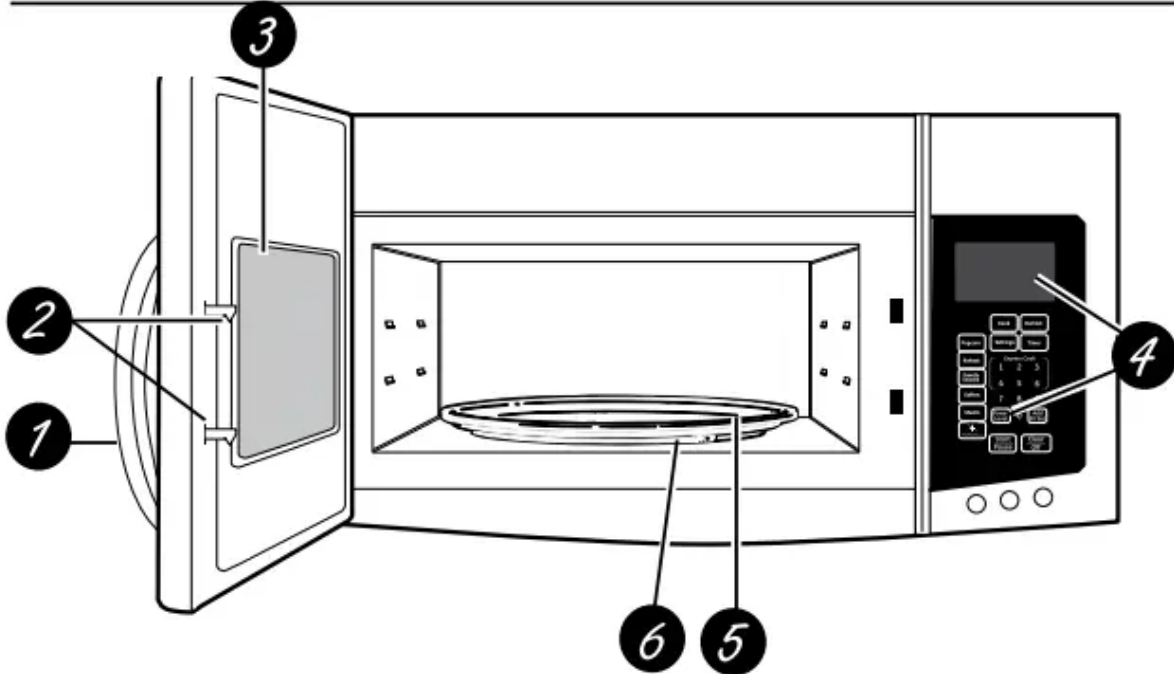


About the features of your oven.

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



Features of the Oven

1 Door Handle.

2 Door Latches.

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

4 Control Panel.

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.

About the features of your oven

Power Saver (Energy Saver)

Feature (on some models)

Your GE microwave has an Power Saver (Energy Saver) feature. Many electronic appliances, including Microwaves, consume electric power while they are switched off or in a standby mode. Eliminating standby power can reduce your operating costs.

To ACTIVATE the Power Saver (Energy Saver) Feature—

- 1 Press the Power Saver button on the unit, and the unit will turn off. (**Note:** If utilizing this feature, the clock will not be displayed on the unit.)

To DEACTIVATE the Power Saver (Energy Saver) Feature —

- 1 Press the Power Saver button on the unit, and the unit will turn on. The display will read “On” If the unit has had power applied recently (within the last few days), the time will be remembered.
- 2 If prompted, enter the time of day.

