Guide

Turntable Microwave Oven



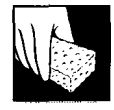
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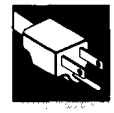
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Models: JES0601T
JES65T

Microwave power output of this oven is 625 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.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

(b) Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

(1) door (bent)

(2) hinges and latches (broken or loosened)

(3) door seals and sealing surfaces.

(d) The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

IMPORTANT SAFETY INSTRUCTIONS

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 previous page.
- This appliance must be grounded. Connect only to properly grounded outlet, See "GROUNDING INSTRUCTIONS."
- 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, near a swimming pool or near a sink.
- 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.

- 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 overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.

—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 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 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 the Care and Cleaning section(s) 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.

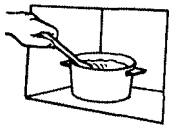
- When cooking pork, follow the directions exactly and always cook the meat to an internal temperature of at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

- 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.



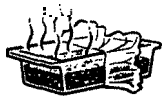
- Foods with unbroken outer **"skin"** such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

- 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 by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.



- 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

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.

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.

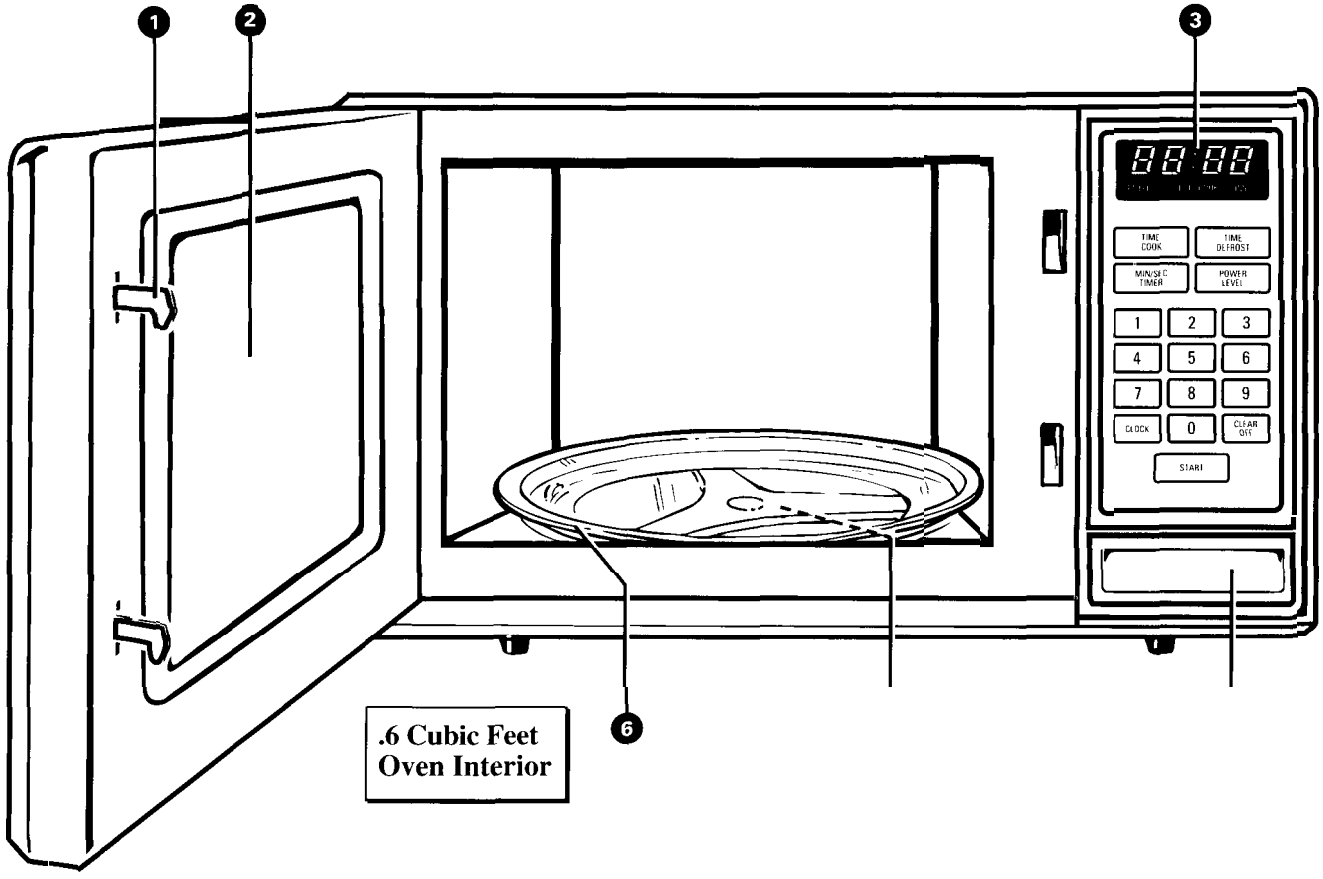
NEXT, if you are still not pleased, write all the details—including your phone number—to:

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

FEATURES OF YOUR OVEN



1. **Door Latches.**
2. **Door Screen.** Metal screen permits viewing of foods and keeps microwaves confined inside oven.
3. **Touch Control Panel and Display. See** Your Touch Control Panel section for instructions.
4. **Door Open Bar.** Press to open door. Door must be securely latched for oven to operate.
5. **Removable Turntable Support.** Turntable support must be in place when using the turntable. The support may be removed for cleaning.
6. **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.

NOTE: Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.

Cooking Complete Reminder
(For Time Cook and Time Defrost cycles)

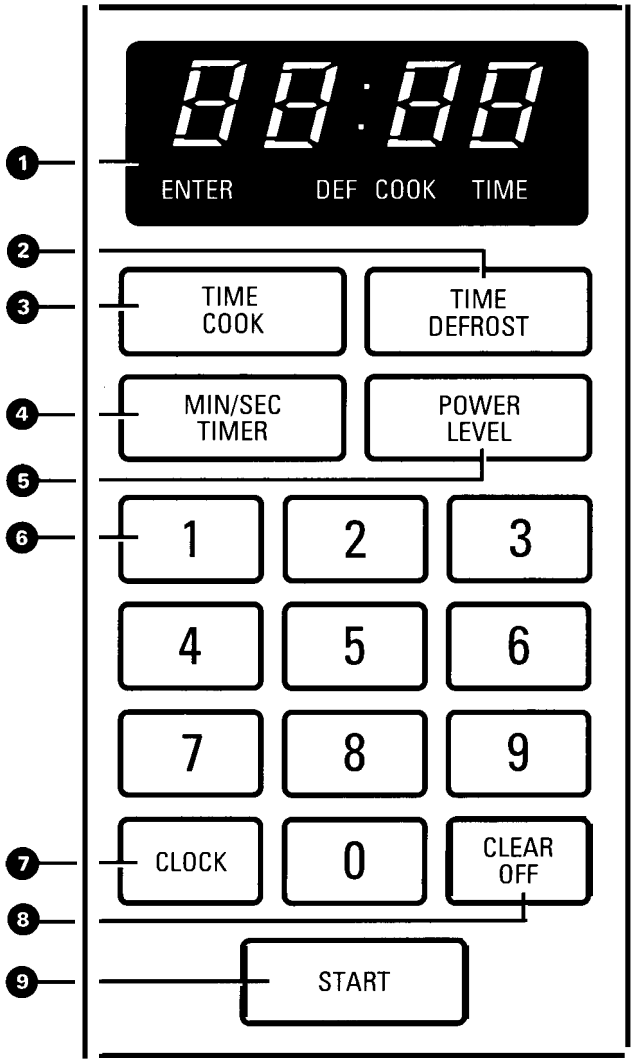
To remind you that you have food in the oven, the oven will beep once a minute until you either open the oven door or touch the CLEAR/OFF pad.

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.

1. **DISPLAY.** Displays time of day, and time counting down during cooking functions (or power level when POWER LEVEL pad is touched.
2. **TIME DEFROST.** Gentle thawing at automatic power level 3 (Low).
3. **TIME COOK.** Microwave for a selected amount of time using automatic power level 10.
4. **MINUTE/SECOND TIMER.** This feature uses no microwave energy. It functions as either a kitchen timer, as a holding period after defrost or as a delay timer before time cooking.
5. **POWER LEVEL.** Touch this pad before entering another power level if you want to change from automatic power level 10 (High) for cooking or power level 3 (Low) for defrosting.
6. **NUMBER PADS.** Touch these pads to enter cooking/defrosting time and time of day.
7. **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 O and " 1:30" will appear in display. Then touch START pad. To reset or change time, simply repeat above process.
8. **CLEAR/OFF.** When touched, it shuts off the oven and erases all settings (except time of day).
9. **START.** After all selections are made, touch this pad to start the oven.



