



Sensor Convection Microwave Oven

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**Owner's
Manual**

PEB1590

**Write the model and serial
numbers here:**

 # _____

You can find them on a label
when the door is open.

49-40549-1 07-08 JR



MFL38211602

IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

⚠ WARNING!

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

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.

- Read and follow the specific precautions in the **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** section above.

- This appliance must be grounded. Connect only to a properly grounded outlet. See the **GROUNDING INSTRUCTIONS** section on page 6.

- Install or locate this appliance only in accordance with the provided Installation Instructions.

- This product is to be used 3' above floor level.

- Be certain to place the front surface of the door 3" or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.

- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly or if it has been damaged or dropped.

- Do not cover or block any openings on the appliance.

- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.

- This microwave oven is not approved or tested for marine use.

- To reduce the risk of fire in the oven cavity:

- Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.

- Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.

- Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.

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

- If materials inside the oven ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.

- Do not use the Sensor Features twice in succession on the same food portion. If food is undercooked after the first countdown, use **TIME COOK** for additional cooking time.

- When using the convection or combination cooking functions, both the outside and inside of the oven will become hot. Always use hot pads to remove containers of food and accessories such as the oven shelf.

- **Thermometer**—Do not use regular cooking or oven thermometers when cooking by microwave or combination. The metal and mercury in these thermometers could cause **arcing** and possible damage to the oven. Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.

- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving risk of electric shock.

IMPORTANT SAFETY INSTRUCTIONS.

- Do not store any materials, other than our recommended accessories, in this oven when not in use.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- Do not let power cord hang over edge of table or counter.
- For countertop installation:
 - Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- For built-in installation with approved trim kit:
 - Do not mount this appliance over a sink.
 - Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- Do not operate any heating or cooking appliance beneath this microwave oven.
- It is important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.
- This appliance must only be serviced by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- Some products such as whole eggs and sealed containers—for example, closed jars—are able to explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.

▲ WARNING!



ARCING

If you see arcing, press the **OFF/CLEAR** button and correct the problem.

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- The metal shelf not installed correctly so it touches the microwave wall.
- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

▲ WARNING!



FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.
- **SUPERHEATED WATER**
Liquids, such as water, coffee or tea, are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.
To reduce the risk of injury to persons:
 - Do not overheat the liquid.
 - Stir the liquid both before and halfway through heating it.
 - Do not use straight-sided containers with narrow necks.
 - After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - Use extreme care when inserting a spoon or other utensil into the container.
- Foods cooked in liquids (such as pasta) may tend to boil more rapidly than foods containing less moisture. Should this occur, refer to the *Care and cleaning of the microwave oven* section for instructions on how to clean the inside of the oven.
- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.



MICROWAVE-SAFE COOKWARE

Do not operate the oven without the turntable and the turntable support seated and in place. The turntable must be unrestricted so it can rotate.

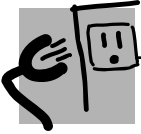
Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 30–45 seconds at high. If the dish heats, it should not be used for microwaving.

If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.
 - Oversized food or oversized metal cookware should not be used in a microwave/convection oven because they increase the risk of electric shock and could cause a fire.
 - Sometimes the oven floor, turntable and walls can become too hot to touch. Be careful touching the floor, turntable and walls during and after cooking.
 - If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
 - Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
 - Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
 - Use of the shelf accessory:
 - Remove the shelf from the oven when not in use.
 - Use pot holders when handling the shelf and cookware. They may be hot.
 - Be sure that the shelf is positioned properly inside the oven to prevent product damage.
 - Do not cover the shelf or any part of the oven with metal foil. This will cause overheating of the microwave/convection oven.
 - Do not use your microwave/convection oven to dry newspapers.
 - Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
 - Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
 - Do not use paper products when the microwave/convection oven is operated in the convection or combination mode.
 - Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
 - “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
 - Use foil only as directed in this manual. TV dinners may be microwaved in foil trays less than 3/4" high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1" away from the sides of the oven.
 - Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.
- Follow these guidelines:*
- 1** Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer’s recommendations.
 - 2** Do not microwave empty containers.
 - 3** Do not permit children to use plastic cookware without complete supervision.

IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.

⚠ WARNING!



