

**SEARS**

**USE & CARE  
MANUAL**

**STOCK NO.  
88329**

**KNOW YOUR UNIT**

Read this booklet so you will be able to enjoy all the features in your Kenmore Microwave Oven.

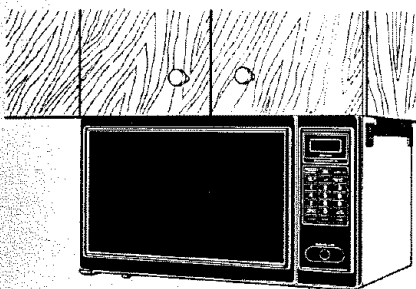
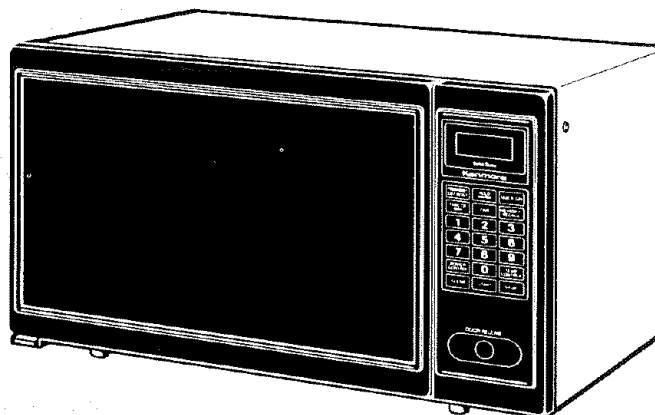
Record in space provided below the Model No. found on the label on the cavity front and the Serial No. found on the label on the inner left side of the control panel.

Model No. \_\_\_\_\_

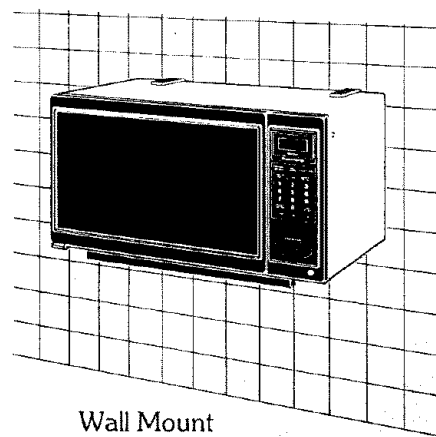
Serial No. \_\_\_\_\_

Retain this information for future reference.

400223



Under Cabinet



Wall Mount

Sears Kenmore mounting kits, Stock No. 22-84196 for under cabinet mounting and Stock No. 22-84297 for wall mounting are sold separately.

**Kenmore**  
**MICROWAVE OVEN**  
**Use and Care**

# YOUR SAFETY FIRST

The Sears Kenmore Microwave Oven, though simple to use, is not a toy. Respect it as an electric cooking appliance. Become familiar with microwave energy, its uses and limitations.

## 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—FOR PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The glass tray must be in the oven during cooking.
- Place the cookware gently on the glass tray and handle the tray carefully to avoid possible breakage.
- When a browning dish is used, the browning dish bottom must be at least 3/16 in. above cooking tray. Carefully read and follow the instructions for the browning dish. Incorrect usage may cause the glass tray to break.
- The oven should be thoroughly checked by a trained service technician, should it be dropped or damaged, before it is operated again.
- The electrical power cord must be kept dry and must not be pinched or crushed in any way.
- The oven has several built-in safety switches to make sure the power remains off when the door is opened. DO NOT try to defeat these switches.

### DON'TS

- DO NOT INSTALL YOUR OVEN OVER A RANGE, COOKTOP OR OTHER HEAT PRODUCING APPLIANCE, OR DAMAGE TO THE OVEN MAY RESULT.
- DO NOT attempt to operate this oven with the door open.
- DO NOT run the oven empty without food in it.
- DO NOT cook bacon directly on the glass tray to avoid excessive local heating of the glass tray.
- DO NOT leave the temperature probe unplugged in the cavity when operating the oven.
- DO NOT let the temperature probe touch the side walls, glass tray or door of the cavity when in use.
- DO NOT plug the pointed end of the temperature probe into the socket inside the cavity.
- DO NOT use the temperature probe in a regular oven. This probe is designed for microwave oven only.
- DO NOT store burnable material, such as food, in your microwave oven.
- DO NOT heat any types of baby bottles or baby food. Uneven heating may occur and possibly cause personal injury.
- DO NOT heat small-necked containers, such as syrup bottles, in the microwave oven.
- DO NOT use this microwave oven for commercial purposes. This Sears Kenmore Microwave Oven is made for household use only.

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### SAFETY CERTIFICATION

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*The Sears Kenmore Microwave Oven is designed and thoroughly tested to meet exacting safety standards. It meets UL and FCC requirements and complies with safety performance standards of the U.S. Department of Health and Human Services.*

# IMPORTANT SAFETY INSTRUCTIONS

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:

1. Read all instructions before using the appliance.
2. Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY” found on Page 2.
3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.

NOTE: If a fire should start:

\*KEEP THE OVEN DOOR CLOSED

\*TURN THE OVEN OFF

\*AND DISCONNECT THE POWER CORD OR SHUT OFF POWER AT THE FUSE OR CIRCUIT BREAKER PANEL.

- a. Do NOT grossly overcook foods. As many grossly overcooked foods will cause fires in the oven cavity, carefully attend the oven; especially, if paper, plastic, or other combustibles are placed inside the oven.
  - b. Do NOT store combustible items such as, bread, cookies, etc. inside the oven because if lightning strikes the power lines it may cause the oven to turn ON.
  - c. Do NOT use wire twist-ties in the oven. Be sure to inspect purchased items for wire twist-ties and remove them before the item is placed in the oven.
4. This appliance must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” found on Page 6.

5. Install or locate this appliance only in accordance with the provided installation instructions.
6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars for example may explode and should not be heated in this oven.
7. Use this appliance only for its intended use as described in this manual.
8. As with any appliance, close supervision is necessary when used by children.
9. 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.
10. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
11. Do not cover or block any openings on the appliance.
12. Do not use outdoors.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. 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. (See “Care and Cleaning” instructions on Page 29.)

## SAVE THESE INSTRUCTIONS

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**SEARS KENMORE MICROWAVE OVEN**  
**“USE AND CARE MANUAL” –**  
**MICROWAVE OVEN USE INSTRUCTIONS**

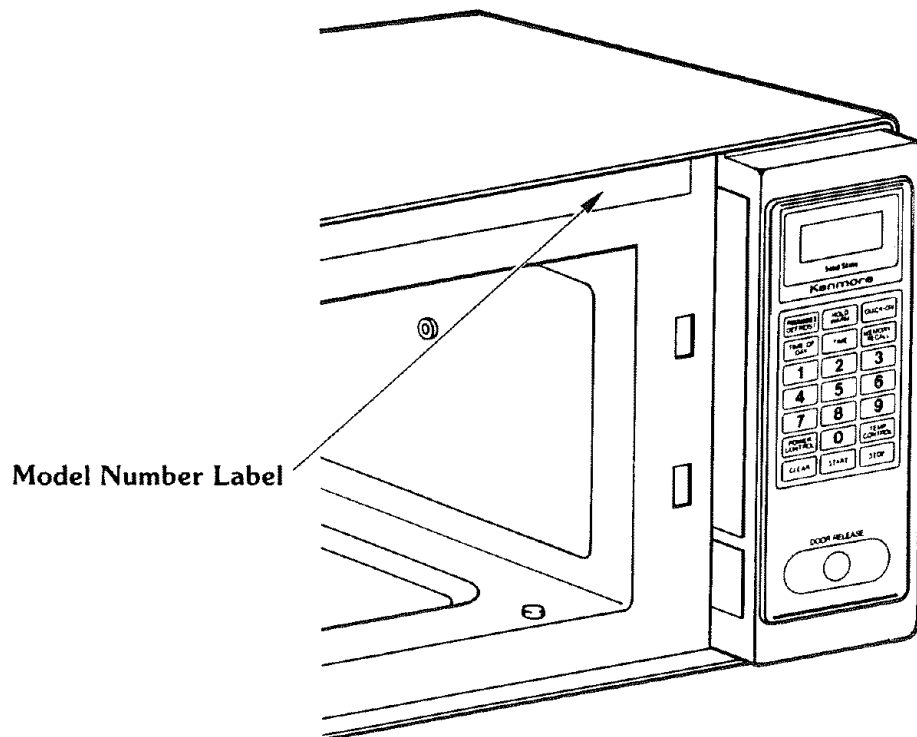
*Enjoy a new cooking experience from Sears. Please read this booklet. It takes only a few minutes – time well spent to learn how to use all of the features.*

*Advice on the use and care of Sears appliances is always available at your nearest Sears store. When seeking information, be sure you have the complete model number which is located on the plastic label. See below for its location.*

**MODEL NUMBER**

To make a request for service, information or replacement of parts, Sears will require the complete model number of your microwave oven. The number is on the cavity front. (You must open the door to see the number).

The number will look like this: 566.8000000



# IMPORTANT — ELECTRICAL GROUNDING INSTRUCTIONS

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

**WARNING** — Improper use of the grounding plug can result in a risk of electric shock.

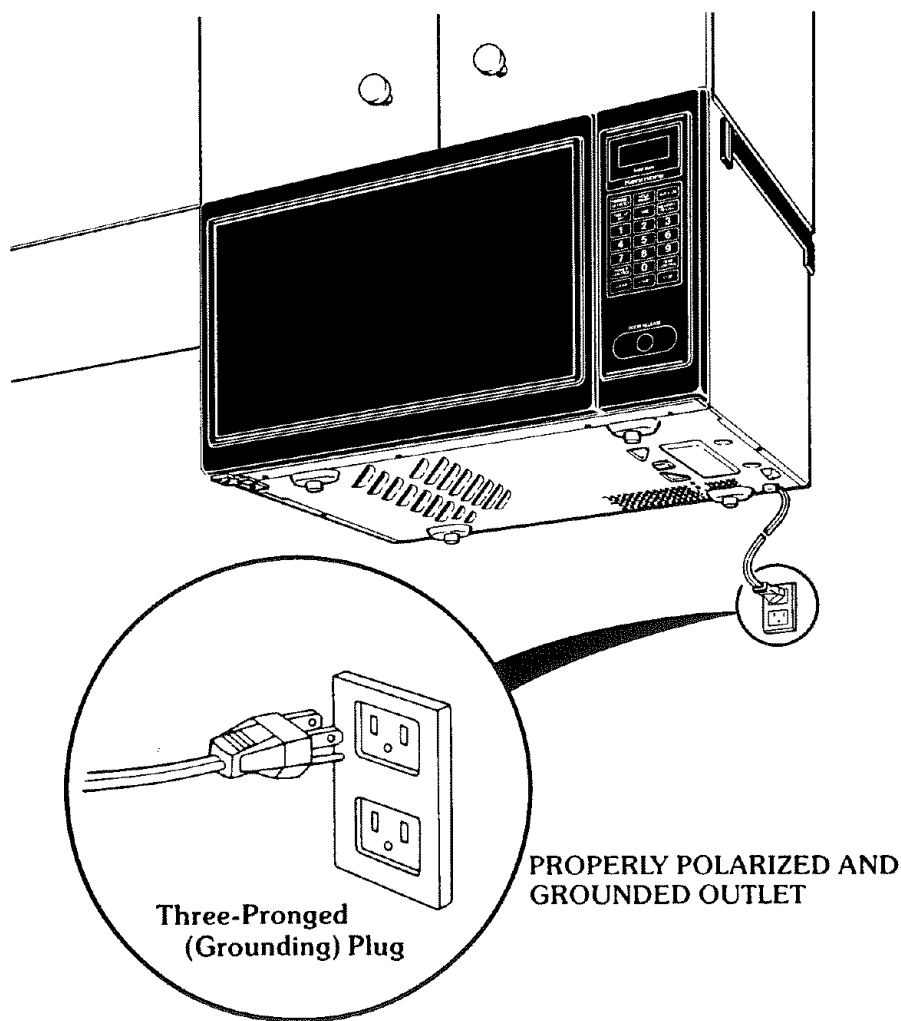
Consult a qualified electrician or Sears Service Department if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

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

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

If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance\*, (2) the extension cord must be a grounding-type 3 wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally. The electrical power cord must be kept dry and must not be pinched or crushed in any way.

