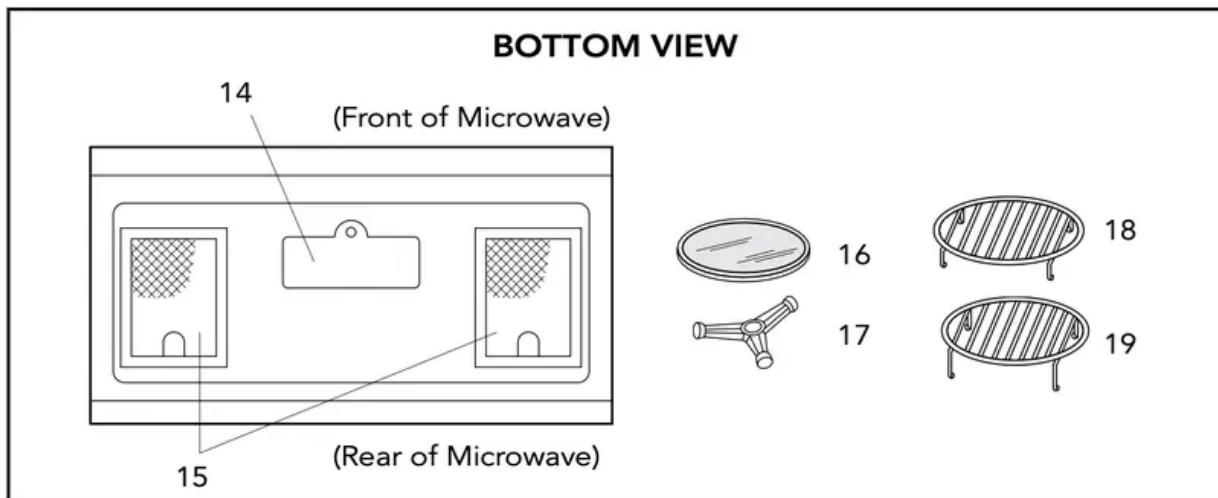
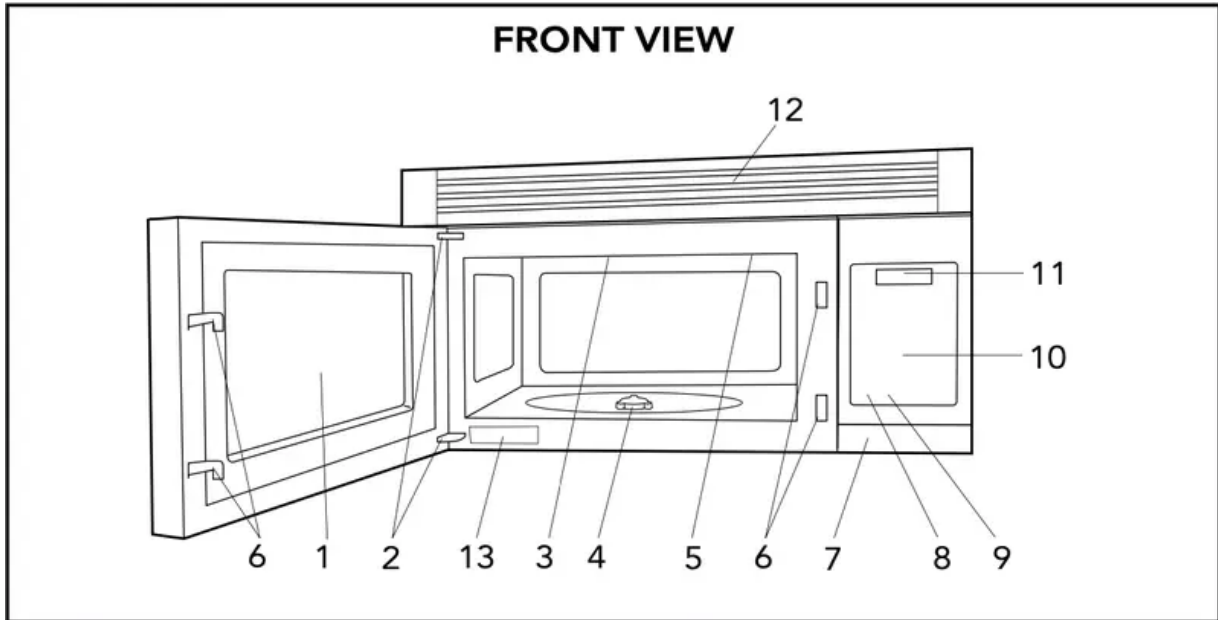


Part Names

MICROWAVE OVEN PARTS

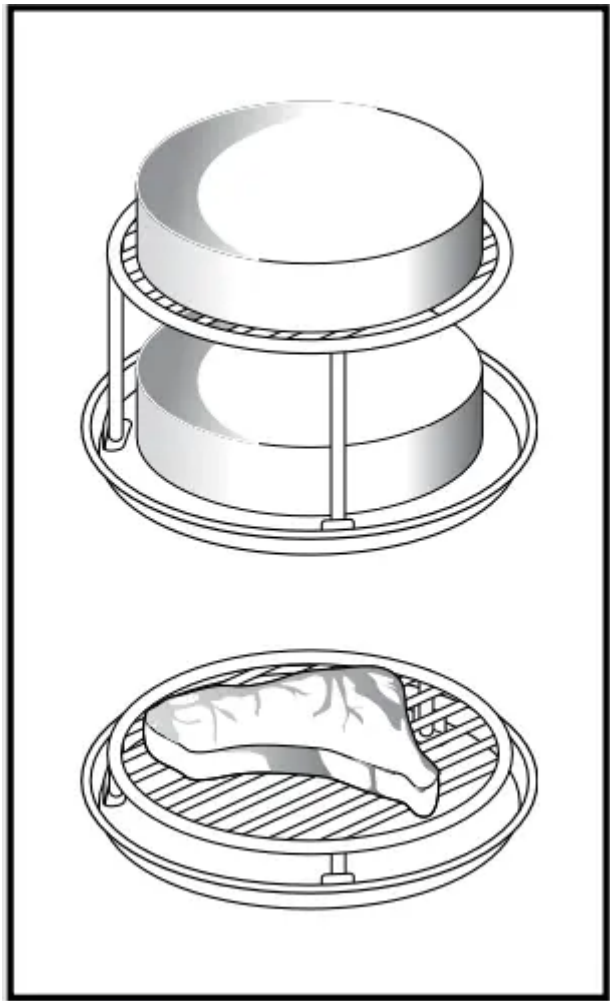


1. Oven door with see-through window.
2. Door hinges.
3. Waveguide cover **DO NOT REMOVE**.
4. Turntable motor shaft.
5. Oven light.
It will light when oven is operating or door is open.
6. Safety door latches.
The oven will not operate unless the door is securely closed.

7. One touch DOOR OPEN button.
Push to open door.
8. Fan Hi / Lo button. Push for high/low/off.
9. Light button. Push for on/off.
10. Auto-Touch control panel.
11. Time display: Digital display, 99 minutes 99 seconds.
12. Ventilation openings.
13. Serial plate
14. Light cover.
15. Grease filters.
16. Removable ceramic turntable.
The turntable will rotate clockwise or counterclockwise. Only remove for cleaning.
17. Removable turntable support.
Place the turntable support on the floor of the oven cavity and the turntable on the turntable support.
18. Removable low rack for broiling and meat and poultry roasting.
19. Removable high rack for two level baking.

