

How to get the best from **Your** **Microwave Oven**

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Use and Care of
model
JVM172G

The electric output
of this microwave oven
is 625 watts.

UCOS



Your Direct Line to General Electric
The GE Answer Center 800.626.2000

GENERAL  ELECTRIC

EFFDATE 8-17-87

49-4887

Help us help you...

Before using your oven, read this book carefully.

It is intended to help you operate and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write (include your phone number):

Consumer Affairs
GE Appliances
Appliance Park
Louisville, KY 40225

Write down the model and serial numbers.

You'll find them on a label inside the oven on the upper left side.

These numbers are also on the Consumer Product Ownership Registration Card that came with your microwave oven. Before sending in this card, please write these numbers here:

Model Number

Serial Number

Use these numbers in any correspondence or service calls concerning your microwave oven.

Be sure your microwave oven is registered.

It is important that we know the location of your oven should a need occur for adjustments.

All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers.

This appliance must be registered. Please be certain that it is.

Write to:

GE Appliances
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the microwave oven.

Save time and money.

Before you request service... check the Problem Solver on pages 32 and 33. It lists causes of minor operating problems that you can correct yourself.

This microwave oven is UL listed for installation over electric and gas ranges.

Microwaving Tips

• Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."

If you are unsure, use this dish test: Measure 1 cup water in a glass cup. Place in oven on or beside dish. Microwave 1-1½ minutes at High. If water becomes hot, dish is microwave safe. If dish heats, it should not be used for microwaving.

• Paper towels, wax paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.

• Some microwaved foods require stirring, rotating or rearranging. Check your cookbook.

• Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) **Do Not Attempt** to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) **Do Not Place** any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) **Do Not Operate** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- (1) door (bent)
- (2) hinges and latches (broken or loosened)
- (3) door seals and sealing surfaces.

(d) **The Oven Should Not** be adjusted or repaired by anyone except properly qualified service personnel.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Use this appliance only for its intended use as described in this manual.
- Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY” at left.
- This appliance must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” on page 29.
- For best operation, plug this appliance into its own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not immerse power cord or plug in water.
- Keep power cord away from heated surfaces.
- Do not let power cord hang over edge of table or counter.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- See door surface cleaning instructions on page 28.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.

• **To reduce the risk of fire in the oven cavity:**

—Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

—Remove wire twist-ties from paper or plastic bags before placing bags in oven.

—Do not use your microwave oven to dry newspapers.

—**Paper towels, napkins and wax paper.** Recycled paper products can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.

—**Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.**

—**Do not operate the oven while empty to avoid damage to the oven and the danger of fire.** If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs the life of the oven.

—**Do not overcook potatoes.** They could dehydrate and catch fire, causing damage to your oven.

—If materials inside oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at the fuse or circuit breaker panel.

• **Some products such as whole eggs and sealed containers**—for example, closed glass jars—may explode and should not be heated in this oven.

• **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

- **Don't defrost frozen beverages** in narrow necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.
- **Use metal only as directed in cookbook.** TV dinners may be microwaved in foil trays less than 3/4" high; remove top foil cover and return tray to box. When using metal in the microwave oven, keep metal (other than metal shelf) at least 1 inch away from sides of oven.
- **Cooking utensils may become hot** because of heat transferred from the heated food. Pot holders may be needed to handle the utensil.
- **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.
- **Foods cooked in liquids** (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to page 28 for instructions on how to clean the inside of the oven.
- **Thermometer**—Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.
- **Remove the temperature probe from the oven when not using it to cook with.** If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven and damage oven walls.
- **Plastic utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use microwave plastics only and use them in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.
- **When cooking pork**, follow the directions exactly and always cook the meat to an internal temperature of at least 160°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.
- **Boiling eggs is not recommended** in a microwave oven. Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.
- **Foods with unbroken outer "skin"** such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.
- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in cookbook. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- **Spontaneous boiling**—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, stir the liquid briefly before removing the container from the microwave oven.

- **Use of the shelf accessory.**
 - Remove the shelf from oven when not in use.
 - Do not store or cook with shelf on floor of oven. Product damage may result.
 - Use pot holders to handle shelf and utensils. They may be hot.
 - Do not use microwave browning dish on shelf; the shelf could overheat. Do not use shelf with Automatic Cooking feature.

THE EXHAUST HOOD

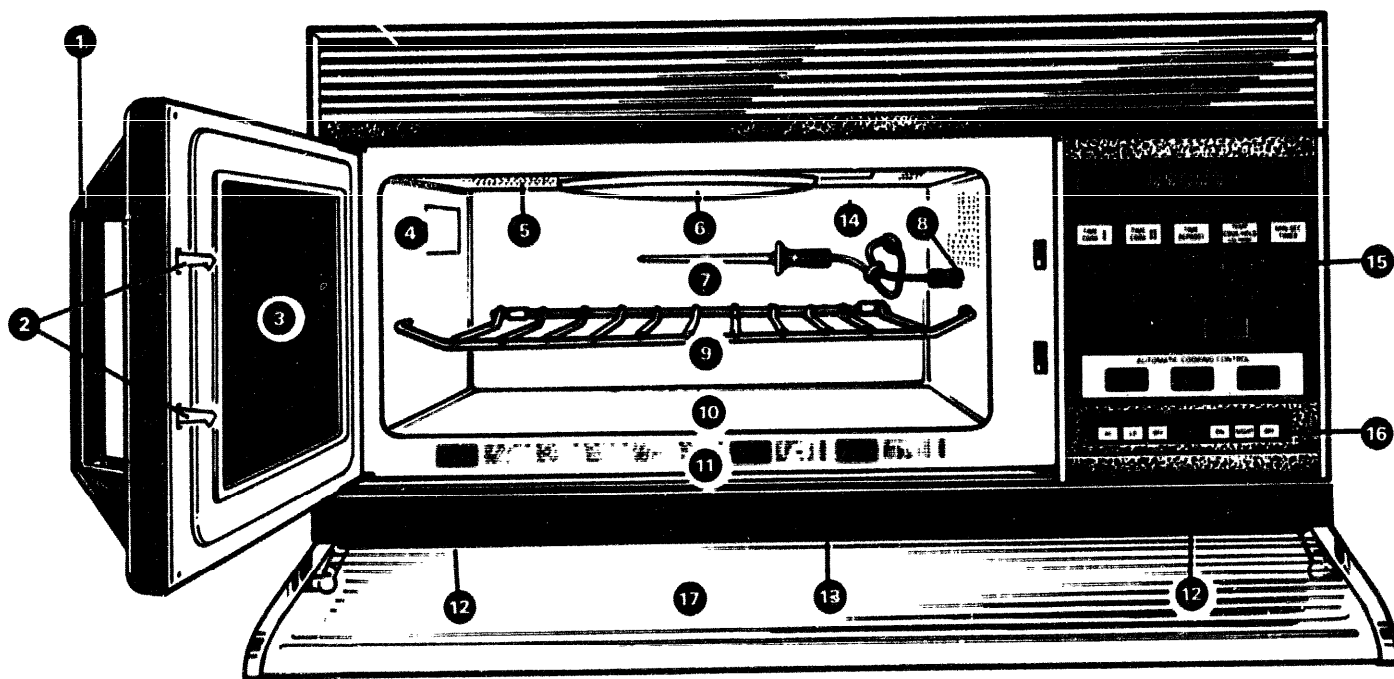
- **Have it installed and properly grounded by a qualified installer.** See the special installation booklet packed with the microwave oven.
- **The exhaust fan in your oven will operate automatically under certain conditions (see Automatic Fan Feature, page 6).** While the fan is operating caution is required to prevent the starting and spreading of accidental cooking fires while the exhaust fan is in use. For this reason:
 - Never leave surface units unattended at high heat settings. Boilover causes smoking and greasy spillovers that may ignite and spread if exhaust fan is operating. To minimize automatic fan operation, use adequate sized utensils and use high heat only when necessary.
 - In the event of a grease fire, smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.
 - Never flame foods under the oven with the exhaust fan operating because it may spread the flames.
 - Keep hood and grease filters clean, according to instructions on pages 27 and 29, to maintain good venting and avoid grease fires.
 - Raise and lower the smoke and spatter shield carefully to avoid tipping over tall cooking utensils.

SAVE THESE INSTRUCTIONS

Features of Your Microwave Oven

Cooking Complete Reminder (For TIME COOK and DEFROST cycles)

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 touch the CLEAR/OFF pad.



1. Door Handle. Pull to open door. Door must be securely latched for oven to operate.

2. Door Latches.

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

4. Model and Serial Numbers.

5. Oven Vent.

6. Mode Stirrer Cover. Protects the microwave energy distributing system. Do not remove the cover. You will damage the oven.

7. MicroThermometer™ Temperature Probe. Use with Temp Cook/Hold and Auto Roast functions only.

8. Receptacle for Temperature Probe. Probe must be securely inserted into receptacle before oven will start any temperature or Auto Roast cooking.

9. Two Position Metal Shelf. Doubles the oven capacity when reheating or cooking smaller food items. (For complete use of shelf, see pages 30 and 31.)

10. Oven Floor.

11. Automatic Cooking Guide.

12. Grease Filters.

13. Cooktop Light.

14. Oven Light. Light comes on when door is opened or when oven is operating in any function.

15. Touch Control Panel and Digital Display. For detailed information on each feature, see pages 6 and 7.

16. Hood Controls.
Fan. Press HI, LO or OFF.
Light. Press ON, NIGHT or OFF.

17. Smoke & Spatter Shield. This convenient shield is hinged. When using the range top, flip the shield down into the OUT position where it will direct surface smoke to the exhaust system. When the vent fan is not in use, flip the shield up under the oven.

Your Touch Control Panel

The touch control panel allows you to set the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand. With your microwave oven, you have the option of using your automatic cooking control pads for quick and easy convenience cooking. Or you may make your own programs to suit your individualized cooking style.

When You Plug in the Oven

The display panel displays five 8's, 18 POWER, and all of the oven functions. After 15 seconds, all lights disappear and "RESET" appears in the upper portion. Touch the CLEAR/OFF pad, set the CLOCK, and oven is ready for use.

If power is disrupted at any time, the above sequence recurs, and you must reset CLOCK after touching CLEAR/OFF.

"Error" Appears on Display:

- When using Temp Cook/Hold, you have entered a temperature less than 90°F. or more than 199°F.
- When using Auto Defrost, the food weight you entered did not correspond with the code number entered.
- Door is opened during "AUTO" cycle of Auto Cook. Close door and touch START.

"Probe" Appears on Display:

- Probe has been forgotten when Auto Roast or Temp Cook/Hold are being used.
- Probe is not securely seated in oven wall receptacle.

1. Display Panel. Displays time of day, time or temperature during cooking functions, power level being used, cooking mode and instructions.

2. Time Cook I and Time Cook II. Microwave for a preset amount of time using automatic power level 10 or change power level after setting time. (See page 8.)

3. Auto Start. Allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay. (See page 8.)

4. Clock. Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and "1:30" will appear on display. "START" will flash, directing you to touch START, thus setting the clock. If you wish to reset or change time, simply repeat above process.

5. Number Pads. Touch these pads to enter cook time, food temperature, power level, Auto Cook codes, Auto Roast codes or Auto Defrost code numbers and food weight.

6. Clear/Off. When touched, it stops the oven and erases all settings except time of day.

7. Auto Cook. Touch this pad and then number pad for desired code number, and oven automatically microwaves at pre-programmed power levels and determines the proper amount of cooking time until the food is done and oven shuts off. (See pages 12 and 13.)

8. Exhaust Fan. Press HI, LO or OFF for fan speed.

9. Time Defrost. Gentle thawing at automatic power level 3, or change power level after entering time. (See page 9.)

10. Temp Cook/Hold. Use the temperature probe to cook by using a preset temperature. When internal food temperature reaches 90°F., oven shows temperature until preset temperature is reached and holds temperature for up to one hour. (See page 10.)