GROUNDING INSTRUCTIONS

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

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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

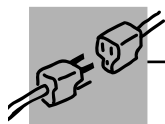
If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

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

We do not recommend using an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance. (See *EXTENSION CORDS* section.)

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

NOTE: *Do not use an adapter plug with this appliance.*



EXTENSION CORDS

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

Extension cords may be used if you are careful in using them.

If an extension cord is used—

- 1** The marked electrical rating of the 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 it must be plugged into a 3-slot outlet;
- 3** The extension 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 unintentionally.

If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.

NOTICE—PACEMAKERS

Most pacemakers are shielded from interference from electronic products, including microwaves. However, patients with pacemakers may wish to consult their physicians if they have concerns.



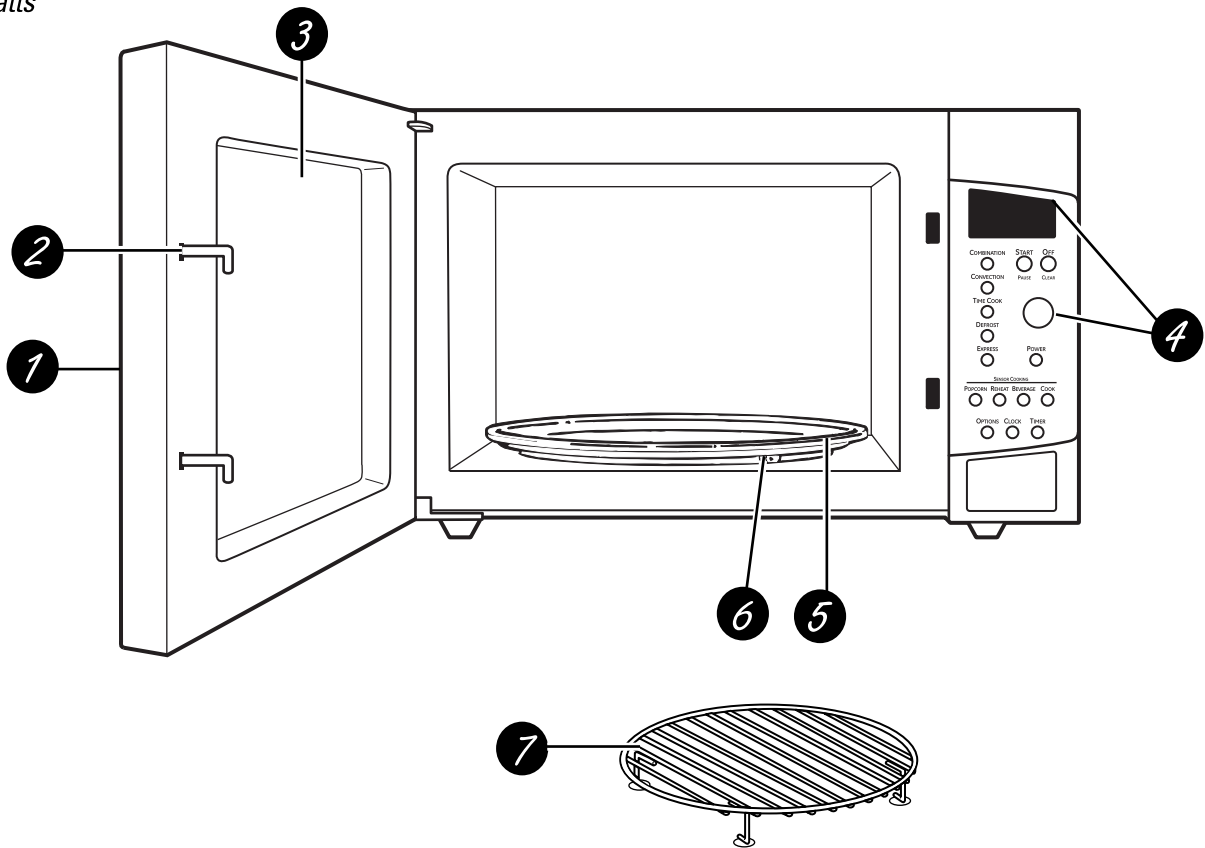
READ AND FOLLOW THIS SAFETY INFORMATION CAREFULLY.

SAVE THESE INSTRUCTIONS

About the features of your oven.

Throughout this manual, features and appearance may vary from your model.

