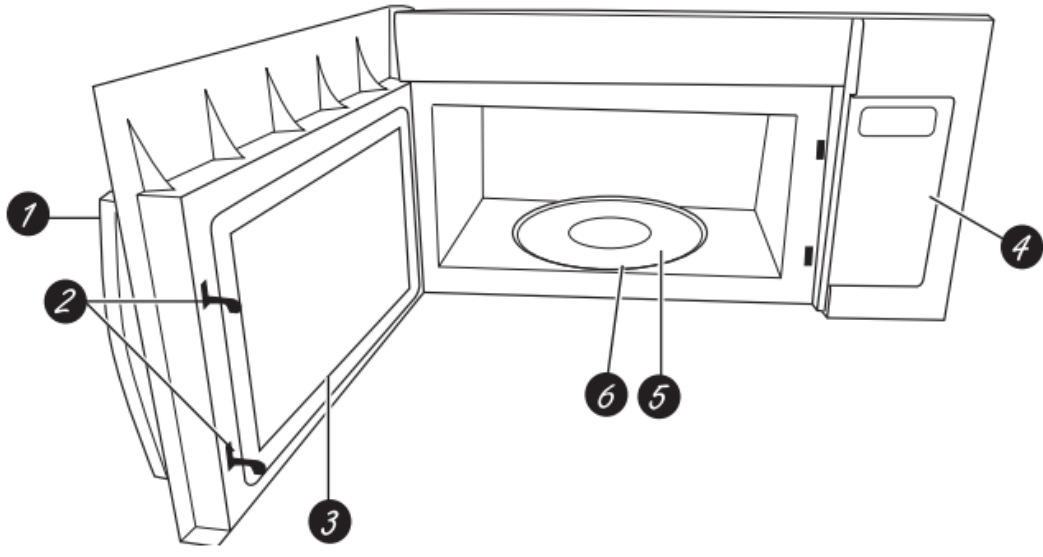


## Operating Instructions

About the features of your oven.



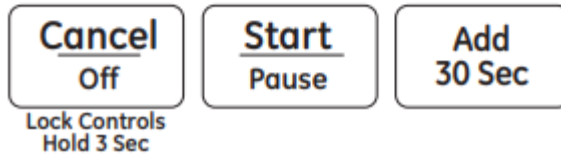
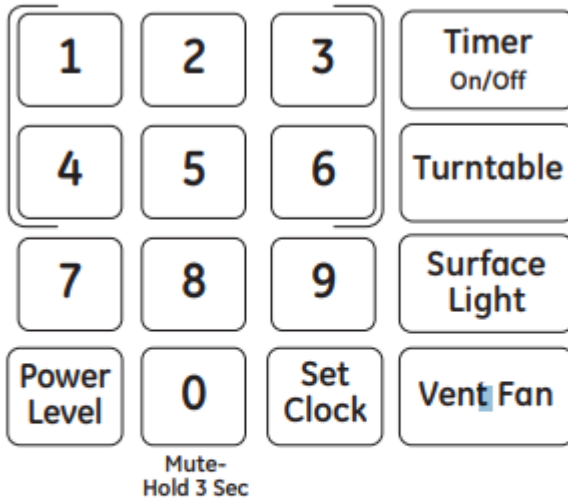
1. Door Handle.
2. Door Latches.
3. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.
4. Control Pane
5. Removable Turntable. Do not operate the oven in microwave mode without the turntable and turntable support seated and in place.
6. Removable Turntable Support. Do not operate the oven in microwave mode without the turntable and turntable support seated and in place.

### Cooking Controls

#### Convenience Cooking



## Express Cook



## Microwave Cooking Time and Auto Features

<i>Press</i>	<i>Enter</i>
Cook Time	Amount of cooking time
Defrost	Weight or time
Timer	
Power Level	Power level 1 to 10
Add 30 Sec	Starts immediately!
Express Cook	Starts immediately!

## Convenience Features

<i>Press</i>	<i>Enter</i>
Popcorn	Starts immediately!
Reheat	Press pad to select food
Beverage	Starts immediately!
Potato	Starts immediately!

## Optional kits

### Filler Panel Kits

- JX40WH—White
- JX41—Black

When replacing a 36" range hood, filler panel kits fill in the additional width to provide a custom built-in appearance.