11. Min/Sec Timer. This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking. (See page 11.)

12. Program Review. Touch this pad to display your cooking program.

13. Power Level. Touch this pad before entering another power level number if you want to change from automatic power level 10 (High) for cooking or power level 3 (Low) for defrosting.

14. Start. Touch this pad to begin any function.

15. Auto Roast. Insert probe, touch this pad, and desired number pad for code to slow-cook or temperature cook meat with automatic preset program. (See pages 24 and 25.)

16. Auto Defrost. Touch this pad, then code number and food weight. The oven automatically sets power levels and defrosting time. (See page 26.)

17. Light. Touch desired pad to illuminate counter or to turn on night light.

AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

To prevent overheating from taking place, the exhaust fan is designed to automatically turn on at low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.

00000
|

ENTER WEIGHT
FOOD LBS
TEMP DEF
COOK TIME
HOLD 1
POWER CODE 2

TIME COOK I

TIME COOK II

TIME DEFROST

TEMP COOK/HOLD
(USE PROBE)

MIN/SEC
TIMER

AUTO START

1

2

3

4

5

PROGRAM REVIEW

CLOCK

6

7

8

9

0

POWER LEVEL

CLEAR
OFF

START

AUTOMATIC COOKING CONTROL

AUTO COOK

AUTO ROAST

AUTO DEFROST

SEE CHART BEHIND DOOR FOR AUTOMATIC COOKING INSTRUCTIONS

VENT FAN
 HI LO OFF

LIGHT
 ON NIGHT OFF

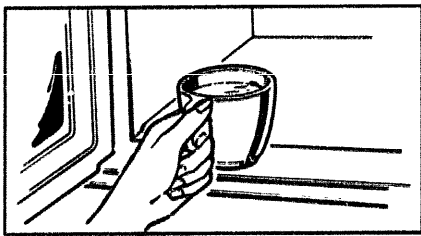


Cooking by Time

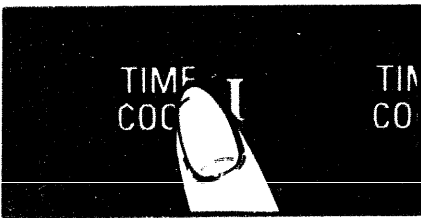
The time cooking feature allows you to preset the cooking time. The oven shuts off automatically.

Power level 10 (High) is recommended for most cooking, but you may change this for more flexibility. See your cookbook.

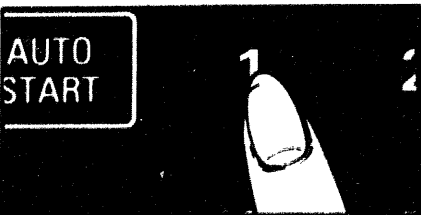
To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water, add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave safe (see Microwaving Tips on page 2). Place cup in oven and close door.



Step 2: Touch TIME COOK I. Display shows ": 0" and "POWER 10." "ENTER COOK TIME 1" flashes.



Step 3: Select your time. Touch 1, 2 and 0 for a minute and 20 seconds. Display shows "1:20" and "POWER 10." "COOK TIME 1" flashes.

Because automatic power level 10 is recommended for this cup of coffee, there is no need to change the power level. (If power level 10 is not appropriate, see "How to Change Power Level" at right.)

Step 4: Touch START. "COOK TIME 1," "POWER 10," and time counting down show on display.

Step 5: When time is up, the oven signals and flashes "End." Oven, light and fan shut off.

Step 6: Open the door.

Using the Time Cook II Feature

The Time Cook II feature lets you set two time cooking functions within one program. This is ideal when you want to change power levels during your cooking operations. Here's how to do it.

Step 1: Place food in oven in microwave-safe container and close the door.

Step 2: Touch TIME COOK I pad. Display shows ": 0" and "POWER 10." "ENTER COOK TIME 1" flashes.

Step 3: Select your cooking time. For example, touch 2, 1 and 5 for two minutes and 15 seconds. Display shows "2:15" and "POWER 10." "COOK TIME 1" flashes.

Step 4: Touch TIME COOK II pad.

Step 5: Set your cooking time.

How to Change Power Level

After setting cooking time, touch POWER LEVEL pad, then touch desired number for new power level.

Step 6: Touch START.

Step 7: "POWER 10" is displayed and Cook Time 1 is shown counting down.

Step 8: At the end of Cook Time 1, the second power level is displayed and Cook Time 2 is shown counting down.

Step 9: When time is up, the oven signals and flashes "End." The oven, light and fan shut off.

Step 10: Open the door.

How to Use Auto Start

Auto Start allows you to program your oven to begin cooking at a preset time of day—up to a 12 hour delay.

To Use Auto Start

Step 1: Enter your desired cooking program.

Step 2: Touch AUTO START pad (instead of START pad).

Step 3: Enter the time you want the oven to start. (Be sure your microwave oven clock shows the correct time of day.)

Step 4: Touch START pad. The oven will automatically start at the desired time.

Questions and Answers

Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my food wasn't done. What happened?

A. Since house power varies due to time or location, many time cooking recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your food a little longer, if necessary.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK I or II pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I want to cook on a power level other than High. What do I need to do?

A. To change the power level, touch the POWER LEVEL pad, then touch desired number for new power level.

Q. Can I interrupt Time Cook to check the food?

A. Yes. To resume cooking, simply close the door and press the START pad. The timer must be reset for cooking to resume unless time is remaining on timer.

Defrosting by Time

Time Defrost is designed for speedy thawing of frozen food and is one of the great advantages of a microwave oven.

Use Time Defrost to quickly thaw foods such as bread, rolls, vegetables, fruits and frozen dinners. Auto Defrost is preferred for meat and poultry because the oven sets the defrosting time and power levels for you.

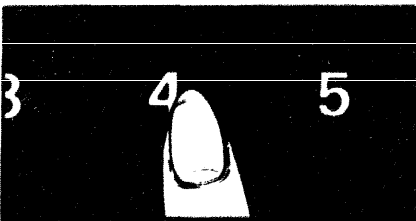
- Power level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your cookbook for defrosting help.

To become better acquainted with Time Defrost, defrost a 10-oz. package of frozen strawberries by following the steps below.

Step 1: Place package of frozen strawberries in the oven and close door. Be sure package contains no metal.



Step 2: Touch TIME DEFROST. Display shows "0" and "POWER 3." "ENTER DEF TIME" flashes.



Step 3: Select one half of the total defrosting time recommended in your cookbook. For example, touch 4, 0 and 0 for 4 minutes. Display shows "4:00" and "POWER 3." "DEF TIME" flashes.

How to Change Power Level

After setting defrosting time, touch POWER LEVEL pad, then touch desired number for new power level.



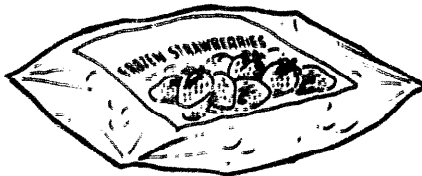
Step 4: Touch START. "DEF TIME" shows and time counts down on display. When cycle is completed, the oven signals and flashes "End," then automatically shuts off.

Step 5: Turn package over, close door and repeat Steps 2 and 3 to set remaining half of defrosting time and touch START.

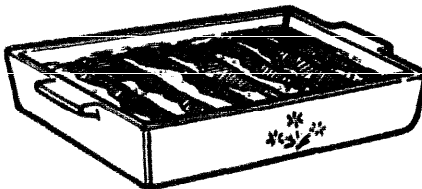
Step 6: When oven signals and flashes "End," open door, remove package and separate strawberries to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.



- For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.



- Family-size pre-packaged frozen entrees can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave safe dish.
- Check your cookbook for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a power level lower than 10 (High).

Q. Can I defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the power level after entering the time by touching the desired power level pad. Power level 7 cuts the total defrosting time about in 1/2; power level 10 cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

Q. Why don't the defrosting times in the cookbook seem right for my food?

A. Cookbook times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your cookbook. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

Q. Should all foods be completely thawed before cooking?

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

Q. Can I open the door during Time Defrost to check on the progress of my food?

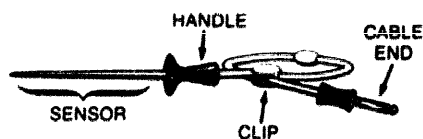
A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START. The oven begins operating if time is left on timer. If not, reset timer.

Cooking by Temperature

Internal temperature is the best test of doneness for many foods.

Temp Cook/Hold takes the guesswork out of cooking because the oven automatically switches to Hold setting after reaching the preset food temperature and maintains that temperature for up to one hour or until you touch the CLEAR/OFF pad.

The Temperature Probe



The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using Temp Cook/Hold or Auto Roast. To utilize your probe properly, follow directions for use and insertion in this book in the Automatic Roasting section.

How to Temp Cook a Rolled Beef Rib Roast to Medium

Step 1: Insert temperature probe and attach probe securely in oven wall. Close the door.

Step 2: Touch TEMP COOK/HOLD. The display panel shows "F" and "POWER 10." "ENTER TEMP" flashes.

Step 3: Touch 1, 2, 5 for 125°F. "TEMP COOK" flashes. "125F" and "POWER 10" show on display.

Step 4: Touch POWER LEVEL pad. "ENTER POWER" flashes. Touch 5 for medium power. "TEMP COOK," "125F" and "POWER 5" show on display.

Step 5: Touch START. If internal temperature of the roast is less than 90°F., display will show "COOL" or if temperature is 90°F. or above, display shows temperature counting up.

Step 6: When 125°F. is reached, the oven will sound and display "HOLD". The oven will then hold the temperature.

Step 7: Touch the CLEAR/OFF pad to stop the cycle.

Step 8: Remove probe and food from the oven.

Cooking Tips

- Use a lower power level; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Use the clip to keep the probe in place while heating.
- Cover foods loosely for moisture control and quick, even heating.

Questions and Answers

Q. After I followed the steps and touched the START pad, "ERROR" flashed in the display and a signal sounded. What's wrong?

A. "ERROR" flashes if you set the temperature either below 90°F. or above 199°F. The oven tells you, between the flashing of "ERROR," what incorrect entry was made. To re-enter, touch CLEAR/OFF pad and begin again.

Q. Are there any foods I can't Temp Cook?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc. soften rapidly at warm temperatures. Batters, doughs and frozen foods are also difficult to cook precisely with the probe. It's best to time cook these foods.

Q. Why did "PROBE" flash on the display after I touched the START pad?

A. "PROBE" will flash if you don't seat the cable end of the probe securely into the receptacle in the oven wall or if you touch the TEMP COOK/HOLD pad and forget to use the probe.

Q. Can I leave my probe in the oven if it's not inserted in food?

A. No, if it touches the oven wall, you may damage the oven.

Q. Can I Temp Cook different portions of food at different temperatures?

A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place probe in food and change temperature setting as needed.

How to Use the Minute/Second Timer

The MIN/SEC TIMER has three timing functions:

- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The MIN/SEC TIMER operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch MIN/SEC TIMER pad. The display shows “: 0” and “ENTER TIME” flashes.
2. Touch number pads 3, 0 and 0 (for 3 minutes and no seconds). Display shows “3:00” and “TIME.”
3. Touch START. Display shows time counting down.
4. When time is up, oven signals, flashes “End,” and display shows time of day.

Programming a Holding Time

The Minute/Second Timer can also be used to program a holding time between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A holding or standing time may be requested in some of your own recipes or cookbook.