\*NOTE: This oven draws a 12-ampere electrical current on 120 volts.



# INSTALLATION

Your new microwave oven can be placed in several convenient locations. If you want your microwave oven installed under the cabinet or mounted on wall, Sears Kenmore mounting kits, Stock Nos. 22-84196 (under cabinet) and/or 22-84297 (wall mounting) are sold separately. Contact your Sears store or the catalog. Install your oven by following these four simple steps for countertop use:

- Step 1:** Remove all packing material and accessories.
- Step 2:** Place the oven in the level location of your choice, but make sure that inlet and/or outlet openings which are located at the rear and bottom of the oven are not blocked. Blocking the inlet and/or outlet openings can damage the oven.
- Step 3:** Plug your oven into a Standard 120-volt/60 Hz household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.
- Step 4:** When your microwave oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display window will show "0:00" plus the hours and minutes that have elapsed since the oven was plugged in or the power was restored. This means that the TIME OF DAY clock must be set. Refer to "Setting Time of Day" below.

**NOTE:** If your oven does not operate properly, unplug the oven from the 120-volt/60Hz household outlet and then plug it back in.

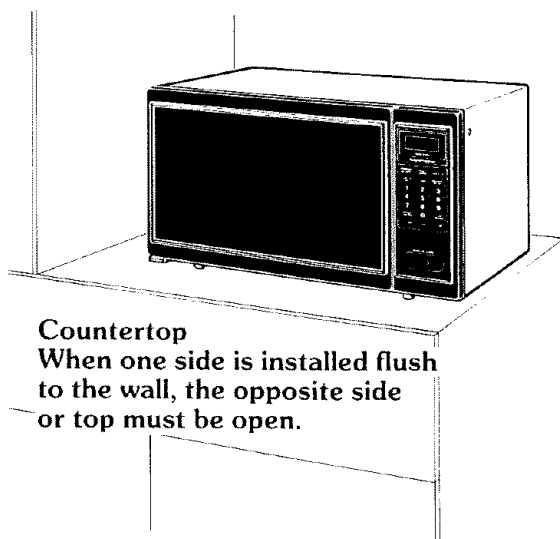
This unit is not designed for 50 Hz or any circuit other than a 120-volt/60 Hz AC circuit.

## SETTING TIME OF DAY

- Touch CLEAR.
- Touch TIME OF DAY.
- Touch numbers indicating the correct time.
- Touch TIME OF DAY.

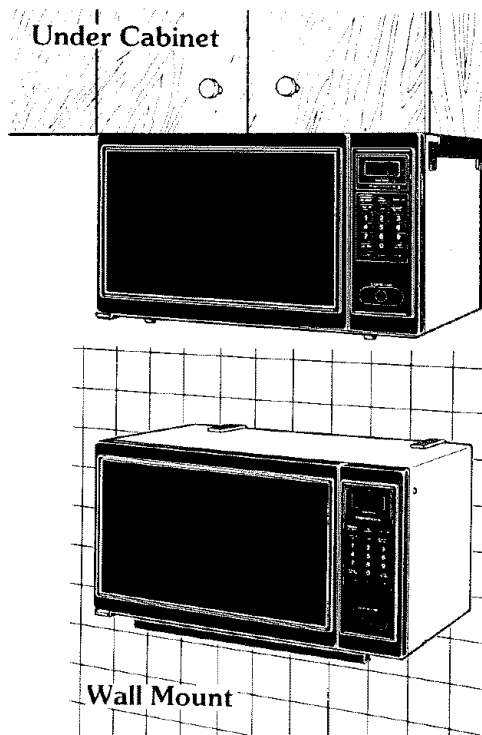
(This is also explained in the "Easy Use Chart" Time of Day Section on Page 10.)

**NOTE:** DO NOT INSTALL YOUR OVEN OVER A RANGE, COOKTOP OR OTHER HEAT PRODUCING APPLIANCE, OR DAMAGE TO THE OVEN MAY RESULT.