ACCESSORIES

The following accessories are designed especially for use in this oven only for convection, mix or broil cooking. **DO NOT USE FOR MICROWAVE ONLY COOKING.** Do not substitute similar types of racks for these specially designed ones.



High rack (Baking rack) – for convection and low mix.

- This rack is placed on the turntable for two-level cooking, such as layer cakes, muffins, etc.

Low rack (Broiling rack) – for convection, broiling or high mix.

- Place on the turntable and use for roasting or broiling to allow juices to drain away from food.

CONTROL PANEL

Interactive Display Words will light in the display to indicate features and cooking instructions.



Before Operating

- Before operating your new microwave oven make sure you read and understand this Use and Care Manual completely.

- Before the microwave oven can be used, follow these procedures:
1. Plug in the microwave oven. Close the door. The microwave oven display will show WELCOME.
 2. Touch the Stop/Clear pad. : will appear.
 3. Set clock.

TO SET THE CLOCK

1. Touch Clock pad.
2. Enter the correct time of day by touching the numbers in sequence. Touch Clock pad again.

This is a 12 hour clock. If you attempt to enter an incorrect clock time, ERROR will appear in the display. Touch the Stop/Clear pad and re-enter the time.

- If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show WELCOME after the power is reinstated. If this occurs during cooking, the program will be erased. The time of day will also be erased. Simply touch Stop/Clear pad and reset the clock for the correct time of day.

Note: Your oven can be programmed with the door open except for Start/Touch On, Add-A-Minute, Reheat and Popcorn.

STOP/CLEAR

Touch the Stop/Clear pad to:

1. Erase if you make a mistake during programming.
2. Cancel timer.
3. Stop the microwave oven temporarily during cooking.
4. Return the time of day to the display.
5. Cancel a program during cooking, touch twice.

Manual Microwave Operation

TIME COOKING MICROWAVE

Your microwave oven can be programmed for 99 minutes and 99 seconds (99.99). Always enter the seconds after the minutes, even if they are both zeros.

- Suppose you want to cook for 5 minutes at 100%.
1. Enter cooking time by touching the number pads **500**.
 2. Touch Start/Touch On pad.

TO SET POWER LEVEL

There are eleven preset power levels.

Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

TOUCH POWER LEVEL PAD ONCE THEN TOUCH	APPROXIMATE PERCENTAGE OF POWER	COMMON WORDS FOR POWER LEVELS
Power Level	100%	High
9	90%	
8	80%	
7	70%	Medium High
6	60%	
5	50%	Medium
4	40%	
3	30%	Med Low/Defrost
2	20%	
1	10%	Low
0	0%	

- Suppose you want to defrost for 5 minutes at 30%.
 1. Enter defrosting time by touching the number pads **500**.
 2. Touch Power Level pad and number **3**.
 3. Touch Start/Touch On pad.

KEEP WARM

Keep Warm can only be programmed with manual cooking or as a separate program.

- Suppose you want to cook a baked potato for 4 minutes at 100% power and you want to keep it warm after cooking for 30 minutes.
 1. Touch number pads for the desired cook time for 1 baked potato.
Ex: **400** for 4 minutes.
 2. Touch Keep Warm pad.



3. Touch Start/Touch On pad.

At the end of cook time, Keep Warm is displayed warming food until end of 30 minutes.

To use Keep Warm as a separate program, touch Keep Warm pad within 1 minute after cooking, closing the door or touching the Stop/Clear pad.

HOOD LIGHT/HOOD FAN

Your microwave oven is equipped with a Hood Light and a Hood Fan which can be used whether the door is open or closed.

To turn the Hood Light on, touch the Light pad once. To turn the Hood Light off, touch the Light pad again.

To turn the Hood Fan on, touch the Fan Hi/Lo pad once for high speed. To turn the Hood Fan to low speed, touch pad twice and touch the pad three times to turn the fan off. When fan is manually turned on, "H" will be shown on the display. When the fan is turned off, "H" will disappear from display.

TURNTABLE ON/OFF

For most cooking, the turntable should be on; however the turntable can be turned off so that it does not rotate when extra large dishes, such as the popular 13"x9"x2" glass utility casserole, are used. The casserole should be placed on the turntable so that it is level.

- Suppose you want to cook lasagna in a 13"x9"x2" casserole for 45 minutes on 40% power.
 1. Touch Turntable On/Off pad and note TURNTABLE OFF in the display.
 2. Enter cooking time by touching the number pads **4500**.
 3. Touch Power Level pad and number 4 for 40% power.
 4. Touch Start/Touch On pad.

Note: The door can be opened for checking food and the turntable will stay in the off position. After checking, close door and touch Start/Touch On.

The turntable will stay off for one minute after door is opened when time-of-day appears in the display. It is possible to reprogram the oven during that minute without touching the Turntable On/Off pad. The display always indicates whether the turntable is off or on.

THE TURNTABLE SHOULD ALWAYS BE ON WHEN USING THE SPECIAL FEATURES. On/Off function can be used with manual cooking modes and Reheat. Turntable off condition will automatically change to on condition when you select auto cooking except Reheat and Convec Bake. When cooking large quantities of food which cannot be stirred, it is best to use a lower power level such as 40% or 50%. You may speed cooking of large amounts by programming 5 to 10 minutes on 100% power (HIGH) followed by the desired time on lower power. See page 25 for

how to program multiple sequences. You may wish to reverse a large casserole once during cooking; simply open door, reposition casserole, close door and touch Start/Touch On.

Microwave Features

DEFROST

Defrost automatically defrosts foods ground meat, steaks, chicken pieces.

- Suppose you want to defrost a 2.0 pound steak.
1. Touch Defrost pad once.
 2. Select desired food by touching Defrost pad until the display shows the food name. Ex: touch twice for steak.
 3. Enter weight by touching the number pads 20.
 4. Touch Start/Touch On pad.
The oven will stop and directions will be displayed. Follow the indicated message.
 5. After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door. Touch Start/ Touch On pad.
 6. After the 2nd stage, open the door. Shield any warm portions. Close the door. Touch Start/Touch On pad.
 7. After defrost cycle ends, cover and let stand as indicated in chart below.

Note:

1. The weight can be entered in increments of 0.1 lb. If you attempt to enter more or less than the allowed amount ERROR WEIGHT TOO SMALL OR TOO LARGE will appear in the display.
2. Defrost can be programmed with More or Less Time Adjustment. See page 26.
3. To defrost other foods or foods above or below the weights allowed on Defrost Chart, use time and 30% power. See Manual Defrost on page 16.

DEFROST CHART

TOUCH DEFROST PAD*	FOOD	AMOUNT	PROCEDURE
Once	Ground Meat	0.5-3.0 lb (0.3-1.3 kg)	Remove any thawed pieces after each stage. Let stand, covered, 5–10 minutes.
Twice	Steaks (Chops, fish)	0.5-4.0 lb (0.3-1.8 kg)	After each stage of defrost cycle, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is nearly defrosted. Let stand, covered, 10–20 minutes.
3 times	Chicken Pieces	0.5-3.0 lb (0.3-1.3 kg)	After each stage of defrost cycle, if there are warm or thawed portions, rearrange or remove. Let stand, covered, 10–20 minutes.

* Number of touched AFTER initial touch to access Defrost.

Note:

Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed.

Shielding prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

MANUAL DEFROST

If the food that you wish to defrost is not listed on the DEFROST CHART or is above or below the limits in the Amount column on the DEFROST CHART, you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using Power Level 3. Follow the exact 3-step procedure found under Time Cooking Microwave on page 15. Estimate defrosting time and press 3 for 30% when you select the power level.