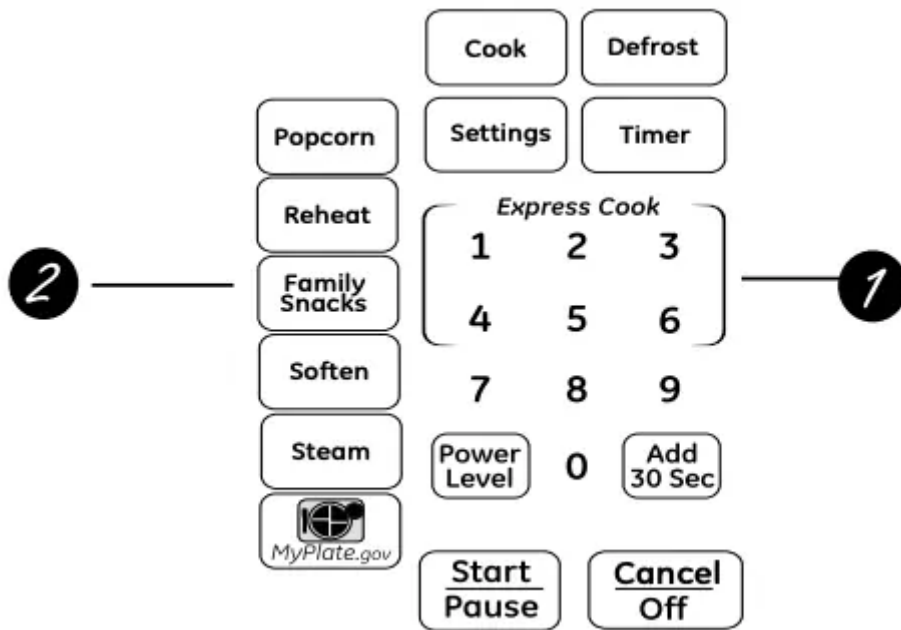
NOTE: The time keeping device that keeps your clock running will need to be recharged every few days. It is recommended that once a week you should leave the unit powered on (do not use the Power Saver (Energy Saver) feature) for at least 24 hours. If you are prompted to enter a time when turning on from the Power Saver (Energy Saver) mode, you should have the unit powered on for at least 48 hours. When you first install your unit, you should leave it powered on for at least 48 hours.

Some features, such as the auto night light, will not function when you are in Power Saver (Energy Saver) mode.

NOTE: This microwave oven does not detect food in the oven if food was inserted while the unit was Off (Power Saver (Energy Saver) active or power loss). As a result, it will ask you to insert food again when Power Saver (Energy Saver) is deactivated or power is restored to the unit. If this occurs, just open and close the door to clear the message and the oven will be ready for cooking

About the cooking features of your microwave oven.

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



Cooking Controls

Check the Convenience Guide before you begin.

1 Time Features

Press	Enter
COOK	Amount of cooking time
DEFROST	Time, Weight or 1lb Quick Defrost
SETTINGS	
TIMER	
POWER LEVEL	Power level 1 to 10
ADD 30 SEC	Starts immediately
EXPRESS COOK	Starts immediately! Press number pads (1-6)

