3)**]			
Chicken,broiler-fryer, cut up (2½to 3 lbs.)	**9 to 11**	**9 to 1 I**	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
Chicken, whole (2½ to 3 lbs.)	**12 to 15**	**12 to 15**	Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed.
Cornish hen	**5** to 6 per lb.	5 per lb.	Place unwrapped hen in oven breast-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed
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 **6** lbs.)	4 to 5 per lb.	4 to 5 per lb.	Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

*Use Warm (1) for roasts.

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 for 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, French-fried onion rings.

Food	Container	Cover	Power Level & Time		Comments
Coffee cakes	8-in. round dish	No	Meal-High (7)	9 to 11 min.	Place batter in greased dish.
Corn bread	8- to 9-in. tube dish*	No	Meal-High (7)	11 to 13 min.	Sprinkle cooking dish with finely chopped, canned, French-fried onions before microwaving. Turn out of pan upside down to serve.
Muffins **(1 Muffin)** **(2 to 4 Muffins)** **(3 to 6 Muffins)**	Paper-lined muffin cups (Do not use foil liners.)	No	High (10)	1 to 1½ min. 1 to 2½ min. 2½ 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 they are done, and continue cooking remaining muffins a few seconds longer.
Quick breads, from a mix	8- to 9-in. tube dish*	No	High (10)	9 to 12 min.	When done, toothpick inserted near 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-end-up in center.

Cakes and Desserts

1. Always use microwave-safe cookware.
2. Before adding measured amount of batter, grease dishes or 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 food 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)	4 to 5 min. per piece	Pierce fruit or peel to prevent bursting. Core and fill center of apple with 2 tablespoons sugar, 1 teaspoon butter and 1/8 teaspoon cinnamon. Add 2 tablespoons water for each piece of fruit.
Bar cookies	8-in. round baking dish	No	High (10)	10 to 13 min.	Grease dish before adding batter. Cut when cool.
Commercial mix 18 to 20 oz.	8-in. round dish	No	High (10) Meal-High (7)	2 min. 5 to 7 min.	Grease dish before adding batter. Let stand 5 to 10 minutes to cool before inverting.
Cupcakes—(6)	Paper-lined cupcaker	No	High (10)	3 to 4 min.	When cooking several cupcakes, some will be done before others. Remove cupcakes as they are done and continue cooking the rest a few seconds longer.
Pineapple upside down cake	8-in. round dish	No	High (10)	12 to 14 min.	When done, toothpick inserted in center comes out clean. Invert cake onto plate; let dish stand over cake a few minutes.

Candies

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

Food	Container	Cover	Power Level & Time		Comments
Caramel apples	**2-cup measure** or 1-qt. casserole	**No**	High (10)	3½ to 4 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 hark	**1½-qt. casserole or bowl**	**Yes**	High (10)	4 to 5 min.	Place 12 oz. semi-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	**Large glass bowl**	**Yes**	High (10)	1½ min. to melt butter, 3½ to 4 min. to melt marshmallows	In large glass bowl, melt 1/4 cup butter. Add 1O-OZ. package marshmallows, cover with wax paper and microwave to melt. Stir in 5 cups crispy rice cereal. Press firmly into buttered 2-qt. oblong glass dish.
S'Mores	**Paper napkin or paper plate**	**No**	**High (10)**	**15 to 25 seconds**	Cover graham cracker with chocolate and marshmallow.

Cereal and Rice

1. Always use microwave-safe cookware.
2. For minute rice, use the same amount of water needed for conventional boiling. Add regular amount of salt.
3. Cover rice while microwaving. When using plastic wrap, turn back one corner to vent.
4. Stir or rearrange after half of cooking time.
5. 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 1½ 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 1/2 to 1 minute.

Rice, minute (1x cups)	2-qt. casserole	Lid or plastic wrap	High (10)	7 to 8 min.	Add 1½ cups water. Stir after 4 minutes.