For either raw or previously cooked frozen food the rule of thumb is approximately 5 minutes per pound.

For example, defrost 5 minutes for 1 pound of frozen spaghetti sauce.

Always stop the microwave oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on Power Level 3 until totally defrosted.

When using plastic containers from the freezer, defrost only long enough to remove from the plastic in order to place in a microwave-safe dish.

SENSOR COOKING

The Sensor is a semi-conductor device that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power level for various foods and quantities. It takes the guesswork out of microwave cooking.

USING SENSOR SETTINGS:

1. Room temperature should not exceed 95°F.
2. Be sure the exterior of the cooking container and the interior of the microwave oven are dry. Wipe off any moisture with a dry cloth or paper towel.
3. During the first part of sensor cooking, the food name will appear on the display. Do not open the microwave oven door or touch Stop/Clear during this part of the cooking cycle. The measurement of vapor will be interrupted. If this occurs, an error message will appear and sensor cooking will be interrupted. To continue cooking, touch the Stop/Clear pad and select cooking time and power. When the sensor detects the vapor emitted from the food, remainder of cooking time will appear on display. At this time, you may stir or season food, as desired.

4. Check food for temperature after cooking. If additional time is needed, continue to cook with variable power and time.
5. If the sensor does not detect vapor properly, ERROR will be displayed, and the microwave oven will turn off.
6. Each food has a cooking hint. Touch Help pad when the HELP indicator is lighted in the display.
7. At the end of any cycle, open the door or touch Stop/ Clear pad. The time of day will reappear on the display.

SELECTING FOODS:

1. The sensor works with foods at normal storage temperature. For example, food for dinner plate reheat would be at refrigerator temperature and popcorn at room temperature.
2. More or less food than the quantity listed in the charts should be cooked by time and variable power.

COVERING FOODS:

Some foods work best when covered. Use the cover recommended in the chart for these foods.

1. Casserole lid.
2. Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately ½ inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
3. Paper towel: Use paper towels to absorb excess fat and moisture when cooking bacon and potatoes. Line the turntable when baking potatoes.
4. Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.

REHEAT

TURNTABLE ON:

You can reheat many foods by touching just one pad. You don't need to calculate reheating time or power level. To reheat food with turntable on, simply touch the Reheat pad.

- Suppose you want to heat prepared chili.

Touch Reheat pad.

When sensor detects the vapor emitted from the food, remainder of reheating time will appear. After cooking, follow the instructions on the display.

TURNTABLE OFF:

You may reheat using a 11"x 8"x 2" or 13"x 9"x 2" casserole with the turntable off. First touch Turntable On/ Off and note indicator. Then touch Reheat. The display will indicate turntable off and microwave oven will start automatically. After cooking, follow the instructions on the display.

POPCORN

- Suppose you want to pop a 3.5 oz. bag of popcorn:

Touch Popcorn pad once.

This sensor setting works well with most brands of microwave popcorn. You may wish to try several and choose your favorite. Pop only one bag at a time. Unfold the bag and place in oven according to directions.

SENSOR CHART

FOOD	AMOUNT	PROCEDURE
Reheat Leftovers such as rice, potatoes, vegetables, casserole.	4 - 32 oz	Place in dish or casserole slightly larger than amount to be reheated. Flatten, if possible. Cover with lid, plastic wrap or wax paper. Use covers such as plastic wrap or lids with larger quantities of more dense foods such as stews. After reheating, stir well, if possible. Foods should be very hot. If not, continue to heat with variable power and time. After stirring, re-cover and allow to stand 2 to 3 minutes.
Soups	1-4 cups	After reheating, stir well, if possible. Foods should be very hot. If not, continue to heat with variable power and time. After stirring, recover and allow to stand 2 to 3 minutes.
Canned entrees and vegetables	4 - 16 oz	Use Less Time Adjustment by touching Power Level pad twice for small quantities of canned vegetables.
Dinner Plate 1 plate	3 - 6 oz of meat plus vegetables and/or potato/ rice	Use this pad to reheat precooked foods from the refrigerator. Place meaty portions and bulky vegetables to outside of plate. Cut large items like baked potatoes in smaller pieces. Flatten foods such as mashed potatoes and other dense foods. Cover with wax paper or plastic wrap. ONE PLATE ONLY. After cooking, check that food is very hot throughout and that the bottom center of the plate is very hot. If not, continue heating using time and power level. Allow to stand, covered, 2 to 3 minutes.
Popcorn	Only 1 package at a time	Use only popcorn packaged for micro-wave oven use. Try several brands to decide which you like best. Do not try to pop unpopped kernels. More or Less Time Adjustment can be used to provide adjustment needed for older popcorn or individual tastes.
	3.0-3.5 oz bag (Regular size)	Touch Popcorn pad once. This setting works well with most 3.0-3.5 oz bags of microwave popcorn.
	1.5-1.75 oz bag (Snack size)	Touch Popcorn pad twice within 2 seconds for snack size bags.

SENSOR COOK

- Suppose you want to cook a baked potato:

1. Touch Sensor Cook pad.
2. Select desired sensor setting. Ex: touch number pad 1 to cook baked potatoes.
3. Touch Start/Touch On pad. When sensor detects the vapor emitted from the food, the remainder of cooking time will appear.

Open microwave oven door or touch Stop/Clear pad. The time of day will appear in the display.

SENSOR COOK CHART

FOOD	AMOUNT	PROCEDURE
1. Baked potatoes	1 - 6 med.	Pierce. Place on paper-towel-lined turntable. After cooking, remove from microwave oven, wrap in aluminum foil and let stand 5 to 10 minutes.
2. Frozen vegetables	1 - 6 cups	Cover with lid or plastic wrap. After cooking, stir and let stand 3 minutes, covered.
3. Fresh Vegetables: Soft Broccoli Brussels sprouts Cabbage Cauliflower (flowerets) Cauliflower (whole) Spinach Zucchini Baked apples	.25 - 2.0 lb. .25 - 2.0 lb .25 - 2.0 lb .25 - 2.0 lb 1 med. .25 - 1.0 lb .25 - 2.0 lb 2 - 4 med.	Wash and place in casserole. Add no water if vegetables have just been washed. Cover with lid for tender vegetables. Use plastic wrap for tender-crisp vegetables. Stir before standing if possible. After cooking, let stand, covered, 2-5 minutes.
4. Fresh vegetables: Hard Carrots, sliced Corn on the cob Green beans Winter squash: diced halves	.25 - 1.5 lb 2 - 4 pcs. .25 - 1.5 lb .25 - 1.5 lb 1 - 2	Place in casserole. Add 1-4 tbsp. water. Cover with lid for tender vegetables. Use plastic wrap cover for tender-crisp vegetables. Stir before standing, if possible. After cooking, let stand, covered, 2-5 minutes.
5. Frozen entrees	6 - 17 oz	Use for frozen convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered, for 1 to 3 minutes.
6. Hot dogs	1 - 4 servings	Place hot dog in bun and wrap in paper towel or paper napkin.
7. Bacon	2 - 6 slices	Place bacon on paper plate, lined with paper towel. Bacon should not extend over the rim of plate. Cover with paper towel. Put another paper plate upside down on turntable. Place plate of bacon on top of overturned plate.
8. Fish, seafood	.25 - 2.0 lb	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with vented plastic wrap. After cooking, let stand, covered for 3 minutes.