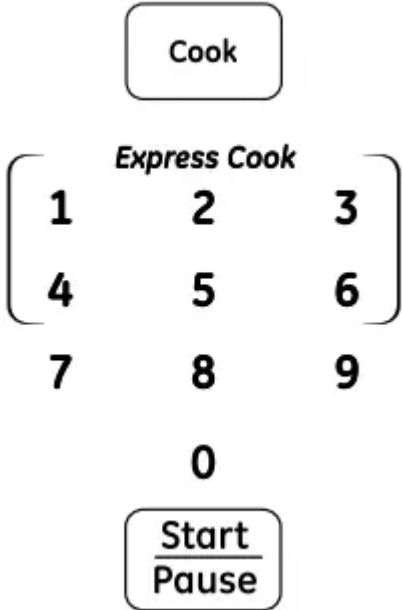


2 Convenience Features

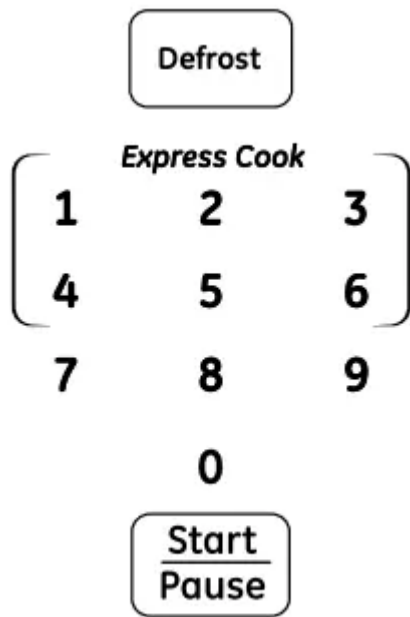


Press	Enter
POPCORN	Starts immediately!
REHEAT	Starts immediately!
FAMILY SNACKS	Enter pad to select Food
SOFTEN	Enter pad to select Food
STEAM	Enter pad to select Food
MyPlate (MyPyramid)	Enter pad to select Food



About the time features

 <p style="text-align: center;">Cook</p> <p style="text-align: center;">Express Cook</p> <table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;">1</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">2</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">3</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;">4</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">5</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">6</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;">7</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">8</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">9</td> </tr> <tr> <td colspan="3" style="border: 1px solid black; padding: 5px; text-align: center;">0</td> </tr> </table> <p style="text-align: center;">Start Pause</p>	1	2	3	4	5	6	7	8	9	0			<p>Time Cook</p> <p>Allows you to microwave for any time up to 99 minutes and 99 seconds.</p> <p>Power level 10 (HIGH) is automatically set, but you may change it for more flexibility.</p> <ol style="list-style-type: none"> 1. Press TIME COOK. 2. Enter cooking time. 3. Press START or change power level. 4. Press START if power setting is chosen. <p>You may open the door during Time Cook to check the food. Close the door and press START to resume cooking.</p>
1	2	3											
4	5	6											
7	8	9											
0													
 <p style="text-align: center;">Express Cook</p> <table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;">1</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">2</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">3</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;">4</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">5</td> <td style="border: 1px solid black; padding: 5px; text-align: center;">6</td> </tr> </table>	1	2	3	4	5	6	<p>Express Cook</p> <p>This is a quick way to set cooking time for 1-6 minutes.</p> <ol style="list-style-type: none"> 1. Press one of the Express Cook pads (from 1-6) for 1-6 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time. <p>The power level can be changed as time is counting down. Press POWER LEVEL and enter</p> <p>NOTE: Express Cook function pertains to pads 1-6 only.</p>						
1	2	3											
4	5	6											
 <p style="text-align: center;">Add 30 Sec</p>	<p>Add 30 Sec</p> <p>It will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 99 seconds. The oven will start immediately when pressed.</p>												



Time Defrost

Allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times. (Time Defrost and 1 lb Quick Defrost explained in the About the convenience features section.)

1. Press DEFROST twice.
2. Enter defrosting time.
3. Press START.
4. Turn the food over after half the time.

At one half of selected defrosting time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil. The oven will continue to defrost if you don't open the door and turn the food.

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

Defrosting Tips

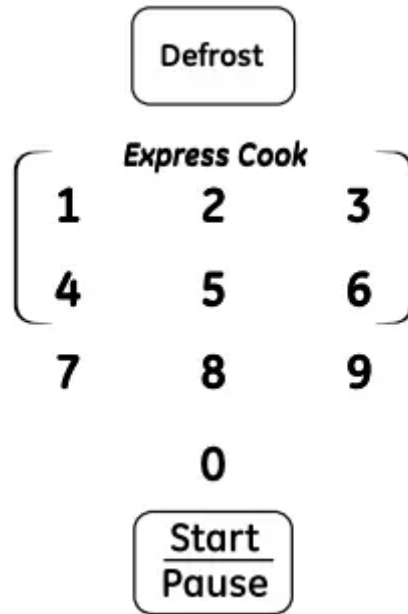
- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is 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 Time 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.

