

## Owner 's Manual for GE Profile PEB2060DM2CC

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### About changing the power level.

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

1. Press TIME COOK.
2. Enter cooking time.
3. Press POWER LEVEL.
4. Select desired power level 1–10.
5. 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. A high setting (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.

## **About the time features**

### ***Time Cook***

Allows you to microwave for any time up to 99 minutes and 99 seconds. Power level 10 (High) is automatically set, but you may change it for more flexibility.

#### ***Time Cook I***

1. Press TIME COOK.
2. Enter cooking time.
3. Change the power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1–10.)
4. Press START.

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

#### ***Time Cook II***

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

1. Press TIME COOK.
2. Enter the first cook time.
3. Change the power level if you don't want full power. (Press POWER LEVEL . Select a desired power level 1–10.)
4. Press TIME COOK again.
5. Enter the second cook time.
6. Change the power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1–10.)
7. Press START.

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

### ***Time Defrost***

Allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times. (Auto Defrost explained in the About the auto feature section.)

1. Press DEFROST AUTO/TIME.
2. Enter defrosting time.
3. Press START.

When the oven signals, 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 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 oven very briefly, or let it stand a few minutes.

### **About the time features.**

#### ***Express Cook***

This is a quick way to set cooking time for 1–6 minutes. Press one of the Express Cook pads (from 1 to 6) for 1 to 6 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time. The power level can be changed as time is counting down. Press POWER LEVEL and enter 1–10.

#### ***Add 30 Seconds***

You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as an express cook for 30 seconds.

### **About the auto features.**

#### ***Auto Defrost***

Use Auto Defrost for meat, poultry and fish. 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 weighing up to 6 pounds.

1. Press DEFROST AUTO/TIME.
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.

(Time Defrost is explained in the About the time features section.)

There is a handy guide located on the inside front of the oven.

- 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.

## **About the sensor features**

### ***Humidity Sensor***

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.

### ***Popcorn***

To use the Popcorn feature:

- 1 Follow package instructions, using Time Cook if the package is less than 1.75 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
- 2 Press POPCORN. The oven starts immediately.

If you open the door while POPCORN is displayed, a SENSOR ERROR message will appear. Close the door and press START immediately. If food is undercooked after the countdown use TIME COOK for additional cooking time.

#### *How to Adjust the Popcorn Program to Provide a Shorter or Longer Cook Time*

If you find that the brand of popcorn you use underpops or overcooks consistently, you can add or subtract 20–30 seconds to the automatic popping time. To subtract time: After pressing POPCORN, press 1 immediately after the oven starts for 20 seconds less cooking time. Press 1 again to reduce cooking time another 10 seconds (total 30 seconds less time).

To add time: After pressing POPCORN, press 9 immediately after the oven starts for an extra 20 seconds. Press 9 again to add another 10 seconds (total 30 seconds additional time).

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

#### ***Beverage***

Press Beverage to heat an 8–10 oz. cup of coffee or other beverage. Drinks heated with the Beverage feature may be very hot. Remove the container with care. If food is undercooked after the countdown use TIME COOK for additional cooking time

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

#### ***Reheat***

The Reheat feature reheats 4–36 ounces of previously cooked foods or a plate of leftovers.

1. Place covered food in the oven. Press REHEAT.
2. The oven starts immediately. 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 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 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.

**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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