

Sears

USE & CARE
MANUAL

STOCK NO.
86951

KNOW YOUR UNIT

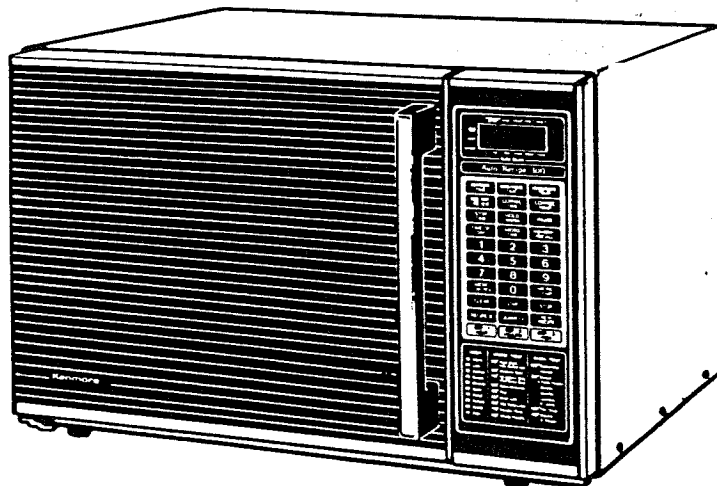
Read this booklet so you will be able to enjoy all the features in your Kenmore Micro/Convection Oven.

Record in space provided below the Model No. and the Serial No. found on the label on cabinet back.

Model No. _____

Serial No. _____

Retain this information for future reference.



Kenmore

MICRO/CONVECTION
OVEN

Use and Care

YOUR SAFETY FIRST

The Sears Kenmore Microwave/Convection Oven, though simple to use, is not a toy. Respect it as an electric cooking appliance. Become familiar with microwave energy, its uses, and limitations.

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-FOR PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The ceramic tray must be in the oven during cooking.
- The metal rack must be removed from oven when rack is not used for cooking.
- The oven should be thoroughly checked by a trained service technician, should it be dropped or damaged, before it is operated again.
- The electrical power cord must be kept dry and must not be pinched or crushed in any way.
- The oven has several built-in safety switches to make sure the power remains off when the door is open. DO NOT try to defeat these switches.
- Place the cookware gently on the ceramic tray and handle the tray carefully to avoid breakage.
- Use only Sears Browning dish on the ceramic tray. Carefully read and follow the instructions for the browning dish. Incorrect usage may cause the ceramic tray to break.

DON'TS

- DO NOT attempt to operate this oven with the door open.
- DO NOT run the oven empty without food in it.
- DO NOT operate the oven empty with the temperature probe plugged in.
- DO NOT allow the temperature probe sensor to touch the sides, bottom or door of the oven when it is in use.
- DO NOT use the temperature probe in a regular oven.
- DO NOT run the oven empty with the metal rack in it.
- DO NOT use browning dishes on metal rack.
- DO NOT use metal baking pan for microwave or micro/convec cooking.
- DO NOT cook bacon directly on the ceramic tray to avoid excessive local heating on the ceramic tray.
- DO NOT store burnable material, such as food, in your microwave/convection oven.
- DO NOT use this microwave/convection oven for commercial purpose. This Sears Kenmore Microwave/Convection Oven is made for household use only.

SAFETY CERTIFICATION

The Sears Kenmore Microwave/Convection Oven is designed and thoroughly tested to meet exacting safety standards. It meets UL and FCC requirements and complies with safety performance standards of the U.S. Department of Health and Human Services.

IMPORTANT SAFETY INSTRUCTIONS

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:

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on Page 2.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on Page 6.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not use outdoors.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth. (See "Care and Cleaning" instructions on Page 56.)
16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

SAVE THESE INSTRUCTIONS

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**SEARS KENMORE MICROWAVE/CONVECTION OVEN
USE AND CARE MANUAL”—
MICROWAVE/CONVECTION OVEN USE INSTRUCTIONS**

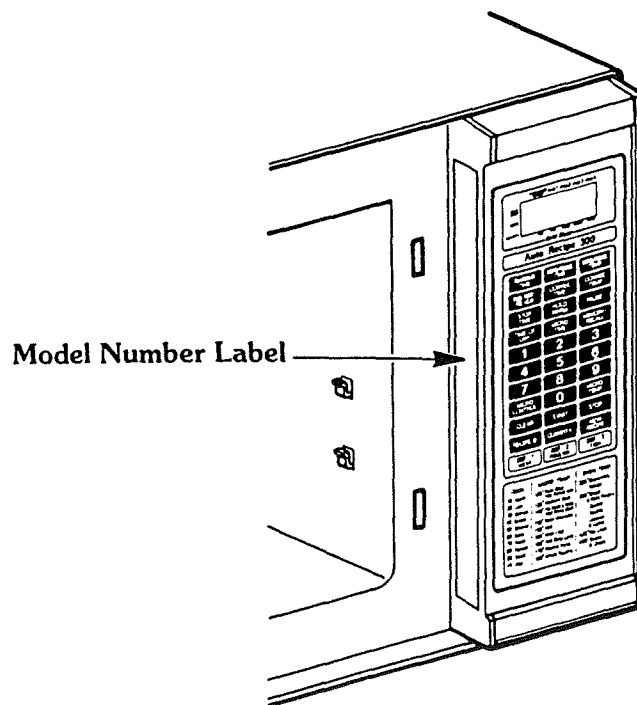
Enjoy a new cooking experience from Sears. Please read this booklet. It takes only a few minutes — time well spent to learn how to use all of the features.

Advice on the use and care of Sears appliances is always available at your nearest Sears store. When seeking information, be sure you have the complete model number which is located on the plastic label. See below for its location.

MODEL NUMBER

To make a request for service, information or replacement of parts, Sears will require the complete model number of your microwave/convection oven. The number is on the inner left side of the control panel. (You must open the door to see the number). The model number is also located on the back of the cabinet.

The number will look like this: 564.8000000.



IMPORTANT— ELECTRICAL 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 cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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

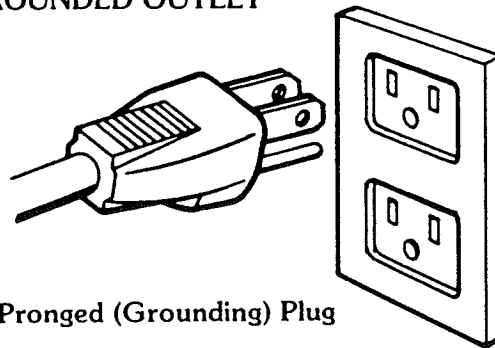
Consult a qualified electrician or Sears Service Department if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer cord sets or extension cords are available and may be used if care is exercised in their use.

If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3 wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally. The electrical power cord must be kept dry and must not be pinched or crushed in any way.

PROPERLY POLARIZED AND
GROUNDED OUTLET



Three-Pronged (Grounding) Plug

INSTALLATION

Install your oven by following these four simple steps:

Step 1: Remove all packing material and accessories.

Step 2: Place the oven in the level location of your choice, but make sure there is at least one inch of space on the top and at the rear for proper ventilation. The top of the oven should be kept clear and the plastic feet must be kept on the oven so there is air flow ventilation. An exhaust outlet is at the rear of the oven. Blocking the outlet can damage the oven.

Step 3: Plug your oven into a Standard 120 volt household outlet. Be sure the electrical circuit is at least 15 amp and that your microwave/convection oven is the only appliance on the circuit.

Step 4: When your microwave/convection oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display window will show "0:00" plus the hours and minutes that have elapsed since the oven was plugged in or the power was restored. This means that the TIME OF DAY clock must be set. Refer to "Setting Time of Day" below.

Note: If your oven does not operate properly, unplug the oven from the 120-volt household outlet and then plug it back in.

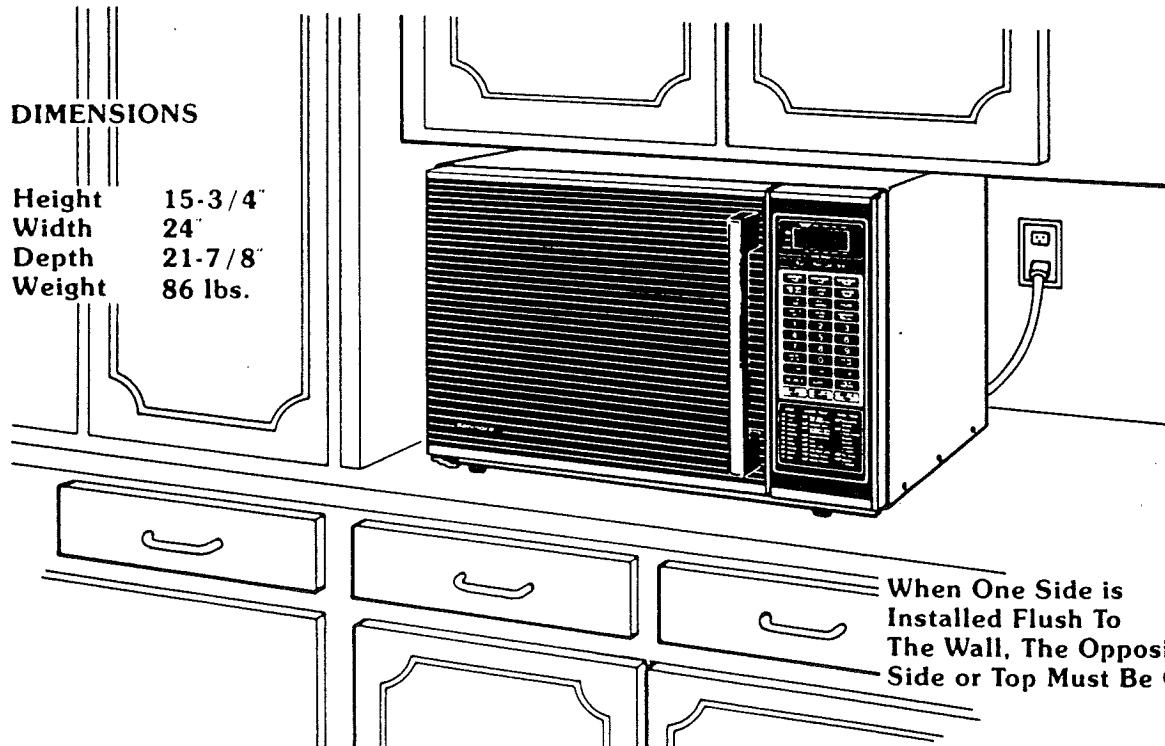
SETTING TIME OF DAY

- Touch CLEAR.
- Touch TIME OF DAY.
- Touch numbers indicating the correct time.
- Touch TIME OF DAY.

(This is also explained in the "Easy Use Chart" Time of Day Section on Page 14.)

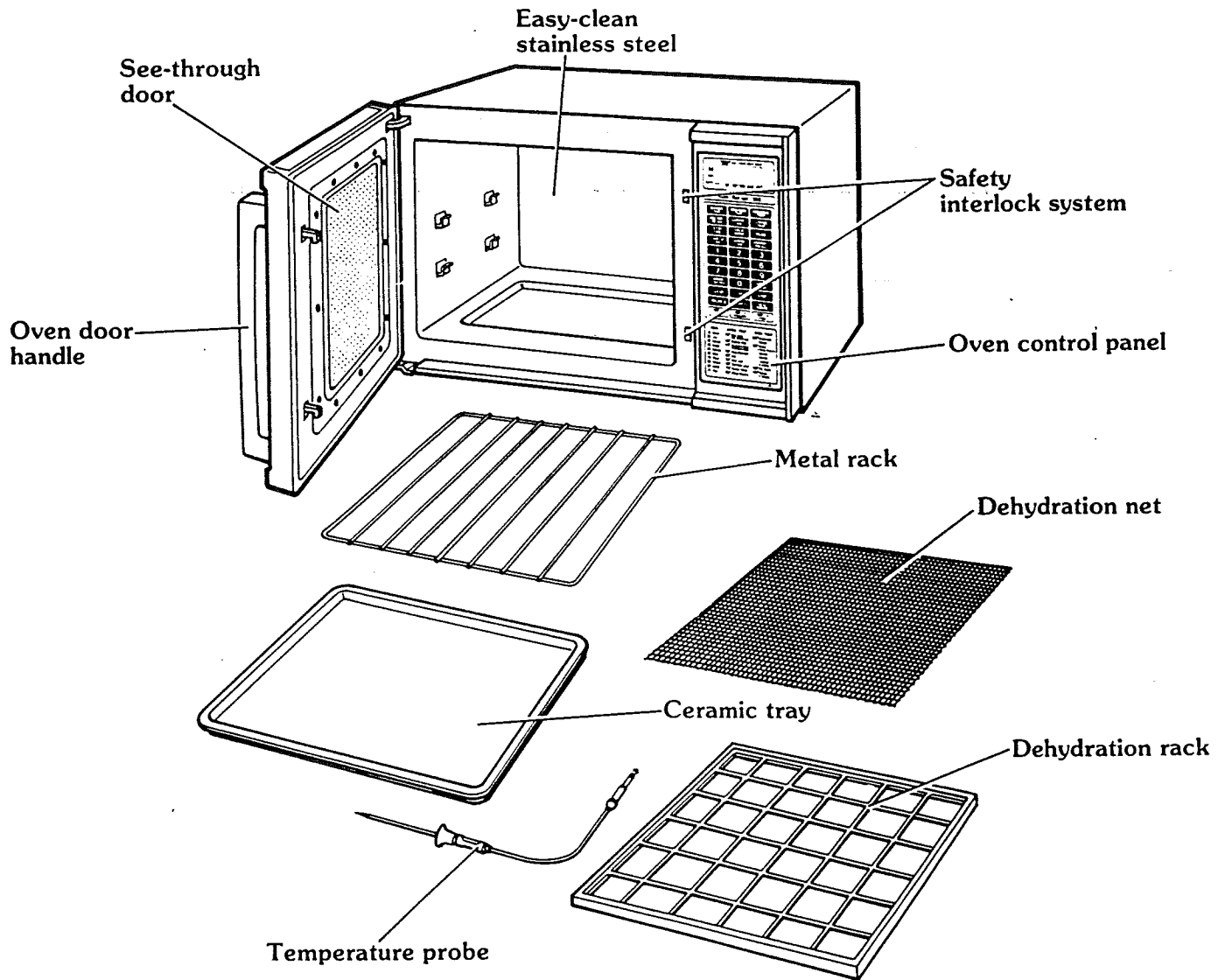
DIMENSIONS

Height	15-3/4"
Width	24"
Depth	21-7/8"
Weight	86 lbs.



NOTE: If you want this oven "build-in", a Sears Kenmore built-in trim kit. Stock No. 22-84092 is available. Contact your nearest Sears store or the catalog.

NAMES OF OVEN PARTS



Remove your Sears Kenmore Microwave/Convection Oven and all items from the shipping carton. Your oven will be packed with the following items:

Ceramic Tray	1 each
Metal Rack	1 each
Temperature Probe	1 each
Dehydration Rack*	2 each
Dehydration Net*	2 each
"Use and Care Manual"	1 each
"Easy Use Chart" Card	1 each

*Use the Dehydration Rack and Net for only dehydration cooking. Do not use them for microwave, micro/convec or convection cooking.
Do not use this Sears Kenmore Microwave/Convection Oven for commercial purposes. This microwave/convection oven is made for household use only.

OVEN CONTROL PANEL

Indicator Lights — Time, Temp, Micro, Convec, Recipe, Delay Start and Programmed Defrost lights indicate which cooking operation is being used.

Quantity Light — When preset cooking is set, light indicates that multiplication can be used in the recipe or not.

Recipe # — Used in preset recipe cooking.

Automatic Defrost Selection — Used in setting auto defrost.

Cook Guide — Lists the Types of Cooking that most often occur at these Microwave Cooking Power Levels.

Stage Lights — When cooking stages are set, lights will go on indicating the stage in which your oven is cooking.

Display Window — Used to show:

- Time of Day
- Cooking Time
- Microwave Cooking Power Level
- Cooking Probe Temperature.
- Oven Temperature
- Defrost (dEF1, dEF2, dEF3)
- Recipe #, Quantity #
- Hold, End, Pause (PAUS), Probe (Prob).

It also functions as countdown timer or temperature indicator when cooking.

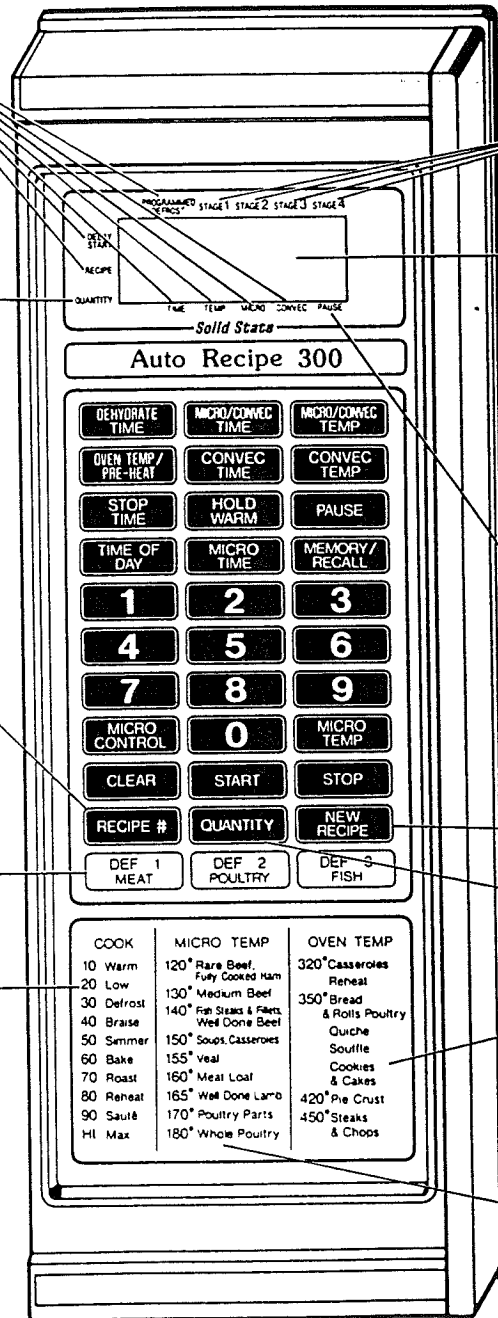
Pause Light — Shows Oven has been set to pause between two Cooking Stages.

New Recipe — Used in programming new recipes.

Quantity — Used in multiplying base quantity of preset recipes.

Oven Temp Guide — Lists examples of Oven Temperature for Convection Cooking.

Micro Temp Guide — Lists examples of food that are best cooked to these Microwave Cooking Temperatures.



OVEN CONTROL PANEL

Convec Time — Used in setting Convection Cooking Time.

Dehydrate Time — Used in setting Dehydration Cooking Time.

Oven Temp/Pre-Heat — Used in setting the desired Oven Temperature, Pre-heat Temperature or Dehydration Temperature.

Stop Time — Used in setting a Delay Start Cooking. Cooking can be finished at the preset stop time.

Time of Day — Used in setting Time of Day.

Micro Time — Used in setting Microwave Cooking Time.

Numbers — Used to enter the Time of Day, Delay Start Time, Cooking Times, Cooking Powers and Cooking Temperatures.

Micro Control — Used to select Microwave Cooking Power Levels.

Clear — Clears all entries except Time of Day. Once cooking has begun, however, Clear will function only after Stop has been touched.

Micro/Convec Time — Used in setting Micro/Convec Cooking Time.

Micro/Convec Temp — Used in setting the desired Micro/Convec Cooking Temperature with Temperature Probe.

Convec Temp — Used in setting the desired Convection Cooking Temperature with Temperature Probe.

Hold Warm — Used in setting a Hold Warm. Cooked food can be kept warm.