Defrosting Guide

FOOD	TIME	COMMENTS
Bread, Cakes <i>Bread, buns, or rolls</i> (1 piece) <i>Sweet rolls</i> (approx. 12 oz)	1/4 min. 2 to 4 min.	Rearrange after half the time
Fish and Seafood <i>Filletts, Frozen</i> (1 lb)	6 to 9 min.	
Fruit <i>Plastic Pouch - 1 or 2</i> (10-oz package)	1 to 5 min.	
Meat <i>Bacon</i> (1 lb)	2 to 5 min.	Place unopened package in oven. Let stand 5 minutes after defrosting.
<i>Franks</i> (1 lb)	2 to 5 min.	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
<i>Ground meat</i> (1 lb)	4 to 6 min.	Turn meat over after first half of time.
<i>Roast: beef, lamb, veal, pork</i>	9 to 13 min. per lb.	Use power level 10.
<i>Steaks, chops and cutlets</i>	4 to 8 min. per lb.	Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Poultry <i>Chicken, broiler-fryer, cut up</i> (2½ to 3 lbs.)	14 to 20 min.	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
<i>Chicken, whole</i> (2½ to 3 lbs.)	20 to 25 min.	Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cold water in the cavity until giblets can be removed.
<i>Ground meat</i> (1 lb)	7 to 13 min. per lb.	Place unwrapped hen in the oven breast-side-up. Turn over after first half of time. Run cool water in the cavity until giblets can be removed.
<i>Turkey breast</i> (4 to 6 lbs.)	3 to 8 min. per lb.	Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

About the convenience features.



Auto Defrost

Use Auto Defrost for meat, poultry and fish. Use Time Defrost for most other frozen foods.

1 Press DEFROST once.

2 Using the conversion guide below, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).

3 Press START.

4 Turn the food over when prompted. (Time Defrost is explained in the About the Time Features section.)

Defrosting Tips

- Remove meat from package and place on microwave-safe dish.
- When the oven signals, turn the 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 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.

Ounces	Pounds
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

Express Cook

1 2 3
4 5 6
7 8 9

0

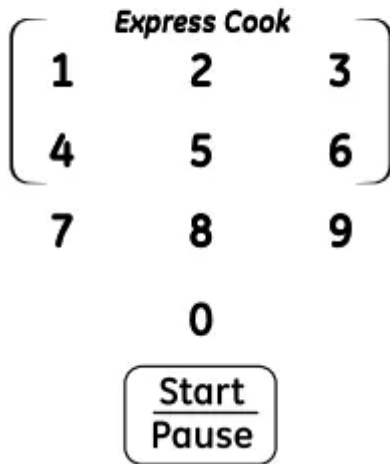
Start
Pause

1 lb Quick Defrost

1 lb Quick Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to one pounds.

- 1 Press DEFROST three times.
- 2 Press START.
- 3 Turn the food over when prompted.

About the MyPlate (MyPyramid) Feature.



NOTE: Do not use the sensor features twice in succession on the same food portion. If food is undercooked after the first countdown, use TIME COOK for additional time

MyPlate (MyPyramid) Feature

Allows you to microwave healthy food choices by servings or with sensor.

1 Press MyPlate (MyPyramid) pad.

2 Enter the food type. See Cooking Guide for MyPlate (MyPyramid) below for codes or check the display for food types.

3 Enter the amount as prompted for nonsensor food selections. **NOTE FOR SENSOR COOKING:** for best results do not open the door while cooking.

4 Press START. For non-sensor foods, you may open the door during cooking to check the food. Close the door and press START to resume cooking.

Cooking Guide for MyPlate (MyPyramid) Feature

NOTE: Use power level 10 unless otherwise noted.

