Use and Care Guide

Microwave Cooking Center

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GE Answer Center® 800.626.2000

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The electrical output of the microwave oven in this cooking center is 800 watts.
(IEC-705 Test Procedure)

GE Appliances

Models: *JKP76*
JKP77

164D2966P128



HELP US HELP YOU…

Before using your cooking center, read this guide carefully.

It is intended to help you operate and maintain your new cooking center properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, call:

GE Answer Center®
800.626.2000
24 hours a day, 7 days a week

How to Remove Packaging Tape.

To assure no damage is done to the finish of the product, the safest way to remove the adhesive left from packaging tape on new appliances is an application of a household liquid dishwashing detergent, mineral oil or cooking oil. Apply with a soft cloth and allow to soak. Wipe dry and then apply an appliance polish to thoroughly clean and protect the surface.

NOTE: The plastic tape must be removed from the chrome trim on cooking center parts. It cannot be removed if it is baked on.

Write down the model and serial numbers.

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

These numbers are also on the Consumer Product Ownership Registration Card that came with your cooking center. 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 cooking center.

Be sure your cooking center is registered.

It is important that we, the manufacturer, know the location of your cooking center 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 cooking center…

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

Save time and money. Before you request service…

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

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

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

(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
(1) door (bent)
(2) hinges and latches (broken or loosened)
(3) door seals and sealing surfaces.

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

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

IMPORTANT SAFETY NOTICE

The California Safe Drinking Water and Toxic Enforcement Act requires the Governor of California to publish a list of substances known to the state to cause birth defects or other reproductive harm, and requires businesses to warn customers of potential exposure to such substances.

The fiberglass insulation in self-clean ovens gives off a very small amount of carbon monoxide during the cleaning cycle. Exposure can be minimized by venting with an open window or using a ventilation fan or hood.

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 guide.** Do not use corrosive chemicals or vapors in this appliance. This cooking center is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.
- **Be sure your appliance is properly installed and grounded by a qualified technician** in accordance with the provided Installation Instructions.
- **Have the installer show you the location of the circuit breaker or fuse. Mark it for easy reference.**
- **Be sure the cooking center is securely installed in a cabinet that is firmly attached to the house structure. Weight on the oven door could cause the oven to tip and result in injury. Never allow anyone to climb, sit, or hang on the oven door.**
- **This appliance must be connected to a grounded, metallic, permanent wiring system,** or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the appliance.
- **This appliance should be serviced only by qualified service personnel.** Contact nearest authorized service facility for examination, repair or adjustment. Do not repair or replace any part of this appliance unless specifically recommended in this guide. All other servicing should be referred to a qualified technician.
- **Before performing any service, DISCONNECT THE COOKING CENTER POWER SUPPLY AT THE HOUSEHOLD DISTRIBUTION PANEL** BY REMOVING THE FUSE OR SWITCHING OFF THE CIRCUIT BREAKER.
- **Do not cover or block any openings on the appliance.**
- **Do not store this appliance outdoors.** Do not use this product near water—for example, in a wet basement, or near a swimming pool.
- **Do not operate this appliance if it has a damaged cord or plug,** if it is not working properly, or if it has been damaged or dropped.
- **Do not leave children alone—**children should not be left alone or unattended in an area where appliance is in use. They should never be allowed to sit or stand on any part of the appliance.
- **Don't allow anyone to climb, stand or hang on the door.** They could damage the cooking center and even tip it over causing severe personal injury.
- **CAUTION:** ITEMS OF INTEREST TO CHILDREN SHOULD NOT BE STORED IN CABINETS ABOVE A COOKING CENTER—CHILDREN CLIMBING ON THE COOKING CENTER TO REACH ITEMS COULD BE SERIOUSLY INJURED.
- **Teach children not to play with the controls or any other part of the cooking center.**
- **Wear proper clothing.** Loose fitting or hanging garments should never be worn while using the appliance. Flammable material could be ignited if brought in contact with hot heating elements and may cause severe burns.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS

(continued)



- **Use only dry pot holders—**moist or damp pot holders on hot surfaces may result in burns from steam. Do not let pot holders touch hot heating elements. Do not use a towel or other bulky cloth. Such cloths can catch fire on a hot element.
- **Always keep dish towels, dish cloths, pot holders, and other linens a safe distance from your oven.**
- **Always keep wooden spoons and plastic utensils and canned food a safe distance away from your oven.**
- **Always keep combustible wall coverings, curtains or drapes a safe distance from your oven.**
- **Do not store flammable material in an oven or near the cooking center.**
- **For your safety, never use your appliance for warming or heating the room.**
- **Do not leave paper products, cooking utensils, or food in the oven when not in use.**
- **DO NOT STORE OR USE COMBUSTIBLE MATERIALS, GASOLINE OR OTHER FLAMMABLE VAPORS AND LIQUIDS IN THE VICINITY OF THIS OR ANY OTHER APPLIANCE.**
- **Do not let cooking grease or other flammable materials accumulate in or near the cooking center.**



- **Do not use water on grease fires. Never pick up a flaming pan.** Smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray. Flaming grease outside a pan can be put out by covering with baking soda or, if available, a multi-purpose dry chemical or foam-type fire extinguisher.
- **Do not touch heating elements or interior surface of the oven.** These surfaces may be hot enough to burn even though they are dark in color. During and after use, do not touch, or let clothing or other flammable materials contact any interior area of the oven; allow sufficient time for cooling first.

  Potentially hot surfaces include oven vent openings, surfaces near the openings, and crevices around the oven door.

  Remember: The inside surface of the oven may be hot when the door is opened.
- **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 the meat will be safe to eat.

Microwave Oven:

- **Read and follow the specific "Precautions to Avoid Possible Exposure To Excessive Microwave Energy" section.**
- **To reduce the risk of fire in the oven cavity:**

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

—**Remove wire twist-ties** from paper or plastic containers 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 wax paper can contain metal flecks which may cause arcing or fire. 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 overcook potatoes.** They could dehydrate and catch fire, causing damage to your oven.

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

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

—**If materials inside the oven should ignite,** keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.

- **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 with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.
- **Do not boil eggs in a microwave oven.** Pressure will build up inside the 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 should be pierced to allow steam to escape during cooking.
- **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 guide.** TV dinners may be microwaved in foil trays less than 3/4 inch high; remove the top foil cover and return tray to box. When using metal in the microwave oven, keep metal (other than the metal shelf) at least one 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.
- **The oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.
- **Foods cooked in liquids** (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off.
- **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 the meat will be safe to eat.
- **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.



- **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.
- **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.
- **Not all plastic wrap is suitable for use in microwave ovens.** Check the package for proper use.
- **As with any appliance, close supervision is necessary when used by children.**

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IMPORTANT SAFETY INSTRUCTIONS

(continued)

- **Not all plastic wrap is suitable for use in microwave ovens.** Check the package for proper use.
- **"Boilable" cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed on the 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.



- **Spontaneous boiling—**Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off.

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

—Remove the shelf from the oven when not in use.

—Do not store or cook with the shelf on the floor of the 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. Use of the shelf with Automatic Cooking feature is not recommended.

Self-Cleaning Lower Oven:

- **Stand away from the cooking center when opening the oven door.** The hot air or steam which escapes can cause burns to hands, face and/or eyes.
- **Do not heat unopened food containers in the oven.** Pressure could build up and the container could burst, causing an injury.
- **Keep the oven vent duct unobstructed.**
- **Keep the oven free from grease buildup.**
- **Never leave jars or cans of fat drippings in or near your oven.**
- **Keep the cooking center clean and free of accumulations of grease or spillovers, which may ignite.**
- **Never leave the oven door open when you are not watching the cooking center.**
- **Place the oven shelf in the desired position while the oven is cool.** If shelves must be handled when hot, do not let pot holder contact heating units in the oven.
- **Pulling out the shelf to the stop locks is a convenience in lifting heavy foods.** It is also a precaution against burns from touching hot surfaces of the door or oven walls.
- **When using cooking or roasting bags in oven,** follow the manufacturer's directions.
- **Do not use your oven to dry newspapers.** If overheated, they can catch fire.
- **Do not store anything in your oven.** These items may catch fire, and plastic items may melt. Always keep the oven clear and free of items that may burn.
- **Do not line the oven bottom with aluminum foil.** Do not use aluminum foil except as suggested in this guide.
- **After broiling, always take the broiler pan out of the oven and clean it.** Leftover grease on the broiler pan can catch fire the next time you use the pan.
- **Clean only parts listed in this Use and Care Guide.**

- **Do not clean the oven door gasket.** The door gasket is essential for a good seal. Care should be taken not to rub, damage or move the gasket.
- **Do not use oven cleaners.** No commercial oven cleaner or oven liner protective coating of any kind should be used in or around any part of the oven. Residue from oven cleaners will damage the inside of the oven when the self-cleaning cycle is used.
- **Be sure to wipe up excess spillage before starting the self-cleaning cycle.**
- **Before self-cleaning the oven,** remove the broiler pan and other cookware.
- **Listen for a fan—** a fan noise should be heard sometime during the cleaning cycle. If not, call for service before self-cleaning again.
- **If the self-cleaning mode malfunctions,** turn off and disconnect the power supply. Have it serviced by a qualified technician.

SAVE THESE INSTRUCTIONS

IF YOU NEED SERVICE…

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

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

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

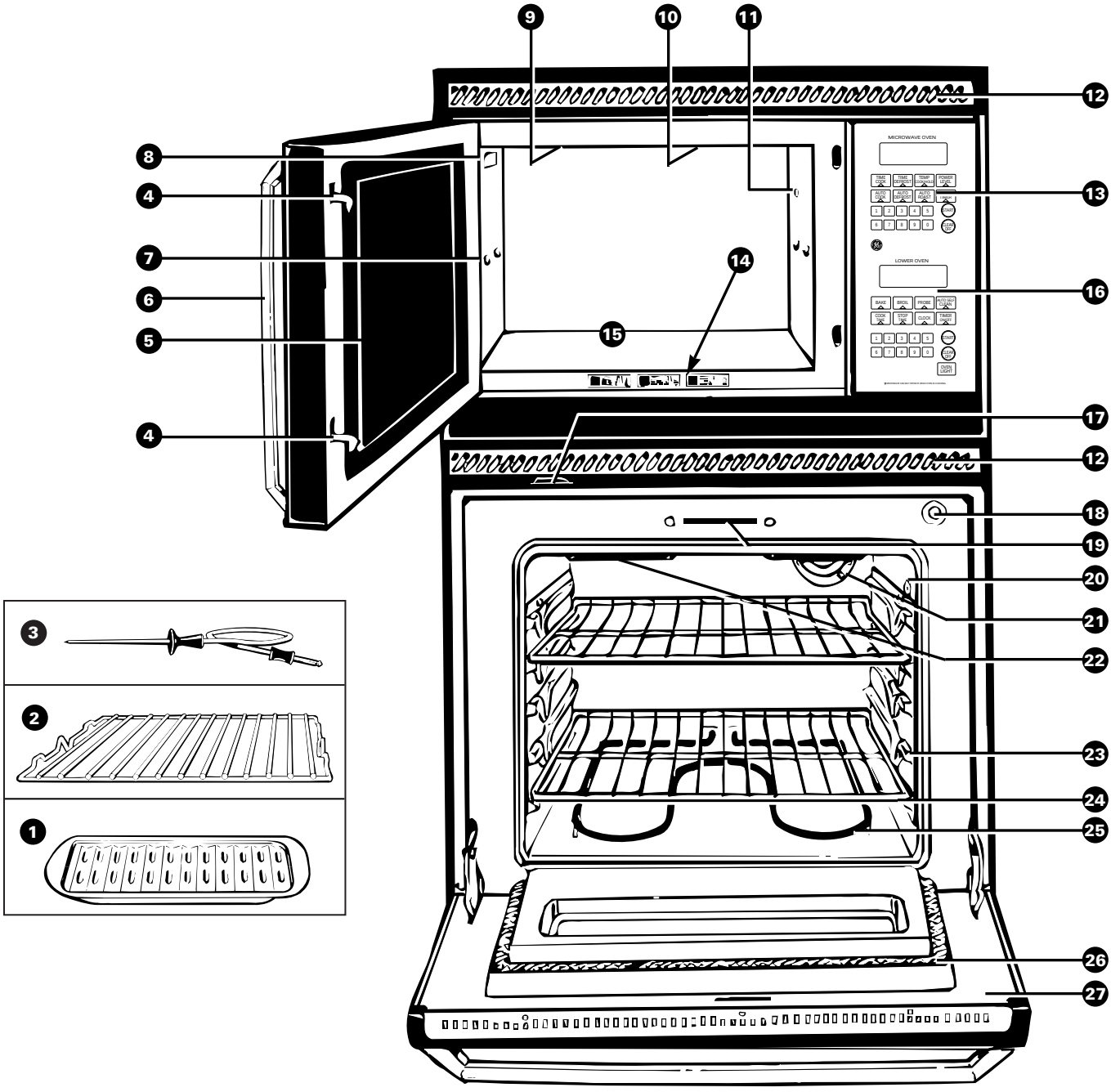
NEXT, if you are still not pleased, write all the details—including your phone number—to:

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

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

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

FEATURES OF YOUR COOKING CENTER





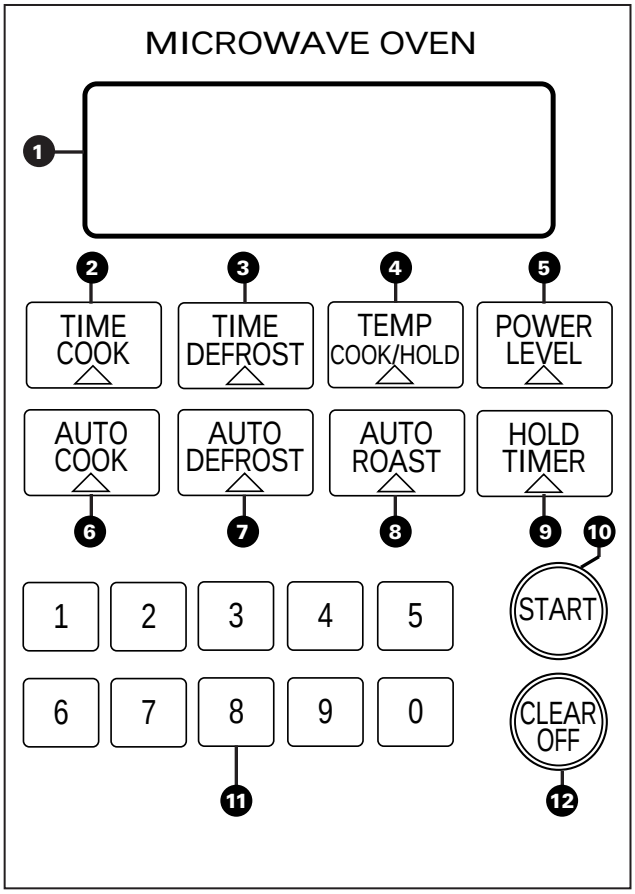
	Features	Explained on Page
1	**Broiler Pan and Rack**—Lower Oven For use in the lower oven only. Do not clean in the self-cleaning oven.	7, 39, 43, 44, 52
2	**Double Duty™ Shelf**—Microwave Oven For use in the microwave only. Lets you microwave several foods at once. When not in use, remove from the oven.	6, 31, 32, 50
3	**Temperature Probe** For use in both the microwave oven and the lower oven.	18, 19, 40, 41, 50
4	**Inside Door Latches**—Microwave Oven	2
5	**Window with Metal Shield** Allows cooking to be viewed while keeping microwaves confined in the oven.	49
6	**Microwave Door Handle** Pull the handle to open. The door must be securely latched for the oven to operate.	49
7	**Shelf Supports For the Double Duty™ Shelf**	31, 32
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10	**Vent**—Microwave Oven	3
11	**Microwave Receptacle for the Temperature Probe**	18, 19
12	**Oven Grille**	45, 50
13	**Microwave Oven Controls**	10, 12, 13, 49
14	**Automatic Cooking Guide** Quick reference for codes for many frequently prepared foods.	25, 26
15	**Microwave Oven Floor**	6, 49
16	**Lower Oven Controls**	11–13, 49
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18	**Automatic Oven Light Switch**—Lower Oven	33
19	**Automatic Oven Door Latch**—Lower Oven Used for self-cleaning only.	46, 47
20	**Lower Oven Receptacle for the Temperature Probe**	40, 41
21	**Light**—Lower Oven	45, 52
22	**Broil Element**—Lower Oven	50
23	**Oven Shelf Supports**—Lower Oven Shelf positions for cooking are suggested in the Baking, Roasting and Broiling sections.	33, 34, 39, 43–45, 47, 48
24	**Oven Shelves with Stop-Locks**—Lower Oven Easily removed or repositioned on the shelf supports.	6, 33, 34, 39, 43, 44, 51
25	**Bake Element**—Lower Oven May be gently lifted for wiping the oven floor.	50
26	**Oven Door Gasket** Do not clean.	7, 45
27	**Lift-Off Oven Door with Broil Stop Position**—Lower Oven Easily removed for cleaning.	4, 7, 43, 45, 51

FEATURES OF YOUR MICROWAVE OVEN CONTROL PANEL

1. **DISPLAY.** Displays the time or temperature during cooking functions, the power level being used, the Auto Codes, the Auto Defrost food weights, the cooking mode and instructions.

