



# Microwave Oven

with Convection and Grill

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**Owner's Manual**

JES1295

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

**Model #** \_\_\_\_\_

**Serial #** \_\_\_\_\_

You can find them on a label inside the oven.



## IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

**! WARNING!** For your safety, the information in this manual must be followed to minimize the risk of fire or explosion, electric shock, or to prevent property damage, personal injury, or loss of life.

### PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **Do Not Attempt** to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **Do Not Place** any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **Do Not Operate** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
  - (1) door (bent),
  - (2) hinges and latches (broken or loosened),
  - (3) door seals and sealing surfaces.
- (d) **The Oven Should Not** be adjusted or repaired by anyone except properly qualified service personnel.

## IMPORTANT SAFETY INSTRUCTIONS.

When using electrical appliances basic safety precautions should be followed, including the following. Use this appliance only for its intended purpose as described in this Owner's Manual.

- 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 5.
- Install or locate this appliance only in accordance with the provided installation instructions.
- This oven must be located at least 3 ft. (0.9 m) above floor level.
- Be certain to place the front surface of the door 3" (7.6 cm) or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- A minimum clearance of 3.0 inches (7.5 cm) is required between the oven and any adjacent walls. One side must be open. Leave a minimum clearance of 12.0 inches (30 cm) above the oven.
- Do not mount this appliance over a sink.
- Do not mount the microwave oven over or near any portion of a heating or cooking appliance.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- 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. If the power cord is damaged, it must be replaced by General Electric Service or an authorized service agent using a power cord available from General Electric.
- 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.
- 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.
- 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.
  - 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.
- See door surface cleaning instructions in the *Care and cleaning of the microwave oven* section of this manual.
- 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.

## SAVE THESE INSTRUCTIONS

## **⚠ WARNING!**



### ARCING

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

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

- The metal shelf installed incorrectly 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.



### FOODS

- When microwaving, place all foods and containers on the glass microwave turntable.

#### ■ **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.
- 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.
- 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.
- 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.
- 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 (70°C) and poultry to at least an INTERNAL temperature of 180°F (80°C). Cooking to these temperatures usually protects against foodborne illness.
- 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.

# IMPORTANT SAFETY INSTRUCTIONS.

## READ ALL INSTRUCTIONS BEFORE USING.

### **⚠ WARNING!**



### MICROWAVE-SAFE COOKWARE

Make sure to use suitable cookware during microwave cooking. 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.”

- Place microwavable container directly on the glass turntable to cook your food.
- 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 (240 mL) 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.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Do not use paper products when the microwave/convection oven is operated in the convection or combination mode.

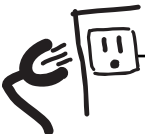
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “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 guide. TV dinners may be microwaved in foil trays less than  $\frac{3}{4}$ ” (1.9 cm) 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” (2.5 cm) 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.
- 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.

#### 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.

## GRILLING, CONVECTION & COMBINATION SAFETY

- Any non-metal, oven-safe dish can be used when combination cooking in the oven. Any oven-safe dish can be used when grilling or convection cooking.
- The oven and door will get hot when grilling, convection or combination cooking.
- Cookware will become hot when grilling, convection or combination cooking. Pot holders or oven mitts will be needed to handle the cookware.
- Do not use paper towels or coverings, containers or cooking/roasting bags made of foil or other reflective material, plastic, wax or paper when grilling, convection or combination cooking.
- Do not place food directly against the top or rear heating elements.
- Use of the rack:
  - For convection baking and grilling.
  - Place dish directly on the rack.
  - Remove the rack from the oven when not in use.
  - Use pot holders or oven mitts when handling the rack. It may be hot.
  - Be sure that the rack is positioned properly inside the oven to prevent product damage.
  - Do not cover the rack or any part of the oven with metal foil. This will cause overheating of the oven.
- During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the top heating element. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.
- Remove cookware completely from the oven before turning food.



## 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.

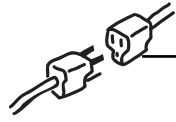
We do not recommend using an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance. (See *EXTENSION CORDS* section.)

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

# **IMPORTANT SAFETY INSTRUCTIONS.**

## **READ ALL INSTRUCTIONS BEFORE USING.**

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### *EXTENSION CORDS*

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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.



