Use and Care & Cooking Guide

Countertop Microwave Oven

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Model JE1456L

Microwave power output of this oven is 900 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 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. 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.

•Read and follow the specific Precautions to Avoid Possible Exposure to Excessive Microwave Energy section on the previous page.

•This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section.

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

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

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

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

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

• This microwave oven is not approved or tested for marine use.

•Do not store anything directly on top of the microwave oven surface when the oven is in operation.

•Do not immerse power cord or plug in water.

•Keep power cord away from heated surfaces.

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

•Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.

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

•This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

•As with any appliance, close supervision is necessary when used by children.

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

—Do not use the oven for storage purposes. Do not leave paper products, cooking utensils, or food in the oven when not in use.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

—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.

—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 (other than metal shelf) 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 glass cooking tray can become too hot to touch.** Be careful when touching the tray during and after cooking.

- **Foods cooked in liquids** (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to the Care and Cleaning section 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 bums 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.

- **Use of the DOUBLE DUTY™ Shelf accessory.**

—Remove the shelf from oven when not in use.

—Do not store or cook with shelf on floor of oven. Product damage may result.

—Use pot holders when handling the shelf and cookware. They may be hot.

—Do not use microwave browning dish on shelf. The shelf could overheat.

—Be sure that the shelf is positioned properly inside the oven to prevent product damage.

SAVE THESE INSTRUCTIONS

Program Cooking

Use your Touch Control Panel to Auto Roast, Quick Reheat and Auto Defrost—with the oven setting the power levels and cooking or heating times; to Temp Cook & Hold, using your choice of temperature; to Time Cook or Time Defrost, using your choice of power levels from 1 (lowest) to 10 (highest); to Quick Reheat using a preset time and power level for reheating foods; to cook popcorn using a preset time and power level; to extend cooking time by 30 seconds using the Add 30 Seconds pad; to set the clock; and to time kitchen tasks with the Minute/Second Timer.

Create your own programs to suit your individual cooking style. For example: program a hold time between Time Defrost and Time Cook I & 11; set Time Cook I & II for a two-stage program using different times and power levels; or use the Minute/Second Timer to delay the start of a cooking function, such as Temp Cook & Hold.

When You Plug in the Oven

The display panel lights up. After 15 seconds, all lights disappear and "RESET" appears. Touch 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 recurs and you must reset clock after touching CLEAR/OFF.

Optional Accessories

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

JX18W Installation Kit converts this oven to a built-in wall oven.

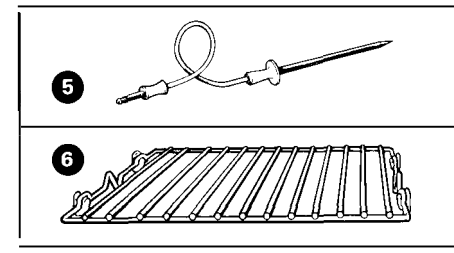
JX19W Installation Kit for 30" installations.

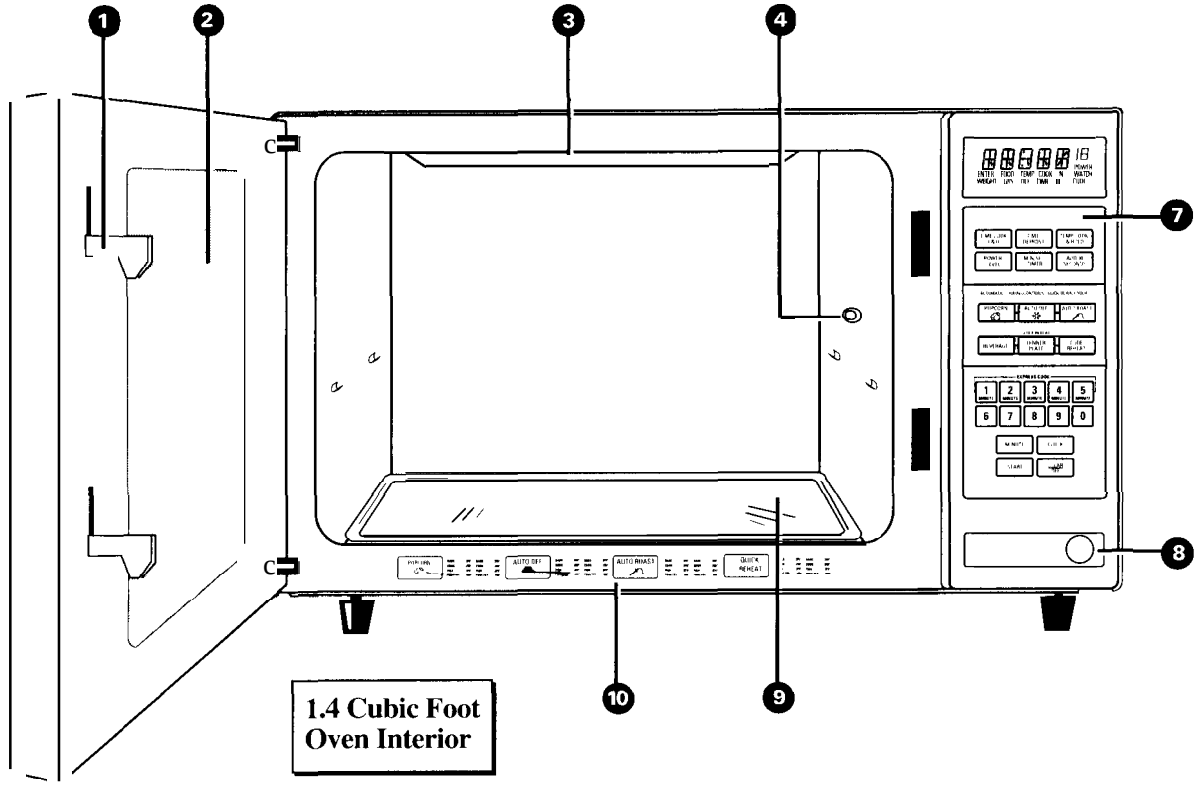
Features of Your Oven

Cooking Complete Reminder

(For all cooking features except Auto Roast Code 4)

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.





1. Door Latches.

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

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

4. **Receptacle for Temperature Probe.** Temperature probe must be securely inserted into receptacle when using Temp Cook & Hold or Auto Roast.

5. Temperature Probe. Use with Temp Cook & Hold and Auto Roast functions only.

6. DOUBLE-DUTY™ **Shelf.** Lets you microwave several foods at once. (See Safety Instructions and "How to Use the Double-Duty™ Shelf' for special instructions.) Food microwaves best when placed on the oven floor. Use this shelf only when cooking foods on two levels.

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

8. **Door Open Button.** Push to open door.

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

10. Automatic Cooking Guide. Quick reference codes for many frequently prepared **foods.**

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

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, time or temperature during cooking functions, power level being used, cooking mode and instructions.

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

3. TIME COOK I & II. Microwave for a selected **amount** of time using automatic power level 10.

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

5. **AUTO DEFROST. Touch this** pad and food weight. The oven automatically sets power levels and defrosting time.

