

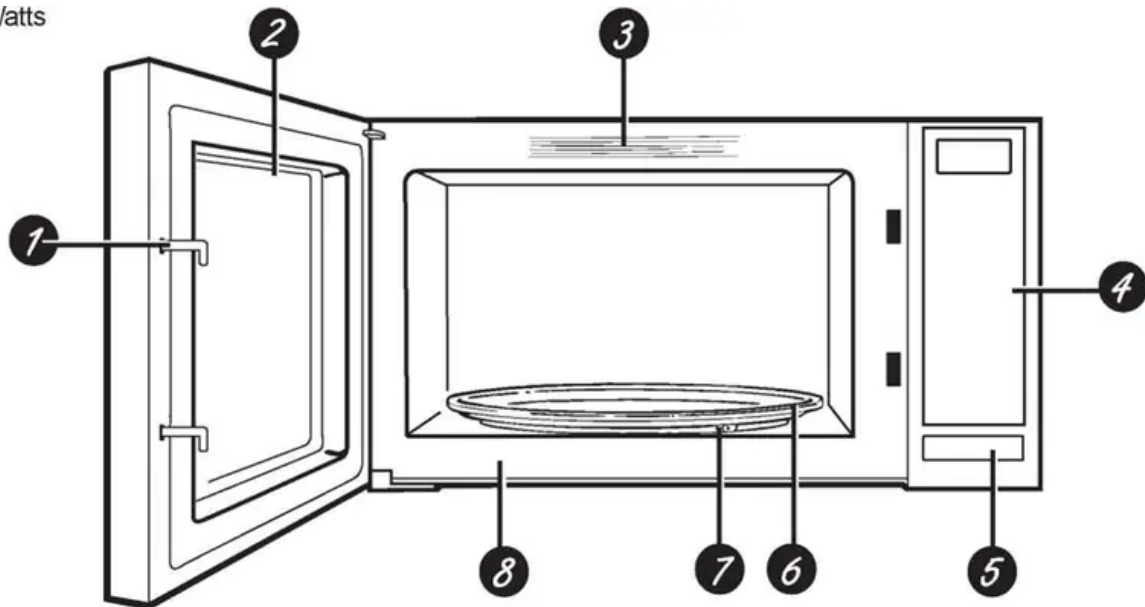
## USER MANUALS

# USING YOUR OVEN

## Features

Throughout this manual, features and appearance may vary from your model.

900 Watts



### 1 Door Latches

**2 Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in the oven.

### 3 Convenience Guide

### 4 Control Panel Display.

**5 Door Latch Release.** Press latch release to open door.

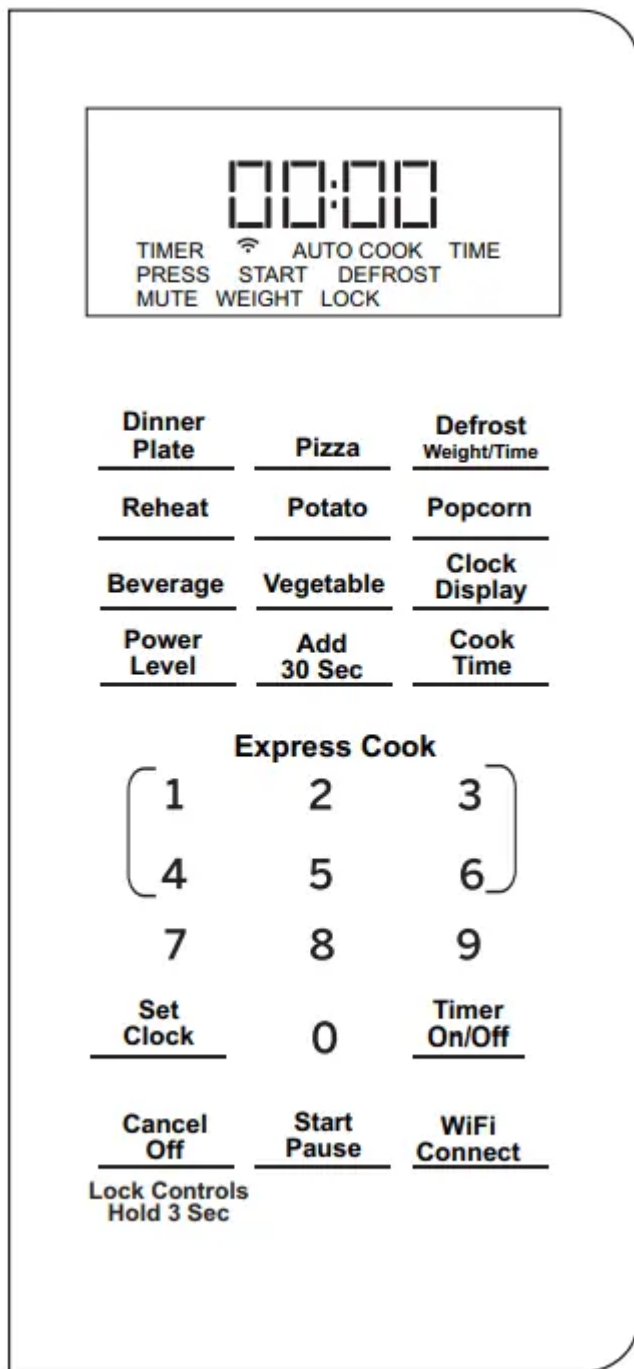
**6 Removable Turntable.** Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.

