

## ADVANTIUM

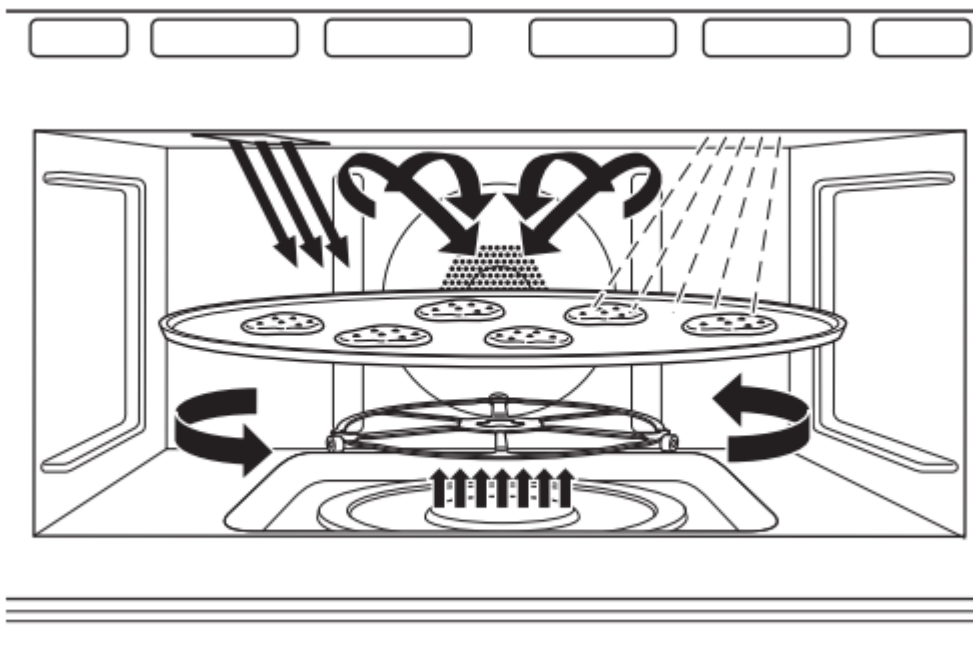
### Getting to Know Advantium

#### What is Advantium?

The new Advantium oven uses breakthrough Speedcook technology to harness the power of light. The Advantium oven cooks the outside of foods much like conventional radiant heat, while also penetrating the surface so the inside cooks simultaneously. While halogen light is the primary source of power, a “microwave boost” is added with certain foods. Foods cook evenly and fast, retaining their natural moisture.

The Advantium oven is capable of speedcooking, convection baking, broiling, toasting, warming, proofing and microwaving. The Speedcook feature is the biggest benefit of the Advantium oven.

No preheating is required to speedcook. Place the food in the oven and start cooking immediately. You see timesaving because there is no preheat and because speedcook cooks faster.



### Advantium Quick Start



## Set the Clock

When you first plug in the oven or after a power outage:

1. Turn the selector dial to set the hour. Press the dial to enter.
2. Turn the dial to set the minute. Press the dial to enter.
3. Turn the dial to select AM or PM. Press the dial to enter.

## To change the time:

1. Press the OPTIONS pad.
2. Turn the dial to SET CLOCK. Press the dial to enter and follow the display directions to set.

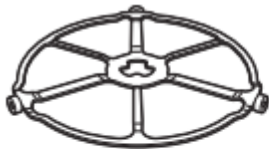
The clock is designed to turn off when unit is idle for 30 seconds to minimize the standby power usage.

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.

## Microwaving with Express

Press EXPRESS repeatedly for 30-second increments of microwave cooking time.

The oven starts immediately



The **turntable** must always be in place when using the oven.

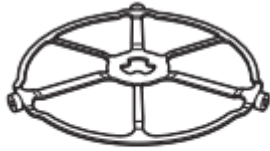


The **clear glass tray** should always be in place when **microwaving**.

## Speedcooking

1. Press the SPEEDCOOK pad.
2. Turn the dial to FOOD MENU. Press the dial to enter.
3. Turn the dial to select the type of food category you want. Press the dial to enter.
4. Turn the dial to select the specific food. Press the dial to enter.
5. Turn the dial to select the amount, size, and/or doneness (if required, the oven will prompt you). Press the dial after each selection.
6. Once the display shows ADJUST TIME OR START, either press the dial or start pad to start cooking.

- Press CANCEL/OFF at any time to stop cooking.



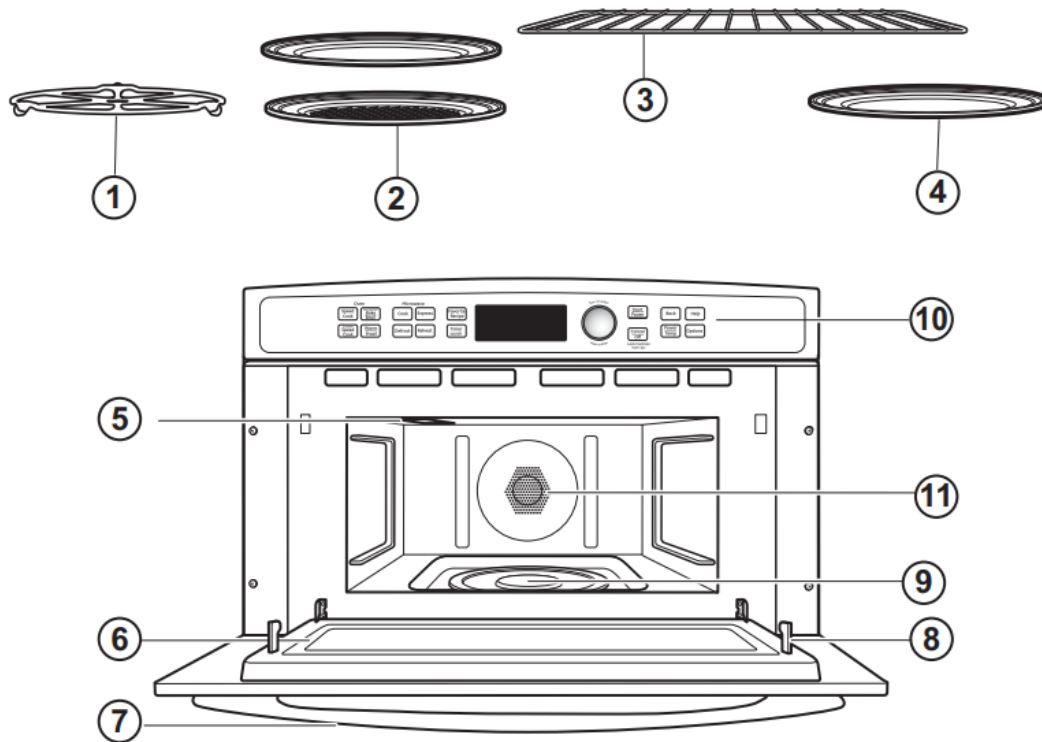
The turntable must always be in place when using the oven.