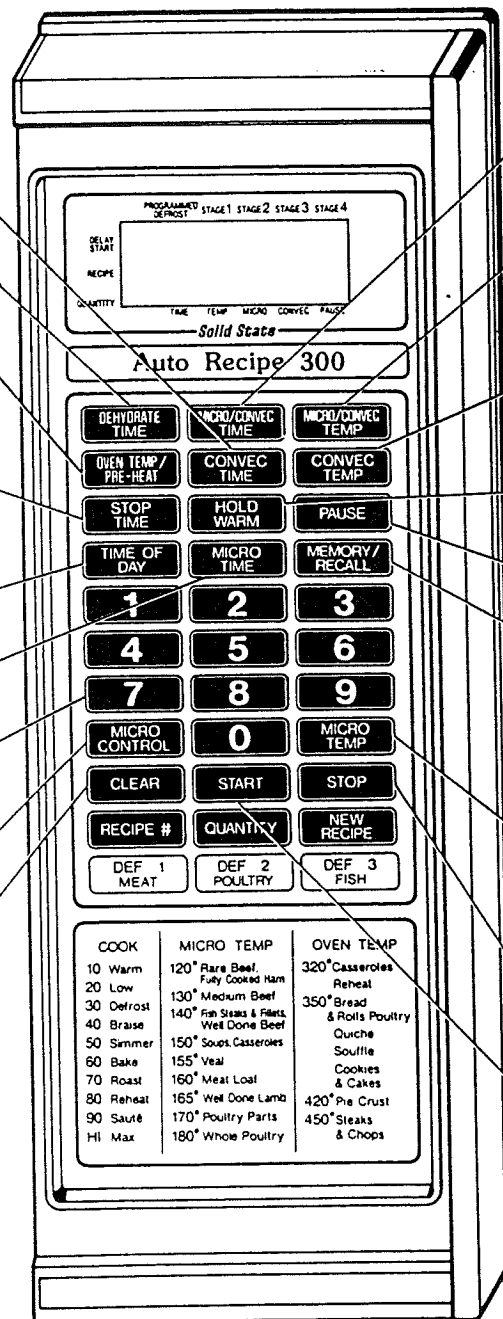
Pause — Used to stop Oven between Cooking Stages.

Memory/Recall — Used in setting Cooking Time. Power Level and Temperature for Two or Three-Stage Cooking. Also used to recall each memory stage in a multiple stage program.

Micro Temp — Used in setting the desired Microwave Cooking Temperature. Temperature Controlled Cooking can be done only when the Temperature Probe is plugged into the socket inside the Oven.

Stop — Stops Oven.

Start — Starts Oven.



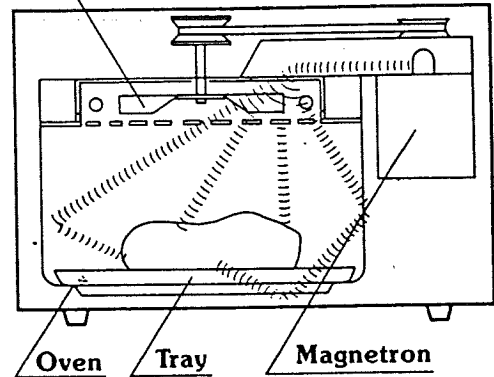
NOTE: A "beep tone" sounds when a "pad" on the control panel is touched, to indicate a setting has been entered.

HOW THE MICROWAVE/CONVECTION OVEN WORKS

Microwave Cooking

Using the energy of microwaves only, food is heated quickly without altering the color or shape. Microwaves generated by a magnetron are uniformly distributed by the fan so that the food in the oven is heated and cooked. Microwave power can be adjusted in 99 steps, enabling the various kinds of foods to cook at most desirable cooking power for the best results.

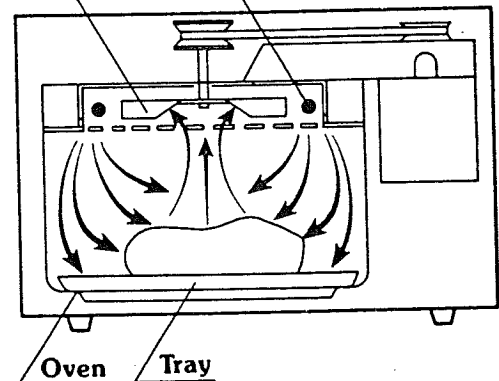
Stirrer/Convection Fan



Convection Cooking

This is a way of cooking with hot air alone that heats and cooks food from the outside. This method allows food to be browned evenly without losing any of the juices. Air heated by the heater is uniformly circulated in the oven by a fan to enable the heating and cooking of food. Since hot air remains in the oven as it circulates, cooking is very efficient. The temperature inside the oven can be controlled according to the type of food being cooked.

Stirrer/Convection Fan
Heater

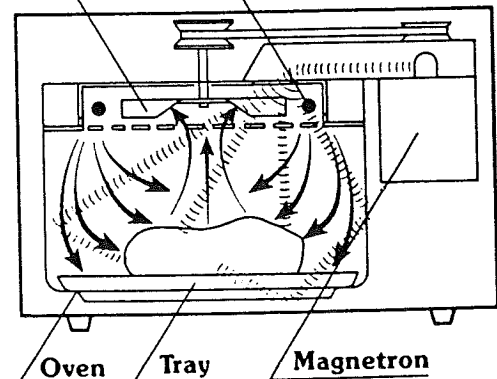


Micro/Convec Cooking

With both microwave energy and hot air utilized, this method cooks food much more quickly than any conventional method. The solid-state control alternates cooking energy between microwave and hot air cycles to provide efficient cooking fully utilizing the advantages of both microwave and hot air cooking systems.

The dehydration cooking is performed in the same mode.

Stirrer/Convection Fan
Heater



USE INSTRUCTIONS — COOKING GUIDE

MICROWAVE COOKING

“HI” POWER COOKING

“HI” gives highest power and is a recommended setting for cooking foods with high moisture content or for foods that need fast cooking to keep natural flavor and texture. Your Kenmore Microwave Convection Cookbook will tell you which foods are cooked best using highest microwave power or “HI”. For detailed directions on “HI” (max power) cooking, see page 19.

MULTI-POWER COOKING

Many foods need slower cooking at less than full power in order to give you the best results. In addition to “HI”, there are ninety-nine multi-power settings. Detailed directions for multi-power cooking are on pages 20 and 21.

TEMPERATURE CONTROLLED HI POWER COOKING

“HI” power with Temperature Control lets you cook food to a preset temperature using maximum speed. Follow the directions on page 25 and you will be able to preset the temperature you desire with the aid of the Temperature Control Cooking Guide.

TEMPERATURE CONTROLLED MULTI-POWER COOKING

Multi-power with Temperature Control allows you to cook more sensitive foods to a preset temperature using slower microwave speeds. See page 26 for detailed directions.

“HOLD WARM”

After completing your cooking, the oven switches into “Hold Warm” to keep the food warm. “Hold” will show in the display window and will continue to show for up to 100 minutes or until the door has been opened or STOP has been touched. See Page 18.

FOUR-STAGE COOKING

Some recipes need more than one cooking stage. Many food will cook better when cooked for a period of time at one power setting and then cooked for another period of time at a different power setting. With a cake, for example, the cookbook may recommend cooking at the “60 (Bake)” setting, followed by a period of cooking time at the “HI” setting. “Bake” allows the cake to rise gently, and then “HI” finishes the cooking cycle. You can preset up to four stages at the beginning, start the oven, and then the oven will change automatically into the second stage at the preset time. “Two, Three or Four-Stage Cooking” with both TIME and TEMP CONTROL can also be set. For detailed directions on “Two, Three or Four-Stage Cooking”, see Pages 27 and 28.

WHOLE MEAL COOKING

The Metal Rack increases the oven cooking space. To cook two or more different foods at one time, choose their proper places inside the oven by following the Cookbook directions. See page 29 in this manual.

AUTOMATIC DEFROST

Power level will automatically change for proper thawing of dense food items. See pages 30 thru 33 for detailed directions.

USE INSTRUCTIONS — COOKING GUIDE

CONVECTION COOKING

CONVECTION COOKING

With cooking time controlled, this is the most common way of cooking. Many foods can be cooked using this method in which the oven temperature is set according to the type of food. The oven is usually preheated before using.

AUTOMATIC PRE-HEAT

Preheating required before convection or micro/convec cooking can be performed automatically. See page 35.

TEMPERATURE PROBE CONVECTION COOKING

This function enables a type of convection cooking in which the temperature of the food is controlled by a temperature probe. See page 37.

This cooking mode is suitable for cooking meat.

MICRO/CONVEC COOKING

Since both microwaves and hot air are used, food can be cooked very quickly. Cooking this way utilizes the features of both the microwave and hot air systems and finishes food nicely. See page 38.

TEMPERATURE PROBE MICRO/CONVEC COOKING

The temperature probe is used to control the temperature of the food in the combination of microwave and convection cookings. This method is useful when cooking meat. See page 40.

FOUR-STAGE COOKING

With the memory feature that controls four different stages of cooking, four-stage cooking can be performed automatically.

For example, the first stage can be set for preheating, the second for convection cooking, third for micro/convec cooking and fourth for convection cooking.

Just start the oven for automatic sequential cooking.

It is also possible to set a combination of microwave and convection cooking in each stage. See pages 41 and 42.

DEHYDRATION COOKING

This function enables apples, peaches, berries and any other seasonal fruit as well as meats to be dried.

To get efficient dehydration cooking, the Oven has been programmed itself to alternate cooking energy between microwave and hot air cycles.

This method can dehydrate food much more quickly than any conventionally dehydrated cooking. See pages 43 thru 49 for detailed directions.

EASY USE CHART — MICROWAVE COOKING

Your new Solid State Control allows you to use your microwave/convection oven in many ways.

TIME OF DAY

To Set

1. Touch CLEAR
2. Touch TIME OF DAY
3. Touch Numbers for Correct Time
4. Touch TIME OF DAY*

*This "locks" in the time and starts the clock running.

HI POWER COOKING

To Set

1. Touch CLEAR
 2. Touch MICRO TIME
 3. Touch Numbers for Cooking Time
 4. Touch START
- (See page 19 for more instructions.)

MULTI-POWER COOKING

To Set

1. Touch CLEAR
 2. Touch MICRO TIME
 3. Touch Numbers for Cooking Time
 4. Touch MICRO CONTROL
 5. Touch Numbers for Cooking Power level
 6. Touch START
- (See page 21 for more instructions.)

TEMPERATURE CONTROLLED HI POWER COOKING

To Set

1. Plug in Temperature Probe
 2. Touch CLEAR
 3. Touch MICRO TEMP
 4. Touch Numbers for Cooking Temperature
 5. Touch START
- (See page 25 for more instructions.)

TEMPERATURE CONTROLLED MULTI-POWER COOKING

To Set

1. Plug in Temperature Probe
 2. Touch CLEAR
 3. Touch MICRO TEMP
 4. Touch Numbers for Cooking Temperature
 5. Touch MICRO CONTROL
 6. Touch Numbers for Cooking Power level
 7. Touch START
- (See page 26 for more instructions.)

FOUR-STAGE COOKING

To Set

1. Touch CLEAR
 2. Touch MICRO TIME or MICRO TEMP
 3. Touch Numbers for Cooking Time or Temperature
 4. Touch MICRO CONTROL
 5. Touch Numbers for Cooking Power level
 6. Touch MEMORY/RECALL or PAUSE and repeat steps 2-5 to set 2nd cooking stage.
 7. Touch MEMORY/RECALL or PAUSE and repeat steps 2-5 to set 3rd cooking stage.
 8. Touch MEMORY/RECALL or PAUSE and repeat steps 2-5 to set 4th cooking stage.
 9. Touch START
- (See Pages 27 and 28 for more detailed instructions.)

AUTOMATIC DEFROST

To Set

1. Touch CLEAR.
2. Touch an Auto Defrost Course key DEF1, DEF2 or DEF3.
3. Touch numbers to enter the weight of your food.
4. Touch START.

(See pages 30 thru 33 for more detailed instructions.)

EASY USE CHART — CONVECTION COOKING

<p>CONVECTION COOKING</p> <p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch CONVEC TIME 3. Touch Numbers for Cooking Time 4. Touch OVEN TEMP/PRE-HEAT 5. Touch Numbers for Oven Temperature 6. Touch START (See page 35 for more instructions.) 	<p>AUTOMATIC PRE-HEAT</p> <p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch OVEN TEMP/PRE-HEAT 3. Touch Numbers for Oven Temperature 4. Touch START (See page 35 for more instructions.) 	<p>TEMPERATURE PROBE CONVECTION COOKING</p> <p>To Set</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe 2. Touch CLEAR 3. Touch CONVEC TEMP 4. Touch Numbers for Cooking Temperature 5. Touch OVEN TEMP/PRE-HEAT 6. Touch Numbers for Oven Temperature 7. Touch START (See page 37 for more instructions.)
<p>MICRO/CONVEC COOKING</p> <p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch MICRO/CONVEC TIME 3. Touch Numbers for Cooking Time 4. Touch START (See page 38 for more instructions.) 	<p>TEMPERATURE PROBE MICRO/CONVEC COOKING</p> <p>To Set</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe 2. Touch CLEAR 3. Touch MICRO/CONVEC TEMP 4. Touch Numbers for Cooking Temperature 5. Touch START (See page 40 for more instructions.) 	<p>DEHYDRATION COOKING</p> <p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch DEHYDRATE TIME 3. Touch Numbers for Cooking Time 4. Touch OVEN TEMP/PRE-HEAT 5. Touch Numbers for Oven Temperature 6. Touch START <p>Note: The dehydration oven temperature is set itself at 150°F unless a different temperature is chosen by Steps 4 and 5. (See page 49 for more instructions.)</p>
<p>FOUR-STAGE COOKING</p> <p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch OVEN TEMP/PRE-HEAT 3. Touch Numbers for Oven Temperature 4. Touch PAUSE 5. Touch CONVEC TIME 6. Touch Numbers for Cooking Time 7. Touch MEMORY RECALL 8. Touch MICRO/CONVEC TIME 9. Touch Numbers for Cooking Time 10. Touch PAUSE 11. Touch CONVEC TIME 12. Touch Numbers for Cooking Time 13. Touch START <p>Note: Any combination is possible in four-stage cooking. (See pages 41 and 42 for more instructions.)</p>		

DELAY START COOKING

For those times when you must be away from the kitchen, but want dinner ready when you return, cooking can be started and finished at the time of day selected. See page 50 for detailed directions.

EASY USE CHART

DELAY START COOKING
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch STOP TIME 3. Touch Numbers for Time of Day to finish Cooking *4. Touch MICRO TIME 5. Touch Numbers for Cooking Time 6. Touch MICRO CONTROL 7. Touch Numbers for Cooking Power level 8. Touch START <p>*Four-Stage Cooking can be used with Delay Start. After step 3 above, follow instructions for Four-Stage Cooking beginning with step 2. (See page 50 for more instructions.)</p>

PRESET RECIPE COOKING — “Auto Recipe 300” and “3 Customer Programmable Recipes”

300 Recipes were developed by our cooking experts and have been preset into this oven for automatic cooking. To use “AUTO RECIPE 300” cooking, touch RECIPE #, the numbers corresponding with the desired Recipe(s) shown in the cook-book and then START.

See pages 51 thru 53 of this Manual, as well as your Kenmore Microwave Cookbook for detailed directions.

In addition to AUTO RECIPE 300, 3 more recipes (Recipe # 301 — 303) can be programmed by yourself for preset recipe cooking. See page 54 of this manual for detailed directions.

EASY USE CHART

PRESET RECIPE COOKING (Auto Recipe 300 & 3 Customer Programmable Recipes)	PROGRAMMING NEW RECIPES
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch RECIPE # 3. Touch Numbers for Preprogrammed Recipe # 4. Touch START <p>(See pages 51 thru 53 for more detailed instructions)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR 2. Touch NEW RECIPE 3. Touch RECIPE # 4. Touch Numbers for New Recipe # 5. Program Recipe following suitable operating instructions 6. Touch NEW RECIPE <p>(See Page 54 for more detailed instructions)</p>

RECALL AND CHANGE OF SETTINGS

To Recall a Setting

To check the Setting for a given stage, touch MEMORY/RECALL once or more until the correct Stage Light and Indicator Light turn on. The set Time, Temperature or Oven Temperature for that stage will show in the Display Window.

To check the Microwave Cooking Power level, touch MICRO CONTROL.

To check the Oven Temperature, touch OVEN TEMP/PRE-HEAT.

And so on.

To check Settings while the Oven is running, touch desired pad to recall Setting for operating stage.

To recall a future stage, touch STOP, follow directions above, and touch START to continue cooking.

To recall Time of Day during cooking, touch TIME OF DAY, and it will show in the Display Window.

To Change a Setting

Recall the Setting to be changed by following directions above and make the change as follows:

TIME..... Touch "0" until only one "0" shows in the
(MICRO TIME, CONVEC TIME, MICRO/CONVEC TIME) Display Window. Set Cooking Time.

TEMPERATURE CONTROL..... Set Cooking Probe Temperature.
(MICRO TEMP, CONVEC TEMP, MICRO/CONVEC TEMP)

MICRO CONTROL..... Set Microwave Cooking Power level.
To reset to "HI", set "99".

OVEN TEMP/PRE-HEAT Set Oven Temperature.

PAUSE BETWEEN STAGES

Some recipes require stirring, turning and adding or removing of foods between stages. To set the oven to stop between stages, touch PAUSE rather than MEMORY/RECALL when setting the oven. After the pause, to restart the oven, touch START.

REGULAR TIMER

Your Oven also has a timer that can be used for non-cooking functions. When used as a regular timer, the Oven is not running, the timer is simply counting down.

For detailed instructions on using this timer, see below.

To use the Regular Timer feature:

1. Touch CLEAR.
2. Touch MICRO TIME.
3. Touch numbers for the time.
4. Touch MICRO CONTROL.
5. Touch "0" (power level 0).
6. Touch START. The time will begin counting down in the display window with no cooking or heating in the oven.
A tone will sound and the word "End" will show in the display window for 2 seconds when the time is over.

“HOLD WARM”

Your oven has “Hold Warm” feature that keeps the food warm after the cooking is done.

To use the “Hold Warm” feature:

1. Touch CLEAR.
2. Set the desired cooking cycle following suitable operating instructions on pages 19 through 54 in this manual.
3. Touch HOLD WARM.
4. Touch START.

When the cooking is over, the oven will switch into “Hold Warm” to keep the food warm. “Hold” will show in the Display Window. The cook control setting changes to Power Level 1.

The “Hold Warm” will continue for up to 100 minutes or until the door has been opened or STOP has been touched.

If you want to keep your cooked food warm, the “Hold Warm” feature can be used independently without setting the cooking cycle.

To use the “Hold Warm” feature independently:

1. Touch CLEAR.
2. Touch HOLD WARM.
3. Touch START.

The oven will begin to keep the food warm with microwave power level 1 for up to 100 minutes or until the door has been opened or STOP has been touched.

NOTE: Do not use metal utensils when operating with “Hold Warm” feature since arcing may happen and damage to the oven may result.

MICROWAVE

“HI-POWER” COOKING

1. Touch CLEAR, and a beep tone will be heard. The CLEAR erases all previous settings.
2. Touch MICRO TIME. Lights above TIME and MICRO, below STAGE 1 will go on. (“0” will show in the Display Window.)
3. Touch Numbers for Cooking Time.
Set the cook time by touching the suitable numbers on the Control Panel. For example, to set 30 seconds, you would touch “3” and then “0”. For 3 minutes, touch “3” and then touch “0” twice. For 3-1/2 minutes, touch “3”, “3” and “0”. (Note: Remember, the timer is a digital clock that is divided into 60 seconds. So 1/2 minute is equal to 30 seconds. Touch 30 not 50 as with a calculator.) The time set will show in the Display Window at the top of the Control Panel.

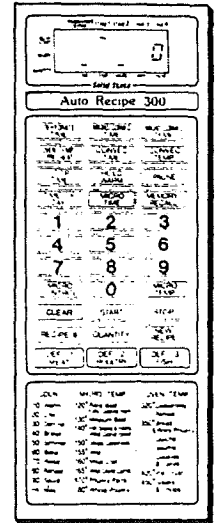
NOTE: It is not needed to touch MICRO CONTROL when cooking with highest power (“HI”). However, if MICRO CONTROL is touched, the word “HI” will show in the Display Window. This is to tell you that the oven will be running on “HI” power unless a different power setting is chosen.

