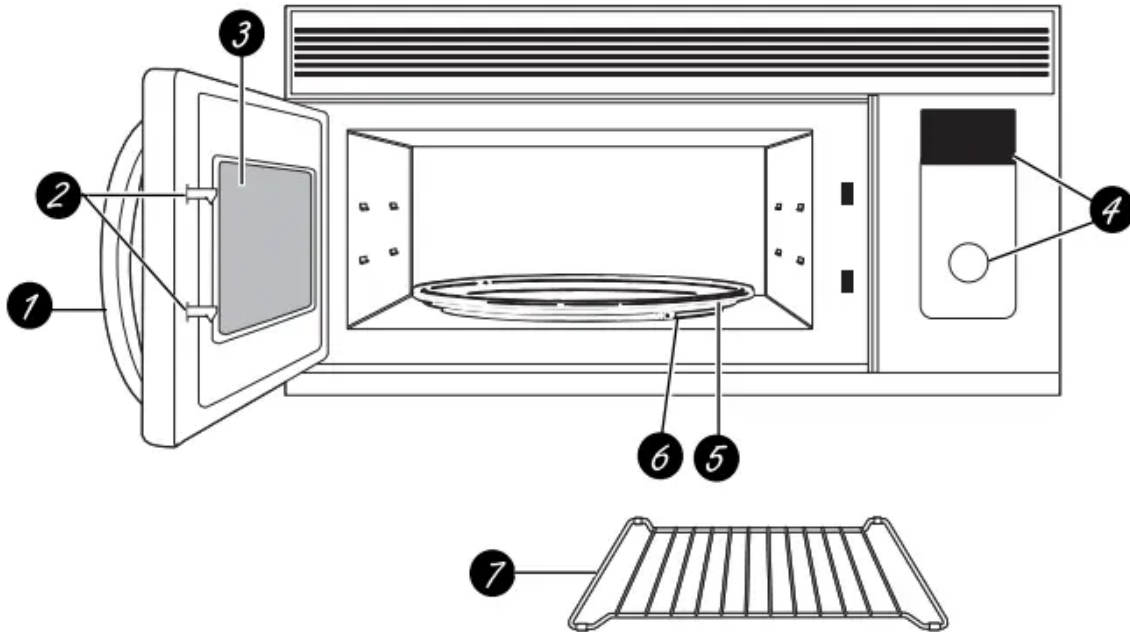


About the features of your oven.

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



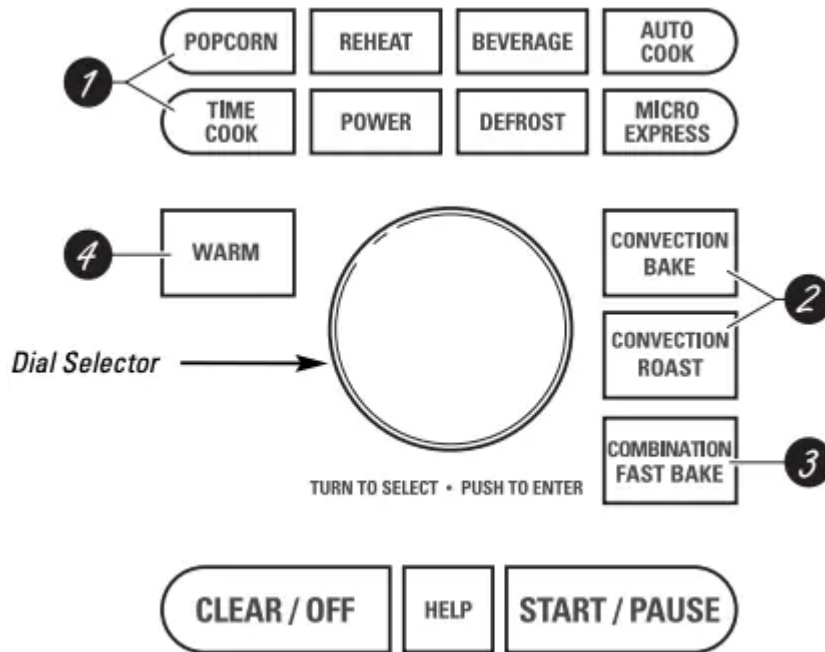
Features of the Oven

- 1** Door Latch Release 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 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.