Put food directly on the non-stick metal tray to speedcook.

## Features

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



### 1. Turntable

The turntable must always be in place, on the oven floor, for all cooking. Be sure the turntable is seated securely over the spindle in the center of the oven.

### 2. Metal Tray or Metal Grill Tray

Put food directly on the metal tray or metal grill tray and place on the turntable when using the speedcook, broil, toast, warm and convection bake features.

### 3. Wire Oven Rack

Put food directly on the metal tray or in an oven-safe dish on the wire oven rack only when convection baking on two levels.

### 4. Clear Glass Tray

Place on the turntable when using the microwave features. Place food or microwave-safe cookware directly on the tray.

## 5. Upper Halogen Lamp

Two 1200W halogen lamps cook food from above in speedcook, broil and toast.

## 6. Window

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

## 7. Door Handle

Pull to open the door.

## 8. Door Latches

The door must be securely latched for the oven to operate.

## 9. Lower Ceramic Heater

One 500W ceramic heater cooks food from the bottom in speedcook, broil and toast.

## 10. Control Panel

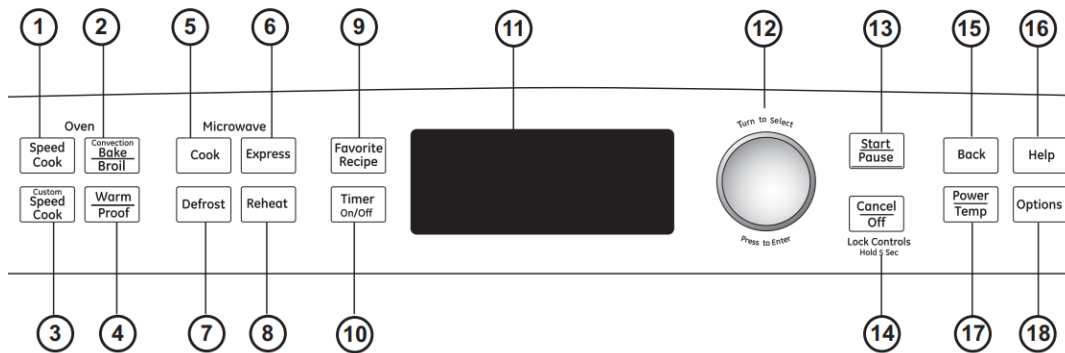
The pads used to operate the oven are located on the control panel.

## 11. Rear Convection System

One 1500W heating element cooks food with a convection fan circulating the hot air throughout the cavity in speedcook, broil, convection bake, toast and warm.

## Controls

With your Advantium oven, you can cook with high-intensity halogen lights, ceramic heaters and convection heating element, and/or conventional microwave energy.



### 1. SPEEDCOOK/Repeat Last

Press this pad to access the pre-set speedcook menu. Press and hold for 3 seconds to repeat the last cooking selection.

### 2. CONVECTION BAKE/BROIL

Press this pad to bake, broil or toast.

### 3. CUSTOM SPEEDCOOK

Press this pad to set your own speedcook program.

### 4. WARM/PROOF

Select WARM to keep hot, cooked foods at serving temperature.

Select PROOF to set for a warm environment useful for rising yeast-leavened products.

5. **COOK (Microwave)**  
Press this pad to microwave food that is not in the FAVORITE RECIPE section.
6. **EXPRESS (Microwave)**  
Press for 30 seconds of microwave cooking time. Each time the pad is pressed adds an additional 30 seconds to the remaining cooking time. The oven starts immediately.
7. **DEFROST (Microwave)/OVEN LIGHT**  
Press this pad to defrost, soften or melt frozen foods. While cooking, press this pad to light the cavity for 4 seconds.
8. **REHEAT (Microwave)**  
Press this pad to reheat servings of previously cooked foods or a plate of leftovers.
9. **FAVORITE RECIPE**  
Press this pad to add, edit (change) or remove a recipe from the memory.
10. **TIMER**  
Press this pad to set the minute timer.
11. **DISPLAY**  
Shows and instructs the use of all features on the oven.
12. **Selector Dial**-Turn to select, Press to enter  
First turn, then press the dial to make option, food power level or temperature selections. Also use the dial to increase (turn clockwise) or decrease (turn counterclockwise) cooking times.
13. **START/PAUSE**  
Press this pad to start or pause any cooking function.
14. **CANCEL/OFF**  
Press this pad to cancel ALL oven programs except the clock and timer.
15. **BACK**  
Press this pad to step back one or more levels in the program process.
16. **HELP**  
Press this pad to find out more about your oven's features.
17. **POWER/TEMP**  
During cooking, press this pad and turn/press the selector dial to change the microwave power level, the convection bake temperature or the speedcook power levels.
18. **OPTIONS**  
Press this pad to set the **Clock** and access the **Beeper Volume, Auto Recipe Convert, Display Scroll Speed, Delay Start** and **Reminder** features.

# SPEEDCOOKING

**WARNING! When using speedcook programs, remember that the oven, door and dishes will be very hot!**

Prior to the first use of your oven, the clock must be set. See the Advantium Quick Start section. Before you begin, make sure the turntable is in place. Use the non-stick metal tray and your own glass or ceramic cookware, if needed.

## Speedcook Power Level

The Advantium uses power from high intensity halogen lamps, a ceramic heater, a convection system and microwaves to cook food from the top, bottom and interior simultaneously to seal in moisture and flavor.

When using the pre-set menu foods, the power levels are already selected for you. However, power levels can be adjusted when using pre-set menu foods and Custom Speedcook.

Each power level gives you halogen lamp or ceramic heater power and microwave energy for a certain percentage of the time or provides heating from the convection system.

For example:

U-07 Upper halogen lamp on 70% of the time.

L-07 Lower ceramic heater on 70% of the time.

C-06 Convection element heats oven to 350°F.

M-05 Microwave on 50% of the time.