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

7. BEVERAGE. Reheat a beverage by just pressing this pad and START.

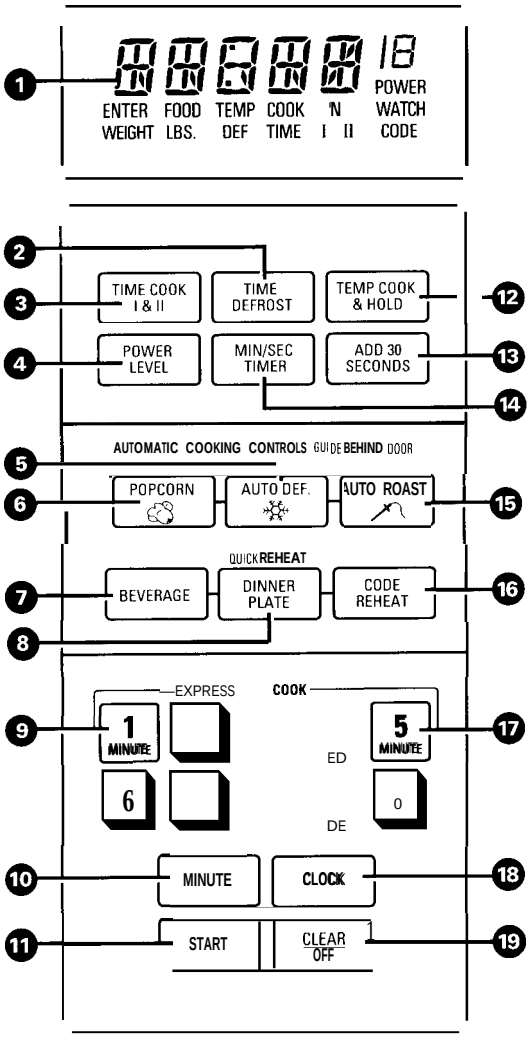
8. DINNER PLATE. Reheat a plate of leftovers by just pressing this pad and START.

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

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

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

12. **TEMP COOK & HOLD.** Use the temperature probe to cook by using a preset temperature. Once food reaches preset temperature, oven switches to HOLD setting and maintains that temperature until you touch the CLEAR/OFF pad.



"PROBE" Appears on Display:

- **Probe** has **been forgotten** when Auto Roast or Temp Cook & Hold function is being used.
- Probe is not securely seated in oven wall receptacle.

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

14. **MIN/SEC** 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 or temperature cooking.

15. AUTO ROAST. Insert probe, touch this pad, and desired number pad for code to slow-cook meat with automatic preset program.

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

17. EXPRESS COOK. Touch the number 1 through 5 pads for 1 to 5 minutes of cooking at power level 10. For example, touch 2 then START for 2 minutes at power level 10.

18. 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.

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

Program Cooking

Use your Touch Control Panel to Time Defrost or Time Cook with choice of power levels from 1 (lowest) to 10 (highest), time kitchen tasks with the Min/Sec Timer, and set the clock.

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

How to Use the Minute/Second Timer

The MIN/SEC TIMER has three timing functions:

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

The MI N/SEC TIMER operates without microwave energy.

How to Time a 3-Minute Phone Call

Step 1: Touch MIN/SEC TIMER pad.

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

Step 3: Touch START. Display shows time counting down.

Step 4: When time is up, oven signals, flashes "End," and display shows time of day.

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 a cookbook.

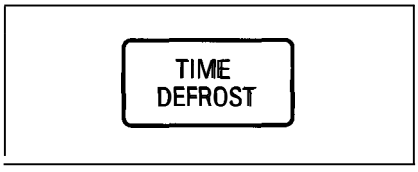
Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, touch either TIME COOK I & II, TEMP COOK & HOLD or AUTO ROAST and enter cook time, temperature or code. Touch MIN/SEC TIMER and enter number of minutes to delay cooking. **When delaying Temp Cook & Hold or Auto Roast cooking, be sure probe is in food.** Touch START. Timer will count down to zero and cooking will begin.

How to Defrost, Hold and Time Cook

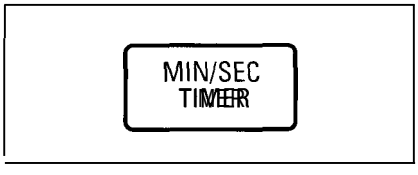
Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here's how to do it:

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



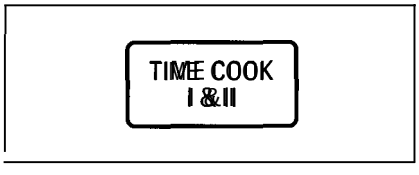
Step 2: Touch TIME DEFROST.

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



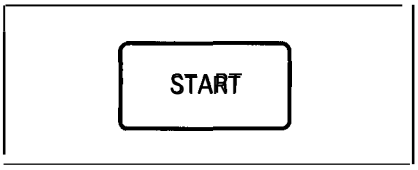
Step 4: Set standing or hold time by touching MI N/SEC TIMER.

Step 5: Touch 1,() and MINUTE pad to hold for ten minutes.



Step 6: Touch TIME COOK I & 11 pad.

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



Step 8: Touch START. As each function is automatically performed, oven display shows instructions entered and the function.

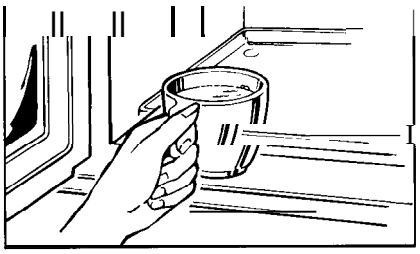
Step 9: When time is up, the oven signals and flashes "End."

Cooking by Time

Time Cook I allows you to microwave for a preset amount of time using automatic power level 10 (High), or change power level automatically.

Power level 10 (High) is recommended for most cooking, but you may change this for more flexibility. See your 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 I & II.

Step 3: Select your time. Touch 1, () and () 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" above.)

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.

How to Change Power Level

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

If you interrupt Time Cook to check the food, simply close the door and press START to resume cooking. If there is not time remaining on the timer you must reset the timer to resume cooking.

Using the Time Cook II Feature

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

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

E

Step 2: Touch TIME COOK I & 11.

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 I & 11.

Step 5: Set your second cook time.

Step 6: Change the power level.

How to Change Power Level

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

Step 7: Touch START.

Step 8: At the end of "COOK TIME I," the second power level is displayed and "COOK TIME II" 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.

If you interrupt Time Cook to check the food, simply close the door and press START to resume cooking. If there is not time remaining on the timer you must reset the timer to resume cooking.

The Express Cook Feature

The Express Cook feature is a short-cut method to set time for 1 to 5 minutes.

To Express Cook your food or beverage:

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

Step 2: Touch the START pad.

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

Add 30 Seconds



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

Defrosting by Time

Time Defrost (Power Level 3)

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

Use the Time Defrost setting to quickly thaw foods such as bread, rolls, vegetables, fruits and frozen dinners. The Auto Defrost setting is preferred for meat and poultry because the oven sets the defrosting time and power levels for you.

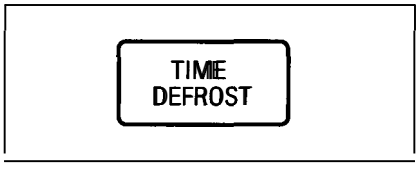
- Power level 3 is automatically set when you press TIME DEFROST pad, but you may change this for more flexibility.
- See your Defrosting Guide for defrosting help.

How to Change Power Level

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

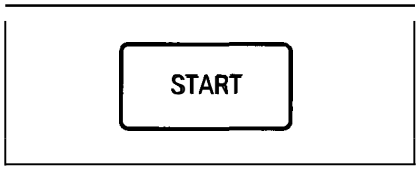
To become better acquainted with the defrost function, defrost a 10 oz. package of frozen strawberries by following the steps below.

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 4 and MINUTE pad for 4 minutes.



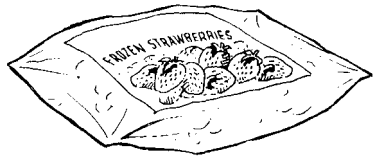
Step 4: Touch START. When cycle is completed, the oven signals and flashes "End," then automatically shuts off.