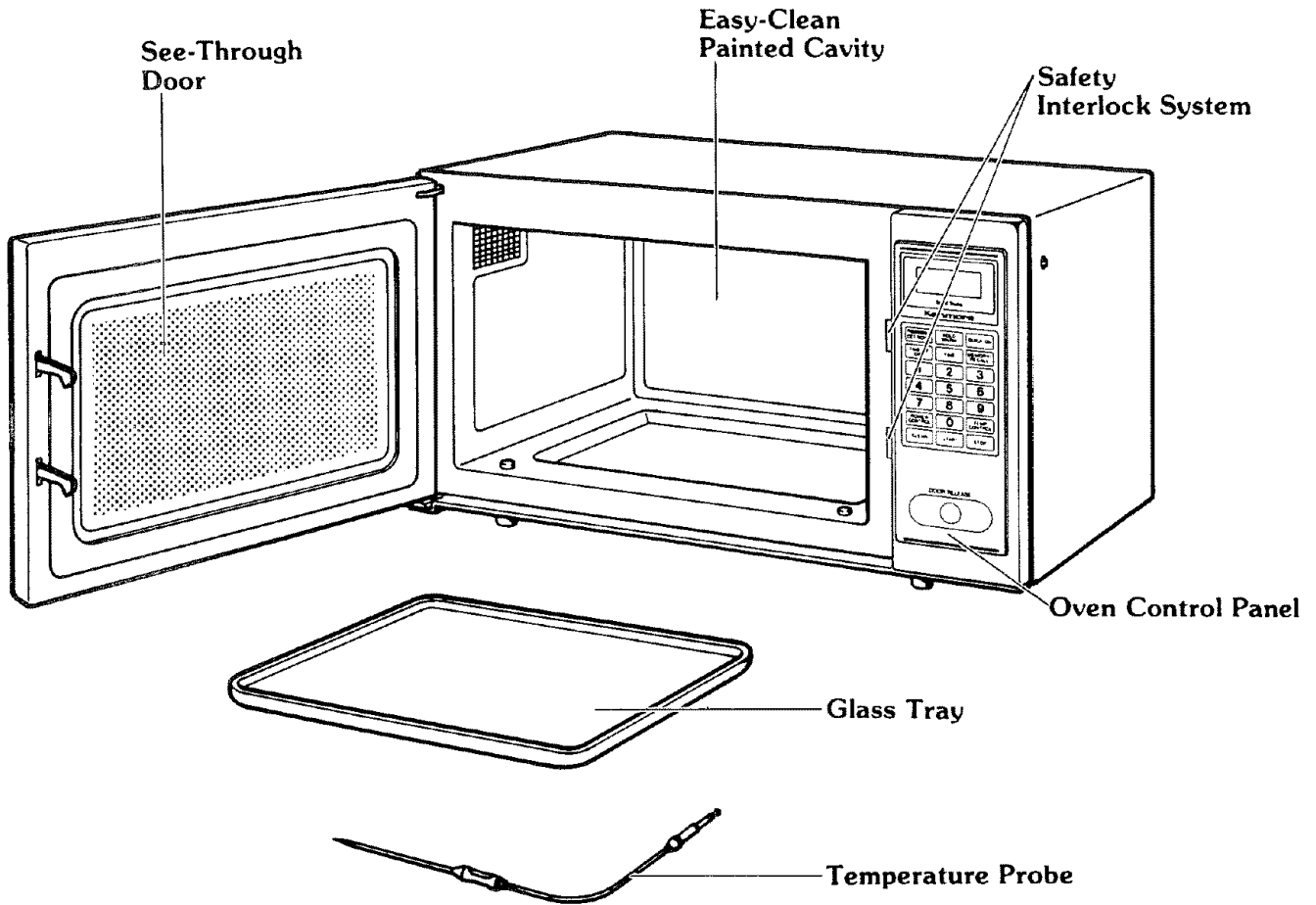


**Countertop**  
When one side is installed flush to the wall, the opposite side or top must be open.

**DIMENSIONS:** Height: 11-3/4"  
Width: 21-5/8"  
Depth: 13-1/8"  
Weight: 39 lbs.



# NAMES OF OVEN PARTS

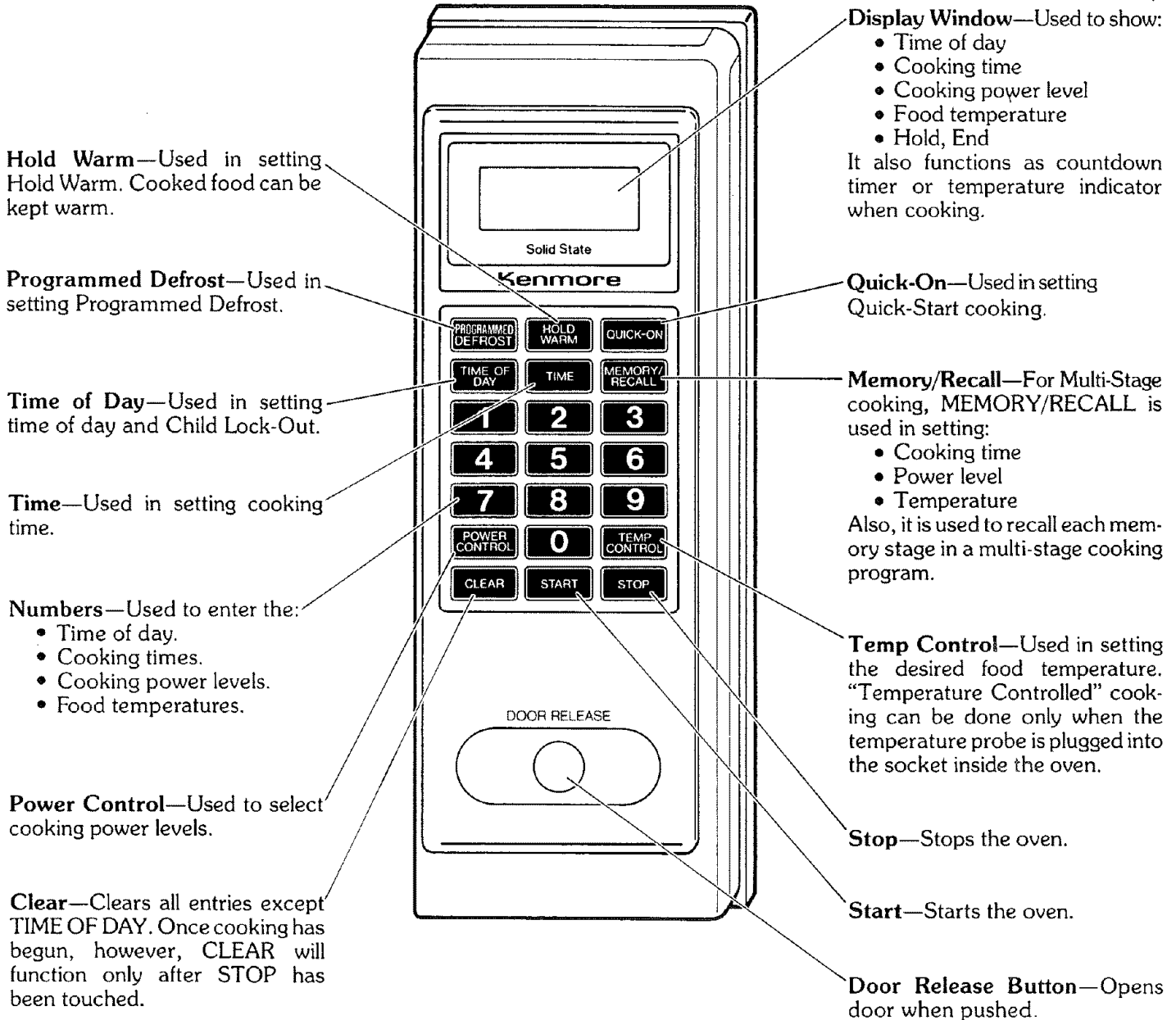


Remove your Sears Kenmore Microwave Oven and all material from the shipping carton. Your oven will be packed with the following materials:

- Glass Tray ..... 1 Each
- Temperature Probe ..... 1 Each
- Cookbook ..... 1 Each
- "Use and Care Manual" ..... 1 Each
- "Easy Use Chart" Card ..... 1 Each

Do not use this Sears Kenmore Microwave Oven for commercial purposes. This microwave oven is made for household use only.

# OVEN CONTROL PANEL



**NOTE:** A “beep tone” sounds when a “pad” on the control panel is touched, to indicate a setting has been entered.

# EASY USE CHART

Your new solid state control system allows you to use your microwave oven in many ways.

TIME OF DAY	TIMER	CHILD LOCK-OUT
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch TIME OF DAY.</li> <li>3. Touch numbers for correct time of day.</li> <li>4. Touch TIME OF DAY.*</li> </ol> <p>* This "locks" in the time and starts the clock running.</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch correct numbers for time.</li> <li>4. Touch POWER CONTROL.</li> <li>5. Touch "0" (power level 0).</li> <li>6. Touch START.</li> </ol> <p>(See Pages 12 for more instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch TIME OF DAY.</li> <li>3. Touch "9" four times.</li> <li>4. Touch START.</li> </ol> <p>To clear:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch TIME OF DAY.</li> <li>3. Touch "7" four times.</li> <li>4. Touch START.</li> </ol> <p>(See Page 12 for more detailed instructions.)</p>
QUICK-START COOKING	"HI-POWER"/"MULTI-POWER" COOKING	TEMPERATURE CONTROLLED "HI-POWER"/"MULTI-POWER" COOKING
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch QUICK-ON.</li> <li>3. Touch number (single digit, 1-9) for desired cooking time.</li> </ol> <p>(See Pages 13 and 14 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for desired cooking time.</li> <li>4. Touch POWER CONTROL.</li> <li>5. Touch numbers for desired cooking power level.</li> <li>6. Touch START.</li> </ol> <p><b>NOTE:</b> It is not necessary to touch POWER CONTROL when cooking with the highest power ("HI"). To set "HI-POWER" Cooking, skip steps 4 and 5 above.</p> <p>(See Page 16 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Plug in Temperature Probe.</li> <li>2. Touch CLEAR.</li> <li>3. Touch TEMP CONTROL.</li> <li>4. Touch numbers for desired food temperature.</li> <li>5. Touch POWER CONTROL.</li> <li>6. Touch numbers for desired cooking power level.</li> <li>7. Touch START.</li> </ol> <p><b>NOTE:</b> It is not necessary to touch POWER CONTROL when cooking with the highest power ("HI"). To set "HI-POWER" Cooking, skip steps 5 and 6 above.</p> <p>(See Page 20 for more detailed instructions.)</p>
MULTI-STAGE COOKING	DELAY START COOKING	PROGRAMMED DEFROST
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch TIME or TEMP CONTROL.</li> <li>3. Touch numbers for cooking time or temperature.</li> <li>4. Touch POWER CONTROL.</li> <li>5. Touch numbers for cooking power level.</li> <li>6. Touch MEMORY/RECALL and repeat steps 2-5 to set 2nd cooking stage.</li> <li>7. Touch START.</li> </ol> <p>(See Pages 26 and 27 for more detailed instructions.)</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for desired delay time.</li> <li>4. Touch POWER CONTROL.</li> <li>5. Touch "0" (power level 0).</li> <li>6. Touch MEMORY/RECALL.</li> <li>7. Touch TIME or TEMP CONTROL.</li> <li>8. Touch numbers for desired cooking time or temperature.</li> <li>9. Touch POWER CONTROL.</li> <li>10. Touch numbers for cooking power level.</li> <li>11. Touch START.</li> </ol> <p><b>NOTE:</b> A preset delay time must be no more than 99 minutes and 99 seconds.</p> <p>(See Page 27 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch PROGRAMMED DEFROST.</li> <li>3. Touch numbers for desired defrost time.</li> <li>4. Touch START.</li> </ol> <p>(See Pages 21 thru 25 for more detailed instructions.)</p> <hr/> <p style="text-align: center;"><b>HOLD WARM</b></p> <p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR.</li> <li>2. Touch HOLD WARM.</li> <li>3. Set for desired cooking cycle following suitable operating instructions.</li> <li>4. Touch START.</li> </ol> <p>(See Page 12 for more detailed instructions.)</p>



# RECALL AND CHANGE OF SETTINGS

## To Recall a Setting

To recall (check) a setting **before you start the oven**, follow the directions below:

- To check the setting for a given stage, touch MEMORY/RECALL one or more times until the correct stage light and indicator light turns on. The set TIME or TEMP CONTROL for that stage will show in the display window.
- To check the cooking power level, touch POWER CONTROL.

To recall (check) a setting **while the oven is operating**, follow the directions below.

- To check settings while the oven is operating, touch the desired pad to recall the setting for the operating stage.
- To recall a future stage, touch STOP, follow the directions above for recalling (checking) a setting before starting the oven, and then touch START to continue cooking.
- To recall TIME OF DAY while the oven is running, touch TIME OF DAY. It will show momentarily in the display window.
- To check the cooking power level during cooking, touch POWER CONTROL. Power level will show momentarily in the display window.

## To Change a Setting

Recall the setting to be changed by following the directions above and make the change as follows:

- Touch STOP ..... The oven will stop cooking.
- Touch TIME ..... Then touch "0" until only one "0" shows in the display window. Set the cooking time.
- Touch TEMP CONTROL ..... Set food temperature.
- Touch POWER CONTROL ..... Set cooking power level. To reset to "HI", set "99", maximum power.

## REGULAR TIMER

Your oven also has a timer that can be used for noncooking functions. When used as a regular timer, the oven is not running. The time is simply counting down in the display window with no cooking or heating in the oven. A tone will sound and the word “End” will show in the display window when the time is over. For settings of this timer, see “Easy Use Chart” Timer Section on page 10.

## CHILD LOCK-OUT

Your oven has a “Child Lock-Out” feature to prevent a playful or accidental running of the oven by a child. After this feature is set, the time is simply counting down to zero in the display window, and **no cooking** can occur.

For setting this Child Lock-Out feature, see below.

To set:

1. Touch CLEAR.
2. Touch TIME OF DAY.
3. Touch “9” four times.
4. Touch START.

To clear:

1. Touch CLEAR.
2. Touch TIME OF DAY.
3. Touch “7” four times.
4. Touch START.

## “HOLD WARM”

Your oven has a “Hold Warm” feature that keeps food warm after the cooking is done.

To use the “Hold Warm” feature:

1. Touch CLEAR.
2. Touch HOLD WARM.
3. Set the desired cooking cycle following suitable operating instructions on pages 13 through 27 in this manual.
4. Touch START. When the cooking cycle is over, the oven will switch into “Hold Warm” to keep the food warm. “Hold” will show in the Display Window. The power control setting changes to Power Level 1. The “Hold Warm” will continue for up to 100 minutes or until the door has been opened or STOP has been touched.

If you want to keep your cooked food warm, the “Hold Warm” feature can be used independently without setting the cooking cycle.

To use the “Hold Warm” feature independently:

1. Touch CLEAR.
2. Touch HOLD WARM.
3. Touch START.

The oven will begin to keep the food warm with power level 1 for up to 100 minutes or until the door has been opened or STOP has been touched.

# QUICK-START COOKING (HI-power only)

This feature was designed for simple, 2-step setting of the oven with convenience cooking and/or reheating in mind. To set, simply touch the "QUICK-ON" pad, and touch a number pad from 1 to 9. The oven starts instantly.

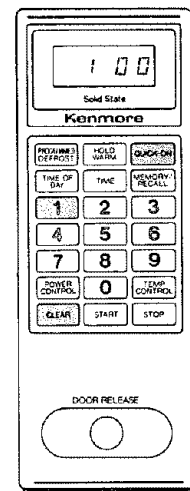
1. Touch CLEAR, and beep tone will sound. The CLEAR erases all previous settings.
2. Touch QUICK-ON.  
"0" will show in the display window.
3. Touch a number (single digit, 1~9) for desired cooking time in minutes. The oven will begin to cook on HI-power and the display window will show the time counting down in minutes and seconds.
4. A tone will sound and the word "End" will show in the display window for two seconds when the cooking time is completed. The oven will automatically shut off.

**NOTE:** To stir or rearrange food during cooking, simply open the door; stir or rearrange and close the door. Touch "START".

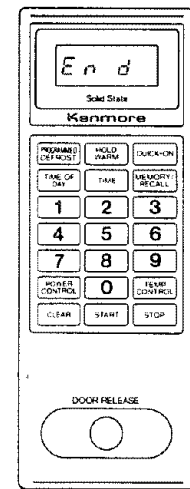
The oven will automatically continue to count down the remaining amount of time left in the display window.

