

USING THE MICROWAVE

Features

1. Door Handle

2. Door Latch

3. Window with Metal Shield

Screen allows cooking to be viewed while keeping microwaves confined in the oven.

4. Control Panel and Selector Dial

5. Removable Turntable

Do not operate the oven in the microwave mode without the turntable and turntable support seated and in place.

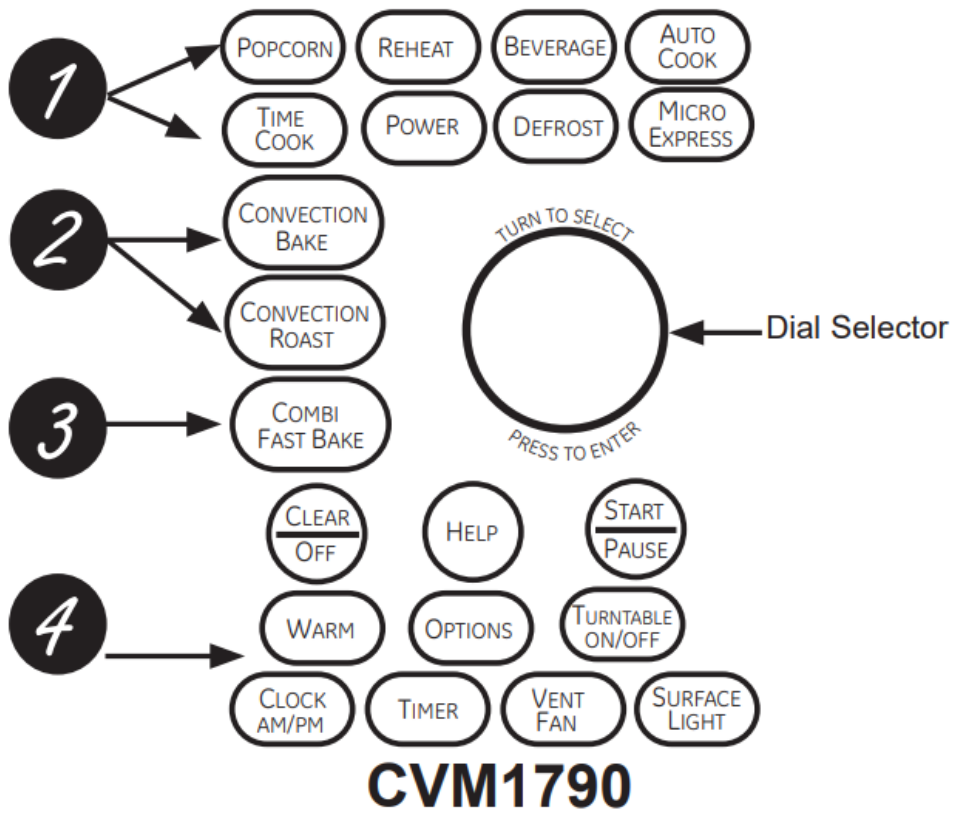
6. Removable Turntable Support

Do not operate the oven in the microwave mode without the turntable and turntable support seated and in place.

7. Shelves. Use with CONVECTION BAKE, CONVECTION ROAST or COMBINATION FAST BAKE. (Do not use when microwave cooking.)

For best results, use one shelf in the lower position and leave at least a 1-inch gap between the cooking dish and the sides of the oven. For two-level Baking or Fast Baking use both shelves.

Controls



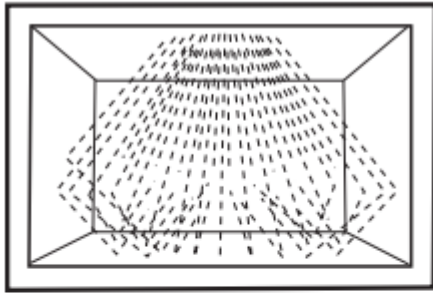
1. Microwave Cooking Time and Auto Features		
Press	Turn and push dial to enter	
<p>TIME COOK</p> <p>Press once (Time Cook I) to microwave any time between 15 seconds and 95 minutes.</p> <p>Press twice (Time Cook II) to change power levels automatically during cooking.</p>	Amount of cooking time	
MICRO EXPRESS cook/Add 30 sec.	Starts immediately!	
<p>DEFROST</p> <p>Press once (Fast)</p> <p>Press twice (Auto)</p> <p>Press three times (Time)</p>	Food weight up to one pound Food weight up to six pounds defrosting time	
<p>BEVERAGE</p> <p>Press once (6-7 oz.)</p> <p>Press twice (8-9 oz.)</p> <p>Press three times (10-12 oz.)</p>	Starts immediately!	
POWER Level	Power level 1-10	
Sensor Features		
Press	Turn and push dial to enter	Option
POPCORN	Starts immediately!	more/less time
<p>REHEAT</p> <p>Press once (plate)</p>	Starts immediately!	more/less time

Press twice (pasta) Press three times (1/2 to 1 cup) Press four times (1 to 2 cups)		
AUTO COOK	Food Type	more/less time
2. Convection Baking or Convection Roasting		
Press	Turn and press dial to enter	
CONVECTION BAKE or CONVECTION ROAST	Oven temperature and cook time	
3. Combination Fast Baking		
Press	Turn and press dial to enter	
COMBINATION FAST BAKE	Oven temperature and cook time	
4. Warming		
Press	Turn and press dial to enter	
WARM	Oven temperature and warm time	

Available Cooking Options

Microwave Cooking





Do not use the shelves when microwave cooking.