About the cooking and warming features of your microwave/ convection oven.

You can cook by Microwave, Convection Bake, Convection Roast or Combination Fast Bake. Keep hot, cooked foods at serving temperature with the Warm feature.



Cooking Controls

1 Microwave Cooking Time and Auto Features

Press **TIME COOK**

Press once (Time Cook I) to microwave any time between 15 seconds and 95 minutes.

Press twice (Time Cook II) to change power levels automatically during cooking.

Turn and push dial to enter Amount of cooking time

Press **MICRO EXPRESS cook/Add 30 sec**

Turn and push dial to enter Starts immediately!

DEFROST

- Press once (Fast) Food weight up to one pound

- Press twice (Auto) Food weight up to six pounds
- Press three times (Time) Amount of defrosting time

BEVERAGE Starts immediately!

- Press once (6–7 oz.)
- Press twice (8–9 oz.)
- Press three times (10–12 oz.)

POWER level Power level 1–10

Sensor Features

Press --- Turn and push dial to enter --- Option

POPCORN --- Starts immediately! --- more/less time

REHEAT --- Starts immediately! --- more/less time

- Press once (plate)
- 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 push dial to enter

CONVECTION BAKE or CONVECTION ROAST --- Oven temperature and cook time

3 Combination Fast Baking

Press ---- Turn and push dial to enter

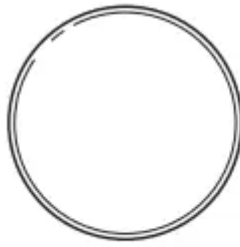
COMBINATION FAST BAKE --- Oven temperature and cook time

4 Warming

Press ---- Turn and push dial to enter

WARM --- Oven temperature and warm time

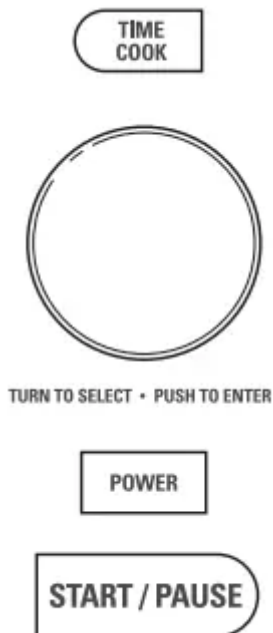
About the time and auto microwave features



TURN TO SELECT • PUSH TO ENTER

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.

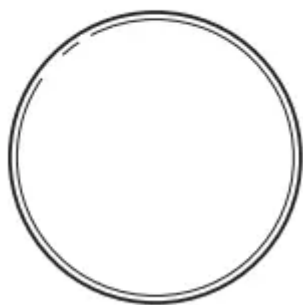
Time Cook II

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.

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.



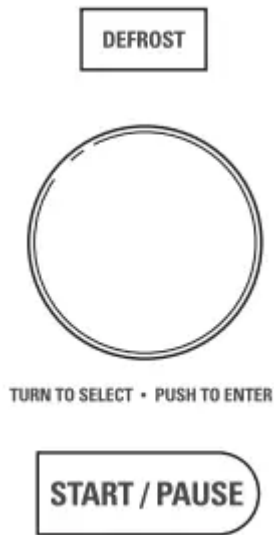
TURN TO SELECT • PUSH TO ENTER

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

This is a 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.
- Press the DEFROST button once.
- Turn the dial to the food weight, using the Conversion Guide at right. For example, dial .5 for .5 pounds oz.) Press the dial to enter.
- Press the START/PAUSE button to start defrosting.
- 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.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths 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



TURN TO SELECT • PUSH TO ENTER

START / PAUSE

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.

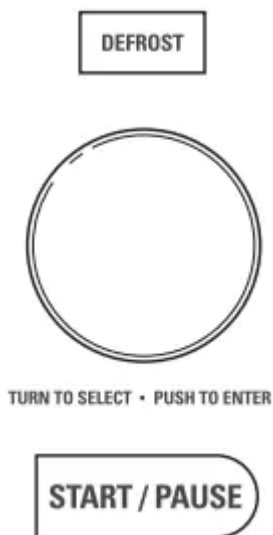
Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

- Remove meat from package and place on microwave-safe dish.
1. Press the DEFROST button twice.
 2. Turn the dial to the food weight, using the Conversion Guide at right. For example, dial 1.2 for 1.2 pounds (pound, 3 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 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



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.