Cooking Guide (continued)

Cheese and Eggs

1. Eggs maybe 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 will toughen if overcooked.

Food	Container	Cover	Power Level & Time		Comments
Cheese					
Fondue	2-qt. casserole	Cover or plastic wrap	High (10) Medium (5)	To make sauce 5 to 7 min. 6 to 8 min.	Make Basic White Sauce, substituting wine for milk. Add cheese and microwave at Medium (5) for 6 to 8 minutes, whisking every 2 minutes.
Eggs					
Basic Eggs	Buttered custard cup	Plastic wrap	Medium (5)	1 to 1 ¼ min. per egg	Puncture membrane of yolk to prevent bursting.
Omelet	9-in. pie plate	No	High (10) Medium (5)	Melt butter 1 min. 7 to 9 min.	Sprinkle cheese over omelet. Microwave 1/2 to 1 minute until cheese is slightly melted.
Poached eggs (4 maximum)	1½-qt. casserole	Casserole cover	High (10) Medium (5)	6 to 8 min. Boil 2 cups water. 1/2 to 1 ½ min. per egg	Heat 2 cups hot tap water 5 to 6 minutes on High (10). Break eggs onto plate, puncture membrane. Swirl boiling water with spoon, slip in eggs gently. Cover. Microwave at Medium (5) 1/2 to 1 min. per egg. Let stand in water a few minutes.
Quiche	Microwave-safe 1-qt. measure (filling) 9-in. pie plate	No	Meal-High (7) Meal-High (7)	Filling: 2 to 3 min. Quiche: 10 to 12 min.	Combine and microwave filling, stirring every 1 to 2 minutes. Pour filling into precooked shell. Microwave additional time shown at left.
Scrambled	Glass measuring cup or casserole.	No	High(10)	3/4 to 1 ½ 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. Let 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
Fillets or steaks (1 lb.)	**Round dish**	**Wax paper or** plastic wrap	**High** (10)	**5 to 9 min.**	**Microwave until fish flakes easily. Turn** steaks over after half of cooking time.
Shrimp—1 lb. (peeled)	Pie plate	Plastic wrap	High (10)	4 to 7 min.	Brush with garlic butter before cooking. Rearrange after 4 minutes.
Shrimp—1 lb. (unpeeled)	2-qt. casserole	Lid or plastic wrap	High (10)	4 to 7 min.	Place shrimp in casserole. Add 2 cups hottest tap water. Cover. Stir after 5 minutes.

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)	Casserole	No	Medium (5)	5 to 8 min.	Microwave fat, flour and salt together to melt and blend. Whisk in liquid and finish cooking. Increase time 1 to 2 minutes per additional cup of sauce.
Melted butter sauces, clarified butter (1/2 cup)	Glass measure	No	High (10)	1 to 2 min.	Microwave butter just to melting. For clarified butter, bring to boiling then let stand until layers separate. Pour off and use clear, top layer.
Thick spaghetti, barbecue or sweet/sour sauces (2 cups)	**Casserole**	**Yes**	**High (10)**	**5 to 7 min.**	**Prepare as directed in recipe. Microwave, stirring after half of cooking time. Let** stand 5 to 10 minutes to develop flavor.
Thin, liquid sauces (Au jus, clam, etc.) (1 cup)	Casserole	No	High (10)	6 to 8 min.	Add flour-water mixture to heated ingredients. Stir well and microwave to finish.