Your oven uses microwave energy to cook by a set time or weight, or automatically by sensor. Sensor microwave works by detecting the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Cooking Method

Microwave energy is distributed evenly throughout the oven for thorough, fast cooking of food.

Heat Source

Microwave energy.

Heat Conduction

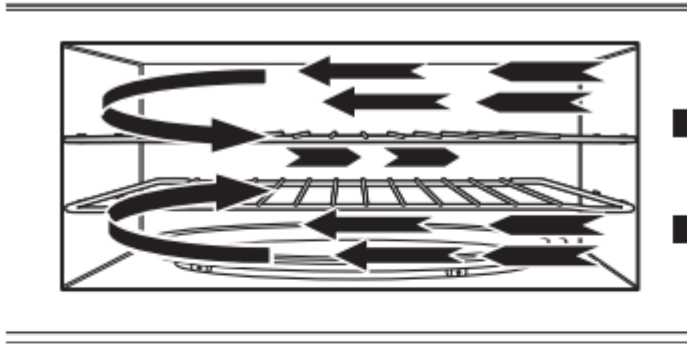
Heat produced within food by instant energy penetration.

Benefits

Fast, high efficiency cooking. Oven and surroundings do not get hot.

Easy clean-up.

Convection Baking and Convection Roasting



Always use the shelf when baking. For best results, use one shelf in the lower position. For two-level cooking only, use both shelves.

During baking or roasting, a heating element is used to raise the temperature of the air inside the oven. Any oven temperature from 2250F to 4500F, may be programmed. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich moist interiors. This circulation of heated air is called convection. Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

Cooking Method

Hot air circulates around food to produce browned exteriors and seal in juices.

Heat Source

Circulating heated air (Convection).

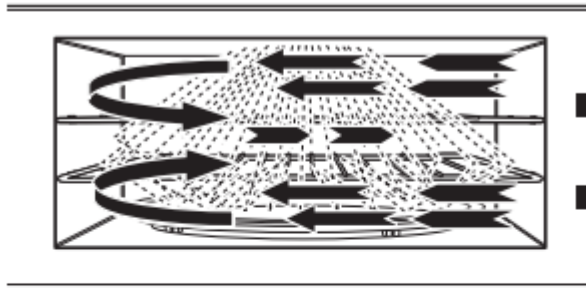
Heat Conduction

Heat conducted from outside of food to inside.

Benefits

Aids in browning and seals in flavor. Cooks some foods faster than regular ovens.

Combination Fast Baking



Always use the shelf with Fast Bake. For best results, use one shelf in the lower position. For two-level cooking only, use both shelves.

Your oven also offers the option of Combination Fast Bake, using microwave energy along with convection cooking. You cook with speed and accuracy, while browning and crisping to perfection.

Cooking Method

Microwave energy and convection heat combine to cook foods up to faster than regular ovens, while browning and sealing in juices.

Heat Source

Microwave energy and circulating heated air.

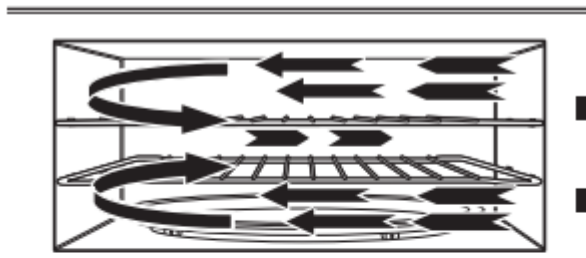
Heat Conduction

Food heats from instant energy from penetration and heat conducted from outside of food.

Benefits

Shortened cooking time from microwave energy, plus browning and crisping from convection heat.

Warming



Always use the shelf when warming.

The warming feature will keep hot, cooked foods at serving temperature. Always start with hot food. Use cookware and utensils that can withstand temperature up to 2300F

Cooking Method

Warm air circulates around food to keep previously cooked food warm.

Heat Source

Circulating heated air (Convection).

Heat Conduction

Warmth conducted from outside of food to inside.

Benefits

Keeps hot, cooked foods at serving temperature.

Time and Auto Features

Using the Dial

You can make selections on the oven by turning the dial and pressing it to enter the selection. Pressing the dial can also be used in place of the START/PAUSE button for quicker programming of the oven.

Time Cook (Do not use the shelves when microwave cooking.)

Time Cook I

Allows you to microwave for any time between 15 seconds and 95 minutes.

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

1. Press the TIME COOK button.

2. Turn the dial to set the cook time and press the dial to enter.
3. Change power level if you don't want full power. (Press POWER. Turn the dial to select. Press the dial to enter.)
4. Press the dial or the START/PAUSE button to start cooking.

You may open the door during Time Cook to check the food. Close the door and press the dial or START/PAUSE to resume cooking.

NOTE: You may change the cook time at any time during cooking by turning the dial. You may also change the power level by pressing the POWER button.

Time Cook II

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

1. Press the TIME COOK button.
2. Turn the dial to set the first cook time and press the dial to enter.
3. Change the power level if you don't want full power. (Press POWER. Turn the dial to select. Press the dial to enter.)
4. Press the TIME COOK button again.
5. Turn the dial to set the second cook time and press the dial to enter.
6. Change the power level if you don't want full power. (Press POWER. Turn the dial to select. Press the dial to enter.)
7. Press the dial or the START/PAUSE button to start cooking.