Manual Convection and Automatic Mix Cooking

This section gives you specific cooking instructions and procedures. Please consult your Convection Microwave Hood Cookbook for helpful hints for convection and combination cooking.

The microwave oven should not be used without the turntable in place, and it should never be restricted so that it cannot rotate. You may remove the turntable when preheating the microwave oven and when preparing food to be cooked directly on the turntable.

Caution: The microwave oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To PREVENT BURNS, use thick oven gloves when removing the food or turntable from the microwave oven.

CONVECTION COOKING


During convection heating, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly. This oven can be programmed for ten different convection cooking temperatures for up to 99 minutes, 99 seconds.

TO COOK WITH CONVECTION

- Suppose you want to cook at 350°F for 20 minutes:

1. Touch Convec pad.

2.

Select temperature by touching number pad .

3. Enter cooking time by touching number pads **2000**.

4. Touch Start/Touch On pad.


TO PREHEAT AND COOK WITH CONVECTION

Your oven can be programmed to combine preheating and convection cooking operations. You can preheat to the same temperature as the convection temperature or change to a higher or lower temperature.

- Suppose you want to preheat to 350°F, and then cook 25 minutes at 375°F convection:


1. Touch Preheat pad.

2.

Select temperature by touching number pad .

3. Touch Convec pad.

4.

Select temperature by touching number pad .

5. Enter cooking time by touching number pads 2500.

6. Touch Start/Touch On pad.

When the microwave oven reaches the programmed temperature, it will automatically hold at the preheat temperature for 30 minutes and then the display will change to time of day. Whenever Stop/Clear pad is touched during this 30 minute period, PRESS CONVEC or PRESS MIX will be displayed and cooking mode and time can be entered.

Note: To preheat and cook with the same temperature, enter same temperature in steps 2 and 4.

BROIL

Preheating is automatic when the Broil setting is used. Only actual cooking time is entered; the oven signals when it is preheated to 450°F. Oven temperature cannot be changed. Use Broil

setting for steaks, chops, chicken pieces and many other foods. See Convection Broiling Chart in cookbook.

- Suppose you want to broil a ham steak for 15 minutes.

1. Touch Broil pad.
2. Enter cooking time by touching the number pads **1500**.
3. Touch Start/Touch On pad. No food in oven.

When the microwave oven reaches the programmed temperature, a signal will sound*.

4. Open the door. Place food in oven. Close the door.
Touch Start/Touch On pad.

* If the microwave oven door is not opened, the microwave oven will automatically hold at the preheat temperature for 30 minutes. After this time has elapsed, an audible signal will sound and the microwave oven will turn off.


Note:

1. Preheating for broil may take from 7 to 10 minutes depending on temperature of room and available power.
2. Although time is usually set for the maximum broiling time, always check food at the minimum time recommended in the chart of cookbook. This will eliminate the need to completely reprogram the microwave oven if additional cooking time is needed. Simply close the microwave oven door and touch Start/ Touch On to continue.

SLOW COOK

Slow Cook is preset at 300°F for 4 hours. The temperature can be changed to below 300°F. The cooking time cannot be changed. This feature can be used for foods such as baked beans or marinated chuck steak.

- Suppose you want to change oven temperature from 300°F to 275°F.

1. Touch Slow Cook pad.
2. Touch Slow Cook pad once more if you want to change the temperature from 300°F.
3. Touch temperature pad .
4. Touch Start/Touch On pad.

Note: If you do not change the temperature, omit steps 2 and 3.

AUTOMATIC MIX COOKING

This microwave oven has two pre-programmed settings that make it easy to cook with both convection heat and microwave automatically.



	MICROWAVE OVEN TEMPERATURE	MICROWAVE POWER
High mix/Roast	325°F	30%
Low mix/Bake	325°F	10%

With the exception of those foods that cook best by convection heating alone, most foods are well suited to mix cooking using either Low Mix/Bake or High Mix/Roast.

The marriage of these two cooking methods produces juicy meats, moist and tender cakes and fine textured breads, all with just the right amount of browning and crispness.

The temperatures can be changed; however, the microwave power cannot.

The microwave oven temperature can be changed from 100°F to 450°F. To change the temperature, first touch High Mix or Low Mix then touch the same pad again. When the display says SELECT TEMP, touch desired temperature pad. Ex: High Mix, High Mix pad, 7. The mix temperature will change to 375°F automatically.

COOK WITH AUTOMATIC MIX


- Suppose you want to bake a cake for 25 minutes on Low Mix/Bake.

1. Touch Low Mix/Bake pad.
2. Enter cooking time by touching number pads **2500**.
3. Touch Start/Touch On pad.

PREHEAT AND COOK WITH AUTOMATIC MIX

Your microwave oven can be programmed to combine preheating and automatic mix cooking operations. You can preheat at the same temperature as the preset combination temperature or change it to a different temperature.

- Suppose you want to preheat to 350°F and then cook 25 minutes on 325°F Low Mix/Bake.

1. Touch Preheat pad.
2. Touch temperature pad .
3. Touch Low Mix pad.
4. Enter cooking time by touching number pads **2500**.
5. Touch Start/Touch On pad.

When the microwave oven reaches the programmed temperature, signal will sound. The microwave oven will stop and directions will be displayed. Follow the indicated message.

6. Open the door. Place food in the microwave oven. Close the door. Touch Start/Touch On pad.

Convection Automatic Operation

This section of the Use and Care manual offers instructions for preparing 12 popular foods using Convec Broil, Convec Roast and Convec Bake.

After selecting the desired feature, follow the directions indicated in the display.

For helpful hints, simply touch Help pad anytime HELP is lighted in the display.

CONVEC BROIL

Convec Broil automatically broils hamburgers, chicken pieces, steaks and fish steaks.

- Suppose you want to broil 2 hamburgers:

1. Touch Convec Broil pad.
2. Select desired setting. Ex: for hamburgers, touch number pad **1**.
3. Touch number pad **2** for quantity and follow information in display for cooking information.
For well done or rare burgers, touch Power Level pad to select More for well done or Less for rare. See More or Less Time Adjustment on page 26.
4. Touch Start/Touch On pad.
After broil preheat cycle ends, 4 long tones will sound. PREHEAT OVER PLACE FOOD IN OVEN will be displayed repeatedly. Open the door and place hamburgers into microwave oven. Close the door.
5. Touch Start/Touch On pad.
After broil cycle ends, 1 long tone will sound and END will be displayed.

Note:

1. Convec Broil can be programmed with More or Less Time Adjustment. See page 26.
2. If you attempt to enter more or less than the allowed amount as indicated in chart below, an error message will appear in the display.
3. To broil other foods or foods above or below the weight or number allowed on Convec Broil Chart follow instructions in the Convection Microwave Hood Cookbook. See Convection Broiling Chart.

CONVEC BROIL CHART

SETTING/FOOD	AMOUNT	PROCEDURE
1. Hamburgers	1-8 pieces 0.25 lb each	Use this setting to broil hamburger patties. Place on low rack.
2. Chicken pieces	0.5-3.0 lb	Arrange pieces on low rack. After cooking, let stand, 3-5 minutes. Dark meat should be 180°F, and white meat should be 170°F.
3. Steaks	0.5-2.0 lb	Use this setting to broil steaks from 3/4" to 1" thick. Individual bone-less steaks broil evenly. Place steak on low rack. For well done, touch Power Level once; for rare, touch Power Level twice.
4. Fish steaks	0.5-2.0 lb	Use this setting to broil fish steak which is 3/4" to 1" thick. Place on low rack.