Meats

1. Always use a cooking bag when cooking beef, lamb, pork or veal roasts. See package instructions for proper use of cooking bag.
2. After enclosing roast in cooking bag, place in microwave-safe dish.
3. Allow about 10 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 or soup)	Casserole	No	High (10)		Stir after half of cooking time. Add sauce or casserole ingredients and finish. To cook frozen block, microwave 10 to 15 minutes, breaking up and stirring every 5 minutes. Let stand 5 minutes.
(1 lb.)				7 to 9 min.	
(1½ lbs.)				9 to 11 min.	
Meatballs	Round dish	Wax paper or plastic wrap	High (10)		Arrange 3/4 to 1 in. apart in circle around edge of dish.
(1 lb.)				8 to 11 min.	
(2 lb.)				11 to 14 min.	
Meatloaf (Round loaf)	Pie plate	Plastic wrap	Meal-High (7)	26 to 29 min.	Make a well between the edge of meat mixture and dish to eliminate spill-over of juices during cooking. Let stand 10 minutes after cooking.
Patties (4 patties per lb.)	Ceramic dinner plate	Wax paper	High (10)		Cover with wax paper or cook uncovered and turn patties over. If desired add browning sauce.
1 to 2 patties				2 to 4 min.	
3 to 4 patties				6 to 8 min.	
Pot roasts (up to 3-lbs.)	Pie plate	Cooking bag	Medium (5)	22 to 25 min. per lb.	Add 1/2 cup water to cooking bag. Turn over after half of time. Add vegetables if desired after half of cooking time. Recover and finish.
Tender roasts (rib, high quality rump, sirloin tip)	Pie plate	Cooking bag	Medium (5)	**Minutes per lb.** / **Internal Temp.**	Turn roasts over after half of cooking time. Let meat stand 10 minutes before carving.
			Rare	10 to 12 / 140°	
			Medium	12 to 15 / 160°	
			Well	15 to 18 / 170°	

Cooking Guide (continued)

Meats

Food	Container	Cover	Power Level & Time (or Internal Temp.)		Comments
Lamb					
Roast, leg or shoulder	Pie plate	Cooking bag	Medium (5)	**Minutes per lb. / Internal Temp.**	Place roast fat side down in microwave-safe dish. Turn over after half of cooking time. Let roast stand 10 minutes before carving.
			Medium	18 to 22 / 160°	
			Well	24 to 28 / 170°	
Chops & cutlets (1 in. thick) 4 chops	Round dish	No	Meal-High (7)	**8 to 10 min.**	Brush chops lightly with oil. Turn meat over after half of cooking time.
Pork					
Bacon (per slice)	Microwave-safe plate	Paper towel	High (10)	3/4 to 1 min.	Arrange in single layer on paper towels. Cover with a paper towel.
Canadian bacon 2 slices	Microwave-safe cookware	Wax paper	High (10)	1 to 1 ½ min.	Arrange in single layer.
4 slices				2 to 2½ min.	
6 slices				2½ to 3 min.	
Ham, precooked: canned	Pie plate	Cooking bag	Medium (5)	15 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)	Round dish	Wax paper	High (10)	18 to 27 min.	Turn over after 10 minutes.
Pork chops: 3/4-in.	Microwave-safe cookware	Plastic wrap	Medium (5)		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.
2				15 to 18 min.	
4				18 to 20 min.	
Pork roast	**Pie plate**	Cooking bag	Medium (5)	20 to 23 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)	1 to 1 ½ min. per link	Arrange in single layer. If cooking 6 or more links, rearrange after half of cooking time.
Pork sausage (raw) (X lb.: 4 patties)	Microwave-safe cookware	Wax paper	High (10)	5 to 7 min.	Arrange in single layer. Turn over after half of cooking time.
Veal					
Chops	**See lamb chops above.**				
Roast (shoulder)	2-qt. **oblong** dish	**Cooking bag**	Low (3)	18 to 22 min. per lb.	Place roast fat- or cut-side-down. Turn over after half of cooking time. Let roast stand 10 minutes before carving. Slice thinly.