4. Touch START. The oven will begin cooking, and the Display Window will show the time counting down in seconds.
A tone will sound and the word “End” will show in the display window for two seconds when the cooking time is completed. Then the oven will shut itself off.

NOTE: To stir food during cooking: open the oven door: stir or turn the food; close the oven door; and touch START. The oven will automatically continue to count down the amount of time left on the timer.

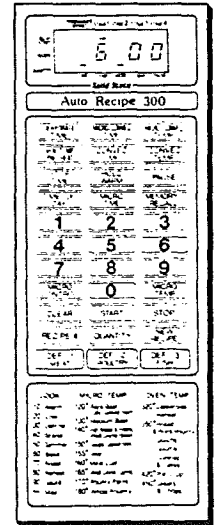
Example: Fresh fish can be quick-cooked on “HI” (max power) for 6 minutes. Here is the procedure:

1. Touch CLEAR.
2. Touch MICRO TIME.



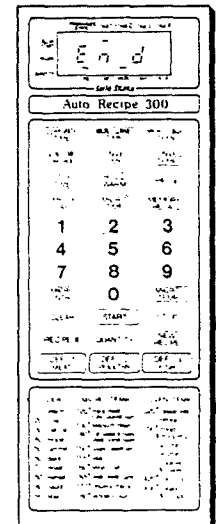
3. Set 6 minutes by touching “6”, then “0” twice. “600” will show in the Display Window.

6 0 0



4. Touch START. The oven will begin to cook and the time will begin to count down in the display window. A tone will sound and the word “End” will show in the display window for 2 seconds when the 6 minutes are over. Then the oven will shut itself off.

NOTE: If you want to keep the food warm after finishing the set cooking, you can use “Hold Warm” feature. For detailed instructions on using “Hold Warm” feature, See page 18.



MICROWAVE

COOKING GUIDE FOR “MULTI-POWER” SETTINGS

The “Multi-Power” feature lets you cook at the best power level for the food being cooked. Cooking directions can be found in the cookbook.

POWER LEVEL	POWER SETTINGS	EXAMPLES
10	WARM	<ul style="list-style-type: none">• Softening cream cheese.• Keeping casseroles and main dishes warm.
20	LOW	<ul style="list-style-type: none">• Softening chocolate.• Heating breads, rolls, pancakes, tacos, tortillas and French toast.• Clarifying butter.• Taking the chill out of fruit.• Heating small amounts of food.
30	DEFROST MED LOW	<ul style="list-style-type: none">• Thawing meat, poultry and seafood.• Completing the cooking cycle of casseroles, stews and some sauces.• Cooking small quantities of most food.
40	BRAISE	<ul style="list-style-type: none">• Cooking less tender cuts of meat in liquid or slow cooking dishes.• Completing the cooking cycle of less tender roasts.
50	SIMMER	<ul style="list-style-type: none">• Cooking stews and soups after bringing to a boil.• Cooking baked custards and pasta.
60	BAKE	<ul style="list-style-type: none">• Cooking scrambled eggs.• Cooking cakes.
70	ROAST MED HIGH	<ul style="list-style-type: none">• Cooking rump roast, ham, veal, and lamb.• Cooking cheese dishes.• Cooking eggs and milk.• Cooking quick breads and cereal products.
80	REHEAT	<ul style="list-style-type: none">• Reheating precooked or prepared food quickly.• Heating sandwiches.
90	SAUTÉ	<ul style="list-style-type: none">• Cooking onions, celery and green peppers quickly.• Reheating meat slices quickly.
100	MAX POWER HIGH	<ul style="list-style-type: none">• Cooking tender cuts of meat.• Cooking poultry, fish, vegetables and most casseroles.• Preheating the browning dish.• Boiling water.• Thickening some sauces.

As you get to know your microwave oven, you may find that a particular setting is too low or too high for the results you desire.

Multiple-power control gives you the means to obtain greater precision in setting power levels. For instance, if you want a power level between ROAST and REHEAT, you would set the time as usual: touch COOK CONTROL, and then touch “7” and “5”. The display window will show “75”, indicating that your oven is set to run at power level 75 — halfway between ROAST and REHEAT.

MICROWAVE

“MULTI-POWER” COOKING

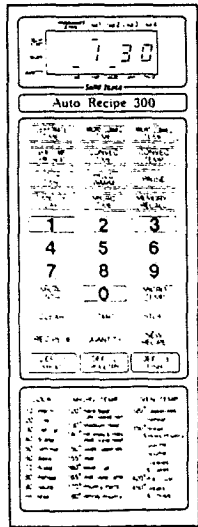
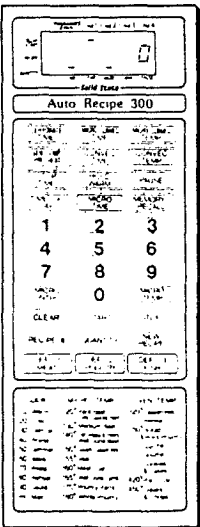
Many foods need slower cooking (at less than full power) in order to give you the best results. In addition to “HI” there are ninety-nine multi-power settings. The cookbook tells you which power setting is recommended for the food being cooked.

To Cook with Multi-Power

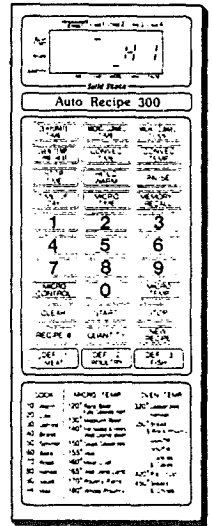
1. To CLEAR.
2. Touch MICRO TIME. The Lights above TIME and MICRO, below STAGE 1 will go on. (“0” will show in the Display Window.)
3. Touch Numbers for Cooking Time. Set the cook time by touching the suitable numbers. The time set will show in the Display Window.
4. Touch MICRO CONTROL. The word “HI” will show in the Display Window until a lower power setting is entered. This tells that the Oven will always run at highest power unless a lower power is set.
5. Touch Numbers for Cooking Power level. Choose the cook control setting desired and touch numbers corresponding to it. For example, if the recipe calls for cooking at the 20 (LOW) setting, you would touch “2” then “0” (the number that is next to LOW on the Cook Guide). When you touch “20”, the Display Window will read “20”. This means that in the LOW setting, the Oven is at power level 20.
6. Touch START. The oven begins to cook and the display window will show the time counting down. A tone will sound and the word “End” will show in the display window for two seconds when the cooking time is completed. Then the oven will shut itself off.

EXAMPLE: To warm 6 doughnuts, you would cook at power level 80 or “80 (REHEAT)” for 1-1/2 minutes. To do this, follow these six steps:

1. Touch CLEAR.
2. Touch MICRO TIME.
3. Set 1-1/2 minutes by touching “1” then “3”, and then “0”. “130” will show in the Display Window.

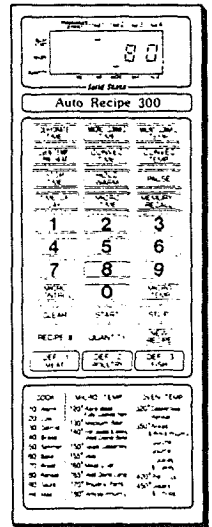


4. Touch MICRO CONTROL. “HI” will show in the Display Window.



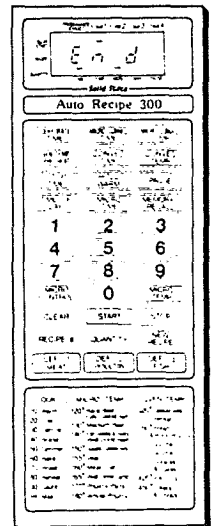
5. Choose the 80 (REHEAT) setting by touching the number “8” then “0” (the number next to REHEAT on the Cook Guide). The Display Window will read “80”, meaning the Oven is at an power level 80.

8 0



6. Touch START. The oven begins to cook and the time will begin to count down in the display window. A tone will sound and the word “End” will show in the display window for 2 seconds when the 1-1/2 minutes are over. Then the oven will shut itself off.

NOTE: If you want to keep the food warm after finishing the set cooking, you can use “Hold Warm” feature. For detailed instructions on using “Hold Warm” feature, See page 18.



“TEMPERATURE CONTROLLED” COOKING

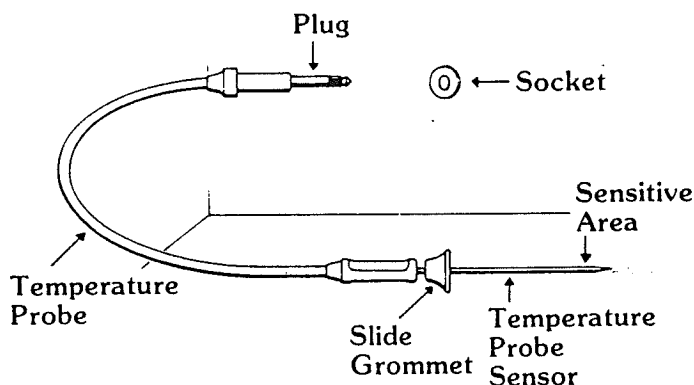
The temperature probe is used to judge doneness when cooking or reheating food. Set the desired food temperature with the MICRO TEMP and the desired power level with the MICRO CONTROL. When “Hold Warm” is set, after completing the set cooking the oven will hold the food warm up to 100 minutes.

TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperatures from 90°F to 200°F can be chosen and set in the oven. The temperature should be set in one-degree increments.

The display window will show the rise in food temperature in one-degree increments.

The display window will not accurately show food temperature below 90°F.



DEFINITIONS

TEMPERATURE PROBE SENSOR: The pointed metal portion of the probe which is placed into the food.

SENSITIVE AREA OF SENSOR: The first inch, or tip, of the temperature probe sensor.

PLUG: The end of the temperature probe that is plugged into the oven socket.

SOCKET: The outlet on the side of the oven wall.

CAUTION: Do not plug the pointed end of the temperature probe into the socket.

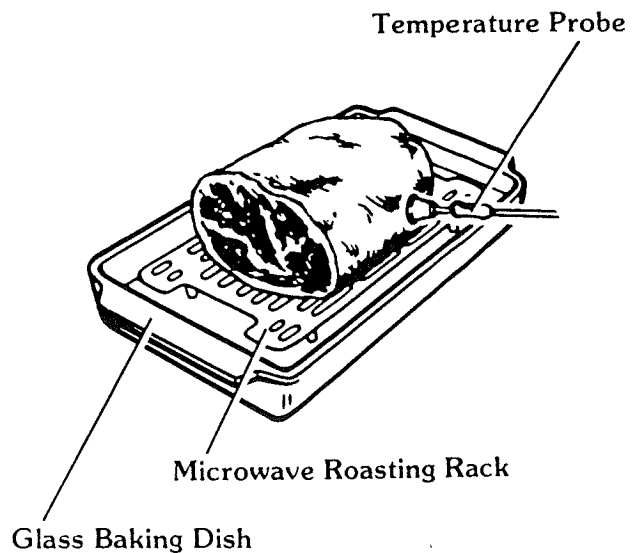
SLIDE GROMMET: Adjust the length of the temperature probe by sliding the grommet before inserting it into food so that the sensitive area of the probe can always be placed in the center of the food.

DISPLAY WINDOW: Shows the cooking temperature rising as the food is cooking. Chosen temperature may be seen during cooking by touching MICRO TEMP. When “Hold Warm” is set, after completing the set cooking the Display will show “Hold” for 100 minutes or until the door is opened or STOP is touched.

MEATS

- Choose only fresh, completely thawed meat.
- Place meat fat side down on the microwave roasting rack in a glass baking dish.
- Microwave cook on the first “multi-power” setting for half of the total cooking time. (See “Temperature Controlled” Meat Cooking Guide on Page 23.)
- Turn meat to fat side up and:
 1. Place the temperature probe sensor into the meat with the first inch of the sensor in the center of the meat. The sensor should not touch the bone or fat pocket. The sensor should be put in from the side or from the front — it should not be put in from the top of the meat.
 2. Plug the temperature probe into the socket on the side of the oven wall.
 3. Choose the doneness temperature from the chart on Page 23. Set the temperature with the MICRO TEMP.
 4. Microwave cook the meat on the second “multi-power” setting. The microwave oven will turn itself off when the preset temperature is reached. Take the food out of the oven as soon as the display window shows “End”.
 5. Remove the temperature sensor. Let the meat stand, covered with foil for about 10 minutes before serving. The temperature will rise about 15°F during standing time.

NOTE: It is normal for meats to become slightly overcooked in a small circular area in the immediate vicinity of the hole made by the meat probe.



MICROWAVE

“TEMPERATURE CONTROL” POINTS TO REMEMBER

DO

- Place the temperature probe sensor into the thickest part of the meat or in the center of the food to be reheated. Avoid touching bone or fat.
- Check that the first inch of the sensor is in the densest part of the food to be cooked.
- Remove the temperature probe from the oven after use.
- Be sure to turn meat between first and second settings.
- Refer to cookbook for other information.

DO NOT

- Do not operate the oven with the temperature probe plugged in while it is empty.
- Do not leave the temperature probe unplugged in the cavity when operating the oven.
- Do not let the temperature probe touch the side walls, glass tray or door of the cavity when in use.
- Do not plug the pointed end of the temperature probe into the socket inside the cavity.
- Do not use the temperature probe in a regular oven. This probe is designed for micro/convec oven only.

“TEMPERATURE CONTROLLED” MEAT COOKING GUIDE

Refer to “Meats” section on Page 22.

MEAT	FIRST SETTING AND TIME	SECOND SETTING AND TIME	TEMPERATURE PROBE AND COOK CONTROL SETTING	STANDING TIME
BEEF Meat Loaf 2 lbs.	HI (Max. Power) 12—14 min.		HI (Max. Power) 160°F	5—10 min.
Rib Roast, boneless	HI (Max. Power) Rare 4—5 min. per lb. Medium 5—6 min. per lb. Well done 6—7 min. per lb.	70 (Roast) Rare 3—4 min. per lb. Medium 5—6 min. per lb. Well done 6—7 min. per lb.	70 (Roast) 120°F 130°F 140°F	10 min. 10 min. 10 min.
Rib Roast, with bone	HI (Max. Power) Rare 3—4 min. per lb. Medium 4—5 min. per lb. Well done 5—6 min. per lb.	70 (Roast) Rare 3—4 min. per lb. Medium 3—5 min. per lb. Well done 5—6 min. per lb.	70 (Roast) 120°F 130°F 140°F	10 min. 10 min. 10 min.
LAMB Lamb Leg or Shoulder Roast, with bone	70 (Roast) Medium 4—5 min. per lb. Well done 5—6 min. per lb.	70 (Roast) Medium 4—5 min. per lb. Well done 5—6 min. per lb.	70 (Roast) 145°F 165°F	5 min. 10 min.
Lamb Roast, Boneless	70 (Roast) 5—6 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 155°F	10 min.
VEAL Shoulder or Rump Roast, boneless 2—5 lbs.	70 (Roast) 9 min. per lb.	70 (Roast) 9—10 min. per lb.	70 (Roast) 155°F	10 min.
PORK Pork Loin Roast, boneless 3—5 lbs.	HI (Max. Power) 6 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 160°F	10 min.
Pork Loin, center cut 4—5 lbs.	HI (Max. Power) 5—6 min. per lb.	70 (Roast) 4—5 min. per lb.	70 (Roast) 160°F	10 min.
Ham, boneless, precooked	70 (Roast) 5—7 min. per lb.	70 (Roast) 5—7 min. per lb.	70 (Roast) 120°F	10 min.
Center Cut Ham Slice 1—1/2 lbs.	70 (Roast) 5 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 120°F	10 min.
Smoked Ham Shank	70 (Roast) 4—5 min. per lb.	70 (Roast) 4—5 min. per lb.	70 (Roast) 120°F	10 min.
Canned Ham 3 lbs.	70 (Roast) 5—6 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 120°F	10 min.
5 lbs.	70 (Roast) 4—5 min. per lb.	70 (Roast) 4—5 min. per lb.	70 (Roast) 120°F	10 min.

MICROWAVE

REHEATING FOODS

- Place the temperature probe sensor into the food to be reheated with the first inch of the sensor in the center of the food.
- Plug the temperature probe into the socket on the side of the oven wall.
- Cover the food if desired.
- Set the temperature of the desired doneness. (See chart below.)
- Select "multi-power" setting as shown below.
- The microwave oven will stop cooking when the set temperature is reached.
- Remove the temperature probe from the oven after use.

"TEMPERATURE CONTROLLED" REHEATING GUIDE

FOOD	SETTING	DONENESS	INSTRUCTIONS
Beverages	HI (MAX POWER)	150°F	Place the temperature probe sensor in the center of the beverage glass.
Soups	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the soup. Cover with casserole lid, waxed paper, or plastic wrap.
Precooked Casseroles	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the food. Cover with a casserole lid, waxed paper, or plastic wrap.
Canned Vegetables	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Leftovers	80 (REHEAT)	150°F	Place the temperature probe sensor in the densest or largest amount of food.
Meat Sandwiches (Thick)	80 (REHEAT)	120°F	Place the temperature probe sensor into the thickest part of the sandwich to be warmed. The sensitive area of the sensor should be located in the sandwich filling.
Baked Foods	80 (REHEAT)	120°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Syrup	70 (ROAST)	150°F	Place the temperature probe sensor into the center of the container.

CAUTION: From time to time, the same kind of foods may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the temperature controlled settings for thin food

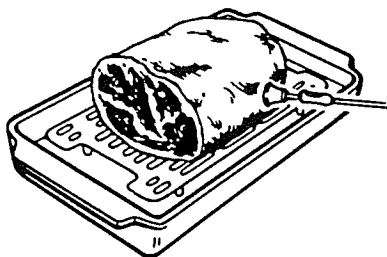
items or for foods that require tenderizing by simmering. Also, in some cases the microwave oven may shut off prematurely. This means that either the temperature probe is not placed properly or that it should not be used with this type of food.

MICROWAVE

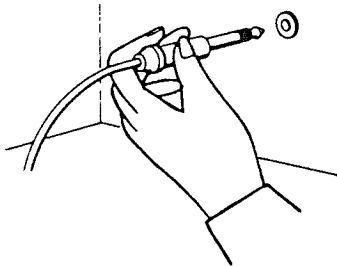
TEMPERATURE CONTROLLED "HI-POWER" COOKING

The "Temperature Controlled Meat Cooking Guide" and "Reheating Guide" on Pages 23 and 24 will show you which multi-power setting and doneness temperature are recommended for the food you are cooking. When cooking with the temperature control settings, the timer is not used.

1. Place the temperature probe into the food with the first inch of the sensor in the center of the food. Adjust the length of the temperature probe by sliding the grommet before inserting it into food so that the sensitive area of the probe can always be placed in the center of the meat. The probe should be in a level direction or on an angle as shown. *It should not be put in from the top.*



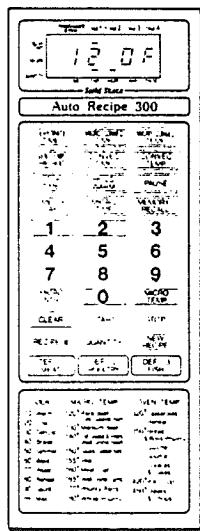
2. Plug the temperature probe into the socket on the side of the oven.



CAUTION: Do not plug the pointed end of the temperature probe into the socket.

3. Touch CLEAR.

4. Touch MICRO TEMP. The lights above TEMP and MICRO, below STAGE 1 will go on, and "F" will show in the display window.

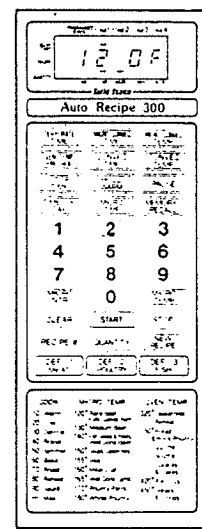


5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 120°F, you would touch the numbers "1", "2" and "0". When you touch "120" the display window will show "120F". If the temperature probe is not plugged into the socket, the probe light will flash and the oven will not work.