CONVEC ROAST

Convec Roast automatically roasts chicken, turkey, turkey breast or pork.

- Suppose you want to roast a 2.5 pound chicken:

1. Touch Convec Roast pad.
2. Select desired setting. Ex: for chicken, touch number pad **1**.
3. Touch number pad to enter weight. Ex: 25 lb.
4. Touch Start/Touch On pad.

After Convec Roast cycle ends, a long tone will sound. Follow the indicated message.

Note:

1. Convec Roast can be programmed with More or Less Time Adjustment. See page 26.
2. If you attempt to enter more or less than the allowed weight as indicated in chart below, an error message will appear in the display.
3. To roast other food or foods above or below the weights allowed on Convec Roast Chart, check the Convection Microwave Hood Cookbook Combination Roasting Chart.

CONVEC ROAST CHART

SETTING/FOOD	AMOUNT	PROCEDURE
1. Chicken	2.5-7.0 lb	Place on low rack. After the cycle ends, cover with foil and let stand for 5-10 minutes.
2. Turkey	6.5-9.0 lb	Season, as desired. Place on low rack. After the cycle ends, cover with foil and let stand 10 minutes. Internal temperature of white meat should be 170°F and of dark meat, 180°F.
3. Turkey breast	3.0-6.0 lb	Season, as desired. Place on low rack. After the cycle ends, cover with foil and let stand 10 minutes. Internal temperature of white meat should be 170°F.
4. Pork	2.0-3.5 lb	Boneless pork loin is recommended because it cooks evenly. Place on a low rack. After cooking, remove from oven, cover with foil and allow to stand 5-10 minutes. Internal temperature should be 160°F.

CONVEC BAKE

Convec Bake automatically bakes cakes, brownies, muffins and French fries.

- Suppose you want to bake a 13"x 9"x 2" cake.

1. Touch Convec Bake pad.
2. Select desired setting. Ex: for cake, touch number pad **1**.

3. Touch Start/Touch On pad.

After Convec Bake preheat cycle ends, 4 long tones will sound. PREHEAT OVER PLACE FOOD IN OVEN will be displayed repeatedly. Open the door and place pan into microwave oven. Close the door.

4. Touch Start/Touch On pad.

After Convec Bake cycle ends, 1 long tone will sound and **END** will be displayed.

Note:

1. Convec Bake can be programmed with More or Less Time Adjustment. See page 26.
2. To bake other foods, see the Convection Microwave Hood Cookbook's baking section.

CONVEC BAKE CHART

SETTING/ FOOD	PAN SIZE/ QTY	PROCEDURE
1. Cake	13"x9"x2"	Ideal for packaged cake mix or your own recipe. Prepare according to package or recipe directions and place in a greased and floured 13"x9"x2" pan. After the preheat is over, place pan in microwave oven centered on low rack. Cool before frosting and serving.
2. Brownies	13"x9"x2"	Ideal for packaged brownie mix or your own recipe for 13"x9"x2" pan. Prepare according to package or recipe directions and place in a greased and floured 13"x9"x2" baking pan. After the preheat is over, place pan in microwave oven centered on low rack. Cool before cutting into serving pieces.
3. Muffins	12 cups muffin pans	Ideal for packaged muffin mix or your own recipe for 12 medium size muffins. Prepare according to package or recipe directions and place in one 12-cup muffin pan. After the preheat is over, place pan in microwave oven centered on low rack.
4. French fries	3-24 oz Cookie sheet to hold	Use frozen prepared French fries. No preheat is required for the French fries baking procedure. Place French fries on cookie sheet on low rack. For shoestring potatoes, touch Power Level pad twice to enter less time before touching Start/Touch On pad.

Other Convenient Features

HELP (CONTROL PAD)

Help provides 5 features which make using your microwave oven easy because specific instructions are provided in the interactive display.

1. CHILD LOCK

The Child Lock prevents unwanted microwave oven operation such as by small children. The microwave oven can be set so that the control panel is deactivated or locked. To set, touch Help, the number **1** and Start/ Touch On pads. Should a pad be touched, **LOCK** will appear in the display.

To cancel, touch Help and Stop/Clear pads.

2. AUDIBLE SIGNAL ELIMINATION

If you wish to have the microwave oven operate with no audible signals, touch Help, the number **2** and Stop/Clear pads.



To cancel and restore the audible signal, touch Help, the number 2 and Start/Touch On pads.

3. AUTO START

If you wish to program your microwave oven to begin cooking automatically at a designated time of day, follow this procedure:

- Suppose you want to start cooking a stew on 50% for 20 minutes at 4:30. Before setting, check to make sure the clock is showing the correct time of day.
1. Touch Help pad.
 2. Touch number 3 to select the Auto Start.
 3. To enter the start time at 4:30, touch numbers **430**.
 4. Touch Clock pad.
 5. To enter cooking program, touch Power Level, number **5** and then touch numbers **2000** for cooking time.
 6. Touch Start/Touch On pad.

Note:

1. Auto Start can be used for manual cooking, Convec Broil, Convec Roast, Convec Bake, if clock is set.
2. If the microwave oven door is opened after programming Auto Start, it is necessary to touch the Start/Touch On pad for Auto Start time to appear in the readout so that the microwave oven will automatically begin programmed cooking at the chosen Auto Start time.
3. Be sure to choose foods that can be left in the microwave oven safely until the Auto Start time. Baked potatoes are often a good choice.

4. LANGUAGE SELECTION

The microwave oven comes set for English. To change, touch Help and the number 4 pads. Continue to touch the number 4 pad until your choice is selected. Then, touch Start/Touch On pad.

Touch number **4** once for English.

Touch number **4** twice for Spanish.

Touch number **4** three times for French.

5. WEIGHT AND TEMPERATURE SELECTIONS

The microwave oven comes set for U.S. Customary Unit-pounds. To change, touch Help and the number **5**. Continue to touch the number 5 until your choice is selected. Then, touch Start/Touch On pad.

Touch number **5** once for LB / °F.

Touch number **5** twice for KG / °C.

MULTIPLE SEQUENCE COOKING

The microwave oven can be programmed for up to 4 automatic cooking sequences for the microwave mode and 2 automatic cooking sequences with preheat for convection/mix mode, switching from one power level setting to another automatically.

Sometimes cooking directions tell you to start on one power level and then change to a different power level. Your oven can do this automatically.

- Suppose you want to cook roast beef for 5 minutes at 90% and then continue to cook for 30 minutes at 50%.
 1. Touch Power Level pad once and touch number pad **9** for 90% power.
 2. Enter first cooking time by touching number pad **500**.
 3. Touch Power Level pad again and touch number pad **5** for 50% power.
 4. Then enter second cooking time by touching number pad **3000**.
 5. Touch Start/Touch On pad.

Note:

1. If Power Level pad is touched twice, HIGH will be displayed.
2. If you wish to know power level, simply touch the Power Level pad. As long as your finger is touching the Power Level pad, the power level will be displayed.

TIMER

- Suppose you want to time a 3 minute long distance phone call.
 1. Touch Timer pad.
 2. Enter time by touching the number pads **300**.
 3. Touch Start/Touch On pad.

MORE OR LESS TIME ADJUSTMENT

MORE: Should you discover that you like any of the Sensor, Sensor Cook, Defrost, Convec Broil, Convec Roast or Convec Bake settings slightly more done, touch the Power Level pad once after touching your choice of pads.