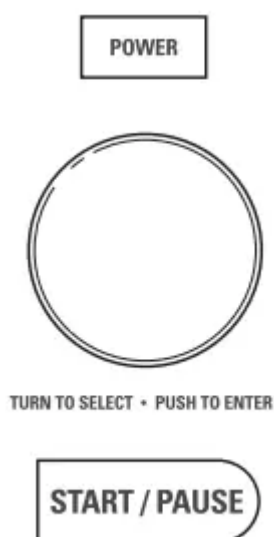
Beverage (Do not use the shelves when microwave cooking.)

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.

About changing the 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.

Arcing

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- 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 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.

About the sensor microwave features

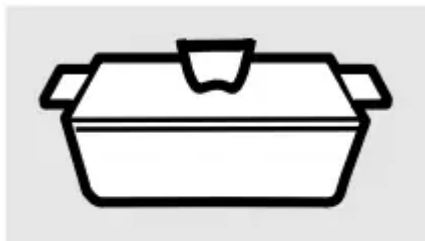
Humidity Sensor

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.

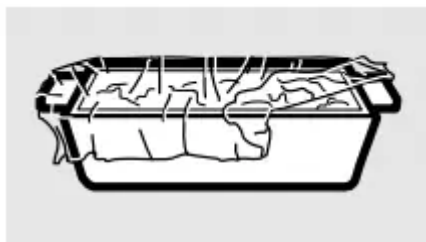
Do not use the Sensor Features twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown, use Time Cook for additional cooking time.

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.



Covered

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



Vented

- 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.



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

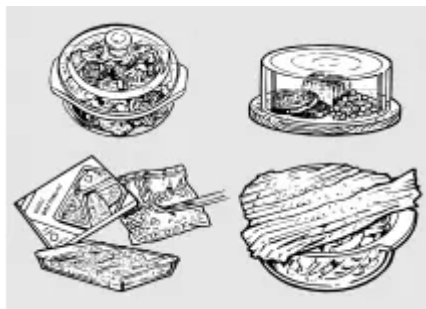
- Be sure the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.



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

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.



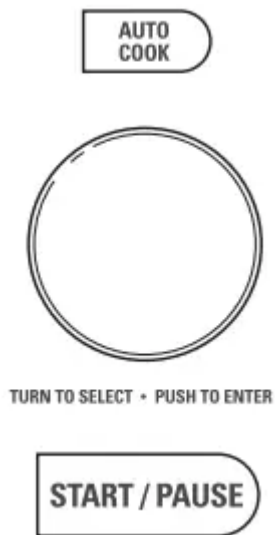
Recommended Foods

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.



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.

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.

Sensor Food Type Guide

Food Type --- Servings --- Serving Size---- Comments

Chicken Pieces 1 to 4 2 to 8 Use oblong, square or round dish. pieces Cover with vented plastic wrap.

Fish 1 to 4 4 to 16 oz. Use oblong, square or round dish. Cover with vented plastic wrap.

Ground Meat (Beef, Pork, Turkey)— 8 to 32 oz. Use round casserole dish. Crumble meat into dish. Cover with vented plastic wrap.

Potatoes 1 to 4 8 to 32 oz. Pierce skin with fork. Arrange in a star pattern in center of turntable.

Canned Vegetables 1 to 4 4 to 16 oz. Use microwave-safe casserole or bowl. Cover with lid or vented plastic wrap.

Fresh Vegetables 1 to 4 4 to 16 oz. Use microwave-safe casserole or bowl. Add 2 tablespoons water for each serving. Cover with lid or vented plastic wrap

Frozen Vegetables 1 to 4 4 to 16 oz. Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or vented plastic wrap.



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

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.

To use the Popcorn feature:

- 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.)

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

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, 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

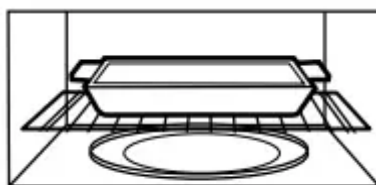
To subtract 10% from the automatic cooking time:

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.