For installation between cabinets only; not for end-of-cabinet installation. Each kit contains two 3" wide filler panels.

### Filter Kits

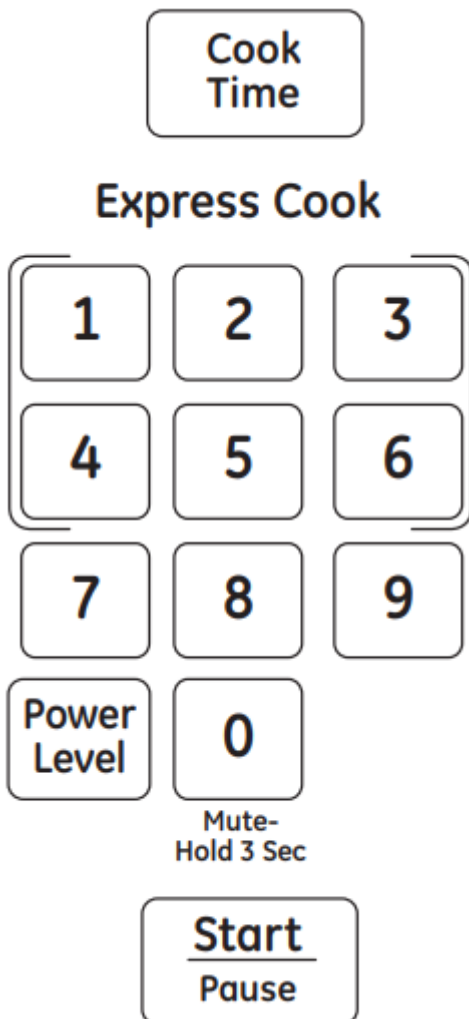
- JX81D—Recirculating Charcoal Filter Kit

Filter kits are used when the oven cannot be vented to the outside.

Available at extra cost from your GE supplier. See the back cover for ordering by phone or at [GEAppliances.com](http://GEAppliances.com).

### About the time and auto microwave features.

#### Cook Time



## Cook Time I

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.

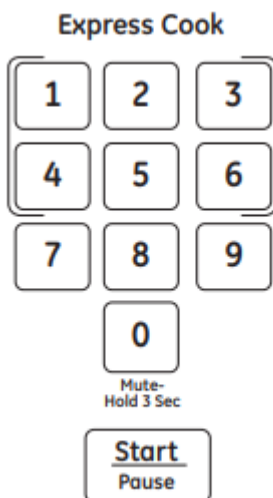
1. Press Cook Time.
2. Enter cooking time.
3. Change power level if you don't want full power. (Press Power Level. Set a desired power level 1-10.)
4. Press Start/Pause. You may open the door during Cook Time to check the food. Close the door and press Start/Pause to resume cooking.

## Cook Time II

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

1. Press Cook Time.
2. Enter the first cook time.
3. Change the power level if you don't want full power. (Press Power Level. Set a desired power level 1-10.)
4. Press Cook Time again.
5. Enter the second cook time.
6. Change the power level if you don't want full power. (Press Power Level. Set a desired power level 1-10.)
7. Press Start/Pause. At the end of Cook Time I, Cook Time II counts down.

## 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 1-6 minutes of cooking at power level 10. The power level can be changed as time is counting down. Press Power Level and enter 1-10.

### Add 30 Sec

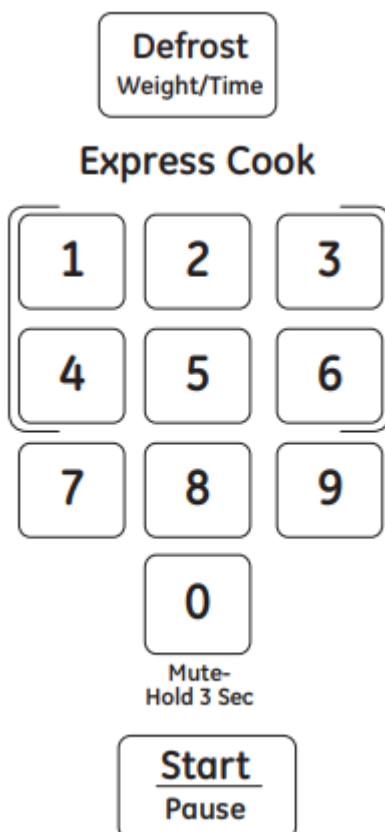


This will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 59 seconds.