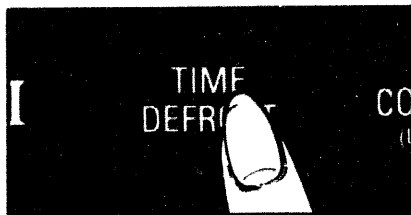
Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, touch TIME COOK 1 or TEMP COOK/HOLD and enter cook time or temp. Touch MIN/SEC TIMER and enter number of minutes to delay cooking. Touch START. Timer will count down to zero and cooking will begin. When delaying temperature cooking, be sure that probe is in food before pressing START.

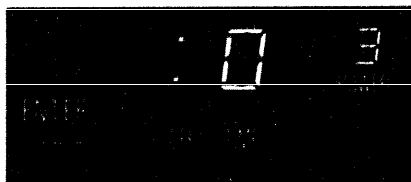
How to Time Defrost, Hold and Time Cook

Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here's how to do it:

Step 1: Take casserole from freezer and place in oven.



Step 2: Touch TIME DEFROST pad.



The display shows “: 0” and “POWER 3.” “ENTER DEF TIME” flashes.

Step 3: Touch pads 1, 5, 0 and 0 for 15 minutes defrosting time. “15:00” appears on display. (Defrosting is automatically set on power level 3 but can be changed by touching the POWER LEVEL pad and the desired power level.)



Step 4: Set holding or standing time by touching MIN/SEC TIMER. The display shows “: 0” and “ENTER TIME” flashes.

Step 5: Touch 1, 0, 0 and 0 to hold for ten minutes. “10:00” appears on display and “TIME” flashes.



Step 6: Touch TIME COOK 1 pad. The display shows “: 0” and “POWER 10.” “ENTER COOK TIME 1” flashes.

Step 7: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. “COOK TIME 1” flashes, “25:00” and “POWER 10” appear on display.



Step 8: Touch START. “DEF TIME” and “15:00” counting down show on display. As each function is automatically performed, oven display shows instructions entered and the function.

Step 9: When time is up, the oven signals, flashes “End” and shuts off.

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

A. Yes. Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in Time Defrost and amount of time. Then program a holding time (example in steps 4 and 5 at left). Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Let foods remain at room temperature only as long as safe. Times will vary.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to Defrost for 4 minutes, Hold/Time for 2 minutes, and then Defrost for 6 minutes. In this case, the oven would Defrost for 6 minutes and Hold/Time for 2 minutes.

Automatic Cooking

The AUTO COOK feature may be used to eliminate your need to look up cooking time in the cookbook or guess how long to set cooking time. **By actually sensing the steam that escapes as food microwaves, this feature automatically adjusts the oven's cooking time to various types and amounts of food.**

Because most cooking containers must be covered during automatic cooking, this feature is best with foods that you want to steam or retain moisture. See page 15 for containers and covers recommended for automatic cooking.

Note:
Use of the wire shelf with Automatic Cooking is **NOT** recommended.

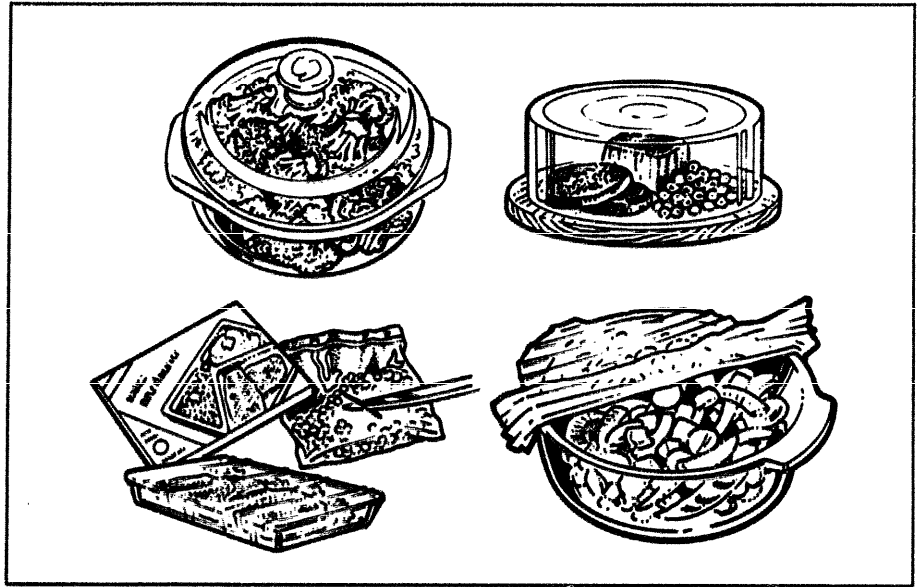
Easy to Use

Simply touch three control pads—AUTO COOK, desired CODE, and START. The word "AUTO" appears on the display and the sensor is activated to sense steam from food.

Keep Door Closed

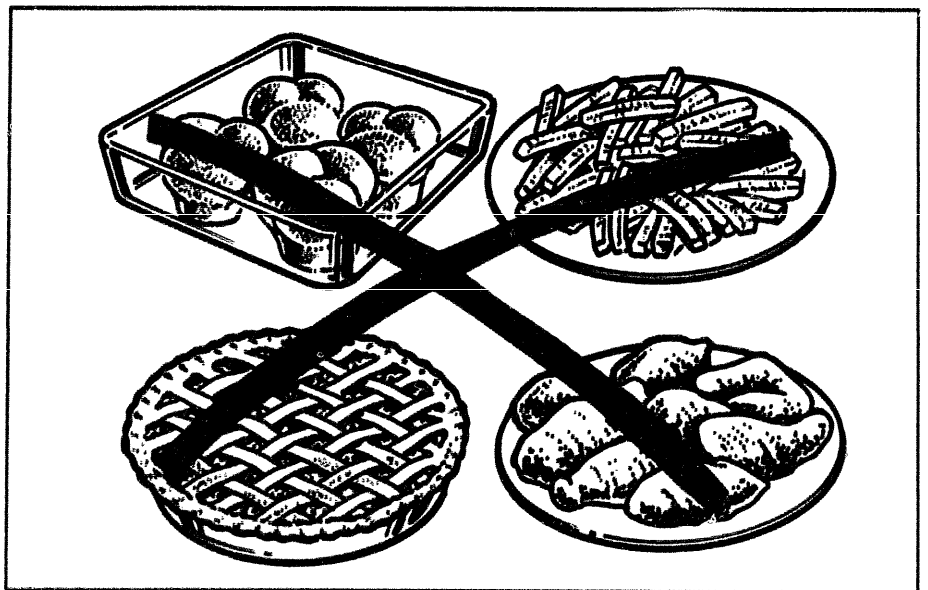
Do not open the oven door while the word "AUTO" is displayed—steam escaping from the oven can affect cooking performance. If the door is opened, the word "ERROR" appears. Close the door and touch START immediately.

Foods Recommended



A wide variety of foods including meats, fish casseroles, vegetables, leftovers and convenience foods can be Auto Cooked.

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 Auto Cooked. It is best to Time Cook them.

Foods that microwave best using the temperature probe should be Temp Cooked or Auto Roasted.

Automatic Cooking Codes

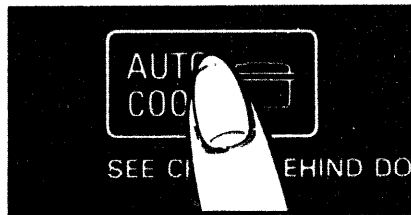
Automatic Cooking Codes 1 through 9 are designed to give you easy automatic results with a number of foods.

CODE 1, designed for reheating foods quickly, turns the oven off automatically as soon as the sensor detects steam from the foods.

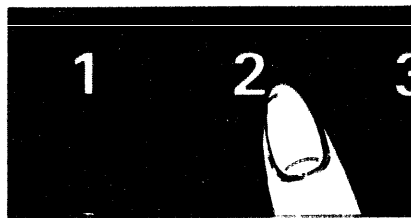
When CODES 2 through 9 are selected, the oven determines how much additional cooking time is needed after steam has been sensed, automatically switches to TIME COOK, signals, and the word "AUTO" on the display is replaced by countdown numbers indicating remaining cooking time. When the signal is heard, the oven door may be opened for stirring, turning or rotating food.

A guide behind the oven door lists cooking codes for frequently prepared fresh or uncooked foods and appropriate codes are recommended in the recipes and cooking guide on pages 16 through 23.

Example:



Place covered food in oven. Touch AUTO COOK pad. "AUTO COOK" appears on display and "ENTER CODE" flashes.



Touch number pad for desired code. "COOK" and "CODE 2" shows and "START" flashes. Touch START.



Word "AUTO" shows on display, indicating steam sensor is activated. DO NOT OPEN DOOR. OPENING DOOR MAY AFFECT COOKING PERFORMANCE.



Beep sounds when steam is sensed and "AUTO" is replaced by cook time. Rotate or stir food, if necessary. When done, oven beeps and stops, and displays "End".

How to Adjust AUTO COOK Codes To Suit Your Taste

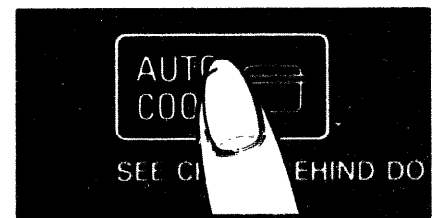
By simply adding a 1 after any AUTO COOK code number from 2 through 9, you can set the oven to cook for 20% less time than the code would regularly provide.

For example, if CODE 4 cooks your seafood more done than you like it, set CODE 41 next time and you'll get 20% shorter cooking time.

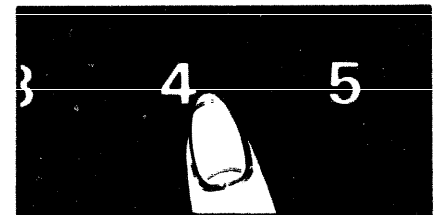
If you want a longer cooking time than a code provides, add a 9 after the code.

For the seafood in the example above, CODE 49 would provide 20% longer cooking time than the regular CODE 4 would provide.

Example:



Touch AUTO COOK pad. "AUTO COOK" is displayed and "ENTER CODE" flashes.



Touch number pads 4 and 1 in that order. "COOK" and "CODE 4" are displayed and "START" flashes.



Touch START. "AUTO COOK" and "CODE 2" show on display. DO NOT OPEN DOOR until first oven signal, then rotate dish 1/2 turn if necessary. Close door and touch START to finish cooking.

Questions & Answers

Q. Why does my oven automatically cut off after the Auto cycle when using Auto Cook Control code 1 when it does not for other settings?

A. When using code 1, there is no second phase of minutes counting down. All the cooking is completed in the first phase or Auto.

Q. If my food is not completely cooked after using the suggested code, what should I do?

A. Use Time Cook I and power level 10 for a few minutes until completion.

Q. Do all fresh or frozen vegetables require a standing period after cooking with Auto Cook?

A. Most vegetables are cooked to a crisp state during Auto Cook, just as in regular microwaving. Therefore, it is recommended that you let the vegetables stand for up to 5 minutes depending on size and density of pieces. This standing time also enhances the overall flavor and appearance of most vegetables.

Q. What if I don't fully cover the dish in Auto Cook?

A. Oven senses steam too quickly which shortens the cooking time thus leaving undercooked food. Cover tightly and reset Auto Cook.

Q. Do the shapes and sizes of food make a difference when using Auto Cook?

A. Yes, in some cases, larger pieces will require additional time cooking. Be sure to check suggested arrangement of pieces in the dish, since proper arrangement is often a successful tip in regular microwaving.

Q. Do fresh or frozen vegetables require water when using Auto Cook?

A. Yes. Add water as recommended on guide to the vegetables and cover well for even, complete cooking.

Q. Should I use Auto Cook to cook pudding or sauces?

A. Most pudding and sauce recipes require stirring many times during cooking; therefore, Time Cook is recommended.

Q. My scalloped potatoes were not completely cooked when I removed the dish after Auto Cook. What is wrong?

A. If you prepared the sauce in the oven prior to combining the sauce with potatoes, there may have been too much remaining moisture in the oven. Make sure you dry the oven completely before using Auto Cook since this function operates properly by sensing steam in the oven. Also, starting Auto Cook with hot foods creates steam in the oven too soon, and decreases the first sensing cycle.