   NOTE: The time on the microwave display is shown in minutes and seconds (1:30 is one minute, 30 seconds). On the lower oven, time is shown in hours and minutes (1:30 is one hour, 30 minutes).

2. **TIME COOK.** Press this pad before entering the time for cooking at Power Level 10. You may change the power level after entering the cooking time.
3. **TIME DEFROST.** Press this pad before entering the time for thawing at automatic Power Level 3. You may change the power level after entering defrosting time.
4. **TEMP COOK/HOLD.** Use the temperature probe to cook by using a temperature that you set. Once the food reaches this temperature, the oven switches to the hold setting and maintains that temperature until you open the door or press the CLEAR/OFF pad.
5. **POWER LEVEL.** Press this pad before entering another power level number if you want to change from automatic Power Level 10 (HIGH) for cooking or Power Level 3 (LOW) for defrosting.
6. **AUTO COOK.** Press this pad and then the number pad for the desired Code number. The oven automatically sets the Power Levels and the cooking times.
7. **AUTO DEFROST.** Press this pad, then the Code number and the food weight. The oven automatically sets the Power Levels and the defrosting time.
8. **AUTO ROAST.** Insert the probe, press this pad, and the desired number pad for the Code to slow-cook or temperature cook the meat with the automatic preset program.
9. **HOLD TIMER.** Press to set the timer or the holding time; does not turn on microwave energy.
10. **START.** After all selections are made, press this pad to start the oven.
11. **NUMBER PADS.** Press these pads to enter the cooking time, the defrosting time, the temperature, the Power Level, the Auto Codes or the food weights for Auto Defrost.
12. **CLEAR/OFF.** When pressed, it shuts off the oven and erases all settings.



NOTE: The microwave oven fan operates during microwave cooking and is also used to cool the control. Heat from the lower oven, along with heat from the microwave oven, may also cause the fan to operate. The fan may operate with both ovens off and will turn itself off.

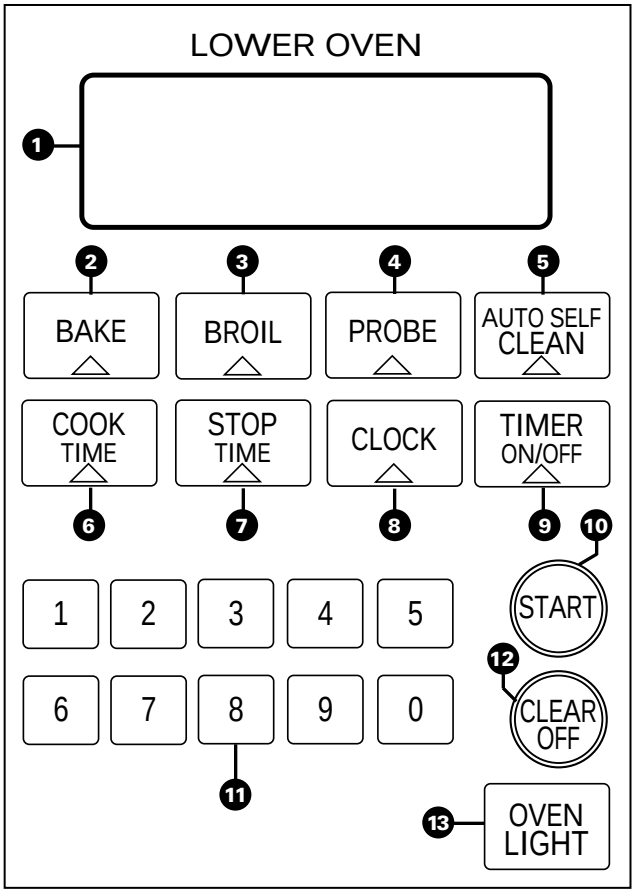
FEATURES OF YOUR LOWER OVEN CONTROL PANEL

NOTE: The controls for the lower oven will not operate until the digital clock has been set.

1. **DISPLAY.** Shows the operations you have selected, the time of day and the cooking or cleaning status.

   NOTE: The time on the microwave display is shown in minutes and seconds (1:30 is one minute, 30 seconds). On the lower oven, the time is shown in hours and minutes (1:30 is one hour, 30 minutes).
2. **BAKE.** Press this pad to select the bake function.
3. **BROIL.** Press this pad to select the broil function.
4. **PROBE.** Use with the temperature probe to allow precise control of internal food temperature.
5. **AUTO SELF CLEAN.** Press this pad for the Self-Cleaning mode.
6. **COOK TIME.** Use to enter the amount of time required for timed baking or roasting.
7. **STOP TIME.** Use when baking or cleaning to enter the time of day you want oven to turn off.
8. **CLOCK.** Press this pad to enter the time of day or check the time of day when the display is showing other information.
9. **TIMER ON/OFF.** Lets you time any kitchen function.
10. **START.** Must be pressed to start any cooking or cleaning function.
11. **NUMBER PADS.** Use to set any function requiring numbers—for example, the time of day on the clock, the timer, the oven temperature, the internal food temperature and the stopping times for Time Bake and self-cleaning.
12. **CLEAR/OFF.** Cancels all programs except clock and timer. Also stops the oven signal and stops the self-cleaning cycle.
13. **OVEN LIGHT.** Press this pad to turn the oven light on and off.

If "F–and a number" flash on the display, and the control beeps, this indicates function error code. Press the CLEAR/OFF pad. Allow the oven to cool for one hour. Put the oven back into operation. If function error code repeats, disconnect the power to the oven and call for service.



How to Recall a Setting

If you want to check the setting for any function (such as Bake or Broil), press the pad and it will appear briefly.

If you want to change the setting, press the pad and immediately enter the new setting. Then press the START pad.

For example, to check a baking time that you set, press the COOK TIME pad, and the time will show briefly.

To change the baking time, press the COOK TIME pad and immediately enter a new time. Then press the START pad.

To change the time of day, all other functions, including the timer, must be off.

NOTE: During Recall, the active function is not affected until you make a change and press the START pad.

CLOCK AND TIMER

Clock

NOTE: The clock must be set before the controls for the lower oven will work.

When power is first connected to your cooking center or after a power failure of any kind, the digital display on both the microwave and lower oven control panels shows lighted 8's and 18's plus all oven functions for about 15 seconds.

Then, all lights go off and "RESET" appears in the upper display, and "PF" (for Power Failure) appears in the lower oven display.

Press the CLEAR/OFF pad on the microwave control panel and the microwave oven is ready to use.

Before using the lower oven, the electronic digital clock must be set.

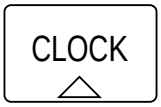
How to Set the Clock

Quick Set–Clock

1. Press the CLOCK pad.

2. Press the number pads to enter the time.

3. Press the START pad.



1. Press the CLOCK pad.



2. Press the number pads the same way you read them. For example, to set 12:34, press the number pads 1, 2, 3 and 4 in that order.

If number pads are not pressed within two minutes after you press the CLOCK pad, the display reverts to the original setting. If this happens, press the CLOCK pad and enter the numbers again.



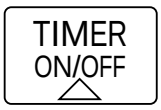
3. Press the START pad. This enters the time and starts the clock.

Timer

You may program the timer to time cooking or other household activities for up to 11 hours and 59 minutes.

The timer counts down in minutes, 1 minute at a time, until the last minute is reached. The seconds will not be displayed until the last minute is reached. When the timer reaches " : 0," "TIMER" flashes in the display.

How to Set the Timer



1. Press the TIMER ON/OFF pad.



2. Press the number pads for the hours and minutes, just the way you read them. **For example**, to enter 2 hours and 45 minutes, touch 2, 4 and 5 in that order.

If you make a mistake, press the TIMER ON/OFF pad twice and begin again.



3. Press the START pad.

After pushing the START pad, the flashing colon tells you the timer is counting down, although the display does not change until one minute has passed.

4. When time is up, the oven control signals until you press the TIMER ON/OFF pad. Display then shows the time of day.

NOTE: The minute timer is independent of all the other functions and it does not control the oven. The CLEAR/OFF pad does not affect the timer.



Power Failure

If "PF" appears in the display, you had a power failure. When the power went out, the current time was stored in the control's memory. Then, when the power was restored, the time of day was continued.

For example, after a 5-minute power interruption, your clock will be 5 minutes slow.

To reset the clock, press the CLOCK pad. Enter the correct time of day by pressing the appropriate number pads.

To check the time of day when the display is showing other information, simply press the CLOCK pad. The time of day shows for as long as your finger is on the pad, plus 3 additional seconds.

If you have several clocks in your kitchen, you may wish to blank the time of day on your oven. If so, press and hold the CLOCK pad, then press the STOP TIME pad. Although you cannot see it, the clock maintains the correct time of day. It will reappear for the duration of any function that displays a Start Time and Stop Time.

Pressing the CLOCK pad will make the time of day reappear.

NOTE: The time of day cannot be changed during a lower oven cooking operation.

Questions and Answers

Q. When I came home, the display showed "PF" instead of the time. What happened?

A. Your home had a brief power failure while you were gone. Nothing is wrong with your clock—just reset it.

Q. When changing the time of day, if I press the CLOCK pad and then discover that the time shown is right, do I have to reset the clock?

A. No. The original time of day will reappear in a couple of minutes.

Q. Can I change the clock while I'm cooking food in the lower oven?

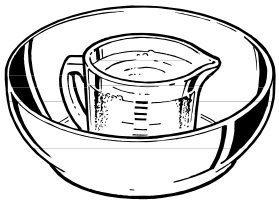
A. No. The clock cannot be changed during any program that uses the oven timer or the display. You must either stop those programs or wait until they are finished before changing the time.

Q. Can I check the time of day while the display is showing timer function?

A. Yes. Simply press the CLOCK pad and the time of day shows for as long as your finger is on the pad, plus 3 additional seconds.

MICROWAVE TIPS

- **Make sure all the 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 for 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, wax 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.** See the cookbook.
- **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.

All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around the door or the outer case.
- Dimming of the oven light and change in the blower sound may occur while operating at power levels other than high.
- The microwave fan may operate with both ovens off. It is cooling the control and will turn itself off.
- 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.
- A dull thumping sound while the oven is operating.

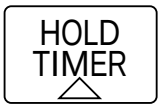
HOW TO USE THE HOLD TIMER

The hold timer has three timing functions:

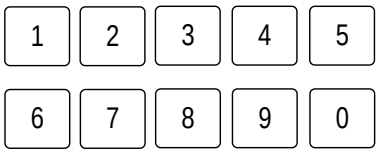
- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The hold timer operates without microwave energy.

How to Time a 3-Minute Phone Call



1. Press the HOLD TIMER pad.



2. Press the number pads 3, 0 and 0 (to set 3 minutes and no seconds).



3. Press the START pad. The display shows the time counting down.

4. When time is up, the oven control signals.

Using a Holding Time

The hold timer can also be used to program a "hold time" between microwave cooking functions. The time can range from 1 second to 99 minutes and 99 seconds.

Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, press the TIME COOK or the TEMP COOK pad and enter the Cook Time or the temperature. Press the HOLD TIMER pad and enter the number of minutes to delay cooking. Press the START pad. The timer will count down to zero and then cooking will begin.

NOTE: When delaying the Temp Cook function, be sure the probe is in the food before pressing the START pad.

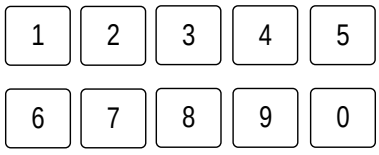
How to Time Defrost, Hold and Time Cook

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:

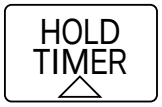
1. Take casserole from freezer and place in oven.



2. Press the TIME DEFROST pad.



3. Press the number pads 1, 5, 0 and 0 to set 15 minutes defrosting time.



4. Set the standing or Hold Time by pressing the HOLD TIMER pad.

5. Press the 1, 0, 0 and 0 pads to hold for ten minutes.



6. Press the TIME COOK pad.

7. Press the 2, 5, 0 and 0 pads to set 25 minutes of cooking time.



8. Press the START pad.

As each function is automatically performed, the oven display shows instructions entered and the function.

9. When time is up, the oven control signals and the oven automatically shuts off.

NOTE: Foods that spoil easily such as milk, eggs, fish, stuffings, poultry and pork should not be allowed to sit for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria. Be sure that the oven light is off because heat from the bulb will speed harmful bacteria growth.

Defrosting is automatically set on Power Level 3, but can be changed by pressing the POWER LEVEL pad and the desired power level.

Questions and Answers

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

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

Q. Can I defrost and hold only?

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

DEFROSTING BY TIME

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

Power Level 3 is automatically set for defrosting, but you may change this for more flexibility.

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

1. Place the package of frozen strawberries in the oven and close the door.

TIME DEFROST

2. Press the TIME DEFROST pad.

3. Select one half of the total defrosting time recommended. For example, press 4, 0 and 0 to set 4 minutes.

START

4. Press the START pad. When the cycle is completed, the oven control signals and the oven automatically shuts off.

5. Turn the package over, close the door and repeat steps 2 and 3 to set the remaining half of the defrosting time. Press the START pad.

6. When the oven control signals, open the door, remove the package and separate the strawberries to finish defrosting.

To change the power level after setting the defrosting time, press the POWER LEVEL pad, then press the desired number for a new power level. Press the START pad.

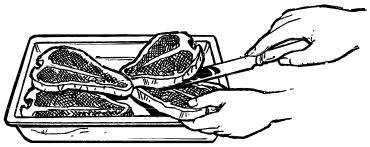
Defrosting Tips

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



- Family-size, pre-packaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.

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



Questions and Answers

Q. When I press the START pad, 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 pressing the desired power level pad. Power Level 7 cuts the total defrosting time in half; Power Level 10 cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

COOKING BY TIME

The time cooking feature allows you to select the cooking time.

The oven shuts off automatically.

Power Level 10 (High) is recommended for most cooking, but you may change this for more flexibility.

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

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. Place the cup in the oven and close the door.



TIME COOK

2. Press the TIME COOK pad.

3. Select your cook time. Press 1, 2 and 0 to set 1 minute and 20 seconds.

Because automatic Power Level 10 (High) is recommended for this cup of coffee, there is no need to change the power level.