*READ AND FOLLOW THIS SAFETY INFORMATION CAREFULLY.*

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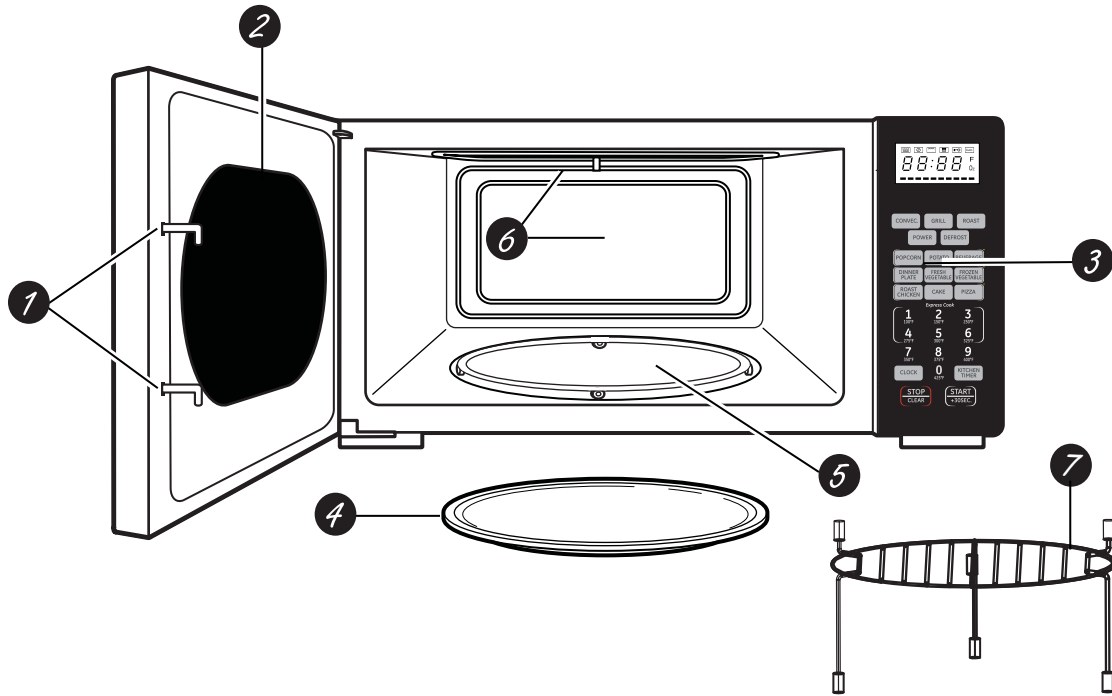
**SAVE THESE INSTRUCTIONS**



# 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 Latches**
- 2 Window with Metal Shield**  
Screen allows cooking to be viewed while keeping microwaves confined in the oven.
- 3 Control Panel and Display**
- 4 Glass Turntable**  
Center the tray on the turntable support when using the microwave features. Place food or microwave-safe cookware directly on the glass turntable.
- 5 Removable Turntable Support**  
The turntable support must be in place when using the oven.  
**NOTE:** Rating plate is located on the back of the microwave. Oven vent(s) and oven light are located on the inside walls of the microwave oven.
- 6 Heating Elements**  
Allows you to cook frozen convenience foods, brown already cooked foods quickly on top or grill foods on the top and bottom.
- 7 Rack**  
Used for convection baking and grilling. Center the rack on the turntable tray. (Do not use when microwave or combination cooking.)

# About the features of your oven.

You can microwave by time, or with the convenience features, or cook using the grilling features.



## Cooking Controls

### 1 Microwave Cooking Time and Auto Feature

Press	Enter and press START	Option
<b>POWER</b>	Amount of cooking time	more/less time
<b>DEFROST</b>		
Press once to AUTO	Food weight	
Press twice to TIME	Amount of defrosting time	
<b>POWER</b>	Power level 1–10	
<b>EXPRESS COOK</b>	Starts immediately!	
<b>POTATO</b>	Food weight	
<b>DINNER PLATE</b>	Food weight	
<b>FRESH VEGETABLE</b>	Food weight	
<b>FROZEN VEGETABLE</b>	Food weight	
<b>ROAST CHICKEN</b>	Food weight	
<b>CAKE</b>	Food weight	
<b>PIZZA</b>	Food weight	
<b>POPCORN</b>	1.75, 3.0 or 3.5 oz. (50, 80 or 100 g)	more/less time
<b>BEVERAGE</b>	9, 18 or 27 oz. (260, 520 or 780 mL)	

### 2 Convection Cooking

Press	Enter and press START	Option
<b>CONVECTION</b>	Enter oven temperature and cooking time	with or without preheat more/less time

### 3 Combination Cooking (Microwave and Grill)

Press	Enter and press START	Option
<b>GRILL</b> twice (Combi-1)	Enter cooking time	more/less time Microwave power level 36%, Grill 64%
<b>GRILL</b> 3 times (Combi-2)	Enter cooking time	more/less time Microwave power level 55%, Grill 45%

### 4 Grilling

Press	Enter and press START	Option
<b>GRILL</b> once	Enter time	more/less time

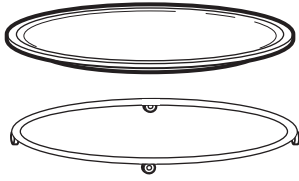
### 5 Roast Cooking

Press	Enter and press START	Option
<b>ROAST</b> once	Enter oven temperature and cooking time	more/less time



## Using the microwave features.

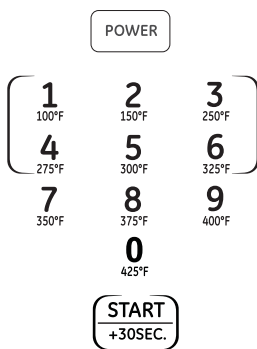
www.GEAppliances.ca



**Make sure the turntable support and glass turntable are in place when microwaving.**

- Place food or microwavable container directly on the glass turntable to cook your food.
- Center the glass turntable on the turntable support.
- Make sure that cookware is suitable for microwaving.