First Choice	Second Choice	Third Choice
1 - Grain	1 - Rice	1 - 1/2 cup, 2 - 1 cup, 3 - 1 1/2 cups
	2 - Oatmeal	1 to 4 packets
	3 - Popcorn	1 - 1oz, 2 - 3.0 ozs, 3 - 3.5 ozs
	4 - Macaroni	1 - 1/2 cup, 2 - 1 cup, 3 - 1 1/2 cups
	5 - Quinoa	1 - 1/2 cup, 2 - 1 cup, 3 - 1 1/2 cups
2- Vegetables	1 - Asparagus	1 - Fresh, 2 - Frozen, 3 - Canned
	2 - Broccoli	1 - Fresh, 2 - Frozen
	3 - Green Beans	1 - Fresh, 2 - Frozen, 3 - Canned
	4 - Carrots	1 - Fresh, 2 - Frozen, 3 - Canned
	5- Corn	1 - Fresh Cobs (1 to 4), 2 - Frozen Kernals, 3 - Canned
	6 - Peas	1 - Frozen, 2 - Canned
	7 - Potatoes	1 - Baking, 2 - Sweet
	8 - Spinach	1 - Fresh, 2 - Frozen, 3 - Canned
3 - Ground Meat		
4 - Poultry	1 - Bone-in Chicken	
	2 - Bonless Chicken	
5 - Seafood	1 - Whitefish	
	2 - Tilapia	
	3 - Salmon	

About the sensor microwave features.



Family Snacks

Family Snacks

Use the Family Snacks feature to cook from a variety of pre-programmed family snack items.

1. Press the Family Snacks button.
2. Enter the number pad to select one of the eight snack options.
3. Enter an amount for the snack selected.
4. Press START/PAUSE to start cooking.

First Choice	Second Choice
1 - Burrito	1 to 3
2 - Chicken Nuggets	1 to 2 servings
3 - Oatmeal	1 to 4 packets
4 - Instant Macaroni and Cheese	1 to 2 servings
5 - Canned Pasta	1 to 2 cans
6 - Hot Dogs	1 to 4
7 - Pizza (5 inch)	
8 - Hot Chocolate	1 to 3 cups

Soften

Soften (on some models)

Use the Soften feature to soften certain preprogrammed foods:

1. Press the Soften button.
2. Enter the number pad to select one of the soften options.
3. Enter an amount for the food selected.
4. Press START/PAUSE to start cooking

First Choice	Second Choice
1 - Butter	1 - 1/2 Stick; 2 - 1 Stick; 3 - 2 Sticks
2 - Cream Cheese	1 - 3 ounces; 2 - 8 ounces;
3 - Ice Cream	1 - 1 pint; 2 - 1 quart;

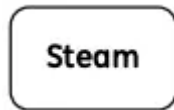
Soften Melt

Soften/Melt (on some models)

First Choice	Second Choice
1 - Butter	1 - 1/2 Stick; 2 - 1 Stick; 3 - 2 Sticks
2 - Caramel	1 - 4 ounces; 2 - 8 ounces; 3 - 12 ounces; 4 - 16 ounces
3 - Chocolate	1 - 4 ounces; 2 - 8 ounces; 3 - 12 ounces; 4 - 16 ounces
4 - Marshmallows	1 - 5 ounces; 2 - 8 ounces; 3 - 10 ounces; 4 - 16 ounces

Use the Soften/Melt feature to soften or melt certain pre-programmed foods:

1. Press the Soften/Melt button. Press one time for soften and two times for melt.
2. Enter the number pad to select one of the soften or melt options.
3. Enter an amount for the food selected.
4. Press START/PAUSE to start cooking



Steam

Use the Steam feature to steam certain preprogrammed foods. For best performance, please use a NordicWare Rice Cooker/ Steamer Bowl.

1. Press the Steam button.
2. Select the food you wish to steam.
3. Place steamer bowl with water, salt (if necessary), and food in the microwave with the steam vents on the steamer bowl in the OPEN position.
4. Press START to begin cooking.
5. When prompted, open the door and CLOSE the steam vents on the steamer bowl. **NOTE:** Make sure to open the door and close the steam vents on the steamer bowl when prompted. If the START button is pressed before opening the door, the oven will display the "Insert Food" message.