START

4. Press the START pad.

5. When time is up, the oven control signals. The oven then shuts off.

6. Open the door.

If you interrupt Time Cook to check the food, simply close the door and press the START pad to resume cooking. If there is no time remaining on the timer you must reset the timer to resume cooking.

To change the power level after setting the Cook Time, press the POWER LEVEL pad, then press the desired number for the new power level.

How to Use the Time Cook II Feature

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

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

TIME COOK

2. Press the TIME COOK pad.

1 2 3 4 5

6 7 8 9 0

3. Select your cook time. Press 2, 1 and 5 to set 2 minutes and 15 seconds.

4. Press the TIME COOK pad again.

5. Set your second cook time.

START

6. Press the START pad.

7. When time is up, the oven control signals. The oven then shuts off.

8. Open the door.

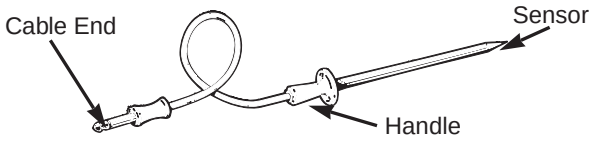
If you interrupt Time Cook to check the food, simply close the door and press the START pad to resume cooking. If there is no time remaining on the timer you must reset the timer to resume cooking.

To change the power level after setting the Cook Time, press the POWER LEVEL pad, then press the desired number for the new power level.

COOKING BY TEMPERATURE

Internal temperature is the best test of doneness for many foods. TEMP COOK/HOLD takes the guesswork out of cooking because the oven automatically switches to the Hold setting after reaching the preset food temperature and maintains that temperature until you either open the door or press the CLEAR/OFF pad.

The Temperature Probe



A temperature probe has been provided for use in your new cooking center. The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using the Temp Cook/Hold or Auto Roast microwave oven functions.

Temperature probes provided with other products, such as those used for ovens, are designed to withstand high temperatures. Use of probes other than the one provided with this product may result in damage to the probe.

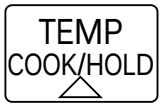
To use your probe properly in a roast, see the Automatic Roasting section.

Cooking Tips

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

How to Temp Cook a Rolled Beef Rib Roast to Medium

1. Insert the temperature probe into the roast and attach the cable end of the probe securely into the receptacle in the oven wall. Close the door.



2. Press the TEMP COOK/HOLD pad.

3. Press 1, 5 and 0 for 150°F.



4. Press the POWER LEVEL pad. Press 5 for medium power.

5. Press the START pad. If the internal temperature of the roast is less than 80°F., the display will show “COOL”; if the roast’s internal temperature is 80°F. or above, the display shows the temperature counting up.

6. When 150°F. is reached, the oven control signals and “HOLd” will be on the display. The oven will then hold the temperature.



7. Press the CLEAR/OFF pad to stop the cycle.

8. Remove the probe and the roast from the oven.

Questions and Answers

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

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc. soften rapidly at warm temperatures. Batters, doughs and frozen foods are also difficult to cook precisely with the probe. It’s best to Time Cook these foods.

Q. Why did “PRObE” flash 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 press 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 the food?

A. No, if it touches the oven wall, damage may occur to the probe and oven.

Q. After I followed the steps and pressed the START pad “ERROR” flashed on the display and the oven control signaled. What’s wrong?

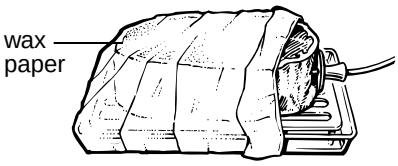
A. “ERROR” flashes if you set the temperature either below 80°F. or above 199°F. The oven display will show you, between the flashing of “ERROR,” what incorrect entry was made. To re-enter, press the CLEAR/OFF pad and begin again.

AUTOMATIC ROASTING

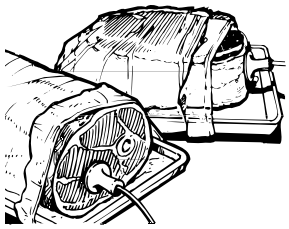
Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook/Hold, which uses a single power level, Auto Roast uses up to 3 power settings which automatically switch during roasting, thus providing even, tender cooking results without overcooking.

Just as in conventional 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 cookbook which comes with your oven.

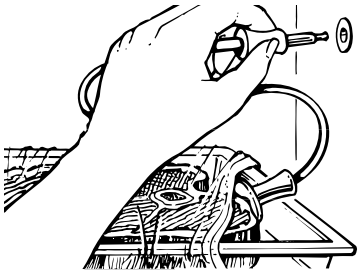
Preparing Roasts for Auto Roasting



Place tender beef roast on a microwave-safe rack in microwave-safe dish. Insert probe 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. Cover with wax paper.



Pork or ham roasts need no trivet. Add 1/2 cup water to roast dish and cover with plastic wrap. Allow room for probe when covering.



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

How to Auto Roast Beef to Medium

AUTO ROAST

1. Press the AUTO ROAST pad. Press number pad 2. Press the START pad. The display shows "COOL" and "CODE 2" until the food temperature reaches 80°F.

2. At 80°F., display switches to show the meat's internal temperature.

3. When you select Auto Roast Codes 1, 2, 3 or 4, the oven control 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 press the START pad.

NOTE: The oven continues to cook after the signal whether or not roast is turned over.

4. After a pre-programmed food temperature is reached, oven control beeps 3 times and the oven shuts off.

Automatic Simmer Auto Roast Code 6

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

Set Auto Simmer like Auto Roast. See the Auto Roasting section. The display shows "COOL" until the food is 80°F., then switches to show food temperature until 180°F. is reached.

The oven switches to "HOLd" at 180°F. until you remove the food and turn the oven off. If stirring is recommended, you can reset the oven by re-pressing the START pad. Press the CLEAR/OFF pad after cooking.

(continued next page)

AUTOMATIC ROASTING
(continued)

Auto Roast Guide

Use containers and coverings as directed at left. Place the probe correctly in the roast before cooking.

Food	Code	Final Temperature*	Approximate Time (minutes per pound)	Hold Minutes**
Beef				
Tender Roast				
Rare	1	115°F.	10–13	0
Medium	2	125°F.	13–15	0
Well	3	145°F.	15–17	5–10
Pork				
Loin Roast	4	175°F.	14–17	10
Precooked Ham	1	115°F.	12–15	0
Poultry				
Whole Chicken (3 lbs.)	5	190°F.	10–12	10
Whole Turkey (up to 12 lbs.) (Insert probe into meatiest area of inner thigh from below end and parallel to leg.)	5	190°F.	10–12	10–15
Turkey Breast (Insert probe horizontally into meatiest area.)	4	175°F.	10–12	10–15

* Meat cooked to a final temperature of 140°F. or less may still contain bacteria.
** Recommended standing time before serving.

Automatic Simmer Guide Auto Roast code 6

Food	Approx. Time/Hours	Comments
Beef		
Pot Roast	5–7	Add enough liquid to just cover the meat. If adding vegetables make sure they are completely covered by liquid.
Chili	5–8	Precook meat. Place probe 1 inch from top surface. Stir after 3 hours, if possible.
Chicken		
Stewing	4–6	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/Fryer	3–4	Same procedure as above.
Ham or Pork		
Roast	4–6	Add 4 cups liquid.
Soup		
Stock/Vegetable	7–10	Make sure that vegetables and meat are covered by liquid. Stir every 3 hours.
Split Pea	5–7	Add enough liquid to cover peas at least 2 inches. Stir after 3 hours.

AUTOMATIC DEFROSTING



With the Auto Defrost feature, the oven automatically sets the Defrosting Time and Power Levels for you. You choose the appropriate code number from 1 to 3 for food you are defrosting, then enter the food weight in pounds and tenths of a pound (see the Conversion Guide below and at right) and press the START pad. The oven calculates the Defrosting Time and changes the power levels during defrosting results.

NOTE: Before you begin, check the guide located at bottom of oven when you open the door. It shows minimum and maximum food weights for each code number. You will need to know your food weight and corresponding code before setting Auto Defrost.

How to Set Auto Defrost

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



2. Press the AUTO DEFROST pad.



3. Enter the selected code from guide. **For example,** poultry calls for Code 2.



4. Enter the weight. **For example,** press the number pads 1 and 2 for weight of 1.2 pounds (1 pound, 3 ounces—see the Conversion Guide).



5. Press the START pad.

Twice during defrosting the oven control signals 4 times, "TURn" flashes 4 times and oven shuts off. "TURn" remains on display. Open the door, attend your food (see the Automatic Defrost Guide), close the door and press the START pad.

When Defrosting Time is completed, the oven control signals 4 times. The oven control signals every minute until door is opened or the CLEAR/OFF pad is pressed.

Stand Time

When using the Auto Defrost feature, it is necessary to allow food to stand in order to finish defrosting the interior. You may take the food out of the oven if you wish. In some cases, it should stand in your refrigerator. Stand time recommendations are given in the Auto Defrost Guide.

Conversion Guide

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

Ounces	Pounds
1–2	.1
3	.2
4–5	.3
6–7	.4
8	.5
9–10	.6
11	.7
12–13	.8
14–15	.9



AUTOMATIC DEFROST GUIDE

CODE	RECOMMENDED FOODS	MIN.–MAX. WEIGHT	FIRST SIGNAL	SECOND SIGNAL	STAND TIME
1	**Meat**	**0.1–6.0 lbs.**			
	Chops		Turn over.	Separate and shield where necessary.	5 minutes
	Frankfurters, Sausage		Separate.	Remove defrosted pieces.	2 minutes
	Ground Meat		Turn over.	Remove defrosted areas and break apart.	5 minutes
	Beef Patties		Turn over.	Separate patties.	5 minutes
	Roast		Turn over and shield.	Shield if necessary.	90 minutes
	Ribs		Turn over.	Remove defrosted pieces. Shield if necessary.	10 minutes
	Steak		Turn over.		5 minutes
	Stew		Turn over and separate.	Separate and remove defrosted pieces.	5 minutes
2	**Poultry**	**0.1–6.0 lbs.**			
	Whole Chicken		Turn over and shield.	Turn over and shield.	10 minutes; run cold water in cavity.
	Turkey Breast (breast side up)		Turn over.	Shield where necessary.	20 minutes in refrigerator
	Chicken Pieces		Turn over.	Separate and remove defrosted pieces.	5 minutes
	Cornish Hens (whole)		Remove wrapper and turn over.		10 minutes; run cold water in cavity.
	Cornish Hens (split)		Turn over.		5 minutes
3	**Seafood**	**0.1–3.0 lbs.**			
	Fish Fillets		Turn over.	Separate and remove defrosted pieces.	5 minutes
	Shrimp, Scallops		Separate.	Separate and remove defrosted pieces.	5 minutes
	Whole Fish		Turn over and shield tail and head.		Hold under cold running water.

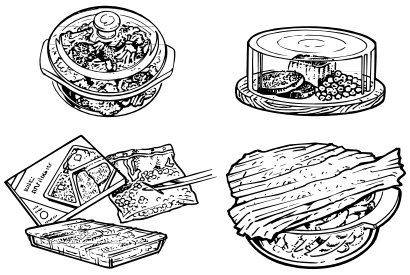
AUTOMATIC COOKING

The Auto Cook feature may be used to eliminate your need to look up cooking time in a cookbook or guess how long to set cooking time. **By actually sensing the steam that escapes as food microwaves, this feature automatically adjusts the oven's cooking time to various types and amounts of food.**

Because most cooking containers must be covered during Auto Cook, this feature is best with foods that you want to steam or retain moisture.

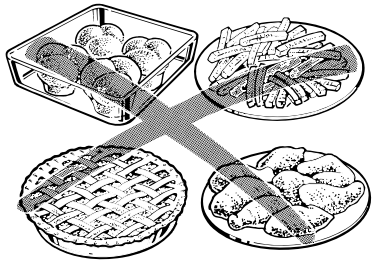
NOTE: Use of the metal Double Duty™ shelf with Auto Cook is NOT recommended.

Foods Recommended



A wide variety of foods including meats, fish casseroles, vegetables, leftovers and convenience foods can be Auto Cooked.

Foods Not Recommended



Foods that must be cooked uncovered, foods that require constant attention, foods that require addition of ingredients during cooking, and foods calling for a dry look or crisp surface after cooking should not be Auto Cooked. It is best to Time Cook them.

Foods that microwave best using the temperature probe should be Temp Cooked or Auto Roasted.

Easy to Use

Simply press three control pads—AUTO COOK, desired CODE, and START. The word ''AUTO'' appears on the display and the sensor is activated to sense steam from food.

Keep Door Closed

Do not open the oven door while the word ''AUTO'' is displayed—steam escaping from the oven can affect cooking performance. If the door is opened, close the door and press the START pad immediately.

Auto Cook Codes

Auto Cook codes 1 through 9 are designed to give you easy automatic results with a number of foods.

Code 1, designed for reheating foods quickly, turns the oven off automatically as soon as the sensor detects steam from the foods.

When codes 2 through 9 are selected, the oven determines how much additional cooking time is needed after steam has been sensed, automatically switches to TIME COOK and signals. The word ''AUTO'' on the display is then replaced by countdown numbers indicating remaining cooking time. When the signal is heard, the oven door may be opened for stirring, turning or rotating food.

A guide behind the oven door lists cooking codes for frequently prepared fresh or uncooked foods and appropriate codes are recommended in the recipes and cooking guide in the Automatic Cooking section.

AUTOMATIC COOKING
(continued)

How to Auto Cook

1. Place covered food in oven.



2. Press AUTO COOK pad.



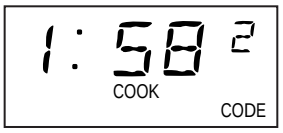
3. Press number pad for desired code.



4. Press the START pad.



The word ‘‘AUTO’’ shows on display, indicating steam sensor is activated. **Do not open door. Opening door may affect cooking performance.**



The oven control sounds when steam is sensed and ‘‘AUTO’’ is replaced by Time Cook. Rotate or stir food, if necessary. When done, oven control signals every minute until door is opened or the CLEAR/OFF pad is pressed.

How to Adjust the Auto Cook Codes to Suit Your Taste

By simply adding a 1 after any Auto Cook code number, you can set the oven to cook for 20% less time than the code would regularly provide.

For example, if Code 5 cooks your chicken more than you like it, set code 51 next time and you’ll get 20% shorter cooking time.

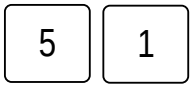
If you want a longer cooking time than a code provides, add a 9 after the code.

For the chicken in the example above, code 59 would provide 20% longer cooking time than the regular code 5 would provide.

For example:



1. Press the AUTO COOK pad.



2. Press number pads 5 and 1 in that order.



3. Press the START pad. Do not open door until first oven control signal, then rotate dish 1/2 turn if necessary.

4. Close door and press START pad to finish cooking.

AUTOMATIC COOKING CONTROL GUIDE



- Do not open oven door during Auto cycle. When oven signals and countdown time is displayed, door may be opened for stirring, turning or rotating food. To resume cooking, close door and touch START.
- Match the amount of food to the size of container. Fill containers at least 1/2 full.
- Add 1/4–1/2 cup water to fresh vegetables.
- Most foods should be covered with lid to dish or wax paper to prevent spattering to keep oven clean. Spareribs, pot roasts and meat loaf should be covered tightly to ensure even cooking.
- Be sure outside of container and inside of oven are dry.
- If food needs additional cooking, return to oven and use Auto Cook Code 1.
- Use preference control "1" or "9" to adjust cook times to suit your individual tastes. See Automatic Cooking Code section.
- **Use of Automatic Cooking feature with DOUBLE DUTY™ shelf is not recommended.**

NOTE: Oven will not accept "Auto Cook Code" if the oven is hot. If the words "Auto Cook Delay" appear, you must cool the oven before using Auto Cook or you may choose to use Time or Temperature Microwave Cooking.