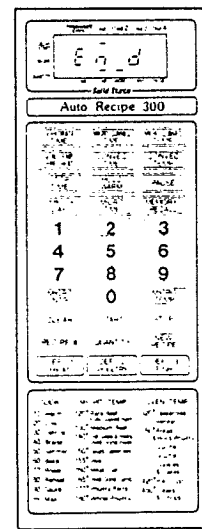
1 2 0

NOTE: It is not necessary to touch MICRO CONTROL when you are cooking with "HI (MAX POWER)". However, if you touch MICRO CONTROL the light above COOK will go on and the word "HI" will show in the display window. This is to remind you that the oven will work at "HI (MAX POWER)" unless a different power setting is chosen.

6. Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window.



7. A tone will sound and the word "End" will show in the Display Window for 2 seconds when the desired temperature is reached.



NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature. See page 18. The highest temperature that can be set is 200°F. The temperature is displayed in 1°F increments.

MICROWAVE

TEMPERATURE CONTROLLED "MULTI-POWER" COOKING

The "Temperature Controlled Meat Cooking Guide" and "Reheating Guide" on Pages 23 and 24 will show you which multi-power setting and temperature setting are recommended for the food you are cooking.

1. Place the temperature probe into the food with the first inch of the sensor in the center of the food. See step 1 on page 25.

2. Plug the temperature probe into the socket on the side of the oven. See step 2 on page 25.

CAUTION: Do not plug the pointed end of the temperature probe into the socket.

3. Touch CLEAR.

4. Touch MICRO TEMP. The Lights above TEMP and MICRO, below STAGE 1 will go on, and "F" will show in the display window.

5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 155°F, you would touch numbers "1" "5" and "5". When you touch "155", the display window will show "155F". If the temperature probe is not plugged into the socket, the probe light will flash and the oven will not work.

6. Touch MICRO CONTROL. The word "HI" will show in the display window until you enter a lower power setting. This is to remind you that the oven will always operate at full power unless you set a lower power.

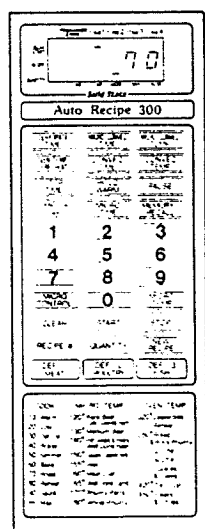
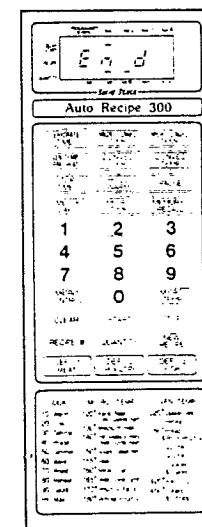
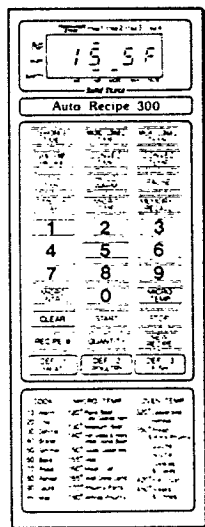
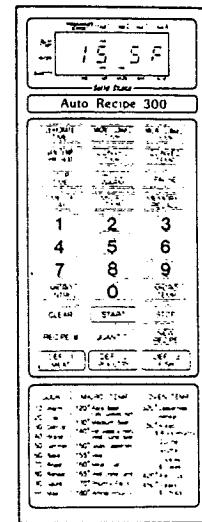
7. Choose the cook control setting you desire and touch the corresponding numbers. For example, if the recipe should call for cooking at the "70 (ROAST)" setting, you would touch numbers "7" and "0". When you touch "7" and "0", the display window will show "70". This means that in the "70 (ROAST)" setting, the oven is at power level 70.

8. Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window.

9. A tone will sound and the word "End" will show in the Display Window for 2 seconds when the desired temperature is reached.

NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature, See page 18.

The highest temperature that can be set is 200°F. The temperature is displayed in 1°F increments.



MICROWAVE

TWO, THREE OR FOUR-STAGE COOKING

Four-stage cooking lets you cook in four cooking stages each at a different power setting for a chosen time or temperature. Set all stages before cooking and start the oven. Simply follow these steps:

1. Touch CLEAR.
2. Touch MICRO TIME or MICRO TEMP. The lights above TIME or TEMP. above MICRO and below STAGE 1 will go on. The display window will show "0" or "F".
3. Touch the correct numbers for the time or temperature of the first cooking stage.
4. Touch MICRO CONTROL. Display Window will read "HI".
5. Touch the correct numbers for the cooking power level of the first cooking stage (if other than "HI").
6. Touch MEMORY/RECALL or PAUSE. The light below STAGE 2 will go on. The display window will show "0".
7. Touch MICRO TIME or MICRO TEMP.
8. Touch the correct numbers for the time or temperature of the second cooking stage.
9. Touch MICRO CONTROL. The display window will show "HI".
10. Touch the correct numbers for the cooking power level in the second cooking stage (if other than "HI").
- 11A. Touch START for two-stage cooking.
- 11B. If three-stage or four-stage cooking is desired, touch MEMORY/RECALL or PAUSE. The light below STAGE 3 will go on. The display window will show "0".
Repeat steps 7-10 above to set the third cooking stage at the same or a different power level for a chosen time or temperature.
- 12A. Touch START for three-stage cooking.
- 12B. If four-stage cooking is desired, touch MEMORY/RECALL or PAUSE. The light below STAGE 4 will go on. The display window will show "0".
Repeat steps 7-10 above to set the fourth cooking stage at the same or a different power level for a chosen time or temperature.
13. Touch START.

EXAMPLE: (Four-stage cooking)
All-American Meat Balls
(10 minutes, power level 70) (PAUSE)
(3 minutes, power level 70) (PAUSE)
(2 minutes, power level 70)
(MEMORY/RECALL)
(5 minutes, power level 0)

The following steps explain how to set the oven.

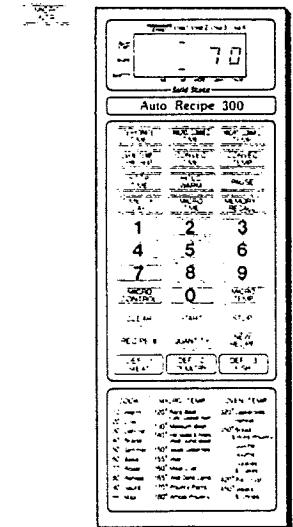
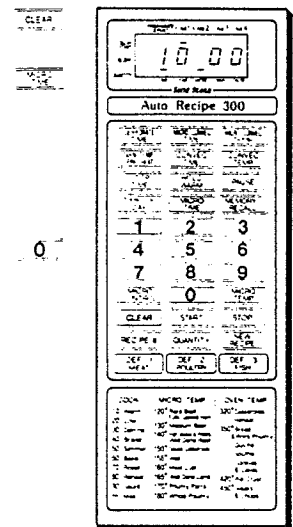
First Stage (10 minutes; power level 70).

1. Touch CLEAR.
2. Touch MICRO TIME.
3. Set 10 minutes by touching "1", "0", "0" and "0". "1000" will show in the display window.

1 0 0 0

4. Touch MICRO CONTROL. "HI" will show in the display window to remind you that the oven will operate at highest power unless you enter a lower power setting.

5. Touch numbers "7" and "0". "70" will show in the display window (indicating that you have set the oven to operate at power level 70).
The first stage has been set.



MICROWAVE

TWO, THREE OR FOUR-STAGE COOKING (Cont'd)

Second Stage (3 minutes; power level 70)

6. Touch PAUSE. The light below STAGE 2 will go on. The display window will show "0".

7. Touch MICRO TIME.

8. Set 3 minutes by touching "3", "0" and "0". "300" will show in the display window.

9. Touch MICRO CONTROL and numbers "7" and "0". "70" will show in the display window.

The second stage has been set.

Third Stage (2 minutes; power level 70)

10. Touch PAUSE. The light below STAGE 3 will go on. The display window will show "0".

11. Touch MICRO TIME.

12. Set 2 minutes by touching "2", "0" and "0". "200" will show in the display window.

13. Touch MICRO CONTROL and numbers "7" and "0". "70" will show in the display window.

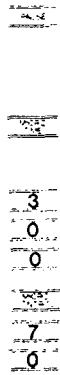
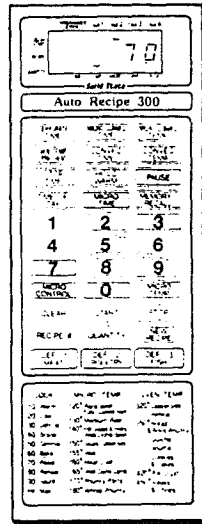
The third stage has been set.

Fourth Stage (5 minutes; power level 0)

14. Touch MEMORY/RECALL. The light below STAGE 4 will go on. The display window will show "0".

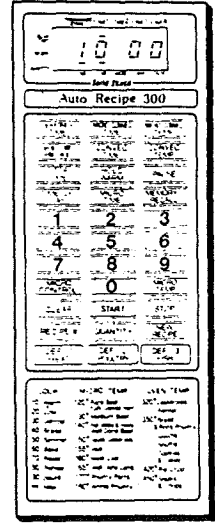
15. Touch MICRO TIME.

16. Set 5 minutes by touching "5", "0" and "0". "500" will show in the display window. The fourth stage has been set.



17. Touch MICRO CONTROL and number "0". "0" will show in the display window. The fourth stage has been set.

18. Touch START. The first stage will begin cooking. "1000" will show in the display window. The oven will begin to cook at power level 70 and the time will begin to count down in the display window. When the 10 minutes are over, a tone will sound and the oven will stop. "PAUSE" will show in the display window.

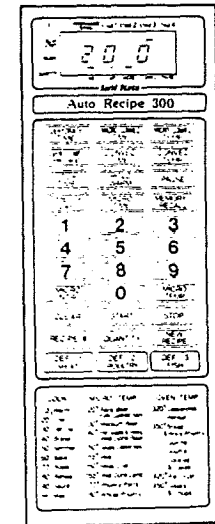
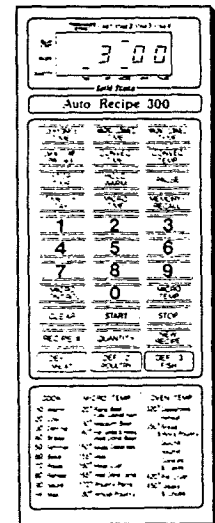


After the pause, to restart the oven, touch START for second cooking stage. "300" will show in the display window. The oven will begin to cook at "70" power level. When the 3 minutes are over, a tone will sound and the oven will stop. "PAUSE" will show in the display window.

After the pause, to restart the oven, touch START for third cooking stage. "200" will show in the display window. The oven will begin to cook at "70" power level. When 2 minutes are over, a tone will sound and the oven will change itself into the fourth stage. "500" will show the display window.

When 5 minutes as "Standing time" are over, a tone will sound and the word "End" will show in the display window for 2 seconds. The oven would have finished four stage.

NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature, See page 18.



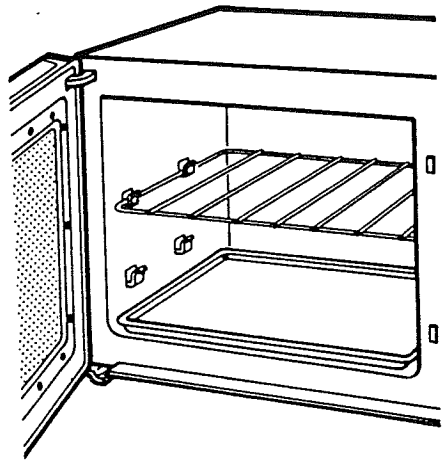
* "Standing time" allows the food to finish cooking and the heat to be uniform throughout. See the cookbook for detailed explanation.

WHOLE MEAL COOKING

(See Cookbook for detailed explanation)

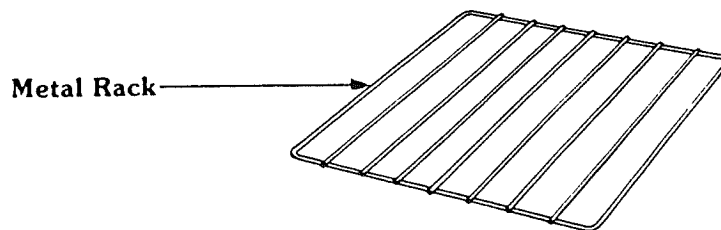
Whole Meal cooking lets you cook two or more different foods at the same time. Foods need not be placed in the oven at the same time, nor be removed at the same time, unless, needed. By using PAUSE rather than MEMORY/RECALL, the oven will stop between stages for time to add or remove food.

1. Place the Metal Rack in guides on the side wall of oven cavity.
2. Place food into the oven.
3. Set the oven following the instructions given in the cookbook.



METAL RACK

- Remove Metal Rack from oven when not being used for whole meal cooking.
- Do not run the oven empty with the Metal Rack in it.
- The Metal Rack may get hot during cooking. Pot holders may be needed to remove Rack after cooking.
- Do not use browning dishes on Metal Rack.
- Do not use foil or metal containers on the Metal Rack.



MICROWAVE

AUTOMATIC DEFROST

Three defrost courses are preset in the oven. The "Auto Defrost" feature provides you with the best defrosting method for frozen foods.

"Auto defrosting chart" on pages 31 through 33 will show you which defrost course is recommended for the food you are defrosting.

AUTO DEFROST COURSE LIST

COURSE #	FOOD CATEGORY	FOOD	BASE QUANTITY	BASE QUANTITY DEFROST TIME	MIN./MAX. FOOD
DEFROST 1 (DEF 1)	MEAT	Beef, Lamb, Pork, Veal, Variety meat	1 lb.	4 min.	0.1/9.9 lbs.
DEFROST 2 (DEF 2)	POULTRY	Chicken, Turkey, Duck, Cornish hens	1 lb.	5 min.	0.1/9.9 lbs.
DEFROST 3 (DEF 3)	FISH	Fish, Lobster, Crab, Shrimp	1 lb.	8 min.	0.1/9.9 lbs.

1. Touch CLEAR.
2. Touch an auto defrost course key DEF 1 (MEAT), DEF 2 (POULTRY) or DEF 3 (FISH) to select the appropriate defrosting course.
The light below PROGRAMMED DEFROST will go on and the auto defrost course# (dEF 1, dEF 2 or dEF 3) will show in the display window.
For example, when you touch "DEF 1 (MEAT)" to defrost ground beef, the word "dEF 1" shows in the display window.
3. Touch the number keys to enter the weight of your food by pound. For example, when you defrost 2 pounds ground beef, you would touch numbers "2" and "0". When you touch "2" and "0", the display window will show "2.0".

NOTE: It is not necessary to enter the food weight when you are defrosting one pound food. The "Auto Defrost" feature allows defrosting from 0.1 to 9.9 lbs. in increments of 0.1 lbs.

4. Touch START. The oven will begin defrosting and the display window will show the time counting down. A tone will sound and the word "End" will show in the display window for 2 seconds. Then the oven will shut itself off.

NOTE: If you plan to use additional cooking stages immediately following the Auto Defrost cycle, you must allow for standing time as recommended on the Auto Defrosting Charts on pages 31 through 33.

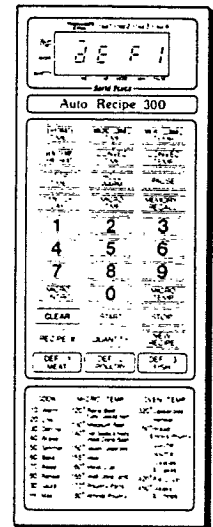
This can be accomplished as follows:

1. Touch DEF and enter weight of food.
2. Touch MEMORY RECALL.
3. Touch MICRO TIME.
4. Enter standing time per charts (pages 31 thru 33).
5. Touch MICRO CONTROL.
6. Enter "0".
7. Touch MEMORY RECALL.
8. Set the next cooking stage(s) per cookbook or USE and CARE INSTRUCTIONS.

The cooking process can be set for up to 5 stages when Auto Defrost is one of the stages.

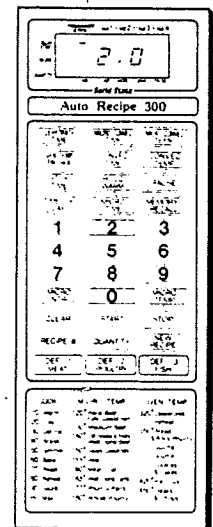
EXAMPLE: To defrost 2 pounds of Ground Beef

1. Touch CLEAR.
2. Touch "DEF 1 (Meat)".
The light below PROGRAMMED DEFROST will go on and "dEF 1" will show in the display window.



3. Enter the weight of the ground beef by touching "2" and then "0".
"2.0" will show in the display window.

2
0



4. Touch START.
Your oven calculates total defrosting time automatically. The total defrosting time will show in the display window. Then the oven will begin to defrost and the total defrosting time will begin to count down in the display window. A tone will sound and the word "End" will show in the display window for 2 seconds. Then the oven will shut itself off.

MICROWAVE

AUTO DEFROSTING CHART

This chart shows which defrost course is recommended for your foods and some special directions for use with the "Auto Defrost" feature.

AUTO DEFROSTING INSTRUCTIONS.

- For best results, remove fish/seafood meat/poultry from its original paper or plastic closed package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods which can cause the outer surface of the foods to cook.
- When it is difficult to remove the wrap from the foods, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Remove the foods from oven and remove the wrap from foods.
- Place foods in a flat glass baking dish or microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.

- For best results, turn foods over often as instructed by directions of "Auto Defrosting Chart". When the directions require "turn over once", half-way the total defrosting time turn foods over. When the directions require "turn over twice", turn foods over one-third and two-thirds of the total defrosting time. The defrosting time shows in the display window when START key is touched.
- The chart gives you standing times and standing techniques needed to complete the thawing process.

IMPORTANT NOTE: The defrosting power setting (power level 30 DEFROST) should not be confused with this "Auto Defrost" feature. The defrost cooking level is a low-energy setting used to cook foods that need slow, gentle cooking. Use the defrost cooking level to reheat many frozen convenience foods and also to defrost small bread items.

COURSE	FOOD	DIRECTIONS	STANDING TIME
DEFROST 1 (DEF1, MEAT)	BEEF Ground beef	Turn over once. Remove thawed portions with fork. Return remainder into oven to defrost. Turn over twice for large quantity.	10 min./lb.
	Pot roast, chuck	Use a microwave roasting rack. Turn over twice. Cover warm areas with aluminum foil.	5 min./lb.
	Rib roast, rolled	Use a microwave roasting rack. Turn over twice. Cover warm areas with aluminum foil.	10 min./lb.
	Rump roast	Use a microwave roasting rack. Turn over twice. Cover warm areas with aluminum foil.	10 min./lb.
	Round steak	Use a microwave roasting rack. Turn over once.	5 min./lb.
	Flank steak	Use a microwave roasting rack. Turn over once.	5 min./lb.
	Sirloin steak	Use a microwave roasting rack. Turn over once.	5 min./lb.
	Tenderloin steak	Use a microwave roasting rack. Turn over once.	5 min./lb.
	Stew beef	Turn over once. Separate.	5 min./lb.

MICROWAVE

AUTO DEFROSTING CHART (Cont'd)

COURSE	FOOD	DIRECTIONS	STANDING TIME
DEFROST 1 (DEF1, MEAT)	LAMB Cubed for stew	Turn over once. Separate.	5 min./lb.
	Ground lamb	Turn over once. Remove thawed portions with fork. Return remainder into oven to defrost.	10 min./lb.
	Chops 1 inch thick	Turn over twice.	5 min./lb.
	Leg	Turn over twice.	5 min./lb.
	PORK Chops 1/2 inch thick	Separate chops halfway through defrosting time.	5 min./lb.
	Spareribs Country-style ribs	Use a microwave roasting rack. Turn over once.	5 min./lb.
	Roast	Use a microwave roasting rack. Turn over twice. Cover warm areas with aluminum foil.	10 min./lb.
	Bacon	Use a microwave roasting rack. Defrost until strips separate.	5 min./lb.
	Sausage, bulk	Turn over once. Remove thawed portions with fork. Return remainder into oven to defrost.	5 min./lb.
	Sausage, links	Turn over once. Defrost until pieces can be separated.	5 min./lb.
	VEAL Roast	Use a microwave roasting rack. Turn over twice. Cover warm areas with aluminum foil.	10 min./lb.
	Chops 1/2 inch thick	Use a microwave roasting rack. Turn over once. Separate chops halfway through defrosting time.	5 min./lb.
	VARIETY MEAT Liver	Turn over once.	5 min./lb.
	Tongue	Turn over once.	5 min./lb.