First Choice	Second Choice
1 - Rice	1 - 1 cup white, 2 - 1 cup brown
2 - Asparagus	1 to 2 cups
3 - Broccoli	1 to 2 cups
4 - Brussel Sprouts	1 to 2 cups
5 - Carrots	1 to 2 cups
6 - Cauliflower	1 to 2 cups
7 - Zucchini	1 to 2 cups

6. Close the door and press START/
PAUSE to resume cooking.

NOTE: The NordicWare Rice Cooker/Steamer
Bowl should be used for best cooking results

Popcorn

Popcorn

To use the Popcorn feature:

1. Follow package instructions, using Cook if the package is less than 1.0 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the turntable.
2. Press the POPCORN button once for 3.3 to 3.5 ounce bags or twice for 2.7 to 3.0 ounce bags or three times for 1.0 to 1.5 ounce bags.

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

Use only with prepackaged microwave popcorn weighing 1.0 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

Reheat

Reheat

Do not use the shelves when microwave cooking.)

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

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

Press once for a plate of leftovers.

Press twice for a pasta.

Press three times for 1/2 to 2 cups of vegetables.

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.

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





Covered



Vented



Dry off dishes so they don't mislead the sensor.

Humidity Sensor

What happens when using the Sensor Features:

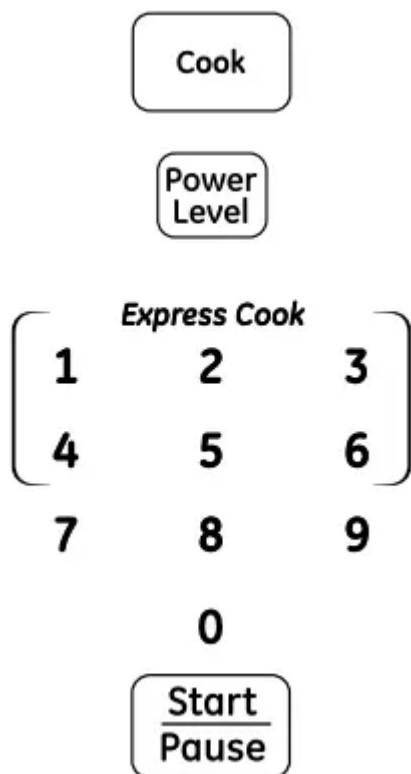
The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

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.

- 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 microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

Microwave terms.

Term	Definition
Arcing	Arcing is the microwave term of sparks in the oven. Arcing is caused by: <ul style="list-style-type: none">• 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.
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 overbrowning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.



Changing the Power Level

The power level may be entered or changed after entering the time for Time Cook.

1. Press TIME COOK button once.
2. Enter cooking time.
3. Enter POWER LEVEL when prompted.
4. Press START

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, 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.


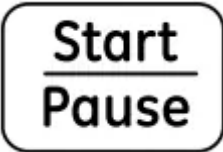
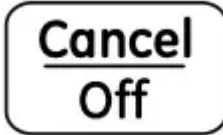
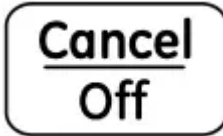
Warm 1: Keeping food warm; softening butter.

NOTE: You can also change the power level during many cooking modes by pressing the

power level button entering a valid power level.



About the other feature.

	<p>Cooking Complete Reminder</p> <p>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 CANCEL/OFF button.</p>
	<p>Clock</p> <p>Press the Settings button to enter the time of day.</p> <ol style="list-style-type: none"> 1. Press the Settings button two times. 2. Enter the appropriate time of day. 3. Press Settings to select AM or PM. 4. Press Settings to accept the time.
	<p>Start/Pause</p> <p>In addition to starting many functions, START/PAUSE allows you to stop cooking without opening the door or clearing the display</p>
	<p>Cancel/Off</p> <p>Press the CANCEL/OFF button to stop and cancel cooking at any time.</p>
	<p>Control Lock-Out</p> <p>You may lock the control panel to prevent the oven from being accidentally started during cleaning or being used by children.</p> <p>To lock or unlock the controls, press and hold the CANCEL/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.</p>
	<p>Surface Light</p>



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



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

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 on/off button.
2. Enter a time.
3. Press the TIMER on/off button to start.