## About changing the microwave power level.



The power level may be entered or changed immediately before entering the time for microwaving only.

- 1** Press the **POWER** button.
- 2** Press multiple times to select the desired power level 10-1.
- 3** Enter the cooking time.
- 4** Press the **START** 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.

*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.

Level	10	9	8	7	6	5	4	3	2	1
Power	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%
Display	PL10	PL9	PL8	PL7	PL6	PL5	PL4	PL3	PL2	PL1

Example: If you want to use 80% power to cook for 10 minutes and 30 seconds, do the following steps:

- 1** Press the **POWER** button once, the display will show **PL10**. The “**Micro**” indicator will light.
- 2** Press the **POWER** button two more times to choose 80% power. The display will show **PL8**.

**3** Press the number keys **1, 0, 3, 0** and the display will show “**10:30**”.

**4** Press the **START/+30 SEC** button to begin cooking. The “**Micro**” indicator will flash.

## About the time and auto microwave features.



### Time Cooking

Allows you to microwave for any time up to 99 minutes.

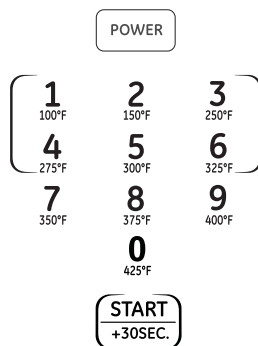
**Power level 10 (High)** is automatically set, but you may change it for more flexibility.

- 1** Press the **POWER** button.
- 2** Change power level if you don't want full power. (Press **POWER** multiple times. Select a desired power level 10–1.)

- 3** Enter cooking time.
- 4** Press the **START** button to start cooking.

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

**Make sure the turntable support and glass turntable are in place when microwaving.**



### Multi-stage cooking

This allows you to program up to 2 stages of microwave cooking power levels. If defrosting is one of the stages, then it should be set first. Please note that the convenience features cannot be used in multi stage cooking. The beeper will sound after each cooking stage is completed.

Example: If you want to use 100% microwave power to cook for 5 minutes and then 70% power for 10 minutes, do the following steps:

- 1** Press the **POWER** button once, the display will show **PL10**. The **"Micro"** indicator will light.
- 2** Press the number keys **5, 0, 0** and the display will show **"5:00"**.
- 3** Press the **POWER** button four more times to choose 70% power. The display will show **PL7**.
- 4** Press the number keys **1, 0, 0, 0** and the display will show **"10:00"**.
- 5** Press the **START/+30 SEC** button to begin cooking. The **"Micro"** indicator will flash.



### Express Cook

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

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

**Make sure the turntable support and glass turntable are in place when microwaving.**



### Add 30 Seconds

- Each time the **+30 SEC** button is pressed, it will add 30 seconds to any cooking time counting down, until the maximum cooking time is reached. It cannot be used with any of the **Convenience Features** or in **Defrost by weight**.