**EXAMPLE:** To reheat 1 cup of coffee, you would use HI-power for 1 minute. To do this, follow these steps:

1. Touch CLEAR.
2. Touch QUICK-ON.
3. Touch "1".  
The oven begins to cook and the time will begin to count down in the display window.



4. A tone will sound and the word "End" will show in the display window for two seconds when the 1 minute is over. The oven will automatically shut off.



## QUICK-START REHEATING GUIDE

This guide shows the food items and some special notes for reheating with "Quick-Start" feature. Touch CLEAR, touch QUICK-ON, touch numbers from 1 to 9 for minutes of heating.

Food	Amount	Time	Special Notes	
<b>BEVERAGES</b>				
Water Based	1 cup	1-2 min	Heat uncovered. Use 6-8 ounce cup.	
	2 cups	3-4 min		
Milk Based	1 cup	2 min		
	2 cups	3 min		
Broth-based soups	10 <sup>3</sup> / <sub>4</sub> oz. can	3-4 min		Use 1 <sup>1</sup> / <sub>2</sub> -quart casserole. Cover.
Cream-based soups	10 <sup>3</sup> / <sub>4</sub> oz. can	4-5 min		Use 1 <sup>1</sup> / <sub>2</sub> -quart casserole. Cover.
Sandwich	1-2	1 min		Place on paper plate or towels.
Cooked pizza, 10 inches, cut in 8 portions	2 wedges	2 min		Place on paper towels or paper plate or leave in uncovered cardboard box, points toward center.
	4 wedges	2-3 min		
	whole	4-5 min		
Casseroles	1 qt. (4 cups)	5-7 min	Cover. Stir once.	
<b>MEAT</b>				
Sliced thin	3-5 oz.	1 min	Heat on microproof plate, covered with waxed paper.	
Sliced thick	1/2"-1" thick	2 min		
Barbecued beef, chili, stews, hash, etc.	16 oz. can	4-5 min	Place in microproof dish. Cover. Stir half-way through cooking time.	
Hamburgers, Meat loaf slices, Sausage patties	1 serving	1 min	Place on microproof plate. Cover with paper towel. Turn over once.	
	2 serving	2-3 min		
	4 serving	4-5 min		
<b>POULTRY</b>				
Chicken pieces	1	1 min	Heat on microproof plate. Cover with waxed paper. If fried, cover with paper towel.	
	2	1-2 min		
	4	2-3 min		
	6	4-6 min		
Creamed chicken	10 <sup>1</sup> / <sub>2</sub> oz. can	3-4 min	Cover. Stir once.	
Chicken, turkey, sliced	3-5 oz.	1-2 min	Heat on microproof plate. Cover with waxed paper.	
<b>SEAFOOD</b>				
Shrimp, crab, or scallops in sauce, frozen	6 <sup>1</sup> / <sub>2</sub> oz.	4-6 min	Slit pouch and place on microproof plate. Flex pouch to mix halfway through cooking time.	
Seafood or fish casseroles, frozen	16 oz.	5-7 min	Remove from package to 1-quart microproof casserole. Cover. Stir once during cooking.	
<b>SIDE DISHES</b>				
Rice, Pasta	3/4 cup	1 min	Heat in microproof casserole, covered tightly with plastic wrap.	
	1-2 cups	2 min		
Vegetables, frozen in pouch	10-12 oz.	5-8 min	Slit pouch. Place on microproof plate. Flex half way through cooking time to mix.	
Mashed potatoes, instant	4 servings (3 <sup>1</sup> / <sub>2</sub> oz. packet)	5-7 min	Follow package directions. Reduce liquid by 1 tablespoon.	
Canned vegetables	8 oz.	1-2 min	Use 4-cup microproof casserole, covered. Stir once.	
	15 oz.	2-3 min		
	17 oz.	3-4 min		
Pudding and pie filling mix	3 <sup>1</sup> / <sub>4</sub> oz.	6-7 min	Follow package directions. Stir once. Use 4-cup glass measure.	

# COOKING GUIDE FOR “MULTI-POWER” SETTINGS

The “Multi-Power” feature lets you cook at the best power level for the food being cooked. Cooking directions can be found in the cookbook.

POWER LEVEL	POWER SETTINGS	EXAMPLES	MICROWAVE OUTPUT POWER *
10	WARM	<ul style="list-style-type: none"> <li>• Softening cream cheese.</li> <li>• Keeping casseroles and main dishes warm.</li> </ul>	145
20	LOW	<ul style="list-style-type: none"> <li>• Softening chocolate.</li> <li>• Heating breads, rolls, pancakes, tacos, tortillas and french toast.</li> <li>• Clarifying butter.</li> <li>• Taking the chill out of fruit.</li> <li>• Heating small amounts of food.</li> </ul>	200
30	DEFROST MED LOW	<ul style="list-style-type: none"> <li>• Thawing meat, poultry and seafood.</li> <li>• Completing the cooking cycle of casseroles, stews and some sauces.</li> <li>• Cooking small quantities of most food.</li> </ul>	255
40	BRAISE	<ul style="list-style-type: none"> <li>• Cooking less tender cuts of meat in liquid or slow cooking dishes.</li> <li>• Completing the cooking cycle of less tender roasts.</li> </ul>	315
50	SIMMER	<ul style="list-style-type: none"> <li>• Cooking stews and soups after bringing to a boil.</li> <li>• Cooking baked custards and pasta.</li> </ul>	370
60	BAKE	<ul style="list-style-type: none"> <li>• Cooking scrambled eggs.</li> <li>• Cooking cakes.</li> </ul>	425
70	ROAST MED HIGH	<ul style="list-style-type: none"> <li>• Cooking rump roast, ham, veal and lamb.</li> <li>• Cooking cheese dishes.</li> <li>• Cooking eggs and milk.</li> <li>• Cooking quick breads and cereal products.</li> </ul>	480
80	REHEAT	<ul style="list-style-type: none"> <li>• Reheating precooked or prepared food quickly.</li> <li>• Heating sandwiches.</li> </ul>	540
90	SAUTÉ	<ul style="list-style-type: none"> <li>• Cooking onions, celery and green peppers quickly.</li> <li>• Reheating meat slices quickly.</li> </ul>	595
100 (HI)	MAX POWER HIGH	<ul style="list-style-type: none"> <li>• Cooking tender cuts of meat.</li> <li>• Cooking poultry, fish, vegetables and most casseroles.</li> <li>• Preheating the browning dish.</li> <li>• Boiling water.</li> <li>• Thickening some sauces.</li> </ul>	650

\* Approximate watts as measured by 2-liter method.

As you get to know your microwave oven, you may find that a particular setting is too low or too high for the results you desire.

Multiple-power control gives you the means to obtain greater precision in setting power levels. For instance, if you want a power level between ROAST and REHEAT, you would set the time as usual: touch POWER CONTROL, and then touch “7” and “5”. The display window will show “75”, indicating that your oven is set to run at power level 75—halfway between ROAST and REHEAT.

## FAST DEFROST

Your oven is equipped with a Programmed Defrost system which is the best defrost method for this oven. FAST DEFROST is explained in order to show other defrosting possibilities. To speed up the defrosting of dense food items over 1 lb., start on “HI”, then reduce to the 30 (DEFROST) setting.

1. Microwave on “HI” for 1-2 minutes per pound of dense food items.
2. Then Microwave on 30 (DEFROST) for 3 minutes per pound or until food is thawed. Defrosting time will be greatly reduced.

# “HI-POWER”/“MULTI-POWER” COOKING

“HI” gives the highest cooking power possible with your microwave oven. It is the recommended setting for cooking foods with high moisture content or for cooking foods that need fast cooking to maintain their natural flavor and texture. Many foods need slower cooking (at less than full power) in order to give you the best results. In addition to “HI” there are ninety-nine multi-power settings. The cookbook tells you which power setting is recommended for the food being cooked.

## To Cook

1. Touch CLEAR, and a beep tone will be heard. The CLEAR erases all previous settings.
2. Touch TIME. “0” will show in the display window.
3. Touch the correct numbers on the control panel to set the cooking time. The time set will show in the display window at the top of the control panel. For example:
  - To set 30 seconds, you would touch “3” and then “0”.
  - To set 3 minutes, touch “3”, “0” and “0”.
  - To set 3-1/2 minutes, touch “3”, “3” and “0”.

Remember, the timer is a digital clock that is divided into 60 seconds. Therefore, 1/2 minute is equal to 30 seconds. Touch 30 and not 50 (as with a calculator) to indicate 1/2.

4. Touch POWER CONTROL. The word “HI” will show in the display window until a lower setting is entered. This is to tell you that the oven will be operating on “HI” unless a different power setting is chosen.
5. Touch numbers for desired cooking power level. For example, if the recipe calls for cooking at the “80 (REHEAT)” setting, you would touch “8” and “0”. The display window will show “80”. This means that in the REHEAT setting, the oven is cooking at power level 80.

**NOTE:** It is not necessary to touch POWER CONTROL when cooking with the highest power (“HI”). To set “HI-POWER” Cooking, skip steps 4 and 5 above. However, if POWER CONTROL is touched. The word “HI” will show in the display window. This is to let you know that the oven will be operating on “HI” power unless a different power setting is chosen.

6. Touch START. The oven begins to cook and the display window will show the time counting down in minutes and seconds. A tone will sound and the word “End” will show in the display window for two seconds when the cooking time is completed. The oven will automatically shut off.

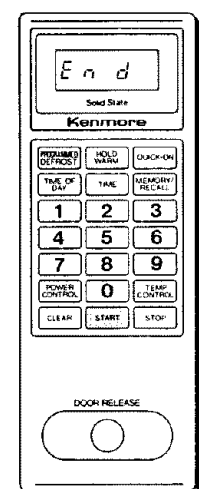
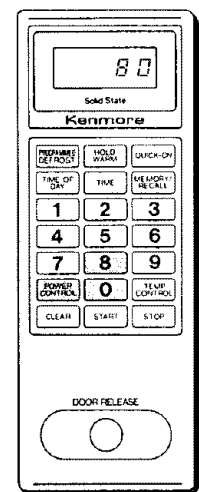
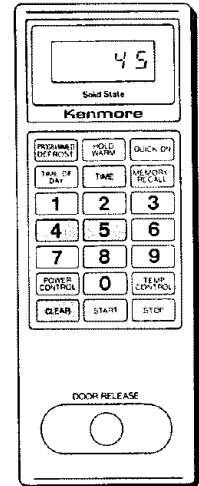
**EXAMPLE:** To warm 6 doughnuts, you would use power level “80 (REHEAT)” for 45 seconds. To do this, follow these six steps:

1. Touch CLEAR.
2. Touch TIME.
3. Set 45 seconds by touching “4” and then “5”. “45” will show in the display window.

4. Touch POWER CONTROL. The display window will show “HI”.
5. Choose the “80 (REHEAT)” setting by touching the numbers “8” and “0”. The display window will show “80”. This means the oven is cooking at power level 80.