LESS: Should you discover that you like any of the Sensor, Sensor Cook, Defrost, Convec Broil, Convec Roast or Convec Bake settings slightly less done, touch the Power Level pad twice after touching your choice of pads.

ADD-A-MINUTE

Add-A-Minute allows you to cook for a minute at 100% by simply touching the Add-A-Minute pad. You can also extend cooking time in multiples of 1 minute by repeatedly touching the Add-A-Minute pad during manual cooking.

- Suppose you want to heat a cup of soup for one minute.
Touch Add-A-Minute pad.

Note:

1. To use Add-A-Minute, touch pad within 1 minute after cooking, closing the door, touching the Stop/Clear pad or during cooking.
2. Add-A-Minute cannot be used with Sensor, Sensor Cook, Defrost, Convec Broil, Convec Roast or Convec Bake.

TOUCH ON

Touch On allows you to cook at 100% power by touching the Start/Touch On pad continuously. Touch On is ideal for melting cheese, bringing milk to just below boiling etc.

The maximum cooking time is 3 minutes.

- Suppose you want to melt cheese on a piece of toast:
 1. Continuously touch the Start/Touch On pad. The cooking time will begin counting up.
 2. When the cheese is melted to desired degree, remove finger from Start/Touch On pad. Microwave oven stops immediately.

Note:

1. Note time it takes for frequently used foods and program that time in the future.
2. To use Touch On, touch pad within 1 minute after cooking, opening and closing the door or touching the Stop/Clear pad.
3. Touch On can only be used 3 times in a row. If more times are needed, open and close door or touch Stop/ Clear.

HELP (DISPLAY INDICATOR)

Each setting of Defrost, Convec Broil, Convec Roast, Convec Bake, Sensor Cook and Sensor has a cooking hint. If you wish to check, touch Help pad whenever HELP is lighted in the Interactive Display for these hints.

DEMONSTRATION MODE

To demonstrate, touch Clock, the number **0** and then touch Start/Touch On pad and hold for 3 seconds. DEMO ON DURING DEMO NO OVEN POWER and DEMO will appear in the display. Cooking operations and specific special features can now be demonstrated with no power in the

microwave oven. For example, touch Add-A-Minute pad and the display will show 1.00 and count down quickly to END.

To cancel, touch Clock, then the number **0** and Stop/ Clear pads. If easier, unplug the microwave oven from the electrical outlet and replug.

Cleaning and Care

Disconnect the power cord before cleaning or leave the door open to inactivate the microwave oven during cleaning.

EXTERIOR

The outside surface is painted. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

DOOR

Wipe the window on both sides with a damp cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

TOUCH CONTROL PANEL

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the microwave oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch Stop/Clear pad.

INTERIOR - AFTER MICROWAVE COOKING

Cleaning is easy because little heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or splattering. To clean the interior surfaces, wipe with a soft cloth and warm water. **DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS.** For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. **NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF THE MICROWAVE OVEN.**

INTERIOR - AFTER CONVECTION, MIX OR BROIL COOKING

Splatters may occur because of moisture and grease. Wash immediately after use with hot, soapy water. Rinse and polish dry. Harder to remove splatters may occur if microwave oven is not thoroughly cleaned or if there is long time/high temperature cooking. If so, you may wish to purchase an oven cleaner pad with liquid cleaner within it—not a soap filled steel pad—for use on stainless or porcelain surfaces. Follow manufacturer's directions carefully and be especially cautious not to get any of the liquid cleaner in the perforations on the wall or ceiling or any door surfaces. Rinse thoroughly and polish dry.

WAVEGUIDE COVER

The waveguide cover is made from mica so requires special care. Keep the waveguide cover clean to assure good microwave oven performance. Carefully wipe with a damp cloth any food spatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. Do not remove the waveguide cover.

ODOR REMOVAL

Occasionally, a cooking odor may remain in the microwave oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in microwave oven until cool. Wipe interior with a soft cloth.

TURNTABLE/TURNTABLE SUPPORT

The ceramic turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and scouring sponge as described above. They are also dishwasher-safe using top rack.

MICROWAVE OVEN RACKS

The high and low baking racks can be removed for easy cleaning and stored away from the microwave oven when racks are not needed. After each use, wash them in mild, sudsy water. For any stubborn stains, use a mild kitchen cleanser and scouring sponge as described above. They are dishwasher-proof.

FAN

The fan will automatically start when heat rises from the cooking surface and when convection, high mix, low mix or the broil settings are used. This protects the microwave oven from excessive temperature rise. The fan will stay on until the temperature decreases. It cannot be turned off manually during this time.

For other uses, select either high or low speed.

PRECAUTIONS FOR PROPER USE:

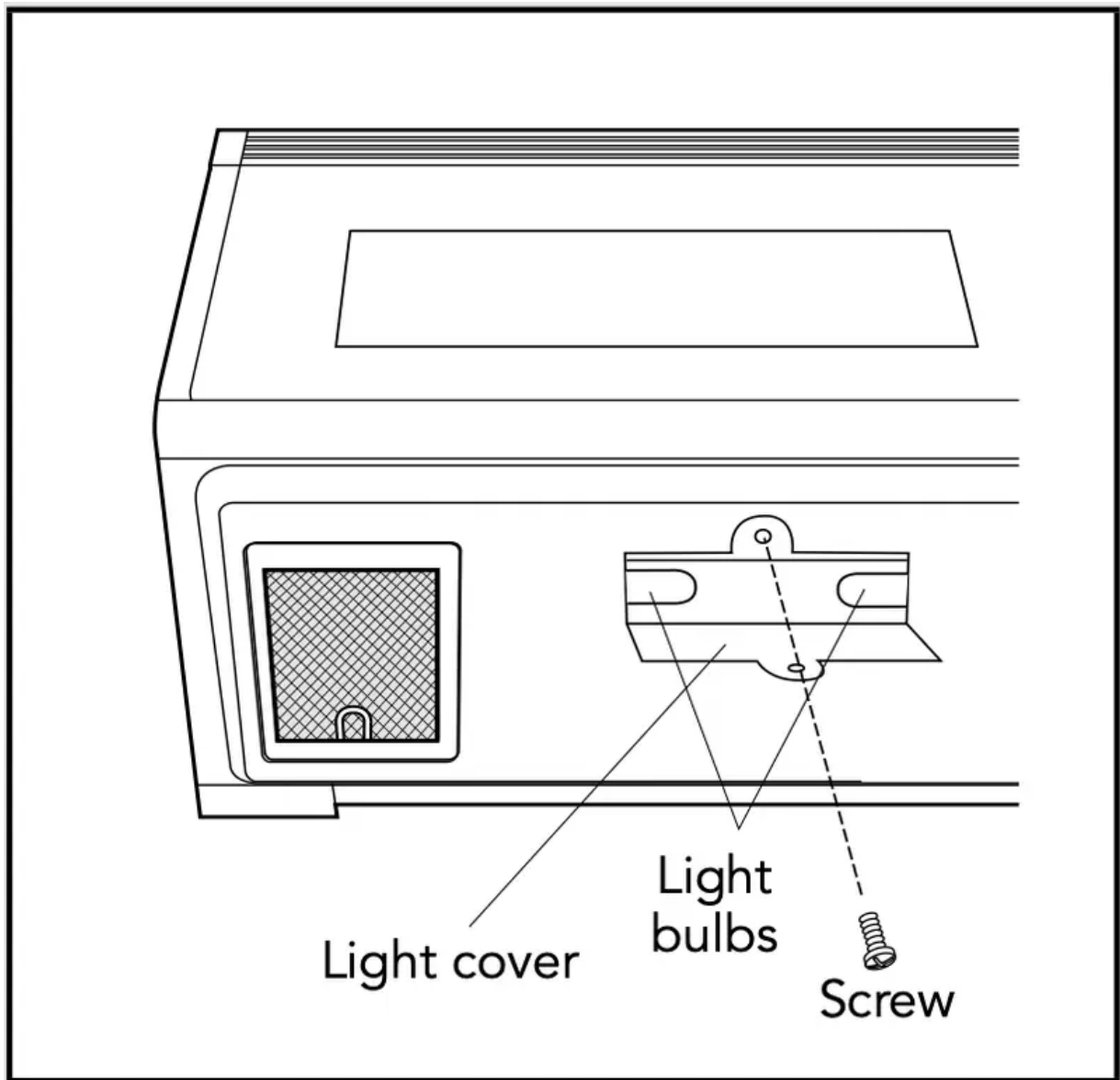
1. DO NOT leave cooking surface unattended while using high temperatures. Automatic fan may start and provide excessive air to the surface units. This may cause spattering or boilover.
2. Avoid burning food.
3. Keep grease filters clean.