When You Plug in the Oven

The display panel displays four 8's, and all of the oven functions on the lower portion. After 15 seconds, all lights disappear and "PF" appears in the upper portion. Touch the CLEAR/OFF pad and oven is ready for use and the clock can be set.

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

Program Cooking

Use your Touch Control Panel to Defrost and Cook by time using your choice of power levels from 3 (lowest) to 10 (highest), time kitchen tasks with the Minute/Second Timer; and set the clock.

Create your own programs to suit your individual cooking style. For example: use the Minute/Second Timer to delay the start of Time Cook or program a hold time between defrosting and cooking.

HOW TO USE THE **MINUTE/SECOND TIMER**



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.

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.

How to Time a 3-Minute Phone Call

Step 1: Touch MIN/SEC TIMER pad.

Step 2: Touch number pads 3, 0 and 0 (for 3 minutes and no seconds).

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

Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, touch TIME COOK pad and enter cook time. Touch MI N/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.

TIME DEFROST

Step 2: Touch TIME DEFROST pad.

Step 3: Touch pads 1, 5, 0 and O 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.)

MIN/SEC TIMER

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

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

TIME COOK

Step 6: Touch TIME COOK pad.

Step 7: Touch 2,5,0 and O for 25 minutes of cooking time.

START

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."

*(continued **next** page)*

HOW TO USE THE **MINUTE/SECOND TIMER**

(continued)

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 Time Defrost and amount of time. Then program Hold and the amount of time. Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Foods that spoil easily, 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.

DEFROSTING BY **TIME**

Time Defrost

Time Defrost 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 when you press TIME DEFROST pad, but you may change this for more flexibility.
- See the Defrosting Guide for defrosting help.

How to **Change Power Level**

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

To become better acquainted with the defrost function, defrost a 10 oz. package of frozen strawberries by following the steps at right.

Step 1: Place package of frozen strawberries in the oven and close door. Be sure package contains no metal.



Step 2: Touch TIME DEFROST.

Step 3: Select one half of the total defrosting time recommended in the Defrosting Guide. For example, touch pads 4, 0 and O for 4 minutes.



Step 4: Touch START. When the 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 remaining half of defrosting time and touch START.

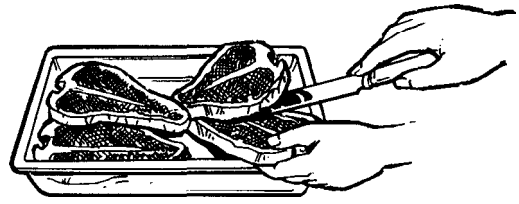
Step 6: When the oven signals and flashes “End,” open the door, remove the package and separate strawberries to finish defrosting.

Defrosting Tips

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



- Family-size, pre-packaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.



- 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. Power level 5 (Medium) cuts the total defrosting time in about 1/2; power level 10 (High) cuts the total defrosting time in about 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.

COOKING BY TIME

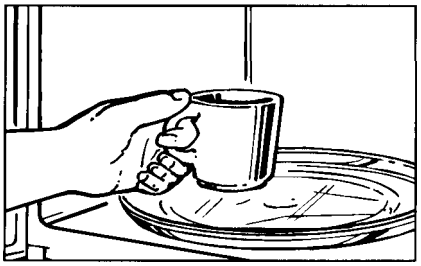
Time Cook

Time Cook allows you to microwave for a preset amount of time. The oven shuts off automatically.

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 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 section). Place cup in oven and close door.



TIME COOK

Step 2: Touch TIME COOK pad.

1

Step 3: Select your time. Touch pads 1, 3 and O for one minute and 30 seconds.

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" below.)

START

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.

How to Change Power Level

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

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 was not 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 the food a little longer, if necessary.