**NOTE:** Be careful when adjusting power levels so that you do not over- or undercook food.

1. Press the SPEEDCOOK pad and select your food (follow instructions from Using the pre-set speedcook menu).
2. When display shows ADJUST TIME or START, press the POWER LEVEL pad.  
If you do not want to change one of the settings, just press the dial to move to the next selection.
3. Turn the dial clockwise to increase or counterclockwise to decrease the upper power level. Press the dial to enter.
4. Turn the dial to change the lower power level. Press the dial to enter.
5. Turn the dial to change the microwave power level. Press the dial to enter.
6. Turn the dial to change the convection power level. Press the dial to enter.
7. Press the START/PAUSE pad or the selector dial to start cooking.

**Follow these general guidelines when selecting the best U=, L=, M= and C= settings for your favorite recipe:**

U = Select a higher setting for thin foods requiring a golden brown top (example: fish fillets, toast, boneless chicken breasts). Select a lower setting for thicker foods and foods with high sugar or fat content (example: muffins, roasts, casseroles) or that require a longer cook time.

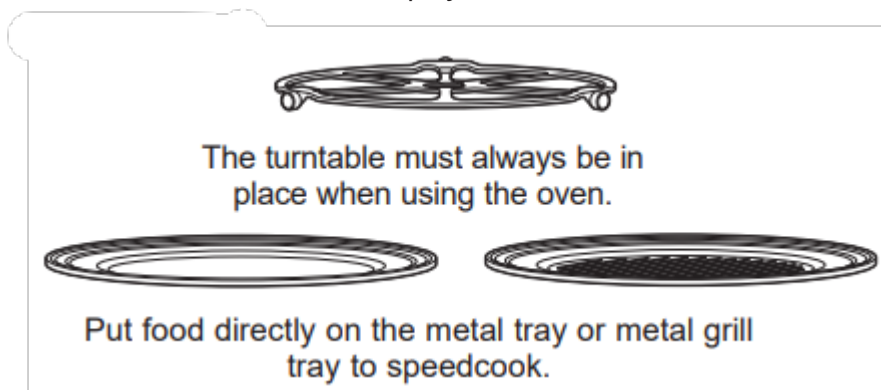
L = Select a higher setting for thick or dense foods that may not cook quickly in the center (example: steaks, casseroles). Select a lower setting for thin foods (example: cookies).

M = Select a higher setting to shorten cooking time for dense or heavy foods (example: casseroles, whole chicken). Select a lower setting for delicate foods (example: breads) or foods requiring longer cook times for tender results (example: stew, pot roast).

C = Select a lower setting for more delicate foods that cook at lower temperatures. Select a higher setting (6 or above) for more robust foods or foods that cook at temperatures above 350°F.

### Using Speedcook Features

- If the door is opened during cooking, the oven will stop and PAUSE will appear in the display. Close the door and press the START/PAUSE pad to resume cooking.
- At any time during cooking you can turn the selector dial to change the cooking time. You can change power levels by pressing POWER/TEMP.
- Speedcooking meats in the oven may produce smoke.
- To cook for additional time after a cooking cycle has been completed, use the Resume feature as instructed on the display.



### Cooking Tips

To ensure consistent and even browning when cooking foods directly on the non-stick metal tray, arrange food as shown below.

**Foods can touch but should not overlap.**



Circular pattern  
(Example: biscuits, cookies)



Side by side pattern  
(Example: meats and poultry)



Spoke pattern  
(Example: crescent rolls, breadsticks)



Single layer  
(Example: appetizers)

**Fresh meat, chicken, fish or seafood that has been frozen should be thawed before cooking (the microwave defrost feature can be used). For other frozen prepackaged foods, follow package directions.**

### **Speedcook Cookware**

- Follow cookware suggestions on the oven display or in the Cookbook or Cooking guide.
- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food directly on the metal tray or metal grill tray when cooking, unless prompted by the oven to do otherwise.
- Use the metal tray in the same way you would use a shallow baking pan or baking tray.
- In addition to the cookware provided, you can use non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the turntable.



- Be sure to select a size that will rotate easily.
- Place the metal tray or metal grill tray on the turntable. Place glass or ceramic cookware on the tray.
- Do not use cookware or coverings made of paper, plastic, or foil when cooking during a speedcook cycle.

### **Custom Speedcook**

Advantium gives you the flexibility to cook your favorite dishes. If you want to cook a food item that is not among the pre-set selections, use custom speedcook.

1. Press the CUSTOM SPEEDCOOK pad.  
If no entries are made within 15 seconds, the display will return to blank.
2. Turn the selector dial to select the cooking time. Press the dial to enter.  
The display will prompt you to select the power level(s).
3. Turn the dial to select the upper power level. Turn the dial clockwise to increase or counterclockwise to decrease the upper power level. Press the dial to enter.
4. Turn the dial to select the lower power level. Press the dial to enter.
5. Turn the dial to select the microwave power level. Press the dial to enter.
6. Turn the dial to set the convection power level. Press the dial to enter.
7. Press the START/PAUSE pad or press the selector dial to start cooking.

For power level and cooking time suggestions, use your cooking guide, cookbook and the pre-set speedcook menu selections.

### **Repeat Last**

Use this time saving feature for cooking repetitive items like cookies or appetizers.

**NOTE:** The last program used is stored for two hours.

1. Press and hold the SPEEDCOOK pad for 3 seconds.
2. The last pre-set food will be displayed.
3. Press the START/PAUSE pad or the selector dial to start cooking.

### Resume

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

The program stays in memory for 10 minutes. After that you will need to begin the program again. See To use a pre-set speedcook menu.

### Pre-set Speedcook Menu

| <b><u>SPEEDCOOK PRE-SET FOOD SELECTIONS:</u></b> |                   |                   |                    |
|--|-------------------|-------------------|--------------------|
| ■ <b>Appetizers</b>                              | ■ <b>Desserts</b> | ■ <b>Pizza</b>    | ■ <b>Sandwich</b>  |
| ■ <b>Breads</b>                                  | ■ <b>Entrees</b>  | ■ <b>Potatoes</b> | ■ <b>Seafood</b>   |
| ■ <b>Breakfast</b>                               | ■ <b>Meats</b>    | ■ <b>Poultry</b>  | ■ <b>Side Dish</b> |

Advantium is already pre-set to cook over 175 popular dishes.

1. Press the SPEEDCOOK pad.  
If no selection is made within 15 seconds, the display will return to blank.
2. Turn the selector dial to select the type of food category you want. Press the dial to enter.
3. Turn the selector dial to select the specific food (menu selection). Press the dial to enter.
4. Turn the selector dial to select amount, size, and/ or doneness (if required, the oven will prompt you). Press the dial after each selection.
5. Once the display shows ADJUST TIME or START, press start or the selector dial to start cooking.

Turn the food over when the oven signals TURN FOOD OVER (for certain foods).