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

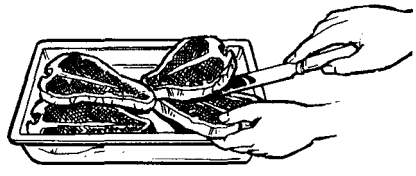
Step 6: When oven signals and flashes "End," open door, remove package and separate strawberries to finish defrosting.

Defrosting Tips

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



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



- Family-size, pre-packaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Check your Defrosting Guide for other defrosting tips.
- 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.

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 desired power level pad. Power level 7 cuts the total defrosting time in about 1/2; Power level 10 cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

Cooking by Temperature

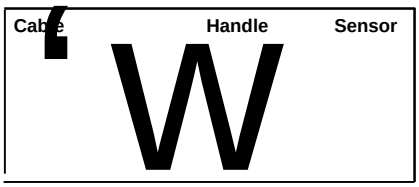
Internal temperature is the best test of doneness for many foods.

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

Temp Cook & Hold 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 CLEAR/OFF pad.

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 the food. (Its appearance may vary from picture above.) The probe must be used when using Temp Cook & Hold or Auto Roast. To use the probe properly, follow directions in the Auto Defrost section.

How to Temp Cook a Rolled Beef Rib Roast to Medium

Step 1: Insert temperature probe and attach probe securely in oven wall. Close the door.

Step 2: Touch TEMP COOK & HOLD pad.

Step 3: Touch 1,6 and O for 160°F.

Step 4: Touch POWER LEVEL pad. Touch 5 for medium power.

Step 5: Touch the START pad. If internal temperature of the roast is less than 90°F., display will show "COOL"; if temperature is 90°F. or above, display shows temperature counting up.

Step 6: When 160°F. is reached, the oven will sound and display "Hold." The oven will then hold the temperature.

Step 7: Touch the CLEAR/OFF pad to stop the cycle.

Step 8: Remove probe and food from the oven.

Questions and Answers

Q. Why did "PRObE" flash on the display after I touched the START pad?

A. "PRObE" will flash if you don't seat the cable end of the probe securely into the receptacle in the oven wall or if you touch the TEMP COOK & HOLD pad and forget to use 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.

Cooking Tips

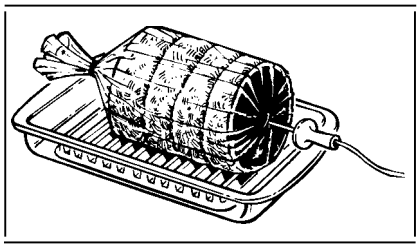
- Use a lower power level; foods will heat more evenly though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Cover foods loosely for moisture control and quick, even heating.

Automatic Roasting

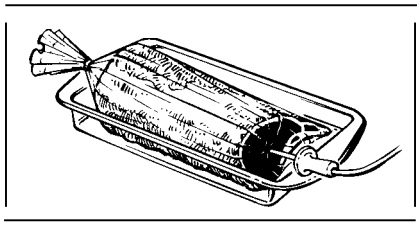
Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook & Hold, which uses a single power level, Auto Roast uses up to 3 power settings which automatically switch during roasting, thus providing even, tender cooking results without overcooking.

Just as in regular roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached.
Less tender roasts should be microwaved by time, according to the Cooking Guide

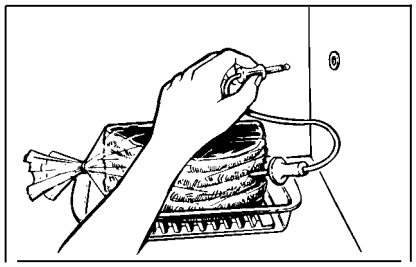
Preparing Roasts for Auto Roasting



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.

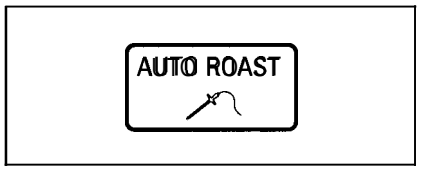


Place pork roast in cooking bag and place in microwave-safe dish.

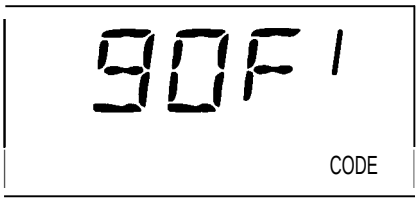


Place meat in oven with probe to the right. Insert cable end of probe firmly into receptacle on oven wall.

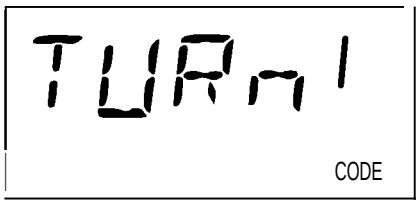
How to Auto Roast Beef Roast to Medium



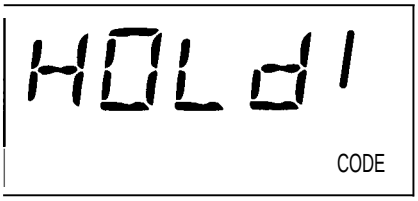
1. Touch AUTO ROAST pad. Touch number pad 1. After 4 seconds, "START" flashes on the display. Touch START. (See Auto Roast Guide for complete list of recommended codes.)



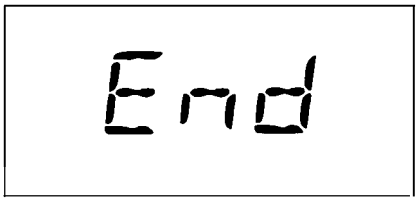
NOTE: By touching the AUTO ROAST pad during cooking, the meat's internal temperature will be displayed. ("COOL" will be displayed until meat reaches 90°F.) When pad is released, doneness code reappears on the display.



2. When You select Auto Roast **codes 1** or **2, the oven signals with 4 beeps** and "TURn" flashes on the display when it's time to turn the roast over. After you turn the roast, close the door and touch START. (Note: Oven continues to cook after the signal whether or not roast is turned over.)



3. After a pre-programmed food temperature is reached, oven beeps 4 times and "HOLd" appears on the display.



4. Food will be held at this temperature for 60 minutes. The oven then beeps 4 times and "End" appears.

Auto Roast Guide

- Place meats in a cooking bag in microwave-safe dish. (Refer to package instructions for proper use of cooking bag.)
- Recommended codes are also shown on guide behind door, on front of oven.
- Insert probe as described in the Automatic Roasting section.

Food	Code	Minimum Final Temp.	Approx. Time (minutes per pound)	Hold* Minutes	Doneness Display
Beef (5 lb. max.)					
Tender Roast					
Medium	1	160°F.	11-14	0	MEd
Well	2	170°F.	13-15	*5-10*	WELL
Pork (5 lb. max.)					
Loin Roast	2	170°F.	13-17	10	WELL
Poultry (6 lb. max.)					
Turkey Breast (Insert probe horizontally into meatiest area.)	3	185°F.	15-18	10-15	WELL

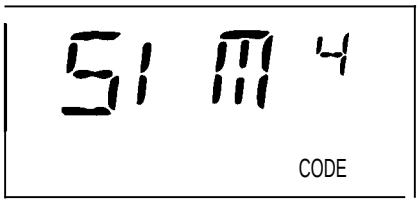
*Recommended standing time before serving.

