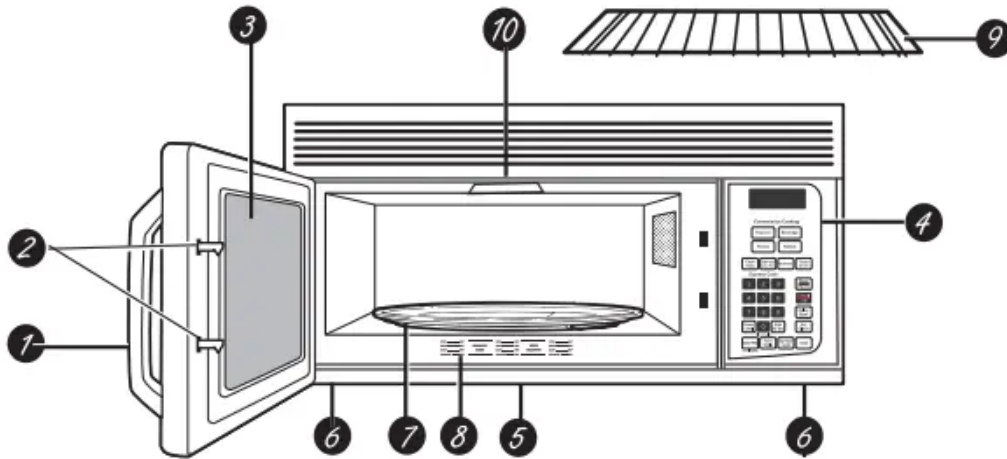


Operating Instructions

About the features of your microwave oven.



Features of the Oven

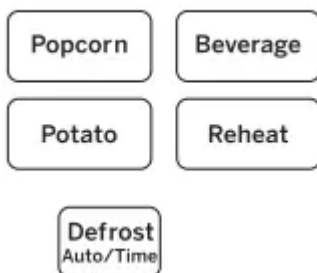
1. Door Handle. Pull to open the door. The door must be securely latched for the microwave to operate.
2. Door Latches.
3. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.
4. Touch Control Panel.
5. Cooktop Light
6. Grease Filter .
7. Removable Turntable. Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.
8. Convenience Guide
9. Shelf (on some models). Lets you microwave several foods at once. Food microwaves best when placed directly on the oven floor or turntable.
10. Rating Plate.

NOTE: Do not operate the oven when empty or without the glass tray. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.

Cooking Controls



1. Time Features	
Press	Enter
Cook Time I & II (Press once or twice)	Amount of cooking time
Defrost Auto/Time (Press twice)	Amount of defrosting time
Express Cook Press number pads (1-6)	Starts Immediately!
Power Level	Power level 1 to 10
Add 30 Sec	Starts Immediately!



2. Convenience Features		
Press	Enter	Options
Popcorn	Starts immediately!	more/less time serving size
Beverage	Starts immediately!	serving size
Reheat	(See Reheat Guide)	serving size
Potato	Starts Immediately!	serving size
Defrost Auto/ Time (Press once)	Food weight	

About the features of your microwave oven.

Changing the Power Level



The power level may be entered or changed immediately after entering the feature time for Cook Time, Time Defrost, Add 30 Sec or Express Cook. The power level may also be changed during the time countdown.

1. Press **Cook Time** or **Time Defrost**.
2. Enter cooking or defrosting time
3. Press **Power Level**.
4. Select desired power level **1-10**.
5. Press **Start/Pause**. Pressing **Start/ Pause** is not necessary for **Express Cook** buttons.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. High power (power level 10) or full power is the fastest way to cook and gives you 100% power. Each power level gives you microwave energy a certain percent of the time. **Power level 7** is microwave energy 70% of the time. **Power level 3** is energy 30% of the time.

Power Level 10 will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food.

Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with **power level 3** - the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

Power Level 10: Fish, bacon, vegetables, boiling liquids.

Power Level 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

Power Level 5: Slow cooking and tenderizing for stews and less tender cuts of meat.

Power Level 2 or 3: Defrosting without cooking; simmering; delicate sauces.

Power Level 1: Keeping food warm without overcooking; softening butter.

About the time features.



Cook Time I

Allows you to microwave for any time up to 99 minutes and 99 seconds.

Power level 10 (high) is automatically set, but you may change it for more flexibility.

1. Press **Cook Time**.
2. Enter cooking time.
3. Change power level if you don't want full power. (Press **Power Level**. Select a desired power level 1–10.)
4. Press **Start/Pause**.

You may open the door during Cook Time to check the food. Close the door and press **Start/Pause** to resume cooking.