About the baking and roasting features



Correct 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



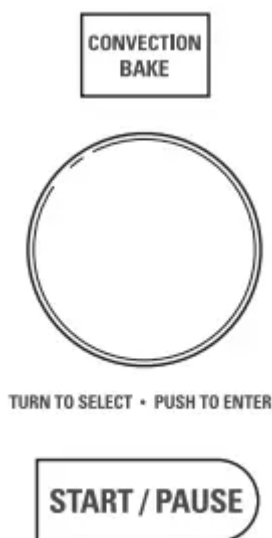
Incorrect shelf position

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™ 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.

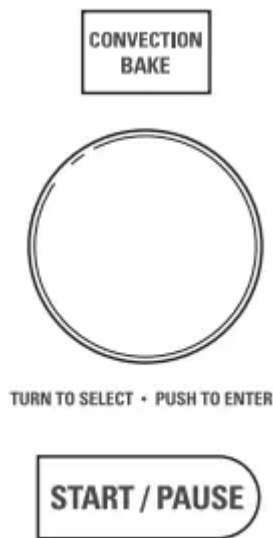
6 Close the oven door. Turn the dial to set the cook time and press the dial or START/PAUSE to start cooking.

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 Preheating

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

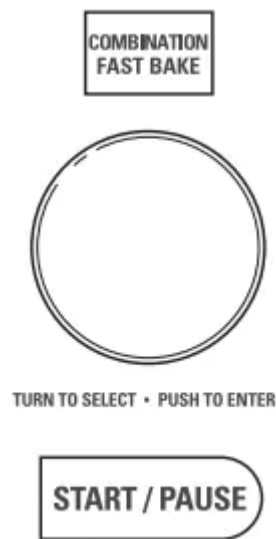
When using CONVECTION BAKE, the Auto Recipe™ Conversion feature will automatically convert entered regular baking temperatures to convection baking temperatures.

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.

About the Fast Bake feature.



Fast Bake with Preheat

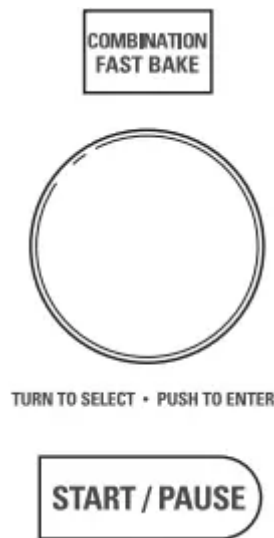
- 1** Press the FAST BAKE button.
- 2** Turn the dial to set the oven temperature and press dial to enter. Do not enter FAST BAKE cook time now. (The cook time will be entered later, after the oven is preheated.)
- 3** Press the dial or the START/PAUSE button to start preheating.
- 4** When the oven 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 to enter. Press the dial or the START/PAUSE button 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.

- Check the Cookware Tips section for correct cookware when using Fast Bake.
- Do not use metal cookware with 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:

- Some recipes call for preheating.
- Check the Cookware Tips section for correct cookware when using Fast Bake.
- Do not use metal cookware with 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	Combination Fast Bake
Heat-Resistant Glass, Glass-Ceramic (Pyrex®, Fire King®, Corning Ware®, etc.)	Yes	Yes	Yes
Metal	No	Yes	No
Non Heat-Resistant Glass	No	No	No
Microwave-Safe Plastics	Yes	No	Yes*
Plastic Films and Wraps	Yes	No	No
Paper Products	Yes	No	No
Straw, Wicker and Wood	Yes	No	No

*

Use only microwave cookware that is safe to 450°F



Select the best method of cooking

Use the following guide to select the best method of cooking. Recipes can be adapted using the guidelines below to determine the appropriate cooking mode.

Foods	Microwave	Bake	Roast	Fast Bake
Appetizers				
Dips and Spreads	✓			
Pastry Snacks	✓	✓		✓
Beverages	✓			
Sauces and Toppings	✓			
Soups and Stews	✓			
Meats				
Defrosting	✓			
Roasting			✓	✓
Poultry				
Defrosting	✓			
Roasting	✓		✓	✓
Fish and Seafood				
Defrosting	✓			
Cooking	✓	✓		✓
Casseroles	✓	✓		✓
Eggs and Cheese				
Scrambled, Omelets	✓	✓		
Quiche, Souffle		✓		✓
Vegetables, (fresh)	✓			
Breads				
Muffins, Coffee Cake	✓	✓		
Quick		✓		
Yeast		✓		
Desserts				
Cakes, Layer and Bundt		✓		
Angel Food and Chiffon		✓		
Custard and Pudding	✓			
Bar Cookies	✓	✓		
Fruit	✓			
Pies and Pastry		✓		
Candy	✓			
Blanching Vegetables	✓			
Frozen Convenience Foods	✓	✓		✓

Recipe conversions.