Add 30 Sec can also be used like an express 30 seconds button. The microwave oven will start immediately when pressed.

### About the defrost features.

#### Weight Defrost



Use Weight Defrost for meat. Use Time Defrost for most other frozen foods.

1. Press Defrost once for Weight Defrost
2. Enter the weight in pounds.

3. Press Start/Pause. Cooking will start when the countdown begins in the display.

### Defrosting Tips

- Remove meat from package and place on microwave-safe dish.
- When the oven signals, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

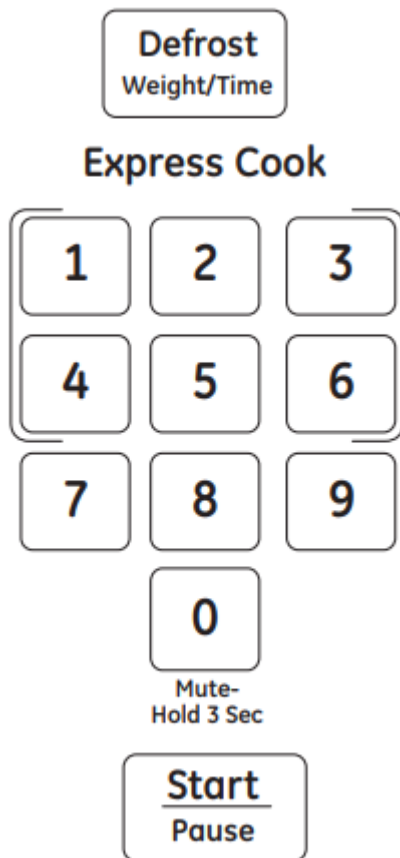
### Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.	
Ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

Note: Max 6.0 lbs.

### Time Defrost





Allows you to defrost for a selected length of time. See the Defrosting Guide for suggested time.

1. Press Defrost twice for Time Defrost
2. Enter defrosting time in minutes and seconds.
3. Press Start/Pause. Cooking will start when the countdown begins in the display.

At one half of selected defrosting time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil. The oven will continue to defrost if you don't open the door and turn the food. Noises may be heard during defrosting. This is normal when oven is not operating at High power.

### **Defrosting Tips**

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.

- For more even defrosting of larger foods, such as roasts, use Time Defrost. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.

### Defrosting Guide

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

### About the convenience features

#### Popcorn



To use the Popcorn feature:

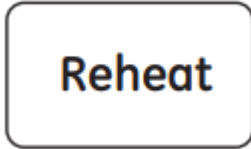
Press Popcorn once for 2.0-ounce bag, twice for 2.5-ounce bag, or three times for a 3.0-ounce bag.

Cooking starts immediately. You can change the selection during the initial 30 seconds.

If food is undercooked after the countdown, use Cook Time for additional cooking time. We recommend 30 seconds and watching carefully

Use only with prepackaged microwave popcorn weighing 2.0 to 3.0 ounces.

## Reheat



The Reheat feature reheats servings of previously cooked foods or a plate of leftovers. Place the cup of liquid or covered food in the oven.

1. Press the Reheat button up to six times to choose the correct selection.

Press once for a pizza.

Press twice for vegetables.

Press three times for a plate of leftovers.

Press four times for soup.

Press five times for meat.

Press six times for pasta.

2. Press the 1, 2, or 3 pad to select the serving size. For a plate of leftovers, only one servicing size is valid.

3. Press Start/Pause. Cooking will start when the countdown begins in the display.

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 Cook Time for additional reheating time.

### **Some Foods Not Recommended for Use With Reheat**

It is best to use Cook Time 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.

## Beverage

## Beverage

Use the Beverage feature to heat various amounts of liquids measured in ounces:  
Place the liquid into the microwave oven.

4 oz.	1/2 cup
8 oz.	1 cup
12 oz.	1-1/2 cups
16 oz.	2 cups

Press Beverage up to four times to choose the correct selection.