Automatic Simmer Guide (Auto Roast Code 4)

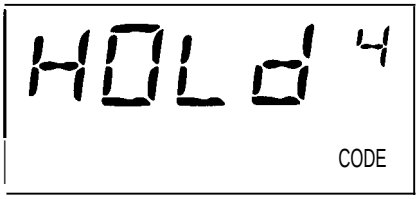
Food	Final Temp.	Approx. Time/Hours	Doneness Display	Comments
Beef				
Pot Roast	180°F.	5-7	SIM	Add enough liquid to just cover meat. If adding vegetables make sure they arc completely covered by liquid.
Chili	180°F.	5-8	SIM	Precook meat. Place probe 1 inch from top surface. Stir after 3 hours, if possible.
Chicken Stewing	180°F.	4-6	SIM	Add 4 cups liquid. Insert probe into meatiest area of inner thigh from below end and parallel to leg. Turn over after 1/2 of time.
Broiler/Frye.	180°F.	3-4	SIM	Same procedure as above.
Ham/Pork				
Roast	180°F.	4-6	SIM	Add 4 cups liquid.
soup				
Stock/ Vegetable	180°F.	7-10	SIM	Make sure that vegetables and meat arc covered by liquid. Stir every 3 hours.
Split Pea	180°F.	5-7	SIM	Add enough liquid to cover peas at least 2 inches. Stir after 3 hours.

Automatic Simmer (Auto Roast Code 4)

Total time includes time to bring food to 180°F., and hold at that temperature until done.



Set Auto Simmer like Auto Roast as explained in the Auto Roast section. Display shows "SIM" and "CODE 4."



Oven switches to Hold at 180°F., and continues holding at 180°F. until you remove food and turn off oven. If stirring is recommended, you can restart oven by touching the START pad again. Touch CLEAR/OFF pad to turn oven off.

Auto Defrost

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

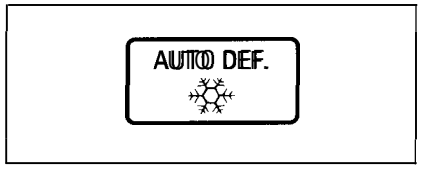
Use the Auto Defrost guide on the next page. Enter the food weight in pounds and tenths of a pound (see Conversion Guide at right). Then touch START pad.

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

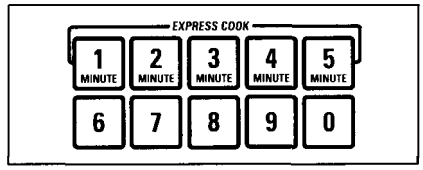
How to Set Auto Defrost

Before you begin, check the guide located at front of oven when you open the door. It shows minimum and maximum food weights for a variety of foods. You will need to know your food weight before setting Auto Defrost.

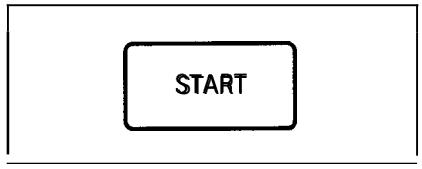
1. Remove food from package, place in oven on microwave-safe dish and close door.



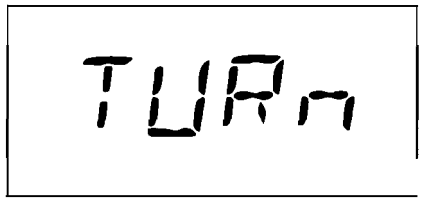
2. Touch AUTO DEF. pad.



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 defrost time counting down.



Twice during defrosting, the oven beeps 4 times and "TURn" flashes. "TURn" **flashes until you open the door, attend** your food (see guide on next page), close the door and touch START. (Defrosting continues during "Turn" display.)

When defrosting time is completed, "End" flashes and oven beeps 4 times. "End" remains on display and oven beeps every minute until door is opened or CLEAR/OFF pad is touched.

Stand Time

When using the Auto Defrost feature, it is necessary to allow the food to stand in order to finish defrosting the inside. 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 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
14–15	.9

Auto Defrost Guide

RECOMMENDED FOODS	MIN.-MAX. WEIGHT	FIRST SIGNAL	SECOND SIGNAL	STAND TIME
Meat				
Chops	0.1 -6.0 lbs.	Turn over.	Separate and shield where necessary.	5 minutes
Frankfurters, Sausage	0. I -6.0 lbs.	Separate.	Remove defrosted pieces.	2 minutes
Ground Meat	0. I -6.0 lbs.	Turn over.	Remove defrosted areas and break apart.	5 minutes
Beef Patties	0.1 -6.0 Ibs.	Turn over.	Separate patties.	5 minutes
Roast	O. I - 6.() lbs.	Turn over and shield.	Shield if necessary.	90 minutes
Ribs	0.1 -6.0 lbs.	Turn over.	Remove defrosted pieces. Shield if necessary.	10 minutes
Steak	0.1 - 6.0 lbs.	Turn over.		5 minutes
Stew	0.1 -6.0 Ibs,	Turn over and separate.	Separate and remove defrosted pieces.	5 minutes
Poultry				
Whole Chicken	0. -6.0 Ibs	Turn over and shield.	Turn over and shield.	10 minutes; run cold water in cavity.
Turkey Breast (breast side up)	0. -6.0 lbs,	Turn over.	Shield where necessary.	20 minutes in refrigerator; run cold water in cavity.
Chicken Pieces	0.1 -6.0 lbs.	Turn over.	Separate and remove defrosted pieces.	5 minutes
Cornish hens (whole)	0.1 -6.0 lbs.	Remove wrapper and turn over.		10 minutes; run cold water in cavity.
Cornish hens (split)	0.1 - 6.0 lbs.	Turn over.		5 minutes
Seafood				
Fish fillets	0.1 -6.0 lbs.	Turn over.	Separate and remove defrosted pieces.	5 minutes
Shrimp, scallops	0.1 -6.0 lbs.	Separate.	Separate and remove defrosted pieces.	5 minutes
Whole fish	0.1 -6.0 Ibs.	Turn over and shield tail and head.		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 wit-h small pieces of foil.

Quick Reheat

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

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

Beverage

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

Step 1: Touch BEVERAGE pad.

Step 2: Touch START pad. Oven will signal and display remaining time counting down shortly before shut off.

Dinner Plate

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

Step 1: Touch DINNER PLATE.

Step 2: Touch START pad. Oven will signal and display remaining time counting down shortly before shut off.

Code Reheat

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

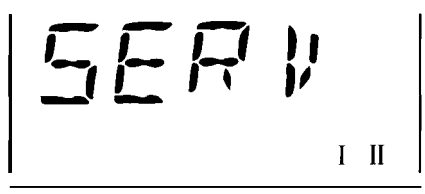
Step 1: Touch CODE REHEAT pad.

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

Step 3: Touch START pad. Oven will signal and display remaining time counting down shortly before shut off.

To Reheat More Than One Serving

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



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

Popcorn

Regular Microwave Popcorn

Step 1: Touch POPCORN pad.

Step 2: Touch START pad. Oven will signal and display remaining time counting down shortly before shut off.

Light Microwave Popcorn

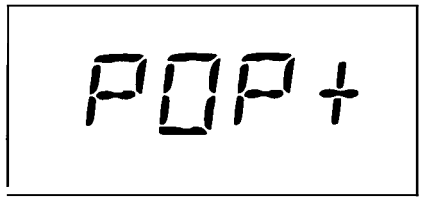
Step 1: Touch POPCORN pad,

Step 2: Touch number pad 2.

Step 3: Touch START pad.