Food	"Auto Cook" Code	Container	Approx. Time	Comments
Canned Foods Thin foods such as soup, broth, gravy.	1	Microwave-safe container matched to size of food.	2–3 min./cup	Cover with lid to dish or wax paper.
Thick foods such as canned ravioli, chunky soups, beef stew, all canned vegetables.	1	Microwave-safe container matched to size of food.	4 min./cup	Cover with lid to dish or wax paper.
Leftovers	1	Microwave-safe container matched to size of food.	4 min./cup	Cover with lid to dish or wax paper.
TV Dinners (except for those with pasta)	2	Cook in container (see comments).	8–10 min.	If foil tray is no more than 3/4" deep, remove foil top, return to original box and reclose box. If tray is more than 1" deep, remove food and place in microwave-safe dish and cover. If dinner is in paper board container, remove from box and cook in original container.
Frozen Entrees	2	Cook in container (see comments).	17–20 min. depending on size	
Frozen Pouch Meals	2		3–8 min.	When microwaving meals containing 2 pouches, make 1-inch slit in center of each pouch. Place pouch containing meat on microwave-safe plate, with remaining pouch on top. Flex pouch before serving.
Frozen Lasagna	5	1 or 1½ qt. casserole with lid to dish.	10–20 min.	Remove lasagna from foil tray and place in microwave-safe dish and cover. Let stand 3 to 5 minutes before serving.
Casseroles With precooked ingredients in a white sauce such as tuna noodle casserole, turkey tetrazzini.	4	2–3 qt. casserole with lid to dish.	12–16 min.	
With raw ingredients such as hamburger patty stew, scalloped potatoes, seafood casseroles.	6	2–3 qt. casserole with lid to dish.	16–24 min.	

(continued next page)

AUTOMATIC COOKING CONTROL GUIDE

(continued)

Food	"Auto Cook" Code	Container	Approx. Time	Comments
Meats and Seafood				
Chicken pieces (up to 3 lbs.)	5	12 x 8 x 2-in. glass dish	8–20 min.	Cover with wax paper to prevent spatters.
Fish fillets (1 lb.)	1	12 x 8 x 2-in. glass dish	6–9 min.	Cover tightly with plastic wrap.
Meat loaf (1½ lbs.)	9	10-in. pie plate	25–30 min.	Cover tightly with plastic wrap.
Hamburger patties (4–5)	3	12 x 8 x 2-in. glass dish	7–9 min.	Cover with wax paper. When oven signals, rotate dish 1/2 turn.
Sausage patties (1 lb.)	5	12 x 8 x 2-in. glass dish	7–9 min.	Cover with wax paper. When oven signals, rotate dish 1/2 turn.
Pork chops (4-1" thick)	6	12 x 8 x 2-in. glass dish	22–25 min.	Baste with barbecue sauce. Cover with wax paper. When oven signals, rotate dish 1/2 turn.
Spareribs (up to 3 lbs.)	7	13 x 9 x 2-in. glass dish	1 hr. 30 min.-1 hr. 45 min.	Cover tightly with plastic wrap, venting one corner. When oven signals, rearrange ribs.
Swiss steak (1½ lbs.)	7	3-qt. casserole with lid	60–65 min.	
Chuck roast (up to 5 lbs.)	7	13 x 9 x 2-in. glass dish	65–90 min.	Cover with plastic wrap, venting one corner.
Shrimp (up to 1 lb.)	4	1½-qt. glass dish with lid	4–6 min.	
Rice				
Regular, raw, 1 cup	9	2-qt. casserole with lid	21–28 min.	Follow instructions on rice package.
Instant, 1 cup	1	2-qt. casserole with lid	5–8 min.	Follow instructions on rice package.
Vegetables				
Fresh such as carrots, artichokes, cauliflower broccoli, brussels sprouts (1 lb.)	2	2-qt. casserole with lid	10–15 min.	Add 1/4 to 1/2 cup water.
Baking potatoes, 2–4	9	None	8–16 min. depending on number	Pierce with fork and place on oven floor in a square arrangement. Turn potatoes over when oven signals and remaining time is displayed.
Frozen block such as peas, green beans, spinach, broccoli	1	1½-qt. casserole with lid	8–10 min.	Add 2 tablespoons water.
Lima beans	1	1½-qt. casserole with lid	12–13 min.	Add 1/4 cup water.
Frozen pouch such as broccoli in butter sauce, corn, peas	2	Lay pouch on microwave-safe dish	7–9 min.	Make 1" slit in pouch before cooking. Stir well before serving.
Fruit				
Baked apples, 4	1	2-qt. casserole with lid	12–14 min.	Core apples and fill with butter and brown sugar.

If after completion of Auto Cook Cycle food needs additional warming, simply re-cover food and use Auto Cook Code #1.

AUTOMATIC COOKING CONTAINERS AND COVERS

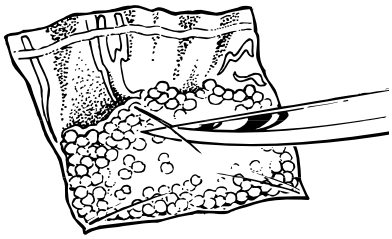
Containers and Covers

Appropriate containers and coverings help assure good cooking results.

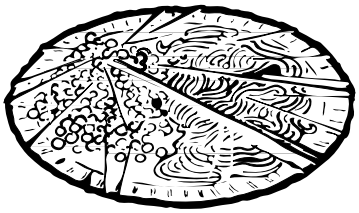
- **Always use microwave-safe containers and cover them with lids or vented plastic wrap.** Wonder if it's microwave safe? Put it to the test described in the Microwaving Tips section.
- **Never use tight-sealing plastic covers—**they can prevent steam from escaping and cause food to overcook.
- **Match the amount of food to the size of the container.** Fill containers at least half full for best results.
- **Be sure the outside of the cooking container and the inside of the microwave oven are dry** before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.
- **Stir or rotate some foods after a beeping signal, if required. See Automatic Cooking Control Guide section.**



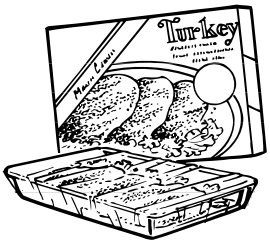
Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lids that fit. If lids are not available, use plastic wrap or wax paper. Plastic wrap should be vented over food to allow for escaping steam. Seal by pressing plastic wrap firmly around edges.



Slit plastic pouches 1 inch as shown above. Break food up thoroughly after oven signals.



Paper plates—while they may be used for Time and Temperature Cooking and Defrosting, **do not use them with automatic cooking.** Use microwave-safe plates or bowls for reheating. Cover with plastic wrap or wax paper.

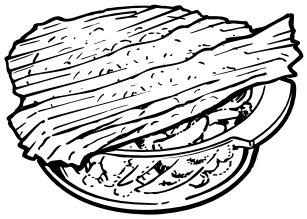


For frozen entrees in paperboard trays, remove tray from box but do not remove film over tray. Thick entrees may take longer to cook—see the Automatic Cooking Control Guide.

For frozen foods in metal trays, remove foil covering and baked goods, reinsert tray into box and close ends of box.



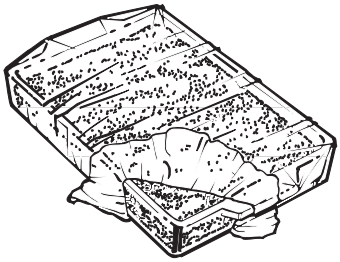
Use oblong or square containers for chicken or corn on the cob. Plastic wrap covering should be vented over food to allow for escaping steam. Seal by pressing plastic wrap firmly around edges.



Follow Automatic Cooking Control Guide setting for casseroles. Cover casserole meat and vegetables with sauce. If they are not cool, it is better to use Time Cook.

AUTOMATIC COOKING
MEATS AND MAIN DISHES

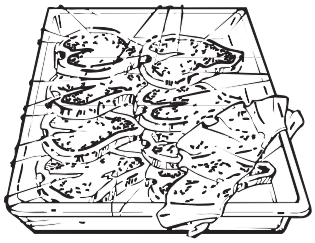
Meat, Fish and Poultry



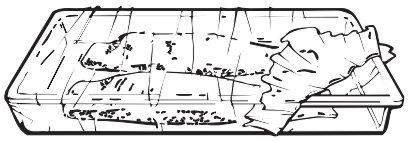
For meat and fish loaves use either the round or loaf microwave-safe containers. Fish loaves made with precooked or canned fish use Auto Cook Code 4. Beef loaf uses Auto Cook Code 9. Cover with plastic wrap.



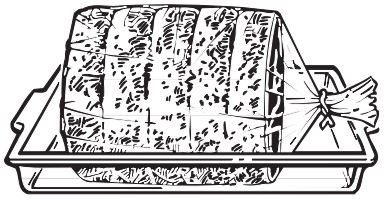
Chicken breasts and pieces or turkey parts should be placed in a microwave-safe square or oblong dish. Cover with plastic wrap. If cooking bag is used for whole chicken, shield breast bone with small strip of foil. Microwave using Auto Cook Code 5.



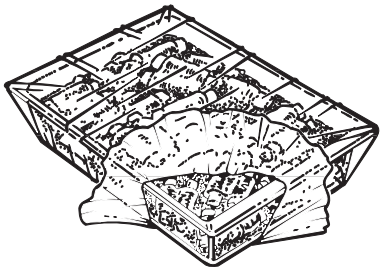
Pork chops automatically cook well in 2-qt. oblong glass baking dish. Add barbecue sauce or other sauce on each chop. Cover with plastic wrap. Microwave using Auto Cook Code 6. Rotate dish when oven signals and remaining time is displayed.



Fish fillets, whole fish or seafood pieces should be in single layer in flat pie plate or oblong dish to fit. Cover with plastic wrap. Use Auto Cook Code 1.



Chuck roasts should be placed in a cooking bag with 1/2 cup water. Cut slits in top of bag as directed on package. Place in a microwave-safe dish. Use Auto Cook Code 7.



Spareribs and brisket should be automatically cooked in an oblong glass container. Cover with plastic wrap. Make sure liquid covers meat. Microwave using Auto Cook Code 7. Rotate dish when oven signals and remaining time is displayed.

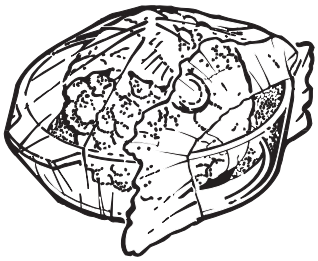
How to Adapt Microwave Casserole Recipes

To adapt your casserole recipes for Automatic Cooking.

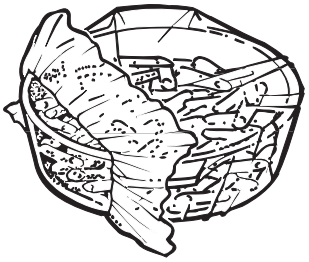
1. Select recipes that do not require adding ingredients at different stages during cooking or recipes that require extra attention, stirring or rotating.
2. Use microwave-safe containers that are appropriate in size to the food amount. Use 3-qt. containers or smaller.
3. For saucy casseroles, cover container with lid or plastic wrap (no vents). For cheese or crumb-topped casseroles, remove cover after oven signals and add topping, then continue cooking uncovered.
4. Allow precooked ingredients or hot sauces to cool slightly before adding other ingredients.
5. Meats and vegetables should be submerged in liquid.

AUTOMATIC COOKING VEGETABLES

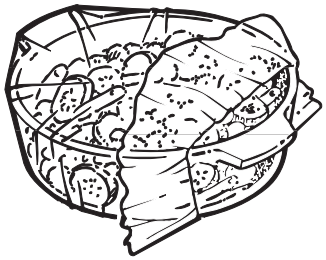
Fresh or Canned Vegetables



Whole or large halves of vegetables such as cauliflower or squash use Auto Cook Code 2. Use a round container close to the size of vegetable. Add 1/2 cup water. Cover with lid or plastic wrap.



Precooked/canned vegetables should be placed in round container. Container should be no more than 1/3 full. Microwave on Auto Cook Code 8. Stir before serving.

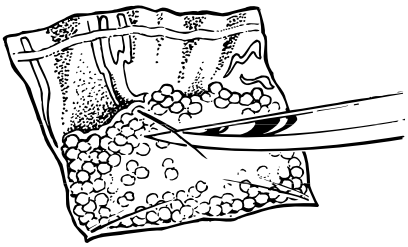


Pieces or slices of vegetables require 1/4 to 1/2 cup of water. Use appropriate size covered container. Microwave on Auto Cook Code 2. Microwave dry root vegetables like carrots on Auto Cook Code 2, stirring after oven signals and time remaining appears on display. Recover and press the START pad to finish cooking.

Frozen Vegetables



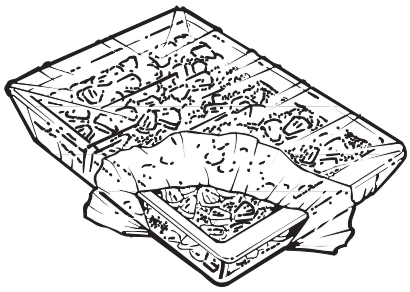
Block or loose pieces of frozen vegetables should be placed in suitable size container (at least half full) and covered with lid or plastic wrap. Add 1 or 2 tablespoons water. Microwave on Auto Cook Code 1. Stir before serving.



Pouches of frozen vegetables should be slit 1/2″ in center and placed on microwave-safe plate. Microwave on Auto Cook Code 2. Flex pouch before serving.

AUTOMATIC COOKING FRUITS AND DESSERTS

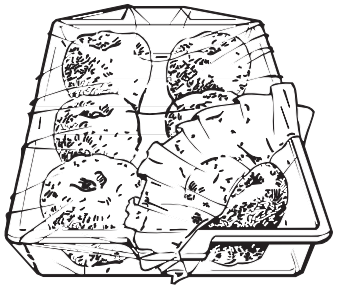
Fruits



Pineapple Casserole is a tangy dessert or meat accompaniment. In 2-qt. oblong glass baking dish spread 2 cans (20 oz. ea.) drained pineapple chunks.

Mix together 1 cup sugar and 1/2 cup flour. Pour mixture over pineapple and stir to evenly coat pineapple. Top with mixture of 2 cups buttery-flavored cracker crumbs and 1/2 cup melted butter. Cover with plastic wrap and cook on Auto Cook Code 2.

Baked Apples automatically cook well using Auto Cook Code 1. Match number of apples to size of microwave-safe covered container. Use Auto Cook Code 1 for baked pears also.

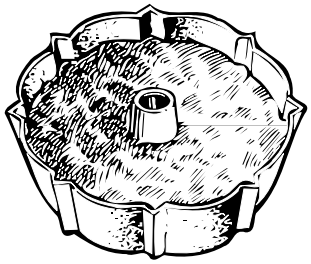


Stewed Fruit and Fruit Compotes should be stirred well before microwaving, especially if sugar is added. Cover; use Auto Cook Code 2 and stir once or twice after oven signals and time appears on display. Press the START pad and finish cooking.

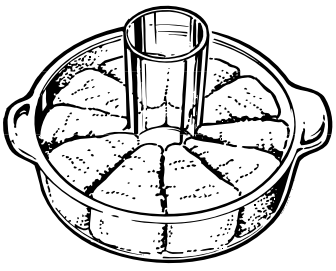


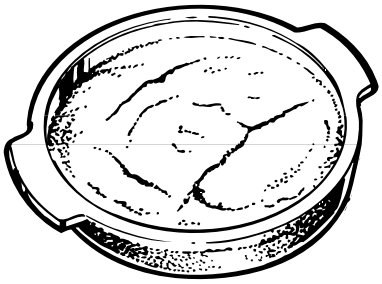
Desserts and Breads

Nut Topped Cakes are easy to cook automatically. Grease bottom and sides of microwave-safe fluted cake container and sprinkle bottom evenly with 1/3 cup chopped nuts or coconut. Carefully pour batter from one box (2-layer size) cake mix over nuts, cover with plastic wrap. Microwave on Auto Cook Code 6. Let stand 15 minutes before inverting to cool.