Q. Are there any other foods which are best Time Cooked, rather than Auto Cooked?

A. Bakery foods, candies, melted chocolate and foods where a dry or crisp surface is desirable, are cooked best by Time Cook.

Q. Would my plastic containers with very tight fitting lids be appropriate for Auto Cook?

A. No, most types of plastic storage dishes, butter tubs, etc. with tight fitting lids are not recommended for microwaving. Also tight fitting plastic lids may prevent adequate steam from escaping and food may not cook properly during Auto Cook.

Q. I tried to warm some chow mein noodles using Auto Cook. Why didn't this work?

A. Food must have some moisture in order to create steam which helps the auto sensor function. Extremely dry foods such as chow mein noodles, potato chips and other such foods do not have enough moisture.

Q. May I use Auto Cook when I am cooking many foods in more than one dish or casserole?

A. No, because of different food densities, attention needed during cooking, and food amounts, it is best to use Time Cook when cooking many foods.

Automatic Cooking Containers & Covers

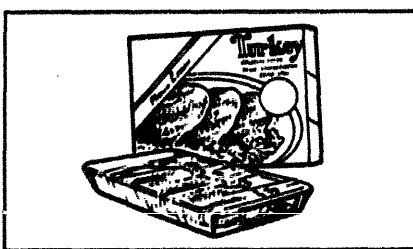
Containers and covers

Appropriate containers and coverings help assure good cooking results.

- **Always use microwave-safe containers and cover them with lids, wax paper or plastic wrap.** Wonder if it's microwave safe? Put it to the test described in your cookbook.
- **Never use tight-sealing plastic covers**—they can prevent steam from escaping and cause food to overcook.
- **Match the amount of food to the size of the container.** Fill containers at least half full.
- **Be sure the outside of the cooking container 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.
- **Stir or rotate some foods after a beeping signal.** See *Automatic Cooking Control Guide* and recipes on the following pages.

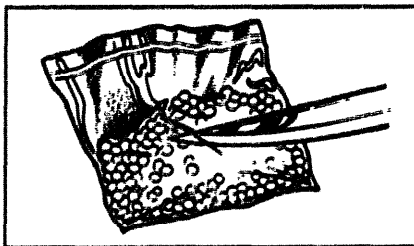


Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lids that fit. If lids are not available, use plastic wrap or wax paper. Plastic wrap should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges.



For frozen entrees in paperboard trays, remove tray from box but do not remove film over tray. Thick entrees may take longer to cook—see guide on page 16.

For frozen foods in metal trays, remove foil covering and baked goods, reinsert tray into box and close ends of box.



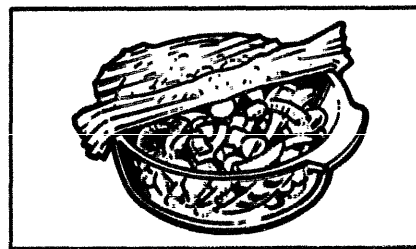
Slit plastic pouches 1 inch as shown above. Break food up thoroughly after oven signals.



Use oblong or square containers for chicken or corn on the cob. Plastic wrap covering should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges.



Paper plates—while they may be used for Time and Temperature Cooking and Defrosting, **do not use them with automatic cooking.** Use microwave-safe plates or bowls for reheating. Cover with plastic wrap or wax paper.



Follow *Automatic Cooking Control Guide* setting for casseroles. Cover casserole meat and vegetables with sauce. Cool hot ingredients or sauces. If they are not cool, use **TIME COOK.**

Automatic Cooking Control Guide

- Do not open oven door during Auto cycle. Door may be opened after oven beeps and the countdown time is displayed.

- Match the amount of food to the size of the container. Fill containers at least 1/2 full.

- Add 1/4-1/2 cup water to fresh vegetables.

- Most foods should be covered with lid, wax paper or plastic wrap to prevent spattering to keep oven clean. Spareribs, pot roasts and meat loaf should be covered tightly to ensure even cooking.

- Be sure outside of container and inside of oven are dry.

- If food needs additional cooking, return to oven and use Auto Cook code 1.

- Add a "1" or "9" to code number to adjust cook times to suit your individual tastes. See page 13.

- Use of Automatic Cooking feature with wire shelf is not recommended.

NOTE: Oven will not accept Auto Cook code if the oven is hot. You must cool the oven before using Auto Cook or you may choose to use time or temperature microwave cooking.

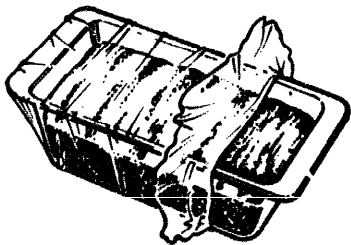
Food	Auto Cook Code	Container	Approx. Time	Comments
Canned Foods Thin foods such as soup, broth, gravy.	1	Microwave-safe container matched to size of food.	2-3 min./cup	Cover with lid to dish or wax paper.
	2	Microwave-safe container matched to size of food.	4 min./cup	Cover with lid to dish or wax paper.
Thick foods such as canned ravioli, chunky soups, beef stew, all canned vegetables.				
Leftovers	2	Microwave-safe container matched to size of food.	4 min./cup	Cover with lid to dish or wax paper.
TV Dinners (except for those with pasta)	5	Cook in container (see comments).	8-10 min.	If foil tray is no more than 3/4" deep, remove foil top, return to original box and reclose box. If tray is more than 1" deep, remove food and place in microwave-safe dish and cover. If dinner is in paper board container, remove from box and cook in original container. If dinner has cake or brownies, remove before cooking. When oven signals, rotate tray or dish 1/4 turn.
Frozen Entrees Such as lasagna, meat & potatoes.	5	Cook in container (see comments).	17-20 min. depending on size	
TV Dinners With pasta such as macaroni in a white sauce such as tuna noodle casserole, turkey tetrazzini.	3	Cook in container (see comments).	8-10 min.	
Casseroles With precooked ingredients in a white sauce such as tuna noodle casserole, turkey tetrazzini. All others with precooked ingredients such as franks and beans, chow mein. With raw ingredients such as hamburger patty stew, scalloped potatoes, seafood casseroles.	4	2-3 qt. casserole with lid to dish.	12-16 min.	
	5	2-3 qt. casserole with lid to dish.	18-22 min.	
	6	2-3 qt. casserole with lid to dish.	16-24 min.	
Chili	9	3-qt. casserole with lid to dish.	25-40 min.	

Food	Auto Cook Code	Container	Approx. Time	Comments
Meats and Seafood				
Chicken pieces (up to 3 lbs.)	6	12 x 8 x 2-in. glass dish	8-20 min.	Cover with wax paper to prevent spatters.
Fish fillets (1 lb.)	5	12 x 8 x 2-in. glass dish	6-9 min.	Cover with wax paper to prevent spatters.
Meat loaf (1½ lbs.)	8	9-in. pie plate	25-30 min.	Cover tightly with plastic wrap to cook evenly.
Hamburger patties (4-5)	3	12 x 8 x 2-in. glass dish	7-9 min.	Cover with wax paper. When oven signals, rotate dish 1/2 turn.
Sausage patties (1 lb.)	6	12 x 8 x 2-in. glass dish	7-9 min.	Cover with wax paper. When oven signals, rotate dish 1/2 turn.
Pork chops (4-1" thick)	8	12 x 8 x 2-in. glass dish	22-25 min.	Baste with barbecue sauce. Cover with wax paper tucking ends securely under dish.
Spareribs (up to 3 lbs.)	7	13 x 9 x 2-in. glass dish	1 hr. 30 min.- 1 hr. 45 min.	Cover tightly with plastic wrap to cook evenly. When oven signals, rearrange ribs.
Swiss steak (1½ lbs.)	7	3-qt. casserole with lid	60-65 min.	
Chuck roast (up to 5 lbs.)	7	13 x 9 x 2-in. glass dish	65-90 min.	Place in cooking bag with 1/2 cup water. Slit bag 1".
Shrimp (up to 1 lb.)	2	1½-qt. glass dish with lid	4-6 min.	Cover tightly to ensure even cooking.
Rice				
Regular, raw, 1 cup	6	2-qt. casserole with lid	21-28 min.	Follow instructions on rice package.
Instant, 1 cup	2	2-qt. casserole with lid	5-8 min.	Follow instructions on rice package.
Vegetables				
Fresh such as carrots, artichokes, cauliflower, broccoli, brussels sprouts (1 lb.)	4	2-qt. casserole with lid	10-15 min.	Add 1/4 to 1/2 cup water.
Baking potatoes 2-4	6	None	8-16 min. depending on number	Pierce with fork and place on oven floor in a circular arrangement.
Frozen block such as peas, green beans, spinach, broccoli	2	1½-qt. casserole with lid	8-10 min.	Add 2 tablespoons water.
Lima beans	3	1½-qt. casserole with lid	12-13 min.	Add 1/4 cup water.
Frozen pouch such as broccoli in cheese sauce, corn, peas	3	Lay pouch on microwave-safe dish.	7-9 min.	Make 1" slit in pouch. Stir well before serving.
Fruit				
Baked apples—4	2	2-qt. casserole with lid	12-14 min.	Core apples and fill with butter and brown sugar.

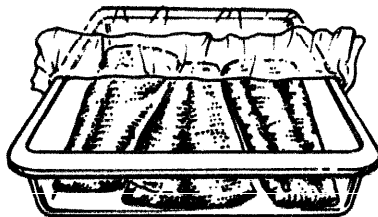
If after completion of Auto Cook cycle food needs additional warming, simply re-cover food and use Auto Cook code 1.

Automatic Cooking Meats and Main Dishes

Meat, Fish & Poultry



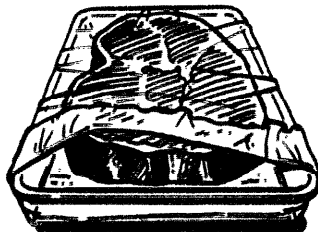
For meat and fish loaves use either the round or loaf microwave-safe containers. Fish loaves made with precooked or canned fish use Auto Cook code 4. Beef loaf uses Auto Cook code 8. Cover with plastic wrap.



Fish fillets, whole fish or seafood pieces should be in single layer in flat pie plate or oblong dish to fit. Cover with plastic wrap or wax paper. Use Auto Cook code 5 for fillets and Auto Cook code 2 for seafood pieces.



Chicken breasts and pieces, or turkey parts should be placed in a microwave-safe square or oblong dish. Cover with wax paper. If cooking bag is used for whole chicken, shield breast bone with small strip of foil. Microwave using Auto Cook code 6.



Chuck roasts should be placed in a microwave-safe dish with 1/2 cup water. Cover with plastic wrap, venting one corner. Use Auto Cook code 7.



Pork Chops automatically cook well in 12 × 8 × 2-in. dish. Cover with wax paper, tucking ends securely under dish. Add barbecue sauce or other sauce on each chop. Microwave using Auto Cook code 8.



Spare ribs and brisket should be automatically cooked in an oblong glass container. Cover with plastic wrap. Make sure liquid covers meat. Microwave using Auto Cook code 7.

How to Adapt Microwave Casserole Recipes

To adapt your casserole recipes for Automatic Cooking.

1: Select recipes that do not require adding ingredients at different stages during cooking or recipes that require extra attention, stirring or rotating.

2: Use microwave-safe containers that are appropriate in size to the food amount. Use 3-qt. containers or smaller.

3: For saucy casseroles, cover container with lid or wax paper (no vents). For cheese or crumb-topped casseroles, remove cover after oven signals and add topping, then continue cooking uncovered.