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

Micro Express Cook

This is quick way to set and start cooking in 30 second blocks each time the MICRO EXPRESS button is pressed. The cook time may be changed by turning the dial at any time during cooking. The power level will automatically be set at 10 and the oven will start immediately. The power level can be changed as time is counting down. Press the POWER button, turn the dial and press to enter.

Fast Defrost (Do not use the shelves when microwave cooking.)

Fast Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to one pound.

- Remove meat from package and place on microwave-safe dish.
1. Press the DEFROST button once.
 2. Turn the dial to the food weight, using the Conversion Guide at right. For example, dial .5 for .5 pounds (8 oz.) Press the dial to enter.
 3. Press the START/PAUSE button to start defrosting.

4. Turn the food over if the oven signals TURN FOOD OVER.

- Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrostin, most meats need to stand 5 minutes to complete defrosting.

Conversion Guide

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

Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

Auto Defrost (Do not use the shelves when microwave cooking.)

Use Auto Defrost for meat, poultry and fish weighing up to six pounds. Use Time Defrost for most other frozen foods.



Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

- Remove meat from package and place on microwave-safe dish.
1. Press the DEFROST button once.
 2. Turn the dial to the food weight, using the Conversion Guide at right. For example, dial .5 for .5 pounds (8 oz.) Press the dial to enter.
 3. Press the START/PAUSE button to start defrosting.
 4. Turn the food over if the oven signals TURN FOOD OVER.
- Remove defrosted meat or shield warm areas with small pieces of foil.
 - After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 3 minutes.

Conversion Guide

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

Weight of Food in Ounces	Enter Weight (tenths of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

Time Defrost (Do not use the shelves when microwave cooking.)

Use Time Defrost to defrost for a selected length of time.

1. Press the DEFROST button three times.
2. Turn the dial to select the time you want. Press the dial to enter.
3. Press the START/PAUSE button to start defrosting.
4. Turn the food over if the oven signals TURN FOOD OVER.

You may change the defrost time at any time during defrosting by turning the dial.

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.

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.
- 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.
- For more even defrosting of larger foods, such as roasts, use Auto Defrost. 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.

Beverage (Do not use the shelves when microwave cooking.)

The BEVERAGE feature heats beverages from 6 to 12 ounces.

Press once for 6–7 oz.

Press twice for 8–9 oz.

Press three times for 10–12 oz.

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

Power Level

Power Level

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

1. First, follow directions for Time Cook, Time Defrost or Express Cook.
2. Press the POWER button.
3. Turn the dial clockwise to increase and counterclockwise to decrease the power level. Press the dial to enter.
4. 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 High (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:

High 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.

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">• the metal shelf being installed incorrectly and touching the microwave walls.• metal or foil touching the side of the oven.• foil that is not molded to food (upturned edges act like antennas).• metal such as twist-ties, poultry pins, gold-rimmed dishes.• recycled paper towels containing small metal pieces.• the turntable ring support being installed incorrectly.
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 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 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.

Sensor Features

Humidity Sensor

What happens when using the Sensor Features:

The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Do not use the Sensor Features twice in succession on the same food portion-it may result in severely overcooked or burnt food. If food is undercooked after the countdown, use Time Cook for additional cooking time.

NOTE: Sensor features will not operate when the oven is hot. If one of the sensor cooking buttons is pressed when the temperature inside the oven is greater than 200°F, "OVEN TOO HOT FOR SENSOR COOKING---USING ALTERNATE METHOD" will be displayed. The oven will automatically change to cook by time (follow the directions in the display) or once the oven is cool enough, the sensor features will function normally.

The proper containers and covers are essential for best sensor cooking.

- Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers-they can prevent steam from escaping and cause food to overcook.
- Be sure the outside of the cooking containers and the inside of the oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.
- Beverages are best heated uncovered.

Auto Cook (Do not use the shelves when microwave cooking.)

NOTE: Do not use this feature twice in succession on the same food portion-it may result in severely overcooked or burnt food.

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

NOTE: Use of the metal shelf with Auto Cook is not recommended.



Recommended Foods

A wide variety of foods including meats, fish and vegetables can be cooked using this feature.

Foods not recommended

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

1. Place covered food in the oven and close the door. Press the AUTO COOK button. ENTER FOOD TYPE appears in the display.
2. Turn the dial to the desired food type. Press to enter.

See the Sensor Food Type Guide below for specific foods and instructions.

The oven starts immediately.

NOTE: If the door was open while the control was being set, close the door and press the START/PAUSE button to begin cooking.

If food is undercooked after the countdown, use Time Cook for additional cooking time.

Do not open the oven door before the countdown time is displayed-steam escaping from the oven can affect cooking performance. If the door is opened, close the door and press START/PAUSE immediately.

If ground meat was selected, the oven may signal you to drain and stir the meat. Open the door, drain the meat and close the door. Press the START/PAUSE button if necessary to resume cooking.

Cooking Tips

- When oven signals and countdown time is displayed, the door may be opened for stirring, turning or rotating food. To resume cooking, close the door and press START/PAUSE.
- Match the amount of food to the size of container. Fill containers at least 1/2 full.
- Be sure outside of container and inside of oven are dry.
- After completion of Cook cycle, if food needs additional cooking, return food to oven and use Time Cook to finish cooking.

How to Adjust the Oven's Automatic Settings for a Shorter or Longer Cook Time (Not available for all food types)

To subtract 10% from the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial counterclockwise, until a minus ("-") sign appears, and press to enter.

To add 10% to the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial clockwise, until a plus ("+") sign appears, and press to enter. look or crisp surface after cooking should not be cooked using this feature. It is best to Time Cook them.