Press once for a 4 ounce beverage.

Press twice for an 8 ounce beverage.

Press three times for a 12 ounce beverage.

Press four times for a 16 ounce beverage.

Cooking starts immediately. You can change the selection during the initial 30 seconds.

## Potato

## Potato

To use the Potato feature: Place the potato(es) into the oven. Press Potato up to four times to choose the correct selection.

Press once for 1 item.

Press twice for 2 items.

Press three times for 3 items.

Press four times for 4 items.

Cooking starts immediately. You can change the selection during the initial 30 seconds.

## Microwave terms.

Term	Definition
Arcing	<p>Arcing is the microwave term for sparks in the oven. Arcing is caused by:</p> <ul style="list-style-type: none"> <li>• metal or foil touching the side of the oven.</li> <li>• foil that is not molded to food (upturned edges act like antennas).</li> <li>• metal such as twist-ties, poultry pins, gold-rimmed dishes.</li> <li>• recycled paper towels containing small metal pieces.</li> </ul>
Covering	<p>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.</p>
Shielding	<p>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.</p>
Standing Time	<p>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.</p>
Venting	<p>After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.</p>

### About changing the power level.

#### Power Level

The power level may be entered or changed before or during cooking. Power Level is set for Level 10 (high) unless it is changed.

1. Press Cook Time.
2. Enter your cooking time.
3. Press Power Level.
4. Enter new power level by using the number pads.
5. After you have selected the power level, wait five seconds. The display will go back to the Cook Time (Enter Time) screen
6. Press Start/Pause.

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 your 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 and some casseroles.

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 (100%): Fish, bacon, vegetables, boiling liquids.

Med-High 7 (70%): Gentle cooking of meat and poultry; baking casseroles and reheating.

Medium 5 (50%): Slow cooking and tenderizing for stews and less tender cuts of meat.

Low 2 or 3 (20 or 30%): Defrosting; simmering; delicate sauces.

Warm 1 (10%): Keeping food warm; softening butter

## About the other features

### Clock

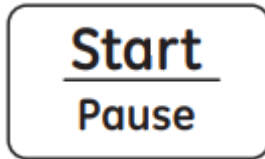


To change the time of day:

1. Press Set Clock. (The microwave should not be running.)
2. Enter the appropriate time of day. Clock is on a 12-hour scale by default.
- 3 Press Set Clock or Start/Pause to accept the time.

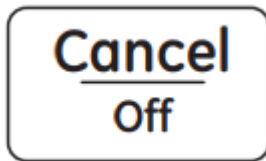
Press and hold Set Clock for 3 seconds to switch the clock between 12-hour and 24-hour scales. (The microwave should not be running.)

### Start/Pause



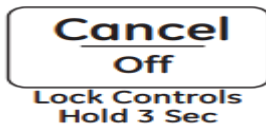
In addition to starting many functions, Start/ Pause allows you to stop cooking without opening the door or clearing the display and resume cooking later.

### Cancel/Off



Press Cancel/Off to stop and cancel cooking at any time

### Control Lock-Out



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

### Surface Light



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

### Timer On/Off

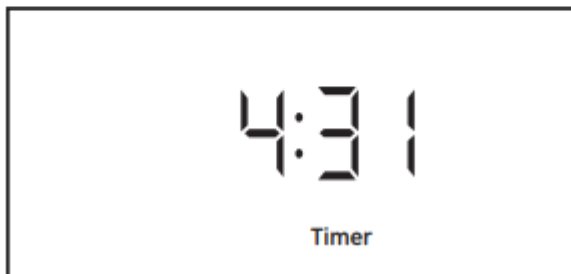


The Timer operates as a minute timer and can be used at any time, even when the oven is operating.

1. Press Timer On/Off.
2. Enter a time.
3. Press Timer On/Off to start.

To cancel, press Timer On/Off again before any entry is made or when Timer is shown countdown on the display”.

### Display



If you have the Timer counting down and you are using the Cook Time at the same time, you can change the display to show either the timer or the cook time countdown.

If the display shows the time for the Timer and you would like to view the Cook Time, press the Cook Time button.

If the display shows the time for the Cook Time and you would like to view the Timer, press Timer On/Off

### Turntable



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

Press Turntable once to turn the turntable off. Press again to turn the turntable back on.