6. Touch START. The oven begins to cook and the time will begin to count down in the display window. A tone will sound and the word “End” will show in the display window for 2 seconds when the 45 seconds are over. The oven will automatically shut off.

**NOTE:** If you want to keep the food warm after finishing the cooking cycle, you can use “Hold Warm” feature. For detailed instructions on using “Hold Warm” feature, see page 12.



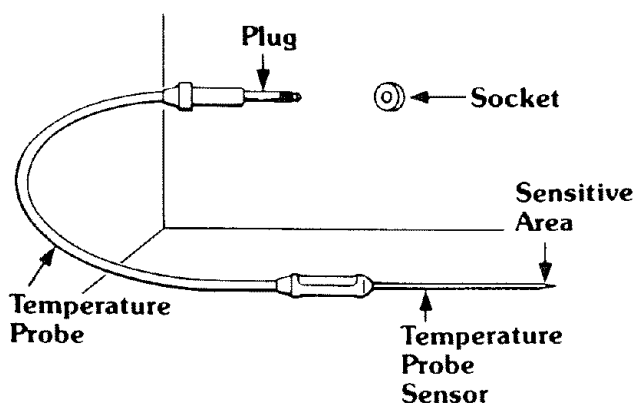
# “TEMPERATURE CONTROLLED” COOKING

The temperature probe is used to judge doneness when cooking or reheating food. Set the desired food temperature with the TEMP CONTROL and the desired power level with the POWER CONTROL. When “Hold Warm” is set, after completing the cooking cycle the oven will hold the food warm up to 100 minutes.

## TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperature from 115°F to 185°F can be chosen and set in the oven. The temperature should be set in five-degree increments. The display window will show the rise in food temperature in five-degree increments.

For example, when a temperature of 125°F is set, the display window will show the temperature as it rises from 115°F to 120°F and then to 125°F. The lowest temperature number that can be displayed is 115°F. Therefore, even though the food may be less than 115°F, the display will remain at 115°F until the food is heated to above 115°F.



## DEFINITIONS

**TEMPERATURE PROBE SENSOR:** The pointed metal portion of the probe which is placed into the food.

**SENSITIVE AREA OF SENSOR:** The first inch, or tip, of the temperature probe sensor.

**PLUG:** The end of the temperature probe that is plugged into the oven socket.

**SOCKET:** The outlet on the side of the oven wall.

**CAUTION:** Do not plug the pointed end of the temperature probe into the socket.

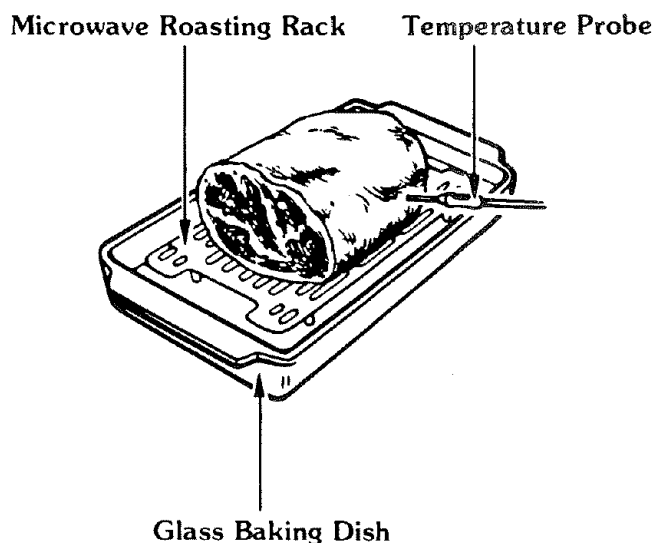
**DISPLAY WINDOW:** Show the cooking temperature rising as the food is cooking. Chosen temperature may be seen during cooking by touching TEMP CONTROL. When “Hold Warm” is set, after completing the cooking the display will show “Hold” for 100 minutes or until the door is opened or STOP is touched.

## MEATS

- Choose only fresh, completely thawed meat.
- Place meat fat side down on the microwave roasting rack in a glass baking dish.
- Microwave cook on the first “multi-power” setting for half of the total cooking time. (See “Temperature Controlled” Meat Cooking Guide on Page 18.)
- Turn meat to fat side up and:

1. Place the temperature probe sensor into the meat with the first inch of the sensor in the center of the meat. The sensor should not touch the bone or fat pocket. The sensor should be put in from the side or from the front—it should not be put in from the top of the meat.
2. Plug the temperature probe into the socket on the side of the oven wall.
3. Choose the doneness temperature from the chart on Page 18. Set the temperature with the TEMP CONTROL.
4. Microwave cook the meat on the second “multi-power” setting. The microwave oven will turn itself off when the preset temperature is reached. Take the food out of the oven as soon as the display window shows “Hold”.
5. Remove the temperature sensor. Let the meat stand, covered with foil for about 10 minutes before serving. The temperature will rise about 15°F during standing time.

**NOTE:** It is normal for meats to become slightly overcooked in a small circular area in the immediate vicinity of the hole made by the meat probe.



## “TEMPERATURE CONTROL” POINTS TO REMEMBER

### DO

- Place the temperature probe sensor into the thickest part of the meat or in the center of the food to be reheated. Avoid touching bone or fat.
- Check that the first inch of the sensor is in the densest part of the food to be cooked.
- Remove the temperature probe from the oven after use.
- Be sure to turn meat between first and second settings.
- Refer to cookbook for other information.

### DO NOT

- Do not operate the oven empty with the temperature probe plugged in.
- Do not leave the temperature probe unplugged in the cavity when operating the oven.
- Do not let the temperature probe touch the side walls, glass tray or door of the cavity when in use.
- Do not plug the pointed end of the temperature probe into the socket inside the cavity.
- Do not use the temperature probe in a regular oven. This probe is designed for microwave oven only.

## “TEMPERATURE CONTROLLED” MEAT COOKING GUIDE

Refer to “Meats” section on Page 17.

MEAT	FIRST SETTING TIME	SECOND SETTING		STANDING TIME
		TIME	OR TEMPERATURE PROBE	
<b>BEEF</b> Meat Loaf 2 lbs.	HI (Max. Power) 12—14 min.		HI (Max. Power) 160°F	5—10 min.
Rib Roast, boneless	HI (Max. Power) Rare 4—5 min. per lb. Medium 5—6 min. per lb. Well done 6—7 min. per lb.	70 (Roast) Rare 3—4 min. per lb. Medium 5—6 min. per lb. Well done 6—7 min. per lb.	70 (Roast) 120°F 130°F 140°F	10 min. 10 min. 10 min.
Rib Roast, with bone	HI (Max. Power) Rare 3—4 min. per lb. Medium 4—5 min. per lb. Well done 5—6 min. per lb.	70 (Roast) Rare 3—4 min. per lb. Medium 3—5 min. per lb. Well done 5—6 min. per lb.	70 (Roast) 120°F 130°F 140°F	10 min. 10 min. 10 min.
<b>POULTRY</b> Chicken, whole 3-1/2—5 lbs.	HI (Max. Power) 3—4 min. per lb.	HI (Max. Power) 4—5 min. per lb.	HI (Max. Power) 180°F	5 min.
Chicken, pieces 2-1/2—3-1/2 lbs.	HI (Max. Power) 10 min.	HI (Max. Power) 8—12 min. per lb.	HI (Max. Power) 170°F	5 min.
Duckling 4—5 lbs.	70 (Roast) 4 min. per lb.	70 (Roast) 4 min. per lb.	70 (Roast) 170°F	8—10 min.
Turkey breast 3—4 lbs.	HI (Max. Power) 7 min. per lb.	70 (Roast) 5 min. per lb.	70 (Roast) 170°F	
<b>PORK</b> Pork Loin Roast, boneless 3—5 lbs.	HI (Max. Power) 6 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 165°F	10 min.
Pork Loin, center cut 4—5 lbs.	HI (Max. Power) 5—6 min. per lb.	70 (Roast) 4—5 min. per lb.	70 (Roast) 165°F	10 min.
Ham, boneless, precooked	70 (Roast) 5—7 min. per lb.	70 (Roast) 5—7 min. per lb.	70 (Roast) 130°F	10 min.
Center Cut Ham Slice 1—1-1/2 lbs.	70 (Roast) 5 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 130°F	5 min.
Canned Ham 3 lbs.	70 (Roast) 5—6 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 130°F	10 min.

## REHEATING FOODS

- Place the temperature probe sensor into the food to be reheated with the first inch of the sensor in the center of the food.
- Plug the temperature probe into the socket on the side of the oven wall.
- Cover the food if desired.
- Set the temperature of the desired doneness. (See chart below.)
- Select "multi-power" setting as shown below.
- The microwave oven will stop cooking when the set temperature is reached and then it will "Hold Warm" when "Hold Warm" is set.
- Remove the temperature probe from the oven after use.

## "TEMPERATURE CONTROLLED" REHEATING GUIDE

FOOD	SETTING	DONENESS	INSTRUCTIONS
Beverages	HI (MAX POWER)	150°F	Place the temperature probe sensor in the center of the beverage glass.
Soups	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the soup. Cover with casserole lid, waxed paper, or plastic wrap.
Precooked Casseroles	80 (REHEAT)	150°F	Place temperature probe sensor into the center of the food. Cover with a casserole lid, waxed paper, or plastic wrap.
Canned Vegetables	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Leftovers	80 (REHEAT)	150°F	Place the temperature probe sensor in the densest or largest amount of food.
Meat Sandwiches (Thick)	80 (REHEAT)	120°F	Place the temperature probe sensor into the thickest part of the sandwich to be warmed. The sensitive area of the sensor should be located in the sandwich filling.
Baked Foods	80 (REHEAT)	120°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Syrup	70 (ROAST)	150°F	Place the temperature probe sensor into the center of the container.

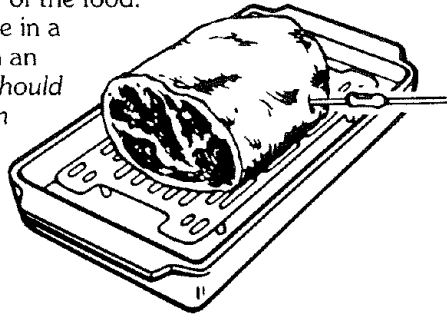
**CAUTION:** From time to time, the same kind of foods may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the temperature controlled settings for thin food items or for foods that require

tenderizing by simmering. Also, in some cases the microwave oven may shut off prematurely. This means that either the temperature probe is not placed properly or that it should not be used with this type of food.

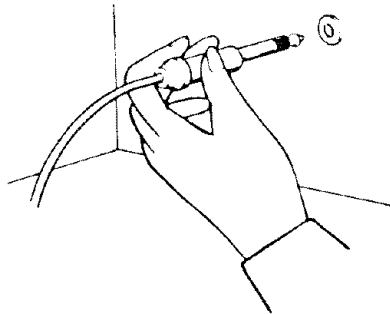
# TEMPERATURE CONTROLLED “HI-POWER”/“MULTI-POWER” COOKING

The “Temperature Controlled Meat Cooking Guide” and “Reheating Guide” on Pages 18 and 19 will show you which multi-power setting and temperature setting are recommended for the food you are cooking. When cooking with the temperature control settings, the timer is not used.