Food Type Sensor Food Type Guide	Servings	Serving Size	Comments
Chicken Pieces Food Type	1 to 4 Servings	2 to 8 pieces Serving Size	8VH REORQJ VTXDUH RU URXQG Comments
Chicken Pieces	1 to 4	2 to 8 pieces	GLVK & RYHU ZLWK 8VH REORQJ YHOWHG SODVWLF ZUDS VTXDUH RU URXQG GLVK & RYHU ZLWK
Fish	1 to 4	4 to 16 oz.	YHOWHG SODVWLF 8VH REORQJ ZUDS VTXDUH RU URXQG
Fish	1 to 4	4 to 16 oz.	GLVK & RYHU ZLWK 8VH REORQJ YHOWHG SODVWLF ZUDS VTXDUH RU URXQG GLVK & RYHU ZLWK
Ground Meat (Beef, Pork, Turkey)	-	8 to 32 oz.	YHOWHG SODVWLF Use round casserole dish. Crumble meat
Ground Meat (Beef, Pork, Turkey)	-	8 to 32 oz.	into dish. Cover with vented plastic wrap.
Potatoes	1 to 4	8 to 32 oz.	into dish. Cover with Piece skin wih fork. vented plastic wrap. Arrange in a star
Potatoes	1 to 4	8 to 32 oz.	pattern in center of into dish. Piece skin wih fork. Arrange in a star
Canned Vegetables	1 to 4	4 to 16 oz.	pattern in center of. Use microwave-safe turntable, casserole or bowl.
Canned Vegetables	1 to 4	4 to 16 oz.	Cover with a lid or vented plastic wrap. Use microwave-safe casserole or bowl.
Fresh Vegetables	1 to 4	4 to 16 oz.	Cover with a lid or Use microwave-safe vented plastic wrap. casserole or bowl.
Fresh Vegetables	1 to 4	4 to 16 oz.	Add 2 tablespoons of water for each serving. Cover with lid or vented plastic wrap for each serving. Cover with lid
Frozen Vegetables	1 to 4	4 to 16 oz.	8VH PLFURZDYH wrap VDIH FVVHUROH

			RU ERZO)ROORZ SDFNDJH LQVWUXFWLRQV IRU DGGLQJ water. Cover with lid or vented plastic wrap.
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Frozen Vegetables	1 to 4	4 to 16 oz.	8VH PLFURZDYH VDIH FDVVHUROH RU ERZO)ROORZ SDFNDJH LQVWUXFWLRQV IRU DGGLQJ water. Cover with lid or vented plastic wrap.
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Popcorn (Do not use the shelves when microwave cooking.)

To use the Popcorn feature:

Use only with prepackaged microwave popcorn weighing 1.5 to 3.5 ounces.

NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.

1. Follow package instructions, using Time Cook if the package is less than 1.5 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the turntable.
2. Press the POPCORN button. The oven starts immediately.

If you open the door while POPCORN SENSOR is displayed, an error message will appear. Close the door, press CLEAR/OFF and begin again.

If food is undercooked after the countdown, use Time

Cook for additional cooking time.

How to Adjust the Automatic Popcorn Setting to Provide a Shorter or Longer Cook Time

If you find that the brand of popcorn you use underpops or overpops consistently, you can add or subtract 20–30 seconds to the automatic popping time.

To subtract time:

Within the first 30 seconds after the oven starts, turn the dial counterclockwise, until a minus (“-”) sign appears, for 20 seconds less cooking time. Press to enter. Turn again, until two



minus (“–”) signs appear, to reduce cooking time another 10 seconds for a total of 30 seconds less time. Press to enter.

To add time:

Within the first 30 seconds after the oven starts, turn the dial clockwise, until a plus (“+”) sign appears, for an extra 20 seconds cooking time. Press to enter. Turn again, until two plus (“++”) signs appear, to add another 10 seconds for a total of 30 seconds additional time. Press to enter.

Reheat (Do not use the shelves when microwave cooking.)

The Reheat feature reheats servings of previously cooked foods or a plate of leftovers.

NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.

1. Place the cup of liquid or covered food in the oven. Press REHEAT once, twice, three times or four times. The oven starts immediately.

Press once for a plate of leftovers.

Press twice for a pasta.

Press three times for 1/2 to 1 full cup.

Press four times for 1 to 2 full cups.

2. The oven signals when steam is sensed and the time remaining begins counting down.

Do not open the oven door until time is counting down. If the door is opened, close it and press START/PAUSE immediately.

After removing food from the oven, stir, if possible, to even out the temperature. Reheated foods may have wide variations in temperature. Some areas of food may be extremely hot.

If food is not hot enough after the countdown use Time Cook for additional reheating time.

Some Foods Not Recommended for Use With Reheat It is best to use Time Cook for these foods:

- Bread products
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.

How to Adjust the Oven’s Automatic Settings for a Shorter or Longer Time

To subtract 10% from the automatic cooking time:

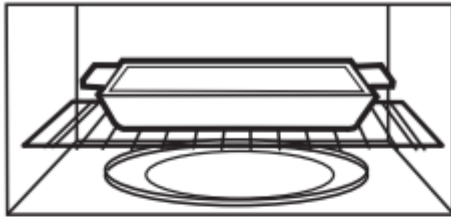
Within the first 30 seconds after the oven starts, turn the dial counterclockwise, until a minus (“–”) sign appears, and press to enter.



To add 10% to the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial clockwise, until a plus (“+”) sign appears, and press to enter.

