



# MICROWAVE / CONVECTION OVEN

Use and Care Guide

# HORNO DE MICROONDAS/CONVECCIÓN

Manual de uso y cuidado

Models/Modelos MC-1083KS



ENGLISH

ESPAÑOL

Sears, Roebuck and Co., Hoffman Estates, IL 60179 U.S.A.

3828W5A3702

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## 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 ON 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.

### WARRANTY SERVICE

For warranty service, return the microwave to your nearest Sears Parts and Repair Center in the United States. For the location of your nearest Sears Parts and Repair Center, call 1-800-4-MY-HOME®.

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. 817WA,  
Hoffman Estates, IL 60179 U.S.A.**

# SAFETY

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- 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.**
- 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.
- DO NOT place any object between the oven front face and the door, or allow soil or cleaner residue to accumulate on sealing surfaces.
- THE OVEN should not be adjusted or repaired by anyone except properly qualified service personnel.

## GROUNDING INSTRUCTIONS

This appliance must be grounded! If an electrical short circuit occurs, 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.

Put the plug into an outlet that is properly installed and grounded.

### **WARNING**

**If you use the grounding plug improperly, you risk electric shock.**

Ask a qualified electrician or the Sears Service Department if you do not understand the grounding instructions or if you wonder whether the appliance is properly grounded.

This appliance has a short power supply cord to reduce the risk of anyone's tripping over or becoming entangled in the cord. You may use an extension cord if you are careful.

**If you use an extension cord, be sure that:**

- The extension cord has the same electrical rating as the appliance.
- The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.
- The extension cord is a grounding-type 3-wire cord.
- The extension cord does not drape over a countertop or tabletop, where it can be pulled on by children or tripped over accidentally.
- The electrical cord is dry and not pinched or crushed in any way.

**NOTE: This oven draws 12.5 amperes at 120 Volts, 60 Hz.**

# SAFETY

## IMPORTANT SAFETY INSTRUCTIONS

The safety instructions below will tell you how to use your microwave oven to avoid harm to yourself or damage to your oven.

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

1. Read all the instructions before using your microwave oven.
2. Do not allow children to use this oven without close supervision!
3. Read and follow the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** found on page 3.
4. Do not tamper with the built – in safety switches on the oven door! The oven has several built-in safety switches to make sure the power is off when the door is open.
5. When cleaning the door and the surfaces that touch the door, use only mild, nonabrasive soaps or detergents and a sponge or soft cloth.
6. If your oven is dropped or damaged, have it thoroughly checked by a qualified service technician before using it again.
7. To avoid a fire hazard:
  - a) Do not severely overcook foods. It can cause a fire in the oven.
  - b) Do not use recycled paper products in your oven. They can contain particles that can cause arcing or may ignite.
  - c) Do not overcook potatoes. Overcooking could cause a fire.
  - d) Do not store combustible items (bread, cookies, etc.) in the oven, because if lightning strikes the power lines, it may cause the oven to turn ON.
  - e) Do not use wire twist-ties in the oven. Be sure to remove them before placing the item in the oven.
  - f) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
8. If a fire should start:
  - a) Keep the oven door closed.
  - b) Turn the oven off.
  - c) Disconnect the power cord or shut off the power at the fuse or circuit breaker panel.
9. Do not use this oven for commercial purposes. This microwave is made for household use only.
10. Install or locate this appliance in accordance with the provided installation instructions.
11. To avoid electric shock:
  - a) This appliance must be grounded! Connect it only to a properly grounded outlet. (See the **Grounding instructions** on page 3.)
  - b) 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.
  - c) Do not immerse the electrical cord or plug in water.
  - d) Keep the cord away from heated surfaces.
  - e) This appliance should be serviced only by qualified service personnel.
12. Liquids such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling due to surface tension of the liquid. 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 when a spoon or other utensil is inserted into the liquid. To reduce the risk of injury to persons;
  - 1) Do not overheat the liquid.
  - 2) Stir the liquid both before and halfway through heating it.
  - 3) Use extreme care when inserting a spoon or other utensil into the container once heating has begun.
  - 4) Do not use straight-sided containers with narrow necks.
  - 5) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
13. Keep the glass tray and the turntable roller rest in the oven when you are cooking.
14. Do not use the oven outdoors. Do not store the oven outdoors. Do not use this product near water. – for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
15. Do not cover or block any openings in the oven.
16. Do not run the microwave oven empty.
17. Do not let the cord hang over the edge of a table or counter.
18. Do not heat glass turntable excessively.
  - Do not cook bacon directly on the glass turntable.
  - Do not allow the grey film on special microwave cooking packages to touch the glass turntable. Put the package on a microwave-safe dish.
  - Keep a browning dish at least  $\frac{3}{16}$  inch above the glass turntable. If you use the browning dish incorrectly, you could break the glass turntable.
19. Be careful not to chip or scratch the edges of the turntable. Chips or scratches may cause the turntable to break during use.
20. Some produce such as whole eggs and sealed containers - for example, closed glass jars are able to explode and should not be heated in this oven.

**SAVE THESE INSTRUCTIONS!**

# UNDERSTANDING YOUR MICROWAVE OVEN

## SPECIFICATIONS

Power Supply		120 V AC, 60 Hz
Rated Power Consumption	Microwave	1,400 W
	Convection	1,350 W
Power Output	Microwave	1,000W*
	Convection	1,350W
Frequency		2,450 MHz
Rated Current	Microwave	12.5 A
	Convection	11 A
Overall Dimensions (WxHxD)		20 <sup>1</sup> / <sub>8</sub> " x 12 <sup>1</sup> / <sub>4</sub> " x 19 <sup>5</sup> / <sub>16</sub> "
Oven Cavity Dimensions (WxHxD)		14" x 8 <sup>1</sup> / <sub>2</sub> " x 13 <sup>13</sup> / <sub>16</sub> "
Capacity of Oven Cavity		1.0 Cu. Ft.

\*IEC 60705 RATING STANDARD

Specifications subject to change without prior notice.

## INSTALLATION

### A. Circuits

For safety purposes this oven must be plugged into a 20 Amp circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

### B. Voltage Warning

The voltage used at the wall receptacle must be the same as specified on the oven name plate located on the front or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. In case your microwave oven does not perform normally in spite of proper voltage, remove and reinsert the plug.

### C. Placement of the Oven

Your microwave oven can be placed easily in your kitchen, family room, or anywhere else in your home. Place the oven on a flat surface such as a kitchen countertop or a specially designed microwave oven cart at least 100cm (39.4 inches) from floor. Do not place oven above a gas or electric range. Free air flow around the oven is important. Allow at least 4 inches of space at the top, sides, and back of the oven for proper ventilation.

#### NOTES:

- Never place the turntable in the oven upside down.

### D. Do not block the air vents

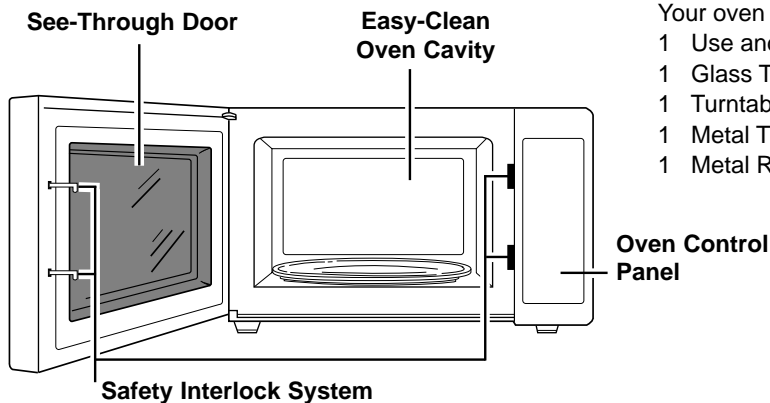
All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case, a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

### E. Radio interference

1. Microwave oven operation may interfere with TV or radio reception.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
  - a. Clean the door and the sealing surfaces of the oven.
  - b. Reorient the receiving antenna of radio or TV.
  - c. Relocate the microwave oven in relation to the TV or radio.
  - d. Move the microwave oven away from the receiver.
  - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