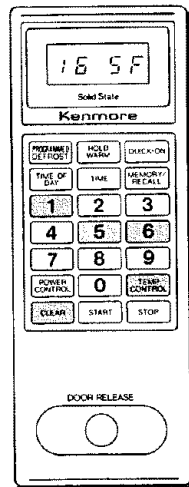
1. Place the temperature probe into the food with the first inch of the sensor in the center of the food. The probe should be in a level direction or on an angle as shown. *It should NOT be put in from the top.*



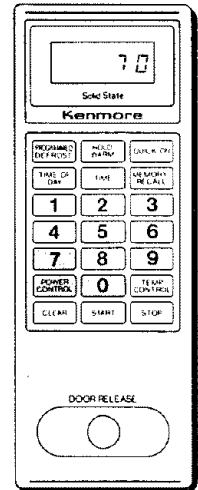
2. Plug the temperature probe into the socket on the side of the oven. **CAUTION:** Do not plug the pointed end of the temperature probe into the socket.



3. Touch CLEAR.
4. Touch TEMP CONTROL. “F” will show in the display window.
5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 165°F, you would touch numbers “1”, “6” and “5”. When you touch “165”, the display window will show “165F”. If the temperature probe is not plugged into the socket, the oven will not start.

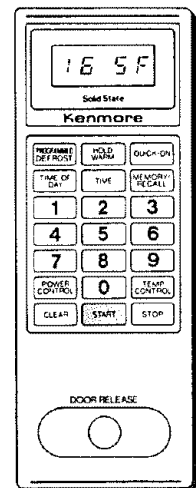


6. Touch POWER CONTROL. Also, the word “HI” will show in the display window until you enter a lower power setting. This is to remind you that the oven will always operate at full power unless you set a lower power.
7. Choose the power control setting you desire and touch the corresponding numbers. For example, if the recipe should call for cooking at the “70 (ROAST)” setting, you would touch numbers “7” and “0”. When you touch “7” and “0”, the display window will show “70”. This means that in the “70 (ROAST)” setting the oven is at power level 70.



**NOTE:** You do not need to touch POWER CONTROL when you are cooking with HI (max power). To set “HI-POWER” Cooking, skip steps 6 and 7 above. However, if POWER CONTROL is touched, the word “HI” will show in the display window. This is to tell you that the oven will work at HI (highest microwave power) unless a different power setting is chosen.

8. Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window.
9. A tone will sound and the word “End” will show in the display window for 2 seconds when the desired temperature is reached.



**NOTE:** If you want to keep the food warm after finishing the cooking cycle, you can use “Hold Warm” feature. For detailed instructions on using “Hold Warm” feature, see page 12.

The highest temperature that can be set is 185°F. The temperature is displayed in 5°F increments.

# PROGRAMMED DEFROST

The power levels for defrosting are predetermined and programmed into this oven. The oven will defrost at “HI” power for the beginning of the chosen time and at power level 30 for the remaining period of time.

1. Touch CLEAR.
2. Touch PROGRAMMED DEFROST. “0” will show in the display window.
3. Set the defrosting time by following the “Programmed Defrosting Chart” on Pages 22 through 25.
4. Touch START. The oven will begin and the time will begin counting down in the display window. A tone will sound when the time is over and the oven will automatically shut off.

**NOTE:** If you plan to use additional cooking stages immediately following Programmed Defrost cycles, you must allow for standing time as recommended on the Programmed Defrosting Charts on pages 22 through 25.

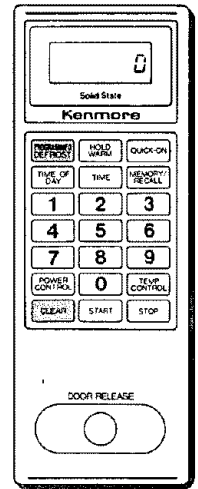
This can be accomplished as follows:

1. Touch PROGRAMMED DEFROST and enter the defrosting time.
2. Touch MEMORY/RECALL.
3. Touch TIME.
4. Enter standing time per charts (pages 22 thru 25).
5. Touch POWER CONTROL.
6. Enter “0”.
7. Touch MEMORY/RECALL.
8. Set the next cooking stage per cookbook or USE AND CARE INSTRUCTIONS.

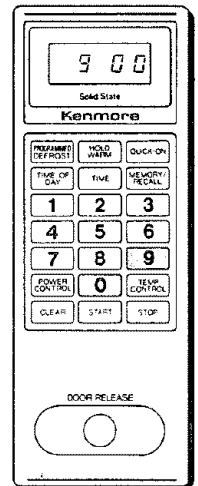
The cooking process can be set for up to 3 stages when Programmed Defrost is one of the stages.

**EXAMPLE:** To defrost two pounds of ground beef, use the PROGRAMMED DEFROST cycle for 9 minutes.

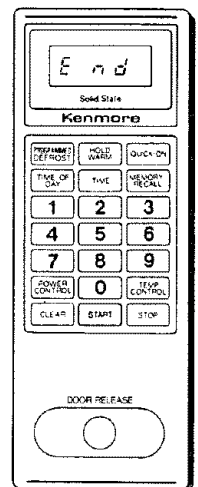
1. Touch CLEAR.
2. Touch PROGRAMMED DEFROST. The display window will show “0”.



3. Set 9 minutes by touching “9”, “0” and “0”. “900” will show in the display window.



4. Touch START. The oven will begin to operate and time will begin to count down in the display window. A tone will sound and the word “End” will show in the display window for two seconds when time is over and the oven will automatically shut off.



# PROGRAMMED DEFROSTING CHART

The defrosting times in this chart have been made available specifically for use with the "Programmed Defrost" feature.

## PROGRAMMED DEFROSTING INSTRUCTIONS:

- For best results, remove fish/seafood/meat/poultry from its original paper or plastic closed package (wrapper).  
Otherwise, the wrap will hold steam and juice close to the foods which can cause the outer surface of the foods to cook.
- When it is difficult to remove the wrap from the foods, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at beginning of the defrost cycle. Remove the wrap from foods.
- Metal clip and pop-up timers may be left in poultry. Metal twistors must be removed from bags. They may be replaced with rubber bands.
- Place food in a flat glass baking dish to catch drippings.

- Use the "Programmed Defrost" setting to thaw fish, seafood, meat and poultry, according to the times in the chart below. Thaw completely before cooking.
- Food should still be somewhat icy in the center when removed from the oven.
- The chart gives you standing times and standing techniques needed to complete the thawing process.

**IMPORTANT NOTE:** The defrosting power setting (power level 30) should not be confused with this "Programmed Defrost." The defrost cooking level is a low-energy setting used to cook foods that need slow, gentle cooking. Use the defrost cooking level to defrost small ground beef patty, bacon and bread items.

CUT AND WEIGHT	DEFROSTING TIME	STANDING TIME	DIRECTIONS
<b>FISH AND SEAFOOD</b>			
<b>FISH</b> Fish fillets 1 lb. 2 lbs.	4 to 5 min. 5 to 6 min.	5 min. 5 min.	Defrost in package on dish. Turn over once.* After defrosting, carefully separate fillets under cold water.
Fish steaks 1 lb.	4 to 5 min.	5 min.	Defrost in package on dish. After defrosting, carefully separate steaks under cold running water. Turn over once.*
Whole Fish 8 to 10 oz. 1-1/2 lb. to 2 lbs.	3 to 5 min. 4 to 6 min.	5 min. 5 min.	Use a shallow dish; the shape of the fish determines size. Cover the head with aluminum foil. Turn over once.* The fish should be icy when removed from the oven. Finish thawing while standing at room temperature.
Lobster tails 8 oz. pkg.	4 to 6 min.	5 min.	Remove from package to baking dish.
Crab legs 8 to 10 oz.	4 to 6 min.	5 min.	Use a glass baking dish. Break the legs apart and turn over once.*
Crabmeat 6 oz.	3 to 4 min.	5 min.	Defrost in package on dish. Break apart and turn over once.*

\*Turning or stirring should be done in the middle of the defrosting cycle.

## PROGRAMMED DEFROSTING CHART (Cont'd)

CUT AND WEIGHT	DEFROSTING TIME	STANDING TIME	DIRECTIONS
Shrimp 1 lb.	2 to 3 min.	5 min.	Remove from package to dish. Spread loosely in baking dish and rearrange during thawing as necessary.
Scallops 1 lb.	4 to 6 min.	5 min.	Defrost in package, if in block; spread out on baking dish if in pieces. Turn over and rearrange during thawing as necessary.
Oysters 12 oz.	2 to 3 min.	5 min.	Remove from package to dish. Turn over and rearrange during thawing as necessary.
<b>MEAT</b>			
<b>BEEF</b> Ground beef 1 lb. 2 lbs.	4 to 4-1/2 min. 8 to 9 min.	5 min. 5 min.	Turn over once.* Remove thawed portions with fork. Return remainder into oven to defrost. (The best way to freeze ground beef is in a doughnut shape.)
Pot roast, chuck Under 4 lbs.	3 to 4 min. per lb.	10 min.	Turn over once.*
Rib roast, rolled 3 to 4 lbs.	5 to 7 min. per lb.	30-45 min.	Turn over once.*
Rump roast 3 to 4 lbs.	3 to 5 min. per lb.	30 min.	Turn over once.*
Round steak	3 to 4 min. per lb.	5-10 min.	Turn over once.*
Flank steak	3 to 4 min. per lb.	5-10 min.	Turn over once.*
Sirloin steak 1/2 inch thick	3 to 4 min. per lb.	5-10 min.	Turn over once.*
Tenderloin steak	4 to 5 min. per lb.	10 min.	Turn over once.*
Stew beef 2 lbs.	3 to 4 min. per lb.	8-10 min.	Turn over once.* Separate.
<b>LAMB</b> Cubed for stew	6 to 7 min. per lb.	5 min.	Turn over once.* Separate.
Ground lamb Under 4 lbs.	3 to 4 min. per lb.	5-10 min.	Turn over once.* Remove thawed portions with fork. Return remainder into oven to defrost.
Chops 1 inch thick	4 to 6 min. per lb.	15 min.	Turn over twice.*
Leg 5 to 8 lbs.	3 to 4 min. per lb.	15-20 min.	Turn over twice.*

\*Turning or stirring should be done in the middle of the defrosting cycle.