Baking and Roasting Features



Correct shelf position



Incorrect shelf position

Baking or roasting uses a heating element to raise the temperature of the air inside the oven. Any oven temperature from 225°F to 450°F may be set. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors. This circulation of heated air is called convection.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

For Best Results...

Use one shelf in the lower position and leave at least a 1-inch gap between the cooking dish and the sides of the oven. For two-level cooking only, use both shelves.

The shelf is required for good air circulation and even browning.

See the Cookware Tips section for information on suggested cookware.

Bake or Roast with Preheat

1. Press the BAKE or ROAST button.
2. Turn the dial to set the oven temperature and press dial to enter. Do not enter bake time now. (The cook time will be entered later, after the oven is preheated.) See the Auto Recipe [™]M Conversion section below.



3. Press the dial or the START/PAUSE button to start preheating.
4. When the oven is preheated, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically.
5. Open the oven door and, using caution, place the food in the oven.
6. Close the oven door. Turn the dial to set the cook time and press the dial or START/PAUSE to start cooking.
7. When cooking is complete, the oven will signal and turn off.

NOTE: You may change the cook time at any time during cooking by turning the dial.

You may change the oven temperature at any time during cooking by pressing the POWER button. Turn the dial to set the oven temperature and press the dial to enter.

To view the cook time and oven temperature during cooking, press the BAKE button.

Bake or Roast without Preheat

1. If your recipe does not require preheating, press the BAKE or ROAST button. See the Auto Recipe™ Conversion section below.
2. Turn the dial to set the oven temperature and press to enter.
3. Turn the dial to set the cook time and press to enter.
4. Press the dial or the START/PAUSE button to start the oven.

NOTE: You may change the cook time at any time during cooking by turning the dial.

You may change the oven temperature at any time during cooking by pressing the POWER button. Turn the dial to set the oven temperature and press the dial to enter.

To view the cook time and oven temperature during cooking, press the BAKE button.

Auto Recipe™ Conversion

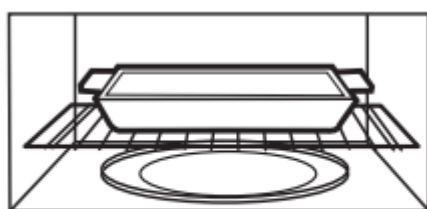
When using **CONVECTION BAKE**, the **Auto Recipe™ Conversion** feature will automatically convert entered regular baking temperatures to convection baking temperatures.

This feature is activated so that the display will show OFFSET ON and the actual converted (reduced) temperature. For example, if you enter a regular recipe temperature of 350°F and press the **START** button, the display will show the converted temperature of 325°F.

This feature can be turned off in the **OPTIONS** menu. See the Auto Recipe™ Conversion Selection in the About the other features section.

NOTE: If convection baking and the **Auto Recipe™ Conversion** feature is turned off, reduce the oven temperature 25°F from the recipe to prevent overbrowning on the top of baked goods.

Fast Bake Features



Correct shelf position



Incorrect shelf position

Fast Bake offers the best features of microwave energy and convection cooking. Microwaves cook food fast and convection circulation of heated air browns foods beautifully. Any oven temperature from 225°F to 450°F may be set.

For Best Results...

Use one shelf in the lower position and leave at least a 1-inch gap between the cooking dish and the sides of the oven. For two-level cooking only, use both shelves.

The shelf is required for good air circulation and even browning.

See the Cookware Tips section for information on suggested cookware.

See the Best Method of Cooking section to determine the which foods are appropriate to cook using **Fast Bake**.

Fast Bake with Preheat

1. Press the Fast Bake button.
2. Turn the dial to set the oven temperature and press dial to enter. Do not enter Fast Bake cook time now. (The cook time will be entered later, after the oven is preheated.)
3. Press the dial or the START/PAUSE button to start preheating.
4. When the oven is preheated, it will signal. If you do not open the door within 1 hour the oven will turn off automatically.
5. Open the oven door and, using caution, place the food in the oven.
6. Close the oven door. Turn the dial to set the cook time and press the dial or START/PAUSE to start cooking.

7. When cooking is complete, the oven will signal and turn off.

NOTE: You may change the cook time at any time during cooking by turning the dial.

You may change the oven temperature and microwave power level at any time during cooking by pressing the POWER button. Turn the dial to set the oven temperature and press the dial to enter. Then, turn the dial to set microwave power level 1 through 4 and press the dial to enter. The default power level is 4.

To view the cook time and oven temperature during cooking, press the FAST BAKE button.

- Do not use metal cookware with Fast Bake.
- Check the Cookware Tips section for correct cookware when using Fast Bake.
- Reduce the recipe cook time by 25%.
- See the Best Method of Cooking section to determine the which foods are appropriate to cook using Fast Bake.

Fast Bake without Preheat

1. If your recipe does not require preheating, press the Fast Bake button.
2. Turn the dial to set the oven temperature and press to enter.
3. Turn the dial to set the cook time and press to enter.
4. Press the dial or the START/PAUSE button to start the oven.

NOTE: You may change the cook time at any time during cooking by turning the dial.

You may change the oven temperature and microwave power level at any time during cooking by pressing the POWER button. Turn the dial to set the oven temperature and press the dial to enter. Then, turn the dial to set microwave power level 1 through 4 and press the dial to enter. The default power level is 4.

To view the cook time and oven temperature during cooking, press the FAST BAKE button.