Combination Fast Bake

When using COMBINATION FAST BAKE, reduce recipe cook time by 25%.

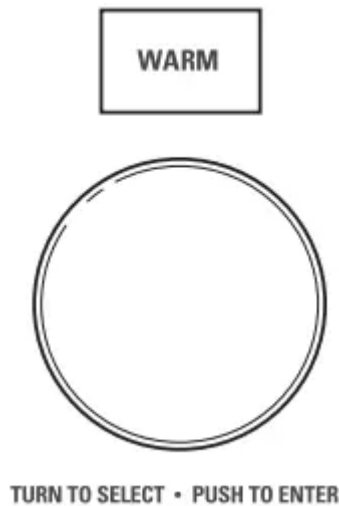
For Example: A recipe states to cook a roast for 60 minutes at 400°F.

60 minutes x 0.25 = 15 minutes saved

So the new cook time in FAST BAKE mode will be:

60 minutes – 15 minutes = 45 minutes.

About the warming feature.



1 Press the WARM button.

2 Turn the dial to select the oven temperature. See the chart and tips below. Press the dial to enter.

- LOW 150°F
- MEDIUM 170°F
- HIGH 210°F

3 Press the dial or the START/PAUSE button to start warming.

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 shelf in the low position.
- Use LOW setting.
- Check crispness after 45 minutes. Add time as needed.

Temperature Selection Chart

Food Type	Control Setting	Moist/Crisp
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.

Tips for Crisp Foods:

- Leave food uncovered.
- Do not use plastic containers or plastic wrap.

Tips for Moist Foods:

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

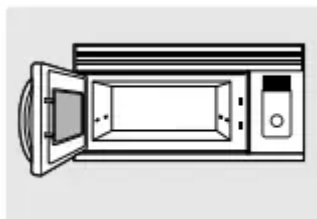
Care and Cleaning

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.

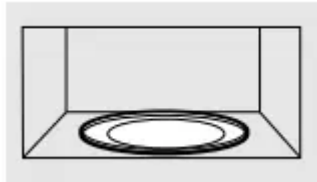


How to Clean the Inside



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.

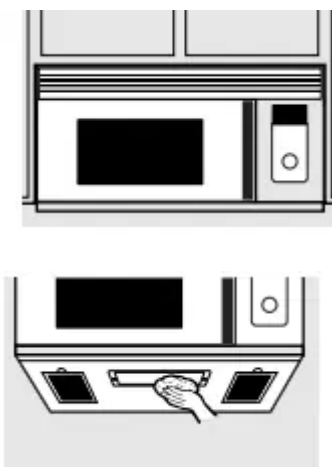


Shelves

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

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.

CleanSteel

Use a clean, soft, light and lightly dampened cloth, then dry thoroughly. Do not use appliance wax, polish, bleach or products containing any chemical agent on the CleanSteel surfaces.

Plastic Color Panels

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

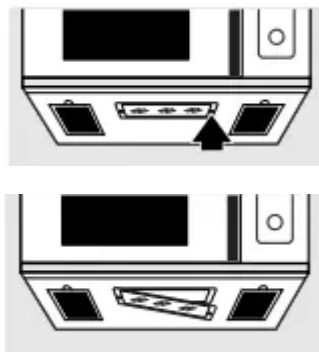
Door Seal

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.

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.

Oven will not start

A fuse in your home may be

- Replace fuse or reset circuit breaker. blown or the circuit breaker tripped.

Power surge.

- Unplug the microwave oven, then plug it back in.

Plug not fully inserted into wall

- Make sure the 3-prong plug on the oven is fully inserted outlet. 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 a food type.

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 hot. 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.

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 temperature 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 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.

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.
- TV-radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible or check the position and signal of the TV/radio antenna.

Warning

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

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