4: Allow precooked ingredients or hot sauces to cool slightly before adding other ingredients.

5: Meats and vegetables should be submerged in liquid.

Meat or Main Dish Recipes

Mexican Meatball Casserole

Auto Cook Code 6
Approx. Cooking Time—27 min.
Makes 6 to 8 Servings

- 1 lb. ground chuck
- 1/2 cup dry bread crumbs
- 1/8 teaspoon pepper
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 3 tablespoons dry minced onions
- 1 egg
- 3 tablespoons ketchup
- 1/2 cup instant rice
- 1 can (15½ oz.) kidney beans, undrained
- 1 can (14½ oz.) tomatoes, chopped and undrained
- 1 tablespoon chili powder

In large mixing bowl, place meat, bread crumbs, pepper, salt, chili powder, onion, egg and ketchup. Mix well and form into 12 balls. Arrange balls in a circle in 2-qt. casserole. Set aside.

In small mixing bowl, place rice, beans, tomatoes and chili powder. Mix well and pour in center of casserole and over meatballs. Cover. Microwave on Auto Cook code 6.

Sweet Tart Franks

Auto Cook Code 2
Approx. Cooking Time—10 min.
Makes about 80 hors d'oeuvres

- 1 jar (10 oz.) currant jelly
- 1 jar (6 oz.) prepared mustard
- 2 lbs. frankfurters, cut into 1-in. pieces

In 3-qt. casserole, stir together jelly and mustard until well blended. Add frankfurters, stirring to coat each piece. Cover. Microwave on Auto Cook code 2. When oven signals, stir frankfurters.

Chicken Teriyaki

Auto Cook Code 9
Approx. Cooking Time—32 min.
Makes 4 Servings

- 1/4 cup soy sauce
- 1/3 cup honey
- 1/3 cup orange juice
- 1 whole chicken (about 3 lbs.)
- 1 tablespoon water
- 2 tablespoons cornstarch

In small cooking bag, mix soy sauce, honey and orange juice. Add chicken to bag and tie with plastic tie. Turn chicken on its side in 12 × 8 × 2-in. dish. Marinate 1 hour on each side. Place bird breast side up in dish. Slash bag near closure. Microwave on Auto Cook code 9. When oven signals, remove chicken and prepare Teriyaki sauce. In 1-pt. glass measuring cup, stir together water and cornstarch. Cut off one corner of cooking bag with scissors and drain juices into cup. Microwave at High (10) 2 minutes. Remove chicken from bag to serving platter. Pour sauce over chicken just before serving.

Classic Ham Loaf

Auto Cook Code 8
Approx. Cooking Time—36 min.
Makes 6 Servings

- 1 lb. ground cooked ham
- 1/2 lb. ground fresh pork
- 1/2 cup soft bread crumbs
- 1/2 cup water
- 2 tablespoons instant minced onion
- 1/4 teaspoon pepper

Mix ground ham and pork thoroughly with crumbs, water, onion and pepper. Mold into flat loaf in 9-in. pie plate. Cover with plastic wrap. Microwave on Auto Cook code 8.

Chicken and Rice

Auto Cook Code 9
Approx. Cooking Time—25 min.
Makes 6 Servings

- 1 can (10½ oz.) condensed cream of mushroom soup
- 1-1/4 cups milk (1 soup can full)
- 3/4 cup instant rice
- 1 can (4 oz.) mushrooms, stems and pieces, drained
- 1 pkg. (1½ oz.) dry onion soup mix
- 1 cut up chicken (about 3 lbs.)

In small mixing bowl, mix soup and milk; reserve 1/2 cup of the mixture. Blend remaining soup mixture, rice, mushrooms and half of the onion soup mix. Pour into a 12 × 8 × 2-in. glass dish.

Place chicken pieces on rice mixture, arranging with meatiest pieces to outside of dish. Pour reserved soup mixture over chicken and sprinkle with remaining soup mix. Cover with wax paper and tuck securely under dish. Microwave on Auto Cook code 9.

Swiss Steak

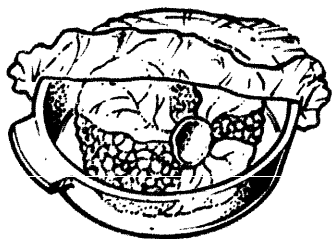
Auto Cook Code 7
Approx. Cooking Time—65 min.
Makes 6 Servings

- 1-1/2 lbs. round steak, 1/2-in. thick, tenderized or pounded with meat mallet
- 1/4 cup flour
- 1-1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1 medium onion, sliced thin
- 1 can (14½ oz.) tomatoes

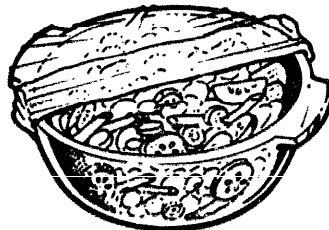
Cut meat in 6 pieces and coat with mixture of flour, salt and pepper. Place in 3-qt. casserole. Cover with onion. Break up tomatoes with fork and pour over top. Cover. Microwave on Auto Cook code 7.

Automatic Cooking Vegetables

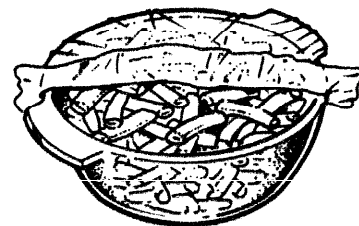
Fresh or Canned Vegetables



Whole or large halves of vegetables such as cauliflower or squash use Auto Cook code 4. Use round or square container close to size of vegetable. Add 1/2 cup water. Cover with lid or plastic wrap.

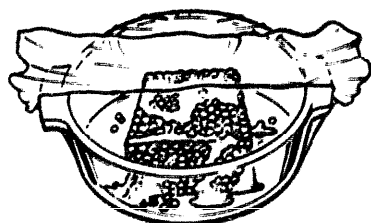


Pieces or slices of vegetables require 1/4 to 1/2 cup of water. Use appropriate size covered container. Microwave on Auto Cook code 4. Dry root vegetables like carrots may need to be stirred after oven signals and time remaining appears on display. Re-cover and touch START to finish cooking.

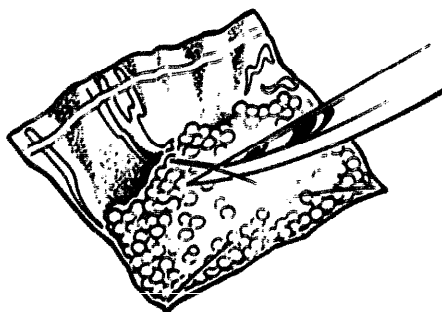


Precooked/canned vegetables should be placed in round container similar in size to amount being cooked (at least half full). Microwave on Auto Cook code 2. Stir before serving.

Frozen Vegetables



Block or loose pieces of frozen vegetables should be placed in suitable size container (at least half full) and covered with lid or plastic wrap. Add 1 or 2 tablespoons water. Microwave on Auto Cook code 2. See Auto Cook Guide for lima beans.



Pouches of frozen vegetables should be slit 1/2" in center before placing directly on oven floor. Microwave on Auto Cook code 3.

Vegetable Recipes

Stir Fry Vegetables

Auto Cook Code 31
Approx. Cooking Time—12 min.
Makes 4 Servings

- 1 tablespoon oil
- 1 tablespoon soft butter
- 3 medium onions, quartered
- 1 small green pepper, cut in 1/4-in. wide strips
- 2 cups thinly-sliced cabbage
- 2/3 cup carrots, sliced in thin diagonal slices
- 1/4 cup sliced green onions
- 1 cup broccoli flowerets
- 1 cup cauliflower flowerets
- 2 stalks celery, sliced diagonally

Toss vegetables with oil and butter in 2-qt. microwave-safe casserole. Cover. Microwave on Auto Cook code 31, stirring well when oven signals and time remaining appears on display. Serve immediately.

Summer Garden Stew

Auto Cook Code 6
Approx. Cooking Time—34 min.
Makes 6 to 8 Servings

- 1 medium zucchini, cubed
- 2 large potatoes, peeled and cubed
- 2 large carrots, coarsely grated
- 1 small onion, cut in pieces
- 1/4 small head of cabbage, sliced
- 1 can (10 3/4 oz.) cream of mushroom soup
- 1 block (8 oz.) pasteurized processed cheese, cubed
- 1 can (4 oz.) mushroom pieces
- 1/2 pound smoked sausage, sliced in 1-inch pieces

In a 3-qt. casserole dish, mix all ingredients together until well blended. Cover. Microwave on Auto Cook code 6.

Corn Pudding

Auto Cook Code 3
Approx. Cooking Time—12 min.
Makes 4 Servings

- 1 egg
- 1/2 cup milk
- 1 tablespoon sugar
- 1 can (16 oz.) cream-style corn
- 3/4 cup crushed crackers
- 2 tablespoon butter, cut in pieces
- paprika

Place egg in 1 1/2-qt. casserole and beat well with fork. Stir in milk, sugar, corn, crackers and butter. Cover. Microwave on Auto Cook code 3. When done, center will be just barely set. Sprinkle with paprika before serving.

Eggplant Italiano

Auto Cook Code 5
Approx. Cooking Time—18 min.
Makes 4 to 6 Servings

- 1 medium eggplant
- 2 cans (8 oz. each) tomato sauce
- 1 to 2 teaspoons oregano
- 1/2 cup shredded sharp cheddar cheese
- 1 pkg. (6 oz.) Mozzarella cheese slices

Peel eggplant; slice 1/8-in. thick. Spread 2 tablespoons tomato sauce in bottom of 2-qt. casserole. Layer half of eggplant, 1 can tomato sauce, half of oregano and half of shredded cheese. Repeat layers. Cover. Microwave on Auto Cook code 5. Add Mozzarella cheese and microwave at High (10) 1 to 2 minutes, until cheese has melted.

Green Rice

Auto Cook Code 6
Approx. Cooking Time—16 min.
Makes 4-6 Servings

- 1 pkg. (10 oz.) frozen chopped spinach, thawed and well drained
- 1-1/2 cups cooked rice
- 1/4 cup butter, melted
- 1/4 cup finely chopped onion
- 1-1/3 cups milk
- 1 egg, beaten
- 1/2 teaspoon salt
- 1 cup shredded cheddar cheese

To cooked rice, add spinach, butter, onion, milk, egg, salt and cheese. Mix well. Cover and microwave on Auto Cook code 6. Let stand 5 minutes, covered, before serving.

Country Style Yellow Squash

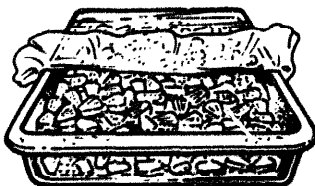
Auto Cook Code 5
Approx. Cooking Time—23 min.
Makes 4 to 6 Servings

- 1 teaspoon salt
- 2 pounds yellow squash, diced
- 1/4 cup onion, chopped
- 1/4 cup butter, melted
- 1/4 teaspoon pepper
- 1/4 teaspoon basil
- 3 slices fresh bread, cubed
- 1/2 cup shredded cheddar cheese
- 1 cup sour cream
- 8 strips crisply cooked, crumbled bacon

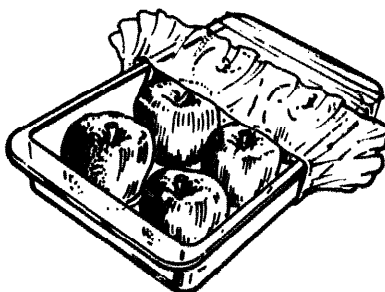
In 2-qt. glass dish, mix together all ingredients, using 1/2 of crumbled bacon. Sprinkle top with remaining bacon. Cover. Microwave on Auto Cook code 5.