NOTE:

- Do not use metal cookware with Fast Bake.
- Some recipes call for preheating.
- Check the Cookware Tips section for correct cookware when using Fast Bake.
- See the Best Method of Cooking section to determine the which foods are appropriate to cook using Fast Bake.
- Reduce the recipe cook time by 25%.

Cookware Tips

Convection Bake or Roast

Metal Pans are recommended for all types of baked products, but especially where browning is important.

Dark or dull finish metal pans are best for breads and pies because they absorb heat and produce crisper crust.

Shiny aluminum pans are better for cakes, cookies or muffins because they reflect heat and help produce a light tender crust.

Glass or Glass-Ceramic casserole or baking dishes are best suited for egg and cheese recipes due to the cleanability of glass.

Combination Fast Bake

Glass or Glass-Ceramic baking containers are recommended. Be sure not to use items with metal trim as it may cause arcing (sparking) with oven wall or oven shelf. This can damage the cookware, the shelf or the oven.

Heat-Resistant Plastic microwave cookware (safe to 450°F) may be used, but it is not recommended for foods requiring all-around browning, because the plastic is a poor conductor of heat.

Cookware	Microwave	Convection Bake or Roast	Comb
Heat-Resistant Glass, Glass-Ceramic	Yes	Yes	
(Pyrex®, Fire King®, Corning Ware®, etc.)			
Metal	No	Yes	
Non Heat-Resistant Glass	No	No	
Microwave-Safe Plastics	Yes	No	
Plastic Films and Wraps	Yes	No	
Paper Products	Yes	No	
Straw, Wicker and Wood	Yes	No	



** Use only microwave cookware that is safe to 450°F.*

Other Features

Help

The HELP button displays feature information and help hints.

Press HELP, then turn the dial to select a feature and press the dial to enter.

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display YOUR FOOD IS READY and beep once a minute until you either open the oven door or press the CLEAR/OFF button.

Resume

The cooking program just used stays in memory for 5 minutes. After that you will need to begin the program again. To turn this option off, see the More Time Message section.

1. If your food needs to cook a bit longer, you can restart the oven by pressing the START/PAUSE button or selector dial.
2. RESUME COOKING will be displayed and the oven will restart immediately at 10% of the original time.

Clock

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

1. Press the CLOCK button.
2. Turn the dial to set hours. Press the dial to enter.
3. Turn the dial to set minutes. Press the dial to enter.
4. Turn the dial to select AM or PM. Press the dial to enter.

The clock is designed to turn off when unit is idle for 30 seconds to minimize the standby power usage. The clock will turn on when unit is in use or door is opened. There is not an override option available based on the DOE energy requirements

Start/Pause

In addition to starting many functions, START/PAUSE allows you to stop cooking without opening the door or clearing the display.

Clear/Off

Press the CLEAR/OFF button to stop and cancel cooking at any time.

Control Lock-Out

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

To lock or unlock the controls, press and hold the CLEAR/ OFF button for about three seconds. When the control panel is locked, CONTROL LOCKED will be displayed briefly anytime a button or dial is pressed.

Auto Nite Light

The Auto Nite Light can be set to come on and go off at desired times.

1. Press the OPTIONS button and turn the dial to select AUTO NITE LIGHT. Press the dial to enter.
2. Turn the dial to select SET TIMES. Press the dial to enter.
3. Enter the time of day for the light to come on by turning the dial to select the hour, minutes and AM or PM. Press the dial to enter after each selection.
4. Enter the time of day for the light to go off by turning the dial to select the hour, minutes and AM or PM. Press the dial to enter after each selection.

NOTE: The NITE indicator will be lit whenever the nite light is set to operate.

To review the nite light settings, turn the dial to select REVIEW SETTINGS after selecting the Auto Nite Light option. Press the dial to enter.

To clear the nite light settings, turn the dial to select CLEAR SETTINGS after selecting the Auto Nite Light option. Press the dial to enter.

Beeper Volume

The beeper sound level can be adjusted.

1. Press the OPTIONS button and turn the dial to select BEEPER VOLUME. Press the dial to enter.
2. Turn the dial to select mute to loud. Press the dial to enter.

NOTE: The MUTE indicator will be lit whenever the beeper volume is set to mute.

Display Language

The language for the scrolling display can be set to either English or Spanish.

1. Press the OPTIONS button and turn the dial to select DISPLAY LANGUAGE. Press the dial to enter.
2. Turn the dial to select ENGLISH or SPANISH. Press the dial to enter.

Display Speed

The scroll speed of the display can be changed.

1. Press the OPTIONS button and turn the dial to select DISPLAY SPEED. Press the dial to enter.
2. Turn the dial to select slowest to fastest. Press the dial to enter.

Bake Temp. Adjust

Use to set the oven to automatically adjust set temperatures by 5, 10, 15, 20 or 25 degrees.

1. Press the OPTIONS button and turn the dial to select BAKE TEMP ADJUST. Press the dial to enter.
2. Turn the dial to select NO CHANGE, 5, 10, 15, 20 or 25 degrees and press to enter.

Auto Recipe™ Conversion Selection

When ON the oven will automatically convert entered regular baking temperatures to convection baking temperatures. See Auto Recipe™ Conversion in the About the baking and roasting features section.

1. Press the OPTIONS button and turn the dial to select OFFSET. Press the dial to enter.
2. Turn the dial to select CONVECTION BAKE TEMP OFFSET-ON/OFF and press to enter

Measures

Measurements can be set to display in Default (English) or metric.