Caramel Biscuit Ring: Spread 1/4 cup melted butter and 1/2 cup brown sugar in 8 inch round glass dish. Sprinkle with cinnamon and 1/2 cup chopped nuts. Arrange 1 can (10 oz.) refrigerated biscuits around edges and place drinking glass, open end up, in center. Cover with plastic wrap. Microwave on Auto Cook Code 3. Invert onto serving plate, letting dish stand over ring a few minutes before removing.





Bacon and Cheese Topped Cornbread: Distribute 1/2 cup chopped crisp fried bacon and 1 tablespoon Parmesan cheese in well greased 8 inch round glass dish. Carefully pour batter from 1 pkg. (8-½ oz.) cornbread mix over above ingredients. Cover with plastic wrap. Microwave on Auto Cook Code 6. Rotate 1/2 turn after oven signals and time remaining appears on display. Let stand 5 to 10 minutes before inverting.

HOW TO USE THE DOUBLE DUTY™ SHELF

- Use the shelf only when cooking food on two levels. Food microwaves best when placed directly 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 containers. They may be hot.
- Do not store microwave browning dish on the metal shelf.
- Use of the Double Duty™ shelf with Automatic Cooking is not recommended.

Your shelf accessory is designed for use in the microwave oven only; do no use it in the lower oven. Do not use a browning dish with the shelf. Arcing could occur.

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

When microwaving with the oven shelf, it is important to arrange foods properly, and this is shown on the next page. Cookware size is important; select from among the suggestions below. Also, food size should be considered; foods over 4 inches high, or 3½ pounds are not recommended for shelf cooking.

Do not use the oven shelf to cook batters and dough foods and also uncooked foods which need to be prepared from scratch.

Use pot holders when handling foods heated together with your oven shelf, especially when heating larger amounts of food. The extra steam generated from cooking multiple foods may make containers hotter than with regular microwaving.

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 popcorn labeled for use in microwave ovens.

Cookware for Shelf Heating and Reheating

Before placing food in the dishes, check to see that they will fit together on or under the shelf. Also, be sure cookware is microwave-safe.

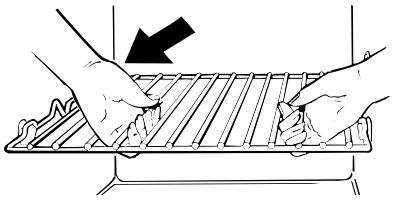
Cookware for heating or reheating include 1 cup measuring cup, 9x5x3-inch loaf dishes, 8x4x3-inch loaf dishes or 9-inch pie plates.

Leftovers may be placed in small individual ceramic or plastic bowls or divided plates.

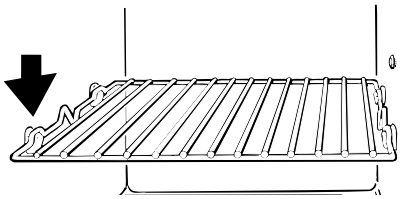
Use wax paper or plastic wrap instead of lids on casseroles. Lids may add too much height to dish.

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 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 positioned right-side-up on all four shelf supports and not touching oven walls.

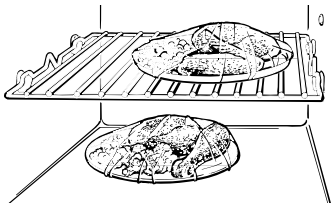
To prevent arcing, remove the shelf when you are not using it.

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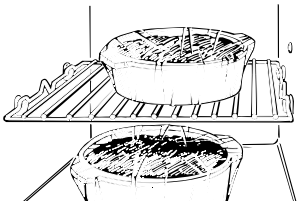
HOW TO USE THE DOUBLE DUTY™ SHELF

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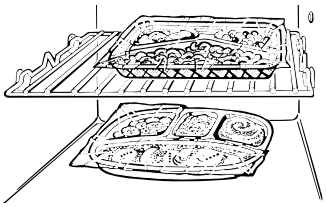
How to Heat or Reheat Similar Types of Food



Two plates of leftovers may be reheated together. Arrange thick or dense foods to outside edges of plate and cover with plastic wrap. Microwave at High (10) for 2 to 3 minutes. Reverse position of plates (top to bottom) and rotate 1/2 turn. Continue microwaving at High (10) for 2 to 3 minutes. Continue heating, if necessary, until hot.



Reheating two casseroles (height should be less than 4 inches) is possible. Cover with plastic wrap. Use staggered arrangement of foods, placing food on right side of shelf and left side of floor. Microwave at High (10), reversing position of foods (top to bottom) after half of time. Also, heat several small bowls of leftovers this way, stirring and reversing positions after half of time.



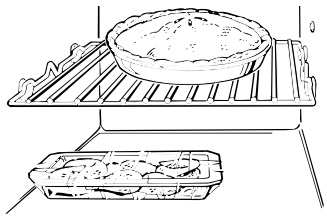
Two frozen individual entrees (5 to 7 oz. each) **or two TV dinners** (10 to 12 oz. each) can be ready to serve at the same time. Remove trays of food from their boxes and turn back one corner of the plastic cover to vent. If there are foil covers, remove them and return the trays of food to their boxes. (Batter foods should be removed from the trays and cooked conventionally.) Place in oven with one TV dinner or entree on right side of the shelf and the second dinner or entree on left side of the floor. Microwave at High (10) for 6 minutes. Reverse positions (top to bottom) and rotate foods 1/2 turn. Continue microwaving at High (10) for 6 minutes. Check dinners for heating. If one dinner seems less done than desired, return it to the box and continue heating on floor 1 to 2 more minutes.

How to Heat or Reheat Several Different Types of Food Together

When heating several different types of food together, foods which must be served hot must be placed on the oven shelf, while foods which are only warmed should be placed on the 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 larger or more dense foods a few minutes ahead of time, then add smaller or less dense foods. Alternately, if one of the foods you are heating seems underheated 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. After half of the time, stir or rearrange foods (do not reverse positions). Check foods (floor especially) after 3/4 of total time and remove any which are done. Continue cooking others.



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

USING YOUR LOWER OVEN

Before Using Your Oven

1. Look at the controls. Be sure you understand how to set them properly.

2. Check the oven interior. Look at the shelves. Take a practice run at removing and replacing them properly to give sure, sturdy support.

3. Read over information and tips that follow.

4. Keep this guide handy so you can refer to it, especially during the first weeks of using your new oven.

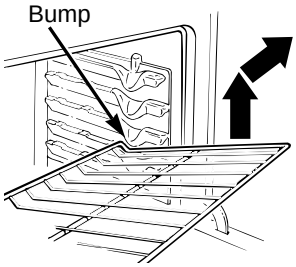
NOTE:

- You may notice a “burning” or “oily” smell the first few times you turn your oven on. This is normal in a new oven and will disappear in a short time. To speed the process, set a self-clean cycle for a minimum of three hours. See the Operating the Self-Cleaning Oven section.
- A fan may automatically turn on and off to cool internal parts. This is normal, and the fan may continue to run even after the oven is turned off.

Oven Shelves

The shelves are designed with stop-locks so that when placed correctly on the shelf supports, they will stop before coming completely out from the oven, and will not tilt when removing food from or placing food on them.

When placing cookware on a shelf, pull the shelf out to the bump on the shelf support. Place the cookware on the shelf, then slide the shelf back into the oven. This will eliminate reaching into the hot oven.



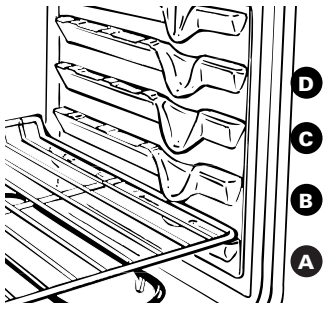
To remove a shelf from the oven, pull the shelf toward you, tilt the front end upward and pull the shelf out.

To replace, place the shelf on the shelf support with the stop-locks (curved extension of the shelf) facing up and toward the rear of the oven. Tilt up the front and push the shelf toward the back of the oven until it goes past the bump on the shelf support. Then lower the front of the shelf and push it all the way back.

Shelf Positions

The oven has four shelf supports identified in this illustration as A (bottom), B, C and D (top).

Shelf positions for cooking are suggested in the Baking, Roasting and Broiling sections.



Oven Light

The light comes on automatically when the door is opened and turns off when the door is closed.

OVEN LIGHT

Use the OVEN LIGHT pad on the lower oven control panel to turn the light on when the door is closed.

NOTE: The oven light will turn off automatically and cannot be turned on during the self-clean function.

Oven Vent Duct

The oven is vented through a duct that’s located on the left side of the oven just above the door. Moisture and vapors from the oven are vented through it when the oven is in use. Never cover the hole in the duct. To do so prevents it from functioning properly during cooking and cleaning.

BAKING

Your oven temperature is controlled very accurately using an oven control system. It is recommended that you operate the oven for a number of weeks to become familiar with your new oven's performance.

If you think an adjustment is necessary, see the Adjust the Oven Thermostat section. It lists easy *Do It Yourself* instructions on how to adjust the thermostat.

NOTE: When the oven is hot, the front of the cooking center gets hot too.

How to Set Your Oven for Baking

To avoid possible burns, place the shelves in the correct position before you turn the oven on.

1. Press the BAKE pad.

2. Press the number pads in the order that you read them to enter the desired temperature. The temperature you set should then show in the display.

3. Press the START pad. When the oven starts to heat, the words "BAKE" and "TEMP" and the changing temperature, starting at 100°F., will be displayed. When the oven reaches the temperature you set, a tone will sound and "PrE" (preheating) flashes in the display. The display then shows the set temperature continuously.

4. Press the CLEAR/OFF pad when baking is finished and then remove the food from the oven.

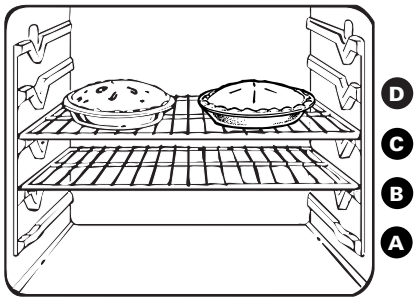
NOTE:

- You may set the timer to the desired cooking time. See the Oven Control, Clock and Timer section.
- A fan may automatically turn on and off to cool internal parts. This is normal, and the fan may continue to run even after the oven is turned off.

To change the oven temperature during the bake cycle, press the BAKE pad and then the appropriate number pads to set the new temperature.

Oven Shelves

Arrange the oven shelf or shelves in the desired locations while the oven is cool. The correct shelf position depends on the kind of food and the browning desired. As a general rule, place most foods in the middle of the oven, on either shelf positions B or C. See the chart for suggested shelf positions.



Type of Food	Shelf Position
Angel food cake	A
Biscuits or muffins	B or C
Cookies or cupcakes	B or C
Brownies	B or C
Layer cakes	B or C
Bundt or pound cakes	A or B
Pies or pie shells	B or C
Frozen pies	A (on cookie sheet)
Casseroles	B or C
Roasting	A or B

Preheating

Preheating is necessary for good results when baking cakes, cookies, pastry and breads. For most casseroles and roasts, preheating is not necessary. For ovens without a preheat indicator light or tone, preheat 10 minutes. After the oven is preheated, place the food in the oven as quickly as possible to prevent heat from escaping.

Preheat the oven if the recipe calls for it. Preheat means bringing the oven up to the specified temperature before putting the food in the oven. To preheat, set the oven at the correct temperature—selecting a higher temperature does not shorten preheat time.

Baking Pans

Use the proper baking pan. The type of finish on the pan determines the amount of browning that will occur.

- Dark, rough or dull pans absorb heat resulting in a browner, crisper crust. Use this type for pies.
- Shiny, bright and smooth pans reflect heat, resulting in a lighter, more delicate browning. Cakes and cookies require this type of pan.
- Glass baking dishes also absorb heat. When baking in glass baking dishes, the temperature may need to be reduced 25°F.
- If you are using dark non-stick pans, you may find that you need to reduce the oven temperature 25°F. to prevent overbrowning.

Pan Placement

For even cooking and proper browning, there must be enough room for air circulation in the oven. Baking results will be better if baking pans are centered as much as possible rather than being placed to the front or to the back of the oven.

Pans should not touch each other or the walls of the oven. Allow 1- to 1½-inch space between pans as well as from the back of the oven, the door and the sides. If you need to use two shelves, stagger the pans so one is not directly above the other.

Baking Guides

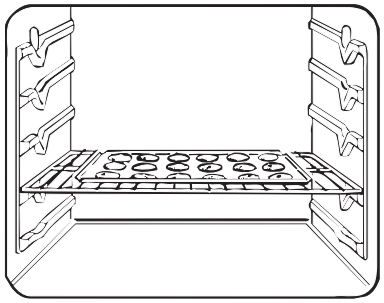
When using prepared baking mixes, follow package recipe or instructions for the best baking results.

Cookies

When baking cookies, flat cookie sheets (without sides) produce better-looking cookies. Cookies baked in a jelly roll pan (short sides all around) may have darker edges and pale or light browning may occur.

Do not use a cookie sheet so large that it touches the walls or the door of the oven. Never entirely cover a shelf with a large cookie sheet.

For best results, use only one cookie sheet in the oven at a time.



Pies

For best results, bake pies in dark, rough or dull pans to produce a browner, crisper crust. Frozen pies in foil pans should be placed on an aluminum cookie sheet for baking since the shiny foil pan reflects heat away from the pie crust; the cookie sheet helps retain it.

Cakes

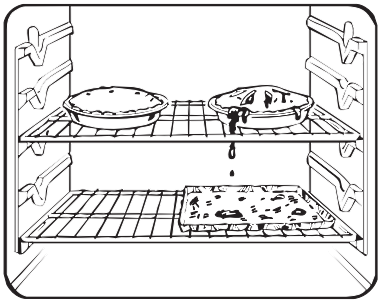
When baking cakes, warped or bent pans will cause uneven baking results and poorly shaped products. A cake baked in a pan larger than the recipe recommends will usually be crisper, thinner and drier than it should be. If baked in a pan smaller than recommended, it may be undercooked and batter may overflow. Check the recipe to make sure the pan size used is the one recommended.

(continued next page)

BAKING
(continued)

Aluminum Foil

Never entirely cover a shelf with aluminum foil. This will disturb the heat circulation and result in poor baking. A smaller sheet of foil may be used to catch a spillover by placing it on a lower shelf several inches below the food.



Don't Peek

Set the timer for the estimated cooking time and do not open the door to look at your food. Most recipes provide minimum and maximum baking times such as "bake 30-40 minutes."

DO NOT open the door to check until the minimum time. Opening the oven door frequently during cooking allows heat to escape and makes baking times longer. Your baking results may also be affected.

TIMED BAKING

How to Time Bake

The oven control allows you to turn the oven on or off automatically at specific times that you set. Examples of Immediate Start (oven turns on now and you set it to turn off automatically) and Delay Start and Stop (setting the oven to turn on automatically at a later time and turn off at a preset Stop Time will be described).

NOTE: Before beginning, make sure the oven clock shows the correct time of day.

To set the clock, first press the CLOCK pad. Press the number pads until the correct time of day is displayed. Press the START pad.

How to Set Immediate Start and Automatic Stop

To avoid possible burns, place the shelves in the correct position before you turn the oven on.