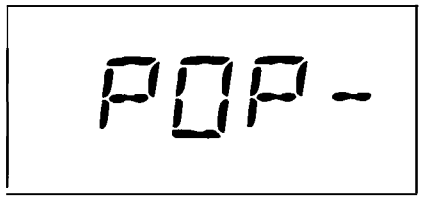
Adjust for Shorter or Longer Cook Time

If your favorite popcorn is undercooked, try this:



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

If your favorite popcorn is overcooked, try this:



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

Code Reheat Guide

Code	Display	Time per serving	Foods Recommended
1	BREAD	20 sec.	Breads, pastries, pies, bakery goods
2	MEATS	1 min.	Meats, casseroles, pizza, solid foods
3	VEGS	1½ min.	Fruits & vegetables
4	BEV	1½ min.	Beverages
5	SAUCE	2¼ min.	Soups, stews, sauces
6	PLATE	3 min. total	2 to 3 foods; 4 oz. each

Glossary of Microwave Terms

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

- 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 regular oven cooking times 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 regular baking and microwave cooking, covers hold in moisture, allow for more even heating and reduce cooking time. In regular ovens, partial covering allows excess steam to escape. Venting plastic wrap or covering with wax paper serves the same purpose when microwaving.

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

Arranging Food in Oven. When baking in regular ovens, 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 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. When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.

Shielding. In **a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts,** such as the tips of wings and legs on poultry, which would cook before larger parts.

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 before regular oven cooking), 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 regular baking and microwave cooking, dense foods, such as potatoes, take longer to cook than light, porous foods, such as rolls, bread or pieces of cake.

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

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 it heats 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 and 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 inch. (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.
- For best cooking results select a dish that matches the size or amount of food prepared.

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)	2 to 3 min.
	1 cup	Medium (5)	3 to 5 min.
Pastry bites: small pizzas, egg rolls, etc.	2 to 4 servings	High (10)	I to 3 min.
Saucy: meatballs, riblets,	1 to 2 servings	High (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, nut or fruit bread	I piece	Low (3)	¼ to ½ min.
	2 pieces	Low (3)	1 to I ½ min.
	4 pieces	Low (3)	I ½ to 2 min.
	9 inch cake or 12 rolls or doughnuts	Low (3)	2 to 4 min.
Dinner rolls, muffins	1	Medium (5)	¼ to ½ min.
	2	Medium (5)	½ to ¼ min.
	4	Medium (5)	½ to I 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 inch pie	2 slices	High (10)	I to 1½ min.
(use minimum time for custard)	4 slices	Meal-High (7)	2 to 3 min.
	9 inch pie	Meal-High (7)	3 to 5 min.
Beverages			
Cocoa, other milk based			
(6 oz. per cup)	1 to 2 cups	Meal-High (7)	3 to 5 min.
(9 oz. per cup)	1 to 2 cups	Meal-High (7)	7 to 9 min.
Coffee, tea, cider			
(6 oz. per cup)	1 to 2 cups	High (10)	2 to 4 min.
(9 oz. per cup)	1 to 2 cups	High (10)	5 to 7 min.
Gravies and Sauces			
Desserts: chocolate. butterscotch. etc.	½ cup	High (10)	1 to I ½ min.
	1 cup	High (10)	2 to 2½ min.
Gravies: giblet or creamy	½ cup	High (10)	2 to 3 min.
	1 cup	High (10)	3 to 4 min.
Meat or main dish sauces, such as	½ cup	High (10)	2 to 3 min.
spaghetti sauce, etc.	1 cup	High (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)	I to I ½ min.
Syrup and butter	2 or 3 pieces	High (lo)	1 to 1¼ min.
Tip: Do not cover.			

Heating or Reheating Guide (continued)

Item	Amount	Power Level	Time
Meats and Main Dishes			
Chicken pieces	1 to 2 pieces	High (10)	1 to 3 min.
	3 to 4 pieces	High (10)	4106 min.
Hamburgers or meatloaf	1 to 2 servings	High (10)	1 to 2 min.
(4 oz. per serving)	3 to 4 servings	High (10)	3 to 5 min.
Hot dogs and sausages	1 102	High (10)	1 to 1½ min.
	3 to 4	High (lo)	½ to 2½ min.
Rice and pasta (¾-¼ CLIp per serving)	1 to 2 servings	High (lo)	1 to 2½ min.
Saucy, main dishes: chop suey, spaghetti, creamed chicken, chili. stew, macaroni and cheese, etc. (X- 1 CLIp per serving)	1 to 2 servings	High (lo)	4 to 7 min.
	3 to 4 servings	High (lo)	6 to 10 min.
	1 can (16 oz.)	High (10)	5 to 7 min.
Steaks, chops, ribs, meat pieces	1 to 2 servings	Meal-High (7)	1½ to 2½ min.
	3 to 4 servings	Meal-High (7)	3 to 5 min.
Thinly-sliced meat	1 to 2 servings	Meal-High (7)	1 to 2 min.
(3 to 4 oz. per serving)	3 to 4 servings	Mcd-High (7)	2 to 3 min.
Topped or mixed with sauce	1 to 2 servings	High (10)	3 to 5 min.
(¾-¼ CLIp per serving)	3 to 4 servings	High ([0])	S to X min.
Plate of Leftovers			
Meat plus 2 vegetables	1 plate	High (lo)	3 to 4 min.
Sandwiches			
Meat-cheese filling: with 2 slices of bread	1 to 2 servings	Mcd-High (7)	2 to 3 min.
	3 to 4 servings	Meal-High (7)	4 to 5 min.
Moist filling: Sloppy Joes, barbecue, ham salad, etc. in bun (¼ cup per serving)	1 to 2 servings	Meal-High (7)	1 to 2 min.
	3 to 4 servings	Meal-High (7)	3 to 4 min.
soups			
Milk-based (6 oz. per serving)	1 to 2 servings	Meal-High (7)	1½ to 5 min.
	3 to 4 servings	Mcd-High (7)	7 to 10 min.
	1 can (10 oz.)	Mcd-High (7)	7 to 8 min.
Water-based (6 oz. per serving)	1 to 2 servings	High (lo)	1½ to 3 min.
	3 to 4 servings	High (10)	5 to 9 min.
	1 can (10 oz.)	High (10)	5 to 1 () min.
Vegetables			
Large pieces or whole: asparagus spears, corn on the cob, etc.	1 to 2 servings	High (10)	1½ to 3 min.
	3 to 4 servings	High (10)	4 to 6 min.
Mashed (½ cup per serving)	1 to 2 servings	High (1 ())	2 to 4 min.
	3 to 4 servings	High (lo)	5 to 7 min.
Small pieces: peas, beans, corn, etc. (Z, CLIp per serving)	1 to 2 servings	High (10)	1½ to 3 min.
	3 to 4 servings	High (1 ())	5109 min.
	1 can (1 6 oz.)	High (10)	5 to 10 min.

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

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

Tip: Use paper towel 01 napkin to cover sandwiches.

Tip: Cover soups with wax paper 01 plastic wrap.

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. 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. Alter 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 arc 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 Hal Time, Min.	Comments
Breads, Cakes [Power Level: Defrost (3)]			
Bread, buns or rolls (8 to 16 oz.)	2103	none	Remove metal twist tic.
Cake, frosted, 2 to 3 layer (17 oz.)	2 to 4	none	Let stand 5 to I () minutes before serving.
Cake, plain, I layer	2 to 4	none	Let stand 5 minutes before serving.
Cheesecake, plain or fruit-topped (17 to 19 oz.)	5 to 7	none	
Coffee cakes (1 1 to 14¼ oz.)	2 to 3	2 to 3	
Cream or custard pie (14 oz.)	4 to 6	4 to 6	Reposition after first half of time. Let stand 5 minutes before serving.
Crunch cakes and cupcakes	½ to ¼ each	none	
Doughnuts			
(I or 2)	½ to 1	none	Rearrange after first half of time.
(4 to 6)	1 to 2	I to 2	
French toast (2 slices)	2	1	Turn over after first hall' of' time.
Fruit or nut pie (X in.)	X to 15	none	
Pound cake (1 1 ¼ oz.)	3 to 5	none	Let stand 5 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.)	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 (I lb.)	4 to 5	5 to 7	
Shellfish, blocks;			
Crab meat (6-oz. package)	2	2	Place block in casserole, Turn over and break up with fork after first half of time.
Oysters (I 2-oz. can)	4 to 6	4 to 6	Place block in casserole. Break up with fork after first half of time.
Scallops (I -lb. package)	4 to 6	4 to 6	Place block in casserole. Turn over and break up after first half of time.
Shellfish, large:			
Crab legs, 1 to 2 (X 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. I 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 (X to 10 oz.)	3	2 to 4	Place fish in cooking dish. Turn over after first half of time. After second hall 01 time, rinse cavity with cold water to complete defrosting.