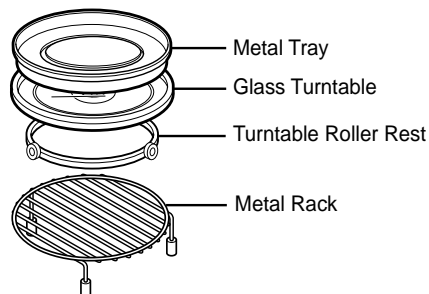
# UNDERSTANDING YOUR MICROWAVE OVEN

## PARTS AND ACCESSORIES

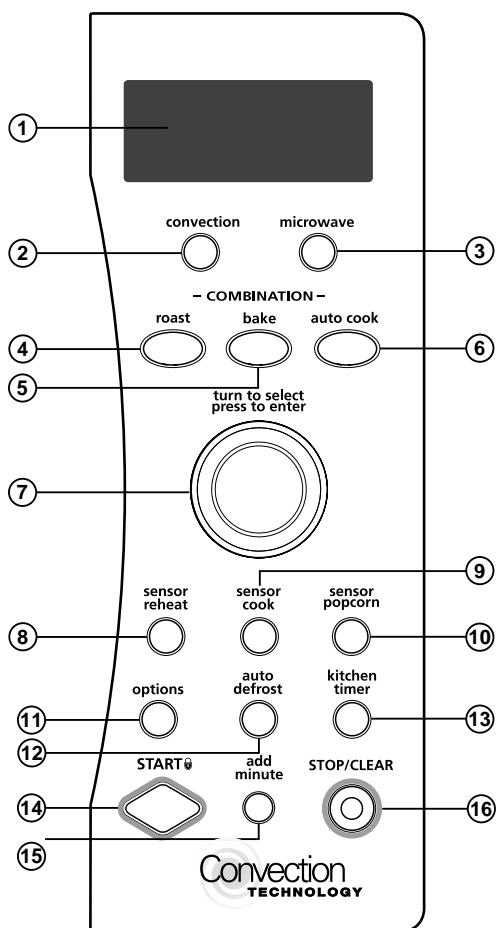


Your oven comes with the following accessories:

- 1 Use and Care Guide
- 1 Glass Turntable
- 1 Turntable Roller Rest
- 1 Metal Tray
- 1 Metal Rack



## CONTROL PANEL



- 1. DISPLAY.** The display includes a clock and indicators that tell you time of day, cooking time settings, and cooking functions selected.
- 2. CONVECTION.** Touch this button to cook foods on convection mode.
- 3. MICROWAVE.** Touch this button to cook foods on microwave mode, and to set cooking time and power level.
- 4. ROAST.** Touch this button to roast foods on combination mode.
- 5. BAKE.** Touch this button to bake foods on combination mode.
- 6. AUTO COOK.** Touch this pad to cook foods automatically on combination mode.
- 7. TURN TO SELECT, PRESS TO ENTER .** Turn the dial to set clock, category, temperature, cooking time, power level, food quantity and then press it to enter.
- 8. SENSOR REHEAT.** Touch this button to reheat foods without entering cooking time and power level.
- 9. SENSOR COOK.** Touch this button to cook most of your favorite foods without entering cooking time or power level.
- 10. SENSOR POPCORN.** Touch this button to cook popcorn automatically.
- 11. OPTIONS.** Touch this button to change the oven's default settings for sound, clock, scroll speed and Lbs/kg.
- 12. AUTO DEFROST:** Touch this button to defrost Meat, Poultry, Fish and Bread automatically.
- 13. KITCHEN TIMER.** Touch this button to use your oven as a kitchen timer.
- 14. START.** Touch this button to start entries and to turn Child Lock on or off.
- 15. ADD MINUTE.** Touch this button to cook at 100% cooking power for 1 minute to 99 minutes 59 seconds .
- 16. STOP/CLEAR:** Touch this button to stop the oven or to clear entries.

# UNDERSTANDING YOUR MICROWAVE OVEN

## COOKING COMPARISON GUIDE

Cooking with your new oven offers a wide variety of food preparation options: microwave cooking, convection cooking, and combination cooking.

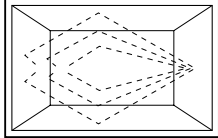
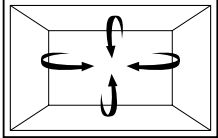
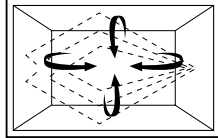
**Microwave cooking** uses very short, high-frequency radio waves. The movement of the microwaves through the food generates heat and cooks most foods faster than regular methods, while retaining their natural texture and moisture. Microwave cooking heats food directly, not the cookware or the interior of the oven. Reheating is easy and defrosting is particularly convenient because less time is spent in food preparation.

**Convection cooking** constantly circulates heated air around the food, creating even browning and sealed-in flavor by the constant motion of hot air over the food surfaces.

**Combination cooking** combines microwave energy with convection to cook with speed and accuracy, while browning and crisping to perfection.

You can use microwave cooking, convection cooking, or combination cooking to cook by time. Simply preset the length of cooking time desired and your oven turns off automatically.

The following guide shows at a glance the difference between microwave, convection, and combination cooking.

	MICROWAVE	CONVECTION	COMBINATION
<b>COOKING METHOD</b>	 <p>Microwave energy is distributed evenly throughout the oven for fast, thorough cooking of food.</p>	 <p>Hot air circulates around food to produce browned exteriors and sealed-in juices.</p>	 <p>Microwave energy and convection heat combine to shorten the cooking time of regular ovens, while browning and sealing in juices.</p>
<b>HEAT SOURCE</b>	Microwave energy.	Circulating heated air.	Microwave energy and circulating heated air.
<b>BENEFITS</b>	<ul style="list-style-type: none"> <li>• Fast, high efficiency cooking.</li> <li>• Oven and surroundings do not get hot.</li> <li>• Easy clean-up.</li> </ul>	<ul style="list-style-type: none"> <li>• Aids in browning and seals in flavor.</li> <li>• Cooks some foods faster than regular ovens.</li> </ul>	<ul style="list-style-type: none"> <li>• Shortened cooking time from microwave energy.</li> <li>• Browning and crisping from convection heat.</li> </ul>
<p>Read this guide to learn the many different things your Microwave/Convection/Combination Oven can do. You will find a wide variety of cooking methods and programs designed to suit your lifestyle.</p>			

# UNDERSTANDING YOUR MICROWAVE OVEN

## COOKWARE GUIDE

### Microwave Cooking

Most heat-resistant, non-metallic cookware is safe for use in your microwave oven.

However, to test cookware before using, follow these steps:

1. Place the empty cookware in the microwave oven.
2. Measure 1 cup of water in a glass measuring cup and place it in the oven beside the cookware.
3. Microwave on 100% power for 1 minute. If the dish is warm, it **should not** be used for microwave cooking.

### Combination Cooking

- Glass or glass-ceramic baking containers are recommended. Be sure not to use items with metal trim as it may cause arcing (sparking) with oven wall or oven shelf, damaging the cookware, the shelf or the oven.
- Heat-resistant plastic microwave cookware (safe to 450°F) may be used, but is not recommended for foods that require crusting or all-around browning, because plastic is a poor conductor of heat.

### Convection Cooking

- Metal Pans are recommended for all types of baked products, but especially where browning or crusting is important.
- Dark or dull finish metal pans are best for breads and pies because they absorb heat and produce a crisper crust.
- Shiny aluminum pans are better for cakes, cookies, or muffins because these pans reflect heat and help produce a light, tender crust.
- Glass or glass-ceramic casserole or baking dishes are best suited for egg and cheese recipes due to the cleanability of glass.