Sometimes the turntable can become too hot to touch. Be careful touching the turntable during and after cooking

## Vent Fan



The vent fan removes steam and other vapors from surface cooking.

Press Vent Fan once for high fan speed, twice for low fan speed or three times to turn the fan off.

## Sound On/Off



**Mute-  
Hold 3 Sec**

Press and hold "0" for 3 seconds to switch the sound on or off. Fault beep signals cannot be turned off.

## Insert Food Reminder

A reminder will show on the display if the user tries to start the cooking cycle without placing food inside the microwave oven within 5 minutes prior to starting the cooking cycle.

## Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display "End" and beep once a minute until you either open the oven door or press Cancel/Off

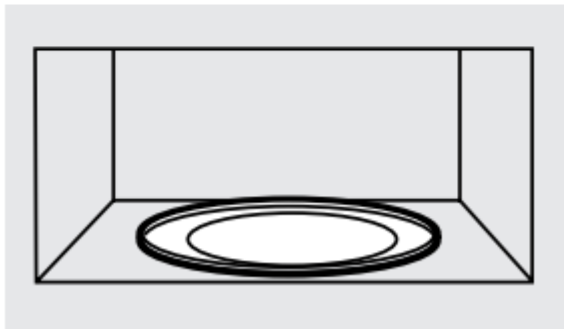
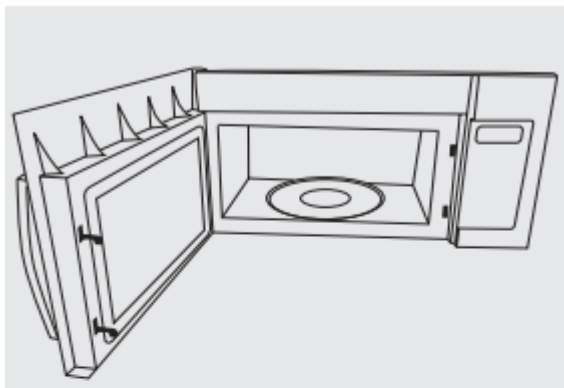
# Care and cleaning of the oven.

## 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

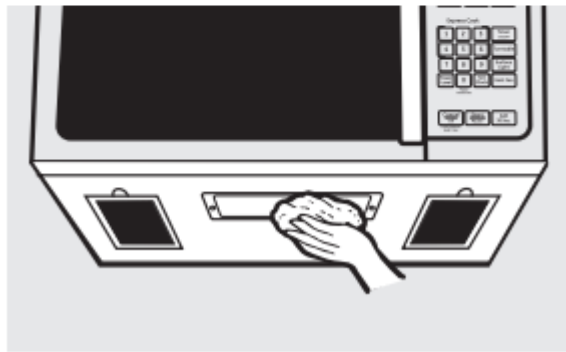
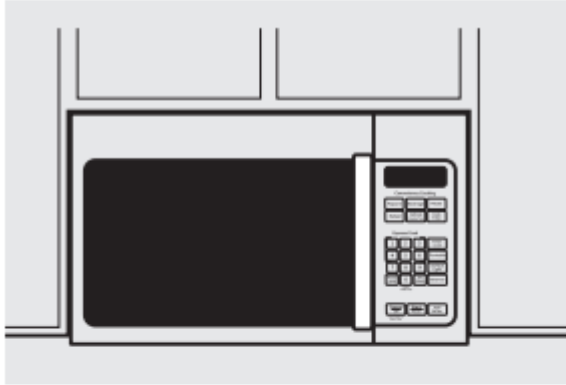
Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

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.

### How to Clean the Outside



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

#### Case

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.

#### Control Panel

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

#### Door Panel

Before cleaning the front door panel, make sure you know what type of panel you have. Refer to the eighth digit of the model number. “S” is stainless steel, “L” is CleanSteel and “B”, “W” or “C” are plastic colors.

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

The stainless steel panel can be cleaned with Stainless Steel Magic or a similar product using a clean, soft cloth. Apply stainless cleaner carefully to avoid the surrounding plastic parts. Do not use appliance wax, polish, bleach or products containing chlorine on Stainless Steel finishes.