1000 Watts



Features of the Oven

- 1 Door Latch Release Handle.**
- 2 Door Latches.**
- 3 Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in the oven.
- 4 Control Panel and Selector Dial.**
- 5 Removable Turntable.** Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.
- 6 Removable Turntable Support.** The turntable support must be in place when using the oven.
- 7 Shelf.** Use when convection or combination cooking. (Do not use when microwave cooking.)

Optional Accessories:

Available at extra cost from your GE supplier.

Choose the appropriate Installation Kit below to convert this oven to a built-in wall oven.

For 27" installations:

Model	Kit
PEB1590DMBB	JX1527DMBB
PEB1590SMSS	JX1527SMSS
PEB1590DMWW	JX1527DMWW

For 30" installations:

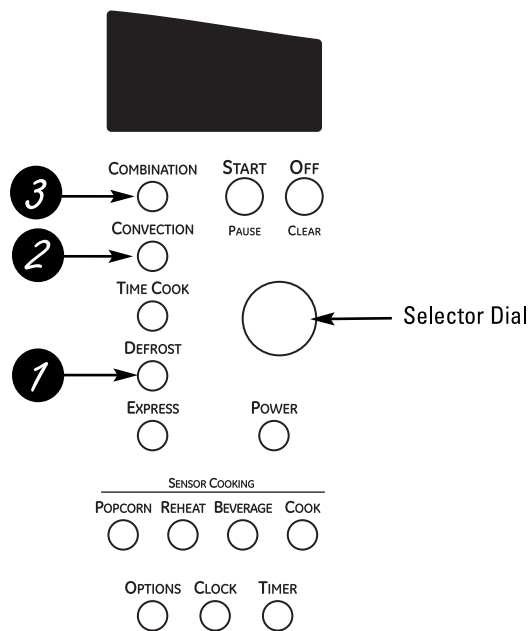
Model	Kit
PEB1590DMBB	JX1530DMBB
PEB1590SMSS	JX1530SMSS
PEB1590DMWW	JX1530DMWW

NOTE: Oven vent(s) and oven light are located on the inside walls of the microwave oven. The rating plate is located on the face of the oven (visible when the door is open).

About the cooking features of your microwave/convection oven.

ge.com

You can cook by microwave, convection or combination.



Cooking Controls

1 Microwave Cooking Time and Auto Features

Press	Turn and push dial to enter
TIME COOK Press once or twice	Amount of cooking time
EXPRESS cook/Add 30 sec.	Starts immediately!
DEFROST Press once (Time) Press twice (Auto)	Amount of defrosting time Food weight
POWER level	Power level 1–10

Sensor Features

Press	Turn and push dial to enter	Option
POPCORN Press once or twice	Starts immediately!	more/less time
REHEAT	Starts immediately!	more/less time
BEVERAGE	Starts immediately!	
COOK	Food type 1–7	more/less time

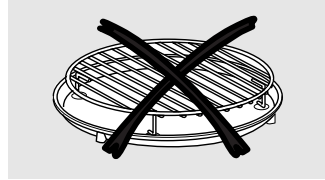
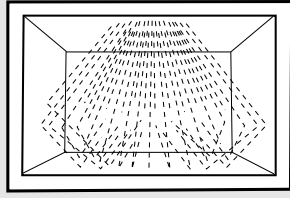
2 Convection Cooking

Press	Turn and push dial to enter
CONVECTION cook	Oven temperature and cook time

3 Combination Cooking

Press	Turn and push dial to enter
COMBINATION cook	Oven temperature and cook time

Available cooking options.



Do not use the shelf when microwave cooking.

Microwave Cooking

Your oven uses microwave energy to cook by a set time or weight, or automatically by sensor.

Sensor microwave works by detecting the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Cooking Method

Microwave energy is distributed evenly throughout the oven for thorough, fast cooking of food.

Heat Source

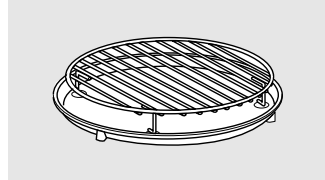
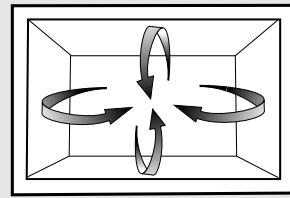
Microwave energy.