Cook Time II

Lets you change power levels automatically during cooking. Here's how to do it:

1. Press **Cook Time**.
2. Enter the first cook time.
3. Change the power level if you don't want full power. (Press **Power Level**. Select a desired power level 1–10.)
4. Press **Cook Time** again.
5. Enter the second cook time.

6. Change the power level if you don't want full power. (Press **Power Level**. Select a desired power level 1–10.)

7. Press **Start/Pause**.

At the end of Cook Time I, Cook Time II counts down.

Cooking Guide for Cook Time I & II

NOTE: Use power level 10 (High) unless otherwise noted.



Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb.	6 to 9 min., Med-High (7)	In 1/-qt oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt casserole.
Beans (fresh green)	1 lb. cut in half	9 to 11 min.	In 1/-qt. casserole, place 1/2_cup_wat
(frozen green)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 2 tablespoonswat
(frozen lima)	10-oz. package	6 to 8 min.	In 1-qt casserole, place 1/4 cupwat
Beets (fresh, whole)	1 bunch	17 to 21 min.	In 2-qt casserole, place 1/2 cupwat
Broccoli (fresh cut)	1 bunch (1% to 1/ lbs.)	7 to 10 min.	In 2-qt casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1% to 1/ lbs.)	9 to 13 min.	In 2-qt oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt casserole.
(frozen spears)	10-oz. package	5 to 7 min.	

			In 1-qt. casserole, place 3 tablespoons water
Cabbage (fresh)	1 medium head (about 2 lbs.)	8 to 11 min.	In 1½- or 2-qt casserole, place ¼ cup water.
(wedges)		7 to 10 min.	In 2- or 3-qt casserole, place ¼ cup water
Carrots (fresh, sliced)	1 lb.	7 to 9 min.	In 1½-qt casserole, place ¼ cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water
Cauliflower (flowerets)	1 medium head	9 to 14 min.	In 2-qt casserole, place ½ cup water.
(fresh, whole)	1 medium head	10 to 17 min.	In 2-qt casserole, place ½ cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water
Corn (frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt oblong glass baking dish, place corn. If corn is in husk, use no water;

			if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear	5 to 6 min.	Place in 2-qt oblong glass bakingdish^
	2 to 6 ears	3 to 4 min. per ear	Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables (frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt casserole, place 1/4 cutwater
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoon^atep
Potatoes (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	3 to 4 min.	Pierce with cooking fork. Place in the oven, 1 inch apart, in circular

			arrangement. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt casserole, place washed spinach.
(frozen, chopped	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.and leaf)
Squash (fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1/-qt casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

Time Defrost

Time Defrost allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times. (Auto Defrost is explained in the Convenience Feature section.)

1. Press Defrost Auto/Time twice.
2. Enter defrosting time.
3. Press Start/Pause.
4. Turn food over when the oven signal.
5. Press Start/Pause.

Power level is automatically set at 3, but you may change this for more flexibility. You may defrost small items more quickly by raising the power level after entering the time. However, they will need more frequent attention than usual.

Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. Rotate or stir food frequently. At one half of selected defrosting time, the oven signals TURN.

At this time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at High power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Tightly closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily, such as milk, eggs, fish, stuffings, poultry and pork, should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as roasts, use Defrost Weight. Be sure large meats are completely defrosted before cooking.
- Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.

Express Cook



This is a quick way to set cooking time for 1 –6 minutes.

Press one of the Express Cook pads (from 1 to 6) for 1 to 6 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time.

The power level can be changed as time is counting down. Press POWER LEVEL and enter 1–10.

Add 30 Sec



You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time.

About other features.

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display "Food is Ready" and beep once a minute until you either open the oven door or press Cancel/Off.

Set Clock



Press to enter the time of day or to check the time of day while microwaving.

1. Press Set Clock.
2. Enter time of day.

3. On some models, select AM or PM.
4. Press Start/Pause or Set Clock.

To check the time of day while microwaving, press Set Clock.

Scroll Speed (On some models)



The scroll speed of the display can be changed. Press and hold the AM/PM pad about 3 seconds to bring up the display. Select 1-5 for slow to fast scroll speed.

Display On/Off



To turn the clock display on or off, press and hold 0 for about 3 seconds. The Display On/Off feature cannot be used while a cooking feature is in use.

Delay Start



Delay Start allows you to set the microwave to delay cooking up to 24 hours.

1. Press Delay Start.
2. Enter the time you want the oven to start. (Be sure the microwave clock shows the correct time of day.)
3. On some models, select AM or PM.
4. Select any combination of Defrost Auto/Time or Cook Time I & II.
5. Press Start/Pause.

The Delay Start time will be displayed. The oven will automatically start at the delayed time. The time of day may be displayed by pressing Clock.