When the oven signals CHECK for DONENESS, check to see if your food is done to your liking (for certain foods).

To review settings during cooking, press the selector dial.

If you enter an undesired selection at any time, simply press the BACK pad and re-enter the desired selections.

Speedcooking meats in the oven may produce smoke.

## **Favorite Recipe**

### **To Enter and Save**

Add and save up to 30 of your own Speedcook or microwave recipes, or pre-set Speedcook menu recipes as a favorite recipe. Once it's done, you can quickly recall your favorite so that your food cooks just the way you want it every time!

1. Press the FAVORITE RECIPE or the SPEEDCOOK pad.
2. Turn the dial until FAVORITE RECIPE appears. Press the dial to enter. (Skip this step if the FAVORITE RECIPE pad was pressed in step 1.)
3. Turn the dial until ADD RECIPE appears. Press the dial to enter.
4. Turn the dial to COPY SPEED RECIPE or to ADD NEW RECIPE. Press the dial to enter.  
If COPY SPEED RECIPE was selected, turn dial to food type(s) and press the FAVORITE RECIPE pad to enter and save the recipe.  
If ADD NEW RECIPE was selected, turn the dial to select SPEEDCOOK or MICROWAVE recipe. Press the dial to enter and continue with these steps.
5. SELECT COOK TIME appears. Turn the dial to select the cooking time. Press the dial to enter.  
The display will prompt you to select the power level(s).
6. Turn the dial clockwise to increase or counterclockwise to decrease the power level(s).  
Press the dial to enter.  
For power level and cooking time suggestions, use your cooking guide or cook book.
7. SPELL THE FOOD NAME appears. Turn the dial to the first letter of your food description and press the dial to enter. Continue this process to spell the rest of the food name. Press the START/PAUSE pad to save the recipe and its name.

### **To Find and Use**

To find and use stored favorite recipes:

1. Press the FAVORITE RECIPE or the SPEEDCOOK pad.
2. Turn the dial until FAVORITE RECIPE appears. Press the dial to enter. (Skip this step if the FAVORITE RECIPE pad was pressed in Step 1.)
3. Turn dial to USE FAVORITE RECIPE and press to enter.
4. The recipe names you entered will appear.
5. Turn dial until the recipe you want is displayed and press the dial to enter.
6. Press the START/PAUSE pad or press the selector dial to start cooking.

### **To Delete**

To delete stored custom speedcook recipes:

1. Press the FAVORITE RECIPE or the SPEEDCOOK pad.
2. Turn the dial until FAVORITE RECIPE appears. Press the dial to enter. (Skip this step if the FAVORITE RECIPE pad was pressed in Step 1.)
3. Turn the dial until DELETE RECIPE appears and press the dial to enter.
4. Turn dial to the recipe you want to delete and press the dial to enter.

## Things that are Normal

### Cooking Times

- When speedcooking preprogrammed foods, you may see OPTIMIZING COOK TIME in the display several seconds after you press START/PAUSE. The oven automatically senses the electrical voltage level in your home and adjusts the cooking time up or down for proper cooking.

### Cooling Fans

- The fan will be on during cooking. At the end of cooking, the automatic fan may continue to run for a short time, and the display will read Oven is Cooling. The fan will automatically shut off when the internal parts of the oven have cooled.
- The oven vent will emit warm air while the oven is on.

### Lights

- When the oven is on, light may be visible around the door or outer case.
- The halogen lights will dim and cycle on and off during a speedcook cycle, sometimes even at full power levels. This is normal. The oven senses the heat level and adjusts automatically.

### Oven Heat

- No preheating time is required during Speedcook cycles. The oven begins cooking immediately.
- The door and inside of the oven will be very hot. Use caution when opening the door and removing food.  
Be cautious of steam or vapor that may escape from around the door.
- Do not use cookware or coverings made of paper, plastic, or foil when cooking during a speedcook cycle.
- When cooking for an extended period of time, the oven may automatically reduce the power levels to maintain the appropriate level of oven heat.

### Sounds

- Clicks and a fan blowing are normal sounds during cooking. The relay board is turning components on and off.

### Interference

- 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. Move the radio or TV as far away from the microwave as possible, or check the position of the TV/radio antenna.

## CONVECTION BAKING

**WARNING:** When baking, remember that the oven, door and dishes will be very hot!

Convection baking allows you to cook foods the same way as a conventional oven, using a heating element to raise the temperature of the air inside the oven. Any oven temperature from 250°F to 450°F may be set.

A fan gently circulates heated air throughout the oven, over and around the food. Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook slightly faster than in regular oven cooking.

Before you begin, make sure the turntable is in place. Use the metal tray at all times when single or two-level baking.



The turntable must always be in place when using the oven.



Put food directly on the **metal grill tray** to speedcook.



Put food directly on the metal tray or in the appropriate dish and place on wire oven rack when baking or warming on two levels.

### How to Convection Bake



1. Press CONVECTION BAKE/BROIL pad.
2. Press the dial to select CONV BAKE.
3. Turn the dial to set the oven temperature and press to enter.

### To bypass preheating:

1. When the prompt shows PREHEAT THE OVEN? turn the dial to NO. Press the dial to enter.

2. Place food in oven, turn the dial to set the cook time and press to enter.
3. Press the dial or press START/PAUSE to start cooking. When cooking is complete, the oven will signal and turn off.

### To preheat:

1. When the prompt shows PREHEAT THE OVEN? turn the dial to YES. Press the dial or press START/ PAUSE to begin preheating.  
The oven starts preheating immediately. Do not place food in oven. (You will be prompted to enter a cook time, after oven is preheated.)
2. When the oven is finished preheating, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically. Open the oven door and, using caution, place the food in the oven.
3. Close the oven door. Turn the dial to set the cook time and press to enter.
4. Press the dial or press START/PAUSE to start cooking. When cooking is complete, the oven will signal and turn off.

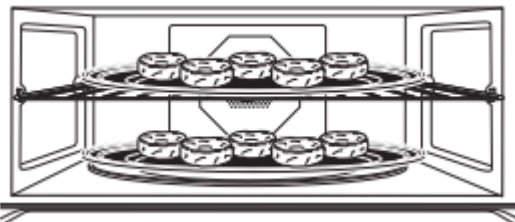
You may change the oven temperature during preheating by pressing the POWER/TEMP pad and turning the dial to select the new temperature. Press the dial to enter.

If the oven door is opened during cooking, PAUSE will appear in the display. Close the door and press start/ pause.

Cook times are shown in minutes and can be set to a maximum of 179 minutes. Time can be changed during cooking by turning the dial.