Poultry

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	Plate or round dish	Wax paper	High (10)	3 to 4 min. per piece	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 (unstuffed)	Round dish	Cooking bag	Meal-High (7)	10 to 12 min. per lb.	Slit bag near closure to vent. Close securely with plastic tie. Cook breast-side-down. Turn over after half of cooking time. Cook to 190° internal temp. Let stand 5 to 10 minutes.
(stuffed)	Round dish	Cooking bag	Meal-High (7)	17 to 20 min. per lb.	
Cornish Hens					
Halves	Round dish	Wax paper	Meal-High (7)	11 to 13 min. per lb.	Arrange skin-side-up in dish, on bed of stuffing, if desired.
Whole (stuffed or unstuffed)	Round dish	Wax paper	Meal-High (7)	9 to 11 min. per lb.	Place breast-side-down in dish. Turn over after half of cooking time. Shield tips of wings and legs with foil.

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 the 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 or rearrange vegetables during cooking.

Vegetable	Amount	Power Level	Time	Comments
Asparagus				
(fresh cuts)	1 lb. (3 cups) cut into 1 to 2 in. pieces	High (10)	5 to 9 min.	In 2-qt. casserole, place 1/4 cup water.
(fresh spears)	1 lb.	High (10)	6 to 10 min.	In 2-qt. casserole, place 1/4 cup water.
(frozen spears)	10-OZ. package	High (10)	6 to 10 min.	In l-qt. casserole.
Beans				
(fresh green)	1 lb. cut in half	High (10)	9½ to 11 min.	In 1 ½-qt. casserole, place 1/2 cup water.
(frozen green)	10-OZ. package	High (10)	7 to 9 min.	In l-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-OZ. package	High (10)	9 to 11 min.	In l-qt. casserole, place 1/4 cup water.
Beets				
(fresh, whole)	1 bunch	High (10)	25 to 30 min.	In 1 ½ or 2-qt. casserole, place 1/2 cup water.
Broccoli				
(fresh cut)	1 bunch (1 ¼ to 1 ½ lbs.)	High (10)	10 to 12 min.	In 2-qt. casserole, place 1/4 cup water.
(fresh spears)	1 bunch (1 ¼ to 1 ½ lbs.)	High (10)	12 to 15 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water.
(frozen, chopped)	10-OZ. package	High (10)	6 to 8 min.	In l-qt. casserole.
(frozen spears)	10-oz. package	High (10)	6 to 8 min.	In l-qt. casserole, place 3 tablespoons water.

Vegetables

Vegetable	Amount	Power Level	Time	Comments
Cabbage				
(fresh wedges)	1 medium head (about 2 lbs.)	High (10)	11 to 13 min.	In a 2-qt. casserole, place 1/4 cup water.
Carrots				
(fresh, sliced)	1 lb.	High (10)	13 to 15 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-OZ. package	High (10)	8½ to 10½ min.	In l-qt. casserole, place 2 tablespoons water.
Cauliflower				
(flowerets)	1 medium head	High (10)	6 to 12 min.	In 1½-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	High (10)	7 to 13 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-OZ. package	High (10)	9½ to 11 min	In l-qt. casserole, place 2 tablespoons water.
Corn				
(frozen kernel)	10-oz. package	High (10)	6 to 8 min.	In l-qt. casserole, place 2 tablespoons water.
Corn on the cob				
(fresh)	1 to 4 ears	High (10)	5 to 6 min. per ear	In a round baking dish or pie plate, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear	High (10)	7 to 8 min.	Place in a round glass baking dish.
	2 to 4 ears	High (10)	4 to 5 min. per ear	
Mixed vegetables				
(frozen)	10-OZ. package	High (10)	8 to 10 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas				
(fresh, shelled)	2 lbs. unshelled	High (10)	10 to 11 min.	In l-qt. casserole, place 1/4 cup water.
(frozen)	10-OZ. package	High (10)	5 to 7 min.	In l-qt. casserole, place 2 tablespoons water.
Potatoes				
(fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	High (10)	12 to 16 min.	Peel and cut into l-in. cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	(6 to 8 oz. each)	High (10)	6 to 8 min. per potato	Pierce with cooking fork. Place on paper towel on turntable, l-inch apart in circular arrangement. Let stand 5 minutes.
Spinach				
(fresh)	10 to 16 oz.	High (10)	7 to 9 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-OZ. package	High (10)	8 to 10 min.	In l-qt. casserole, place 3 tablespoons water.
Squash				
(fresh, summer and yellow)	1 lb. sliced	High (10)	7 to 10 min.	In 1½-qt. casserole, place l/4 cup water.
(winter, acorn or butternut)	1 squash (about 1 lb.)	High (10)	10 to 13 min.	Cut in half and remove fibrous membranes. In 8-in. round glass baking dish, place squash cut-side-down. Turn cut-side-up after half of time.