**Make sure the turntable support and glass turntable are in place when microwaving.**

## Cooking Guide for Microwave Time Cook

**NOTE:** Use **High power level (10)** unless otherwise noted.

<b>Vegetable</b>	<b>Amount</b>	<b>Time</b>	<b>Comments</b>
<b>Asparagus</b> (fresh spears)	1 lb. (450 g)	6 to 9 min., Med-High (7)	In 1½-qt. (1.5 L) casserole, place ¼ cup (60 mL) water.
(frozen spears)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole.
<b>Beans</b> (fresh green)	1 lb. (450 g) cut in half	9 to 11 min.	In 1½-qt. (1.5 L) casserole, place ½ cup (120 mL) water.
(frozen green)	10-oz. (283 g) package	6 to 8 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
(frozen lima)	10-oz. (283 g) package	6 to 8 min.	In 1-qt. (1 L) casserole, place ¼ cup (60 mL) water.
<b>Beets</b> (fresh, whole)	1 bunch	17 to 21 min.	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
<b>Broccoli</b> (fresh cut)	1 bunch (1¼ to 1½ lbs./ 570 to 680 g)	7 to 10 min.	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(fresh spears)	1 bunch (1¼ to 1½ lbs./ 570 to 680 g)	9 to 13 min.	In 2-qt. (2 L) casserole, place ¼ cup (60 mL) water.
(frozen, chopped)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole.
(frozen spears)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
<b>Cabbage</b> (fresh)	1 medium head (about 2 lbs./900 g)	8 to 11 min.	In 1½- or 2-qt. (1.5 or 2 L) casserole, place ¼ cup (60 mL) water.
(wedges)		7 to 10 min.	In 2- or 3-qt. (2 or 3 L) casserole, place ¼ cup (60 mL) water.
<b>Carrots</b> (fresh, sliced)	1 lb. (450 g)	7 to 9 min.	In 1½-qt. (1.5 L) casserole, place ¼ cup (60 mL) water.
(frozen)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
<b>Cauliflower</b> (flowerets)	1 medium head	9 to 14 min.	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(fresh, whole)	1 medium head	10 to 17 min.	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(frozen)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
<b>Corn</b> (frozen kernel)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
<b>Corn on the cob</b> (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. (2 L) glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add ¼ cup (60 mL) water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	5 to 6 min. 3 to 4 min. per ear	Place in 2-qt. (2 L) oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
<b>Mixed vegetables</b> (frozen)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
<b>Peas</b> (fresh, shelled)	2 lbs. (900 g) unshelled	9 to 12 min.	In 1-qt. (1 L) casserole, place ¼ cup (60 mL) water.
(frozen)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
<b>Potatoes</b> (fresh, cubed, white)	4 potatoes (6 to 8 oz. each/ 170 to 225 g)	9 to 12 min.	Peel and cut into 1-inch cubes. Place in 2-qt. (2 L) casserole with ½ cup (120 mL) water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz./170 to 225 g)	3 to 4 min.	Pierce with cooking fork. Place in the oven, 1" (2.5 cm) apart, in circular arrangement. Let stand 5 minutes.
<b>Spinach</b> (fresh)	10 to 16 oz. (283 to 450 g)	5 to 7 min.	In 2-qt. (2 L) casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. (283 g) package	5 to 7 min.	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
<b>Squash</b> (fresh, summer and yellow)	1 lb. (450 g) sliced	5 to 7 min.	In 1½-qt. (1.5 L) casserole, place ¼ cup (60 mL) water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb./ 450 g each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. (2 L) glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

## About the time and auto microwave features.



### Time Defrost

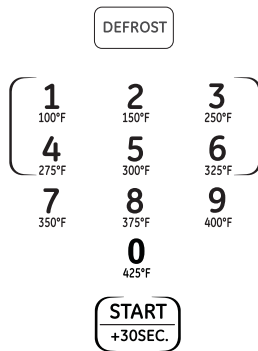
Use **Time Defrost** to defrost for a selected length of time.

- 1 Press the **DEFROST** button twice.
- 2 Enter the defrosting time.
- 3 Press the **START** button to start defrosting.

**Make sure the turntable support and glass turntable are in place when microwaving.**

### 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 **Defrost. by Weight**. 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.



### Defrost by Weight

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

**Weight 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 once.
- 2 Enter the food weight, using the number keys. See the Conversion Guide below.  
For example, press 4 for 4 ounces.

- 3 Press the **START** button to start defrosting.

- 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.

**Make sure the turntable support and glass turntable are in place when microwaving.**

### Conversion Guide

Weight of Food in Ounces	Weight of Food in Grams
1-2	28-56
3	85
4-5	113-142
6-7	170-200
8	225
9-10	255-283
11	312
12-13	340-370
14-15	400-425

**Defrosting Guide**

<b>Food</b>	<b>Time</b>	<b>Comments</b>
<b>Breads, Cakes</b> <i>Bread, buns or rolls (1 piece)</i> <i>Sweet rolls (approx. 12 oz./340 g)</i>	<b>1 min.</b> <b>3 to 5 min.</b>	Rearrange after half the time.
<b>Fish and Seafood</b> <i>Filletts, frozen (1 lb./454 g)</i> <i>Shellfish, small pieces (1 lb./454 g)</i>	<b>6 to 8 min.</b> <b>5 to 7 min.</b>	Place block in casserole. Turn over and break up after half the time.
<b>Fruit</b> <i>Plastic pouch—1 or 2 (10-oz./283 g package)</i>	<b>3 to 6 min.</b>	
<b>Meat</b> <i>Bacon (1 lb./454 g)</i> <i>Franks (1 lb./454 g)</i>  <i>Ground meat (1 lb./454 g)</i> <i>Roast: beef, lamb, veal, pork</i>  <i>Steaks, chops and cutlets</i>	<b>2 to 5 min.</b> <b>2 to 5 min.</b>  <b>5 to 7 min.</b> <b>12 to 16 min.</b> <b>per lb./454 g</b> <b>5 to 7 min.</b> <b>per lb./454 g</b>	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after first half of time. Use <b>power level 10</b> . Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
<b>Poultry</b> <i>Chicken, broiler-fryer, cut up (2½ to 3 lbs./1.1 to 1.4 kg)</i>  <i>Chicken, whole (2½ to 3 lbs./1.1 to 1.4 kg)</i>  <i>Cornish hen</i>  <i>Turkey breast (4 to 6 lbs./1.8 to 2.7 kg)</i>	<b>15 to 19 min.</b>  <b>17 to 21 min.</b>  <b>7 to 13 min.</b> <b>per lb./454 g</b> <b>5 to 9 min.</b> <b>per lb./454 g</b>	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting. Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cold water in the cavity until giblets can be removed. Place unwrapped hen in the oven breast-side-up. Turn over after first half of time. Run cool water in the cavity until giblets can be removed. Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