### Cooking Tips for Convection Baking

- When cooking items that go directly onto the metal tray, do not place the tray into the oven during preheat. Place the food directly onto the tray, and place the metal tray with food onto the turntable after the oven is finished preheating.
- When cooking items in a dish to be placed on the metal tray, place the metal tray in the oven during preheat for optimum cooking performance.
- For two-level baking, install the wire rack on the 4 rack supports and a metal tray on the turntable. Baking dishes can be placed directly onto the wire rack and the turntable.



- If baking trays are required for cooking foods like cookies or biscuits, use the metal trays supplied with the oven to place on the wire rack and on the turntable for best performance.

## BROILING AND TOASTING

**WARNING:** When broiling or toasting, remember that the oven, door and dishes will be very hot!

Broil and toast use the upper lamps, lower heater and convection system to broil or toast food similar to a conventional oven.

Before you begin, make sure the turntable is in place. Use the metal tray when toasting and the metal tray or metal grill tray when broiling.



The **turntable** must always be in place when using the oven.



Put food directly on the **metal tray** or the **metal grill tray**.

### How to Broil or Toast



1. Press the CONV BAKE/BROIL pad.
2. Turn the dial to BROIL or TOAST and press to enter.

#### To bypass preheating:

1. When the prompt shows PREHEAT THE OVEN? turn the dial to NO. Press the dial to enter.
2. Place the food in the oven, turn the dial to set the cook time and press to enter.

Press the dial or START/PAUSE to start cooking. When cooking is complete, the oven will signal and turn off.

#### To preheat:

1. When the prompt shows PREHEAT THE OVEN? turn the dial to YES. Press the dial or press START/ PAUSE to begin preheating.

The oven starts preheating immediately. Do not place the food in the oven. (You will be prompted to enter the cook time, after the oven is preheated.)

2. When the oven is finished preheating, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically. Open the oven door and, using caution, place the food in the oven.
3. Close the oven door. Turn the dial to set the cook time and press the dial or START/ PAUSE pad to begin cooking. When cooking is complete, the oven will signal and turn off.  
If the oven door is opened during cooking, PAUSE will appear in the display. Close the door and press start/ pause.

### Cooking Tips for Broiling

- Broiling times may be shorter in the Advantium oven because of the use of halogen lamps. Make sure to monitor food closely to get the desired results.
- For best results when broiling, place food directly on the metal grill tray.
- If preheating the oven to broil meat, preheat with the metal grill tray in the oven and place food on the hot metal tray for best searing of meat.
- Broiling meats in the oven may produce smoke.
- Most foods should be turned halfway through broiling time. Dense foods such as meaty, bone-in chicken pieces should be turned about 3/4 of the way through broiling time.
- Remove thinner pieces as needed to prevent overcooking and drying.

### Cooking Tips for Toasting

- For best results when toasting, use the metal tray.
- Most foods should be turned over 2/3 of the way through toasting time when not preheating.
- When using the preheat option, turn food halfway through the cooking time.
- To crisp exterior but maintain moistness inside foods, preheat the oven.
- To crisp exterior and crisp the inside too, do not preheat the oven.
- Toast thicker pieces a longer time, thinner pieces a shorter time.

## WARMING AND PROOFING



### Warming



The WARM feature will keep hot, cooked foods at serving temperature. Always start with hot food. Use cookware and utensils that can withstand temperatures up to 230°F.

1. Press the WARM/PROOF pad.
2. Turn the dial to select HOLD FOOD WARM. Press the dial to enter.
3. Turn the dial to select the oven temperature. See the chart and tips. Press the dial to enter.  
LOW 140-160°F  
MEDIUM 160-195°F  
HIGH 195-230°F
4. Turn the dial to select the level of moisture you want. See the chart and tips below. Press the dial to enter.

If the oven door is opened during warming, PAUSE will appear in the display. Close the door and press START/ PAUSE.

#### To Crisp Stale Items:

- Place food or dishes directly on the black metal tray.
- Preheat on LOW setting and select CRISP.
- Check crispness after 45 minutes. Add time as needed.



The **turntable** must always be in place when using the oven.



Put food directly on the **metal tray** to warm.

#### Tips for Crisp Foods.

- Leave food uncovered.
- Do not use plastic containers or plastic wrap.
- Preheating is not necessary except for crisping stale items. (See To Crisp Stale Items.)

#### Tips for Moist Foods:

- Cover food with lid or aluminum foil.
- Do not use plastic containers or plastic wrap.
- Preheating is not necessary.

### Temperature and Moisture Selection Chart

| Food Type         | Control Setting | Moisture Setting |
|-------------------|-----------------|------------------|
| Bread, hard rolls | MEDIUM          | CRISP            |
| Bread, soft rolls | MEDIUM          | MOIST            |
| Casseroles        | MEDIUM          | MOIST            |
| Fried foods       | HIGH            | CRISP            |
| Meats* and fish   | MEDIUM          | CRISP            |
| Pancakes, waffles | HIGH            | CRISP            |
| Pizza             | HIGH            | CRISP            |
| Potatoes, baked   | HIGH            | CRISP            |
| Potatoes, mashed  | MEDIUM          | MOIST            |
| Poultry           | HIGH            | MOIST            |
| Tortilla Chips    | LOW             | CRISP            |
| Vegetables        | MEDIUM          | MOIST            |

\* USDA/FSIS recommends an internal temperature of 145°F as the minimum doneness for beef.

Use a portable meat thermometer to check internal temperatures.

### Proofing

The proofing feature automatically provides the optimum temperature for the proofing process, and therefore does not have a temperature adjustment.

1. Press the WARM/PROOF pad.
2. Turn the dial to select PROOF BREAD. Press the dial to enter. The oven starts proofing immediately and shows the amount of proofing time completed.
  - To avoid lowering the oven temperature and lengthening proofing time, do not open the oven door unnecessarily.
  - Check bread products early to avoid over-proofing.

### NOTES:

- Do not use the proofing mode for warming food or keeping food hot. The proofing oven temperature is not hot enough to hold foods at safe temperatures. Use the WARM feature to keep food warm.

- Proofing will not operate if the oven is too hot. Allow the oven to cool before proofing.



The turntable must always be in place when using the oven.



Put bread dough in a bowl/bread pan and place on the **metal tray** to proof.

## MICROWAVING



Make sure the turntable is in place with the side marked “TOP” facing up. Use the clear glass tray. Place food or microwavable container directly on the clear glass tray to cook your food.



The **turntable** must always be in place when using the oven.



The **clear glass tray** should always be in place when **microwaving**.

### Cookware

- Make sure that cookware is suitable for microwaving.
- Place food or microwavable container directly on the clear glass tray to cook your food.