## PROGRAMMED DEFROSTING CHART (Cont'd)

CUT AND WEIGHT	DEFROSTING TIME	STANDING TIME	DIRECTIONS
<b>MEAT</b>			
<b>PORK</b> Chops 1/2 inch thick 1 inch thick	4 to 5 min. per lb. 5 to 6 min. per lb.	5-10 min. 10 min.	Separate chops halfway through defrosting time.
Spareribs, Country-style ribs 2 to 3 lbs.	4 to 6 min. per lb.	10 min.	Turn over once.*
Roast Under 4 lbs.	3 to 4 min. per lb.	30-45 min.	Turn over once.*
Bacon 1 lb.	1-1/2 to 2-1/2 min.	3-5 min.	Defrost until strips separate.
Sausage, bulk 1 lb.	1-1/2 to 2-1/2 min.	3-5 min.	Turn over once.* Remove thawed portions with fork. Return remainder into oven to defrost.
Sausage, links 1 lb.	2 to 4 min.	4-6 min.	Turn over once.* Defrost until pieces can be separated.
Hot dogs 1 lb.	4 to 5 min.	5 min.	
<b>VEAL</b> Roast 3 to 4 lbs.	4 to 6 min. per lb.	30 min.	Turn over once.*
Chops 1/2 inch thick	3 to 5 min. per lb.	20 min.	Turn over once.* Separate chops and continue defrosting.
<b>VARIETY MEAT</b> Liver 1 lb.	4 to 5 min.	10 min.	Turn over once.*
Tongue 1 lb.	6 to 7 min.	10 min.	Turn over once.*

\*Turning or stirring should be done in the middle of the defrosting cycle.

## PROGRAMMED DEFROSTING CHART (Cont'd)

CUT AND WEIGHT	DEFROSTING TIME	STANDING TIME	DIRECTIONS
<b>POULTRY</b>			
Chicken Whole 2 to 3 lbs.	5 to 7 min. per lb.	25-30 min.	Turn over once* and shield warm areas. Immerse in cold water for standing time.
Cut up 2 to 3 lbs.	4 to 5 min. per lb.	10-15 min.	Turn over once* and shield warm areas. Separate pieces when partially thawed.
<b>TURKEY</b> Whole Under 8 lbs.	3 to 4 min. per lb.	60 min.	Turn over once* and shield warm areas. Immerse in cold water for standing time.
Breast Under 4 lbs.	3 to 4 min. per lb.	20 min.	Turn over once* and shield warm areas.
Drumsticks 1 to 1-1/2 lbs.	4 to 5 min. per lb.	15-20 min.	Turn over once* and shield warm areas. Separate pieces when partially thawed.
Roast, boneless 2 to 4 lbs.	2-1/2 to 3 min. per lb.	10 min.	Remove from foil pan. Cover with waxed paper before defrosting.
<b>CORNISH HENS</b> Whole (2) 1 to 1-1/2 lbs. ea.	6 to 8 min. per lb.	20 min.	Turn over once* and shield warm areas. Immerse in cold water for standing time.

\*Turning or stirring should be done in the middle of the defrosting cycle.

# MULTI-STAGE COOKING

Two-Stage cooking allows you to set the oven to cook in one stage at a certain power level for a chosen time or temperature and then in a second stage at a different power level for a chosen time or temperature. The cooking process can be set for three memory stages when Programmed Defrost is included as the first stage. The stages are set before cooking and will follow automatically when oven is started.

1. Touch CLEAR.
2. Touch TIME or TEMP CONTROL. The display window will show "0" or "F".
3. Touch the correct numbers for the time or temperature of the first cooking stage.
4. Touch POWER CONTROL. The display window will show "HI".
5. Touch the correct numbers for the cooking power level of the first cooking stage (if other than "HI").
6. Touch MEMORY/RECALL. The display window will show "0".
7. Touch TIME or TEMP CONTROL.
8. Touch the correct numbers for the time or temperature of the second cooking stage.
9. Touch POWER CONTROL. The display window will show "HI".
10. Touch the correct numbers for the cooking power level of the second cooking stage (if other than "HI").
11. Touch START.

## MULTI-STAGE COOKING WITH PROGRAMMED DEFROST

If you want to cook after using the Programmed Defrost, before setting the above multi-stage cooking, set the Programmed Defrost and touch MEMORY/RECALL, then touch the correct numbers for standing time. Touch POWER CONTROL and enter "0" then follow the above instructions numbered 6-11.

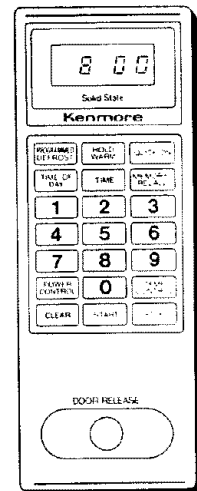
See pages 21 thru 25 for the detailed instructions of Programmed Defrost. The cooking process can be set up to three stages when Programmed Defrost is one of the stages.

**EXAMPLE:** In preparing a cake mix, the cookbook calls for a first stage of 8 minutes at the "50 (SIMMER)" power level followed by a second stage of 2 minutes at "HI". The following steps explain how to set the oven.

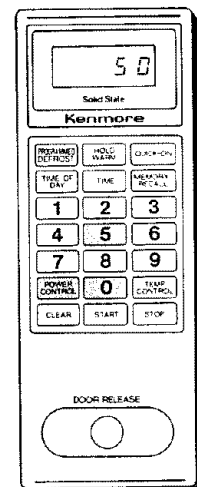
### First Stage

(8 minutes; Power level 50 SIMMER.)

1. Touch CLEAR.
2. Touch TIME.
3. Set 8 minutes by touching "8", "0", and "0". "800" will show in the display window.



4. Touch POWER CONTROL. "HI" will show in the display window to remind you that the oven will operate at highest power unless you enter a lower power setting.
5. Touch numbers "5" and "0". "50" will show in the display window (indicating that you have set the oven to operate at power level 50). The first stage has been set.

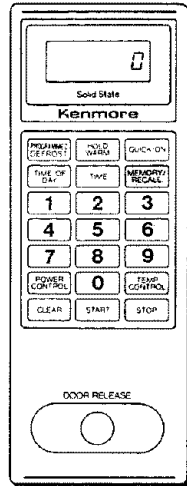


# MULTI-STAGE COOKING (Cont'd)

## Second Stage

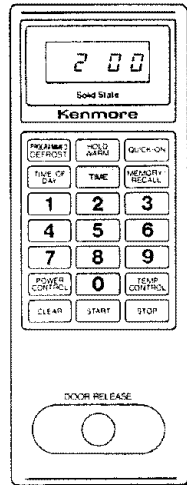
(2 minutes; Power level "HI")

- Touch MEMORY/RECALL. The display window will show "0".

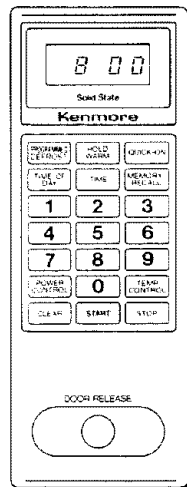


- Touch TIME.

- Set 2 minutes by touching "2", "0" and "0". "200" will show in the display window. (Power is on "HI".) The second stage has been set.



- Touch START. The first stage will begin. "800" will show in the display window. The oven will begin to cook at 50 (SIMMER) and the time will begin to counting down in the display window. When the 8 minutes are over, a tone will sound and the oven will proceed into the second stage. The oven will begin to cook at "HI" power. When the 2 minutes are over, a tone will sound and the word "End" will show in the display window and the oven will automatically shut off. The oven will have finished both stages.



**NOTE:** If you want to keep the food warm after finishing the cooking cycle, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature, see page 12.

# DELAY START COOKING

Delayed cooking can be done by using the MULTI-STAGE COOKING feature. After counting down the preset delay time, the oven will cook for the chosen cooking time.

- Touch CLEAR.
- Touch TIME.
- Touch the correct numbers for the required delay time.
- Touch POWER CONTROL.
- Touch "0" (power level 0).
- Touch MEMORY/RECALL.
- Touch TIME or TEMP CONTROL.
- Touch the correct numbers for the required cooking time or food temperature.
- Touch POWER CONTROL.
- Touch the correct numbers for desired cooking power level.
- Touch START.

**NOTE:** A preset delay time must be no more than 99 minutes and 99 seconds.

# UTENSILS

## MATERIALS TO USE IN YOUR MICROWAVE OVEN

### OVENPROOF GLASS

Ovenware (treated for high-intensity heat), such as utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls *without metallic trimming*.

### CHINA

Bowls, cups, serving pieces, plates and platters *without metallic trimming*.

### POTTERY

Dishes, cups, mugs and serving pieces *without metallic trimming*.

### PLASTIC

Plastic wrap may be used as a cover. Lay the plastic wrap *loosely* over the dish and press it to the sides. The dish should be deep enough so that plastic wrap will not touch the food. As the food heats, it may cause the wrap to melt wherever it touches the food. Plastic dishes, cups, semirigid freezer containers and plastic bags are usable for short-time cooking. Use with care as some softening of the plastic may occur with heat from the food.

### PAPER

Paper towels, waxed paper, paper napkins and paper plates are usable.

**UTENSIL TEST:** A simple way to find out if a utensil can be used for microwave cooking is to place it empty on the cooking tray. Close the door and set the time to 30 seconds (1/2 minute). Then touch START. If the utensil is warm at the end of this time, it should not be used for microwave cooking.

**CAUTION:** Always make sure that closed utensils are opened and plastic pouches of vegetables (or other food items) are pierced before cooking. Tightly closed utensils could explode.

## MATERIALS TO AVOID USING IN YOUR MICROWAVE OVEN

### METAL UTENSILS

Metal utensils are not recommended because the metal shields the food from microwave energy on the bottom and on the sides, causing uneven cooking results. *Metal utensils will also cause arcing and can damage the microwave oven.*

### METAL DECORATION

Metal-trimmed or metal-banded dinnerware, casserole dishes, etc., should not be used. The metal trim interferes with normal cooking and may damage the dish.

### CENTURA® TABLEWARE

Corning Glass does not recommend the use of its Centura® tableware or Corelle® closed handle cups for microwave cooking.

### ALUMINUM FOIL

Large sheets or pieces of aluminum foil should be avoided because they will hinder cooking and *may cause harmful arcing*. However, smaller pieces may be used to cover areas such as poultry legs and wings. *Any aluminum foil used should be at least 1 inch from the side walls of oven.*

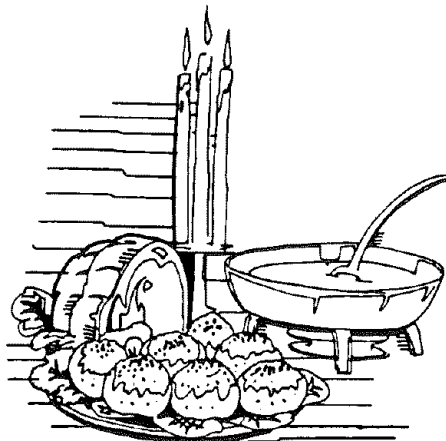
### WOOD

Wooden bowls and boards will dry out when used in the microwave oven and may split or crack.

### OTHER

Avoid using brown paper and cracked, flawed or chipped utensils, including ovenproof glassware.

**CAUTION:** Do not use metal ties on any paper or plastic bags; the ties become hot and could cause a fire.



# CARE AND CLEANING

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis—more often if needed. *Never use rough powders or pads.* The inside oven top (stirrer shield) can be gently wiped in place. Excessive oil spatters on the inside top (stirrer shield) will be difficult to remove if left for many days. Wipe spatters with a wet paper towel especially after cooking chicken or bacon.