**7 Removable Turntable Support.** The turntable support must be in place when using the oven. The turntable support may be removed for cleaning.

**8 Rating Label.** Rating plate is located on the front of the microwave oven.

## Controls

You can microwave by time or with the convenience features.



Control buttons' functions are explained on the following pages.

## About the features

### Power Level

The power level may be entered or changed immediately after entering the feature time for **Cook Time** or **Express Cook** the power level may also be changed during the cooking.

1. Press **Cook Time** and enter cooking time.
2. Press the **Power Level** button and select power level 1-10.
3. Press the **Start/Pause** button to start cooking.

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. 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. Most cooking will be done on **Power Level 10** which gives you 100% power.

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, heating liquids.

**Med-High 7:** Gentle cooking of meat and poultry; baking casseroles and reheating.

**Medium 5:** Slow cooking and tenderizing for stews and less tender cuts of meat.

**Low 2 or 3:** Defrosting; simmering; delicate sauces. **Warm 1:** Keeping food warm; softening butter.

### **Cook Time**

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

1. Press **Cook Time**.
2. Enter cooking time.
3. The power level is automatically set to 10, but if you want to reduce it, press Power Level, then select a level from 1 to 9.
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.

### **Multi-Stage Cooking**

At most 2 stages can be set for cooking. In multi-stage cooking, if one stage is defrosting, then defrosting shall be placed at the first stage automatically.

Note: Auto cooking cannot work in the multi-stage cooking.

Example: if you want to cook with 80% microwave power for 5 minutes + 60% microwave power for 10 minutes. The cooking steps are as following:

1. Press **Time Cook** once, then press “5”, “0”, “0” to set the cooking time;
2. Press **Power** once, then press “8” to select 80% microwave power.
3. Press **Time Cook** once, then press “1”, “0”, “0”, “0” to set the cooking time;
4. Press **Power** once, then press “6” to select 60% microwave power.
5. Press **Start/Pause**.

### **Time Defrost**

Time Defrost allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times.

1. Press **Defrost** twice (display must show Time Defrost).
2. Enter defrosting time.
3. Press **Start/Pause**.

Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

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

### **Weight Defrost**

Weight defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to six pounds.

1. Press **Defrost** (display must show Weight Defrost).
2. Using the conversion guide, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
3. Press **Start/Pause**.

There is a cooking guide located on the inside front of the oven.