Automatic Cooking Fruits and Desserts

Fruits



Pineapple Casserole is a tangy dessert or meat accompaniment. In 12 × 8 × 2-in. dish, spread 2 cans (20 oz. ea.) drained pineapple chunks, 1 cup sugar and 1/2 cup flour. Top with mixture of 2 cups buttery-flavored cracker crumbs and 1/2 cup melted butter. Cover with wax paper and cook on Auto Cook code 6.

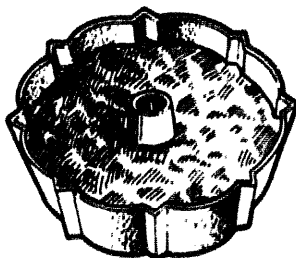


Baked Apples automatic cook well using Auto Cook code 2. Match number of apples to size of microwave-safe covered container. Use Auto Cook code 2 for baked pears also.

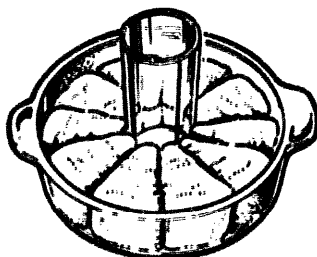


Stewed Fruit and Fruit Compotes should be stirred well before microwaving, especially if sugar is added. Cover; use Auto Cook code 2 and stir once or twice after oven signals and time appears on display. Touch START and finish cooking.

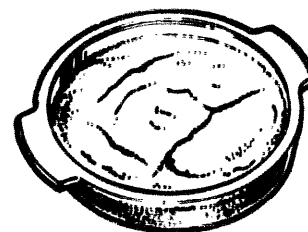
Desserts & Breads



Nut Topped Cakes are easy to cook automatically. Grease bottom and sides of microwave-safe fluted cake container and sprinkle bottom evenly with 1/3 cup chopped nuts or coconut. Carefully pour batter from one box (2-layer size) cake mix over nuts, cover with wax paper. Microwave on Auto Cook code 69. When oven signals, rotate dish 1/2 turn. Let stand 15 minutes before inverting to cool.



Caramel Biscuit Ring: Spread 1/4 cup melted butter and 1/2 cup brown sugar in 8-in. round glass dish. Sprinkle with cinnamon and 1/2 cup chopped nuts if desired. Arrange 1 can (10 oz.) refrigerated biscuits around edges and place drinking glass, open end up, in center. Cover with plastic wrap. Microwave on Auto Cook code 3. Invert onto serving plate, letting dish stand over ring a few minutes before removing.



Bacon and Cheese Topped Cornbread: Distribute 1/2 cup chopped crisp fried bacon and 1 tablespoon Parmesan cheese in greased 8-in. round glass dish. Carefully pour batter from 1 pkg. (8-1/2 oz.) cornbread mix over above ingredients. Cover with wax paper. Microwave on Auto Cook code 3. Let stand 5 to 10 minutes before inverting.

Dessert Recipes

Easy Chocolate Cake

Auto Cook Code 69

Approx. Cooking Time—14 min.
Makes 1 (10-in.) Tube Cake

- 1 pkg. (2-layer size) Devil's Food cake mix
- 3 eggs
- 1/2 cup cooking oil
- 1-1/3 cups water
- 1/4 cup finely chopped pecans

In large bowl, place cake mix, eggs, oil and water. Follow package recommendations for mixer speed and time.

Lightly grease a 16-cup plastic microwave fluted or straight-sided ring mold. Sprinkle chopped nuts evenly over bottom. Pour batter over nuts.

Cover with wax paper tucked under dish and microwave on Auto Cook code 69. When oven signals, rotate dish 1/2 turn. Let stand in dish 5 minutes before inverting.

Cherry Cobbler

Auto Cook Code 3

Approx. Cooking Time—11 min.
Makes 6 to 8 Servings

- 1 can (20-22 oz.) prepared cherry pie filling
- 2 cups dry yellow or white cake mix (1 pkg. [9 oz.] or 1/2 pkg. [17 oz.])
- 1/4 cup melted butter
- 1/2 cup coarsely chopped nuts
- 1 teaspoon ground cinnamon

In 8-in. square dish, spread pie filling.

In small bowl, mix together cake mix, butter, nuts, and cinnamon until crumbly. Sprinkle evenly over cherries or in three rows so cherries are visible. Cover with wax paper and tuck under dish. Microwave on Auto Cook code 3.

Mexican Bread Pudding

Auto Cook Code 59

Approx. Cooking Time—13 min.
Makes about 6 servings

- 4 cups bread cubes, lightly packed into cup
- 1/2 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup raisins
- 1/4 cup chopped walnuts
- 1/4 cup slivered almonds
- 1/4 cup Jack cheese, cubed
- 1/2 chopped apple (3/4 to 1 cup)
- 1-3/4 cups milk
- 1/4 cup butter
- 2 eggs, beaten

Spread bread cubes evenly in 8-inch round dish. Mix sugar, cinnamon, salt, raisins, walnuts, almonds, cheese and apple together. Sprinkle evenly over bread cubes.

Measure milk into 1-qt. measuring cup. Add butter. Microwave at High (10) 4 minutes, until butter is melted. Rapidly stir in eggs with a fork and mix well. Pour over bread mixture. Cover with wax paper. Microwave on Auto Cook code 59.

Streuseled Apples

Auto Cook Code 2

Approx. Cooking Time—10 min.
Makes 6 to 8 Servings

- 6 cups sliced, peeled apples
- 3/4 cup brown sugar
- 1/2 cup all-purpose flour
- 1/3 cup brown sugar
- 1/3 cup quick-cooking oats
- 1/4 cup butter
- 1/2 teaspoon cinnamon

In 8-inch square dish place apples and 3/4 cup sugar.

With pastry blender mix flour, 1/3 cup sugar, oats, butter and cinnamon until crumbly. Sprinkle over top of apples. Cover with plastic wrap. Microwave on Auto Cook code 2.

Pineapple Upside Down Cake

Auto Cook Code 69

Approx. Cooking Time—8 min.
Makes 1 (8-in. round) Cake

- 1/4 cup butter
- 1/3 cup brown sugar
- 1 can (8-1/4 oz.) pineapple slices
- 4 maraschino or candied cherries, cut in half
- 3/4 cup all-purpose flour
- 1/2 cup sugar
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup soft shortening
- 1 egg
- 1/3 cup liquid from pineapple
- 3/4 teaspoon vanilla extract

In 8-in. round dish place butter. Microwave at High (10) 1 minute until melted. Sprinkle sugar over butter. Drain pineapple (save liquid) on paper towels and arrange in dish. Decorate with cherries. Place a glass, open side up, in center of dish.

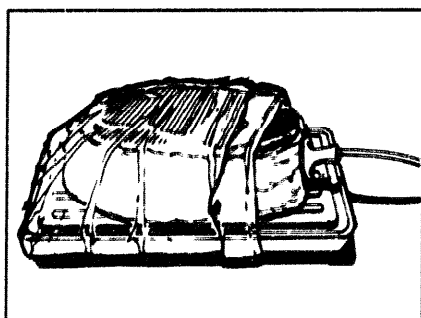
In small mixer bowl, place flour, sugar, baking powder, salt, shortening, egg, liquid and vanilla. Beat 3 minutes on lowest mixer speed, scraping bowl constantly first 1/2 minute. Carefully spread batter over fruit in dish. Cover with plastic wrap. Microwave on Auto Cook code 69.

Automatic Roasting

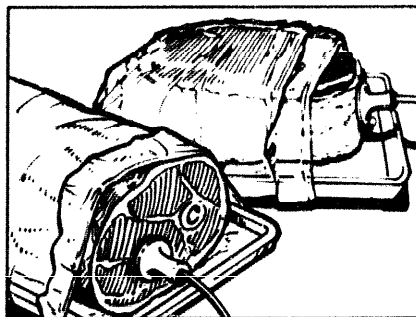
Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook/Hold, which uses a single power level, Auto Roast uses up to 3 power settings which automatically switch during roasting, thus providing even, tender cooking results without overcooking.

Just as in conventional roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time, according to the cookbook which comes with your oven.

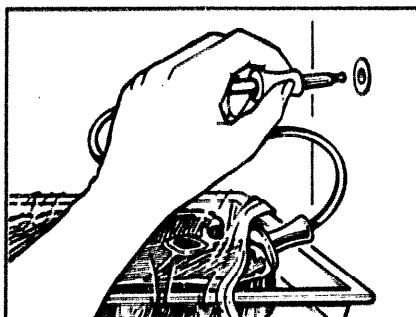
Preparing Roasts for Auto Roasting



Place tender beef roast on trivet in microwave safe dish. Insert probe horizontally into the center meaty area not touching bone or fat. Make sure the handle does not touch the food or top or sides of the oven. Cover with wax paper.

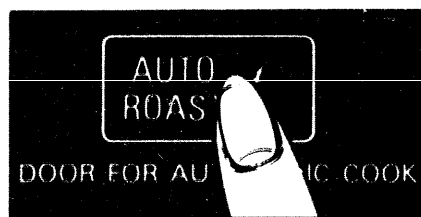


Pork or ham roasts need no trivet. Add 1/2 cup water to roast dish and cover with plastic wrap.



Place meat in oven with probe to the right. Insert cable end of probe firmly into receptacle on oven wall.

How to Auto Roast Beef to Medium



1. Touch AUTO ROAST pad. "AUTO" appears on display and "ENTER CODE" flashes. Touch number pad 2. "CODE 2" appears on display and "START" flashes. Touch START. Display shows temperature and "CODE 2."



2. At 90°F., display switches to show meat's internal temperature.



3. After a pre-programmed temperature is reached, depending on the code you selected, oven flashes "TURN" and beeps 4 times. Open the door and turn the meat over. The probe may be disconnected for easier access to the meat without interrupting the program. (Remember to re-insert the probe.)



4. Close door and touch START. The temperature will return on display. Oven monitors internal food temperature; automatically switching to lower power as meat's temperature rises. This helps prevent toughening or overcooking.



5. After final temperature is reached, oven switches to Hold temp for up to 1 hour, then shuts off.

Auto Roast Guide

- Use containers and coverings as directed at left. Place probe correctly in roast before cooking.
- When oven beeps and flashes "TURN;" turn meat over.
- Recommended codes are also shown inside oven on Auto Roast Guide.

Food	Code	Final Temp	Approx. Time (Min. per lb.)	Hold* Minutes
Beef				
Tender Roast				
Rare	1	115°	12-14	5-10
Medium	2	125°	14-16	10-15
Well	3	145°	17-18	30
Pork				
Loin Roast	4	175°	18-20	20
Precooked Ham	1	115°	17-19	5-10
Poultry				
Whole Chicken (3 lbs.)	5	190°	13-15	20
Turkey Breast (Insert probe horizontally into meatiest area.)	4	175°	13-15	20

*Recommended standing time before serving.

Automatic Simmer (Auto Roast code 6)

Your cookbook has information on automatic simmering, including guides and recipes.

Total time includes time to bring food to 180°F. and hold at that temperature until done.



Set Automatic Simmer like Auto Roast, example at left. Display shows "COOL" until food is 90°F., then switches to show food temperature until 180°F.



Oven switches to Hold at 180°F., until you remove food and turn off oven. If stirring is recommended, you can reset oven by retouching START. Touch CLEAR/OFF after cooking.

Automatic Simmer (Auto Roast code 6)

Food	Approx. Time/Hrs.
Beef	
Pot Roast*	6-8
Stew	6-8
Chili	11-13
Chicken*	
Stewing	11-12
Broiler/Fryer	4-6
Ham or Pork	
Roast	4-6
Soup	
Stock/Vegetable	3-6
Split Pea	13-15

*For frozen, add 2 to 3 hours.