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

A. The TIME COOK pad must be touched before setting the power level otherwise your oven will not begin cooking.

Q. I want to cook on a power level other than 10 (High). What do I need to do?

A. To cook on a power level other than 10 (High), first touch the TIME COOK pad and set the desired cooking time. Then touch the POWER LEVEL pad. Enter new power level number and touch START.

Q. **Can I interrupt Time Cook 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.

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	1/2 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)	3 to 5 min.
cocktail franks, etc. (1/2 cup per serving)	3 to 4 servings	High (10)	6 to 8 min.
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, nut or fruit bread	1 piece	Low (3)	1/4 to 1/2 min.
	2 pieces	Low (3)	1 to 1½ min.
	4 pieces	Low (3)	1½ to 2 min.
	9 inch cake or 12 rolls or doughnuts	Low (3)	4 to 5 min.
Dinner rolls, muffins	1	Medium (5)	1/4 to 1/2 min.
	2	Medium (5)	1/2 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)	1/2 to 1 min.
1 slice= 1/8 of 9 inch pie	2 slices	High (10)	1 to 1½ min.
(use minimum time for custard)	4 slices	Meal-High (7)	2½ to 3 min.
	9 inch pie	Meal-High (7)	5 to 7 min.
Beverages			
Cocoa, other milk based			
(6 oz. per cup)	1 to 2 cups	Med-High (7)	3 to 6 min.
(9 oz. per cup)	1 to 2 cups	Meal-High (7)	6 to 9 min.
Coffee, **tea, cider**			
(6 oz. per cup)	1 to 2 cups	High (10)	1½ to 3 min.
(9 oz. per cup)	1 to 2 cups	High (10)	6 to 7 min.
Gravies and Sauces			
Desserts: chocolate, butterscotch, etc.	1/2 cup	High (10)	1 to 2 min.
	1 cup	High (10)	2 to 3 min.
Gravies: giblet or creamy	1/2 cup	High (10)	1 to 2 min.
	1 cup	High (10)	2 to 3 min.
Meat or main dish sauces, such as	1/2 cup	High (10)	2 to 3 min.
spaghetti sauce, etc.	1 cup	High (10)	3 to 4 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 1½ min.
Syrup and butter	2 or 3 pieces	High (10)	1 to 1¼ min.
Tip: Do not cover.			

*(continued **next** page)*

HEATING OR **REHEATING GUIDE**
(continued)

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	1 to 2 servings	High (10)	2 to 3 min.
(4 oz. per serving)	3 to 4 servings	High (10)	4 to 5 min.
Hot dogs and sausages	1 to 2	High (10)	1 to 1½ min.
	3 to 4	High (10)	2 to 3 min.
Rice and pasta	1 to 2 servings	High (10)	1 to 3 min.
(2/3 to 3/4 cup per serving)			
Saucy, main dishes: chop suey, spaghetti,	1 to 2 servings	High (10)	3 to 7 min.
creamed chicken, chili, stew, macaroni and	3 to 4 servings	High (10)	8 to 14 min.
cheese, etc. (3/4 to 1 cup per serving)	1 can (16 oz.)	High (10)	5 to 7 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	1 to 2 servings	Meal-High (7)	3 to 5 min.
(3 to 4 oz. per serving)	3 to 4 servings	Meal-High (7)	5 to 8 min.
Topped or mixed with sauce	1 to 2 servings	High (10)	4 to 6 min.
(2/3 to 3/4 cup per serving)	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 I/2 turn after half of cooking time.			
Plate of Leftovers			
Meat plus 2 vegetables	1 plate	High (10)	4 to 6 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,	1 to 2 servings	Meal-High (7)	2 to 4 min.
etc. in bun (1/3 cup per serving)	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,	1 to 2 servings	High (10)	3 to 4 min.
corn on the cob, etc.	3 to 4 servings	High (10)	4 to 5 min.
	1 can (16 oz.)	High (10)	5 to 6 min.
Mashed potatoes	1 to 2 servings	High (10)	1 to 3 min.
(1/2 cup per serving)	3 to 4 servings	High (10)	3 to 6 min.
Small pieces: peas, beans, corn, etc.	1 to 2 servings	High (10)	1 to 3 min.
(1/2 cup per serving)	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