### **Defrosting Tips**

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

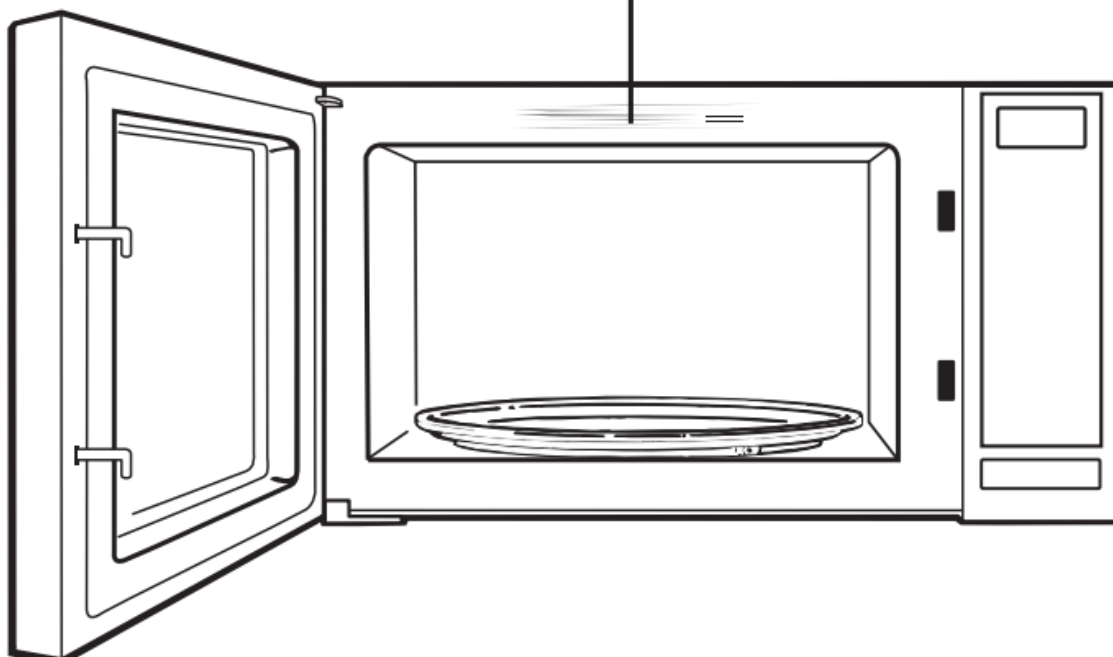
- For more even defrosting of larger foods, such as roasts, use Defrost Weight. Be sure large meats are completely defrosted before cooking.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- 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 for a few minutes.

### Conversion Guide

<b>If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.</b>	
<b>Ounces</b>	<b>Pounds</b>
<b>1-2</b>	<b>.1</b>
<b>3</b>	<b>.2</b>
<b>4-5</b>	<b>.3</b>
<b>6-7</b>	<b>.4</b>
<b>8</b>	<b>.5</b>
<b>9-10</b>	<b>.6</b>
<b>11</b>	<b>.7</b>
<b>12-13</b>	<b>.8</b>
<b>14-15</b>	<b>.9</b>



## Cooking Guide



## Defrosting Guide

<b>Food</b>	<b>Time</b>	<b>Comments</b>
<b>Breads, Cakes</b> Bread, buns or rolls (1 piece)	1/4 min.	
Sweet rolls (approx. 12 oz.)	2 to 4 min.	Rearrange after half of time.
<b>Fish and Seafood</b>		
Filletts, frozen (1 lb.)	6 to 9 min.	
Shellfish, small pieces (1 lb.)	3 to 7 min.	Place block in casserole. Turn over and break up after first half of time.
<b>Fruit</b>		
Plastic pouch—1 or 2 (10-oz. package)	1 to 5 min.	
<b>Meat</b>		
Bacon (1 lb.)	2 to 5 min.	Place unopened package in oven. Let stand 5 minutes after defrosting.
Franks (1 lb.)	2 to 5 min.	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
Ground meat (1 lb.)	4 to 6 min.	Turn meat over after first half of time.
Roast: beef, lamb, veal, pork	9 to 12 min. per lb.	Use power level Warm (1).
Steaks, chops and cutlets	4 to 8 min.	Place unwrapped meat in cooking dish. Turn over after first half
	per lb.	

		of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
<b>Poultry</b> Chicken, broiler-fryer, cut up	14 to 19 min.	Place wrapped chicken in dish. Unwrap and turn over after first
(2 1/2 to 3 lbs.)		half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
Chicken, whole (2 1/2 to 3 lbs.)	20 to 24 min.	Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed.
Cornish hen	7 to 12 min.	Place unwrapped hen in oven breast-side-up. Turn over after first
	per lb.	half of time. Run cool water in cavity until giblets can be removed.
Turkey breast (4 to 6 lbs.)	3 to 8 min.	Place unwrapped breast in microwave-safe dish breast-side-down.
	per lb.	After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

### Express Cook

This is a quick way to set cooking time from 1-6 minutes.