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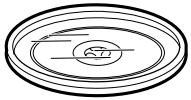
COOKWARE	MICROWAVE	CONVECTION	COMBINATION
Heat-Resistant Glass, Ceramic Glass	Yes	Yes	Yes
Ceramics, China	Yes (Do not use china with gold or silver trim.)	Yes	Yes
Metal Cookware	No	Yes	No
Non Heat-Resistant Glass	No	No	No
Microwave-Safe Plastic	Yes	No	Yes*
Plastic Wrap, Wax Paper	Yes	No	No
Paper Products	Yes	No	No
Straw, Wicker, and Wood	Yes	No	No

\* Use only microwave cookware that is safe to 450°F

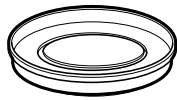


# UNDERSTANDING YOUR MICROWAVE OVEN

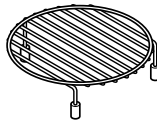
## HOW TO USE ACCESSORIES



Glass Turntable



Metal Tray



Metal Rack

○ : Possible to use

⊙ : Recommended method

X : Do not use

	MICROWAVE	CONVECTION	COMBINATION
	⊙	○	○
	X	○	○
	X	⊙	⊙
	X	⊙	X
	X	⊙	⊙

ENGLISH

### Notes :

- Do not operate the oven when it is empty except preheating.

# UNDERSTANDING YOUR MICROWAVE OVEN

## TIPS FOR MICROWAVE COOKING

### BROWNING

Meat and poultry with high fat content that are cooked for 10 or 15 minutes or longer will brown lightly. Foods cooked a shorter time can be brushed with a browning agent, such as Worcestershire sauce, soy sauce, or barbecue sauce.

### COVERING

A cover traps heat and steam and causes the food to cook more quickly. Use a lid or microwave-safe plastic wrap with one corner folded back to vent the excess steam. Lids on glass casseroles can become hot during cooking. Handle carefully. Waxed paper will prevent the food from splattering in the oven and help retain heat. When warming bread items, use waxed paper, napkins, or paper towels. To absorb extra moisture, wrap sandwiches and fatty foods in paper towels.

### SPACING

Arrange individual foods, such as baked potatoes, cupcakes, and hors d'oeuvres' in a circle and at least 1 inch apart. This will help the food cook more evenly.

### STIRRING

Stirring blends flavors and redistributes the heat in foods. Always stir from the outside toward the center of the dish. Food at the outside of the dish heats first.

### TURNING

Large foods, such as roasts and whole poultry, should be turned so that the top and bottom cook evenly. Also turn over chicken pieces and chops.

## CLEANING

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done weekly or more often, if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

### REMOVABLE PARTS

The metal tray, metal rack, glass turntable and turntable roller rest are removable. They should be hand-washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse well and dry with a soft cloth. Never use cleaning powders, steel wool, or rough pads.

### ARRANGEMENT

Do not stack food. Arrange in a single layer in the dish for more even cooking. Because dense foods cook more slowly, place thicker portions of meat, poultry, fish, and vegetables toward the outside of the dish.

### TESTING FOR DONENESS

Because foods cook quickly in a microwave oven, you need to test frequently for doneness.

### STANDING TIME

Depending on density, food often needs to stand from 2 to 15 minutes either in or outside of oven after cooking power shuts off. Outside of oven, you usually need to cover food during standing time to retain heat. Remove most foods when they are slightly undercooked and they will finish cooking during standing time. The internal temperature of food will rise about 10°F during standing time.

### SHIELDING

To prevent some portions of rectangular or square dishes from overcooking, you may need to shield them with small strips of aluminum foil to block the microwaves. You can also cover poultry legs and wing tips with foil to keep them from overcooking. **Always keep foil at least 1 inch from oven walls** to prevent arcing.

### PIERCING

Pierce the shell, skin, or membrane of foods before cooking to prevent them from bursting. Foods that require piercing include yolks and whites of eggs, hot dogs, clams, oysters, and whole vegetables, such as potatoes and squash.

- Removable parts may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause them to break during use.
- The metal tray and glass turntable may also be cleaned in a dishwasher.
- The turntable roller rest should be cleaned regularly.

### 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 often with a mild detergent; then rinse and wipe dry. Never use cleaning powders or rough pads.

After cleaning the control panel, touch STOP/CLEAR to clear any entries that might have been entered accidentally while cleaning the panel.

# USING YOUR MICROWAVE OVEN

## OPTIONS

**Example: To set the clock for 10:30(AM)**

Touch:	Display Shows:
1. 	:
2.  options	<i>TURN DIAL TO CHANGE OPTION</i>
3.  Turn the dial.	<i>CLOCK SETTING PRESS DIAL</i>
4.  Press the dial.	<i>TURN DIAL TO SET HOUR</i>
5.  Turn the dial until "10:00" appears.	<i>PRESS DIAL</i>
6.  Press the dial.	<i>TURN DIAL TO SET MINUTE</i>
7.  Turn the dial until "10:30" appears.	<i>PRESS DIAL</i>
8.  Press the dial.	<i>TURN DIAL TO SET AM/PM</i>
9.  Turn the dial to set "AM".	<i>PRESS START</i>
10. 	<i>AM 10 : 30</i>

## OPTIONS TABLE



FUNCTION	CHOICES
Clock Setting	Hour, Minute, AM/PM
Sound On/Off	Sound On/Off
Clock On/Off	Clock On/Off
Scroll Speed	Fast/Normal/Slow
Unit	Lbs/kg

**NOTE:** When the power cord is first plugged in, the default settings are Sound On, Clock On, Normal Speed and Lbs.


## CHILD LOCK

Use this safety feature to lock the control panel when you are cleaning the oven, or so that children cannot use the oven unsupervised.

**Example: To set Child Lock**

Touch:	Display Shows:
1. 	Time of day.
2.  Touch and hold until "LOCKED" appears. (approximately 4 seconds).	<i>LOCKED</i>





**To cancel CHILD LOCK:**

Touch:	Display Shows:
1.  Touch and hold until "LOCKED" disappears. (approximately 4 seconds).	Time of day.

## KITCHEN TIMER

Your microwave oven can be used as a kitchen timer. You can set up to 99 minutes.

**Example: To set 3 minutes.**

Touch:	Display Shows:
1. 	Time of day.
2. 	<i>TURN DIAL TO SET TIME IN MIN AND SEC</i>
3.  Turn the dial until "3:00" appears.	<i>PRESS START</i>
4. 	Start timer.

# USING YOUR MICROWAVE OVEN











## MULTI-STAGE COOKING

For best results, some recipes call for different cooking powers during different stages of a cook cycle. You can program your oven for 2 stages, so that it will switch from one power level to another during the cook cycle.

**Example: To set a 2-stage cook cycle.**  
(Power 80% for 2 min. and power 50% for 3 min.)

**Touch:**

**Display Shows:**

1.  Time of day.
2.  *TURN DIAL TO SET COOKING TIME*
3.  Turn the dial until "2:00" appears. *PRESS START OR DIAL*
4.  Press the dial. *POWER 100 TURN DIAL TO SET POWER LEVEL*
5.  Turn the dial until "POWER80" appears. *POWER80 PRESS START*
6.  *TURN DIAL TO SET COOKING TIME*
7.  Turn the dial until "3:00" appears. *PRESS START OR DIAL*
8.  Press the dial. *POWER 100 TURN DIAL TO SET POWER LEVEL.*
9.  Turn the dial until "POWER50" appears. *POWER50 PRESS START*
10.  start cooking.
11. When the first stage is over, you will hear two short tones as the oven begins the second cook stage.

## MICROWAVE POWER LEVELS

Your microwave oven has 10 cook power levels to let you cook or heat a wide variety of foods. Refer to the table below for suggestions:

**Microwave Power Level Table**

Power Level	Use
10 (High)	<ul style="list-style-type: none"> <li>Boiling water.</li> <li>Making candy.</li> <li>Cooking poultry pieces, fish, and vegetables.</li> <li>Cooking tender cuts of meat.</li> <li>Whole poultry.</li> </ul>
9	<ul style="list-style-type: none"> <li>Reheating rice, pasta, and vegetables.</li> </ul>
8	<ul style="list-style-type: none"> <li>Reheating prepared foods quickly.</li> <li>Reheating sandwiches.</li> </ul>
7	<ul style="list-style-type: none"> <li>Cooking egg, milk, and cheese dishes.</li> <li>Cooking cakes, breads.</li> <li>Melting chocolate.</li> </ul>
6	<ul style="list-style-type: none"> <li>Cooking veal.</li> <li>Cooking whole fish.</li> <li>Cooking puddings and custard.</li> </ul>
5	<ul style="list-style-type: none"> <li>Cooking ham, whole poultry, and lamb.</li> <li>Cooking rib roast, sirloin tip.</li> </ul>
4	<ul style="list-style-type: none"> <li>Thawing meat, poultry, and seafood.</li> </ul>
3	<ul style="list-style-type: none"> <li>Cooking less tender cuts of meat.</li> <li>Cooking pork chops, roast.</li> </ul>
2	<ul style="list-style-type: none"> <li>Taking chill out of fruit.</li> <li>Softening butter.</li> </ul>
1	<ul style="list-style-type: none"> <li>Keeping casseroles and main dishes warm.</li> <li>Softening butter and cream cheese.</li> </ul>
0	<ul style="list-style-type: none"> <li>Standing time.</li> </ul>



## ADD MINUTE

A time-saving pad, this simplified control lets you quickly set and start microwave cooking at 100% power without the need to touch START.