Heat Conduction

Heat produced within food by instant energy penetration.

Benefits

Fast, high efficiency cooking. Oven and surroundings do not get hot. Easy clean-up.



Always use the shelf when convection cooking.

Convection Cooking

During convection cooking, a heating element is used to raise the temperature of the air inside the oven. Any oven temperature from 225°F to 450°F may be programmed. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food; some foods cook faster than in regular oven cooking.

Cooking Method

Hot air circulates around food to produce browned exteriors and seal in juices.

Heat Source

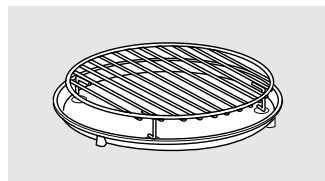
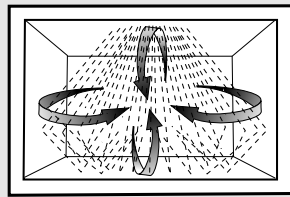
Circulating heated air.

Heat Conduction

Heat conducted from outside of food to inside.

Benefits

Aids in browning and seals in flavor. Cooks some foods faster than regular ovens.



Always use the shelf when combination cooking.

Combination Cooking

Your oven also offers the option of combination cooking, using microwave energy along with convection cooking. You cook with speed and accuracy, while browning and crisping to perfection.

Cooking Method

Microwave energy and convection heat combine to cook foods in up to one-half the time of regular ovens, while browning and sealing in juices.

Heat Source

Microwave energy and circulating heated air.

Heat Conduction

Food heats from instant energy from penetration and heat conducted from outside of food.

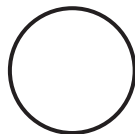
Benefits

Shortened cooking time from microwave energy, plus browning and crisping from convection heat.

TIME COOK



TURN TO SELECT
PUSH TO ENTER



Time Cook

Time Cook I

Allows you to microwave for any time between 15 seconds and 95 minutes.

Power level 10 (High) is automatically set, but you may change it for more flexibility.

- 1 Press the **TIME COOK** button.
- 2 Turn the dial to set the cook time and press the dial to enter.
- 3 Change power level if you don't want full power. (Press **POWER**. Turn the dial to select. Press the dial to enter.)
- 4 Press the **START/PAUSE** button to start cooking.

You may open the door during **Time cook** to check the food. Close the door and press **START/PAUSE** to resume cooking.

Time Cook II

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

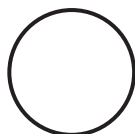
- 1 Press the **TIME COOK** button.
- 2 Turn the dial to set the first cook time and press the dial to enter.
- 3 Change the power level if you don't want full power. (Press **POWER**. Turn the dial to select. Press the dial to enter.)
- 4 Press the **TIME COOK** button again.
- 5 Turn the dial to set the second cook time and press the dial to enter.
- 6 Change the power level if you don't want full power. (Press **POWER**. Turn the dial to select. Press the dial to enter.)
- 7 Press the **START/PAUSE** button to start cooking.

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

EXPRESS



TURN TO SELECT
PUSH TO ENTER



Express Cook

*This is a quick way to set and start cooking in 30 second blocks each time the **EXPRESS** button is pressed.*

The power level will automatically be set at 10 and the oven will start immediately.

The power level can be changed as time is counting down. Press the **POWER** button, turn the dial and press to enter.

EXPRESS



Add 30 Seconds

- Each time the **EXPRESS** button is pressed, it will add 30 seconds to any cooking time counting down, until the maximum cooking time is reached.

About the time and auto microwave features.



Time Defrost

Use **Time Defrost** to defrost for a selected length of time.

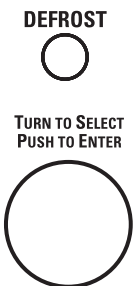
- 1** Press the **DEFROST** button.
- 2** Turn the dial to select the time you want. Press the dial to enter.
- 3** Press the **START/PAUSE** button to start defrosting.
- 4** Turn the food over if the oven signals **TURN FOOD OVER**.

Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. **Power level 7** cuts the total defrosting time in about half; **power level 10** cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at **High** power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented **AFTER** food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as roasts, use **Auto Defrost**. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.



Auto Defrost

Use **Auto Defrost** for meat, poultry and fish. Use **Time Defrost** for most other frozen foods.

Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

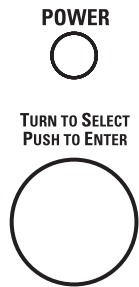
- Remove meat from package and place on microwave-safe dish.
- 1** Press the **DEFROST** button twice.
- 2** Turn the dial to the food weight, using the Conversion Guide at right. For example, dial 1.2 for 1.2 pounds (1 pound, 3 oz.). Press the dial to enter.
- 3** Press the **START/PAUSE** button to start defrosting.
- 4** Turn the food over if the oven signals **TURN FOOD OVER**.
- Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Conversion Guide

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

Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

About changing the power level.



The power level may be entered or changed immediately after entering the time for **Time Cook**, **Time Defrost** or **Express Cook**. The power level may also be changed during time countdown.

- 1** First, follow directions for **Time Cook**, **Time Defrost** or **Express Cook**.
- 2** Press the **POWER** button.
- 3** Turn the dial clockwise to increase and counterclockwise to decrease the power level. Press the dial to enter.
- 4** Press the **START/PAUSE** button to start cooking.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. **Power level 7** is microwave energy 70% of the time. **Power level 3** is energy 30% of the time. Most cooking will be done on **High (power level 10)** which gives you 100% power. **Power level 10** will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with **power level 3**—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

High 10: Fish, bacon, vegetables, boiling liquids.

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

Medium 5: Slow cooking and tenderizing for stews and less tender cuts of meat.

Low 2 or 3: Defrosting; simmering; delicate sauces.

Warm 1: Keeping food warm; softening butter.

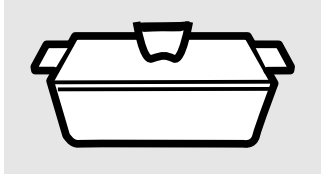
About the sensor microwave features.

Humidity Sensor

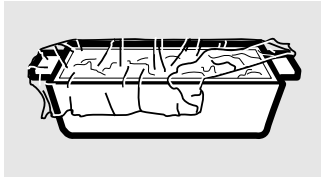
The **Sensor Features** detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Do not use the Sensor Features twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown, use Time Cook for additional cooking time.

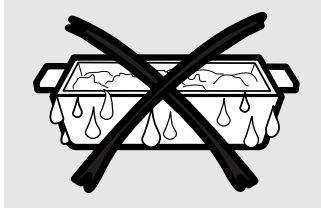
■ The proper containers and covers are essential for best sensor cooking.



Covered



Vented



Dry off dishes so they don't mislead the sensor.

■ Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers—they can prevent steam from escaping and cause food to overcook.

■ Be sure the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

COOK



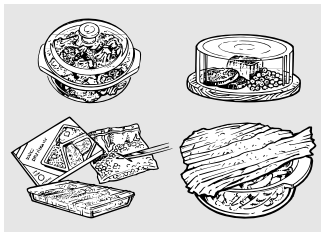
Cook

Because most cooking containers must be covered during **Cook**, this feature is best with foods that you want to steam or retain moisture.

NOTE: Use of the metal shelf with **Cook** is not recommended.

Recommended Foods

A wide variety of foods including meats, fish and vegetables can be cooked using this feature.



Foods not recommended

Foods that must be cooked uncovered, foods that require constant attention, foods that require addition of ingredients during cooking and foods calling for a dry look or crisp surface after cooking should not be cooked using this feature. It is best to **Time Cook** them.





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

Cook

- 1** Place covered food in the oven and close the door. Press the **COOK** button. **SELECT FOOD TYPE** appears in the display.
- 2** Turn the dial to the desired food type. Press to enter.

See the *Sensor Food Type Guide* below for specific foods and instructions.

The oven starts immediately.

NOTE: If the door was open while the control was being set, close the door and press the **START/PAUSE** button to begin cooking.

*Do not open the oven door before the countdown time is displayed—steam escaping from the oven can affect cooking performance. If the door is opened, close the door and press **START/PAUSE** immediately.*

If ground meat was selected, the oven may signal you to drain and stir the meat. Open the door, drain the meat and close the door. Press the **START/PAUSE** button if necessary to resume cooking.

If food is undercooked after the countdown use **Time Cook** for additional cooking time.