### Microwave Pre-Set Selections



| ■ Cook         | ■ Defrost     | ■ Reheat       |
|----------------|---------------|----------------|
| -By Food Type  | -1.0 lb Quick | -Beverage      |
| -By Time       | -By Time      | -Casserole     |
| -By Time 1 & 2 | -By Food Type | -Chicken       |
| -Delay Start   | -By Weight    | -Pasta         |
| -Heat/Reheat   | -Delay Start  | -Pizza         |
| Beverage       | -Melt         | -Plate of Food |
| -Melt          | -Soften       | -Rice          |
| -Slow Cook     |               | -Soup          |
| -Soften        |               | -Steaks/Chops  |
|                |               | -Vegetables    |

1. Press the microwave COOK, DEFROST or REHEAT pad. If no selection is made within 15 seconds, the display will return to blank.
2. Turn the dial to find the food you want to cook, defrost or reheat. Press the dial to enter.
3. Turn the selector dial to select the type, amount, weight and/or size as prompted by the Oven. Press the dial after each selection.
4. Press the dial or the START/ PAUSE pad to start cooking.  
To review settings during cooking, press the selector dial.  
If the door is opened during cooking, the Oven will stop and PAUSE will appear in the display. Close the door and press START/ PAUSE to resume cooking.  
If you enter an undesired selection at any time, simply press the BACK pad and re-enter the desired selections.

### **Cook By Time / Cook By Time 1 & 2**

Use COOK BY TIME and COOK BY TIME 1 & 2 to microwave food that is not in the recipe section and at the time(s) you set.

1. Press the COOK pad.
2. Turn the dial to select COOK BY TIME or COOK BY TIME 1 & 2 and press the dial to enter.
3. Turn the dial to set the cook time and press the dial to enter.  
If you selected COOK BY TIME 1 & 2, turn the dial to set the second cook time and press the dial to enter.  
The power level is automatically set at high, but you can change it for more flexibility.  
To change the power level if you don't want full power, press the POWER/TEMP pad before entering the time(s). Turn the dial to select and press the dial to enter.
4. Press the dial or the START/ PAUSE pad to start cooking.  
You may open the door during COOK BY TIME and COOK BY TIME 1 & 2 to check the food. Close the door and press START/PAUSE to resume cooking.

### **Express**

Press EXPRESS repeatedly for 30 second increments of microwave cooking time. Oven starts immediately.

The power level is automatically set at high, but you can change it for more flexibility. (See Microwave power levels for instructions.)

### **Microwave Power Level(s)**

1. First, follow directions for COOK BY TIME, COOK BY TIME 1 & 2, EXPRESS or DEFROST BY TIME.
2. Press the POWER/TEMP pad.
3. Turn the dial clockwise to increase and counterclockwise to decrease the power level. Press the dial to enter.
4. Press the dial or the START/ PAUSE pad to start cooking.  
You can change the power level before or during a cooking program.

Here are some examples of uses for various power levels:

**High 10:** Fish, bacon, vegetables, boiling 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.

### **Favorite Recipe**

See the Favorite recipe sections in the Speedcook section of this book for instructions on how to save, use, change or delete a favorite recipe.

### **Cooking Tips**

- When cooking bacon, layer strips on a plate. Cover each layer with a paper towel.
- When cooking vegetables, use a microwave-safe casserole or bowl. Cover with a microwave-safe lid or vented plastic wrap.
- For frozen vegetables, follow the package instructions for adding water.
- For fresh vegetables, add 2 tablespoons of water for each serving.

### **Defrost By Food Type**

Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to 6 pounds.

1. Remove food from the package and place it on a microwave-safe dish.
2. Press the DEFROST pad.
3. Turn the dial to DEFROST BY FOOD TYPE. Press the dial to enter.
4. Turn the dial to select food type. Press the dial to enter.

5. Turn the dial to the food weight, using the Conversion Guide at right. For example, dial 1.2 for 1.2 pounds (1 pound, 3 oz.). Press the dial to enter.
6. Press the dial or START/PAUSE pad to start defrosting.
7. Turn the food over when the oven signals TURN FOOD OVER.
  - Remove defrosted meat or shield warm areas with small pieces of foil for even defrosting.
  - After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 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 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                                    |

### Defrost By Time

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

1. Press the DEFROST pad.
2. Turn the selector dial to DEFROST BY TIME. Press the dial to enter.
3. Turn the dial to select the time you want. Press the dial to enter.
4. Press the dial or START/PAUSE pad to start defrosting.
5. Turn the food over when the oven signals TURN FOOD OVER.
  - Power level is automatically set at 3, but can be changed. To change the power levels, see the Microwave Power Level(s) section.

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 about 1/3. When defrosting at high power levels, food will need more frequent attention than usual.

### Defrosting Tips



Use DEFROST BY FOOD TYPE for meat, poultry and fish. Use DEFROST BY TIME for most other frozen foods.

- Foods frozen in paper or plastic can be defrosted in the package when using DEFROST BY TIME. Foods should be taken out of the package when using DEFROST BY FOOD TYPE. 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 DEFROST BY TIME. 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.
- When defrosting 3 or more pounds of ground or cubed meat, remove defrosted portions at the turn signals.

## OTHER FEATURES

### Cook Time Completed

To remind you that you have food in the oven, the oven will display COOK TIME COMPLETED and beep once a minute until you either open the oven door or press the CANCEL/OFF pad.



### Options

#### Clock:

The clock must be set before you can use your oven for the first time. When setting the clock time for the first time go directly to Step 2.

1. To change the clock time, press the OPTIONS pad and turn the dial to CLOCK. Press the dial to enter.
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.

### **Auto Recipe Convert:**

Auto recipe conversion reduces the convection baking temperature automatically by 25°F when turned ON.

You still input the recipe temperature and the oven control does the rest. To change the setting, press the OPTIONS pad and turn the dial to AUTO RECIPE CONVERT. Press the dial to enter. Turn the dial to change the setting to ON or OFF. Press the dial to enter.

### **Delay Start:**

Delay Start allows you to set the oven to delay cooking up to 24 hours. Press the OPTIONS pad, turn the dial to select DELAY START and press the dial to enter. Follow the display directions to set the Delay Start time and feature you wish to delay.

### **Beeper Volume:**

Use this feature to adjust the volume of the beeper. You can even turn it off. Press the OPTIONS pad, turn the dial to select BEEPER VOLUME, press the dial to enter, and follow the display directions.

### **Scroll Speed:**

Is the message scroll too slow or too fast? Change it! Press the OPTIONS pad, turn the dial to select DISPLAY SCROLL SPEED, press the dial to enter, and follow the display directions.