Timer On/Off

Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

1. Press Timer On/Off.
2. Enter time you want to count down.
3. Press Timer On/Off to start. When time is up, the oven will signal. To turn off the timer signal, press Timer On/ Off.

NOTE: The timer indicator will be lit while the timer is operating.

Reminder

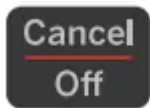


The Reminder feature can be used like an alarm clock and can be used at any time, even when the oven is operating. The Reminder time can be set up to 24 hours later.

1. Press Reminder.
2. Enter the time you want the oven to remind you. (Be sure the microwave clock shows the correct time of day.)
3. On some models, select AM or PM.
4. Press Reminder. When Reminder signal occurs, press Reminder to turn it off. The Reminder time may be displayed by pressing Reminder.

NOTE: The REM indicator will remain lit to show that the Reminder is set. To clear the Reminder before it occurs, press Reminder, then 0. The REM indicator will no longer be lit.

Child Lock-Out



You may lock the control panel to prevent the microwave from being accidentally started or used by children.

To lock or unlock the controls, press and hold **Cancel/Off** for about 3 seconds. When the control panel is locked, "L" or "LOC" will be displayed to the extreme right.

Turntable

For best cooking results, leave the turntable on. It can be turned off for large dishes. Press Turn Table to turn the turntable on or off.

Sometimes the turntable can become too hot to touch. Be careful touching the turntable during and after cooking.

Surface Light

Press Surface Light to turn the surface light on or off.

On some models, there is a night light option.

Press Surface Light once for bright light, twice for the night light or three times to turn the light off.

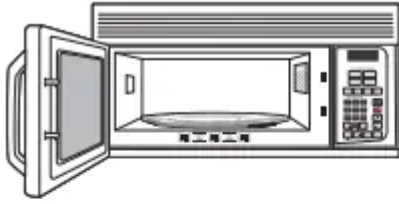
Care and cleaning

Helpful Hints



An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh. Unplug the cord before cleaning any part of this oven.

How to Clean the Inside



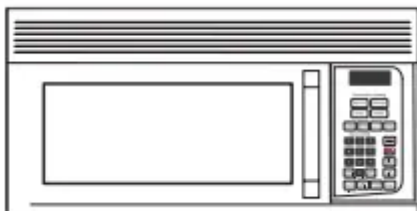
Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls. To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry. Never use a commercial oven cleaner on any part of your microwave.

Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

How to Clean the Outside



Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.

Case

Clean the outside of the microwave with a sudsy cloth. Rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth.

Control Panel and Door

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

Door Surface

It is important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

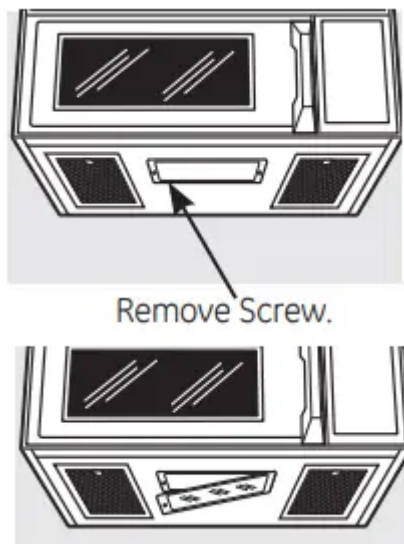
Power Cord

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

Stainless Steel (on some models)

Do not use a steel-wood pad; it will scratch the surface. To clean the stainless steel surface, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.

Cooktop Light/Night Light Replacement



Replace the burned-out bulb with a 30-40-watt incandescent bulb (30 watt - WB36X10198, 40 watt - WB36X10003), available from your GE supplier.

1. To replace the bulb(s), first disconnect the power at the main fuse or circuit breaker panel or pull the plug.

2. Remove the screw at the left of the light cover and lower the cover.
3. Be sure the bulb(s) to be replaced are cool before removing. After breaking the adhesive seal, remove the bulb by gently turning. Replace with the same size and type bulb.
4. Replace the screw. Connect electrical power to the oven.

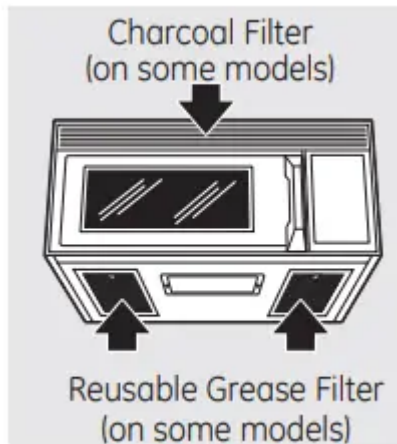
Oven Light



Replace the burned-out bulb with a 30-40-watt incandescent bulb (30 watt - WB36X10198, 40 watt - WB36X10003), available from your GE supplier.