Automatic Defrosting

With the Auto Defrost feature, the oven automatically sets the defrosting time and power levels for you. You choose the appropriate code number from 1 to 6 for the food you are defrosting, then enter the food weight in pounds and tenths of a pound (See Conversion Guide below) and touch START. The oven calculates the defrosting time and changes power levels during defrosting to give even defrosting results.

When the oven reaches approximately half of the total defrosting time, the display flashes "TURN," telling you to turn food over and will not continue defrosting until door is opened and START is touched again.

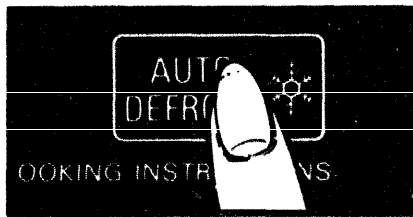
After defrosting time is complete, the oven automatically goes into a holding period as shown on the Automatic Defrosting Guide on this page. This holding period is necessary to finish the defrosting of the interior of the food.

How to Set Auto Defrost

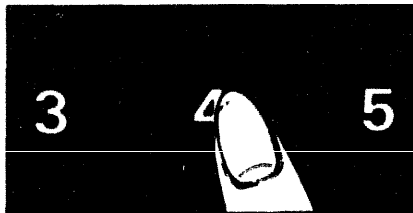
NOTE: Before you begin, check the Auto Defrost code guide located at the bottom of the oven when you open the door. This guide shows minimum and maximum food weights for each code number. You will need to know your food weight and corresponding code before beginning.

NOTE: If "ERROR" appears after entering food weight, check the Auto Defrost code guide to make sure that weight corresponds to the code number entered.

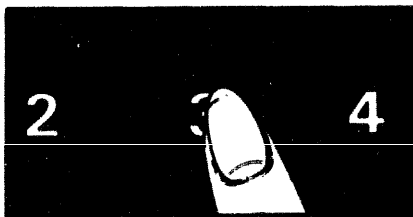
Step 1: Remove frozen meat from package and place in microwave-safe dish. Place in oven and close door.



Step 2: Touch Auto Defrost pad. "ENTER CODE" flashes on display.



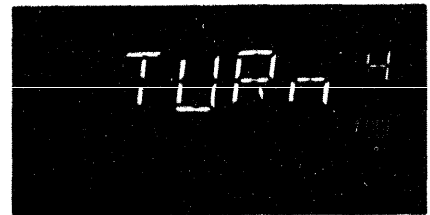
Step 3: Touch number pad 4. "CODE 4" and "LBS." shows on display. "ENTER WEIGHT" flashes.



Step 4: Touch number pad 3 and 0 for weight of 3 lbs. Display shows "3.0," "CODE 4" and "START" flashes.



Step 5: Touch START pad. Defrost time begins counting down on display.



Step 6: When 1/2 the defrosting time is completed, the oven signals and "TURN" flashes on display instead of time counting down. Open door and turn package over.

Step 7: Close door and touch the START pad. Display shows remaining defrosting time counting down.



Step 8: When defrosting time is completed, oven automatically switches to a Hold period of 20 minutes for code 4. Hold time counting down shows on display. When holding time is finished oven signals, "End" flashes, and oven turns off.

Conversion Guide

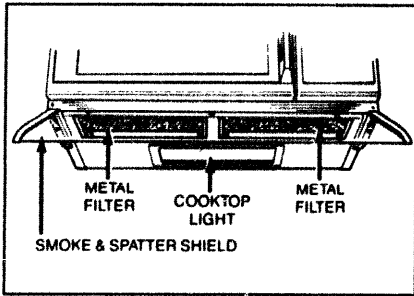
If the weight is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

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

Automatic Defrosting Guide

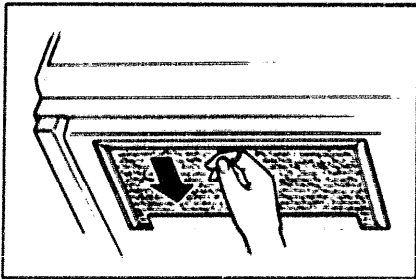
CODE	MIN.-MAX. WEIGHT	HOLD TIME*	RECOMMENDED FOOD	
1	.5-4.9 lbs.	none	Chicken pieces	* In Auto Defrost, it is necessary to allow the meat to stand during holding time. You may take the meat out of the oven if you prefer.
2	.5-3.9 lbs.	none	Fish	
3	.5-5.9 lbs.	none	Ground Beef	
4	3.0-5.9 lbs.	20 min.	Roasts, Bone in	
5	3.0-5.9 lbs.	20 min.	Roasts, Boneless	
6	.5-3.9 lbs.	none	Steaks and Chops	

The Exhaust Feature

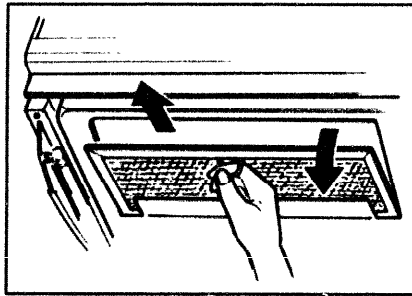


The exhaust hood feature on your microwave oven is equipped with two metal filters which collect grease. When the fan is operated, air is drawn up through the filters and is then discharged through the provided venting to the outside. The hood also has a light for illuminating the counter space.

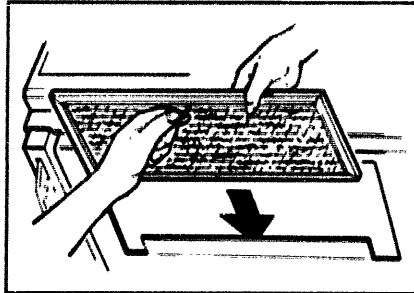
When NIGHT LIGHT pad is touched, the hood light operates at a lower intensity for use as a night light.



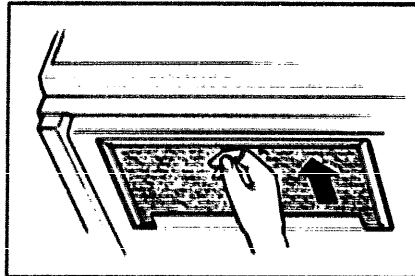
To remove grease filter, grasp the "finger ring" on the filter and slide to the rear.



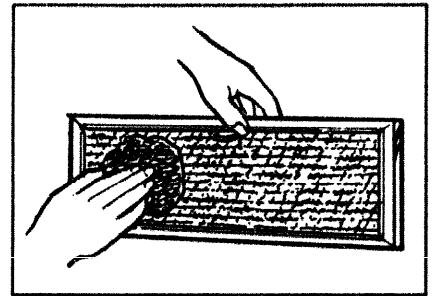
Then pull filter downward and to the front. The filter will drop out.



To replace grease filter, slide the filter in the frame slot on the back of the opening.



Pull filter upward and to the front to lock into place.



To clean grease filter, soak, then agitate filter in hot detergent solution. Don't use ammonia or other alkali because it will darken metal. Light brushing can be used to remove embedded dirt. Rinse, shake and remove moisture before replacing. Filters should be cleaned at least once a month.

Never operate your hood without the filters in place. In situations where flaming might occur on surfaces below the hood, the filters will retard the entry of flames into the unit.

Care and Cleaning



Your new microwave oven is a valuable appliance. Protect it from misuse by following these rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps air-out the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils with your oven.** The inside and outside oven walls can be scratched. The control panel can be damaged.
- **Don't remove the mode stirrer cover at the top of the oven** (microwave feature 6 on page 5). You will damage the oven.

BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

How to Clean the Inside

Walls, floor and mode stirrer cover. 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 on oven walls. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door (inside). Window: Wipe up spatters daily and wash when soiled with a damp cloth. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. **DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL MAR THE SURFACE.**

Special note when using Brown 'N Sear Dish: If grease is present, high heat generated on bottom of a Brown 'N Sear dish may cause the grease to burn onto the oven floor. This may be removed with a cleanser such as Bon Ami® brand cleanser.

After using this cleanser, rinse and dry thoroughly, following instructions on can. Do not use it on the painted surfaces such as the walls—it may scratch the paint.

Automatic Temperature Probe. Probe is sturdy, but care should be taken in handling. Do not twist or bend; avoid dropping temperature probe.

Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with plastic scouring ball if necessary. Rinse and dry. (Or wash in dishwasher.)

Shelf Accessory. Your shelf accessory is designed for use in a microwave oven only; do not use in a conventional oven. Do not use a browning dish with the shelf. Arcing could occur.

Clean shelf with mild soap and water or in the dishwasher. **Do not clean in a self-cleaning oven.**

How to Clean the Outside

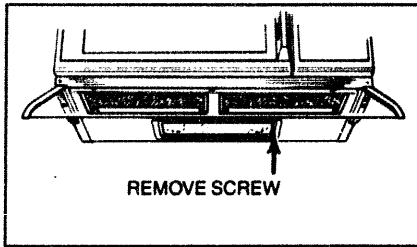
Case. Clean the outside of your oven with soap and damp cloth, rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

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.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

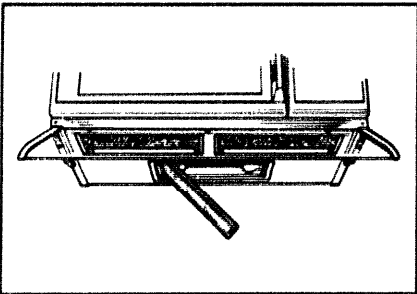
Power Cord. If the cord becomes soiled, unplug and wash with damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

Cooktop Light/Night Light



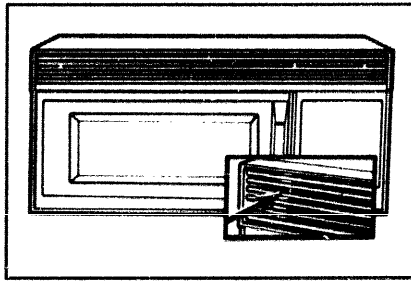
To replace combination cooktop light/night light, first disconnect power at main fuse or circuit breaker panel or pull plug.

With smoke & spatter shield in the OUT position, remove screw on right side of light compartment cover and lower cover until it stops.

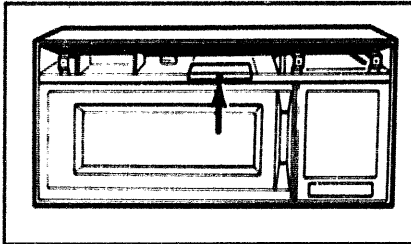


Be sure bulbs to be replaced are cool before removing. Break the adhesive seal by gently unscrewing the bulbs. Replace with 40-watt incandescent bulbs (WB2X4253) available from your GE supplier. High intensity 40-watt bulbs (40S11N/1) which are available in supermarkets and hardware stores may also be used for replacements. Raise light compartment cover and replace screw. Connect electrical power to microwave oven.

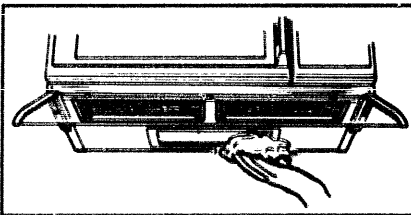
Oven Light



To replace your oven light, first disconnect power at main fuse or circuit breaker or pull plug. Remove the top grill by taking out 3 screws that hold it in place.



Next, remove the single screw located above door near center of oven that secures light housing. Replace burned-out bulb with a 30-watt GE bulb (WB2X4235) available from your GE supplier.