Press one of the **Express Cook** pads (from 1-6) for 1-6 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.

**NOTE: Express Cook function pertains to pads 1-6 only.**

### Add 30 Sec

It will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 99 seconds.

The oven will start immediately when pressed.

### Dinner Plate

1. Press **Dinner Plate** to select 1 or 2 cups (8 to 10 oz each).
2. Press **Start**.

Menu	Press pad this number of times	Size of Dinner Plate
Dinner Plate	1	1 Cup
Dinner Plate	2	2 Cups

### Pizza

1. Press **Pizza** to select 1 or 2 slices (3 oz. each slice).
2. Press **Start**.

Menu	Press pad this number of times	Size of Pizza
Pizza	1	1 Slice
Pizza	2	2 Slices

### Reheat

The Reheat feature reheats 1 or 2 cups of previously cooked foods or a plate of leftovers.

1. Press **Reheat** to select 1 or 2 cups (8 to 10 oz each).
2. Press **Start**.

After removing food from the oven, stir, if possible, to even out the temperature. If the food is not hot enough, don't use the Reheat button again. Use Cook Time to reheat.

Menu	Press pad this	Size of
	number of times	Reheat
Reheat	1	1 Cup
Reheat	2	2 Cups

### Potato

1. Press **Potato** to select 1,2 or 3 potatoes.
2. Press **Start**.

If the potatoes are not cooked to your satisfaction, do not use the Potato button again. Use Cook Time.

Menu	Press pad this number of times	Size of Potato
Potato	1	1 Potato
Potato	2	2 Potatoes
Potato	3	3 Potatoes

### Popcorn

1. If you want to cook a package that is less than 1.75 oz, or more than 3.5 oz, then use Cook Time and follow the instructions on the package.

2. Press **Popcorn** to select ounces and then press **Start/ Pause**.

If the popcorn is not to your satisfaction. Use the Cook Time button for further cooking.

Menu	Press pad this number of times	Size of Popcorn
Popcorn	1	1.75 Oz
Popcorn	2	3.0 Oz
Popcorn	3	3.5 Oz

### Beverage

Press Beverage to select 1 or 2 cups (8 to 10 oz each).

**Drinks heated with the Beverage feature may be very hot. Remove the container with care.**

If beverage is not hot enough for you, do not use the Beverage button again to continue heating it. Use the Cook Time button for further heating.

Menu	Press pad this	Size of
	number of times	Beverage
Beverage	1	1 Cup
Beverage	2	2 Cups

### Vegetable

Use the Vegetable feature to cook 4-16 ounces of frozen vegetables.



1. Press **Vegetable** to select 1,2, 3 or 4 cups (4 oz each).

2. Press **Start**.

If the vegetables are not cooked to your satisfaction, do not use the Vegetable button again. Use Cook Time.

<b>Menu</b>	<b>Press pad this number of times</b>	<b>Size of Frozen Vegetable</b>
Frozen Vegetable	1	1 Cup
Frozen Vegetable	2	2 Cups
Frozen Vegetable	3	3 Cups
Frozen Vegetable	4	4 Cups



## Other Features

<p><b>Insert Food Reminder</b></p> <p>A reminder will show on the display if the user tries to start the cooking cycle without placing food inside the microwave oven within 5 minutes prior to starting the cooking cycle.</p>	
<p><b>Cooking Complete Reminder</b></p> <p>To remind you that you have food in the oven, the oven will display “END” and beep once a minute until</p>	<p>you either open the oven door or press the <b>Cancel/Off</b> button.</p>
<p><b>Lock Controls</b></p> <p>You may lock the control panel to prevent the microwave from being accidentally started or used by children.</p> <p><b>Clock Display</b></p> <p>To turn the clock display on or off, press <b>Clock Display</b>. The Display On/Off feature cannot be used while a cooking feature is in use.</p> <p><b>Set Clock</b></p> <p>Press to enter the time of day or to check the time of day while microwaving.</p> <ol style="list-style-type: none"> <li>1. Press <b>Set Clock</b>.</li> <li>2. Enter time of day.</li> <li>3. Press <b>Start</b> or <b>Set Clock</b>.</li> </ol> <p><b>Start/Pause</b></p> <p>In addition to starting many functions, Start/Pause allows you to stop cooking without opening the door or clearing the display. Press <b>Start/Pause</b> again to restart the oven.</p>	<p>To lock or unlock the controls, press and hold Cancel/Off for about three seconds. When the control panel is locked, “LOC” will appear in the display.</p>
<p><b>Timer On/Off</b></p>	