The oven will turn on immediately and cook for a selected length of time. At the end of Cook Time, the oven will turn off automatically.



1. Press the COOK TIME pad.

NOTE: If your recipe requires preheating, you may need to add additional time to the length of the Cook Time.

2. Press the number pads until the desired length of baking time is displayed.



3. Press the BAKE pad.

4. Press the number pads until the desired temperature is displayed in the lower left display.

The words "TIME BAKE" and "COOK TIME" will be displayed along with the oven temperature you set and the cook time that you entered.

5. Press the START pad. The display shows the time of day, the oven temperature that you set and the Cook Time that you entered counting down.

6. The oven will continue to cook for the programmed amount of time, then shut off automatically.



7. Press the CLEAR/OFF pad to turn the oven off and to clear the display if necessary. Remove the food from the oven. Remember, foods that are left in the oven continue cooking after the controls are off.

NOTE: Foods that spoil easily such as milk, eggs, fish, stuffings, poultry and pork should not be allowed to sit for more than one hour before or after cooking. Room temperature promotes the growth of harmful bacteria. Be sure that oven light is off because heat from the bulb will speed harmful bacteria growth.

How to Set Delay Start and Automatic Stop

Quick Reminder:

1. Press the COOK TIME pad.

2. Press the number pads to set the length of baking time.

3. Press the STOP TIME pad.

4. Press the number pads until the desired Stop Time appears in the display.

5. Press the BAKE pad.

6. Press the number pads to select the oven temperature.

7. Press the START pad.

To avoid possible burns, place the shelves in the correct position before you program the oven.

You can set the oven control to delay-start the oven, cook for a specific length of time and then turn off automatically.



1. Press the COOK TIME pad.

NOTE: If your recipe requires preheating, you may need to add additional time to the length of the Cook Time.

2. Press the number pads until the desired length of baking time appears in the display.



3. Press the STOP TIME pad. "SET STOP TIME" and the earliest Stop Time you can set appear in the display.

The control automatically sets the Stop Time by adding the Cook Time to the time of day. For example, "5:00" and "STOP TIME" appear in the lower right display.

4. Change the Stop Time by pressing the number pads until the desired Stop Time appears in the display.



5. Press the BAKE pad.



6. Press the number pads until the desired temperature is displayed.

NOTE: If you entered an impossible Stop Time and Cook Time combination (one that requires an earlier start time than the current time of day) then "Err START TIME" and "STOP TIME" flash on the display. Press the COOK TIME pad and enter the correct Cook Time.

7. Press the START pad. The oven will turn on automatically. The oven will cook for the programmed time and then shut off automatically.



8. Press the CLEAR/OFF pad to turn the oven off and to clear the display if necessary. Remove the food from the oven.

NOTE:

- Foods that spoil easily such as milk, eggs, fish, stuffings, poultry and pork should not be allowed to sit for more than one hour before or after cooking. Room temperature promotes the growth of harmful bacteria. Be sure that the oven light is off because heat from the bulb will speed harmful bacteria growth.
- A fan may automatically turn on and off to cool internal parts. This is normal, and the fan may continue to run after the oven is turned off.
- The low temperature zone of this oven (between 150°F. and 200°F.) is available to keep hot cooked foods warm. Foods kept in the oven longer than 2 hours at these low temperatures may spoil.

ADJUST THE OVEN THERMOSTAT
DO IT YOURSELF!

You may find that your new oven cooks differently than the one it replaced. We recommend that you use your new oven for a few weeks to become more familiar with it, following the times given in your recipes as a guide.

If you think your new oven is too hot or too cold, you can adjust the thermostat yourself. If you think it is too hot, adjust the thermostat to make it cooler. If you think it is too cool, adjust the thermostat to make it hotter.

We do not recommend the use of inexpensive thermometers, such as those found in grocery stores, to check the temperature setting of your new oven. These thermometers may vary 20–40 degrees.

To Adjust the Thermostat:



1. Press the BAKE pad.

2. Select an oven temperature between 500°F. and 550°F.

3. Immediately, before "ON" appears, press and hold the BAKE pad for about 4 seconds. The time display will change to the oven adjustment display.

4. The oven temperature can be adjusted up to (+) 35°F. hotter or (–) 35°F. cooler. Press the 1 pad to increase the temperature in 5 degree increments. Press the 0 pad to decrease the temperature in 5 degree increments.



5. When you have made the adjustment, press the START pad to go back to the time of day display. Use your oven as you would normally.

NOTE:

- This adjustment will not affect the Broiling or Self-Cleaning temperatures. It will be retained in memory after a power failure.
- Pressing the CLEAR/OFF pad or any function pad while in the adjust thermostat mode will cancel the mode and any changes made to the thermostat will not be saved.

ROASTING

Roasting is cooking by dry heat. Tender meat or poultry can be roasted uncovered in your oven. Roasting temperatures, which should be low and steady, keep spattering to a minimum.

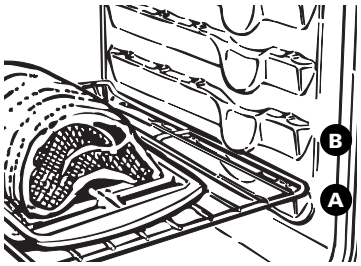
Roasting is really a baking procedure used for meats. Therefore, the oven controls are set for Baking or Timed Baking. (You may hear a slight clicking sound, indicating the oven is working properly.) Timed Baking will turn the oven on automatically.

Most meats continue to cook after being removed from the oven. The internal temperature will rise 5 to 10 degrees F. during the recommended standing time of 10 to 20 minutes. This allows roasts to firm up and makes them easier to carve. To compensate for this rise in temperature you may want to remove the roast sooner (at 5 to 10 degrees less than shown in the Roasting Guide).

Remember that food will continue to cook in the hot oven and therefore should be removed when the desired internal temperature has been reached.

1. Place the shelf in A or B position. No preheating is necessary.

2. Check the weight of the meat. Place it fat side up (or for poultry breast side up) on a roasting rack in a shallow pan. The melting fat will baste the meat. Select a pan as close to the size of the meat as possible. (The broiler pan with rack is a good pan for this.)



BAKE

3. Press the BAKE pad.

1

4. Press the number pads until the desired temperature is displayed.

5. Press the START pad. When the oven starts to heat, the words “BAKE” and “TEMP” and the changing oven temperature, starting at 100°F., will be displayed. When the oven reaches the temperature you set, a tone will sound.

CLEAR OFF

6. Press the CLEAR/OFF pad when roasting is finished.

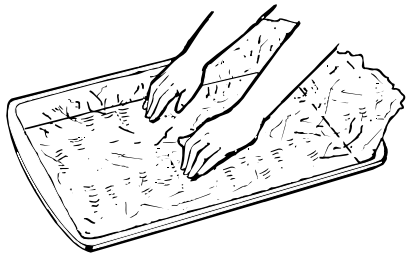
NOTE:

- A fan may automatically turn on and off to cool internal parts. This is normal, and the fan may continue to run even after the oven is turned off.

To change the oven temperature during roasting, press the BAKE pad and then the number pads to get the new temperature.

Use of Aluminum Foil

You can use aluminum foil to line the broiler pan. This makes clean-up easier when using the pan for marinating, cooking with fruits, cooking heavily cured meats or basting food during cooking. Press the foil tightly around the inside of the pan.



ROASTING WITH THE PROBE

See the Roasting Guide.

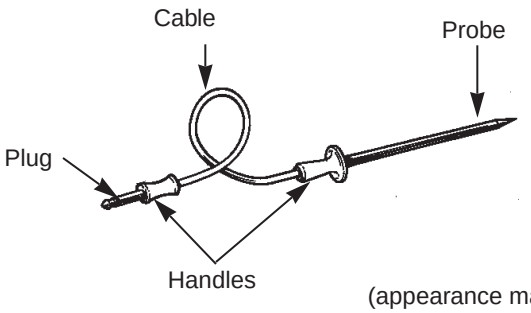
Correct Placement of the Temperature Probe

NOTE: The temperature probe serves both the lower oven and the microwave oven.

For many foods, especially roasts and poultry, internal food temperature is the best test for doneness. The temperature probe takes the guesswork out of roasting by cooking foods to the exact doneness you want. When the internal temperature of the food reaches the temperature you set, the oven automatically shuts off.

The temperature probe has a skewer-like probe at one end and a plug at the other end that goes into the outlet on the oven wall.

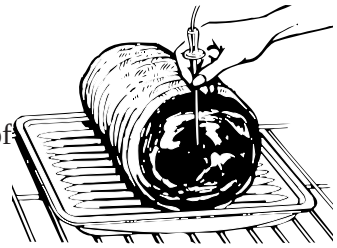
Use the handles of the probe and plug when inserting and removing them from the meat and wall outlet. Do not use tongs to pull on the cable when removing the probe—they might damage it. TO AVOID BREAKING THE PROBE, MAKE SURE FOOD IS COMPLETELY DEFROSTED BEFORE INSERTING.



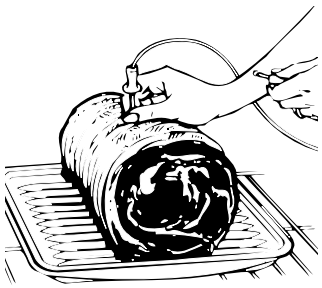
(appearance may vary)

After preparing the meat and placing it on a trivet or on the broiler pan rack, follow these steps for proper probe placement.

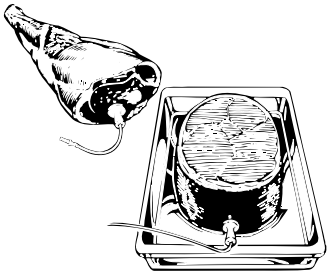
1. Lay the probe on the outside of the meat along the top or side and mark with your finger where the edge of the meat comes to on the probe. Point should rest in the center of the thickest meaty part of the roast.



2. Insert the probe into the meat up to the point marked off with your finger. It should not touch bone, fat or gristle. *No more than two inches of the probe, not counting the handle, should be left exposed outside the meat.*

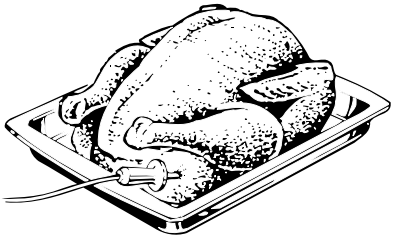


Ham or Lamb



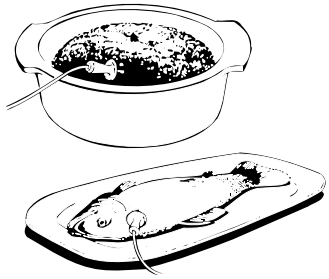
Insert probe into cut end, meatiest part of ham or lamb without a bone. For bone-in ham or lamb, insert probe into center of lowest large muscle or joint.

Poultry



Insert probe into meatiest part of inner thigh from below and parallel to the leg of a whole turkey.

Casseroles or Fish



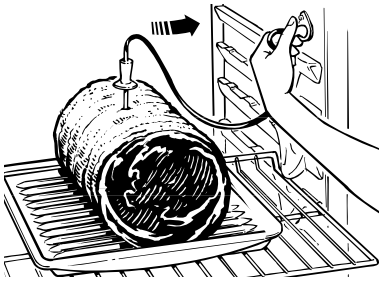
Insert probe into center of dishes such as meat loaf or casseroles. When cooking fish, insert probe from just above gill into meatiest area, parallel to backbone.

How to Set the Oven When Using the Temperature Probe

The display will flash "USE PROBE" if the probe is not inserted into the outlet, but the oven is programmed for the probe.

1. Insert the probe into the meat.

2. Plug the probe into the outlet on the oven wall. Make sure it's pushed all the way in. Close the oven door.



PROBE

3. Press the PROBE pad.

1

4. Press the number pads until the desired internal probe temperature is displayed.

BAKE

5. Press the BAKE pad.

6. Press the number pads until the desired oven temperature is displayed.

7. Press the START pad.

The lower left display shows the set food temperature, and the lower right display shows the actual food temperature starting at 85°F.

CLEAR OFF

8. When the internal temperature of meat reaches the number you have set, the probe and the oven turn off and the oven control signals. Press the CLEAR/OFF pad. Use hot pads to remove the probe from the food. Do not use tongs to pull on it–they might damage it.

CAUTION: To prevent possible burns, do not unplug the probe from the outlet until the oven has cooled. Do not store the probe in the oven.

NOTE:

- If the probe is removed from the food before the final temperature is reached, a tone will sound and the display will flash until the probe is removed.
- You will not be able to use the probe in the lower oven during timed oven operations.

To change oven temperature during the Roast cycle, press the BAKE pad and then the number pads to get the new temperature.

(continued next page)

ROASTING WITH THE PROBE
(continued)

Questions and Answers

Q. Is it necessary to check for doneness with a meat thermometer?

A. Checking the finished internal temperature at the completion of cooking time is recommended. Temperatures are shown in the Roasting Guide. For roasts over 8 lbs., check with thermometer at half-hour intervals after half the cooking time has passed.

Q. Why is my roast crumbling when I try to carve it?

A. Roasts are easier to slice if allowed to cool 10 to 20 minutes after removing them from the oven. Be sure to cut across the grain of the meat.

Q. Do I need to preheat my oven each time I cook a roast or poultry?

A. It is not necessary to preheat your oven. Preheat only for very small roasts, which cook in a short length of time.

Q. When buying a roast, are there any special tips that would help me cook it more evenly?

A. Yes. Buy a roast as even in thickness as possible, or buy rolled roasts.

Q. Can I seal the sides of my foil "tent" when roasting a turkey?

A. Sealing the foil will steam the meat. Leaving it unsealed allows the air to circulate and brown the meat.

ROASTING GUIDE

Frozen Roasts

Frozen roasts of beef, pork, lamb, etc., can be started without thawing, but allow 10 to 25 minutes per pound additional time (10 minutes per pound for roasts under 5 pounds, more time for larger roasts).

Make sure poultry is thawed before roasting. Unthawed poultry often does not cook evenly. Some commercial frozen poultry can be cooked successfully without thawing. Follow the directions given on the package label.

Type	Oven Temperature	Doneness	Approximate Roasting Time in Minutes per Pound		Internal Temperature °F.
Meat			**3 to 5 lbs.**	**6 to 8 lbs.**	
Tender cuts; rib, high quality	325°	Rare:	24–33	18–22	140°–150°†
sirloin tip, rump or top round*		Medium:	35–39	22–29	150°–160°
		Well Done:	40–45	30–35	170°–185°
Lamb leg or bone-in shoulder*	325°	Rare:	21–25	20–23	140°–150°†
		Medium:	25–30	24–28	150°–160°
		Well Done:	30–35	28–33	170°–185°
Veal shoulder, leg or loin*	325°	Well Done:	35–45	30–40	170°–180°
Pork loin, rib or shoulder*	325°	Well Done:	35–45	30–40	170°–180°
Ham, precooked	325°	To Warm:	17–20 minutes per pound (any weight)		115°–120°
Poultry			**3 to 5 lbs.**	**Over 5 lbs.**	
Chicken or Duck	325°	Well Done:	35–40	30–35	185°–190°
Chicken pieces	350°	Well Done:	35–40		185°–190°
			10 to 15 lbs.	**Over 15 lbs.**	**In thigh:**
Turkey	325°	Well Done:	18–25	15–20	185°–190°

*For boneless rolled roasts over 6 inches thick, add 5 to 10 minutes per pound to times given above.

†The U. S. Department of Agriculture says "Rare beef is popular, but you should know that cooking it to only 140°F. means some food poisoning organisms may survive." (Source: Safe Food Book. Your Kitchen Guide. USDA Rev. June 1985.)

BROILING

Broiling is cooking food by intense radiant heat from the upper broil element in the oven. Most fish and tender cuts of meat can be broiled. Follow these directions to keep spattering and smoking to a minimum.