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 and floor. 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.

Removable Turntable and Turntable Support. Occasionally it is necessary to remove the turntable and support for cleaning of the oven floor or turntable. To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support 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.

Automatic Temperature Probe.

Probe is sturdy, but care should be taken in handling. Do not twist or bend; avoid dropping temperature probe.

Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with plastic scouring ball if necessary. Rinse and dry or wash in dishwasher.

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

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.

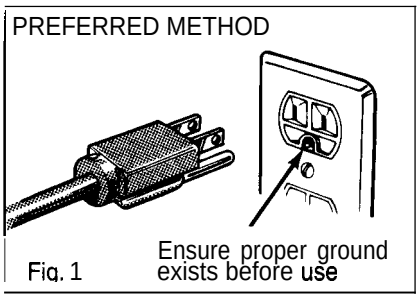


Fig. 1

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.

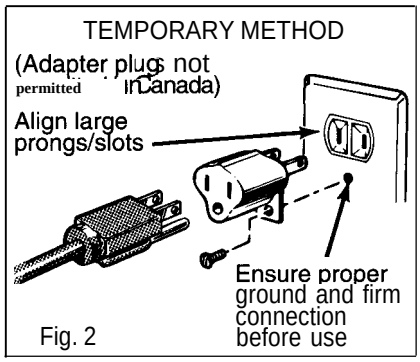


Fig. 2

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 filly inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	• Door not securely closed. • Another selection entered already in oven and PAUSE/CANCEL pad not touched to cancel it. • Make sure you have entered cooking time after touching TIME COOK/TEMP COOK pad. • PAUSE/CANCEL 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/TEMP COOK 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. • Probe not inserted properly into meat or dish when using Temp Cook function. Check cookbook for specific instructions.

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 to 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

Notes

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)

AGE **consumer service professional will provide expert repair service, scheduled at a time that's convenient for you. Many** GE Consumer Service company-operated locations offer you service today or tomorrow, or at your convenience (7:00 a.m. to 7:00 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
80&626-2002

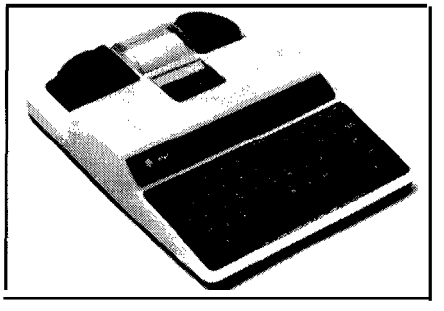
Individuals qualified to service their own appliances can have needed parts or accessories sent directly to their home. The GE parts system provides access to over 47,000 parts... and all GE Genuine Renewal Parts are fully warranted. VISA, MasterCard and Discover cards are accepted.

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.**



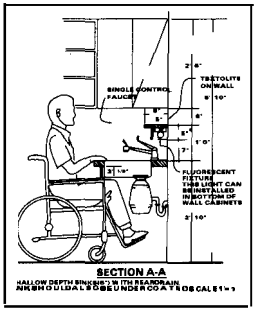
GE Answer Center®
800.626.2000

Whatever your question about any C 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 tie 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 call 800-TDD-GEAC (800-833-4322) 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

LIMITED ONE-YEAR WARRANTY

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

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth 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 service labor charges.

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

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.

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