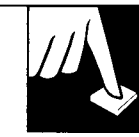
1. Food packaged in paper or plastic may be defrosted without unwrapping. If food is foil wrapped, remove foil and place food in cooking dish for defrosting.
2. After first half of defrosting time, unwrap package and check food. Turn food over, if necessary; break apart or separate food if possible. 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. Let stand 5 minutes, if necessary to complete defrosting.
Cake, frosted, 2 to 3 layers (17 oz.)	2 to 3	none	Let stand 20 to 30 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.)	7 to 10	none	
Coffee **cakes** (11 to 14¼ oz.)	5 to 7	none	
Cream or custard pie (14 oz.)	3 to 4	3 to 4	Reposition after first half of time. Let stand 5 minutes before serving.
Crunch cakes and cupcakes	1/2 to 3/4 each	none	
Doughnuts (1 or 2)	1/2 to 1	none	Turn over after first half of time.
Doughnuts, glazed (1 box of 12)	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 (8 inch)	7 to 9	none	
Pound cake (11¼ oz.)	**4 to 6**	none	Let stand 10 minutes before serving.
Sweet rolls (8¼ to 12 oz.)	2 to 3	2 to 3	Rearrange after first half of time.
Fish and Seafood [Power Level: Defrost (3)]			
Fillets:			
Pre-packaged (1 lb.)	**6**	**6**	Place unopened package in oven. (If fish is frozen in water, place in cooking dish.) Turn package over after first half of time. Let stand 5 to 10 minutes.
Freshly frozen (1 lb.)	6	6 to 9	
Steaks (6 oz. to 12 **oz.)**	2 to 3	2 to 4	Let stand a few minutes to finish defrosting.
Shellfish, blocks:			
Crab meat (6-oz. package)	3	2 to 4	Place block in casserole. Turn over and break up with fork after first half of time.
Oysters (10 to 12 oz.)	3¼ to 4	3¼ to 4	Place block in casserole. Break up with fork after first half of time.
Scallops (1-lb. package)	5 to 7	5 to 7	Place block in casserole. Turn over and breakup 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 for second half of time. Let stand 15 minutes.
Shellfish, small pieces (1 lb.)	4 to 5	3 to 4	Spread shellfish in single layer in dish. Rearrange pieces after first half of time.
Fruit [Power Level: Defrost (3)]			
Box (10 to 16 oz.)	6 to 9	none	Place box in oven. Remove foil or metal. After minimum time, break up with fork. Repeat if necessary.
Plastic pouch (10-oz. package)	**3** to 6	none	Place package in oven. Flex package once.

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DEFROSTING GUIDE
(continued)

Food	First Half Time, Min.	Second Half Time, Min.	Comments
Meat [Power Level: Defrost (3)]			
Bacon (I lb.)	3 to 5 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 and pork			
(1 lb.)	4	4	Turn meat over after first 4 minutes. Scrape off softened meat.
(2 lbs.)	7	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.
(3 lbs.)	*10*	10	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Microwave 4 to 6 minutes more. Scrape and set aside. Break up remaining block and microwave 2 to 4 minutes more.
Roast: beef, lamb, veal (3 to 4 lbs.)	6 to 9 per lb.	6 to 9 per lb.	Unwrap roast and place in cooking dish. Shield edges and bony areas with small pieces of foil. After half of time, turn roast over and shield warm areas. Defrost for second half of time. Let stand for 1 hour.
Roast, pork (3 to 4 lbs.)	6 to 8 per lb.	**6** to 8 per lb.	Unwrap roast and place in cooking dish. After half of time, turn roast over. Defrost for second half of time. Let stand for 30 to 45 minutes.
Sausage, bulk			
(l-lb. tray)	2 to 3	**2** to 4	Turn over after first half of time. Let stand 15 minutes.
(l-lb. roll)	2 to 3	2 to 4	Turn over after first half of time and scrape off thawed meat. After second half of time, break apart and let stand 15 minutes.
Sausage, links (1 to 1½ Ibs.)	2	1½ to 2½	Rotate package l/4 turn after first half of time. Let stand 5 minutes. After second half of time, remove thawed links and microwave 1 minute longer.
Sausage, patties (12-02. package)	3	**2** to **3**	Turn over and separate after first half of time. Remove patties as they thaw.
Steaks, chops **and cutlets**	**4 to 6** per lb.	**4** to 6 per lb.	Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second halt of time, separate pieces with table knife. Let stand to complete defrosting.
Poultry [Power Level: Defrost (3)]			
Chicken, broiler-fryer, cut up (2½ to 3 Ibs.)	11 to 13	11 to 13	Place wrapped chicken in dish. Turn over after first half of time. After second half of time, separate pieces, rearrange and microwave 2 to 4 minutes more, if necessary. Let stand 15 minutes.
Chicken, whole (2½ to 3 Ibs.)	12 to 14	12 to 14	Place wrapped chicken in dish. After first half of time, turn chicken over. Shield warm areas with foil. Defrost for second half of time. 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.