LIGHT

1. To replace light bulbs, first disconnect power to the microwave oven at the circuit breaker panel or by unplugging.
2. To release cover remove the screw on the light cover. (See illustration.)

3. Replace bulbs with only 20 watt and 40 watt bulbs. These are available at most hardware stores or lighting centers. The unit will be shipped with one 20 watt bulb and one 40 watt bulb. **DO NOT USE A BULB LARGER THAN 40 WATTS.**
4. Close light cover and secure with screw removed in step 2.

Cautions: Light cover may become very hot. Do not touch glass when light is on. Do not use light for long time use such as a night light.

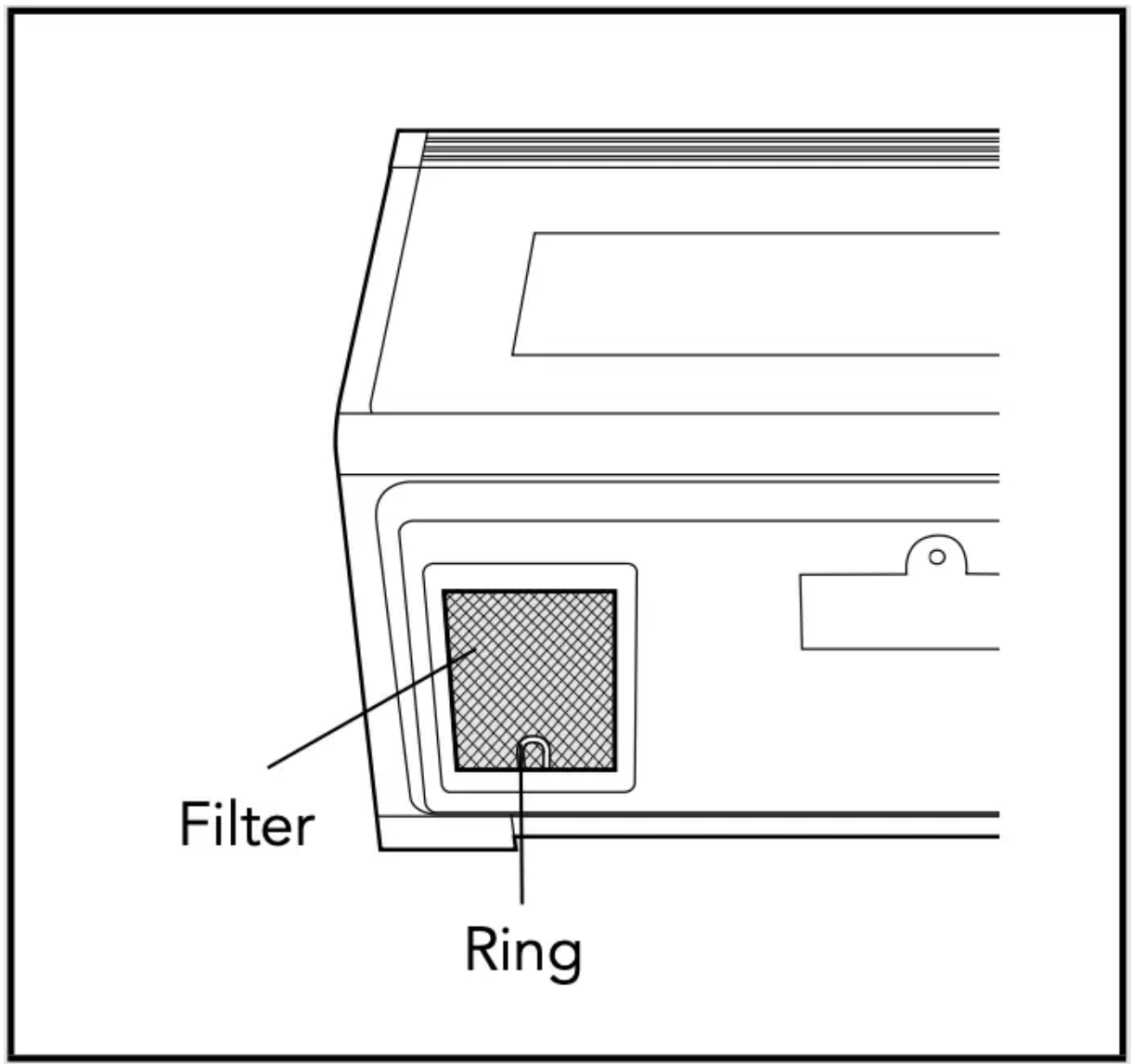


GREASE FILTERS

Filters should be cleaned at least once a month. Never operate the fan or microwave oven without the filters in place.

1. Pull the ring toward the front of the microwave oven, down slightly and remove the filter. Repeat for the other filter.
2. Soak the filters in a sink or dish pan filled with hot water and detergent. **DO NOT** use ammonia or other alkali; they will react with the filter material and darken it.

3. Agitate and scrub with a brush to remove embedded dirt.
4. Rinse thoroughly and shake dry.
5. Replace by fitting the filter back into the opening.