## About the convenience microwave features.

### POPCORN

Use only with prepackaged microwave popcorn weighing 1.75 to 3.5 oz. (50 to 100 g)

### Popcorn

**Make sure the turntable support and glass turntable are in place when microwaving.**

To use the **Popcorn** feature:

- 1** Follow package instructions, using **Time Cook** if the package is larger than 3.5 oz. (100 g). Place the package of popcorn in the center of the microwave.
- 2** Press the **POPCORN** button once, twice or three times. The oven starts immediately.  
Press once for a 1.75/50 g bag of popcorn.

Press twice for a 3 oz./85 g bag of popcorn.

Press three times for a 3.5 oz./100 g bag of popcorn.

If you need to open the door while **POPCORN** is displayed, close the door, press **START** to resume cooking **OR** press **STOP/CLEAR** to cancel the popcorn feature.

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

### BEVERAGE

### Beverage

**Make sure the turntable support and glass turntable are in place when microwaving.**

To use the **Beverage** feature:

- 1** Press **BEVERAGE**.
- 2** The serving size is automatically set at 9 oz. (260 mL), but can be changed by pressing **BEVERAGE** to select 18 or 27 oz. (520 or 780 mL). Pressing twice selects 18 oz. (520 mL) and pressing three times selects 27 oz. (780 mL). The oven starts immediately.

- 3** Press **START** to start cooking.

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

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

### DINNER PLATE

### Dinner Plate

**Make sure the turntable support and glass turntable are in place when microwaving.**

To use the **Dinner Plate** feature:

- 1** Press **DINNER PLATE**.
- 2** The serving size is automatically set to 8 ounces (226 g), but can be changed by pressing **DINNER PLATE** again to select 12 or 16 oz (340 or 453 g).

Pressing twice selects 12 oz and pressing 3 times selects 16 oz. The display will show the weight you have selected.

- 3** Press **START** to start cooking.

**Plates heated with the dinner plate feature may be very hot. Remove the plate with care.**

### POTATO

### Potato

**Make sure the turntable support and glass turntable are in place when microwaving.**

To use the **Potato** feature:

- 1** Press **POTATO**.

- 2** The serving size is automatically set to 1 potato, but can be changed by pressing **POTATO** again to select 2 or 3 potatoes. Pressing twice selects 2 potatoes and pressing 3 times selects 3 potatoes. The display will show the quantity you have selected.

- 3** Press **START** to start cooking.

### START +30SEC.



FRESH VEGETABLE

FROZEN VEGETABLE

START  
+30SEC.

### Fresh or Frozen Vegetable

**Make sure the turntable support and glass turntable are in place when microwaving.**

To use the **Fresh** or **Frozen Vegetable** feature:

- 1 Press **FRESH VEGETABLE** or **FROZEN VEGETABLE** as required.
- 2 The serving size is automatically set to 8 ounces (226 g), but can be changed

by pressing **FRESH VEGETABLE** or **FROZEN VEGETABLE** again to select 12 or 16 oz (340 or 453 g). Pressing twice selects 12 oz and pressing 3 times selects 16 oz. The display will show the weight you have selected.

- 3 Press **START** to start cooking.

PIZZA

START  
+30SEC.

### Pizza (For frozen pizza only. Do not use to reheat pizza)

**Make sure the turntable support and glass turntable are in place when microwaving.**

To use the **Pizza** feature:

- 1 Press **PIZZA**.
- 2 The serving size is automatically set to 10 ounces (283 g), but can be changed

by pressing **PIZZA** again to select 14 oz (397 g). Pressing twice selects 14 oz. The display will show the weight you have selected.

- 3 Press **START** to start cooking.

ROAST CHICKEN

START  
+30SEC.

### Roast Chicken

**Make sure the turntable support and glass turntable are in place when microwaving.**

The **Roast Chicken** feature uses microwave energy and convection heat from the rear element to roast the food evenly throughout. The preset temperature for roast chicken is 425°F (218°C). The cooking time varies according to the different weights you select (see below).

- |       |   |
|-------|---|
| 16oz  | 3 1/2 minutes at 100% microwave power + 25 minutes convection |
| 24 oz | 5 minutes at 100% microwave power + 30 minutes convection     |
| 32 oz | 7 minutes at 100% microwave power + 35 minutes convection     |
| 40 oz | 9 minutes at 100% microwave power + 40 minutes convection     |

48 oz 11 minutes at 100% microwave power + 45 minutes convection

To use the **Roast Chicken** feature:

- 1 Press **ROAST CHICKEN**.
- 2 The serving size is automatically set to 16 ounces (454 g), but can be changed by pressing **ROAST CHICKEN** again to select 24, 32, 40 or 48 oz. Pressing twice selects 24 oz (680 g), pressing 3 times selects 32 oz (907 g), pressing 4 times selects 40 oz (1,134 g) and pressing 5 times selects 48 oz (1,361 g). The display will show the weight you have selected.
- 3 Press **START** to start cooking.