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 inch round dish	No	Meal-High (7)	9 to 11 min.	Place batter in greased dish.
Corn bread	**8 to 9** inch tube dish*	N()	Meal-High (7)	I I to I 3 min.	Sprinkle cooking dish with finely chopped, canned, French-fried onions before microwaving. Turn out of pan upside down to serve.
Mu ffins **(1 Muffin)** (2 to 4 Muffins) (3 to 6 Muffins)	**Paper-1ined muffin** cups (Do not use foil liners.)	**N()**	**High (10)**	 1 to 1 ½ min. I 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** inch tube dish*	No	High (lo)	9 to I2 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 inch 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 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)	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 1/8 teaspoon cinnamon. Add 2 tablespoons water for each piece of fruit.
Bar cookies	**8** inch round baking dish	N()	High (10)	7 to 9 min.	Grease dish before adding batter. Cut when cool.
Commercial mix (18 to 20 oz.)	**X** inch 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)	2½ to 3 min.	When cooking several cupcakes, some will be done before others. Remove cupcakes as they are done and continue cooking remaining cupcakes a few seconds longer.
Pineapple upside down cake	**X inch round** dish	**No**	High (10)	**10** to I **2** min	When done, toothpick stuck in cake comes out clean. Invert cake onto plate; let dish stand over cake a few minutes.

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COOKING GUIDE

(continued)

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 cookware carefully.

Food	Container	Cover	Power Level & Time		Comments
Caramel apples	**2-cup measure**	No	High (10)	3 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 (10)	3 to 4 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, 2 to 3 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 5 cups crispy rice cereal. Press firmly into buttered 2-qt. oblong 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 regular boiling. Add regular amount of salt.
4. 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 regular 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 (1½ cups)	2-qt. casserole	Lid or plastic wrap	High (10)	5 to 6 min.	Add 1½ cups water. Stir after 2 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	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 1¼ min. per egg	Puncture membrane of yolk to prevent bursting.
Omelet	9 inch 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)**	7 to 8 min. Boil 2 cups water. 1/2 to 1 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 minute per egg. Let stand in water a few minutes.
Quiche	Microwave-safe 1-qt. measure (filling) 9 inch 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 1½ 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
Fillets or steaks (1 lb.)	**Round 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	Plastic wrap	High (10)	6 to 8 min.	Brush with garlic butter before cooking. Rearrange after 4 minutes.
Shrimp—1 **lb.** (unpeeled)	2-qt. **casserole**	**Lid or** plastic wrap	High (10)	7 to 9 min.	Place shrimp in casserole. Add 2 cups hottest tap water. Cover. Stir after 5 minutes.

(continued **next** *page)*



COOKING GUIDE

(continued)

Gravies and 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 (I cup)	Casserole	N()	Medium (5)	4 to 7 min.	Microwave fat, flour and salt together to **melt** and blend. Whisk in liquid and finish cooking. Increase time I 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 boil then let stand until layers separate. Pour off and usc clear, top layer.
Thick spaghetti, barbecue or sweet/sour sauces (2 **cups)**	Casserole	Yes	High (10)	5107 min.	Prepare as directed in recipe. Microwave, stirring after half of cooking time. Let stand 5 to I () minutes to develop flavor.
Thin, liquid sauces (au jus, clam, **etc.)** **(** 1cup)	Casserole	N()	High (10)	3 to 4 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		Comments
Beef					
Ground, crumbled (for casseroles or soup)	Casserole	N()	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.)				5 to 7 min.	
(l ½ lbs.)				7 to 9 min.	
Meatballs	**Round dish**	Wax paper or plastic wrap	High (10)		Arrange 3/4 to 1 inch apart in circle around edge of dish.
(1 lb.)				6 to 8 min.	
(2 lbs.)				9 to 12 min.	
Meatloaf (round loaf)	Pie plate	Plastic wrap	Meal-High (7)	32 to 35 min.	Make a well between the edge of meat mixture and dish to eliminate spillover of juices during cooking. Let stand 10 minutes after cooking.
Patties	**Ceramic dinner** plate	Wax paper	High (10)		Cover with wax paper or cook uncovered and turn patties over. If desired add browning sauce.
(4 patties per lb.)					
1 to 2 patties				4 to 6 min.	
3 to 4 patties				6 to 8 min.	