**Example: To cook for 2 minutes.**

**Touch:**

**Display Shows:**

1.  Time of day.
2.  Twice Time counting down and power 100

**NOTE:** If you touch ADD MINUTE, it will add 1 minute up to 99 minutes 59 seconds.

# USING YOUR MICROWAVE OVEN

## SENSOR COOKING OPERATION INSTRUCTION

A sensor detects steam from the food and automatically adjusts cook time for the best cooking results. It's easy and convenient—the oven will guide you, step-by-step, to cook or reheat foods. The Sensor Menu, with many popular food choices, is preprogrammed to cook or reheat food perfectly everytime.

For more information about Sensor Cooking Programs, see the "Sensor Reheat & Cook Tables" on pages 13-14. These tables provides specific instructions for cooking and heating a variety of foods.

- The Sensor Cooking system works by detecting a build-up of vapor.
- Make sure the door remains closed.
- Once the vapor is detected, two beeps will sound.
- Opening the door or touching the STOP/CLEAR before the vapor is detected will abort the process. The oven will stop.
- Before using Sensor Cooking, make sure the glass turntable is dry, to assure the best results.

### Categories:

- Sensor Reheat
- Sensor Cook
- Sensor Popcorn

## SENSOR REHEAT

This feature allows you to reheat precooked room-temperature or refrigerated foods without selecting cooking times and power levels. This feature has 3 categories : Dinner Plate, Soup/Sauce, Casserole. See the following table for more information.

**Example : To reheat casserole.**

**Touch:**


**Display Shows:**

1.  STOP/CLEAR

Time of day.

2.  sensor reheat

TURN DIAL TO SET MENU

3.  turn to select press to enter

CASSEROLE

The oven will reheat food automatically by sensor system.

ENGLISH

## SENSOR REHEAT TABLE

Category	Direction	Amount
<b>Dinner plate</b>	Place foods to be heated on dinner plate or similar dish. Cover with plastic wrap and vent. After cooking, allow to stand for 3 minutes.	Approx. 1/2 -1lb
<b>Soup/ Sauce</b>	Place foods to be heated in an appropriately sized microwave container. Cover with plastic wrap and vent. After cooking, stir and allow to stand for 3 minutes.	1-4 cups
<b>Casse- role</b>	Cover dish containing the casserole with plastic wrap and vent. After cooking, stir and allow to stand for 3 minutes.	1-4 cups




# USING YOUR MICROWAVE OVEN

## SENSOR COOK

SENSOR COOK allows you to cook most of your favorite foods without having to select cooking times and power levels. The oven automatically determines required cooking times for each food item. SENSOR COOK has 5 food categories.

**Example : To cook frozen entrée.**

**Touch:** **Display Shows:**

1. **STOP/CLEAR**  
 Time of day.
2. **sensor cook**  
 *TURN DIAL TO SET MENU*
3. **turn to select press to enter**  
 *FROZEN ENTREE*

The oven will cook food automatically by sensor system.

## SENSOR POPCORN



SENSOR POPCORN lets you pop commercially packaged microwave popcorn (3.0 or 3.5 oz.).

**For best results:**

- Use fresh popcorn.
- Place only one bag of prepackaged microwave popcorn on the center of turntable.

**Example : To pop 3.5 oz.**

**Touch:** **Display Shows:**

1. **STOP/CLEAR**  
 Time of day.
2. **sensor popcorn**  
 *POPCORN*

The oven will cook food automatically by sensor system.

**NOTES:**

- Do not attempt to reheat or cook any unpopped kernels.
- Do not use popcorn popping devices in microwave oven with this feature.
- If you use a microwave popper, test it on sensor. There are many such devices available and their results may vary.
- IN NO CASE should you use a popper that concentrates the microwave energy.

## SENSOR COOK TABLE

CATEGORY	DIRECTION	AMOUNT
Potato	Pierce each potato with a fork and place on the oven tray around the edge, at least one inch apart. After cooking, allow to stand for 5 minutes.	1~4 medium approx. 8 to10 oz. each
Rice	Place rice and twice as much liquid (water or chicken or vegetable stock) in a 2-quart microwavable dish. Cover with plastic wrap. When cooking is complete, allow 10 minutes standing time. Stir for fluffier rice.	1/2~2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.
Frozen Entrée	Remove from outer display package. Slit cover. If not in microwave-safe container, place on plate, cover with plastic wrap, and vent. After cooking, allow to stand for 5 minutes.	10 to 21 oz.
Fresh Vegetable	Prepare as desired, wash, and leave residual water on the vegetables. Place in an appropriately-sized microwave container, cover with plastic wrap and vent. After cooking, allow to stand for 5 minutes.	1~4 cups
Frozen Vegetable	Remove from package, rinse off frost under running water. Place in an appropriately-sized microwave container, cover with plastic wrap and vent. After cooking, allow to stand for 5 minutes.	1~4 cups

**NOTE:** If you open the door or press STOP/CLEAR during sensing, the process will be canceled.

# USING YOUR MICROWAVE OVEN







## AUTO DEFROST

Four defrost choices are preset in the oven. The defrost feature provides you with the best defrosting method for frozen foods because the oven automatically sets the defrosting times for each food item according to the weight you enter. For added convenience, the AUTO DEFROST includes a built-in tone mechanism that reminds you to check, turn over, separate, or rearrange the food during the defrost cycle. Four different defrosting options are provided.

1. MEAT
2. POULTRY
3. FISH
4. BREAD

After touching the AUTO DEFROST button once, select the food category by turning the dial. Available weight ranges for Meat, Poultry and Fish are 0.1 to 6.0 lbs. The available weight range for Bread is 0.1 to 1.0 lb.

**Example : To defrost 1.2 lbs of meat.**

Touch:		Display Shows:
1. 		Time of day.
2. 		<i>TURN DIAL TO SET MENU</i>
3.  Turn the dial.		<i>MEAT PRESS DIAL</i>
4.  Press the dial.		<i>TURN DIAL TO ENTER WEIGHT</i>
5.  Turn the dial until "1.2 lbs" appears.		<i>PRESS START</i>
6. 		<i>DEFROST</i>

**NOTE:** After you touch START button, the display counts down the defrost time. The oven will beep once during the Defrost cycle. At this time, open the door and turn, separate, or rearrange the food as needed. Remove any portions that have thawed then return frozen portions to the oven and touch START button to resume the defrost cycle. **The oven will not STOP during the BEEP unless the door is opened.**

### For best results:

- Remove fish, shellfish, meat, and poultry from its original closed paper or plastic 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.
- Form the meat into the shape of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.
- Place foods in a shallow glass baking dish or on a microwave roasting rack to catch drippings.
- Foods should still be somewhat icy in the center when removed from the oven.

## AUTO DEFROST TABLE

Category	Food
<b>MEAT</b> 0.1 to 6.0 lbs (0.1 to 4.0kg)	<b>BEEF</b> Ground beef, Round steak, Cubes for stew, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty. <b>LAMB</b> Chops (1-inch thick), Rolled roast <b>PORK</b> Chops (1/2-inch thick), Hot dogs, Spareribs, Country-style ribs. Rolled roast, Sausage. <b>VEAL</b> Cutlets (1 lb, 1/2-inch thick)
<b>POULTRY</b> 0.1 to 6.0 lbs (0.1 to 4.0kg)	<b>POULTRY</b> Whole (under 4 lbs), Cut up, Breasts (boneless) <b>CORNISH HENS</b> Whole <b>TURKEY</b> Breast (under 6 lbs)
<b>FISH</b> 0.1 to 6.0 lbs (0.1 to 4.0kg)	<b>FISH</b> Fillets, Whole Steaks <b>SHELLFISH</b> Crab meat, Lobster tails, Shrimp, Scallops
<b>BREAD</b> 0.1 to 1.0 lbs (0.1 to 0.5kg)	<b>MUFFINS</b> <b>ROLL CAKE</b>

# USING YOUR CONVECTION OVEN

## TIPS FOR CONVECTION COOKING

This section gives you cooking instructions and procedures for operating each convection function. Please read these instructions carefully.