(contianued next page)

Defrosting Guide (continued)

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	Remove foil or metal. Place package in oven. After first half of 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 riven. 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 and pork			
(1 lb.)	3 to 5	3 to 5	Turn meat over after first half of time.
(2 lbs.)	6 to X	6 to X	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Break up remaining block and microwave 1 to 2 minutes more.
(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 X minutes more. Scrape and set aside. Break up remaining block and microwave 3 to 5 minutes inure.
Roast: beef, lamb, veal* (3 to 4 lbs.)	4 to 5 per lb.	4105 per lb.	Place unwrapped mast 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,)	4 to 5 per lb.	4 to 5 per lb.	Place unwrapped roast in cooking dish. Turn roast over alter 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 river after first half of time. Let stand 5 minutes.
(1-lb. roll)	3 to 5	3 to 5	Turn river after first half of time. Let stand 15 minutes,
Sausage, links (1 to 1½ lbs,)	3	2 to 3	Rotate package 1/4 turn after first half of time. Let stand 5 minutes.
Sausage, patties (12-oz. package)	3	2 to 3	Turn over and separate after first half' of time. Remove patties as they thaw.
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. Alter second hall of time, separate pieces with table knife. Let stand to complete defrosting.
Steaks, chops and cutlets	3 to 5 per lb.	3 to 5 per lb.	Place unwrapped meat in cooking dish. Turn river 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.
*Use Warm (1) for roasts			
Poultry [Power Level: Defrost (3)]			
Chicken, broiler-fryer. cut up (2½ to 3 lbs.)	Y to 11	Y to 11	Place wrapped chicken in dish. Unwrap and turn river 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 de frosting.
Chicken, whole (2½ to 3 lbs.)	12 to 14	12 to 14	Place wrapped chicken in dish. After first hall 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 pcr 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 5 lbs.)	3 to 5 per lb,	3 to 5 pcr 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 hall of time. Let stand 1 to 2 hours to complete defrosting in refrigerator.

Cooking Guide

Breads

Crust on breads will be soft and the outsides will not brown. If desired, sprinkle top of" batter with cinnamon-sugar mixture, chopped nuts or other topping 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 or square dish	No	Med-High (7)	6 to X min.	Place batter in greased dish.
Corn bread	X to 9 inch tube dish*	N()	Med-High (7)	X to 9 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.)	N()	Med-High (7)	¼ to 1 min. I to 3 min. 3 to 4½ min.	Use microwave-safe muffin container or homemade muffin cups, made by cutting down hot drink paper cups. Some muffins may be done before others. Remove muffins as they are done, and continue cooking remaining muffins a few seconds longer.
Quick breads, from a mix	Glass loaf dish	No	Med-High (7)	12 to 22 min.	Shield corners after half of' cooking time. When done, toothpick inserted in center will come out clean. Let stand 15 minutes before turning out of dish. Cool.

*If tube dish is unavailable, microwave in X 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 1 () 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-sale dish or casserole	Lid or plastic wrap	High (lo)	2 to 4 min. per piece	Pierce fruit or peel to prevent bursting. Core and fill center of apple with 2 tablespoons sugar, I teaspoon butter and 1/8 teaspoon cinnamon. Add 2 tablespoons water for each piece of fruit.
Bar cookies	X inch square dish	N()	High (10)	4 to X min.	Grease dish before adding batter. Cut when cool.
Commercial mix (1X to 20 OZ.)	X inch round or square dish	N()	High (lo)	510 10 min.	Grease dish before adding batter. Let stand 5 to 10 minutes to cool before inverting.
	Fluted tube cake pan (12 cup)	N()	High (10)	9 to 13 min.	Let tube cake stand 15 to 20 minutes to cool. before inverting.
Cupcakes—6	Paper-1ined cupcaker	No	Meal-High (7)	2½ to 4½min	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	Med-High (7)	I () to I 4 min.	When done, toothpick stuck in cake comes out clean. Invert cake onto plate; let dish stand over cake a few minutes.

(continued tic,.rt page)

Cooking Guide (continued)

Candies

1. Always use microwave-sate 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	1 pint (2-cup) measure	N()	High (10)	3 to 5 min	Unwrap a 14-oz. package of caramels into measuring cup. Add I tablespoon water. Microwave, stirring every minute. Dip 4 apples into mixture.
Chocolate bark	1½-qt. casserole or bowl	Yes	High (10)	2½ to 5 min	Place 12 oz. selni-sweet chocolate pieces in container. Microwave to melt. Add 1 cup whole toasted almonds. Spread over wax paper on cookie sheet. Chill until firm.
Marshmallow crisp	2-qt. oblong dish	Yes	High (10)	1 min. to melt butter, 4 min. to melt marshmallows	In large glass bowl, melt 1/4 cup butter. Add 10-oz. package marshmallows, cover with wax paper and microwave to melt. Stir in 5 cups crispy rice cereal. Press firmly into buttered dish.
S'Mores	Paper napkin or paper plate	No	High (lo)	151025 seconds	Cover graham cracker with chocolate and marshmallow.

Cereal, Pasta and Rice

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

Food	Container	Cover	Power Level & Time		Comments
Oatmeal, old fashioned	1 -qt. casserole or bow]	N()	High (lo)	2 to 4 min. per serving	Increase casserole size for more than one serving. Increase time about I '/~ 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 (I ()) for ½ to I minute.					
Rice, minute (1½ cups)	2-qt. casserole	Lid or plastic wrap	High (10)	2 to 6 min.	Add 1½ cups water. Stir alter 2 minutes.
Rice, regular long grain (1 cup)	2-qt. casserole	Lid or plastic wrap	High (lo)	I 7 to 21 min.	Add 2¼ cups water. Stir after 1() minutes
Spaghetti (16 oz.)	2-qt. oblong dish or casserole	Plastic wrap	High (10)	16 to 20 min.	Add 6 to 7 cups water. Rearrange after I () minutes.

Cheese and Eggs

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

Food	Container	Cover	Power Level & Time		Comments
Cheese					
Fondue	Microwave-safe 2-qt. dish	Covet or plastic wrap	High (lo)	To make sauce 3 to 5 min.	Make basic white sauce, substituting wine for milk. Add cheese and microwave at Medium (5) for X to 9 minutes, whisking every 2 minutes.
			Medium (5)	X to 9 min.	
Eggs					
Basic eggs	Buttered custard cup	Plastic wrap	Medium (5)	¼ to 1 min. per egg	Puncture membrane of yolk to prevent bursting.
Omelet	9 inch pie plate	N()	High (10)	Melt butter ½ to ¼ min.	Sprinkle cheese over omelet, Microwave ½ to 1 minute until cheese is slightly melted.
			Medium (5)	7½ to I () min	
Poached eggs (4 maximum)	custard cup	Plastic wrap	Medium (5)	1 to 2 min.	Heat 2 tablespoons water and ¼ teaspoon vinegar in each cup. Break 1 egg into each custard cup. Cover loosely with plastic wrap. Cool according to guide. Microwave at Medium (5) ½ to ¼ minute per egg. Let stand in water a few minutes.
			Meal-High (7)	½ to ¼ min. per egg	
Quiche	9 inch pie plate	No	Meal-High (7)	15 to 20 min.	Pour filling into precooked 9 inch pie shell.
Scrambled	Glass measuring cup or casserole	N()	High (lo)	¼ to I min. per egg	Scramble eggs with I teaspoon butter and I 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 I or 2 minutes to finish cooking.