<p>Timer On/Off operates as a minute timer and can be used</p>	<p>When the time is up, the oven will signal. To turn off the timer signal, press <b>Timer On/Off</b>.</p>
<p>at any time, even when the oven is operating.</p> <ol style="list-style-type: none"> <li>1. Press <b>Timer On/Off</b>.</li> <li>2. Enter the amount of time you want to count down.</li> <li>3. Press <b>Timer On/Off</b> to start.</li> </ol>	<p>The display shows the Timer countdown time even when the oven is operating.</p>
<p><b>WiFi Connect</b></p> <p>Allows you to control your microwave oven remotely. To be able to use these remote features, follow the set-up instructions in the <b>Connecting your WiFi Connect Enabled Microwave</b> section in this manual.</p>	<p>Once the set-up is complete, the WiFi icon located on the microwave display will stay on solid. To remove the microwave from the home WiFi network, press and hold the <b>WiFi Connect</b> pad for 3 seconds until the WiFi icon turns off.</p>

## WiFi Connect

### Connecting your WiFi Connect Enabled Microwave (on some models)

Your GE Appliances microwave oven is designed to provide you with two-way communication between your appliance and smart device. By using the GE Appliances WiFi Connect features, you will be able to control essential operations such as turning on and off your microwave, convenience features, cook time, timers using your smartphone, tablet or voice control device.

#### What you will need:

1. Know the password of your home WiFi router.
2. Download the GE Appliances Kitchen App to your smart device.
3. Follow the app on-screen instructions to connect your GE Appliances microwave.

For further instructions, visit:

### Remote Enabled Equipment (on some models)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The wireless communication equipment installed on this microwave has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to:

**(a)** provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**(b)** accept any interference received, including interference that may cause undesired operation of the device.

Note that any changes or modifications to the wireless communication device installed on this oven that are not expressly approved by the manufacturer could void the user's authority to operate the equipment.

## Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: <ul style="list-style-type: none"><li>■ metal or foil touching the side of the oven.</li><li>■ foil that is not molded to food (upturned edges act like antennas).</li><li>■ metal such as twist-ties, poultry pins, gold-rimmed dishes.</li><li>■ recycled paper towels containing small metal pieces.</li><li>■ plates or dishes with a metallic trim or glaze with a metallic sheen.</li></ul>
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