Meats

Food	Container	Cover	Power Level & Time (or Internal Temp.)		Comments
Beef (continued,					
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. (°F.)**	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°	
Lamb					
Roast, leg or shoulder	Pie plate	Cooking bag	Medium (5)	**Minutes per lb. / Internal Temp. (°F.)**	**Place roast fat-side-down in microwave-safe dish. Turn** over after half of cooking
			Medium	18 to 22 / 160°	**time. Let** roast stand 10 minutes before
			Well	24 to 28 / 170°	carving.
Chops and cutlets (1 inch. thick) 4 chops	Round dish	N()	Meal-High (7)	8 to 1 () 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 I min.	Arrange in single layer on paper towels. Cover with a paper towel.
Canadian bacon	Microwave-safe cookware	Wax paper	High (10)		Arrange in single layer.
2 slices				1 to I ½ min.	
4 slices				2 to 2½ min.	
6 slices				2½ to 3 min.	
Ham, precooked: canned	Pie plate	Cooking bag	Medium (5)	I 5 to 19 min. per lb.	Place fat-side-down in dish. Turn ham over after half of cooking time.
Ham, slices and steaks (1 to 2 inch thick)	Round dish	Wax paper	High (10)	18 to 27 min.	Turn over after 10 minutes.
Pork chops: 3/4 inch	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)	1/2 to 3/4 min. per link	Arrange in single layer. If cooking 6 or more links, rearrange after half of cooking time.
Pork sausage (raw) (1/2 lb.: 4 patties)	Microwave-safe cookware	Wax paper	High (10)	3 to 5 min.	Arrange in single layer. Turn over after half of cooking time.
Veal					
Chops (1 inch thick)	Round dish	N()	Meal-High (7)	8 to 1 () min.	Brush chops lightly with oil. Turn meat over after half of cooking time.
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.

*(continued **next** page)*



COOKING GUIDE
(continued)

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)	2 to 2½ 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°F. internal temperature. 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 inch pieces	High (10)	8 to 10 min.	In 2-qt. casserole, place 1/4 cup water.
(fresh spears)	1 lb.	High (10)	6 to 8 min.	In 2-qt. casserole, place 1/4 cup water.
(frozen spears)	10-oz. package	High (10)	8 to 10 min.	In 1-qt. casserole.
Beans				
(fresh green)	1 lb. cut in half	High (10)	13 to 17 min.	In ½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	High (10)	7 to 9 min.	In -qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	High (10)	9 to 11 min.	In -qt. casserole, place 1/4 cup water.
Beets				
(fresh, whole)	1 bunch	High (10)	25 to 30 min.	In ½ or 2-qt. casserole, place 1/2 cup water