Fish and Seafood

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

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

(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 (1 cup)	Glass measure or bowl	No	High (10)	4 to 7 min.	Microwave fat, flour and salt together to melt and blend. Whisk in liquid and finish microwaving. Increase time I to 2 minutes per additional cup of sauce.
Melted butter sauces, clarified butter (½ cup)	Glass measure	N()	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. bowl	Yes	High (10)	5 to 1 () min.	Stir ingredients together, then 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	N()	High (10)	2 to 4 min.	Add cornstarch-water mixture to heated ingredients. Stir well and microwave to finish.

Meats

1. Always usc 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 on trivet in microwave-safe dish.
3. Al1ow 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.
(I lb.)				5 to 10 min.	
(I ½ lbs.)				7 to 10 min.	
Meatballs	Round or oblong dish	Wax paper or plastic wrap	High (10)		Arrange around edge of dish.
(I lb,)				8 to I () min.	
(2 lbs.)				9 to I 3 min.	Rearrange after half of cooking time.
Meatloaf	Pie plate or loaf dish	Plastic wrap	Meal-High (7)		
(Round loaf)			or cook	22 to 27 min.	Let stand 10 minutes after cooking
(Loaf shape)			to 170°F.	25 to 30 min.	Let stand I () minutes after cooking.
Patties	Oblong glass dish (with trivet if desired) or ceramic dinner plate	Wax paper	High (10)		If desired, add browning sauce. Let patties stand, covered, 2 minutes.
(4 patties per lb.)					
I to 2 patties				3 to 5 min.	
3 to 4 patties				4 to 6 min.	
Pot roasts (Up to 3lbs.)	Oblong dish or casserole	Cooking bag	Medium (5)	23 to 29 min. per lb.	Brush with browning sauce and add 1/2 cup water to cooking bag. Turn over after half of cooking time. Add vegetables if desired after hall" of cooking time. Recover and finish.
Simmered beef (corned beef or brisket)	Casserole	Cooking bag	Medium (5)	120 to I 30 min.	Add I cup water per pound of meat. Turn over after half of cooking time. Let meat stand in broth at least I () minutes after cooking. For boiled dinner, remove meat and cook vegetables in broth.

Meats (continued)

Food	Container	Cover	Power Level & Time (or Internal Temp.)		Comments
Beef (continued)					
Tender roasts (rib, high quality rump, sirloin tip)	Oblong dish with trivet	Cooking bag	Medium (5)	Minutes per lb. / Internal Temp. Rare 11 to 14 / 140°F. Medium 13 to 17 / 160°F. Well 15 to 20 / 170°F.	Turn roasts over after half of cooking time. Let meat stand 10 minutes before carving.
Lamb					
Chops (1 inch thick) 4 chops	2-qt. oblong dish	Wax paper	Meal-High (7)	6 to 9 min.	Brush chops lightly with oil, Turn meat over after half of cooking time.
Roast (Leg or Shoulder)	2-qt. oblong dish and trivet	Cooking bag	Medium (5)	Minutes per lb. / Internal Temp. Medium 11 to 15 / 160°F. Well 12 to 16 / 170°F.	Place roast fat-side-down in microwave-safe dish, Shield end of shank bone with foil during first half of time. Turn over after half of cooking time. Let roast stand 10 minutes before carving.
Pork					
Bacon (per slice)	Microwave-safe plate or oblong dish	Paper towel	High (10)	¼ to 1 min	Arrange in single layer on paper towels or on trivet set in dish. Cover with a paper towel. To microwave more than 1 layer of bacon, use an oblong dish and place a paper towel between each layer of bacon. Cover with a paper towel to prevent spatters.
Canadian bacon 2 slices 4 slices 6 slices	Microwave-safe cookware	Wax paper	High (10)	½ to 1¼ min. 1 to 2½ min. 1½ to 3 min.	Arrange in single layer.
Ham, precooked: canned, butt or shank	2-qt. oblong dish	Cooking bag	Medium (5)	14 to 19 min. per lb.	Place fat-side-down in dish. Turn ham over after half of cooking time.
Ham, slices & steaks (1 to 2 inch thick)	2-qt. oblong dish	Wax paper	Medium (5)	10 to 15 min.	Turn over or rearrange after 10 minutes.
Pork chops: 1 inch 2 4 6	Microwave-safe cookware	Plastic wrap	Medium (5)	 7 to 13 min. 9 to 16 min. 13 to 19 min.	Brush with barbecue sauce or browning agent, if desired. Turn over after half of cooking time. Let stand covered 5 to 10 minutes before serving.
Pork roast	2-qt. oblong dish	Cooking bag	Medium (5)	15 to 20 min. per lb.	Turn roast over after half of cooking time. Microwave to an internal temperature of 170°F.
Pork sausage (raw), link	Microwave-safe cookware	Wax paper	High (10)	½ to ¼ min per link	Arrange in single layer. If cooking 6 or more links. rearrange after half of cooking time.
Pork sausage (raw) (Y 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.

(continued next page)

Cooking Guide (continued)

Meats (continued)

Food	Container	Cover	Power Level & Time		Comments
Veal					
Chops (1 inch thick) 4 chops	2-qt. oblong dish	Wax paper	Meal-High (7)	6 to 9 min.	Brush chops lightly with oil. Turn meat over after half of cooking time.
Roast (shoulder)	2-qt. oblong dish	Cooking bag	Medium (5)	16 to 21 min. per lb.	Place roast fat- or cut-side-down. Turn over after half of cooking time. Let roast stand 10 minutes before carving.

Poultry

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

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

Food	Container	Cover	Power Level & Time		Comments
Chicken					
Pieces (per piece)	Plate or oblong dish	Wax paper	High (10)	3 to 5 min. total	Arrange in single layer in cooking dish so thickest meaty pieces are to outside edges of dish. Turn pieces over and rearrange after half of cooking time.
Whole chicken (X pieces)	Oblong dish	Wax paper	High (10)	10 to 13 min. total	
(unstuffed)	Oblong dish	Cooking bag	Med-High (7)	10 to 12 min. per lb.	Brush with browning agent, if desired. Slit bag near closure to vent. Close securely with plastic tie. Cook breast-side-down. Turn over after half of cooking time. Cook to 190°F. internal temp.
(stuffed)	Oblong dish	Cooking bag	Med-High (7)	10 to 16 min. per lb.	
Cornish Hens					
Halves	Square or oblong dish	Wax paper	Med-High (7)	12 to 14 min. per lb.	Arrange skin-side-up in dish, on bed of stuffing, if desired.
Whole (stuffed or unstuffed)	Square or oblong dish	Wax paper	Meal-High (7)	13 to 15 min. per lb.	Place breast-side-down in dish. Turn over after half of cooking time. Shield tips of wings and legs with foil.
Turkey					
Turkey breast	Oblong dish	Cooking bag	Med-High (7)	13 to 15 min. per lb.	Tie ribs to breast cavity. Place breast in cooking bag. Close securely with plastic tie. Place breast-side-down in dish. Slash bag on underside near closure to vent. Turn over after half of cooking time. Cook to 190°F. internal temperature.

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, rearrange or rotate vegetables during cooking.