To cancel, press the TIMER on/off button.

When time is up, the oven will signal. To turn off the timer signal, press TIMER on/ off.



Turntable On/Off





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

1. Press the Settings button three times.
2. Select ON or OFF as prompted.

Sometimes the turntable can become too hot to touch.

Be careful touching the turntable during and after cooking.

Some cooking modes do not allow the turntable to be turned off.

	<p>Beeper Volume</p> <p>Use to set the beeper volume level.</p> <ol style="list-style-type: none"> 1. Press the Settings button five times. 2. Press 0 for mute, press 1 for low, press 2 for normal and press 3 for loud.
	<p>Display Speed</p> <p>The scroll speed of the display can be changed.</p> <ol style="list-style-type: none"> 1 Press the Settings button six times. 2 Press 1 for Slowest <ul style="list-style-type: none"> 2 for Slow 3 for Normal 4 for Fast 5 for Fastest
 <p>Vent Fan</p> <p>The vent fan removes steam and other vapors from surface cooking.</p> <p>Press VENT FAN once for boost fan speed, twice for high fan speed, three times for medium fan speed, four times for low fan speed or five time to turn the fan off.</p> <p>NOTE: The FAN indicator will be lit while the fan is operating.</p>	<p>Automatic Fan</p> <p>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.</p> <p>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.</p>
	<p>Display Language</p> <p>Use to select to displayed language.</p> <ol style="list-style-type: none"> 1. Press the Settings button seven times.



2. Press 1 for English and press 2 for Spanish..



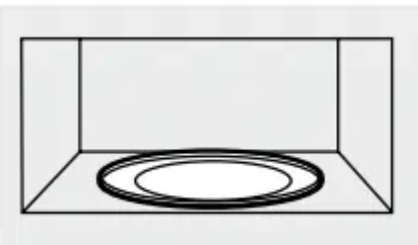
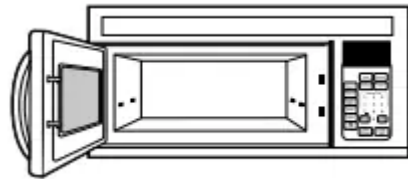
Care and cleaning of the oven.



Helpful Hints

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

Be sure the power is 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

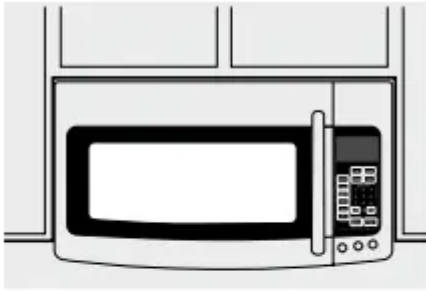
To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven in the microwave mode without the turntable and support seated and in place.

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

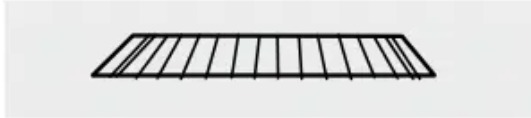
Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.

Shelf (on some models)



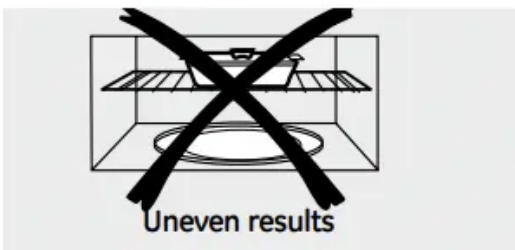
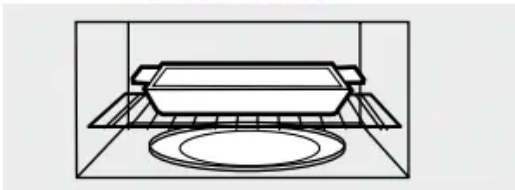
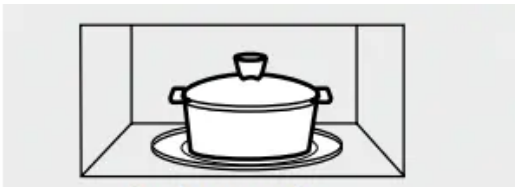
Shelf (on some models)

Only use microwave shelf when reheating on more than one level. DO NOT store the oven shelf in the microwave.