MICROWAVE

AUTO DEFROSTING CHART (Cont'd)

COURSE	FOOD	DIRECTIONS	STANDING TIME
DEFROST 2 (DEF 2, POULTRY)	CHICKEN Whole	Use a microwave roasting rack. Turn over twice. Cover warm areas with aluminum foil.	10 min./lb.
	Cut up	Use a microwave roasting rack. Turn over twice. Separate pieces when partially thawed. Cover warm areas with aluminum foil.	5 min./lb.
	TURKEY Whole	Use a microwave roasting rack. Turn over four times. Cover warm areas with aluminum foil. Immerse in cold water for standing time.	10 min./lb.
	Breast	Use a microwave roasting rack. Turn over twice. Cover warm areas with aluminum foil.	5 min./lb.
	Drumsticks	Use a microwave roasting rack. Turn over once. Separate pieces when partially thawed.	5 min./lb.
	Roast, boneless	Use a microwave roasting rack. Remove from foil pan. Cover with waxed paper.	5 min./lb.
	CORNISH HENS Whole	Use a microwave roasting rack. Turn over once. Cover warm areas with aluminum foil. Immerse in cold water for standing time.	20 min.
DEFROST 3 (DEF 3, FISH)	FISH Fish fillets	Use a microwave roasting rack. Turn over once. Carefully separate fillets under cold water.	5 min.
	Fish steak	Use a microwave roasting rack. Turn over once. Carefully separate steaks under cold running water.	5 min.
	Whole fish	Use a microwave roasting rack. Should be icy when removed. Cover head and tail with aluminum foil. Turn over once.	5 min.
	SEAFOOD Lobster tails	Remove from package to baking dish.	5 min.
	Crab legs	Use a glass baking dish. Break the legs apart. Turn over once.	5 min.
	Crabmeat	Use a glass baking dish. Break apart. Turn over once.	5 min.
	Shrimp	Remove from package to dish. Spread loosely in baking dish and rearrange during thawing as necessary.	5 min.

CONVECTION COOKING

The convection cooking will be best used for items like souffles, breads, angel food cakes, pizza, and for broiling meat and fish.

No special techniques are required to adapt your favorite oven recipes to convection cooking, although you may need to use some lower temperature by 25°F ~ 35°F than in a conventional oven cooking. Because the convection cooking method is identical to a conventional oven except for increased efficiency of fan-circulated hot air.

When baking cakes, cookies, breads, rolls or other baked foods, some recipes occasionally call for preheating. Preheat the empty oven just as you do in the conventional oven. But heavier dense foods such as meats, casseroles, poultry can be started without preheating.

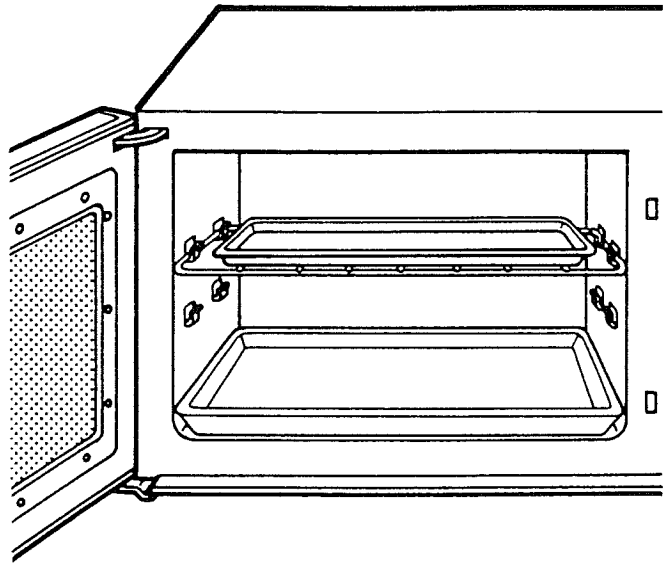
All heatproof cookware or metal utensils may be used in convection cooking.

BAKING PAN/METAL UTENSILS

Any baking pan less than 13" × 13" can be used with this oven.

The Baking Pan and metal utensils, should be placed on the Metal Rack as shown.

The Baking Pan and metal utensils should only be used for convection cooking. Never use for microwave or micro/convec cooking since arcing may happen and damage to the Oven may result.



CONVECTION COOKING WITH AUTOMATIC PRE-HEAT

An Automatic preheating temperature of 350°F for convection cooking has been factory set into the Oven. (See step 3 below.)

1. Touch CLEAR.

2. Touch OVEN TEMP/PRE-HEAT.

The Light below STAGE 1 will go on and "F" shows in the Display Window.

3. If you do not touch the numbers for the oven temperature, the Oven starts preheating to the 350°F when the START is touched.

If you want to preheat the Oven to the temperature other than the 350°F, touch the desired numbers, or example, to preheat the Oven to 400°F, touch 4, 0 and 0. The "400F" will show in the Display Window.

4. Touch PAUSE.

Light below STAGE 2 will go on and "0" shows in the Display Window.

5. Touch CONVEC TIME.

Lights above TIME and CONVEC will go on and "0" shows in the Display Window.

6. Set the convection cooking time by touching the corresponding Numbers as instructed in the Cookbook.

For example, set 45 minutes by touching the numbers for "4", "5", "0" and "0". "4500" then shows in the Display Window.

4 5 0 0

NOTE: During convection cooking, the Oven keeps the same temperature in Stage 2 as for preheating. If, however, Stage 3 is used, and a temperature other than 350° is desired, the Oven temperature must be set in Stage 3.

7. Touch START.

The oven is working when the oven light is on. Lights below STAGE 1, above PAUSE and CONVEC will go on, and "200F" is shown in the Display Window.

As the oven temperature rises above 200°F, the display temperature increases in 10°F (210F, 220F, 230F etc.). When the temperature in the oven reaches the preheat temperature, "350F" or the set temperature is displayed and a pulsating beep tone will sound to tell that the preheating is over.

8. **WARNING:** The temperature in the oven is quite high. Never touch the tray or flatware with bare hands. Open the door, the beep sound will stop and the temperature display will change to "PAUS".

Place the food inside the Oven as quickly as possible. While the door is open, the warmed air will escape from the Oven and the oven temperature will drop.

9. Touch START again.

The Oven restarts, the oven light and the lights below STAGE 2, above TIME and CONVEC are on. The "PAUS" display switches to the time display. The time in the Display Window counts down.

A tone will sound and the word "End" will show in the display window for 2 seconds when the 45 minutes are over.

Then the oven will shut itself off.

NOTES: To know the temperature of the Oven during cooking, touch OVEN TEMP/PRE-HEAT to get "350F" or the other set temperature in the Display Window.

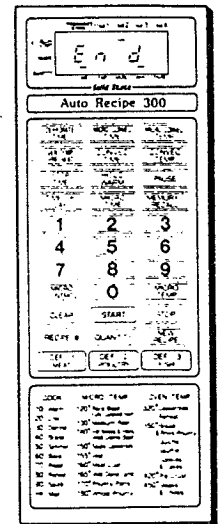
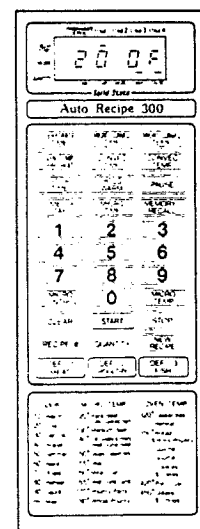
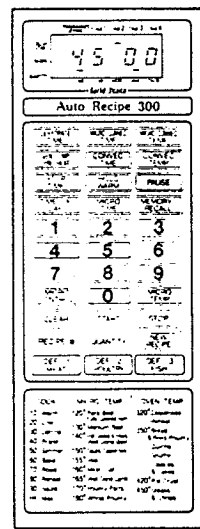
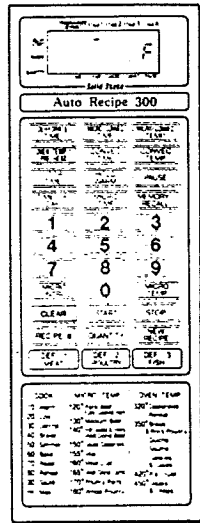
After preheating is over, the beep tone will last until either the door is opened or 30 minutes have elapsed. The oven temperature should be chosen in ten-degree increments.

For example, when a temperature of 368°F is set, you can enter the 368°F. The Oven will, however, stop at the temperature of 360°F, omitting the last digit 8°.

Avoid opening the door during the cooking often since the hot air will escape from the Oven and the oven temperature drops very quickly, adversely affecting the cooking results.

*Use Pot holders to remove the Metal Rack after cooking as the Rack may get hot during cooking.

NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. But metal utensils can not be used for "Hold Warm" operation since acring may happen and damage to the oven may result. For detailed instructions on using "Hold Warm" features, See page 18.



TEMPERATURE CONTROLLED COOKING GUIDE FOR CONVECTION COOKING

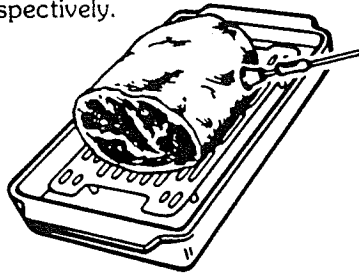
FOOD	OVEN TEMP	FIRST STAGE	SECOND STAGE	PROBE TEMP	SPECIAL NOTES
BEEF Meat Loaf 1-1/2—1-3/4 lbs.	400°F	25 min. rotate	25 min.	160°F	Let stand 5—10 min.
Ground beef patties, 1—4, 4 oz. each	450°F	Rare: 4 min. Med: 5 min. Well: 5 min.	3—4 min. 4 min. 5—6 min.		Preheat. Use broiling pan or aluminum tray. Let stand 10—15 min.
Beef rib roast, bone in, 5 lbs.	330°F	10—15 min. per lb. fat side down turn over	10—15 min. per lb.	Rare: 120°F Med: 130°F Well: 140°F	On ceramic tray. In glass or ceramic dish. Let stand 10—15 min.
Rib eye or strip steak	450°F	Rare: 4 min. Med: 5 min. Well: 6 min. turn over	4—5 min. 5—6 min. 6—7 min.		Upper guides. Preheat. Metal pan or foil tray Let stand 10—15 min.
LAMB Lamp leg or shoulder roast, bone in, 6-1/2 lbs.	330°F	15—20 min. per lb. fat side down turn over	15—20 min. per lb.	Rare: 145°F Med: 155°F Well: 165°F	On ceramic tray in glass or ceramic dish with trivet. Let stand 10—15 min.
Lamb chops, 3/4" thick	450°F	Rare: 4 min. Med: 5 min. Well: 7 min.	3—4 min. 4—5 min. 4—5 min.		Upper guides. Preheat. Metal pan or foil tray Let stand 10—15 min.
BAKERY Cake mix, 18 oz.	350°F	28 min.			10-cup bundt pan. Let stand 15 minutes.
Butterflake rolls, refrigerated, 8 oz.	350°F	10—12 min.			Upper guides. Preheat. 6-cup metal muffin pan.

TEMPERATURE PROBE CONVECTION COOKING

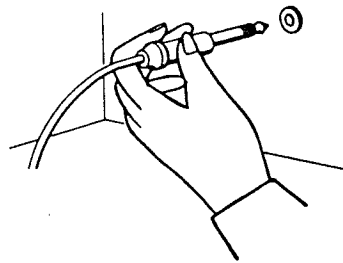
Before starting Temperature Probe Convection Cooking, choose the correct temperature by consulting with the "Temperature Controlled Cooking Guide" on page 36 and the "Oven Temperature Guide" on page 34 in this manual or in the Cookbook.

The following directions show "One-Stage Cooking" only. "Pre-heating" and "Four-Stage Cooking" can be set as the directions on pages 35 thru 42 respectively.

1. Put in the Temperature Probe food, with the first inch of the Sensor in center of food. Adjust the length of Temperature Probe by sliding the Grommet to the Sensitive Area of the Probe can always be placed in the center of meat. Probe should be in a level direction or on an angle as shown.

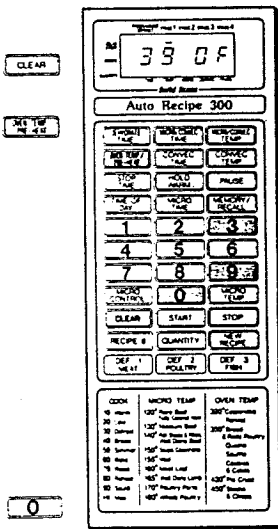


2. Plug Temperature Probe into socket on side of oven.



CAUTION: Do not plug the Pointed End of the Temperature Probe into the socket.

3. Touch CLEAR.

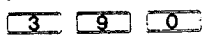


4. Touch OVEN TEMP/PRE-HEAT.

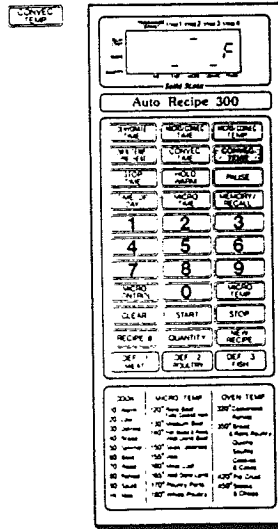
The Light below STAGE 1 will go on and "F" shows in the Display Window.

5. Set the oven temperature by touching the corresponding Numbers.

For example 390° is set by touching the numbers for "3", "9" and "0", "390F" then shows in the Display Window.



6. Touch CONVEC TEMP. Lights below STAGE 1, above TEMP and CONVEC will go on and "F" shows in the Display Window.



NOTES: The CONVEC TEMP means that the cooking is done by measuring and controlling the food temperature with the Temperature Probe.

The OVEN TEMP means that the cooking is done by measuring and controlling the oven room temperature.

7. Set the temperature for Temperature Probe by touching the corresponding Numbers.

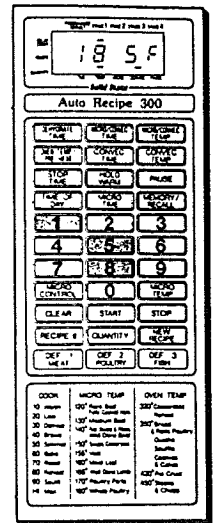
For instance, if 185°F is desired touch the numbers "1", "8" and "5".

"185F" then shows in the Display Window.



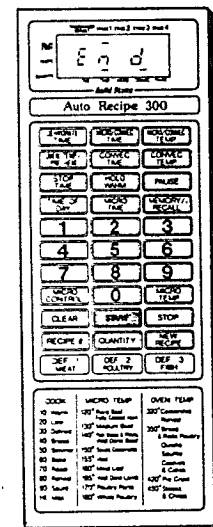
8. Touch START.

The Oven is working when the oven light is on, and the Lights below STAGE 1, above TEMP and CONVEC will go on. The temperature of the food will be shown in the Display Window. When the temperature of the food reaches 185°F while the oven temperature is programmed for 390°F, a tone will sound and the word "End" will show in the Display Window for 2 seconds and the cooking is over.



NOTES: See the explanation of "Temperature Controlled Cooking Guide" on page 36.

The oven temperature of 350°F is memorized in the Oven. This means that if the desired oven temperature is 350°F, you need not touch OVEN TEMP/PRE-HEAT or the Numbers. Skip steps 4 and 5.



Avoid opening the door during the cooking often since the hot air will escape from the Oven and the oven temperature drops very quickly, adversely affecting the cooking results.

*Use Pot holders to remove the Metal Rack after cooking as the Rack may get hot during cooking.

NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. But metal utensils can not be used for "Hold Warm" operation since acring may happen and damage to the oven may result. For detailed instructions on using "Hold Warm" features, See page 18.

MICRO/CONVEC COOKING

Cooking is done by both microwave and hot air. Micro/Convec cooking is fast and efficient. The following directions show "One-Stage Cooking" only. "Pre-heating" and "Four-Stage Cooking" can be set as the directions on pages 35 thru 42 respectively.

1. Touch CLEAR.

CLEAR

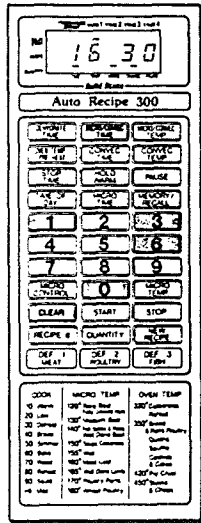
2. Touch MICRO/CONVEC TIME.

MICRO/CONVEC TIME

Lights below STAGE 1, above TIME and MICRO and CONVEC will go on, and "0" shows in the Display Window.

3. Set the desired cooking time by touching the corresponding Numbers. For example, to set 16 minutes and 30 seconds, touch numbers "1", "6", "3" and "0". "1630" then shows in the Display Window.

1 6 3 0



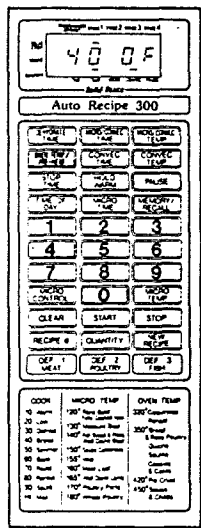
4. Touch OVEN TEMP/PRE-HEAT.

OVEN TEMP/PRE-HEAT

"F" shows in the Display Window.

5. Set the desired oven temperature by touching the corresponding Numbers. For example, 400°F is set by touching the numbers "4", "0", "0". "400F" will then show in the Display Window.

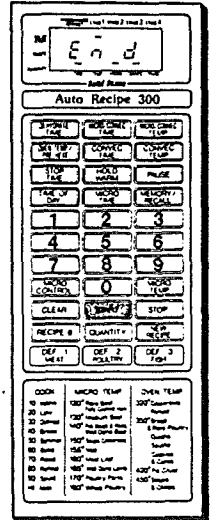
4 0 0



6. Touch START.

START

The Oven is working when the oven light is on and the time in the Display Window begins counting down. When the figure in the Display Window counts down to "0" while the oven temperature is programmed for 400°F a tone will sound and the word "End" will show in the Display Window for 2 seconds and the cooking is over.



NOTES: The oven temperature of 350°F is memorized in the Oven. This means that if the desired oven temperature is 350°F, you need not touch OVEN TEMP/PRE-HEAT or the Numbers.

Skip steps 4 and 5.

Avoid opening the door during the cooking often since the hot air will escape from the Oven and the oven temperature drops very quickly, adversely affecting the cooking results.

*Use Pot holders to remove the Metal Rack after cooking as the Rack may get hot during cooking.

NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. But metal utensils can not be used for "Hold Warm" operation since acring may happen and damage to the oven may result. For detailed instructions on using "Hold Warm" features, See page 18.