Convection cooking circulates hot air through the oven cavity with a fan. The constantly moving air surrounds the food to heat the outer portion quickly, creating even browning and sealed-in flavor by the constant motion of hot air over the food surfaces. Your oven uses convection cooking whenever you use the Convection Button. **DO NOT USE THE OVEN WITHOUT THE TURNTABLE IN PLACE.**

1. Always use the metal rack on the turntable when convection cooking.
2. **Do not cover** turntable or metal rack with aluminum foil. It interferes with the flow of air that cooks the food.
3. **Round pizza pans** are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
4. **Use convection cooking** for items like soufflés, breads, cookies, angel food cakes, pizza, and for some meat and fish cooking.
5. Your oven comes equipped with metal tray which can be used for cooking on convection mode or combination mode.
6. **You do not need to use** any special techniques to adapt your favorite oven recipes to convection cooking; however, you may need to lower some temperatures or reduce some cooking times from the convectional oven cooking directions. See examples in the charts in this section.

7. **When baking** cakes, cookies, breads, rolls, or other baked foods, most recipes call for preheating. Preheat the empty oven just as you do a regular oven. You can start heavier dense foods such as meats, casseroles, and poultry without preheating.
8. **All heatproof** cookware or metal utensils can be used in convection cooking.
9. **As in conventional cooking**, the distance of the food from the heat source affects cooking results. Refer to the charts in this Use and Care Guide.
10. **Use metal utensils** only for convection cooking. Never use for microwave or combination cooking since arcing and damage to the oven may occur.
11. **After preheating**, if you do not open the door, the oven will automatically hold at the preheated temperature for 30 minutes.
12. **Lower oven temperature** by 25°F from package recommended temperature.

## PRECAUTIONS

- The oven cavity, door, turntable, rotating ring, metal racks, and cooking utensils will become very hot. **USE THICK OVEN GLOVES** when removing the food, cooking utensil, metal rack, and turntable from the oven after convection cooking.
- Do not use lightweight plastic containers, plastic wraps, or paper products during any convection cycle.



# USING YOUR CONVECTION OVEN

## CONVECTION

During convection cooking, a heating element is used to raise the temperature of the air inside the oven.





Convection cooking temperature range from 225°F to 450°F and 100°F may be programmed.

It is best to preheat the oven when convection cooking.

**Lower oven temperature by 25°F from package recommended temperature.**



**Example: To set the convection cooking at 325°F for 45 minutes with preheating.**

**Touch: Display Shows:**

1.  Time of day.
2.  *TURN DIAL TO SET TEMPERATURE OR PRESS DIAL*
3.  Turn the dial until "325F" appears. *PRESS START OR DIAL*
4.  *PREHEAT*

After preheating display scrolls "PREAHEAT end" with sound. Open the door, place food on the oven rack, and close the door.

Display scrolls " Turn dial to set cooking time"







5.  Turn the dial until "45:00" appears. *PRESS START*
6.  *325F CONVECTION*

### NOTES:

- When the oven reaches the set preheat temperature, five tones will sound and the oven will automatically hold that temperature for 30 minutes.
- The oven temperature drops very quickly when the door is opened; however, this should not prevent food from being fully cooked during normal cooking time.

**Example: To set the convection cooking at 375°F for 30 minutes without preheating.**

**Touch: Display Shows:**

1.  Time of day.
2.  *TURN DIAL TO SET TEMPERATURE OR PRESS DIAL*
3.  Turn the dial until "375F" appears. *PRESS START OR DIAL*
4.  Press the dial. *375F TURN DIAL TO SET COOKING TIME*
5.  Turn the dial until "30:00" appears. *375F PRESS START*
6.  *375F CONVECTION*

### NOTES:

- The temperature range has 10 steps from 225°F to 450°F including 100°F (dough rising).
- Turn the dial to increase/decrease the temperature by 25°F after touching the CONVECTION button. (The default temperature is 350°F.)

# USING YOUR CONVECTION OVEN

## CONVECTION COOKING GUIDE

1. Always use the metal rack when convection baking. Place food directly on rack or place in metal tray and then place tray on rack. (See page 9.)
2. Aluminum pans conduct heat quickly. For most convection baking, light, shiny finishes give best results because they prevent overbrowning in the time it takes to cook the center areas. Pans with dull (satin-finish) bottoms are recommended for cake pans and pie pans for best bottom browning.
3. Dark or non-shiny finishes, glass, and pyroceram absorb heat which may result in dry, crisp crusts.
4. Preheating the oven is recommended when baking foods by convection.
5. To prevent uneven heating and save energy, open the oven door to check food as little as possible.

ENGLISH

FOOD		Oven Temp.	Time, Min.	Comments	
<b>Breads</b>	Biscuits	375°F	10 to 12	Canned refrigerated biscuits take 2 to 4 minutes less time.	
	Corn Bread	375°F	15 to 20	Remove from pans immediately and cool slightly on wire rack.	
	Muffins	375°F	18 to 24		
	Popovers	325°F	30 to 40	Pierce each popover with a fork after removing from oven to allow steam to escape.	
	Nut Bread or Fruit Bread	350°F	55 to 65	Interiors will be moist and tender.	
	Yeast Bread	375°F	18 to 25	Lightly grease baking sheet.	
	Plain or Sweet Rolls	350°F	13 to 16		
<b>Cakes</b>	Angel Food	325°F	40 to 50	Invert and cool in pan.	
	Cheesecake	325°F	60 to 65	After cooking, turn oven off and let cheesecake stand in oven 30 minutes with door ajar.	
	Coffee Cake	325°F	25 to 30	Interior will be moist and tender.	
	Cup Cakes	325°F	15 to 20		
	Fruit Cake (loaf)	275°F	80 to 90		
	Gingerbread	325°F	35 to 40	Use 2 shelves. Top layer may bake in less time.	
	Butter Cakes, Cake Mixes (2 layers)	325°F	30 to 40		
	Fluted Tube Cake	325°F	40 to 50		Grease and flour pan.
	Pound Cake	325°F	60 to 70		Cool in pan 10 minutes before inverting on wire rack.
<b>Cookies</b>	Bar	325°F	35 to 45	Use same time for bar cookies from a mix.	
	Drop or Sliced	350°F	10 to 14	Use same time for sliced cookies from a mix.	