How to Use the Shelf When Microwaving:

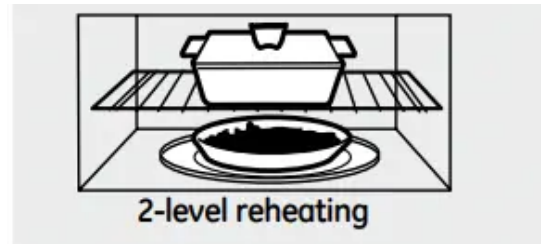
- Make sure the shelf is positioned properly inside the microwave to prevent damage to the oven from arcing.



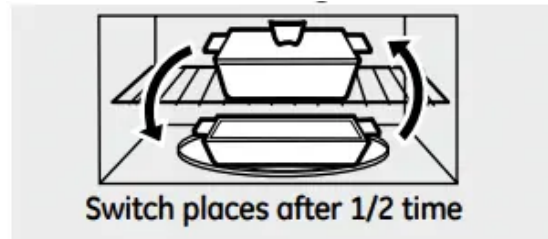
- Do not use a microwave browning dish on the shelf. The shelf could overheat.
- Do not use the oven with the shelf on the microwave floor. This could damage the microwave.
- Use pot holders when handling the shelf - it may be hot.
- Do not use the shelf when cooking popcorn.

Food microwaves best when placed on the turntable or on the shelf in the lower position.

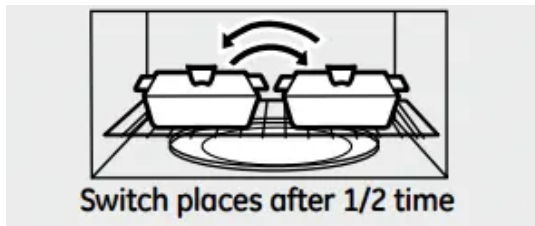
Use the upper shelf supports for two-level cooking.



Shelf and Reheating

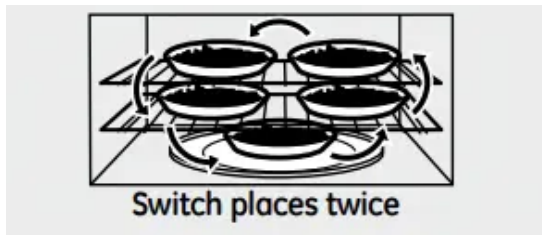


To reheat on 2 levels or



To reheat 2 dishes on the lower level:

- 1 Multiply reheat time by 1 ½.
- 2 Switch places after ½ the time.



To reheat on 3 levels (on some models)

- 1 Double the reheating time.
- 2 Switch places twice and give the dishes a ½ turn during reheating. (Place dense foods, or those that require a longer cook time, on the upper shelf first.)

Use lower shelf supports when cooking one oblong or oversized dish.

Before you call for service....

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
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.
	Power Saver (Energy Saver) button not engaged.	Push the Power Saver (Energy Saver) button so it is pressed in.
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 CANCEL/ OFF button not pressed to cancel it.	Press CANCEL/OFF
	Cooking time not entered after pressing TIME COOK	Make sure you have entered cooking time after pressing TIME COOK.
	CANCEL/OFF was pressed accidentally.	Reset cooking program and press START/PAUSE.
	Food weight not entered after selecting AUTO DEFROST or 1 lb QUICK 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 a food type.
	The control has been locked.	

CONTROL LOCKED appears on display		Press and hold CANCEL/ OFF for about 3 seconds to unlock the control.
Floor of the oven is warm even when the overn 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.
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.
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 sensed and 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.

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.