1. Press the OPTIONS button and turn the dial to select MEASURES. Press the dial to enter.
2. Turn the dial to select DEFAULT or METRIC and press to enter.

Timer

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

1. Press the TIMER button.
2. Turn the dial to select the minutes. Press the dial to enter.
3. Turn the dial to select the seconds. Press the dial to enter.
4. Press the dial or TIMER to start.

To cancel, press the TIMER button.

When time is up, the oven will signal.

To turn off the timer signal, press TIMER.

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

Turntable On/Off

For best cooking results, leave the turntable on. It can be turned off for large dishes.

1. Press the TURNTABLE ON/OFF button.
2. Turn the dial to select ON or OFF. Press the dial to enter.

Sometimes the turntable can become too hot to touch.

Be careful touching the turntable during and after cooking.

Vent Fan

The vent fan removes steam and other vapors from surface cooking.

Press VENT FAN once for high fan speed, twice for medium fan speed, three times for low fan speed or a fourth time to turn the fan off.

Automatic Fan

An automatic fan feature protects the microwave from too much heat rising from the cooktop below it. It automatically turns on if it senses too much heat.

If you have turned the fan on you may find that you cannot turn it off. The fan will automatically turn off when the internal parts are cool. It may stay on for 30 minutes or more after the cooktop and microwave controls are turned off.

More Time Message

After cooking is complete, a message can be displayed giving you the option to cook the food longer at the same settings. See the Resume section.

1. Press the OPTIONS button and turn the dial to select MORE TIME MESSAGE. Press the dial to enter.
2. Turn the dial to select MESSAGE ON or OFF and press enter.

Surface Light

Press SURFACE LIGHT once for bright light, twice for the night light or a third time to turn the light off.

CARE AND CLEANING

Oven

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.

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.

Shelves

Clean with mild soap and water or in the dishwasher.

Do not clean in a self-cleaning oven.

How to clean the Outside

We recommend against using cleaners with ammonia or alcohol, as they can damage the appearance of the microwave oven. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.

Case

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

Control Panel

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

Door Panel

Before cleaning the front door panel, make sure you know what type of panel you have. Refer to the eighth digit of the model number. “S” is stainless steel, “L” is CleanSteel and “B”, “W” or “C” are plastic colors.

Stainless Steel (on some models)

The stainless steel panel can be cleaned with Stainless Steel Magic or a similar product using a clean, soft cloth. Apply stainless cleaner carefully to avoid the surrounding plastic parts. Do not use appliance wax, polish, bleach or products containing chlorine on Stainless Steel finishes.

Plastic Color Panels

Use a clean, soft, lightly dampened cloth, then dry thoroughly.

Door Seal

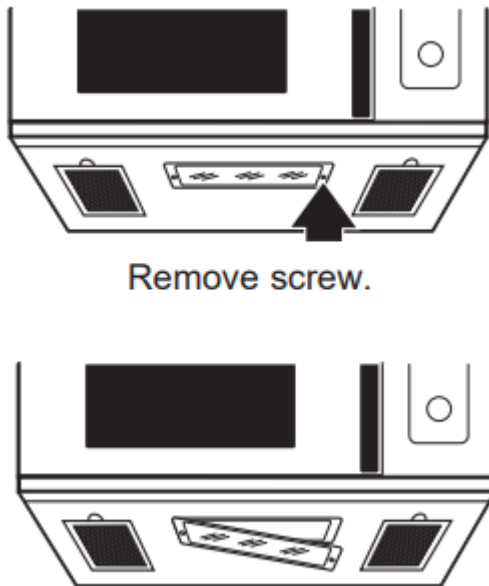
It's important to keep the area clean where the door seals against the microwave. Use only mild, non abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Bottom

Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.

Replacing the Light Bulb

Cooktop Light/Nite Light



Replace with a 120 volt, 40 watt (max.) halogen bulb. Order WB08X10051 from your GE supplier.

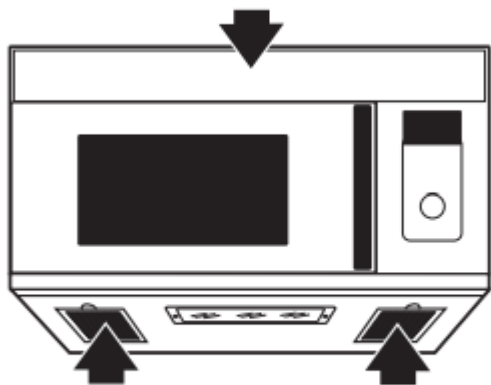
1. To replace the cooktop light/nite light, first disconnect the power at the main fuse or circuit breaker panel, or pull the plug.
2. Remove the screw from the side of the light compartment cover and lower the cover until it stops.
3. Be sure the bulb is cool before removing. Break the adhesive seal by gently unscrewing the bulb.
4. Screw in the new bulb, then raise the light cover and replace the screw. Connect electrical power to the oven.

Exhaust Feature

Vent Fan

The vent fan has two metal reusable vent filters. Models that recirculate air back into the room also use a charcoal filter.

Charcoal filter (on some models).



Reusable vent filters
(on all models).

Reusable Vent Filter

The metal filters trap grease released by foods on the cooktop. They also prevent flames from foods on the cooktop from damaging the inside of the oven. For this reason, the filters must always be in place when the hood is used. The vent filters should be cleaned once a month, or as needed.

Removing and Cleaning the Filters

To remove, slide them to the rear using the tabs. Pull down and out.

To clean the vent filters, soak them and then swish 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 dry before replacing.