## Care and Cleaning

### Helpful Hints

An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

**Be certain the oven control is turned off before cleaning any part of this oven.**



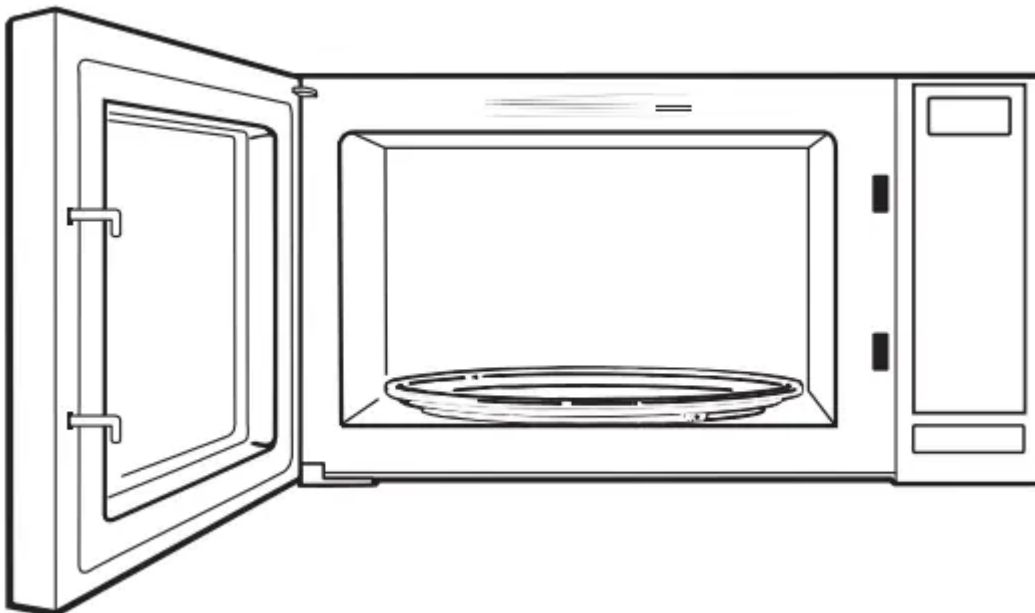
### **How to Clean the Inside**

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.

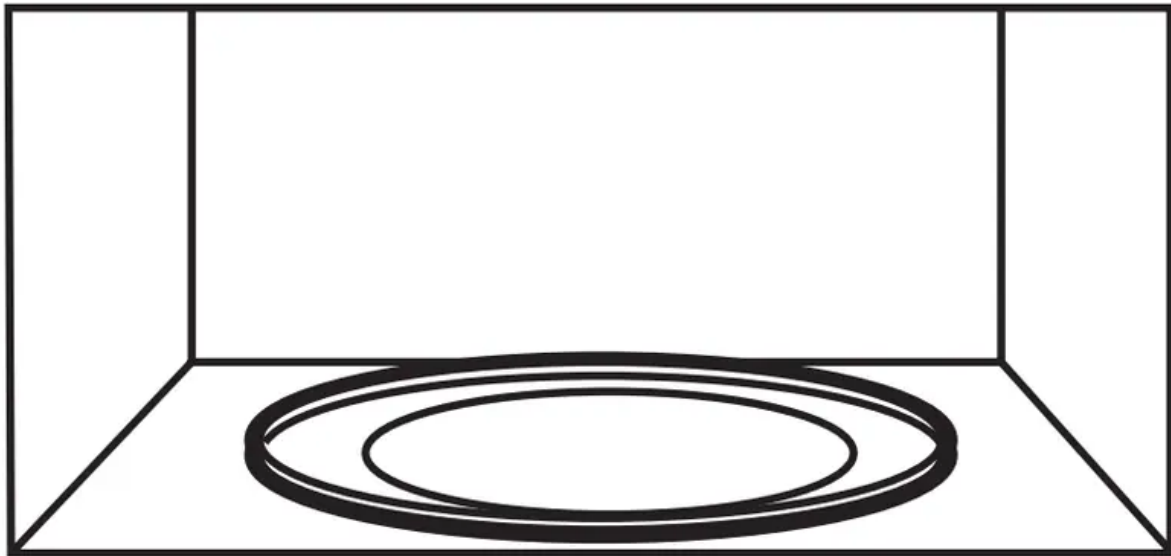
To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

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 in the microwave mode without the turntable and support seated and 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, nonabrasive 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.

# Troubleshooting



PROBLEM	POSSIBLE CAUSE
OVEN WILL NOT COME ON	A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.
	Unplug your microwave oven, then plug it back in.
	Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	Door not securely closed.
	<b>Start/Pause</b> must be pressed after entering cooking selection.
	Another selection entered already in oven and <b>Cancel/Off</b> not pressed to cancel it.
	Make sure you have entered cooking time after pressing <b>Cook Time</b> .
	<b>Cancel/Off</b> was pressed accidentally. Reset cooking program and press <b>Start/ Pause</b> .
	Make sure you entered food weight after pressing <b>Defrost Weight</b> .
"LOC" APPEARS ON DISPLAY	The control panel has been locked. (When the control panel is locked, "LOC" will be displayed.) Press and hold <b>Cancel/Off</b> for about 3 seconds to unlock the control panel.
"FOOD" APPEARS ON DISPLAY	The control detected that the door has not been opened (food/beverage has not been placed inside).
"PF" APPEARS ON DISPLAY	A Power Failure has occurred. Press <b>Cancel/Off</b> to clear the display.
"F3" APPEARS ON DISPLAY	A key has been activated for more than 60 seconds. Press <b>Cancel/Off</b> to clear the display. This can happen if liquid is on the control panel. Dry the control panel thoroughly after cleaning.



## 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.

### **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.