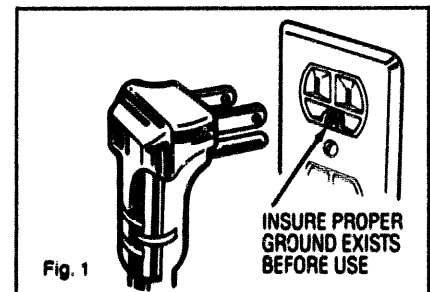


Clean off the grease and dust on hood surfaces often. Use a warm detergent solution. About 1 tablespoon of ammonia may be added to the water providing it does not touch the filters or enameled surfaces because ammonia tends to darken metal. Wash the smoke & spatter shield with a warm detergent solution.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. (Fig. 1)

WARNING—Improper use of the grounding plug can result in a risk of electric shock.



Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do not under any circumstance cut or remove the third (ground) prong from the power cord.

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance.

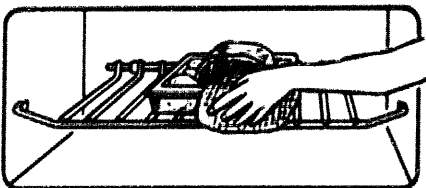
Guide to Use of the Oven Shelf

- Do not store or cook with metal shelf on floor of oven. Product damage may result.
- Use pot holders when handling metal shelf and cookware. They may be hot.
- Do not store or use microwave browning dish on metal shelf.
- Use of shelf with Automatic Cooking is not recommended.

The two position wire shelf is specifically designed for added capacity heating and reheating in your Spacemaker® microwave oven. More than one food may be heated or reheated and ready to serve at the same time.

When microwaving with the oven shelf, some techniques will differ from the cookbook which came with your oven. It is important to arrange foods properly, and this is shown on the next page. Cookware size is important; select from among the suggestions at right. Also, food size should be considered; foods over 3½ inches high, or 3 pounds are not recommended for shelf cooking.

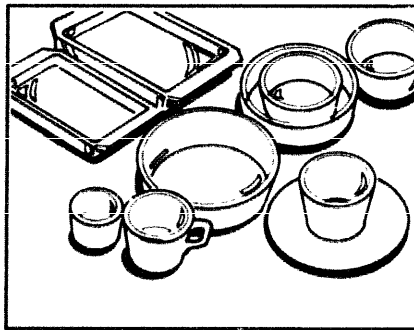
Batters and dough foods and also uncooked foods which need to be prepared from scratch should be cooked without the oven shelf, following cookbook directions.



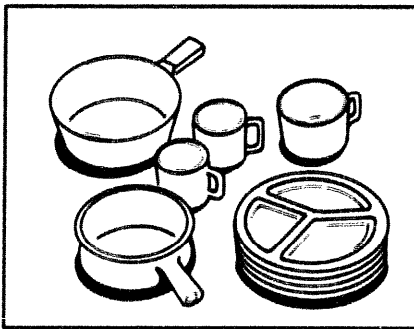
Use pot holders when handling foods heated together with your oven shelf, especially when heating larger amounts of food in 8-inch square or other 2-quart size casseroles. Extra steam generated from multiple food cooking may make cookware hotter than with regular microwaving.

Cookware for Shelf Heating and Reheating

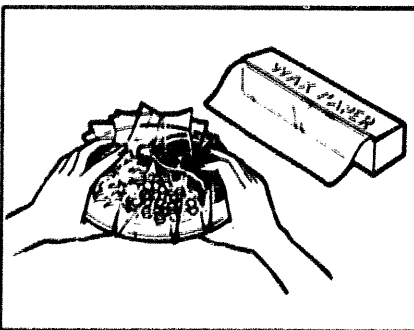
Before placing food in the dishes, check to see that they will fit together on or under the shelf. Also, be sure cookware is microwave safe.



Cookware for heating or reheating include 1 cup measuring cup, 8 x 4 x 3-inch loaf dishes, 9 x 5 x 3-inch loaf dishes or 9-inch pie plates.

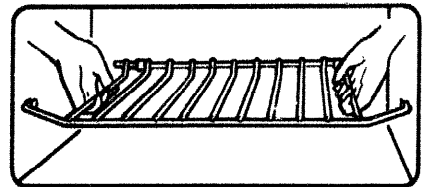


Leftovers may be placed in small individual ceramic or plastic bowls or divided plates.



Use wax paper or plastic wrap instead of lids on casseroles. Lids may add too much height to dish.

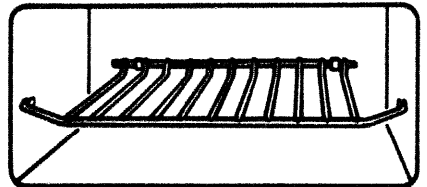
Positioning the Shelf



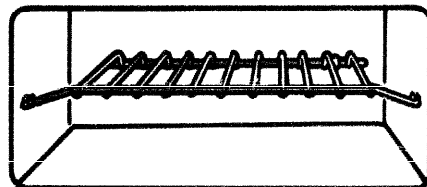
To insert shelf, tip the back slightly and fit the shelf support guides onto the support guides located on each side of rear oven wall.

Next, lower the front until the shelf support guides fit onto the support guides located at each side of the oven in the front.

When properly positioned, the shelf should fit snugly in place.



Shelf has two positions. Use in low position when heating two casseroles or reheating frozen TV dinners or entrees.

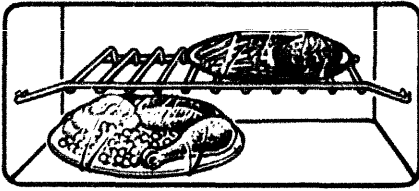


The high shelf position more evenly spaces the area above and below the shelf. Use this position for heating plates of leftovers.

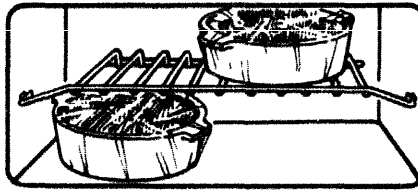
When properly positioned, the shelf should fit snugly in place, be level and not touch the back wall of the oven.

If arcing occurs when using the shelf to cook more than one food at the same time, turn the oven off. Make sure the shelf is positioned securely on all four shelf supports and not touching oven walls.

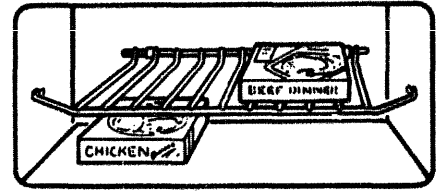
How to Heat or Reheat Similar Types of Food



Two plates of leftovers may be reheated together. Arrange thick or dense foods to outside edges of plate and cover with plastic wrap. Microwave at High (10) for 2 to 3 minutes. Reverse position of plates (top to bottom) and rotate 1/2 turn. Continue microwaving at High (10) for 2 to 3 minutes. Continue heating, if necessary, until hot.



Reheating two casseroles (height should be less than 3 1/2 inches) is possible. Cover with plastic wrap. Use staggered arrangements of food, placing food on right side of shelf and left side of floor. Refer to Heating or Reheating Guide in cookbook for suggested microwave time per casserole and add the times together. Microwave at High (10) reversing position of foods (top to bottom) after half of time. Also, heat several small bowls of leftovers this way, stirring and reversing positions after half of time.



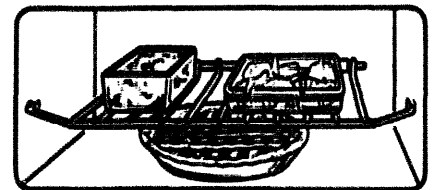
Two frozen individual entrees (5 to 7 oz. each) or two TV dinners (10 to 12 oz. each) are both ready to serve at the same time. Remove trays of food from their boxes and turn back one corner of the plastic cover to vent. If there are any foil covers, remove them and return the trays of food to their boxes. (Batter foods should be removed from the trays and cooked conventionally.) Place in oven with one TV dinner on right shelf and the second dinner on left floor. Microwave at High (10) for 7 minutes. Reverse positions (top to bottom) and rotate foods 1/2 turn. Continue microwaving at High (10) for 7 minutes. Check dinners for heating. If one dinner seems less done than desired, return it to the box and continue heating on shelf 1 to 2 more minutes.

How to Reheat Several Different Types of Foods Together

When heating several different types of food together, foods which should be served hot must be placed on the oven shelf, while foods which are only warmed should be placed on the floor. This is because microwave energy enters the oven from the top only. Also, it is important to remember that foods absorb microwave energy at different rates. Rates can be affected by the size of the food, and its starting temperature.

Because of the varying rates, you may need to start reheating a large or dense food a few minutes ahead of time, then add other smaller or less dense foods. Alternately, if one of the foods you are heating seems undercooked but the others are heated satisfactorily, let the underheated food continue cooking.

Heat or reheat different types of food at High (10). To determine heating times, add times for all foods together. (See heating guide in cookbook.) After half of time, stir or rearrange foods (do not reverse positions). Check foods (top shelf especially) after 3/4 of total time and remove any which are done. Continue cooking others.



Place on shelf large or dense foods which need the most heating, such as leftover fried chicken, casseroles of canned or leftover vegetables, rice or pasta. Place on oven floor those foods which need only be warmed, such as bakery pies, rolls, muffins or breads.



Questions? Use This Problem Solver

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT COME ON	<ul style="list-style-type: none">• A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.• Unplug your microwave oven, then plug it back in.• Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none">• Door not securely closed.• START must be touched after entering cooking selection.• Another selection entered already in oven and CLEAR/OFF not touched to cancel it.• Make sure you have entered cooking time after touching TIME COOK I or II.• CLEAR/OFF was touched accidentally. Reset cooking program and touch START.• Temperature probe not inserted properly or not being used during Auto Roast or Temp Cook.• Make sure you have entered a desired finished temperature after touching TEMP COOK/HOLD. <p>Make sure you entered a code number after touching AUTO functions.</p>
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	<ul style="list-style-type: none">• Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME COOK I or II and additional cooking time for completion.• Incorrect power level entered. Check cookbook for recommended power level, or changing levels during cooking if necessary.• Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check cookbook or recipe for instructions.• Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check cookbook for recommendation on increased time.• Dish not completely covered as directed during Auto Cook.• Previous microwaving left humidity or moisture in oven, thus lessening the cooking time in Auto Cook function.• Most vegetables are cooked to a crisp state during Auto Cook, just as in regular microwaving. Therefore, it is recommended that you let the vegetables stand for up to 5 minutes depending on size and density of pieces.• Oven door was opened during "AUTO" cycle of Auto Cook function.• Probe not inserted properly into meat or dish when using Temp Cook or Auto Roast functions. Check cookbook or Auto Roast section of this book for specific instructions.

PROBLEM	POSSIBLE CAUSE AND REMEDY
"ERROR" APPEARS ON DISPLAY	<ul style="list-style-type: none"> • When using Temp Cook/Hold, a temperature less than 90°F. or more than 199°F. has been entered. • Door is opened during "AUTO" cycle of Auto Cook function. Close door and touch START. • Weight is incorrect for Auto Defrost code on guide. It is necessary to reset oven. • When using Clock, you have not entered a valid clock time.
"PROBE" APPEARS ON DISPLAY	<ul style="list-style-type: none"> • Probe has been forgotten or not seated properly in oven wall when using Temp Cook/Hold or Auto Roast functions.

All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dull, thumping sound while oven is operating.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

**If you need more help...call, toll free:
The GE Answer Center[®]
800.626.2000
consumer information service**



If You Need Service

To obtain service, see your warranty on the back page of this book.

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased, write all the details—including your phone number—to:

Manager, Consumer Relations
GE Appliances
Appliance Park
Louisville, Kentucky 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance
Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606



YOUR GENERAL ELECTRIC MICROWAVE OVEN WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace **any part of the microwave oven** that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement **magnetron tube** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is **LIMITED** because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for **GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.**

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

The GE Answer Center®
800.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, gas, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.

- Failure of the product if it is used for other than its intended purpose or used commercially.

- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS NOT RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

**If further help is needed concerning this warranty, write:
Manager—Consumer Affairs, General Electric Company, Appliance Park, Louisville, KY 40225**

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