# USING YOUR CONVECTION OVEN

## CONVECTION BAKING TABLE

FOOD		Oven Temp.	Time, Min.	Comments
<b>Fruits, Other Desserts</b>	Baked Apples or Pears	350°F	30 to 40	Bake in cookware with shallow sides.
	Bread Pudding	300°F	35 to 40	Pudding is done when knife inserted near center comes out clean.
	Cream Puffs	400°F	30 to 35	Puncture puffs twice with toothpick to release steam after 25 minutes of baking time.
	Custard (individual)	350°F	45 to 50	Set cups in baking dish. Pour boiling water around cups to a depth of 1 inch.
	Meringue Shells	300°F	30 to 35	When done, turn oven off and let shells stand in oven 1 hour to dry.
<b>Pies, Pastries</b>	Frozen	375°F	40 to 45	Follow package directions.
	Meringue-topped	325°F	13 to 16	Follow package directions.
	Two-crust	400°F	50 to 55	Follow package directions.
	Quiche	350°F	30 to 35	Let stand 5 minutes before cutting.
	Pastry Shell	400°F	10 to 16	Pierce pastry with fork to prevent shrinkage.
<b>Casseroles</b>	Meat, chicken, seafood combinations	350°F	20 to 40	Cook times vary with casserole size and ingredients.
	Pasta	350°F	25 to 45	Cook times vary with casserole size and ingredients.
	Potatoes, scalloped	350°F	55 to 60	Let stand 5 minutes before serving.
	Vegetable	350°F	25 to 35	Cook times vary with casserole size and ingredients.
<b>Convenience Foods</b>	Frozen Bread Dough	350°F	30 to 35	Follow package directions.
	Frozen Dinners	350°F	20 to 25	Follow package directions.
	Frozen Entrée	350°F	50 to 60	Follow package directions.
	Frozen Pizza Rolls, Egg Rolls	400°F	8 to 10	Follow package directions.
	Pizza	425°F	15 to 25	Follow package directions.
	Slice and Bake Cookies	375°F	13 to 15	Let stand a few minutes before removing from pan to cool.
<b>Main Dishes</b>	Meat Loaf	325°F	55 to 60	Let stand 5 minutes after cooking.
	Oven-Baked Stew	325°F	80 to 90	Brown meat before combining with liquid and vegetables.
	Swiss Steak	350°F	60 to 70	Let stand 2 minutes after cooking.
	Stuffed Peppers	350°F	40 to 45	Use green, red, or yellow peppers.
<b>Vegetables</b>	Acorn Squash Halves	375°F	55 to 60	Pierce skin several places. Add 1/4 cup water to dish. Turn squash halves cut side up after 30 minutes of cook time and cover.
	Baked Potatoes	425°F	50 to 60	Pierce skin with a fork before baking.
	Twice-Baked Potatoes	400°F	25 to 30	Pierce skin with fork before baking.

# USING YOUR CONVECTION OVEN

## MEAT ROASTING TABLE FOR CONVECTION COOKING

MEATS		OVEN TEMPERATURE	MINUTES/POUND
<b>Beef</b>	Rib (2 to 4 lbs.)		
	Rare	325°F	21 to 26
	Medium	325°F	26 to 31
	Well	325°F	31 to 36
	Boneless Rib, Top Sirloin		
	Rare	325°F	25 to 30
	Medium	325°F	30 to 35
	Well	325°F	35 to 40
	Beef Tenderloin		
	Rare	325°F	12 to 16
Medium	325°F	16 to 20	
Pot Roast (2½ to 3 lbs.)			
Chuck, Rump	325°F	45 to 50	
<b>Ham</b>	Canned (3-lb. fully cooked)	325°F	20 to 25
	Butt (5-lb. fully cooked)	325°F	20 to 25
	Shank (5-lb. fully cooked)	325°F	17 to 20
<b>Lamb</b>	Bone-in (2 to 4 lbs.)		
	Medium	325°F	21 to 26
	Well	325°F	26 to 31
	Boneless (2 to 4 lbs.)		
	Medium	325°F	25 to 30
Well	325°F	29 to 34	
<b>Pork</b>	Bone-in (2 to 4 lbs.)	325°F	26 to 30
	Boneless (2 to 4 lbs.)	325°F	32 to 36
	Pork Chops		
	(½ to 1-inch thick)		
	2 chops	325°F	12 to 15
	4 chops	325°F	15 to 18
6 chops	325°F	18 to 25	
<b>Poultry</b>	Whole Chicken		
	(2½ to 3½ lbs.)	375°F	25 to 35
	Chicken Pieces		
	(2½ to 3½ lbs.)	350°F	13 to 16
	Cornish Hens		
	Unstuffed (1 to 1½ lbs.)	375°F	10 to 15
	Stuffed (1 to 1½ lbs.)	375°F	15 to 20
Duckling (4 to 5 lbs.)	375°F	19 to 21	
Turkey Breast			
(4 to 6 lbs.)	325°F	21 to 25	
<b>Seafood</b>	Fish, whole		
	(3 to 5 lbs.)	400°F	10 to 15
Lobster Tails			
(6 to 8-oz. each)	350°F	12 to 17	

# USING YOUR COMBINATION OVEN

## TIPS FOR COMBINATION COOKING

This section gives you instructions to operate each combination cooking function. Please read these instructions carefully. Sometimes combination microwave-convection cooking is suggested to get the best cooking results since it shortens the cooking time for foods that normally need a long time to cook. This cooking process also leaves meats juicy on the inside and crispy on the outside. In combination cooking, the convection heat and microwave energy alternate automatically. Your oven has three preprogrammed settings that make it easy to use combination cooking.

## HELPFUL HINTS FOR COMBINATION COOKING

1. **Meats** may be roasted directly on the metal rack or in a shallow roasting pan placed on the rack. When using the metal rack, please check your cooking guide for information on proper use.
2. **Less tender** cuts of beef can be roasted and tenderized using oven cooking bags.
3. **When baking**, check for doneness after cooking time is up. If not completely done, let stand in oven for a few minutes to complete cooking.

## PRECAUTIONS

1. All cookware used for combination cooking must be BOTH microwave-safe and ovenproof.
2. During combination baking, some baking cookware may cause arcing when it comes in contact with the oven walls or metal accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.
  - If arcing occurs, place a heatproof dish between the pan and the metal rack.
  - We recommend you use the metal tray applied with your oven. It has rubber feet that helps prevent arcing.
  - If arcing occurs with other baking cookware, do not use them for combination cooking.






## COMBINATION ROAST & BAKE

	Oven Temperature	Microwave Power
Combination Roast	375°F	30%
Combination Bake	325°F	10%

**Example: To roast with combination cooking for 45 minutes.**

**Touch:**

**Display Shows:**

1.  Time of day.
2.  *TURN DIAL TO SET TEMPERATURE OR PRESS DIAL*
3.  Press the dial. *375°F TURN DIAL TO SET COOKING TIME*
4.  Turn the dial until "45:00" appears. *375°F PRESS START*
5.  *375°F COMBI ROAST*

### NOTES:

- The temperature range has 10 steps from 225°F to 450°F including 100°F (dough rising).
- By turning the dial in combination cooking, you can set the desired temperature.

# USING YOUR COMBINATION OVEN

## COMBINATION COOKING GUIDE

MEATS		COMBINATION TEMPERATURE	MINUTES/POUND
<b>Beef</b>	Rib (2 to 4 lbs.)		
	Rare	300°F	11 to 14
	Medium	300°F	14 to 17
	Well	300°F	17 to 20
	Boneless Rib, Top Sirloin		
	Rare	300°F	11 to 14
	Medium	300°F	14 to 17
	Well	300°F	17 to 20
	Beef Tenderloin		
	Rare	300°F	14 to 17
Medium	300°F	17 to 20	
Chuck, Rump or Pot Roast (2½ to 3 lbs.) (Use cooking bag for best results.) Turn over after half of cooking time.	275°F	30 to 40	
<b>Ham</b>	Canned (3-lb. fully cooked)	300°F	15 to 18
	Butt (5-lb. fully cooked)	300°F	15 to 18
	Shank (5-lb. fully cooked)	300°F	15 to 18
	Turn over after half of cooking time.		
<b>Lamb</b>	Bone-in (2 to 4 lbs.)		
	Medium	300°F	13 to 18
	Well	300°F	18 to 23
	Boneless (2 to 4 lbs.)		
	Medium	300°F	14 to 19
	Well	300°F	19 to 24
Turn over after half of cooking time.			
<b>Pork</b>	Bone-in (2 to 4 lbs.)	300°F	13 to 16
	Boneless (2 to 4 lbs.)	300°F	14 to 17
	Pork Chops (¾ to 1-inch thick)		
	2 chops	350°F	10 to 13
	4 chops	350°F	13 to 16
	6 chops	350°F	16 to 19
	Turn over after half of cooking time.		
<b>Poultry</b>	Whole Chicken (2½ to 6 lbs.)	400°F	18 to 20
	Chicken Pieces (2½ to 6 lbs.)	375°F	15 to 18
	Cornish Hens		
	Unstuffed	375°F	18 to 25
	Stuffed	375°F	23 to 30
	Duckling	375°F	15 to 18
	Turkey Breast (4 to 6 lbs.)	300°F	11 to 15
	Turn breast side up after half of cooking time.		
<b>Seafood</b>	Fish		
	1-lb. fillets	350°F	7 to 10
	Lobster Tails (6 to 8-oz. each)	350°F	10 to 15
	Shrimp (1 to 2 lbs.)	350°F	8 to 13
	Scallops (1 to 2 lbs.)	350°F	8 to 13

# USING YOUR COMBINATION OVEN







## COMBINATION AUTO COOK

Use this function to cook food without entering cooking time or power level on combination mode. AUTO COOK has 4 food categories. Refer to the following auto cook guide for more information.