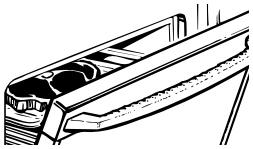
Turn the food using tongs only once during the broiling. Time the foods for the first side according to the Broiling Guide. Turn the food, then use the times given for the second side as a guide to the preferred doneness.

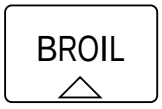
1. If the meat has fat or gristle around the edge, cut vertical slashes through both about 2 inches apart. If desired, the fat may be trimmed, leaving layer about 1/8 inch thick.

2. Place the meat on the broiler rack in the broiler pan. Always use the rack so the fat drips into the broiler pan; otherwise the juices may become hot enough to catch on fire.

3. Position shelf on the recommended shelf position as suggested in the Broiling Guide. Most broiling is done on C position, **but if your cooking center is connected to 208 volts, you may wish to use a higher position.**

4. Leave the door open to the broil stop position. The door stays open by itself, yet the proper temperature is maintained in the oven.





5. Press the BROIL pad. Preheating the elements is not necessary. (See the Comments column in the Broiling Guide.)

6. Tapping the BROIL pad alternates between LO Broil (450°F.) and HI Broil (550°F.).

7. Press the START pad.

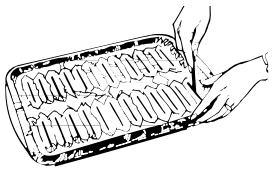
8. When broiling is finished press the CLEAR/OFF pad. Serve the food immediately, and leave the pan outside the oven to cool during the meal for easiest cleaning.

NOTE: Both the lower oven and the microwave fans may operate during long-term broil. This is normal, and the fans may continue to run even after the oven is turned off.

Use of Aluminum Foil

You can use aluminum foil to line your broiler pan and broiler rack. However, you must mold the foil tightly to the rack and cut slits in it just like the rack.

Without the slits, the foil will prevent fat and meat juices from draining into the broiler pan. The juices could become hot enough to catch on fire. If you do not cut the slits, you are frying, not broiling.



Questions and Answers

Q. Do I need to grease my broiler rack to prevent meat from sticking?

A. No. The broiler rack is designed to reflect broiler heat, thus keeping the surface cool enough to prevent meat from sticking to the surface. However, spraying the broiler rack lightly with a vegetable cooking spray before cooking will make clean-up easier.

Q. When broiling, is it necessary to always use a rack in the pan?

A. Yes. Using the rack suspends the meat over the pan. As the meat cooks, the juices fall into the pan, thus keeping the meat drier. Juices are protected by the rack and stay cooler, thus preventing excessive spatter and smoking.

Q. Should I salt the meat before broiling?

A. No. Salt draws out the juices and allows them to evaporate. Always salt after cooking. Piercing meat with a fork also allows juices to escape. Turn meat with tongs instead of a fork.

Q. Why are my meats not turning out as brown as they should?

A. In some areas, the power (voltage) to the cooking center may be low. In these cases, preheat the broil element for 10 minutes before placing broiler pan with food in the oven. Check to see if you are using the recommended shelf position. Broil for longest period of time indicated in the Broiling Guide. Turn the food only once during broiling. You may need to move the food to a higher shelf position.

(continued next page)

BROILING GUIDE

- Always use the broiler pan and rack that comes with your oven. It is designed to minimize smoking and spattering by trapping juices in the shielded lower part of the pan.
- **The oven door should be open to the broil stop position.**
- For steaks and chops, slash fat evenly around the outside edges of the meat. To slash, cut crosswise through the outer fat surface just to the edge of the meat. Use tongs to turn meat over to prevent piercing the meat and losing juices.
- When arranging food on the pan, do not let fatty edges hang over the sides because the dripping fat will soil the oven.
- If desired, marinate meats or chicken before broiling, or brush with barbecue sauce last 5 to 10 minutes only.
- The broiler does not need to be preheated. However, for very thin foods, or to increase browning, preheat if desired.
- Use LO Broil to cook foods such as poultry or thick pork chops thoroughly without over browning them.
- Frozen steaks can be broiled by positioning the oven shelf at next lowest shelf position and increasing cooking time given in this guide 1½ times per side.
- **If your cooking center is connected to 208 volts,** rare steaks may be broiled by preheating the broiler and positioning the oven shelf one position higher.

Food	Quantity and/or Thickness	Shelf Position	First Side Time, Minutes	Second Side Time, Minutes	Comments
Bacon	1/2 lb. (about 8 thin slices)	C	4½	4½	Arrange in single layer.
Ground Beef	1 lb. (4 patties)				Space evenly. Up to 8 patties take about same time.
Well Done	1/2 to 3/4 inch thick	C	10	7	
Beef Steaks					
Rare	1 inch thick	C	6	5	Steaks less than 1 inch thick cook through before browning. Pan frying is recommended.
Medium	(1 to 1½ lbs.)	C	8	6	
Well Done		C	12	11	
Rare	1½ inch thick	C	10	7–8	Slash fat.
Medium	(2 to 2½ lbs.)	C	15	14–16	
Well Done		C	25	20–25	
Chicken	1 whole (2 to 2½ lbs.), split lengthwise	A	35	10–15	Reduce time about 5 to 10 minutes per side for cut-up chicken. Brush each side with melted butter. Broil skin-side-down first.
Bakery Products					
Bread (Toast) or Toaster Pastries	2 to 4 slices 1 pkg. (2)	C or D	1½–2	1/2	Space evenly. Place English muffins cut-side-up and brush with butter, if desired.
English Muffins	2 (split)	C or D	3–4		
Lobster Tails	2–4 (6 to 8 oz. each)	B	13–16	Do not turn over.	Cut through back of shell. Spread open. Brush with melted butter before broiling and after half of broiling time.
Fish	1-lb. fillets 1/4 to 1/2 inch thick	C	5	5	Handle and turn very carefully. Brush with lemon butter before and during cooking, if desired. Preheat broiler to increase browning.
Ham Slices (precooked)	1 inch thick	B	8	8	Increase time 5 to 10 minutes per side for 1½ inch thick or home cured ham.
Pork Chops	2 (1/2 inch thick)	C	10	10	Slash fat.
Well Done	2 (1 inch thick), about 1 lb.	B	13	13	
Lamb Chops					
Medium	2 (1 inch thick),	C	10	9	Slash fat.
Well Done	about 10 to 12 oz.	C	12	10	
Medium	2 (1½ inch thick),	C	14	12	
Well Done	about 1 lb.	B	17	12–14	
Wieners and similar precooked sausages, bratwurst	1-lb. pkg. (10)	C	6	1–2	If desired, split sausages in half lengthwise; cut into 5- to 6-inch pieces.

OPERATING THE SELF-CLEANING OVEN

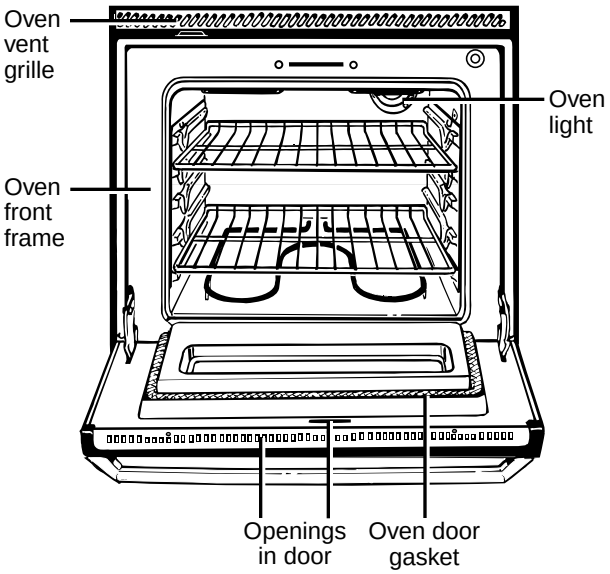
Normal Cleaning Time: 3 hours

Before a Clean Cycle

1. Remove the broiler pan, broiler rack, all cookware and any aluminum foil from the oven—they can't withstand the high cleaning temperatures.

NOTE: The oven shelves may be cleaned in the self-cleaning oven. However, they will darken, lose their luster and become hard to slide. Wipe the shelf supports with cooking oil after self-cleaning to make shelves slide more easily.

2. Wipe up heavy soil on the oven bottom. If you use soap, rinse thoroughly before self-cleaning to prevent staining.



3. Clean spatters or soil on the oven front frame and the oven door outside the gasket with a dampened cloth. The oven front frame and the oven door outside the gasket do not get cleaned by the self-clean cycle. On these areas, use detergent and hot water or a soap-filled steel wool pad. Rinse well with a vinegar and water solution. This will help prevent a brown residue from forming when the oven is heated. Buff these areas with a dry cloth. Do not clean the gasket.

Clean the top, sides and outside front of the oven door with soap and water. Also use soap and water to clean under the oven vent grille. **Do not use abrasives or oven cleaners.**

Make sure the oven light bulb cover is in place.

Do not rub or clean the door gasket— the fiberglass material of the gasket has an extremely low resistance to abrasion. An intact and well-fitting oven door gasket is essential for energy-efficient oven operation and good baking results. If you notice the gasket becoming worn, frayed or damaged in any way or if it has become displaced on the door, you should have it replaced.

Do not let water run down through openings in the top of the door. To help prevent water from getting in these slots when cleaning, open the door as far as it will go.

4. Close the oven door. The door latches automatically after the clean cycle is set.

Do not use commercial oven cleaners or oven protectors in or near the self-cleaning oven. A combination of any of these products plus the high clean-cycle temperature may damage the porcelain finish of the oven.

Important
The oven door must be closed and all controls must be set correctly for the cycle to work properly.

(continued next page)

OPERATING THE SELF-CLEANING OVEN
(continued)

How to Set Oven for Cleaning

Quick Reminder:

1. Press the AUTO SELF CLEAN pad.

2. Press the number pads until the desired Clean Time appears.

3. Press the START pad.

If the oven is too hot and you start to set a clean cycle, the word “OFF” will appear in the display. Allow additional time for cooling before you try to set the cycle.

1. Follow directions in the Before a Clean Cycle section.



2. After closing the door, press the AUTO SELF CLEAN pad.

3. Press the number pads until the desired Clean Time is displayed in the lower left display.

Clean Time is normally 3 hours. You can change the Clean Time to any time between 2 and 4 hours, depending on how dirty your oven is.



4. Press the START pad.

The lower right display shows the calculated Stop Time. “LOCKED” flashes in the display while the door locks automatically, then it appears steadily. It will not be possible to open the oven door until the temperature drops below the lock temperature and the LOCK light goes off.

5. When the LOCK light is off, open the door.

NOTE: Both the lower oven fan and the microwave fan may operate during the self-clean function and continue to operate until the oven temperature has cooled. This is normal, and the fans may continue to run even after the oven is turned off.

To Stop a Clean Cycle



1. Press the CLEAR/OFF pad.

2. When the LOCK light goes off and the oven has cooled below the locking temperature, open the door.

After Self-Cleaning

You may notice some white ash in the oven. Just wipe it up with a damp cloth after the oven cools.

If white spots remain, remove them with a soap-filled steel wool pad. Be sure to rinse thoroughly with a vinegar and water mixture. These deposits are usually a salt residue that cannot be removed by the clean cycle.

If the oven is not clean after one clean cycle, repeat the cycle.

If the shelves have become hard to slide, wipe the shelf supports with cooking oil.

NOTE: No functions can be programmed before the door automatically unlocks.

How to Set Delay Start of Cleaning

Quick Reminder:

1. Press the AUTO SELF CLEAN pad.

2. Press the number pads until the desired Clean Time appears.

3. Press the STOP TIME pad.

4. Press the number pads until the desired Stop Time appears in the display.

5. Press the START pad.

Delay Start is setting the oven timer to start the clean cycle automatically at a later time than the present time of day.

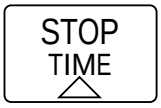
NOTE: Before beginning, make sure the oven clock shows the correct time of day.

1. Follow the directions in the Before a Clean Cycle section.



2. Press the AUTO SELF CLEAN pad.

3. Press the number pads to enter the desired Clean Time.



4. Press the STOP TIME pad.

The earliest Stop Time will be the Clean Time selected plus the time of day. **For example:** If the Clean Time is 3 hours and the time of day is 6:00, the Stop Time that appears on the display will be 9:00.

5. Press the number pads to change the Stop Time to a later time of day if desired. **For example:** If you set Stop Time at 11:00, oven will start clean cycle at 8:00 and end at 11:00. The door latches automatically.



6. Press the START pad.

The lower left display shows the Clean Time and the lower right display shows the Stop Time. “LOCKED” flashes in the display while the door locks automatically, then it appears steadily. It will not be possible to open the oven door until the temperature drops below the lock temperature and the lock light goes off.

7. When the lock light is off, open the door.

NOTE: Both the lower oven fan and the microwave fan may operate during the self-clean function and continue to operate until the oven temperature has cooled. This is normal, and the fans may continue to run even after the oven is turned off.

(continued next page)



OPERATING THE SELF-CLEANING OVEN
(continued)

Questions and Answers

Q. If my oven clock is not set to the correct time of day, can I still self-clean my oven?

A. If the clock is not set to the correct time of day you will not be able to set a delay clean to end at a specific time.

Q. Can I use commercial oven cleaners on any part of my self-cleaning oven?

A. No cleaners or coatings should be used around any part of this oven. If you do use them and do not thoroughly rinse the oven with water, wiping it absolutely clean afterwards, the residue can scar the oven surface and damage metal parts the next time the oven is automatically cleaned.

Q. What should I do if excessive smoking occurs during cleaning?

A. This is caused by excessive soil. Turn the oven off. Open the windows to rid the room of smoke. Wait until the oven has cooled and the word "LOCK" is off in the display. Wipe up the excess soil and reset the clean cycle.

Q. Is the "crackling" or "popping" sound I hear during cleaning normal?

A. Yes. This is the sound of the metal heating and cooling during both the cooking and cleaning functions.

Q. Should there be any odor during the cleaning?

A. Yes, there will be an odor during the first few cleanings. Failure to wipe out excessive soil might also cause a strong odor when cleaning.

Q. What causes the hair-like lines on the enameled surface of my oven?

A. This is a normal condition, resulting from heating and cooling during cleaning. These lines do not affect how your oven performs.

Q. Why do I have ash left in my oven after cleaning?

A. Some types of soil will leave a deposit which is ash. It can be removed with a damp sponge or cloth.

Q. My oven shelves do not slide easily. What is the matter?

A. After many cleanings, the oven shelves will lose their luster and become hard to slide. To make the shelves slide more easily, wipe the shelf supports with cooking oil.

Q. My oven shelves have become gray after the self-clean cycle. Is this normal?

A. Yes. After the self-clean cycle, the shelves will lose some luster and discolor to a deep gray color.

CARE AND CLEANING

Proper care and cleaning are important so your cooking center will give you efficient and satisfactory service. Follow these directions carefully in caring for it to help assure safe and proper maintenance.

BE SURE ELECTRIC POWER IS OFF BEFORE CLEANING ANY PART OF THE COOKING CENTER.

Control Panel

It's a good idea to wipe the control panel after each use. Clean with mild soap and water or vinegar and water, rinse with clean water and polish dry with a soft cloth.

Do not use abrasive cleansers, strong liquid cleaners, plastic scouring pads or oven cleansers on the control panel—they will damage the finish. A 50/50 solution of vinegar and hot water works well.

Microwave Oven

Outside

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

Inside

- Keep the microwave oven clean and sweet-smelling. Opening the oven door a few minutes after cooking helps air out the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- Spills and spatters are easy to remove from walls and floor. That's because there's little heat except in the food, or sometimes in the cookware. Some spatters wipe up with a paper towel, some may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry.