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

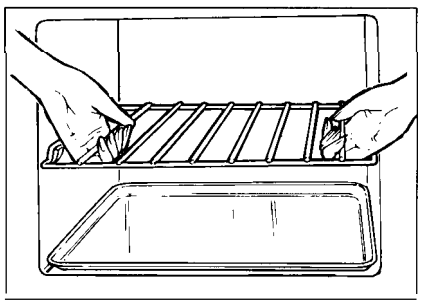
How to Use the Double Duty™ Shelf

- **Use the shelf only when cooking foods on 2 levels. Food microwaves best when placed on the oven floor.**
- **Do not store or cook with shelf on floor of oven. Product damage may result.**
- **Use pot holders when handling metal shelf and cookware. They may be hot.**
- **Do not store microwave browning dish on metal shelf.**
- **Use of DOUBLE DUTY™ shelf with Popcorn program is not recommended.**

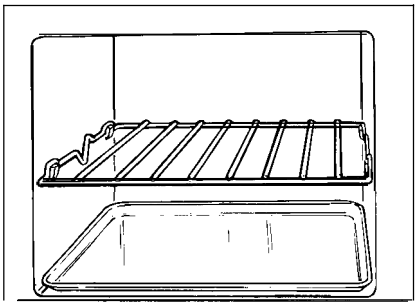
The wire shelf is specifically designed for added capacity heating and reheating in your microwave oven. Now more than one food may be heated or reheated and ready to serve at the same time.

Batters and dough foods and also uncooked foods which need to be prepared from scratch should be cooked without the oven shelf.

Positioning the Shelf



To position the DOUBLE DUTY™ shelf, tip the back slightly and fit the shelf support guides onto the support guides located on each side of the oven in the rear.



Next, lower the front until the shelf support guides fit onto the support guides located at each side of the oven in the front.

When properly positioned, the shelf should fit snugly in place, be level and not touch the back or side wall of the oven.

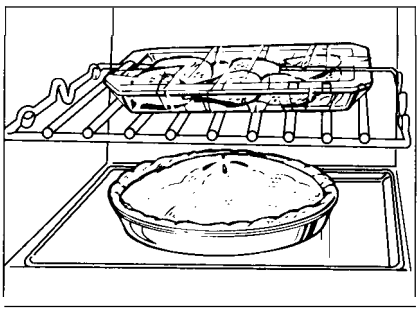
If arcing occurs when using the shelf to cook more than one food at the same time, turn the oven off. Make sure the shelf is not touching oven walls. To prevent arcing, remove the shelf when you are not using it.

How to Reheat Several Different Types of Foods Together

When heating several different types of food together, foods which should be served hot must be placed on the shelf, while foods which need only to be warmed should be placed on the oven floor. This is because microwave energy enters the oven from the top only. Also, it is important to remember that foods absorb microwave energy at different rates. Rates can be affected by the size of the food, and its starting temperature.

Because of the varying rates, you may need to start reheating a large or dense food a few minutes ahead of time, then add other smaller or less dense foods. Alternately, if one of the foods you are heating seems undercooked but the others are heated satisfactorily, let the underheated food continue cooking.

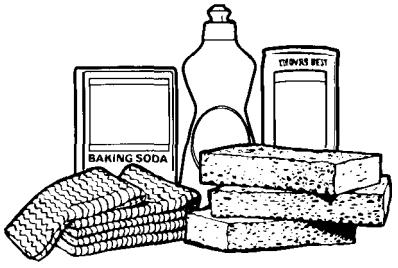
Heat or reheat different types of food at High (10). To determine heating times, add times for all foods together. (See Heating or Reheating Guide.) After half of time, stir or rearrange foods (do not reverse positions). Check foods (especially those on oven floor) after 3/4 of total time and remove any which are done. Continue cooking others.



Place on shelf large or dense foods which need the most heating, such as leftover fried chicken, casseroles of canned or leftover vegetables, rice or pasta. Place on floor those foods which need only be warmed, such as bakery pies, rolls, muffins or breads.

Pop popcorn on the microwave oven floor only. Popcorn placed on the oven shelf will not pop properly. Use a special microwave popcorn accessory or prepackaged popcorn labeled for use in microwave ovens.

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 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, floor and mode stirrer cover. Some spatters can be removed with a **paper** towel, **others may require a damp cloth. Remove greasy spatters with** a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners on oven walls. NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

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

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

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

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

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.

DOUBLE **DUTY™ shelf.** Your shelf accessory is designed for use in a microwave oven only; do not use in a conventional oven. Do not use a browning dish with the shelf. Arcing could occur.

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

How to Clean the Outside

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

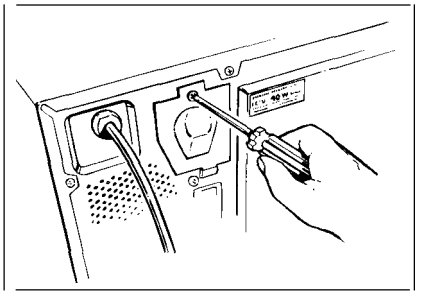
Control Panel. Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives, or sharp objects on the panel—they can damage it.

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

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

Oven Lamp Replacement

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

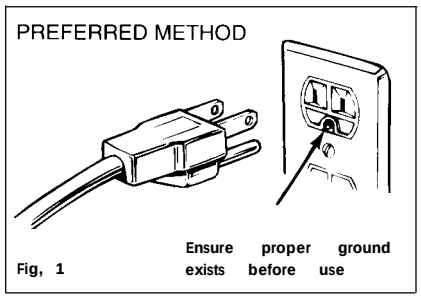


Replace with 30-watt appliance bulb. (It is available in drug and hardware stores. j Replace compartment cover. Plug in the oven.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This-appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and **grounded. (Fig. 1)**

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



Fig, 1

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

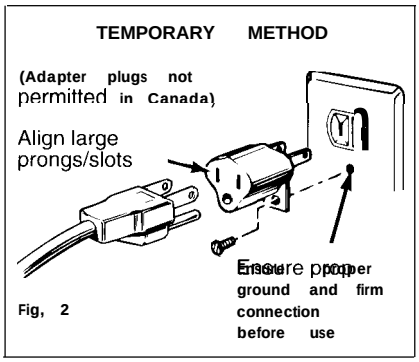
Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

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

Use of Adapter Plugs

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

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



Fig, 2

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

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

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not d-one, 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 disconnecting 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

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—20 amps for these models;

2. The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;

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 must be touched after entering cooking selection. •Another selection entered already in oven and CLEAR/OFF pad not touched to cancel it. •Make sure you have entered cooking time after touching TIME COOK I & 11 pad. •CLEAR/OFF pad was touched accidentally. Reset cooking program and touch START pad. •Make sure you have entered a temperature after touching TEMP COOK & HOLD pad. •Make sure you entered a code number after touching AUTO ROAST or CODE REHEAT.
"PRObE" APPEARS ON DISPLAY	•Probe has been forgotten or not seated properly in oven wall when using Temp Cook & Hold function.

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

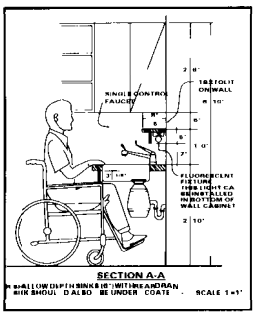
With the purchase of your new GE appliance, receive the assurance that if you ever need information or assistance from GE, we'll be there. All you have to do is call—toll-free!

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

A GE 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.

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.



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.

Service Contracts
800-626-2224

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

Parts and Accessories
800-626-2002

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

YOUR GE MICROWAVE OVEN

WARRANTY

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

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

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

LIMITED ADDITIONAL NINE-YEAR WARRANTY

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

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

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

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 NOTRESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

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

Warrantor: General Electric Company

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

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