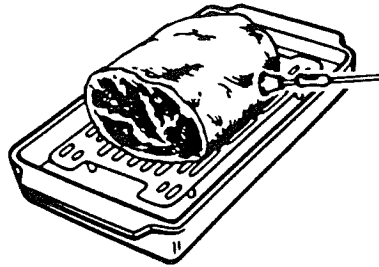
TEMPERATURE CONTROLLED COOKING GUIDE FOR MICRO/CONVEC COOKING

FOOD	OVEN TEMP	FIRST STAGE	SECOND STAGE	PROBE METHOD	SPECIAL NOTES
BEEF Meat Loaf 1-1/2—1-3/4 lbs.	400°F	25 min. roaste	5 min.	160°F	Let stand 5—10 min.
Beef rib roast, boneless	330°F	4 min per lb. turn over	4 min. per lb.	Rare: 120°F Med: 130°F	On ceramic tray in glass dish with trivet
Beef rib roast, bone in. 5 lbs.	330°F	4 min per lb. fat side down turn over	4 min. per lb.	Rare: 120°F Med: 130°F Well: 140°F	On ceramic tray. In glass or ceramic dish.
Beef round, rump, or chuck, boneless, 3 lbs.	330°F	15 min. per lb. turn over	15 min. per lb.	Med: 130°F Well: 140°F	On ceramic tray. Casserole with tight cover or cooking bag.
LAMB Lamb leg or shoulder roast, bone in. 6-1/2 lbs.	330°F	3 min. per lb. fat side down turn over	5—5-1/2 min. per lb.	Rare: 145°F Med: 155°F Well: 165°F	On ceramic tray in glass or ceramic dish with trivet.
Lamb roast, boneless, 3—4 lbs.	330°F	4 min. per lb. fat side down turn over	4—4-1/2 min. per lb.	150°F	On ceramic tray. Glass or ceramic dish with trivet.
VEAL Shoulder or rump roast, boneless, 3—3-1/2 lbs.	330°F	3—5 min. per lb. turn over	8—10 min. per lb.	155°F	On ceramic tray. Glass or ceramic dish with trivet.
PORK Pork loin roast, boneless, 4—5 lbs.	320°F	5—6 min. per lb. turn over	5—6 min. per lb.	165°F	On ceramic tray. Glass or ceramic baking dish.
Pork loin, center cut, 4—5 lbs.	320°F	5—6 min. per lb. turn over	5—6 min. per lb.	165°F	On ceramic tray. Glass or ceramic baking dish.

TEMPERATURE PROBE MICRO/CONVEC COOKING

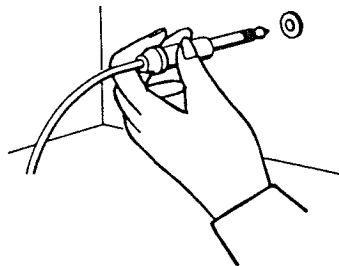
Consult the "Temperature controlled Cooking Guide" on page 39 before you start Temperature Probe Micro/Convec Cooking. The following directions show "One-Stage Cooking" only. "Pre-heating" and "Four-Stage Cooking" can be set as the directions on pages 35 thru 42 respectively.

1. Put in the Temperature Probe in food, with the first inch of the Sensor in center of food. Adjust the length of Temperature Probe by sliding the Grommet, so that the Sensitive Area of the Probe can always be placed in the center of meat. Probe should be in a level direction or on an angle as shown.



2. Plug Temperature Probe into socket on side of oven.

CAUTION: Do not plug the Pointed End of the Temperature Probe into the socket.



3. Touch CLEAR.

4. Touch OVEN TEMP/PRE-HEAT.

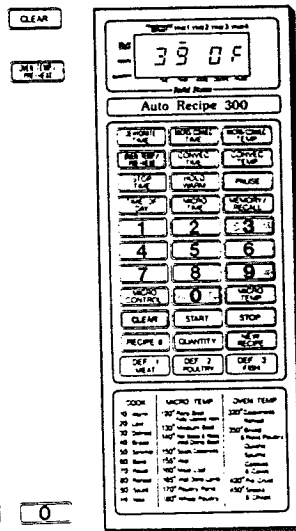
The Light below STAGE 1 will go on and "F" shows in the Display Window.

5. Set the oven temperature by touching the corresponding Numbers.

For example, set 390°F by touching numbers "3", "9" and "0".

"390F" then shows in the Display Window.

3 9 0



6. Touch MICRO CONVEC TEMP.

Lights below STAGE 1, above TEMP and MICRO and CONVEC will go on and "F" shows in the Display Window.

7. Set the desired temperature for Temperature Probe by touching the corresponding Numbers. If 185°F is desired, for example, touch numbers "1", "8" and "5". "185F" then shows in the Display Window.

1 8 5

8. Touch START.

The Oven is working when the oven light is on. Lights below STAGE 1, above TEMP and MICRO and CONVEC will go on and the food temperature is shown in the Display Window. When the temperature of the food reaches 185°F while the oven temperature is programmed for 390°F, a tone will sound and the word "End" will show in the display window for 2 seconds and the cooking is over.

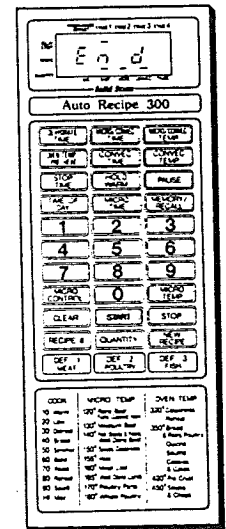
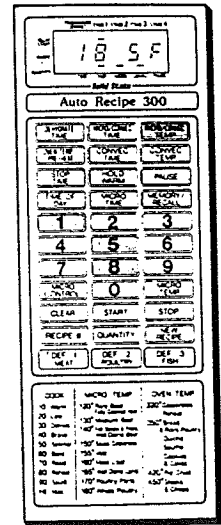
NOTES: The oven temperature of 350°F is memorized in the Oven. This means that if the desired oven temperature is 350°F, you need not touch OVEN TEMP PRE-HEAT or the Numbers. Skip steps 4 and 5.

Avoid opening the door during the cooking often since the hot air will escape from the Oven and the oven temperature drops very quickly, adversely affecting the cooking results.

*Use Pot holders to remove the Metal Rack after cooking as the Rack may get hot during cooking.

NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. But metal utensils can not be used for "Hold Warm" operation since acring may happen and damage to the oven may result.

For detailed instructions on using "Hold Warm" features, See page 18.



TWO, THREE OR FOUR-STAGE COOKING

In four-stage cooking, different modes of cooking can be combined for sequential cooking. To make Lemon Chiffon Cake, for example, Preheating in the 1st stage, Convection Cooking in the 2nd stage, Micro/Convec Cooking in the 3rd stage, and Microwave cooking in the 4th stage can be combined to get best cooking results.

First Stage

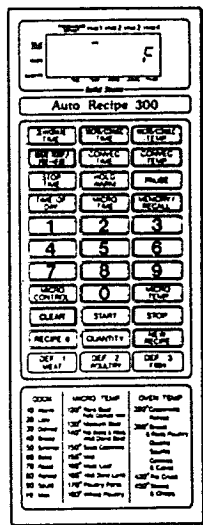
1. Touch CLEAR.

CLEAR

2. Touch OVEN TEMP/PRE-HEAT. Light below STAGE 1 will go on and "F" shows in the Display Window.

OVEN TEMP

NOTE: Since the oven temperature is 350°F in this case, the temperature need not be pre-set since this temperature is memorized in the Oven.



Third Stage

6. Touch MEMORY/RECALL. Light below STAGE 3 and "0" shows in the Display Window.

MEMORY/RECALL

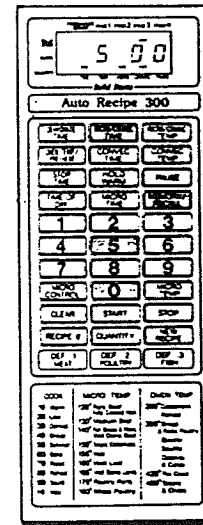
7. Touch MICRO/CONVEC TIME.

MICRO/CONVEC TIME

Lights above TIME, MICRO and CONVEC will go on and "0" shows in the Display Window.

8. Set the desired time for 3rd stage cooking, 5 minutes, by touching numbers "5", "0" and "0".

5 0 0



Second Stage

3. Touch PAUSE.

PAUSE

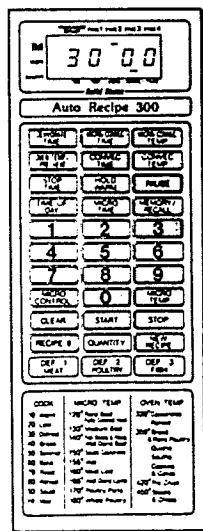
Light below STAGE 2 will go on and "0" shows in the Display Window.

4. Touch CONVEC TIME. Light below STAGE 2, TIME and CONVEC will go on and "0" shows in the Display Window.

CONVEC TIME

5. Set the desired time for 2nd stage cooking, 30 minutes, by touching numbers "3", "0", "0" and "0". "3000" then shows in the Display Window.

3 0 0 0



Fourth Stage

9. Touch MEMORY/RECALL. Light below STAGE 4 and "0" shows in the Display Window.

MEMORY/RECALL

10. Touch MICRO TIME, go on Lights above TIME and MICRO will go on and "0" shows in the Display Window.

MICRO TIME

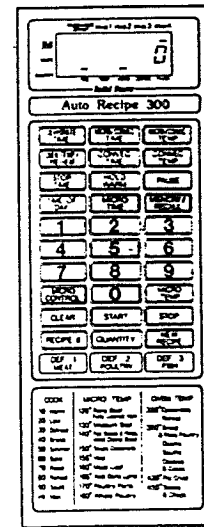
11. Set the desired time for 4th stage cooking, 5 minutes, by touching numbers "5", "0" and "0". "500" then shows in the Display Window.

5 0 0

12. Touch MICRO CONTROL and number "0". "0" will show in the display window.

MICRO CONTROL

0

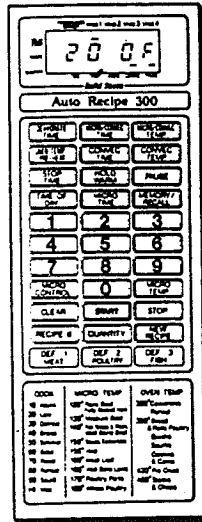


TWO, THREE OR FOUR-STAGE COOKING (Cont'd)

13. Touch START.

The Oven is working when the oven light is on. Lights below STAGE 1, above PAUSE and CONVEC will go on and the oven temperature is shown in the Display Window. As the oven temperature rises, the increasing temperature will be shown in the Display Window. When the temperature reaches 350°F, "350F" shows in the Display Window and a beep tone will sound to tell that the preheating time is over.

START



NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. But metal utensils can not be used for "Hold Warm" operation since arcing may happen and damage to the oven may result.

For detailed instructions on using "Hold Warm" features, See page 18.

When programmed defrost is used in the 1 stage, up to 5-stage cooking is possible.

*Use Pot holders to remove the food and/or the Metal Rack after cooking as the utensil and the Rack may get hot during cooking.

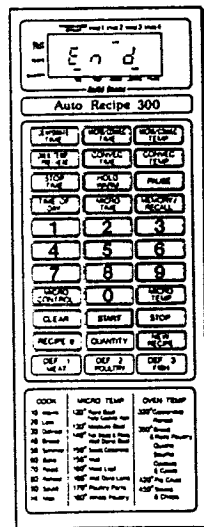
*"Standing time" allows the food to finish cooking and the heat to be uniform throughout. See the cookbook for detailed explanation.

14. The beep sound stops when the door is opened. Place the food in the Oven and close the door quickly. The "PAUS" shows in the Display Window.

15. Touch START.

The oven starts working when the oven light is on. Lights below STAGE 2, above TIME and CONVEC will go on and the figure in the Display Window counts to "0" and the 2nd cooking stage is over. The beep tone sounds as it advances to the 3rd stage of cooking. Lights below STAGE 3, above TIME and MICRO and CONVEC will go on and the figure in the Display Window counts to "0" and the 3rd stage of cooking is over. The beep tone sounds as it advances to the 4th stage of cooking. Lights below STAGE 4, above TIME and MICRO will go on and the figure in the Display Window starts counting down again. When 5 minutes as "Standing time" are over, a tone will sound and the word "End" will show in the display window for 2 seconds. The oven would have finished four stages.

START



DEHYDRATION COOKING

DEHYDRATION

Dehydrated foods require little storage space and no special containers. You can store them in tightly sealed plastic bags or any other clean, air-tight container. This makes them readily available as a source of food any time there is a need. Drying foods while they are in plentiful supply and less expensive is money saving. Not only does it save you money but gives a greater variety of foods all year round. For campers or hikers, it is a convenient way to take food for outdoor trail eating or camper cooking. Dried foods, properly stored, will keep up to a year.

WHAT TO DEHYDRATE?

Almost anything! Fruit can be used to make some of the fruit "leathers" that are such nutritious snacks. Apples, peaches, berries or any other seasonal fruit can be dried for year round snacking. Almost anything that suits your taste can be dehydrated. Vegetables can be dried and packed singly or in combinations to add to soups and stews. Use vegetables from your garden or from a local farm stand. Herbs from your garden should be dehydrated and packed singly or in combinations for spaghetti sauce, stews, chicken dishes. What a wonderful gift a jar of your own home grown and dried herbs would make! There are also craft items that can be dried. Flowers from your spring garden! The use of this feature in this oven is practically limitless. There is no mystery about drying foods. In fact most of us eat dried foods every day. Generally, pasta, beans, spices, raisins and even coffee are dried when you buy them.

GENERAL INSTRUCTIONS

Dry only good quality fruits and vegetables. If there is a blemish, it will appear in the finished product. The one exception to this is in making fruit leathers. Here you can cut away pieces of the fruit that are spoiled, use up fruits from the freezer that have overstayed their time, even canned fruits that have been around too long.

The thinner the slices, the faster the drying.

Place food one layer thick on the trays. Different kinds of foods can be dried at the same time, but it is wise not to mix onion and onion products with less pungent foods, such as fruits.

During the drying period, check food for doneness. When moisture appears on top of the food, blotting with a paper towel will speed dehydration. Timing will depend on the amount of moisture in the food. Removing moisture by pressing the food may shorten the drying time, but it will also remove natural vitamins in the moisture. It is best for this to remain in the food and dry out slowly for best quality of color and content.

Generally, vegetables are dried when they have become leathery or brittle. Fruits should be leathery and pliable and should not exhibit any moisture when squeezed. Meats will be dark in color when properly dried and from sharp points when bent. Herbs and leaf-type plants will become brittle and crumble easily when fully dried. It is better to overdry than to underdry.

Drying times on some products like apricots and grapes are quite long. If you wish to use these, use both racks for maximum results. If you wish to use the oven for some other cooking, remove the food on the drying racks to a place where they will be kept clean and away from moisture. When the other cooking is finished, allow the oven to return to low heat and continue the drying. Don't interrupt drying process for too long.

PREPARATION OF FRUITS AND VEGETABLES FOR DRYING

Fruits may or may not be treated with an ascorbic acid solution before drying. However, it will hold its color better if treated. If a fruit such as apples or bananas has a tendency to darken, dip it in a solution of 1 teaspoon ascorbic acid to 1 quart water. (Ascorbic acid, otherwise known as Vitamin C, can be purchased at drugstores or markets where freezing supplies are sold) If you prefer, you can brush the fruit with lemon juice. Some berries, such as blueberries, will dry faster if steamed just long enough to break the skin. Vegetables, with the exception of onions, garlic, peppers, tomatoes and mushrooms, should be blanched (see Blanching Guide on page in your Kenmore MICRO/CONVECTION Cookbook) before dehydration. Drain the blanched vegetables well and put on trays to dry. This blanching will stop enzymatic action and means that the dried vegetables will be of better quality and will keep longer.

DRYING HERBS

All herbs leaves should be dried on the stem, when possible. There is no special preparation, except if the herbs are dusty. Then they should be rinsed in cold water and dried well. Drying time will vary with amount of herbs and moisture. Herbs should be dried at a lower setting than the automatic Dehydration setting, which is 150°F. Dry at 120°F to preserve flavor oils and vitamins. Here is an example of how to program for a lower oven dehydration setting.

TO PROGRAM DEHYDRATION AT 120°F. For 1 Hour of dehydration.

1. Touch DEHYDRATE TIME.
2. Touch the numbers for "1", "0" and "0".
3. Touch OVEN TEMP/PRE-HEAT.
4. Touch the numbers for "1", "2" and "0".
5. Touch START.

The oven is now set to dehydrate for 1 hour at 120F degrees. You may adjust the dehydration oven setting from 100°F to 180°F at any time it is needed.

FRUIT LEATHERS

Fruit leathers are one of the most enjoyable things for snacking you can easily make. They are a combination of fruits, nuts, and if desired, honey or corn syrup to sweeten slightly. Most fruits have enough sugar to give enough sweetness to the leather. Try this with fruit leathers. Remove leather from plastic wrap and spread with soft cream cheese, then roll up and refrigerate. This can then be sliced crosswise to provide a delicious, wholesome snack, or hors d'oeuvre.

Fruit leathers can be a good way to use up fruit that may be a little too ripe for slicing uniformly or eating whole. Just use your imagination and use your own combinations of fruits. Not usually suitable, are grapefruit, lemons, persimmons.

TO PREPARE

Place chunks of fruit in a blender and puree the mixture. The fruit should be ripe. Underripe fruit will not improve with dehydrating. To yellow or light colored fruit add 1 tablespoon of lemon or lime juice for each quart of fruit.

Line tray with plastic wrap, tape it to all four sides with masking tape. Use about 2-1/2 cups of puree for a leather about 18" × 14" × 1/4". Pour the puree onto the prepared drying trays. Slightly tilt the tray to spread mixture evenly. Leave at least a 1" border to allow for spreading during drying. Dry until it feels leather-like and is pliable. There should be no sticky spots in the center.

It is easier to roll the leather while it is still warm. Remove while warm and roll it up. The Dehydration timing will vary. For best results begin testing for doneness after 4—5 hours. Leathers may take 6 hours. If you enjoy spices, you can add a pinch of spice or flavoring to the puree. Taste before adding too much. Spices and flavorings tend to concentrate when dried, use sparingly. . . you can always add more.

While leathers are still quite moist, you might like to sprinkle with shredded coconut, or chopped nuts and raisins. They will dry onto the leather and provide an attractive garnish as well as good taste.

BEEF JERKY

It is important in making beef jerky to select lean cuts of meat and to remove any fat around the edges. Flank steak, brisket, round steak, can all be used. For greatest tenderness, slice very thinly against the grain and cut into strips. Pieces of meat may be sprinkled with sea salt, according to individual taste, or marinating for several hours, then draining well, will add tenderness and flavor.

BEEF JERKY MARINADE RECIPE

Marinate for about 1-1/2 hours before drying. Blot dry on paper towels before Dehydrating.

EXAMPLE #1

2-1/2 Tablespoons soy sauce
1-1/2 Tablespoons white wine
1-1/2 Tablespoons Honey
2 Cloves minced garlic
1 teaspoon fresh ginger
1-1/2 teaspoons Sesame Oil
1/4 teaspoon Cayenne Pepper
Just a pinch — White pepper
Combine all ingredients, blend well.
Add sliced beef, stir once during marinating.

EXAMPLE #2

3 Tablespoons dry white wine
2 Tablespoons Soy sauce
2 Tablespoons Worcestershire Sauce
1 Tablespoon sugar
3/4 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon garlic powder
1/8 teaspoon Cayenne Pepper
Combine all ingredients, blend well.
Add sliced beef, stir once during marinating.

HOW TO STORE YOUR DEHYDRATED FOODS

Clean, airtight jars may be used for storing. Jars should be placed in a cool area and protected from light. Using plastic bags is also a convenient method. Since heat and light affect the quality and shelf-life of dried foods, these bags may be kept in cartons in a cool place. We suggest that you store your dried foods in the approximate size portions you will be using. This eliminates frequent exposure to air and the resultant absorption of moisture. Plastic ziploc bags available in different sizes are ideal for the purpose. Label all packages so you can identify the contents.

HOW TO USE DEHYDRATED FOODS

Uses for dehydrated foods can be as varied as the imagination of the cook. Most of the fruits you dehydrate are deliciously eaten just "as is" for snacks. This is also true of fruit leathers and beef-jerky. A wonderful substitute for "junk" foods for children. Banana slices, apple slices, cherries, pineapple, pears, apricots and peaches are all appetizing tidbits to eat.

Soak dried foods in water or juice and beat in a blender to make a nutritious drink.

Dried fruits may also be "rehydrated" by soaking in water or fruit juice and simmered by microwave to provide a delicious dessert or side dish. Instead of serving potato chips with dips, be different and serve dried cucumber chips. Sprinkle 1/8" slices with a little salt and dehydrate. Serve them for a different flavor with variety of dips.

Dehydrated soup ingredients can be heated with water on the microwave cycle. Dried vegetables can be added to stews and casseroles as needed. They may also be simmered in water until tender and served as you would a fresh vegetable.