**Example: To cook 3.5 lbs whole chicken.**

**Touch:**

**Display Shows:**

1.  Time of day.
2.  *TURN DIAL TO SET MENU*
3.  Turn the dial. *WHOLE CHICKEN PRESS DIAL*
4.  Press the dial. *TURN DIAL TO ENTER WEIGHT*
5.  Turn the dial until "3.5 Lbs" appears. *PRESS START*
6.  *WHOLE CHICKEN*

## COMBINATION AUTO COOK GUIDE

Category	Direction	Amount
Whole Chicken	Thoroughly wash inside and outside of chicken with cold water. Pat chicken dry with paper towels, secure the legs with kitchen twine. Brush outside of chicken with melted butter or margarine. Place chicken breast side down on metal rack on metal tray. After cooking, loosely tent chicken with aluminum foil. Let stand for 10 minutes after cooking.	2.0~4.0 lbs (0.9~1.8 kg)
Chicken Pieces	Pat chicken pieces dry with paper towels. Brush chicken pieces with melted butter or margarine. Arrange chicken pieces on metal rack on metal tray.	0.4~2.0 lbs (0.2~0.9 kg)
Baked Potato	Pierce each potato several times with a fork and place on metal rack metal tray.	1~4 ea.
Frozen Lasagna	Remove from outer package. Remove film cover. If entrée is not in a ovenproof container, place it on a ovenproof dish. Place on metal rack on metal tray. Let stand for 5 minutes after cooking.	10~21 oz.

ENGLISH

# HEATING / REHEATING GUIDE

To heat or reheat successfully in a microwave oven, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwave-safe container. The food will heat more evenly if covered with a microwave-safe lid or vented plastic wrap. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

ITEMS	COOK TIME (AT HIGH)	SPECIAL INSTRUCTIONS
Sliced meat 3 slices (1/4-inch thick)	1-2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. Note: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	2-3 1/2 minutes 1 1/2-3 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (6-8 oz.)	2-4 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagna 1 serving (10 1/2 oz.)	4-6 minutes	Place lasagna on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1-3 1/2 minutes 5-8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Casserole – cream or cheese 1 cup 4 cups	1 1/2-3 minutes 3 1/2-5 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sloppy Joe or Barbecued Beef 1 sandwich (1/2 cup meat filling) without bun	1-2 1/2 minutes	Reheat filling and bun separately. Cook filling covered in microwavable casserole. Stir once. Heat bun as directed in chart below.
Mashed potatoes 1 cup 4 cups	1-3 minutes 5-8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Baked beans 1 cup	1 1/2-3 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2 1/2-4 minutes 7 1/2-11 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Rice 1 cup 4 cups	1 1/2-3 1/2 minutes 4-6 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	15-30 seconds	Wrap in paper towel and place on glass microwavable rack
Vegetables 1 cup 4 cups	1 1/2-2 1/2 minutes 4-6 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Soup 1 serving (8 oz.)	1 1/2-2 1/2 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.



# FRESH VEGETABLE GUIDE

Vegetable	Amount	Cook Time at High (Minute)	Instructions	Standing Time
Artichokes (8 oz. each)	2 medium 4 medium	5-8 10-13	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2-3 minutes
Asparagus, Fresh, Spears	1 lb.	3-6	Add 1/2 cup water. Cover.	2-3 minutes
Beans, Green & Wax	1 lb.	7-11	Add 1/2 cup water in 1 1/2 qt. casserole. Stir halfway through cooking.	2-3 minutes
Beets, Fresh	1 lb.	12-16	Add 1/2 cup water in 1 1/2 qt. covered casserole. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, Spears	1 lb.	4-8	Place broccoli in baking dish. Add 1/2 cup water.	2-3 minutes
Cabbage, Fresh, Chopped	1 lb.	4-7	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Carrots, Fresh, Sliced	2 cups	2-4	Add 1/4 cup water in 1 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, Whole	1 lb.	7-11	Trim. Add 1/4 cup water in 1 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Flowerettes, Fresh	2 cups	2 1/2-4 1/2	Slice. Add 1/2 cup water in 1 1/2 qt. covered casserole.	2-3 minutes
Celery, Fresh, Sliced	4 cups	6-8	Stir halfway through cooking.	2-3 minutes
Corn, Fresh	2 ears	5-9	Husk. Add 2 tbsp water in 1 1/2 qt. baking dish. Cover.	2-3 minutes
Mushrooms, Fresh, Sliced	1/2 lb.	2-3 1/2	Place mushrooms in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, Sliced	1 lb.	4-8	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	7-10	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Sweet Potatoes	2 medium	5-10	Pierce potatoes several times with fork.	2-3 minutes
Whole Baking (6-8 oz. each)	4 medium	7-13	Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes
White Potatoes, Whole Baking (6-8 oz. each)	2 potatoes 4 potatoes	5-8 10-14	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes 2-3 minutes
Spinach, Fresh, Leaf	1 lb.	4-7	Add 1/2 cup water in 2 qt. covered casserole.	2-3 minutes
Squash, Acorn or Butternut, Fresh	1 medium	6-8	Cut squash in half. Remove seeds. Place in 8 x 8-inch baking dish. Cover.	2-3 minutes
Zucchini, Fresh, Sliced	1 lb.	4 1/2-7 1/2	Add 1/2 cup water in 1 1/2 qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Zucchini, Fresh, Whole	1 lb.	6-9	Pierce. Place on 2 paper towels. Turn over and rearrange halfway through cooking.	2-3 minutes

# TROUBLESHOOTING

## Questions and Answers

### Operation

Question	Answer
Why is the oven light not on during cooking?	There may be several reasons why the oven light is not on. Have you: <ul style="list-style-type: none"> <li>• Set a cook time?</li> <li>• Touched START?</li> </ul>
Why does steam come out of the air exhaust vent?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam.
Will the microwave oven be damaged if it operates empty?	Yes. Never operate the oven empty or without the glass turntable.
Does microwave energy pass through the viewing screen in the door?	No. The metal screen bounces the energy back to the oven cavity. The holes (or ports) allow only light to pass through. They do not let microwave energy pass through.
Why does a tone sound when a pad on the control panel is touched?	The tone tells you that the setting has been entered.
Can my microwave oven be damaged if food is cooked for too long?	Like any other cooking appliance, it is possible to overcook food to the point that the food creates smoke and even possibly fire and damage to the inside of the oven. It is always best to be near the oven while you are cooking.
When the oven is plugged into wall outlet for the first time, it might not work properly. What is wrong?	The microcomputer controlling your oven may temporarily become scrambled and fail to function as programmed when you plug in for the first time or when power resumes after a power interruption. Unplug the oven from the ~120 volt household outlet and then plug it back in to reset the microcomputer.
Why do I see light reflection around the outer case?	This light is from the oven light which is located between the oven cavity and the outer wall of the oven.
What are the various sounds I hear when the microwave oven is operating?	The clicking sound is caused by a mechanical switch turning the microwave oven's magnetron ON and OFF. The heavy hum and clunk is from the change in power the magnetron draws as it is turned ON and OFF by a mechanical switch. The change in blower speed is from the change in line voltage caused by the magnetron being turned ON and OFF.

### Food

Question	Answer
What is wrong when baked foods have a hard, dry, brown spot?	A hard, dry, brown spot indicates overcooking. Shorten the cooking or reheating time.
Why do eggs sometimes pop?	When baking, frying, or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. <b>CAUTION:</b> Never microwave eggs in the shell.