1. To replace the oven light, first disconnect the power at the main fuse or circuit breaker panel or pull the plug.
2. To remove the top grille by taking out the 4 screws what hold it in place.
3. Push tab back and lift light housing. Replace the bulb and press the light housing back into place.
4. Replace the top grille and 4 screws (comment electrical power to the oven).

Vent Fan



The vent fan has a metal reusable grease filter.

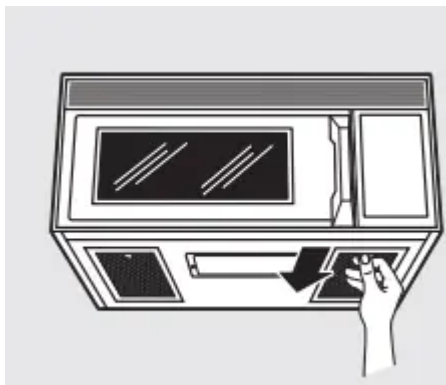
Models that recirculate air back into the room also use a charcoal filter

Reusable Grease Filter

The reusable grease filter traps grease released by foods on the cooktop. It also prevents flames from foods on the cooktop from damaging the inside of the microwave.

For this reason, the filter must ALWAYS be in place when the hood is used. The grease filter should be cleaned once a month, or as needed.

Removing and Cleaning the Filter



To remove, slide it to the side using the tab. Pull it down and out.

To clean the grease filter, soak them and then swish them around in hot water and detergent. Don't use ammonia or ammonia products because they will darken the metal. Light brushing can be used to remove embedded dirt. Rinse, shake and let them dry before replacing.

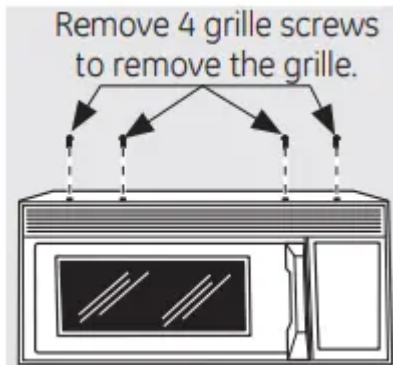
To replace, slide the filter in the frame slot on the left side of the opening. Pull up and to the right to lock into place.

Charcoal Filter (on some models)

The charcoal filter cannot be cleaned. It must be replaced. Order Part No. WB02X10776 from your GE supplier.

If the model is not vented to the outside, the air will be recirculated through a disposable charcoal filter that helps remove smoke and odors. The charcoal filter should be replaced when it is noticeably dirty or discolored (usually after 6–12 months, depending on hood usage).

To Remove Charcoal Filter

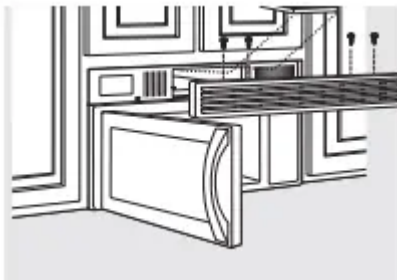


To remove the charcoal filter, disconnect power at the main fuse or circuit breaker panel or pull the plug.

Remove the top grille by removing the 4 screws that hold it in place.

Slide the filter toward the front of the oven and remove it.

To Install Charcoal Filter



To install a new filter, remove plastic and other outer wrapping from the new filter. Insert the filter into the top opening of the oven as shown. When properly installed, the wire mesh of the filter should be visible from the front. Replace the grille and 4 screws.

Troubleshooting Tips

Problem	Possible Cause	What to Do
Oven will not start	A fuse in your home may be blown or the circuit breaker tripped.	Replace fuse or reset circuit breaker.
	Power surge.	Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	Open the door and close securely.
Floor of the oven is warm, even when the oven has not been used	Heat from the cooktop light may make the oven floor get warm.	This is normal.
"LOCKED" appears on display	The control has been locked.	Press and hold Cancel/Off for about 3 seconds to unlock the control.
You hear an unusual, low-tone beep	You have tried to start the Reminder without a valid time of day.	Start over and enter a valid time of day.
	You have tried to change the power level when it is not allowed.	Many of the oven's features are preset and cannot be changed.
"SENSOR ERROR" appears on display	When using a Sensor feature, the door was opened before steam could be detected.	Do not open door until steam is sensed and time is shown counting down on display.



	Steam not detected in maximum amount of time.	Use Cook Time to heat for more time.
Reheat Food amount too large for Sensor	Sensor Reheat is for single servings of recommended foods.	Use Cook Time for large amounts of food.

Things That Are Normal With Your Microwave Oven

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/ radio antenna.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.