ALL ABOUT TIMING

All suggested timing are approximate. It is not possible to be absolutely accurate in predicting the time to the minute for dehydration. It all depends upon the thickness of the food, the moisture content, and the quality of the food being dehydrated. It is always up to you. . . The Cook to determine when the trays should be removed. Two trays of apples which may have a suggested timing of 5—6 hours, when sliced in rings, may only take 4—4-1/2 hours when the rings are cut in half, and sliced a bit thinner.

For even results foods should be approximately the same size and thickness. If both racks are used, reverse rack position after half the predicted dehydration time.

Timings may change with even the same variety of foods used before. Look for the clues described in the dryness test and do taste. For chewy fruits, you may wish to use less time. Experiment for texture until you discover your taste for desired doneness. Above all, try whatever foods are in season and in abundance, since that is always the best time to "put away" foods. That is when flavors are at their best and the food least expensive. That is what dehydration is all about.

DEHYDRATION

DEHYDRATION CHART — SUGGESTED PREPARATION AND TIMING

FOOD	PREPARATION	PRETREATMENT	DRYING TIME (approximate)	DRYNESS TEST (when cool)	SPECIAL NOTES
FRUIT					
APPLES 3 pounds	Peel, core and slice 1/4 to 3/8" thick.	Dip in lemon juice — or soak 15—20 min. in solution of 6 cups water, 1 tsp Honey, 3 tsp Ascorbic Acid. Drain and dry.	4—4-1/2 hrs. (5—6 hrs. if in rings) Both racks	Leathery No moisture when cut and squeezed.	Sprinkle with cinnamon. Switch racks 1/2 way. By cutting apple slices in half you can shorten dehydration time.
APPLE LEATHER 5 Pippin apples 1-1/2 lbs Makes about 2-1/2 cups when pureed	Core & slice apples, place 2 tsp Ascorbic Acid in 6 cups water. Soak apples. Drain water. Cook covered Microwave on HIGH 10 min. Puree in blender. Add 1 tsp lemon juice and 1/4 tsp cinnamon.	Line tray with plastic wrap. Tape all four sides. Pour puree on plastic. Tilt to spread. Leave at least 1/2" border.	About 4 hrs.	Pliable and leathery.	1 rack-upper position. Roll while still warm.
BANANAS 3-1/2 lbs before peeling	Peel and slice 1/4 to 3/8" thick crosswise or lengthwise.	Dip in lemon juice — or soak 15—20 min. in solution of 6 cups water, 3 tsp Ascorbic Acid, and 2 tsp ground cinnamon (optional). Drain and dry.	5—5-1/2 hrs. Both racks	Pliable	Sprinkle with cinnamon or ground cloves. Top with finely chopped nuts or coconut. Switch racks 1/2 way. Drying will take 1/2 hr. more.
COCONUT 3-1/2 to 4 cups	Drain milk. Crack shell to remove meat. Trim dark outer skin. Grate or slice thin in processor.	None. Can be sprinkled with powdered sugar.	1-1/2—2 hrs. Both racks	Leathery to crisp.	Switch racks 1/2 way. Use in cakes, desserts, granola. Garnish fruit leathers, banana and apple slices. Use plastic wrap on rack if coconut is grated.
GRAPES 4 bunches	Tear off whole. Remove stems. Dip in boiling water 1—2 min. to "craze" the skins and eliminate natural wax. Drain and dry.	None.	5—6 hrs.	Leathery No pockets of moisture.	1 rack — upper position. Timing will be shorter with some varieties. Test for moisture.
PEARS 3 lbs	Peel, core and slice 1/4 to 3/8" thick.	Dip in lemon juice or in solution of 6 cups water, 3 tsp Ascorbic Acid, 1 tsp ground cloves (optional). Drain and dry.	4—5 hrs. Both racks	Pliable and leathery. No moisture when cut and squeezed.	Switch racks 1/2 way. Timing will increase if pears are thick and in quarters.
PEACHES 3 pounds	Peel, core and slice 3/8" thick.	Dip in lemon juice. Drain and dry.	5—6 hrs. Both racks	Pliable and leathery. No moisture.	Switch racks 1/2 way. By cutting peach slices 1/2 you can shorten time.
MEAT					
BEEF JERKY 2 lbs-round steak, Flank steak or brisket of beef	Trim all fat. Partially freeze, cut into long narrow strips-across the grain, no more than 1/4" thick.	Use marinade such as a prepared Teriyaki Sauce. Or marinade suggested ingredients for Beef Jerky.	3 hrs. Both racks	No moist spots. Will crack when bent, but not break.	Switch racks 1/2 way. Blot meat with towel to remove oil and moisture from surface.

DEHYDRATION

FOOD	PREPARATION	PRETREATMENT	DRYING TIME	DRYNESS TEST	SPECIAL NOTES
VEGETABLE					
CARROTS 3 pounds	Peel, slice 1/8—1/4" thick or cubed 3/8"	Blanch-See Chart Page 134. May soak in solution of 2 tsp Ascorbic Acid, 2 tbsl Corn starch and 4 cups water for 15 min.	2-1/2—3 hrs. Both racks	Very tough and leathery.	Switch racks 1/2 way. Turn pieces over at 1/2 way point to assure more uniform drying. But not req.
CORN-CUT-FROZEN 2 pounds	Rinse with cold water & drain well.	None.	1-1/2—2 hrs. Both racks	Dry and brittle	Switch racks 1/2 way.
CUCUMBERS 2—8"	Peel & slice 1/8"	Sprinkle with seasoned salt (Optional).	1-1/2—2 hrs. or until very brittle for chips. Both racks	Dry, brittle and crisp.	Switch racks 1/2 way. Seedless, or young cucumbers are best. Does not rehydrate well, use for chips, or sprinkle on salads and soups.
MUSHROOMS 1-1/2 pounds	Clean and trim woody pieces from stem. Slice lengthwise 1/4—3/8" thick.	None.	1-1/2—2 hrs. Both racks	Very dry and leathery.	Switch racks 1/2 way.
ONIONS 1-1/2 pounds	Remove root, trip top skin. Slice 1/8"—3/8" thick.	None.	1-1/2—3 hrs. at 140° Both racks	Very dry, but pliable. Feels like paper.	Switch racks 1/2 way. Dry to brittle to make flakes and powder.
PEACH LEATHER 1-1/4 lbs defrosted frozen peaches About 2-1/2 cups when pureed	Puree in blender. Add 1/4 cup apricot preserves, 1/8 tsp each cinnamon, cloves and ginger.	Line tray with plastic wrap. Tape all four sides. Pour puree on plastic. Tilt to spread. Leave at least 1/2" border.	About 4 hrs.	Pliable and leathery.	1 rack-upper position. Roll while still warm.
PARSLEY 1 bunch	Wash under cold water. Separate clusters. Discard long or tough stems.	None (pat dry after washing)	1-1/3 hrs. at 120° Both racks	Brittle, flaky	Switch racks 1/2 way.
PEAS 4 cups	Shell.	Blanch See Chart Page 134. Rinse with cold water.	2-1/2—3 hrs. Both racks	Brittle and wrinkled.	Switch racks 1/2 way.
PEPPERS GREEN or RED 4 medium	Cut in strips. Remove seeds and ribs (May cut in rings—will increase drying time).	None.	1-1/2—2 hrs. Both racks	Tough to brittle.	Switch racks 1/2 way. Make flakes for salads and soups.
PEPPERS CHILI	Wash. Dice or dry whole. Don't remove seeds.	None.	Diced, 1-1/2 hrs. Whole, 2—2-1/2 hrs. Both racks	Tough to brittle.	Switch racks 1/2 way. Wear gloves while handling hot peppers.
PUMPKIN 1 pound	Make pieces. Remove seeds. Cut slices 1/8" thick. Heat by microwave on HIGH until soft. Dry.	None.	3—3-1/2 hrs. Both racks	Dry and leathery.	Switch racks 1/2 way. Sprinkle with cinnamon if desired.
PUMPKIN LEATHER about 1-1/2 lb	Make pieces. Remove seeds. Heat by microwave on HIGH until soft. Scrape pulp from skin and puree in blender. Measure puree. Use 2—2-1/2 cups.	Line tray with plastic wrap. Tape all four sides. Pour puree on plastic. Tilt to spread. Leave at least 1/2" border.	4 hrs. or until ready.	Pliable and leathery.	1 rack-upper position. Roll while still warm.
TOMATOES 4 medium	Remove skins. Immerse in boiling water 30—45 sec, then in cold water. Remove stems. Slice 1/4" thick.	Dry well.	3—3-1/2 hrs. 1 or 2 racks as needed. Use upper rack for 1 rack.	3-1/2—4-1/2 hrs.	Switch racks 1/2 way. Chop in blender for salads or soups. Or use the same as steamed tomatoes.

DEHYDRATION COOKING TIME AND OVEN TEMPERATURE

The dehydration cooking time can be chosen and set up to 9 hours 99 minutes by touching DEHYDRATE TIME in the oven.

The dehydration cooking temperature from 100°F to 180°F with one-degree increment can be chosen and set if you want to adjust the dehydration oven temperature from preprogrammed temperature setting, 150°F.

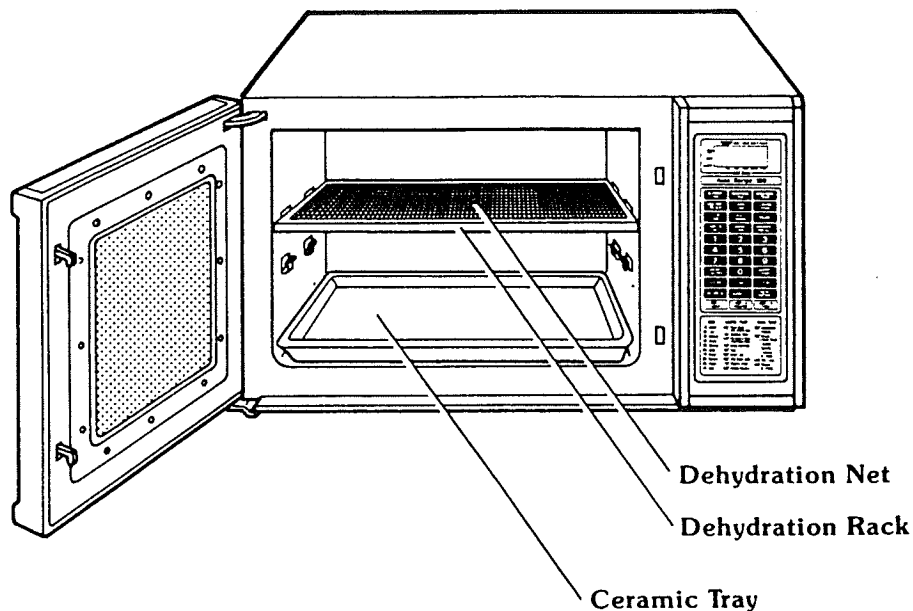
When START is touched, the Display Window flashes “ : ”. The Oven begins operating and show the time counting down by minutes.

DEHYDRATION RACKS AND NETS

Two sets of the Dehydration Rack and Net come with the oven. The Ceramic Tray should be placed with them in the Oven during the dehydration cooking as shown below.

Put the Dehydration Rack and Net in top guides if a single set of them is used.

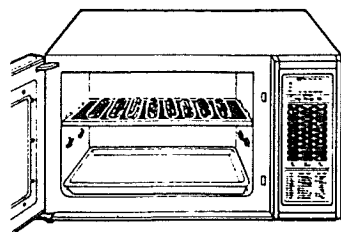
The Dehydration Rack and Net should be used for only dehydration cooking. Do not use them for microwave, micro/convec or convection cookings. It may cause them to melt or deform.



DEHYDRATION COOKING

Before starting Dehydration Cooking, choose a dehydration time by consulting with the "Dehydration Chart" on pages 46 and 47, and the instructions on pages 43 to 45 in this manual.

1. Place the Dehydration Net on the Dehydration Rack in the Oven and after putting food on it evenly as shown. If a single set of the Dehydration Rack and Net is used, it should be placed in top guides.



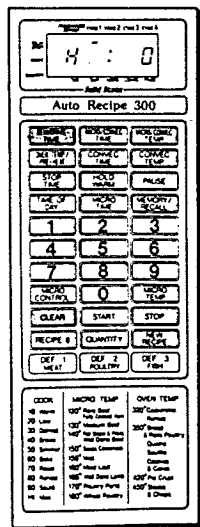
NOTE: The Dehydration Rack and the Dehydration Net should be used for only dehydration cooking.

Do not use them for microwave, micro/convec or convection cookings. It may cause them to melt or deform.

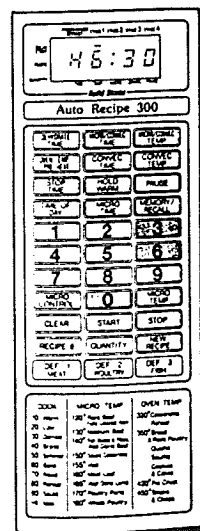
2. Touch CLEAR.



3. Touch DEHYDRATE TIME. The Light below STAGE 1 will go on and "H:0" shows in the Display Window.



4. Touch Numbers for the Dehydration Time following the instructions given in this manual. For example, if the dehydration time sets for 6 hours 30 minutes, you would touch numbers "6", "3" and "0". Then "H6:30" shows in the Display Window.

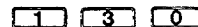


5. The dehydration oven temperature is set itself at 150°F unless a different temperature is chosen.

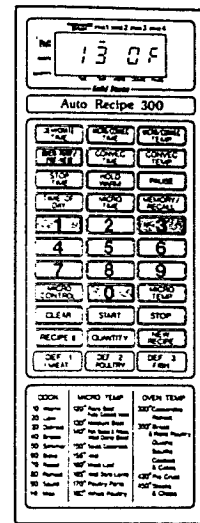


If you want to set the dehydration oven temperature at other than 150°F, touch OVEN TEMP PRE-HEAT and then touch the desired numbers. "F" shows in the Display Window and then the Display Window shows the chosen temperature.

For example, if the oven temperature is set at 130°, touch OVEN TEMP/PRE-HEAT and then touch "1" "3" and "0". The Display Window shows "130°F".



The dehydration oven temperature from 100°F to 180°F with one-degree increment setting can be chosen and set in the oven.



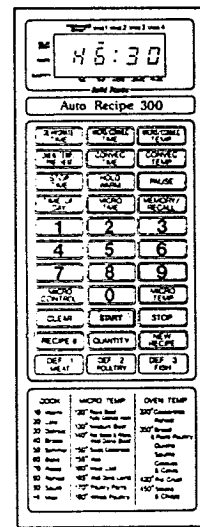
6. Touch START.



The Oven begins operating, and the Display Window will show the time counting down by minutes. A tone will sound for 2 seconds when the time is up. Then the Oven shuts itself off.

NOTE: If you set the dehydration oven temperature at other than from 100°F to 180°F, the Oven will not operate and the Display Window flashes the chosen temperature to tell that it is a wrong temperature for dehydration. The dehydration oven temperature must be chosen from 100°F to 180°F.

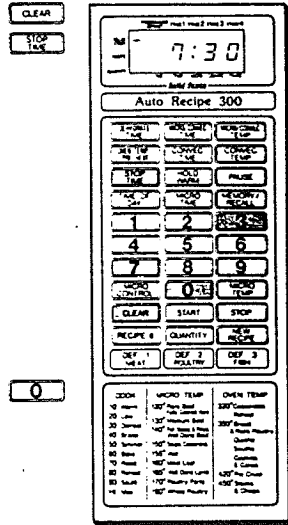
For dehydrating cooking, do not use Temperature probe. If Temperature probe is plugged into socket on side oven. "Prob" flashes in the Display Window.



DELAY START COOKING

Delay Start Cooking can be done by starting the cooking automatically and finishing at a presetting delay time for the chosen cooking time on Microwave. Micro/Convec and Convection or any combination cooking.

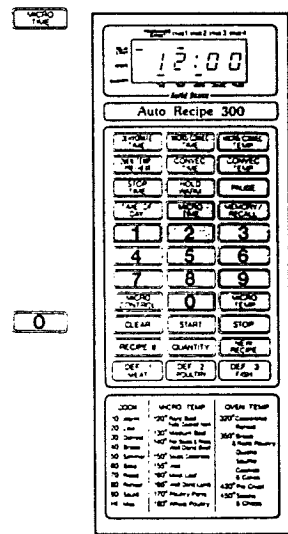
1. Touch CLEAR.
2. Touch STOP TIME.
Light below DELAY START goes on. Display Window will read "0:00".
3. Touch numbers for the Time of Day to finish cooking. For example, touch numbers "7", "3" then "0" for the cooking to be finished at "7:30", and "7:30" will show in the Display Window.



7 3 0

4. Touch MICRO TIME.
5. Touch numbers for Cooking Time.

For example, set 12 minutes by touching "1" then "2" then "0" twice. "200" will show in the display window.

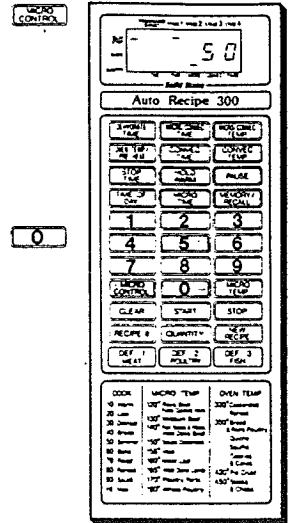


1 2 0 0

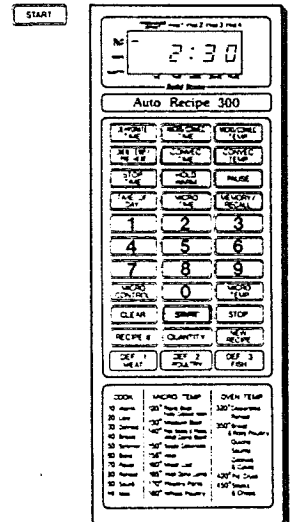
6. Touch MICRO CONTROL.
7. Touch numbers for Cooking Power level.

For example, touch numbers "5" then "0", "50" will show in the display window.

5 0



8. Touch START.
The Time of Day will show in the Display Window and Light below DELAY START goes on. As soon as the clock shows the Cook Start Time which has been subtracted from the Cook Finish Time, the Oven will start cooking and the cooking time counts down in the Display Window. When the Cook Finish Time (or "7:30") comes, the Oven will shut itself off.



NOTE: A preset delay time must be less than 12 hours.

* Four-Stage Cooking can be used with Delay Start. After step 3 above, follow instructions for Four-Stage Cooking beginning with step 2.

* The Delay Start Cooking is controlled by time. When Temperature Control Cooking is set in a stage. Cooking may be finished at the setting time with a slight time difference.

* Fresh food should not stand at room temperature over four hours prior to cooking.

The display shows the time of day. For example: a half past two.

PRESET RECIPE COOKING

Auto Recipe 300 plus 3 Customer Programmable Recipes

300 recipes shown in the cookbook have been stored in this oven. By touching the recipe number corresponding to preset recipe, cooking can be done. These 300 recipes have been preset, so you can not erase or substitute them.

You can program 3 more favorite recipes in Recipes #301-303. See page 54 in this manual for programming new recipes.

- To cook one of 303 preset recipes, simply following the steps below.

1. Touch CLEAR.
2. Touch RECIPE #.
"0" will show in the display window.
3. Touch the correct numbers of Recipe found in your Kenmore Microwave Cookbook.

EXAMPLE: If you cook "Hearty Cheese and Frank Soup of Recipe #25", touch "2" and then "5". The display window shows "25".

NOTE: When you touch the numbers of Recipe #301-303, the display window may flash, it means that no preset recipe has been stored in the oven for that recipe number.

4. Touch START.
The oven will begin cooking, and the display window will show the time counting down.

Some preset cookings of "AUTO RECIPE 300" can cook up to 4th stage.

NOTES:

- If "PAUSE" shows in the display window between stages, a special requirement (i.e. stirring, turning over, rotating and covering by following instructions in the cookbook) is needed.
- If "PAUSE" does not show in the display window, cooking in the stage cooking will start itself or the cooking has been completed.