# TROUBLESHOOTING

## Questions and Answers (continued)

### Food

Question	Answer
What is wrong when baked foods have a hard, dry, brown spot?	A hard, dry, brown spot indicates overcooking. Shorten the cooking or reheating time.
Why do eggs sometimes pop?	When baking, frying, or poaching eggs, the yolk may pop due to steam buildup inside the yolk membrane. To prevent this, simply pierce the yolk with a wooden toothpick before cooking. <b>CAUTION:</b> Never microwave eggs in the shell.
Why are scrambled eggs sometimes a little dry after cooking?	Eggs will dry out when they are overcooked, even if the same recipe is used each time. The cooking time may need to be varied for one of these reasons: <ul style="list-style-type: none"> <li>• Eggs vary in size.</li> <li>• Eggs are at room temperature one time and at refrigerator temperature another time.</li> <li>• Eggs continue cooking during standing time.</li> </ul>
Why do baked apples sometimes burst during cooking?	The peel has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in conventional cooking methods, the interior of the apple expands during the cooking process.
Why do baked potatoes sometimes burn during cooking?	If the cooking time is too long, fire could result. At the end of the recommended cooking time, potatoes should be slightly firm. <b>CAUTION: Do not overcook.</b>
Why is a standing time recommended after microwave cooking time is over?	Standing time allows foods to continue cooking evenly for a few minutes after the actual microwave oven cooking cycle ends. The amount of standing time depends upon the density of the foods.
Why is additional time required for cooking food stored in the refrigerator?	As in conventional cooking, the initial temperature of food affects total cooking time. You need more time to cook food taken out of a refrigerator than for food at room temperature.

# TROUBLESHOOTING

## BEFORE CALLING FOR SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the list below and try the solutions listed for each problem.

If the microwave oven still does not work properly, contact the nearest Sears Parts & Repair Center, which is fully equipped to handle your service requirements.

Problem	Possible Causes
Oven does not start	<ul style="list-style-type: none"> <li>• Is the power cord plugged in?</li> <li>• Is the door closed?</li> <li>• Is the cooking time set?</li> </ul>
Arcing or sparking	<ul style="list-style-type: none"> <li>• Are you using approved cookware?</li> <li>• Is the oven empty?</li> </ul>
Incorrect time of day	<ul style="list-style-type: none"> <li>• Have you tried to reset the time of day?</li> </ul>
Unevenly cooked foods	<ul style="list-style-type: none"> <li>• Are you using approved cookware?</li> <li>• Is the glass turntable in the oven?</li> <li>• Did you turn or stir the food while it was cooking?</li> <li>• Were the foods completely defrosted?</li> <li>• Was the time/cooking power level correct?</li> </ul>
Overcooked foods	<ul style="list-style-type: none"> <li>• Was the time/cooking power level correct?</li> </ul>
Undercooked foods	<ul style="list-style-type: none"> <li>• Are you using approved cookware?</li> <li>• Were the foods completely defrosted?</li> <li>• Was the time/cooking power level correct?</li> <li>• Are the ventilation ports clear?</li> </ul>
Improper defrosting	<ul style="list-style-type: none"> <li>• Are you using approved cookware?</li> <li>• Was the time/cooking power level correct?</li> <li>• Did you turn or stir the food during the defrosting cycle?</li> </ul>

### FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT (U.S.A. ONLY)

**WARNING:**

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Reorient the receiving antenna of the radio or television.
- Relocate the Microwave Oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

**The manufacturer** is not responsible for any radio or TV interference caused by **unauthorized modification** to this microwave oven. It is the responsibility of the user to correct such interference.

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## Master Protection Agreements

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*Congratulations on making a smart purchase.*  
Your new Kenmore® product is designed and manufactured for years of dependable operation. But like all products, it may require preventive maintenance or repair from time to time. That's when having a Master Protection Agreement can save you money and aggravation.

*Purchase a Master Protection Agreement now and protect yourself from unexpected hassle and expense.*

The Master Protection Agreement also helps extend the life of your new product. Here's what's included in the Agreement:

- ✓ **Expert service** by our 12,000 professional repair specialists
- ✓ **Unlimited service and no charge** for parts and labor on all covered repairs
- ✓ **"No-lemon" guarantee** – replacement of your covered product if four or more product failures occur within twelve months
- ✓ **Product replacement** if your covered product can't be fixed
- ✓ **Annual Preventive Maintenance Check** at your request – no extra charge
- ✓ **Fast help by phone** – phone support from a Sears technician on products requiring in-home repair, plus convenient repair scheduling
- ✓ **Power surge protection** against electrical damage due to power fluctuations
- ✓ **Rental reimbursement** if repair of your covered product takes longer than promised

Once you purchase the Agreement, a simple phone call is all that it takes for you to schedule service. You can call anytime day or night, or schedule a service appointment online.

Sears has over 12,000 professional repair specialists, who have access to over 4.5 million quality parts and accessories. That's the kind of professionalism you can count on to help prolong the life of your new purchase for years to come. Purchase your Master Protection Agreement today!

**Some limitations and exclusions apply. For prices and additional information call 1-800-827-6655.**

### Sears Installation Service

*For Sears professional installation* of home appliances, garage door openers, water heaters, and other major home items, in the U.S.A. call

**1-800-4-MY-HOME®**

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## Acuerdos Maestros de protección

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*Felicitaciones por haber hecho una compra inteligente*  
Su nuevo producto Kenmore® está diseñado y fabricado para años de operación segura. Pero como todo producto, puede necesitar mantenimiento preventivo o reparaciones cada cierto tiempo. Es allí cuando el tener un Acuerdo Maestro de protección le puede ahorrar dinero o evitar que la falla empeore.

*Adquiera un Acuerdo Maestro de protección ahora y resguárdese de cualquier molestia o gastos inesperados.*

El Contrato de Protección Maestro ayuda también extender la vida de su nuevo producto. Estas son los aspectos incluidos en el Contrato :

- ✓ **Servicio experto**, llevado a cabo por cualquiera de nuestros 12.000 profesionales especialistas en reparaciones.
- ✓ **Servicio ilimitado y sin cargo alguno**, por las piezas o por el trabajo en toda las reparaciones cubiertas por el Acuerdo.
- ✓ **Garantía de "No-Lemon"** - cambio de su producto cubierto si ocurre más de cuatro o más fallas al producto dentro de doce primeros meses.
- ✓ **Reemplazo del producto** si su este asegurado no puede arreglarse.
- ✓ **Control anual de mantenimiento preventivo** a pedido suyo sin cargo extra.
- ✓ **Ayuda rápida vía telefónico** - Soporte telefónico de un técnico de Sears sobre los productos que se requiere de reparación en casa, más la programación conveniente de servicio.
- ✓ **Protección contra sobrecarga eléctrica**, por daños eléctricos causados por fluctuaciones de corriente.
- ✓ **Reembolso de alquiler** si la reparación del producto asegurado toma más tiempo de lo prometido.

Una vez que ha comprado el Acuerdo, una simple llamada telefónica es todo lo que le tomará para agendar un servicio. Puede llamar a cualquier hora del día o de la noche o hacer un compromiso de atención por teléfono.

Sears tiene más de 12,000 profesionales especialistas en reparaciones que tienen acceso a más de 4.5 millones de piezas de calidad y accesorios. Esa es la clase de profesionalismo con la que puede usted contar para ayudar a prolongar la vida de su nueva adquisición en los años por venir. ¡Suscriba ya un Acuerdo Maestro de protección!

**Se aplican algunas limitaciones y exclusiones. Por precios e información adicional llame al 1-800-827-6655.**

### Servicio de instalación Sears

Para la instalación profesional de Sears de los aparatos del hogar, dispositivos de apertura de la puerta del garaje, calentadores de agua, y otros items principales del hogar, llame en los Estados Unidos a **1-800-4-MY-HOME®**.

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Call anytime, day or night (U.S.A. and Canada)

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## Our Home

For repair of carry-in items like vacuums, lawn equipment, and electronics, call or go on-line for the location of your nearest **Sears Parts & Repair Center.**

**1-800-488-1222**

Call anytime, day or night (U.S.A. only)

[www.sears.com](http://www.sears.com)

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To purchase a protection agreement (U.S.A.) or maintenance agreement (Canada) on a product serviced by Sears:

**1-800-827-6655** (U.S.A.)

**1-800-361-6665** (Canada)

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Para pedir servicio de reparación a domicilio, y para ordenar piezas:

**1-888-SU-HOGAR<sup>SM</sup>**

(1-888-784-6427)

Au Canada pour service en français:

**1-800-LE-FOYER<sup>MC</sup>**

(1-800-533-6937)

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