### **Reminder:**

Use this feature to set an alarm beep to sound at a specific the time of day. Press the OPTIONS pad, turn the dial to SET/CLEAR REMINDER and press the dial to enter. Turn the dial to select the hour and press to enter. Turn the dial to select the minute and press to enter.

Turn the dial to select AM or PM and press to enter.

To review the setting, turn the dial to SET/CLEAR REMINDER and press the dial to enter. Turn the dial to REVIEW and press to enter.

To cancel the setting, turn the dial to SET/CLEAR REMINDER and press the dial to enter. Turn the dial to CLEAR and press to enter.

### **Review**

Use this feature to review the current cooking selections you have set.

Press the selector dial during speedcooking or microwave cooking.

## Help

Use this feature to find out more about your oven and its features.

1. Press the HELP pad.
2. Turn the dial to select the feature name. Press the dial to enter. The display will show a description for the program you have chosen.

### Features found in the HELP function.

|                      |                   |                    |
|----------------------|-------------------|--------------------|
| Adding time          | Defrost by Weight | Set Beeper Volume  |
| Back                 | Delay Start       | Set Clock          |
| Bake                 | Express Cook      | Set Display Speed  |
| Beverage Heat        | Favorite Recipe   | Set/Clear Reminder |
| Broil                | Help              | Slow Cook          |
| Child Lockout        | Hold Food Warm    | Soften/Melt        |
| Cancel/Off           | Options           | Speed Cook         |
| Cook                 | Power/Temp        | Start/Pause        |
| Cook by Time         | Proof Bread       | Time Cook 1 & 2    |
| Cook by Food Type    | Reheat            | Timer On/Off       |
| Custom Speed Cook    | Repeat Last       | Toast              |
| Defrost              | Resume            | Warm/Proof         |
| Defrost by Food Type | Review            |                    |
| Defrost by Time      | Sensor Cooking    |                    |

## Child Lock-Out

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

Press and hold CANCEL/OFF for 5 seconds to lock and unlock.

When the control panel is locked, CONTROL IS LOCKED will be displayed briefly anytime a pad or dial is pressed.

## Timer

Use this feature anytime you need a general purpose timer. It can even be used while cooking in the oven.

1. Press the TIMER pad.
2. Turn the dial to select the hours. Press the dial to enter.
3. Turn the dial to select the minutes. Press the dial to enter.

To cancel, press TIMER.

## Cooling Fans

Two cooling fans automatically turn on as required to keep the internal oven components and control from overheating.

The fans will automatically turn off when the internal parts are cool. One or both may stay on for 30 minutes or more after the oven control is turned off.

## Accessory Storage Drawer (with some models)

The accessory storage drawer is designed to hold the cooking trays and wire oven rack provided with the oven. The accessory storage drawer is not intended for storing cloth, wood, paper or other combustible products.

Contents in the drawer can become hot to the touch while the oven is in use and while the oven is cooling. Use caution when removing items at these times.

## **CARE AND CLEANING**

### **Inside of Oven and Accessory Storage Drawer (with some models)**

Be certain the oven control is turned off and the oven is warm or cool to the touch before cleaning any part of this oven.

Clean the inside of the oven often for proper heating performance.

Some spatters can be removed with a paper towel, others may require a warm soapy cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth.

If the dirt and spatter do not come off easily with a warm sudsy cloth, place a medium sized bowl full of water in the unit on the metal tray and Custom Speedcook for 10 minutes at U=10, L=10, M=7, C=10. This should loosen the dirt in the oven so that it can be removed with a warm sudsy cloth.

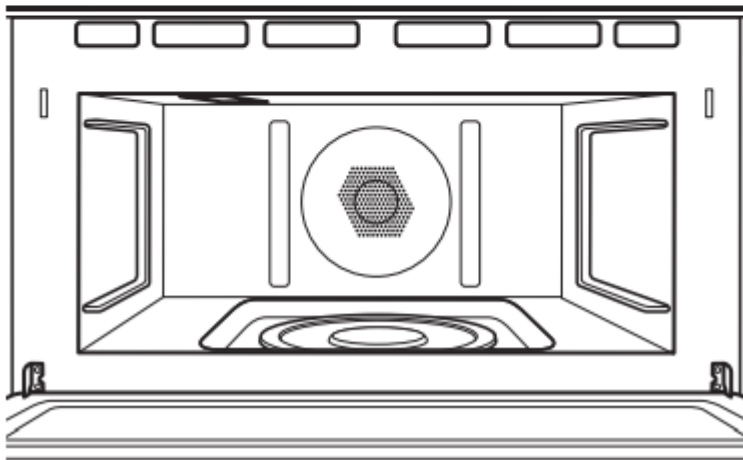
If you notice yellowing on the metal inside the oven that cannot be removed with a warm sudsy cloth, use a stainless steel cleaner that removes heat discoloration and/or tarnishing. You can then clean the inside of the oven as you normally do.

Do not use abrasive cleaners or sharp utensils on oven walls or the accessory storage drawer.

Never use a commercial oven cleaner on any part of your oven or the accessory storage drawer.

Do not clean the inside of the oven or the accessory storage drawer with metal scouring pads. Pieces can break off the pad inside the oven, causing electrical shock as well as

damaging the inside surface finish of the oven or the accessory storage drawer.



### Removable Turntable

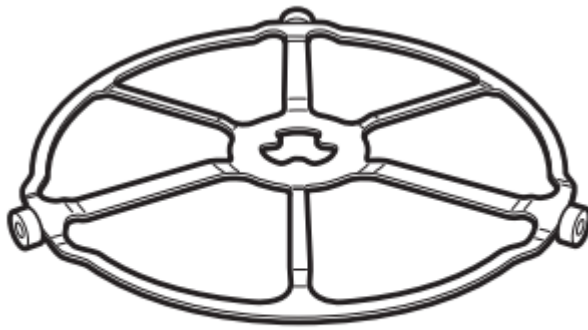
The area underneath the turntable should be cleaned frequently to avoid odors and smoking during a cooking cycle.

The turntable can be broken if dropped. Wash carefully in warm, sudsy water. Dry completely and replace.

To replace the turntable, place its center over the spindle in the center of the oven and turn it until it seats into place. (Make sure the smooth side of the turntable is facing up and that its



center seats securely on the spindle.)



Turntable

Do not use the oven without the turntable in place.

### Cooking Trays and Wire Oven Rack

To prevent breakage, allow the trays to cool completely before cleaning. Wash carefully in hot, sudsy water or in the dishwasher.