Vegetables

Vegetable	Amount	Power Level	Time	Comments
Broccoli				
(fresh cut)	1 bunch (1¼ to 1½ lbs.)	High (10)	10 to 12 min.	In 2-qt. casserole, place 1/4 cup water.
(fresh spears)	1 bunch (1X to 1½ 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 I-qt, casserole.
(frozen spears)	10-oz. package	High lo)	6 to 8 min.	In 1 -qt. casserole, place 3 tablespoons water.
Cabbage				
(fresh wedges)	1 medium head (about 2 lbs.)	High 10)	18 to 23 min.	In 2-qt. casserole, place 1/4 cup water.
Carrots				
(fresh, sliced)	1 lb.	High (10)	11 to 13 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	High (10)	6 to 8 min.	In 1 -qt. casserole, place 2 tablespoons water,
Cauliflower				
(flowerets)	1 medium head	High (10)	12 to 15 min.	In 1½-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	High (10)	10 to 17 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	High (10)	7 to 9 min.	In I-qt. casserole, place 2 tablespoons water.
Corn				
(frozen kernel)	10-oz. package	High (10)	6 to 8 min.	In I -qt. casserole, place 2 tablespoons water,
Corn on the cob				
(fresh)	1 to 4 ears	High (10)	5 to 6 min. per ear	In 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 I-qt. casserole, place 3 tablespoons water.
Peas				
(fresh, shelled)	2 lbs. unshelled	High (10)`	**10 to 11 min.**	**In** 1 -qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	High (10)	7 to 9 min.	In I -qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (6 to X oz. each)	High (10)	13 to 15 min.	Peel and cut into I inch 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 X min. per potato	Pierce with cooking fork. Place on paper towel on turntable, 1 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 (IO)	X to 10 min.	In I -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 1/4 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 X inch round glass baking dish, place squash cut-side-down. Turn cut-side-up after half of time.

CARE AND CLEANING



Keep your oven clean and sweet-smelling. Opening the oven door a few minutes after cooking helps air out the inside. An occasional thorough wiping with a solution of baking soda and water keeps the inside 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 DAMAGE 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.

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)

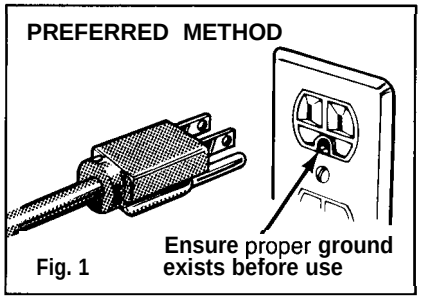


Fig. 1

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

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.

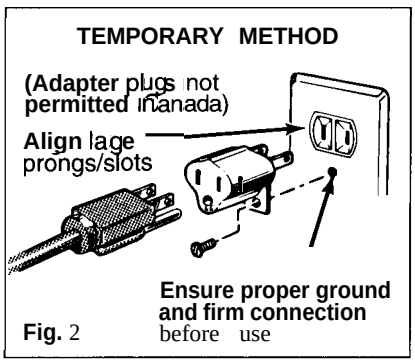


Fig. 2

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.

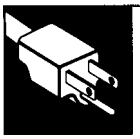
Caution: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring. You should have the circuit checked by a qualified electrician to make sure 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.

(continued next page)



GROUNDING INSTRUCTIONS

(continued)

Use of Extension Cords

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

Longer cord sets or extension cords are available and may be used if care is exercised in their use.

If a long cord or extension cord is used—

1. The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance;
2. The extension cord must be a grounding-type 3-wire cord;
3. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

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



QUESTIONS? USE THIS PROBLEM SOLVER

PROBLEM	POSSIBLE CAUSE
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 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 pad and additional cooking time for completion. • Incorrect power level entered. Check Cooking Guide for recommended power level. • 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 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

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)

AC, E 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
80&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

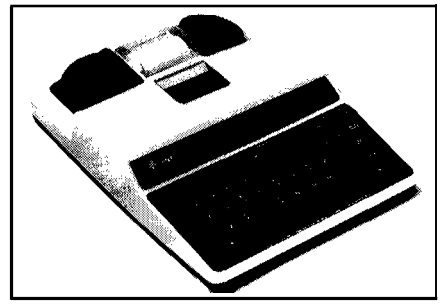
Individuals qualified to service their own appliances can have needed parts or **accessories sent directly** to **their** home. The GE parts system provides access to over 47,000 parts... and all GE Genuine Renewal Parts are fully warranted. VISA, Mastercard and Discover cards are accepted.

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.



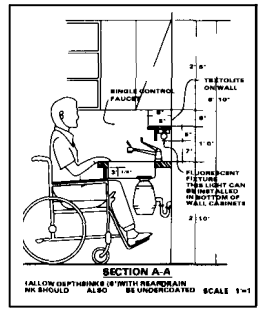
GE Answer Center®
800.626.2000

Whatever your question about any 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 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, Alaska, 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.

Should your appliance need service, during warranty period or beyond, call 800-GE CARES (800-432-2737).

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 *NOT* RESPONSIBLE 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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