CAKE

STOP  
CLEAR

START  
+30SEC.

### Cake

**Make sure the turntable support and glass turntable are in place when microwaving.**

**NOTE:** You should use the grill rack when baking cakes.

Also, when baking cakes, it is recommended that you do not put the cake into the oven until the oven is preheated to 375°F (190°C). Once the oven is preheated to 375, the beeper will sound twice to tell you the oven is ready to put the cake in.

To use the **Cake** feature:

- 1 Press **CAKE**.
- 2 The serving size is automatically set to 16 ounces (454 g). The display will show the weight. Also, the temperature is automatically set to 375°F (190°C).
- 3 Press **START** to start the preheat cycle.
- 4 Once the oven is preheated, press **STOP** or just open the door.
- 5 Place the cake in the oven, close the door and press **START** again.



# About the convenience microwave features.

## Auto Menu Chart

AUTO MENU	WEIGHT	DISPLAY	COOKING TIME	POWER
VEGETABLE	4.00 oz.	4.00	2'10"	100%
	8.00 oz.	8.00	4'00"	
	16.00 oz.	16.00	5'30"	
FROZEN VEGETABLE	4.00 oz.	4.00	3'00"	100%
	8.00 oz.	8.00	5'00"	
	16.00 oz.	16.00	8'00"	
POPCORN	1.75 oz.	1.75	2'15"	100%
	3.00 oz.	3.00	2'35"	
	3.50 oz.	3.50	2'45"	
BEVERAGE	1 cup (8.80 oz.)	1	1'30"	100%
	2 cups	2	2'30"	
	3 cups	3	3'20"	
DINNER PLATE	8.00 oz.	8.00	2'30"	100%
	12.00 oz.	12.00	3'30"	
	16.00 oz.	16.00	4'30"	
POTATO	1 cup (8.00 oz.)	1	4'50"	100%
	2 cups	2	8'30"	
	3 cups	3	11'00"	
ROAST CHICKEN	16.00 oz.	16.00	3'30" 100% Microwave / 25'00" Convection 425°F	100% Microwave / Convection 425°F
	24.00 oz.	24.00	5'00" 100% Microwave / 30'00" Convection 425°F	
	32.00 oz.	32.00	7'00" 100% Microwave / 35'00" Convection 425°F	
	40.00 oz.	40.00	9'00" 100% Microwave / 40'00" Convection 425°F	
	48.00 oz.	48.00	11'00" 100% Microwave / 45'00" Convection 425°F	
CAKE	16.00 oz.	16.00	375°F Convection for 45 mins	Convection with Preheating
PIZZA	10.00 oz.	10.00	2'30" 100% Microwave / 15'00" Convection 400°F	100% Microwave / Convection 400°F
	14.00 oz.	14.00	3'00" 100% Microwave / 16'00" Convection 400°F	

Safety Instructions

Operating Instructions

Troubleshooting Tips

Consumer Support

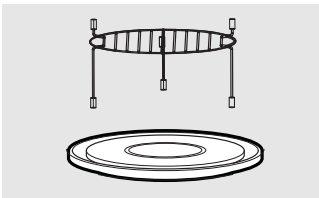
Convection cooking uses a heating element to raise the temperature of the air inside the oven. Any oven temperature from 100 to 425°F (38 to 218°C) may be set. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors.

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.

See the *Cookware Tips* section for information on suggested cookware.

### For Best Results...

Use the rack mostly when doing two level baking or grilling. Otherwise, place food or oven-safe dish directly on glass tray. Some baked goods like cookies will cook more evenly if you use the rack.



CONVECTION

1 100°F	2 150°F	3 250°F
4 275°F	5 300°F	6 325°F
7 350°F	8 375°F	9 400°F
	0 425°F	

START  
+30SEC.

### Convection Time Cook with Preheat

- 1 Press the **CONVECTION** button.
- 2 Select the desired oven temperature, using the convection temperature keys. Do not enter convection cook time now. (The cook time will be entered later, after the oven is preheated.)
- 3 Press the **START** button to start preheating.
- 4 When the oven is preheated, it will signal. If you do not open the door within 5 minutes, the oven will turn off automatically.
- 5 Open the oven door and, using caution, place the food in the oven.
- 6 Enter the cook time, close the oven door and press **START** to start cooking.
- 7 When cooking is complete, the oven will signal and turn off.

### Make sure the turntable support and tray are in place.

There are ten preset temperatures you can choose for convection. They are indicated on the number pads. For example: 100°F, 150°F, 250°F, etc. Convection cooking allows you to cook small foods like in a traditional oven.