Cooking Tips

- When oven signals and countdown time is displayed, the door may be opened for stirring, turning or rotating food. To resume cooking, close the door and press **START/PAUSE**.
- Match the amount of food to the size of container. Fill containers at least 1/2 full.
- Be sure outside of container and inside of oven are dry.
- After completion of Cook cycle, if food needs additional cooking, return food to oven and use **Time Cook** to finish cooking.

How to Adjust the Oven's Automatic Settings for a Shorter or Longer Cook Time (Not available for all food types)

To subtract 10% from the automatic cooking time:

Immediately after the oven starts, turn the dial counterclockwise and press to enter.

To add 10% to the automatic cooking time:

Immediately after the oven starts, turn the dial clockwise and press to enter.

Sensor Food Type Guide

Food Type	Servings	Serving Size	Comments
Chicken Pieces	1 to 4	2 to 8 pieces	Use oblong, square or round dish. Cover with wax paper.
Fish	1 to 4	4 to 16 oz.	Use oblong, square or round dish. Cover with vented plastic wrap.
Ground Meat (Beef, Pork, Turkey)	—	1/2 to 2 lbs.	Use round casserole dish. Crumble meat into dish. Cover with wax paper or vented plastic wrap.
Potatoes	1 to 4	1/2 to 2 lbs.	Pierce skin with fork. Cluster potatoes in center of oven floor.
Canned Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Cover with lid or vented plastic wrap.
Fresh Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Add 2 tablespoons water for each serving. Cover with lid or vented plastic wrap.
Frozen Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or vented plastic wrap.

About the sensor microwave features.

POPCORN



Use only with prepackaged microwave popcorn weighing 1.5 to 3.5 ounces.

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

Popcorn

To use the **Popcorn** feature:

1 Follow package instructions, using **Time Cook** if the package is less than 1.5 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.

2 Press the **POPCORN** button once or twice. The oven starts immediately.

Press once for a regular size (3.0 to 3.5 oz.) bag of popcorn.

Press twice for a snack size (1.5 to 1.75 oz.) bag of popcorn.

If you open the door while **POPCORN** is displayed, an error message will appear. Close the door, press **OFF/CLEAR** and begin again.

If food is undercooked after the countdown, use **Time Cook** for additional cooking time.

How to Adjust the Automatic Popcorn Setting to Provide a Shorter or Longer Cook Time

If you find that the brand of popcorn you use underpops or overpops consistently, you can add or subtract 20–30 seconds to the automatic popping time.

To subtract time:

Immediately after the oven starts, turn the dial counterclockwise for 20 seconds (-) less cooking time. Press to enter. Turn again to reduce cooking time another 10 seconds (-) total 30 seconds less time. Press to enter.

To add time:

Immediately after the oven starts, turn the dial clockwise for an extra 20 seconds (+) cooking time. Press to enter. Turn again to add another 10 seconds (++) total 30 seconds additional time. Press to enter.

REHEAT



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

Reheat

The **Reheat** feature reheats servings of previously cooked foods or a plate of leftovers.

1 Place the cup of liquid or covered food in the oven. Press **REHEAT** once, twice or three times. The oven starts immediately.

Press once for 1/2 to 1 full cup.

Press twice for 1 to 2 full cups.

Press three times for a plate of leftovers.

2 The oven signals when steam is sensed and the time remaining begins counting down.

Do not open the oven door until time is counting down. If the door is opened, close it and press **START** immediately.

After removing food from the oven, stir, if possible, to even out the temperature. Reheated foods may have wide variations in temperature. Some areas of food may be extremely hot.

If food is not hot enough after the countdown, use **Time Cook** for additional reheating time.

Some Foods Not Recommended for Use With Reheat

It is best to use **Time Cook** for these foods:

- Bread products.
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.

How to Adjust the Oven's Automatic Settings for a Shorter or Longer Time

To subtract 10% from the automatic cooking time:

Immediately after the oven starts, turn the dial counterclockwise and press to enter.

To add 10% to the automatic cooking time:

Immediately after the oven starts, turn the dial clockwise and press to enter.

BEVERAGE



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

Beverage

Press the **BEVERAGE** button to heat an 8–10 oz. cup of coffee or other beverage. The oven starts immediately.

*Drinks heated with the **Beverage** feature may be very hot. Remove the container with care.*

If food is undercooked after the countdown, use **Time Cook** for additional cooking time.