### **Plastic Color Panels**

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

### **Door Seal**

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

### **Bottom**

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

## **Replacing the light bulb.**

### **Cooktop Light/Nite Light**

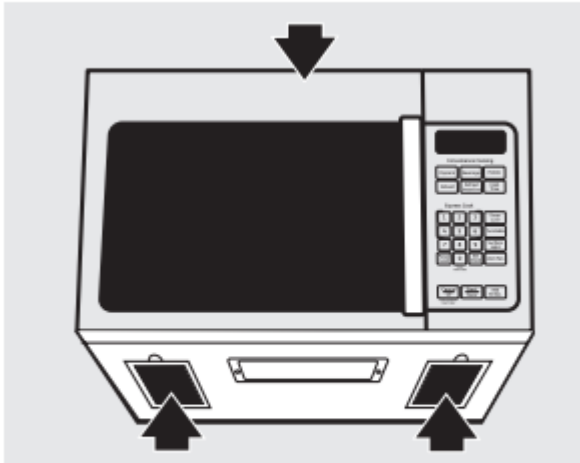
Replace with a 130 volt, 50 watt (max.) halogen bulb. Order WB08X10057 from your GE supplier.

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.

## **About the exhaust feature**

### **Vent Fan**

*Charcoal filter (on some models).*



*Reusable vent filters  
(on all models).*

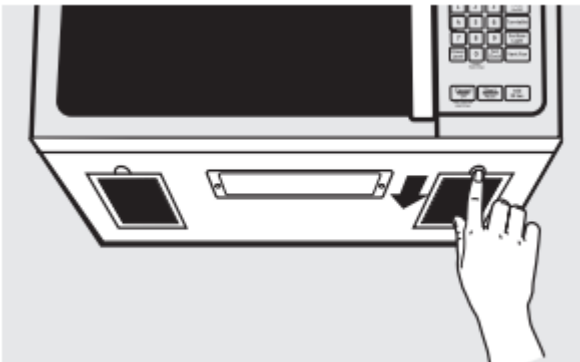
The vent fan has two metal reusable vent filters. Models that recirculate air back into the room also use a charcoal filter.

### **Reusable Vent Filters**

The metal filters trap grease released by foods on the cooktop. They also prevent flames from foods on the cooktop from damaging the inside of the oven.

For this reason, the filters must always be in place when the hood is used. The vent filters should be cleaned once a month, or as needed.

### **Removing and Cleaning the Filters**



**To remove**, slide them to the rear using the tabs. Pull down and out.

To clean the vent filters, soak them and then swish around in hot water and detergent. Don't use ammonia or ammonia products because they will darken the metal. Light brushing can be used to remove embedded dirt.

Rinse, shake and let dry before replacing.

**To replace**, slide the filters into the frame slots on the back of each opening. Press up and to the front to lock into place.

## About the exhaust feature.

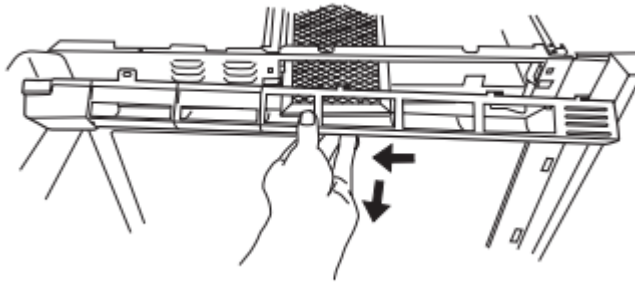
### Charcoal Filter

The charcoal filter cannot be cleaned. It must be replaced. Order Part No. WB02X10943 from your GE supplier.

If the model is not vented to the outside, the air will be recirculated through a disposable charcoal filter that helps remove smoke and odors

The charcoal filter should be replaced when it is noticeably dirty or discolored (usually after 6 to 12 months, depending on usage). See Optional Kits, page 8, for more information.