**NOTE:** a cooking time cannot be input until the pre heat temperature had been reached. Once the temperature is reached, the oven door must be open in order to set the cooking time.

In this mode, the microwaves are not used. It is recommended that you preheat the oven to the required temperature before placing the food in the oven.

If the time is not set within 5 minutes, the preheating cycle will stop and the beeper will sound 5 times.

CONVECTION

1 100°F	2 150°F	3 250°F
4 275°F	5 300°F	6 325°F
7 350°F	8 375°F	9 400°F
	0 425°F	

START  
+30SEC.

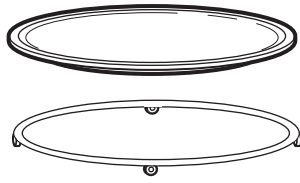
### Convection Time Cook without Preheating

- 1 If your recipe does not require preheating, press the **CONVECTION** button.
- 2 Select the desired oven temperature, using the convection temperature keys.
- 3 Press the **CONVECTION** button again.
- 4 Enter the cook time.
- 5 Press the **START** button to start the oven.

### Make sure the turntable support and tray are in place.

## Using the combination (microwave and grill) feature.

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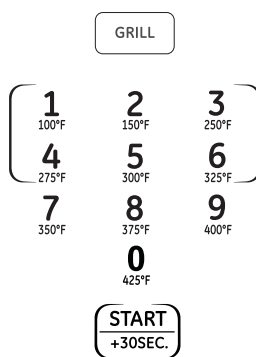


The grilling features use a combination of microwave and heat from the top element to cook food evenly throughout.

**⚠ CAUTION:** *When using the combination features, remember that the oven, door and dishes will be very hot!*

- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food and oven-safe cookware directly on the tray when cooking.

- You can use non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the tray.
- Be sure to select a size that will rotate easily.
- Do not use cookware or coverings made of paper, plastic or foil when using the combination features.



### Setting a Combination (Microwave and Grill) Program

**Make sure the turntable support and tray are in place when using the Combination feature.**

- 1** Press **GRILL** twice to select **Combination**. The microwave power level will be 36% and the grill power level 64%. **G-2** will be displayed. You can change the power level by pressing **GRILL** a third time. The microwave power level will be 55% and the grill power will be 45%. **G-3** will be displayed.

- 2** Enter the desired cooking time.

- 3** Press **START**.

**NOTE:** *At the halfway point of the time you selected, the beeper sounds twice to remind you to turn the food over.*

**When the oven stops, use oven mitts to carefully remove the dish or glass tray. It may be very hot.**

**During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the cooking elements. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.**

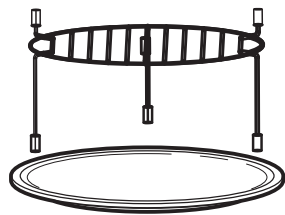
**Remove cookware completely from the oven before turning food.**

Press <b>GRILL</b> button	Display Shows	Microwave power	Grill power
1 time	G-1	0%	100%
2 times	G-2	36%	64%
3 times	G-3	55%	45%

**NOTE:** *When half the grill time passes, the beeper will sound twice to tell you it is time to turn the food over. At that time, press **STOP** and turn the food over. Close the door, press **START** to continue cooking.*

## Using the grill feature.

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The grilling features use direct heat from the top element to cook fresh and frozen foods.

**CAUTION:** When using the grilling features, remember that the oven, door and dishes will be very hot!

- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food or oven-safe cookware directly on the grill rack when cooking.

- You can use metal or non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the black metal tray.
- Be sure to select a size that will rotate easily.
- Place the grill rack directly on the turntable tray.
- Do not use cookware or coverings made of paper, plastic or foil when using the grilling features.

### Setting a Grilling Program

Make sure the turntable support and tray are in place when grilling.

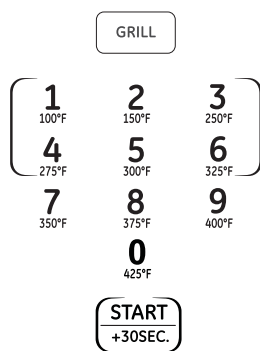
- 1 Press **GRILL** one time. **G-1** will be displayed. This cooking mode grills foods using the top heater.
- 2 Enter grilling time.
- 3 Press **START**.

**NOTE:** At the halfway point of the time you selected, the beeper sounds twice to remind you to turn the food over.

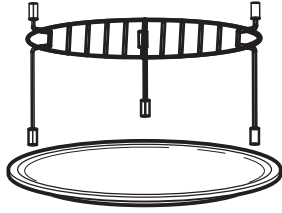
When the oven stops, use oven mitts to carefully remove the dish or glass tray. It may be very hot.

During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the cooking elements. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.

Remove cookware completely from the oven before turning food.