Do not use abrasives to clean the glass tray or wire oven rack, as they may damage the finish.

A soap-filled scouring pad may be used to clean the metal trays.



Wire oven rack



Clear glass tray



Metal tray



Metal grill tray

### Halogen Lamp Cover and Mica Sheet

Do not remove the halogen lamp glass cover or the mica sheet.

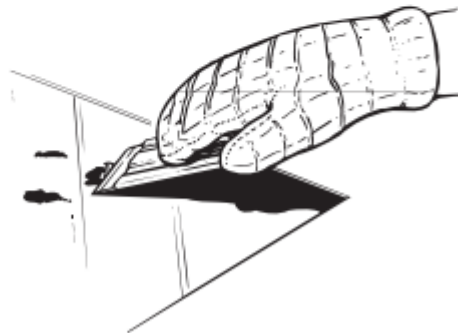
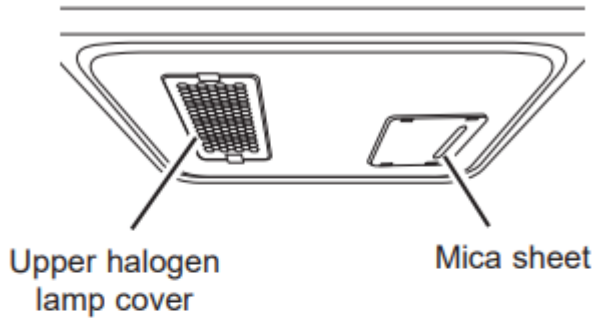
The upper halogen lamp cover must be kept free of grease and food splatterings in order to operate effectively.

Clean the lamp glass cover and mica sheet often to avoid excess smoking and decreased cooking power.

**To clean the upper lamp cover:** Allow the oven and glass cover to cool completely. Wipe clean with a warm soapy cloth or plastic scrubbie.

For heavy burned on soil, a cleaning scraper may be used to clean the halogen lamp cover. Wearing an oven mitt, hold the cleaning scraper at a 30° angle. Scrape the glass clean and wipe up excess soil.

**To clean the mica sheet:** Allow the oven to cool completely. Wipe clean with a warm soapy cloth.



For heavy or burned on soil

### **Outside of Oven and Accessory Storage Drawer (with some models)**

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

#### **Glass Control Panel, Door and Drawer**

Wipe with a clean damp sponge. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it.

#### **Door Seal**

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

#### **Stainless Steel (on some models)**

To clean the stainless steel surface, use warm sudsy water or a stainless steel cleaner or polish. Always wipe the surface in the direction of the grain. Follow the cleaner instructions for cleaning the stainless steel surface.

To inquire about purchasing stainless steel appliance cleaner or polish, or to find the location of a dealer nearest you, please call our toll-free number, 800.626.2005 or visit [GEAppliances.com](http://GEAppliances.com).

## **TROUBLESHOOTING TIPS**

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

| <b>Problem</b>  | <b>Possible Cause</b>  | <b>What To Do</b>   |
|---|--|---|
| <b>LIGHTS</b>   |  |   |
| <b>Light during a speedcook cycle dims and cycles on and off, even at full power levels</b> | <b>This is normal. Power level has been automatically reduced because the oven is hot.</b>   | This is normal. The oven senses heat level and adjusts automatically.             |
| <b>Light visible around the door and outer case while speedcooking</b>                      | <b>This is normal.</b>   | When the oven is on, light is visible around the door and outer case.             |
| <b>COOLING FANS</b>   |  |   |
| <b>Fan continues to run after cooking stops</b>   | <b>The oven is cooling.</b>  | The fans will automatically stop when the internal parts of the oven have cooled. |
| <b>Oven vent emits warm air while oven is on</b>  | <b>This is normal.</b>   |   |
| <b>Fan comes on automatically when using the microwave</b>                                  | <b>This is normal.</b>   |   |
| <b>COOKING</b>  |  |   |
| <b>The oven makes unusual sounds while cooking</b>  | <b>Clicks are normal. The control is turning components on and off.</b>                      | These sounds are normal.  |
|   | <b>Fan noise is normal. Fans are required to keep the oven components and controls cool.</b> | These sounds are normal.  |
| <b>Smoke comes out of the oven when I open the door</b>                                     | <b>Food is high in fat content. Aerosol spray used on the pans.</b>                          | Smoke is normal when cooking fatty foods.   |

|  |   |   |
|--|---|---|
| <b>Food is not fully cooked or browned at the end of a cooking program</b> | <b>Programmed times may not match the size or amount of food you are cooking.</b>   | Adjust time for doneness on upper or lower lamps for brown doneness.  |
| <b>SENSOR ERROR displayed along with an oven signal</b>                    | <b>Food amount or type placed in the oven does not match the program that was set.</b>  | Press the CANCEL/OFF pad on oven program to match the amount of liquid to be cooked or heated.  |
|  | <b>Steam was not sensed by the oven because plastic wrap was not vented, a lid too tight was on the dish or a liquid was covered.</b> | Vent plastic wrap, use a loose lid, uncover liquids when cooking, and stop heating.   |
| <b>DISPLAY</b>   |   |   |
| <b>The display is blank</b>  |   | The clock is designed to turn off when the unit is idle for 30 seconds to reduce the standby power usage. (See the section on Power Usage.) |
| <b>"Control is LOCKED" appears in display</b>                              | <b>The control has been locked.</b>   | Press and hold CANCEL/OFF pad for 3 seconds to unlock the controls.   |
| <b>Control display is lit yet oven will not start</b>                      | <b>Clock is not set.</b>  | Set the clock.  |
|  | <b>Door not securely closed.</b>  | Open the door and close securely.   |
|  | <b>START/PAUSE pad not pressed after entering cooking selection.</b>  | Press START/PAUSE.  |
|  | <b>Another selection already entered in oven and CANCEL/OFF pad not pressed to cancel it.</b>   | Press CANCEL/OFF.   |

|  |   |   |
|--|---|---|
|  | <b>Size, quantity, or cooking time not entered after final selection.</b> | Make sure you have entered time after selecting.                    |
|  | <b>CANCEL/OFF was pressed accidentally.</b>                               | Reset cooking program and START/ PAUSE.                             |
| <b>OTHER PROBLEMS</b>                            |   |   |
| <b>The door and inside of the oven feels hot</b> | The heat lamps produce intense heat when ready.                           | This is normal. Use oven mitts to remove food when in a smart oven. |
| <b>Oven will not start</b>                       | A fuse in your home may be blown or the circuit breaker tripped.          | Replace fuse or reset circuit breaker.                              |

### 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.