EXAMPLE: Hearty Cheese and Frank Soup of Recipe #25.

The following program has been stored into the oven.
(Stage 1; HI, 4 minutes)
(PAUSE)
(Stage 2; HI, 4 minutes)
(PAUSE)
(Stage 3; HI, 10 minutes)
(PAUSE)
(Stage 50; 58-minutes)

1. Touch RECIPE #, "2" and "5".

The light at the right of RECIPE in the display window will go on, "25" will show in the display window.

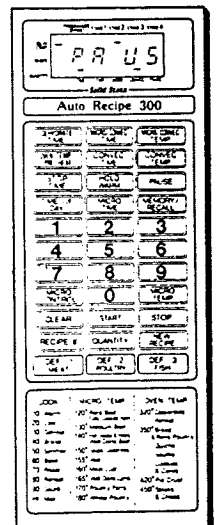
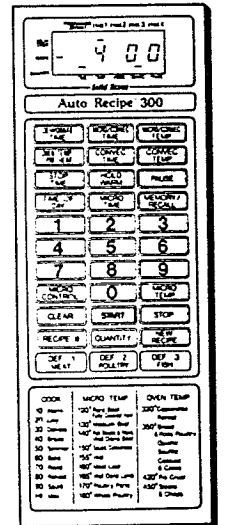
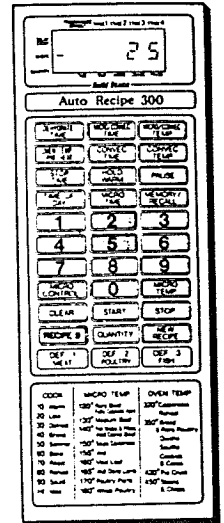
RECIPE # 2 5

2. Touch START.

The first stage will begin. The light below STAGE 1 will go on and "400" will show in the display window. The oven will begin to cook at "HI" power level and the time will begin to count down in the display window. When the 6 minutes are over, a tone will sound and the oven will stop.

3. "PAUSE" will show in the display window.

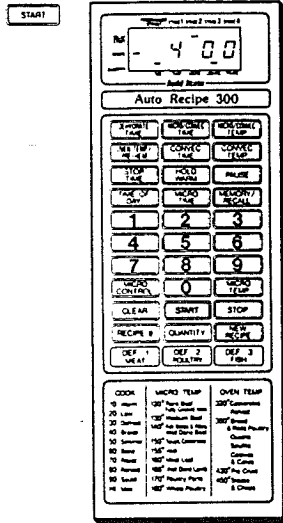
At pause, stir by following the instructions in the cookbook.



PRESET RECIPE COOKING (Cont'd)

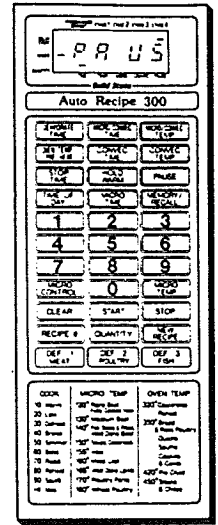
4. Touch START.

The second stage will begin. "400" will show in the display window. The oven will begin to cook at "HI" power level and the time will begin to count down in the display window. When the 6 minutes are over, a tone will sound and the oven will stop.



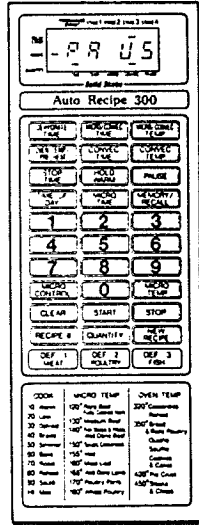
7. "PAUSE" will show in the display window.

At pause, stir in broth, wine, salt and pepper. Cover by following the instructions in the cookbook.



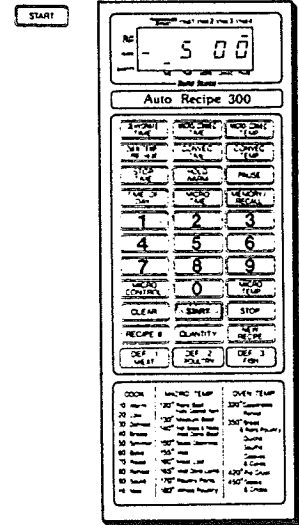
5. "PAUSE" will show in the display window.

At pause, add flour by following the instructions in the cookbook.



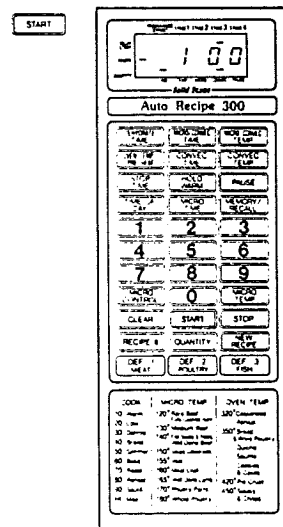
8. Touch START.

The fourth stage will begin. "500" will show in the display window. The oven will begin cooking. When the 5 minutes are over, a tone will sound and the word "End" will show in display window for 2 seconds and the oven will stop.



6. Touch START.

The third stage will begin. "1000" will show in the display window. The oven will begin cooking. When the 1 minute is over, a tone will sound and the oven will stop.



PRESET RECIPE COOKING (Cont'd)

Use of Quantity Key

- To increase Quantity of Preset Recipes

The times or temperature and power levels for the 300 preset recipe cooking can not be changed. However the amount of food cooked in some preset recipes can be increased up to 5.9 times the Base Quantity which is preset in the oven. The light at the right of QUANTITY will turn on to indicate that you can use the QUANTITY key for that particular recipe.

To increase the quantity in these recipes, follow the steps below:

1. Touch CLEAR.
2. Touch RECIPE #.
3. Touch Numbers for the Preset Recipe.
4. Touch QUANTITY.
The light at the right of QUANTITY and "00" will show in the Display Window.
5. Touch numbers for the multiplication factor.
To double the recipe, touch "2" and "0".
To triple the recipe, touch "3" and "0".
6. Touch START.

Example: To cook three hot dogs per Recipe #51.

1. Touch CLEAR.
2. Touch RECIPE #.
3. Touch "5" and "1".
4. Touch QUANTITY.
5. Touch "3" and "0".
6. Touch START.

NOTES: The range of multiplication is 1.1 times to 5.9 times of the Base Quantity. Increment within the above range is 0.1.
Multiplication can be used in Recipes #, where the light at the right of QUANTITY shows in the display window.
When you set the multiplication of Base Quantity beyond the range of 1.1—5.9, the oven will not start even if you touch START.

PROGRAMMING NEW RECIPES

In addition to the 300 preset recipes, you can program 3 more favorite recipes.

To store the desired recipes in the oven, follow these steps:

1. Touch CLEAR.
2. Touch NEW RECIPE.
"0" will show in the display window.
3. Touch RECIPE #.
4. Touch suitable numbers from 301-303.
EXAMPLE: Touch "3", "0" and then "2".
"302" will show in the display window.
5. Program your new recipe following use instructions.
6. Touch NEW RECIPE.
New recipe is now preset and the time of day will show in the display window.

NOTE: A recipe which has been stored in this manner, can be changed to a new recipe. If you want to change to a new recipe, the previously stored recipe is erased when a new recipe is entered over the old recipe.

Make a list of the recipe numbers and their recipes which are stored in this manner so that you can have easy reference for a later time.

NEW RECIPES

Recipe #	Name	Directions
301		
302		
303		

OVEN UTENSILS GUIDE

A variety of Utensils and Materials may be used for cooking in your microwave/convection oven. For your safety and to prevent damaging utensils and your oven, choose appropriate utensils and materials for each cooking method. The list below is a general guide for you to select utensils and materials.

Material	Utensils	Microwave Cooking	Micro/Convec Cooking	Convection Cooking
Ceramic & Glass	Kenmore Ceramic Tray	OK	OK	OK
	Corning Ware	OK	OK	OK
	Heat resistant Glass Ware	OK	OK	OK
	Glass Ware with metal decoration	NO	NO	NO
	Lead Glass	NO	NO	NO
China	Without metal decoration	OK	OK	OK
Pottery		OK	OK	OK
Plastic	Regulat Oven Heat-proof Ware	OK	OK	OK
	Plastic Wrap	OK	NO	NO
Metal	Kenmore Baking Pan	NO	NO	OK
	Metal Baking Pan	NO	NO	OK
	Aluminum Foil	OK	OK	OK
Paper	Cups, Plates, Towels	OK	NO	NO
Waxed Paper		OK	NO	NO
Wood		NO	NO	NO

OK: Utensils to use

NO: Utensils to avoid

NOTE: METAL RACK is provided for whole meal, Convection or Micro/Convec cooking. Remove Metal Rack from oven when not being used for the cooking.

CARE AND CLEANING

The oven cavity is made of stainless steel and should be cleaned with a detergent specially formulated for stainless steel.

After convection cooking in particular, the interior of the oven tends to be stained with spattered oil. It is recommended that the oven be cleaned each time after use before the oil spatters harden and become difficult to remove.

For best performance and safety, the inner door panel should be free of food or grease buildup. Wipe both often with a mild detergent, rinse, and wipe dry. Never use rough powders or pads.

After cleaning the control panel, touch CLEAR. This will clear any entries that might have been entered accidentally while cleaning the panel.

After dehydrating foods such as onions and marinated beef jerky, it is normal to have some odor retention in the oven for a few days.

For cleaning of the Dehydration Rack and Net, it is recommended that a mild detergent, soft cloth or nylon brush for stubborn stains such as beef jerky marinade can be used.

REMOVABLE PARTS

After each use of the Temperature Probe, it must be removed from the socket. Use pot holder, as the wire, plug and sensor sections may be hot. Wipe food or liquid from sensor with damp cloth.

The Ceramic Tray and Metal Rack can be removed for cleaning at the sink. Wipe up spillovers with paper towel or cloth before removal of tray.

Wash in warm soapy water and dry. Do not use rough cleaning powders, steel wool, or rough cleaning pads.

The fan cover (inside oven top) can be gently wiped in place or removed for washing with detergent in a sink. Handle with care when washing in a sink. The fan cover can be removed by taking out the two screws used to hold it in place and pulling off the cover carefully. Avoid hitting or bending the metal stirrer blade, as this cause uneven cooking or microwave power loss. To replace, set the cover in the rails at the rear of the oven and secure it using the two screws at front.

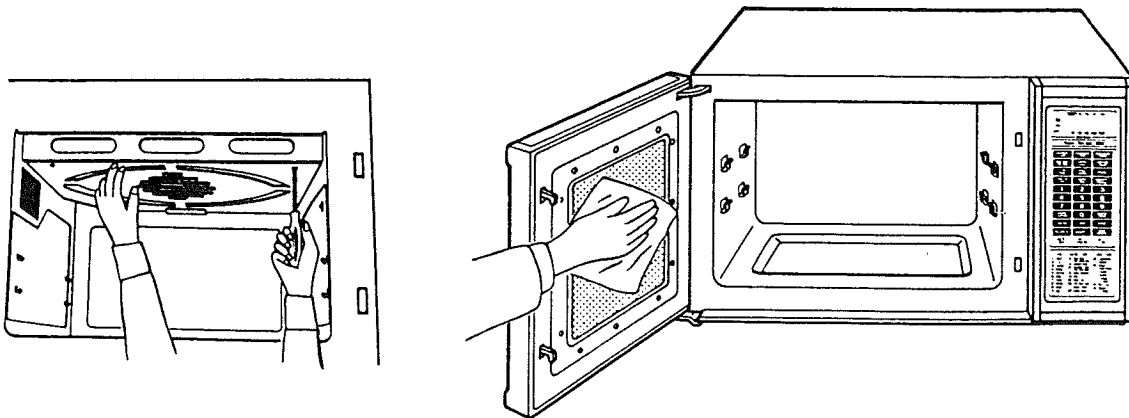
CAUTION: Wipe the fan cover after each use to keep the food soils from falling onto the cooking tray. The fan cover is coated with Teflon* for easy cleaning. Do not apply abrasive powders, metal or nylon wash pads, nor any metal objects such as knives and forks to the fan cover. Hard objects and abrasive cleaners may scratch the coating. To clean, use only a foam sponge or wash cloth with a mild kitchen cleaner.

NOTE: Should the Teflon coating be scratched off, the oven function will not be affected.

SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe both often with a mild detergent. Then rinse and wipe dry. *Never use rough powders or pads.*

After cleaning the control panel, touch CLEAR. This will clear any entries that might have been entered accidentally while cleaning the panel.



QUESTIONS AND ANSWERS

OPERATION

Q. What's wrong when the oven light will not glow during cooking or when the oven door is opened?

A. *There may be several reasons why the oven light will not glow.*

- *Timer has not been set.*
 - *Light bulb is burned out.*
 - *START has not been touched.*
-

Q. Why is steam coming out of the air exhaust vent?

A. *Steam is normally produced during cooking operations. The microwave oven has been made to vent this steam out the rear vent.*

Q. Will the microwave oven be damaged if it operates empty?

A. *Yes. Never run it empty and without the ceramic tray.*

Q. Does microwave energy pass through the viewing screen in the door?

A. *No. The metal screen bounces back the energy to the oven cavity. The holes, or ports, are made to allow light to pass: they do not let microwave energy through.*

Q. Why does the beep tone sound when a pad on the Control Panel is touched?

A. *The beep tone sounds, to assure that the setting is being properly entered.*

Q. Why does the Display Window flash?

A. *Flashing numbers indicate there has been a loss of electrical power to the Oven and the Time of Day must be reset.*

Prolonged loss of power can also result in loss of programmable recipes. Be sure they are recorded.

Q. Why does the smoke come out of the exhaust duct at the back of oven?

A. *It is normal that the smoke may come out of the duct during convection cooking. The smoke will be produced when the food is over-cooked, and will be led to the duct.*

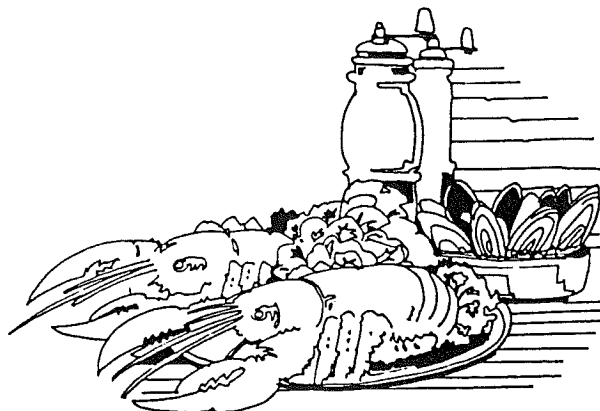
Q. Why does it take so long to pre-heat sometimes?

A. *When the oven door is opened during the preheating, the hot air will escape from the oven and the oven temperature will drop, making the preheating time longer.*

Avoid opening the oven door during preheating, convection cooking or micro/convec cooking, whenever possible.

Q. Why do I see light reflection around the outer case?

A. *This light is from the oven light which is located outside the oven cavity.*



FOODS

- Q. What is wrong when baked foods have a hard, dry, brown spot?
A. A brown, hard spot shows overcooking. Shorten the cooking or reheating time.
-

- Q. Why do eggs sometimes pop?
A. When baking, frying, or poaching eggs, the yolk may pop due to steam built up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking.

Never microwave cook eggs in the shell.

- Q. Why are scrambled eggs sometimes a little dry?
A. Eggs dry out if they are overcooked. Though the same recipe is used each time, you may need to vary the cooking time for one of these reasons.
- Eggs vary in size.
 - Eggs are at room temperature one time and refrigerator temperature another.
 - The shapes of utensils vary, which makes it necessary to vary the cooking time.
 - Eggs keep on cooking during standing time.
-

- Q. Can I cook popcorn in my microwave oven?
A. Cooking popcorn in a microwave oven is not recommended.

Microwaves pop too few kernels to make the technique successful. Longer cooking does not yield more popped corn, but can cause fire or make the cooking dish too hot to handle and even break.

Microwave popping devices are available. While safe to use, they usually do not give results equal to regular popping methods. If used, carefully follow the instructions which come with the popping product and never leave the oven unattended while popping corn.

Never use a paper bag for popping corn.

- Q. What is wrong when three potatoes bake throughly and the fourth is still not cooked?
A. The fourth potato may be slightly heavier than the others and will need to cook 30 to 60 seconds longer. Remember to allow space around each potato when baking.

For more even cooking, put potatoes in a circle.

- Q. Why do baked apples sometimes burst during cooking?
A. The peel should be removed from the top half of each apple to allow for expansion of the interior of the apple during cooking, as in regular cooking.
-

- Q. How are boilovers avoided?
A. For foods that tend to boil over, use a larger utensil. If you open the oven door or touch STOP the food will stop boiling. (Remember to touch START again after closing the door, to restart cooking.)
-

- Q. Why is a standing time recommended after microwave cooking is over?
A. After microwave cooking is finished, foods keep on cooking during standing time.

This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

- Q. Why is an additional time required for cooking food stored in refrigerator?
A. As in conventional cooking, the initial temperature of food affects total cooking time. More time is needed to cook the food just taken out of a refrigerator than food at a room temperature.

SEARS SERVICE

WE SERVICE WHAT WE SELL

"We Service What We Sell" is our assurance to you that you can depend on Sears for service because Sears service is nationwide.

Your Kenmore Microwave/Convection Oven has added value when you consider that Sears has a service unit near you, staffed by Sears Trained Technicians — professional technicians specifically trained on Kenmore Microwave/Convection Ovens, having the parts, tools and equipment to ensure that we meet our pledge to you — "We Service What We Sell!"

TO FURTHER ADD TO THE VALUE OF YOUR MICROWAVE/CONVECTION OVEN, BUY A SEARS MAINTENANCE AGREEMENT.

Sears Microwave/Convection Ovens are designed, manufactured, and tested for years of dependable operation. Yet any modern appliance may require service from time to time. A Sears Maintenance Agreement is more than an extension of the Warranty. It provides complete protection from unexpected repair bills and undue inconvenience. It assures you of maximum efficiency from your Microwave/Convection Oven. Here's a comparative Warranty and Maintenance Agreement chart showing you the benefits of a Sears Microwave/Convection Oven Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1st Yr.	2nd Yr. thru 5th Yr.
1. Replacement of defective parts other than magnetron	W	MA
2. Replacement of magnetron	W	W
3. Annual preventative maintenance check at your request	MA	MA

W—WARRANTY

MA—MAINTENANCE AGREEMENT

Contact your Sears salesperson or local Sears Service Center today and purchase a Sears Maintenance Agreement.

Sears

USE & CARE
MANUAL

STOCK NO.
86951

Kenmore

**MICRO/CONVECTION
OVEN**

WARRANTY

FULL ONE YEAR WARRANTY ON MICROWAVE OVEN
FOR ONE YEAR FROM THE DATE OF PURCHASE, IF THIS KENMORE
MICROWAVE OVEN FAILS DUE TO A DEFECT IN MATERIAL OR
WORKMANSHIP, SEARS WILL REPAIR IT, FREE OF CHARGE.

FULL FIVE YEAR WARRANTY OF THE MAGNETRON
FOR FIVE YEARS FROM THE DATE OF PURCHASE, IF THE
MAGNETRON IN THIS KENMORE MICROWAVE OVEN FAILS DUE TO A
DEFECT IN MATERIAL OR WORKMANSHIP, SEARS WILL REPAIR IT,
FREE OF CHARGE.

THE ABOVE WARRANTY COVERAGE APPLIES ONLY TO
MICROWAVE OVENS WHICH ARE USED FOR PRIVATE HOUSEHOLD
PURPOSES.

**WARRANTY SERVICE IS AVAILABLE BY SIMPLY
CONTACTING THE NEAREST SEARS STORE OR
SERVICE CENTER IN THE UNITED STATES.**

THIS WARRANTY APPLIES ONLY WHILE THIS PRODUCT IS IN USE IN
THE UNITED STATES.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU
MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO
STATE.

**SEARS, ROEBUCK AND CO.
DEPT. 698/731A, SEARS TOWER, CHICAGO, IL. 60684**

Sears, Roebuck and Co., Chicago, IL 60684 U.S.A.