Wipe up spatters on the window on the inside of the door daily. When the window is soiled, wash it with a damp cloth. Rinse thoroughly and dry.

Wipe metal and plastic parts on the inside of the door frequently. Use a damp cloth to remove all soil. Do not use abrasives, such as cleaning powders or steel and plastic pads. They may mar the surface.

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.

If you use a Brown 'N Sear Dish:

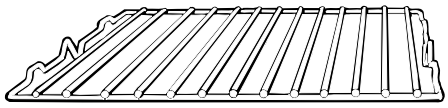
- Use Bon Ami® brand cleanser. High heat generated on the bottom of the Brown 'N Sear Dish can cause stains to bake onto the oven floor if grease is present. These may be removed with Bon Ami® brand cleanser. After using this cleanser, rinse and dry thoroughly, following cleanser instructions carefully.

DO NOT USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

Double Duty Shelf™ Microwave Oven

Clean the shelf with mild soap and water or in the dishwasher.

Do not clean in the self-cleaning oven.

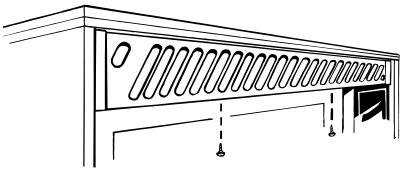


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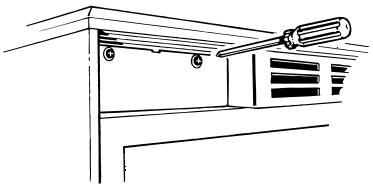
CARE AND CLEANING
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Microwave Oven Light

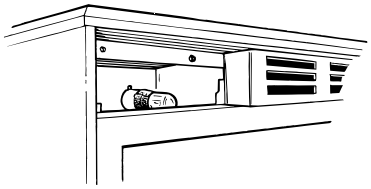
To replace microwave oven light, first disconnect power at main fuse or circuit breaker panel.



1. Remove grill above microwave oven. To do so, open microwave oven door, then remove the two screws from the bottom of the grill.



2. Remove the light cover by removing the two screws.



3. Remove the tape around the base of the light. The tape is there to prevent the light from loosening during shipment and door closings. Removing the tape might be difficult.

4. Unscrew the bulb carefully. Use a cloth to protect your hands in case the glass breaks.

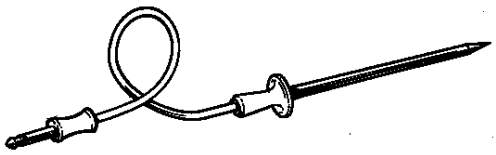
NOTE: The light bulb is not standard. Replace it with a similar 125-volt, 20-watt bulb, which is available from your GE supplier.

5. Screw replacement bulb into socket and replace light cover and grill. Reconnect power to cooking center.

Probe

The temperature probe may be cleaned with soap and water or a soap-filled scouring pad. Cool the temperature probe before cleaning. Scour stubborn spots with a soap-filled scouring pad, rinse and dry.

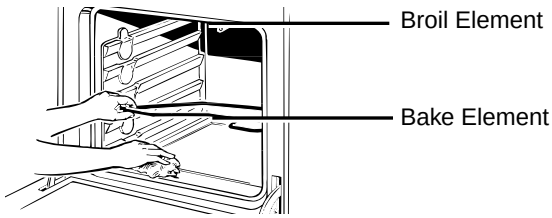
Do not immerse the temperature probe in water. Do not store the temperature probe in the oven.



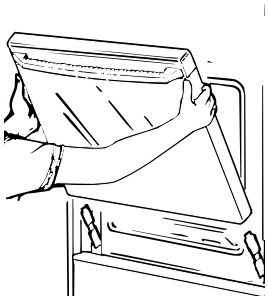
Oven Heating Elements

Do not clean the bake element or the broil element. Any soil will burn off when the elements are heated.

The bake element can be lifted gently to clean the oven floor. If spillovers, residue or ash accumulate around the bake element gently wipe around the element with warm water.



Lift-Off Oven Door Lower Oven



The oven door is removable, but it is heavy. You may need help removing and replacing the door. Do not lift the door by the handle. This can cause the glass to break or can cause damage to the door.

To remove the door, open it a few inches to the special stop position that will hold the door open. Grasp firmly on each side and lift the door straight up and off the hinges.

NOTE:

- Be careful not to place hands between the hinge and the oven door frame as the hinge could snap back and pinch fingers.
- While working in the oven area, cover the hinges with towels or empty paper towel rolls to prevent pinched fingers and chipping the porcelain enamel on the frame.

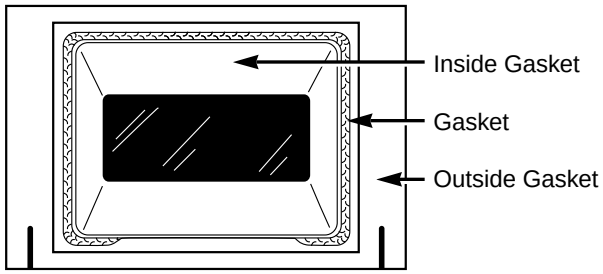
To replace the door, make sure the hinges are in the special stop position. Position the slots in the bottom of the door squarely over the hinges. Then lower the door slowly and evenly over both hinges at the same time. If hinges snap back against the oven frame, pull them back out.

TO CLEAN THE DOOR:

Inside of the door:

- Because the area inside the gasket is cleaned during the self clean cycle, you do not need to clean this by hand. Any soap left on the liner causes additional stains when the oven is heated.
- The area outside the gasket can be cleaned with a soap-filled scouring pad.
- Do not rub or clean the door gasket—the fiberglass material of the gasket has an extremely low resistance to abrasion. An intact and well-fitting oven door gasket is essential for energy-efficient oven operation and good baking results. If you notice the gasket becoming worn, frayed or damaged in any way or if it has become displaced on the door, you should have it replaced.

NOTE: The gasket is designed with a gap at the bottom to allow for proper air circulation.



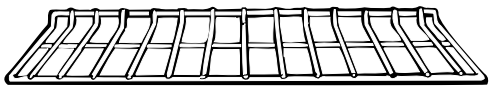
Outside of the door:

- Use soap and water to thoroughly clean the top, sides and front of the oven door. Rinse well. You may also use a glass cleaner to clean the glass on the outside of the door.
- Spillage of marinades, fruit juices, tomato sauces and basting materials containing acids may cause discoloration and should be wiped up immediately. When surface is cool, clean and rinse.
- Do not use oven cleaners, cleansing powders or harsh abrasives on the outside of the door.

Oven Shelves Lower Oven

Clean the shelves with a mild abrasive cleanser. After cleaning, rinse the shelves with clean water and dry with a clean cloth.

To remove heavy, burned-on soil, use soapy metal pads. After scrubbing, wash with soapy water, rinse and dry.

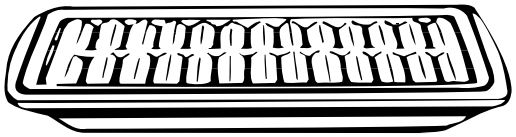


The oven shelves may be cleaned in self cleaning oven. However, they will darken, lose their luster and become hard to slide. Wipe the shelf supports with cooking oil after self-cleaning to make shelves slide more easily.

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CARE AND CLEANING
(continued)

Broiler Pan and Rack Lower Oven



After broiling, remove the broiler pan from the oven. Remove the rack from the pan. Carefully pour out the grease in the pan into a proper container. Wash and rinse the broiler pan and rack in hot soapy water with a soap-filled scouring pad.

If food has burned on, sprinkle the rack with detergent while hot and cover with wet paper towels or a dishcloth. Soaking the pan will remove burned on foods.

Both the broiler pan and rack can be cleaned with a commercial oven cleaner.

Both the broiler pan and rack can also be cleaned in the dishwasher.

Do not store a soiled broiler pan and rack in the oven.

Do not clean the broiler pan or rack in the self-cleaning oven.

Light Replacement Lower Oven

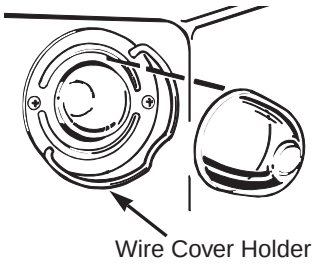
CAUTION: Before replacing your oven light bulb, disconnect the electric power for your cooking center at the main fuse or circuit breaker.

Be sure to let the light cover and light bulb cool completely before removing or replacing them. When in use, light bulbs can become warm enough to break if touched with a moist cloth or towel. When cleaning, avoid touching warm light bulbs with cleaning cloths if the light cover is removed.

The oven light bulb is covered with a removable glass cover which is held in place with a wire. Remove the oven door, if desired, to reach the cover easily.

To remove:

- Hold your hand under the cover so it doesn't fall when released. With fingers of the same hand, firmly push back the wire until it clears the cover. Lift off the cover.



DO NOT REMOVE ANY SCREWS.

- Replace bulb with 40-watt home appliance bulb.

To replace cover:

- Place it into the groove of the light receptacle. Pull the wire forward to the center of cover until it snaps in place. When in place, the wire holds the cover firmly. Be certain the wire is in the depression in the center of the cover.
- Connect electric power to the cooking center.

Metal Parts

Do not use steel wool, abrasives, ammonia or commercial oven cleaners. To safely clean surfaces; wash, rinse and then dry with a soft cloth.

Glass Window

To clean the outside of the oven window, use a glass cleaner. Rinse and polish with a dry cloth.

Do not allow the water or cleaner to run down inside openings in the glass while cleaning.

QUESTIONS?
USE THIS PROBLEM SOLVER

PROBLEM	POSSIBLE CAUSE
"F–AND A NUMBER" FLASH ON DISPLAY	• This is a function error code. Press the CLEAR/OFF pad. Allow the oven to cool one hour. Place the oven back into operation. If the function error occurs again, disconnect all power to the oven and call for service.
CONTROL PANEL ON MICROWAVE OVEN WILL NOT OPERATE	• The START pad not pressed. • Door not securely closed. • Another function was pressed. Press the CLEAR/OFF pad to cancel it. • Numbers not entered after pressing the TIME COOK pad. • Finished temperature not entered after pressing the TEMP COOK/HOLD pad. • The CLEAR/OFF pad pressed accidentally. • No code number entered after pressing the AUTO COOK, AUTO ROAST or AUTO DEFROST pad.
FOODS OVERCOOKED OR UNDERCOOKED IN MICROWAVE OVEN	• Not enough time set when using the Time Cook function because starting temperature of foods varied widely. • Varying density and amount of foods will sometimes require more cooking time. • Probe not inserted properly into meat or dish. See the Auto Roast section. • Incorrect power level entered. • Dish not rotated, turned or stirred as called for in the recipe. • Too many dishes in the oven at the same time. • Food not thoroughly defrosted. • Improper use of coverings. • Dish not covered as directed when using the Auto Cook function. • Humidity or moisture in the oven will lessen the cooking time in the Auto Cook function. Make sure the inside of the oven and the outside of containers are dry. • Some standing time is recommended for certain vegetables cooked in the Auto Cook function.
"PROBE" APPEARS ON THE DISPLAY	• The probe not inserted properly into the oven receptacle or food. • The probe not used, although the AUTO ROAST or the TEMP COOK/HOLD pad has been pressed.
"ERROR"APPEARS ON THE DISPLAY	• When using the Temp Cook function, you have entered a temperature of less than 80°F. or more than 199°F. • Door was opened during the "AUTO" cycle of the Auto Cook function. Close the door and press the START pad.
STRONG ODOR IN LOWER OVEN	• An odor from the insulation around the inside of the oven is normal for the first few times the oven is used. This is temporary.
FAN NOISE WHEN USING THE LOWER OVEN	• A fan may automatically turn on and off to cool internal parts. This is normal, and the fan may continue to run even after the oven is turned off.
"BURNING" OR "OILY" ODOR EMITTING FROM LOWER OVEN WHEN TURNED ON	• This is normal in a new oven and will disappear in time. To speed the process, set a self-clean cycle for a minimum of 3 hours. See the Operating the Self-Cleaning Oven section.
LOWER OVEN TEMPERATURE TOO HOT OR TOO COLD	• The oven thermostat needs adjustment. See the Adjust the Oven Thermostat—*Do It Yourself* section.

(continued next page)

QUESTIONS?
USE THIS PROBLEM SOLVER

PROBLEM	POSSIBLE CAUSE
LOWER OVEN WILL NOT OPERATE	• Difficulty may be in the main distribution panel of your house by a blown oven circuit fuse, a tripped oven circuit breaker, the main fuse or the main circuit breaker, depending on nature of the power supply. If a circuit breaker is involved, reset it. If the control box uses fuses, the oven fuse (a cartridge-type) should be changed BUT ONLY BY SOMEONE FAMILIAR WITH ELECTRICAL CIRCUITS. If after doing one of these procedures, the fuse blows or circuit breaker trips again, call for service. • The oven controls are not properly set. • The door is left in locked position after cleaning. • The probe is still plugged into the oven receptacle. Remove it.
LOWER OVEN LIGHT DOES NOT WORK	• Light bulb is loose or is burned out. • The OVEN LIGHT pad is defective • The oven is in the Self-Clean function.
ELECTRONIC PADS WILL NOT WORK	• Clock not set. Press the CLOCK pad and enter the time. Press the START pad.
ELECTRONIC DISPLAY PANEL GOES BLANK OR BLINKS	• If it cannot be reset by pressing pads, electrical service to your residence has caused interference signals on the main power line. Disconnect your cooking center at the main fuse or circuit breaker panel. Wait one minute and reconnect power. Reset the clock.
FOOD DOES NOT BROIL PROPERLY IN LOWER OVEN	• BROIL and START pads not pressed. • The door not left ajar as recommended. • Improper shelf position is being used. See the Broiling section. • Necessary preheating was not done. • Food is being cooked on a hot pan. • Cookware is not suited for broiling. • Low voltage. See the Broiling section. • Aluminum foil used on the broiler rack has not been fitted properly and slit.
FOOD DOES NOT ROAST OR BAKE PROPERLY IN LOWER OVEN	• BAKE and START pads not pressed. • Shelf position is incorrect. See the Baking or Roasting sections. • Roasting pan is too small. • The oven thermostat needs adjustment. See the Adjust the Oven Thermostat—*Do It Yourself* section. • Improper cookware is being used.
LOWER OVEN WILL NOT SELF-CLEAN	• Oven too hot to accept cleaning instructions. • Excessive spills, spatters and soil deposits are not being cleaned up prior to self-cleaning. • The AUTO SELF CLEAN and START pads not pressed. • The door is opened. Close securely.
LOWER OVEN DOOR WILL NOT UNLOCK	• The oven has not cooled to a safe temperature.

If you need more help…call, toll free:
GE Answer Center®
800.626.2000
consumer information service

We'll Be There

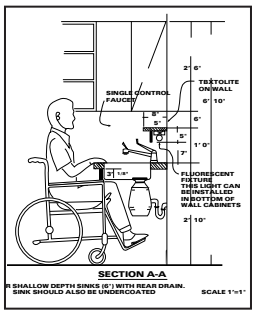
With the purchase of your new GE appliance, receive the assurance that if you ever need information or assistance from GE, we'll be there. All you have to do is call—toll-free!

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.

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.



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 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 guide 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 COOKING CENTER
WARRANTY

Staple sales slip or cancelled check here. Proof of original purchase date is needed to obtain service under warranty.

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 cooking center*** that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement ***magnetron tube*** if the magnetron tube fails because of a manufacturing defect. You pay for 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 as described in the Installation Instructions provided with the product.
- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is used for other than its intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS *NOT* RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

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

Warrantor: General Electric Company

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

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