To replace, slide the filters into the frame slots on the back of each opening. Press up and to the front to lock into place.

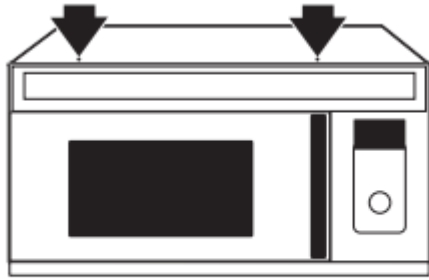
Charcoal Filter

The charcoal filter cannot be cleaned. It must be replaced. Order Part No. WB02X10943 from your GE Appliances 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 to 12 months, depending on usage)

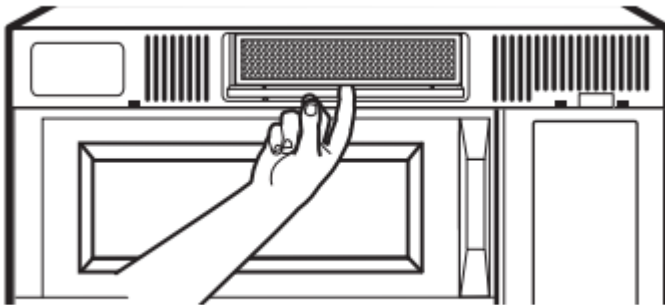
To Remove the Charcoal Filter

To remove the charcoal filter, first disconnect power at the main fuse or circuit breaker, or pull the plug. Remove the top grille by removing the two screws that hold it in place. You may need to open the cabinet doors to remove the screws.



Remove 2 grille screws to remove the grille.

Lift the filter at the bottom until it comes free of the tabs. Slide the filter down and out.



To Install the Charcoal Filter

To install a new charcoal filter, remove plastic and other outer wrapping from the new filter.

Insert the top of the filter up and into the grooves on the inside of the top opening. Push the bottom of the filter in until it rests in place behind the tabs.

TROUBLESHOOTING TIPS

Save time and money! Review the charts on the following pages first and you may not need to call for service.

Problem	Possible Cause	What To Do
The display is blank	The clock is designed to turn off when unit is idle for 30 seconds to minimize the standby power usage.	The clock will turn on when unit is in use or the door is opened. There is not an override option available based on the DOE energy requirements.
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.
Control panel lighted, yet oven will not start	Door not securely closed.	Open the door and close securely.
	START/PAUSE button not pressed after entering cooking selection.	Press START/PAUSE .
	Another selection entered already in oven and CLEAR/OFF button not pressed to cancel it.	Press CLEAR/OFF .
	Cooking time not entered after pressing TIME COOK.	Make sure you have entered cooking time after pressing TIME COOK.
	CLEAR/OFF was pressed accidentally.	Reset cooking program and press START/PAUSE .
	Food weight not entered after selecting AUTO DEFROST or FAST DEFROST	Make sure you have entered food weight after selecting AUTO DEFROST or FAST DEFROST .
	Food type not entered after pressing AUTO COOK.	Make sure you have entered food type after pressing AUTO COOK .
CONTROL LOCKED appears on display	The control has been locked	Press and hold CLEAR/OFF for about 3 seconds to unlock the control.

OVEN TOO HOT FOR SENSOR COOKING - USING ALTERNATE METHOD appears on display	One of the sensor cooking buttons was pressed when the temperature inside the oven was greater than 200° F	These features will not operate when the oven is too hot. The oven will automatically change the cooking time (follow the directions in the display). When the oven is cool enough, the sensor feature will function normally.
Floor of the oven is warm even when the oven has not been used.	The cooktop light is located below the oven floor. When light is on, the heat it produces may make the oven floor get warm.	This is normal.
You hear an unusual low-tone beep	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.
Oven emits a smoky odor and gray smoke after using the Bake feature	Oils on the stainless steel cavity are burning off after using the Bake feature the first few times.	This is normal.
Food browns on top much faster than on the bottom	Rack has been placed in the "high" position.	Always use the rack in its "low" position.
Oven temperature fluctuates during cooking	The cooking element cycles on and off to maintain the oven temperatures at the desired setting.	This is normal.
Vent fan comes on automatically	The vent fan automatically turns on to protect the microwave if it senses too much heat rising from the cooktop below.	This is normal.
	During Bake, Roast, or Fast bake (after preheating), the vent fan will automatically come on to cool the oven components.	This is normal.
SENSOR ERROR appears on the display	When using a Sensor feature the door was opened before steam could be detected.	Do not open door until steam is seasoned. When the cooking time is shown counting down on the display.



	Steam was not detected in a maximum amount of time.	Use Time Cook to heat for more time.
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Things That Are Normal With Your Microwave Oven

- Moisture on the oven door and walls while cooking. Wipe the moisture off with a paper towel or soft cloth.
- Moisture between the oven door panels when cooking certain foods. Moisture should dissipate shortly after cooking is finished.
- 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.
- The vent fan operating while the microwave is operating. The vent fan will not go off nor can it be turned off until the microwave is off.
- Warm, convection bake, convection roast and combination fast bake have a maximum cooking time of 179 minutes (2 hours and 59 minutes). When the maximum cooking time is reached, the oven will automatically indicate that cooking is complete and turn off the cooking element.
- 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.
- The clock is designed to turn off when unit is idle for 30 seconds to minimize the standby power usage. The clock will turn on when unit is in use or door is opened.
- There is not an override option available based on the DOE energy requirement

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.