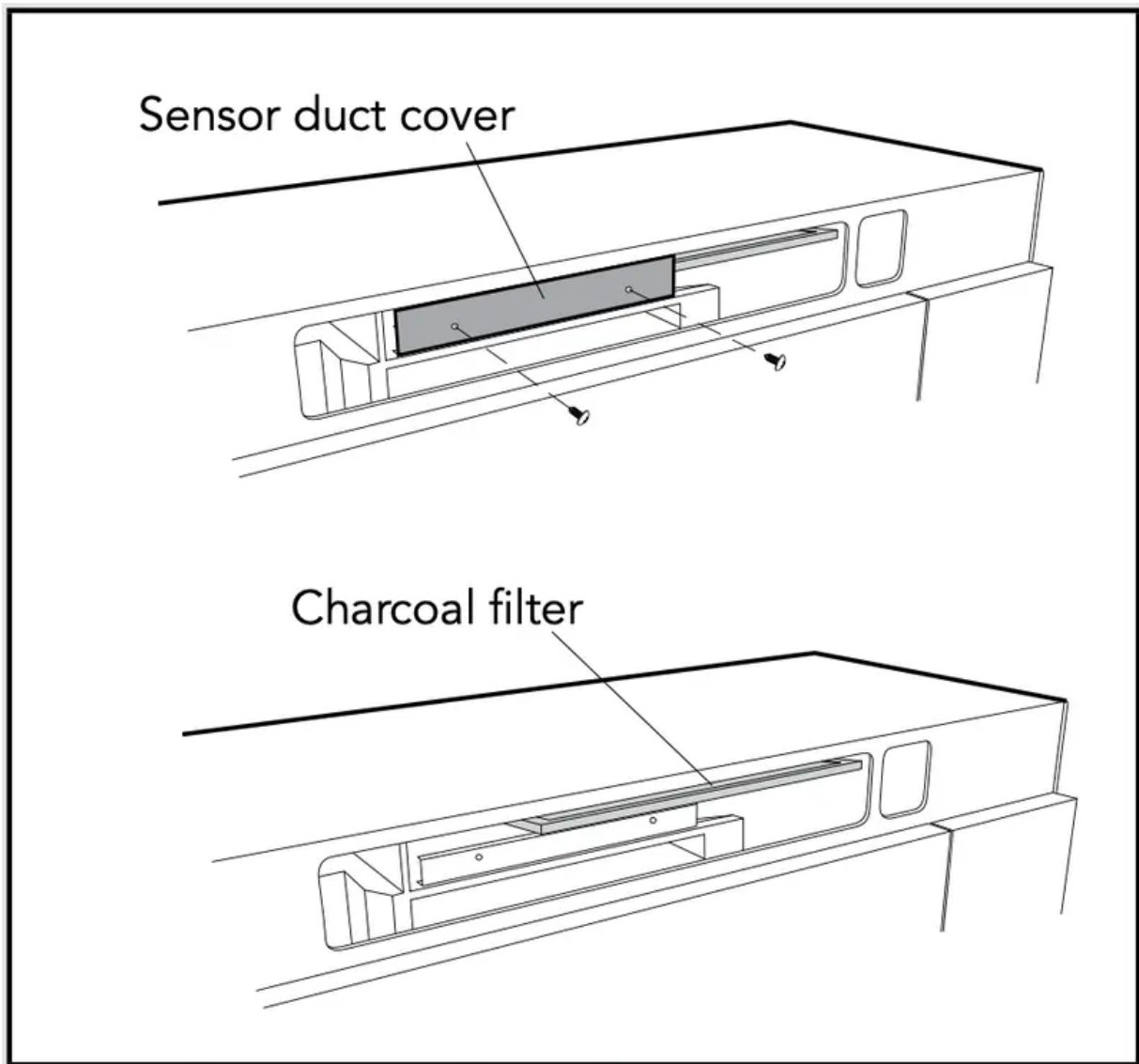
CHARCOAL FILTER

Charcoal Filter is used for Non-vented, recirculated installation. The filter should be changed every 6 to 12 months depending on use.

1. Disconnect power to the oven at the circuit breaker panel or by unplugging.
2. Remove 2 screws that secure louver.
3. Remove louver by gently moving louver and pull away from unit.
4. Remove 2 screws that secure the sensor duct cover.
5. Remove the sensor duct cover.
6. Remove old charcoal filter (if one is installed).
7. Slide new charcoal filter into position on the support tabs.

8. Reattach sensor duct cover and secure with 2 screws.

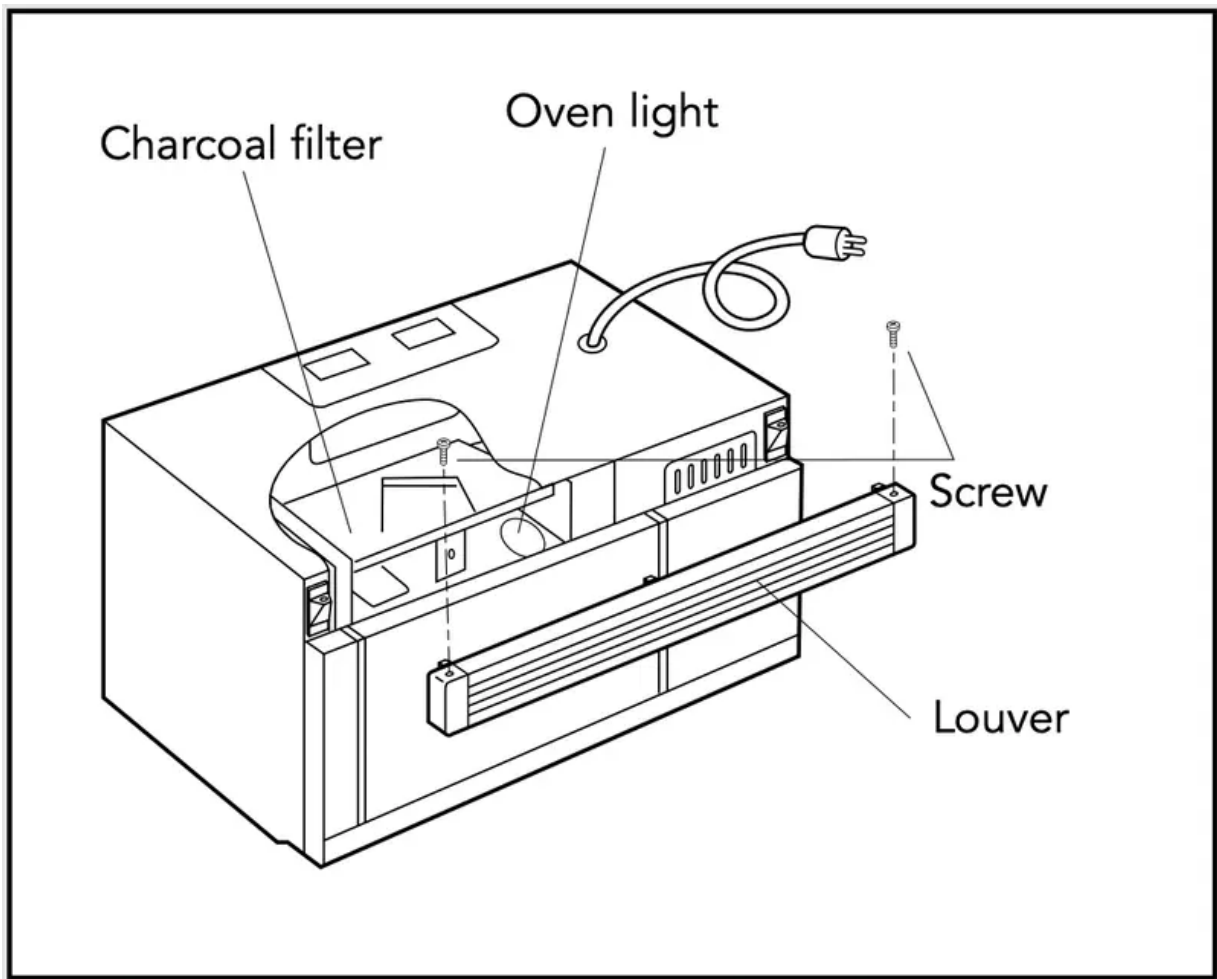
9. Push louver back into place and replace the 2 screws to secure louver.



MICROWAVE OVEN LIGHT

Remove the louver per instructions 1-3 on CHARCOAL FILTER section and charcoal filter, if used.

1. Slide the light cover forward and lift up.
2. Remove old light bulb and replace only with a 20 watt bulb available at most hardware stores or lighting centers. DO NOT USE A BULB LARGER THAN 30 WATTS.
3. Replace the microwave oven light cover and charcoal filter, if used; push louver back in place and replace the louver mounting screws.



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.