## REMOVABLE PARTS

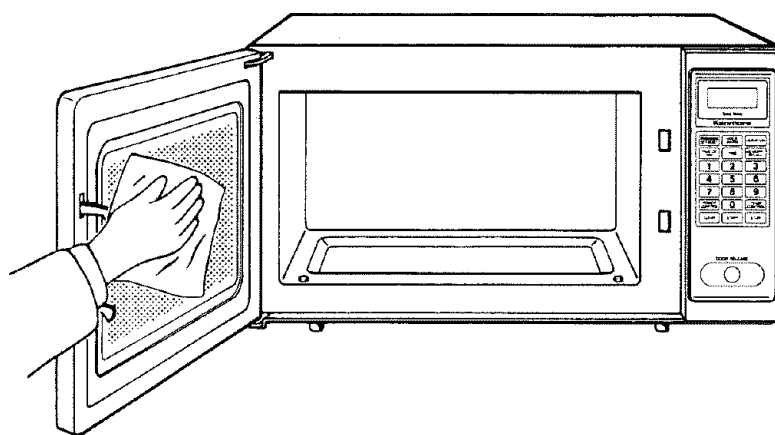
The following parts may be removed as described. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. *Never use rough cleaning powders, steel wool or rough cleaning pads.*

- After each use of the *temperature probe*, it must be removed from the socket. Use pot holder, as the wire, plug and sensor sections may be hot. Wipe food or liquid from the sensor with a soft damp cloth.
- The *glass tray* may be removed for cleaning at the sink. Wipe up spillovers with a paper towel or cloth before removal of the tray. Be careful not to chip or scratch the edges of the tray as this may cause the tray to break during use.

## SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease build-up. Wipe both often with a mild detergent. Then rinse and wipe dry. *Never use rough powders or pads.*

After cleaning the control panel, touch CLEAR. This will clear any entries that might have been entered accidentally while cleaning the panel.



# QUESTIONS AND ANSWERS

## OPERATION

---

Q. What is wrong when the oven light will not glow during cooking or when the oven door is open?

A. *There may be several reasons why the oven light will not glow. Perhaps:*

- *Door is not closed and locked. Push door firmly to be sure that door is locked properly.*
  - *The light bulb has burned out.*
- 

Q. Why does steam come out of the air exhaust vent?

A. *Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the bottom vent.*

---

Q. Will the microwave oven be damaged if it operates empty?

A. *Yes. Never operate the oven empty or without the glass tray.*

---

Q. Does microwave energy pass through the viewing screen in the door?

A. *No. The metal screen bounces back the energy to the oven cavity. The holes (or ports) are made to allow light to pass through. They do not let microwave energy pass through.*

---

Q. Why does the “beep tone” sound when a “pad” on the control panel is touched?

A. *The “beep tone” sounds to assure that the setting is being properly entered.*

---

Q. Why does the display show “0:00”?

A. *This indicates that there has been a temporary loss of electrical power to the oven, and the TIME OF DAY must be reset.*

---

Q. Can my microwave oven be damaged if food is cooked for too long a period of time?

A. *Like any other cooking appliance, it is possible to overcook food to the point of destruction which may result in the food creating smoke and even possible fire damage to the inside of the oven. It is always best to attend the oven while it is in the cooking process. See “Important Safety Instructions” on Page 3.*

---

Q. When the oven is plugged into a wall outlet for the first time, it might not work properly. What is wrong?

A. *Only when the oven is plugged in for the first time or when power resumes after a power interruption, the microcomputer used in the oven control assembly may temporarily become scrambled and fail to function as programmed.*

*Unplug the oven from the 120-volt household outlet and then plug it back in. The microcomputer will be reset for proper function thereafter.*

---

Q. Why do I see light reflection around the outer case?

A. *This light is from the oven light which is located outside the oven cavity.*

---

Q. Why does my oven show time counting down in the display window but no cooking is occurring?

A. *The microcomputer in your oven has caused this. Simply unplug the oven and then plug it back in.*

---

# QUESTIONS AND ANSWERS (Cont'd)

## FOODS

---

Q. What is wrong when baked foods have a hard, dry, brown spot?

A. A hard, dry, brown spot shows overcooking. Shorten the cooking or reheating time.

---

Q. Why do eggs sometimes pop?

A. When baking, frying or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking it.

**CAUTION:** Never microwave eggs in the shell.

---

Q. Why are scrambled eggs sometimes a little dry after cooking?

A. Eggs dry out if they are overcooked. Though the same recipe is used each time, one may need to vary the cooking time for one of these reasons:

- Eggs vary in size.
  - Eggs are at room temperature one time and at refrigerator temperature another time.
  - The shapes of utensils vary, thereby making it necessary to vary the cooking time.
  - Eggs continue cooking during standing time.
- 

Q. Is it possible to pop corn in a microwave oven?

A. Yes, if using one of the two methods described below.

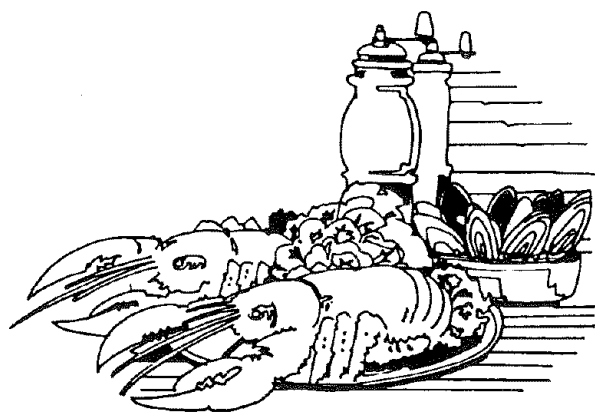
- (1) Microwave-popping devices designed specifically for this type of microwave cooking or
- (2) Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

**FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN PRODUCT AND DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED.**

**IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN AN OVEN FIRE.**

**CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN.**

---



# QUESTIONS AND ANSWERS (Cont'd)

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Q. What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?

A. *The fourth potato may be slightly heavier than the others and should be cooked 30 to 60 seconds longer. Remember to allow space around each potato when baking. Also, for more even cooking, put potatoes in a circle.*

---

Q. Why do baked apples sometimes burst during cooking?

A. *The peeling has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in regular cooking methods, the interior of the apple expands during the cooking process.*

---

Q. How are boil-overs avoided?

A. *When cooking foods that tend to boil over, use a larger utensil than usual for cooking. If you open the oven door or touch STOP, the food will stop boiling. (Remember to touch START again after closing the door to restart the cooking cycle.)*

---

Q. Why is a standing time recommended after microwave cooking is over?

A. *Standing time allows foods to continue cooking evenly throughout for a few moments after the actual microwave oven cooking cycle. The amount of standing time depends upon the density of the food.*

---

Q. Why is an additional time required for cooking food stored in refrigerator?

A. *As in conventional cooking, the initial temperature of food affects total cooking time. More time is needed to cook food just taken out of a refrigerator versus food at a room temperature.*

---



# BEFORE CALLING FOR SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the chart below and try the solutions marked for each problem.

If the microwave oven still does not work properly, contact the nearest Sears Service Center. Sears Service Centers are fully equipped to handle your service requirements.

## PROBLEM

Oven Will Not Start	X	X	X	X					X						
Arcing or Sparking					X	X	X								
Incorrect Time of Day								X							
Unevenly Cooked Foods					X					X	X	X	X		
Overcooked Foods						X							X	X	
Undercooked Foods					X	X						X	X	X	X
Improper Defrosting					X					X	X		X		

## SOLUTION

Is power cord plugged in? —

Is door closed? —

Cooking time not set. —

Temperature not set or probe not plugged in. —

Use approved cookware only. —

Properly position temperature probe. —

Do not operate with oven empty. —

Reset time of day. —

Is temperature probe properly plugged in? —

Supplied glass tray must be used. —

Turn or stir food. —

Completely defrost food. —

Use correct time/cooking power level. —

Use correct temp control setting. —

Check to see that oven ventilation ports are not restricted. —



# SEARS SERVICE

## “WE SERVICE WHAT WE SELL”

“We Service What We Sell” is our assurance to you that you can depend on Sears for service because Sears Service is nationwide.

Your Sears Kenmore Microwave Oven has added value when you consider that Sears has a service unit near you, staffed by Sears Trained Technicians—professional technicians specifically trained on Sears Kenmore Microwave Ovens, having the parts, tools and equipment to insure that we meet our pledge to you—“We Service What We Sell!”

## TO FURTHER ADD TO THE VALUE OF YOUR MICROWAVE OVEN, BUY A SEARS MAINTENANCE AGREEMENT.

Sears Kenmore Microwave Ovens are designed, manufactured, and tested for years of dependable operation. Yet, any modern appliance may require service from time to time. A Sears Maintenance Agreement is more than an extension of the Warranty.

It provides complete protection from unexpected repair bills and undue inconvenience. It assures you of maximum efficiency from your Microwave Oven.

Here's a comparative Warranty and Maintenance Agreement chart showing you the benefits of a Sears Microwave Oven Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1st Yr.	2nd Yr. thru 5th Yr.
1. Replacement of defective parts other than magnetron	W	MA
2. Replacement of magnetron	W	W
3. Annual preventive maintenance check at your request	MA	MA

W - WARRANTY  
MA - MAINTENANCE AGREEMENT

Contact your Sears salesperson or local Sears Service Center today and purchase a Sears Maintenance Agreement.

**SEARS**

**USE & CARE  
MANUAL**

**STOCK NO.  
88329**

# **Kenmore**

## **MICROWAVE OVEN**

### **WARRANTY**

**FULL ONE YEAR WARRANTY ON MICROWAVE OVEN**  
FOR ONE YEAR FROM THE DATE OF PURCHASE, IF THIS  
KENMORE MICROWAVE OVEN FAILS DUE TO A DEFECT IN  
MATERIAL OR WORKMANSHIP, SEARS WILL REPAIR IT, FREE OF  
CHARGE.

**FULL FIVE YEAR WARRANTY OF THE MAGNETRON**  
FOR FIVE YEARS FROM THE DATE OF PURCHASE, IF THE  
MAGNETRON IN THIS KENMORE MICROWAVE OVEN FAILS DUE  
TO A DEFECT IN MATERIAL OR WORKMANSHIP, SEARS WILL  
REPAIR IT, FREE OF CHARGE.

THE ABOVE WARRANTY COVERAGE APPLIES ONLY TO  
MICROWAVE OVENS WHICH ARE USED FOR PRIVATE  
HOUSEHOLD PURPOSES.

**WARRANTY SERVICE IS AVAILABLE BY SIMPLY  
CONTACTING THE NEAREST SEARS STORE OR  
SERVICE CENTER IN THE UNITED STATES.**

THIS WARRANTY APPLIES ONLY WHILE THIS PRODUCT IS IN  
USE IN THE UNITED STATES.

THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND  
YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE  
TO STATE.

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