### To Remove the Charcoal Filter

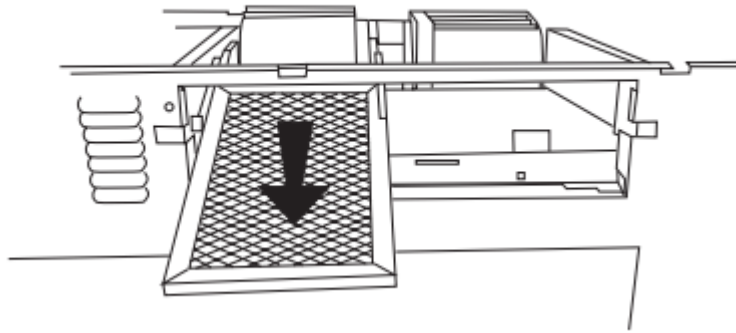


To remove the charcoal filter, first disconnect power at the main fuse or circuit breaker, or pull the plug.

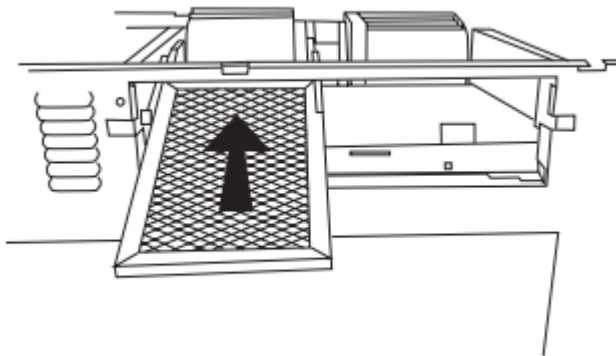
To remove the top grille:

- open the microwave door
- remove 2 screws from the top
- slide the grille to the left and forward to remove You may need to open the cabinet doors to remove the screws.

Slide the filter down and out.



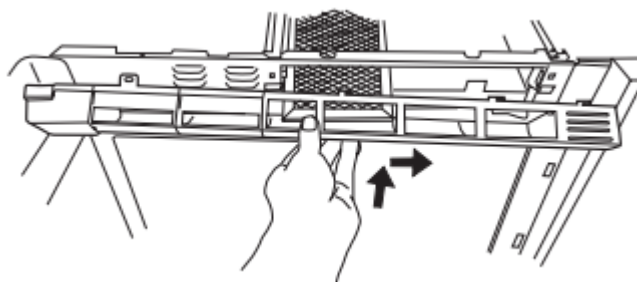
### To Install the Charcoal Filter



To install a new charcoal filter, remove plastic and another outer wrapping from the new filter.

Insert the top of the filter up and into the grooves on the inside of the top opening. Push the bottom of the filter in until it rests in place.

Replace the grille by aligning the tabs with the cutouts on the frame and sliding the grille to the right. Replace the grille screws.



## Before you call for service



<b>Problem</b>	<b>Possible Causes</b>	<b>What To Do</b>
Oven will not start	A fuse in your home may be blown or the circuit breaker tripped.	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	• Open the door and close securely.
Control panel lighted yet oven will not start	Door not securely closed.	• Open the door and close securely
	Start/Pause button not pressed after entering cooking selection.	• Press Start/Pause.
	Another selection entered already in oven and Cancel/Off button not pressed to cancel it.	• Press Cancel/Off.
	Cooking time not entered after pressing Cook Time.	• Make sure you have entered cooking time after pressing Cook Time.
	Cancel/Off was pressed accidentally.	• Reset cooking program and press Start/Pause
	Food weight not entered after selecting Weight Defrost or Time Defrost.	• Make sure you have entered food weight after selecting Weight Defrost or Time Defrost.
LOCKED appears on display	The control has been locked	• Press and hold Cancel/Off for about 3 seconds to unlock the control
		• This is normal.

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.	
You hear an unusual low-tone beep	You have tried to change the power level when it is not allowed.	<ul style="list-style-type: none"> <li>• Many of the oven's features are preset and cannot be changed.</li> </ul>
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.	<ul style="list-style-type: none"> <li>• This is normal.</li> </ul>
SENSOR ERROR appears on the display	When using a Sensor feature, the door was opened before steam could be detected.	<ul style="list-style-type: none"> <li>• Do not open door until steam is sensed and time is shown counting down on the display</li> </ul>
	Steam was not detected in a maximum amount of time.	<ul style="list-style-type: none"> <li>• Use Cook Time to heat for more time.</li> </ul>

### 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.