## Using the Roast feature.

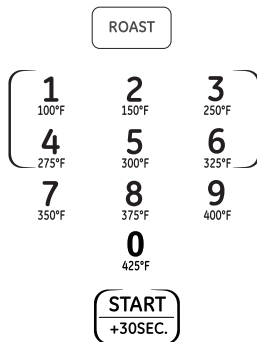


The roast feature uses microwave energy and convection heat from the rear element to roast the food evenly throughout. In convection roasting, the microwave power is 28% and the convection heating is 72%.

**⚠ CAUTION:** *When using the roast feature, remember that the oven door, dishes and the grilling rack will be very hot!*

- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food or cookware directly on the grill rack when cooking.

- You can use non-metal casserole dishes, pie plates and other heat safe cookware. Place them directly on the turntable tray.
- Be sure to select a size that will rotate easily.
- Place the grill rack directly on the turntable tray.
- Do not use cookware or coverings made of paper, plastic or foil when using the roast feature.



### Setting a Convection Roasting Program

**Make sure the turntable support and tray are in place when roasting.**

- 1** Press **ROAST** once. The temperature “325F” will show in the display.
- 2** Enter the desired temperature using the convection temperature keys.
- 3** Press **ROAST** again to confirm the temperature.
- 4** Enter the desired cooking time.
- 5** Press **START**.

**When the oven stops, use oven mitts to carefully remove the dish or glass tray. It may be very hot.**

**During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the cooking elements. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.**

**Remove cookware completely from the oven before turning food.**

# Best cooking methods.

Use this chart as a guide to cooking common foods. Time shown is based on 425°F (218°C).

## GRILL (Uses the Top Heaters)

Food Type	Serving Size	Cooking Time	Options/Comments
Boneless Chicken Breasts	2 large (6–7 oz./170–200 g each)	20 min.	Sprinkle with seasoning. Turn over after 13 min.
Boneless Pork Chops	2 (4–5 oz./110–140 g each)	16 min.	Sprinkle with seasoning. Turn over after 8 min.
Rib Eye Steaks (Medium)	2 (¾"/1.9 cm thick)	15 min.	Sprinkle with seasoning. Turn over after 12 min.
Strip Steaks (Medium)	2 (½–¾"/1.2–1.9 cm thick)	17 min.	Sprinkle with seasoning. Turn over after 12 min.
Filet Mignon (Medium)	2 (1–1¼"/2.5–3.2 cm thick)	19 min.	Sprinkle with seasoning. Turn over after 12 min.
Hamburger Patties	2 (4 oz./110 g each)	15 min.	Sprinkle with seasoning. Turn over after 10 min.
Salmon Filets	2 (5–6 oz./140–170 g each)	13 min.	
Shrimp	½ lb. (227 g)	9 min.	
Pizza (Frozen), Regular Crust	12" (30.5 cm) pizza	19 min.	
Pizza (Frozen), Rising Crust	12" (30.5 cm) pizza	25 min.	
Pizza (Frozen), Deep Dish Singles	2 pizzas	20 min.	
Grilled Cheese Sandwich	2 sandwiches	10 min.	Turn over after 7 min.

## ROAST (Uses both Microwave Power and Convection Heat)

Food Type	Serving Size	Cooking Time	Options/Comments
Baked Potatoes	8–10 oz. (225–285 g) each	30 min.	Preheat oven to 400°F (200°C).
Whole Chicken	3.5–4 lbs. (1.6–1.8 kg)	55 min.	Preheat oven to 375°F (190°C).

## COMBI (Uses both Microwave Power and Grill Heaters)

Food Type	Serving Size	Cooking Time	Options/Comments
Fish Sticks (Frozen)	2 servings (12 fish sticks)	5 min.	Use grill level G-2.
Chicken Nuggets (Frozen)	2 servings (10 nuggets)	3 min.	Use grill level G-2.
Crinkle-cut Fries (Frozen)	2 servings	10 min.	Use grill level G-2.
Potato Nuggets (Frozen)	2 servings (18 nuggets)	8 min.	Use grill level G-2.
Burritos (Frozen)	2 burritos	9 min.	Use grill level G-2.
Bagel Bites (Frozen)	8 pieces	4 min.	Use grill level G-2.

## CONVECTION (Uses the Rear Heater)

Food Type	Serving Size	Cooking Time	Options/Comments
Cake	16 oz. (453 g)	45 min.	Preheat oven to 375°F (190°C).

## Cookware tips.

### 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 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.

### 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/230°C) may be used, but it is not recommended for foods requiring crusting or all-around browning, because the plastic is a poor conductor of heat.

<b>Cookware</b>	<b>Microwave</b>	<b>Convection</b>	<b>Grill</b>	<b>Combination</b>
<b>Heat-Resistant Glass, Glass-Ceramic</b> (Pyrex®, Fire King®, Corning Ware®, etc.)	Yes	Yes	Yes	Yes
<b>Metal</b>	No	Yes	Yes	No
<b>Non Heat-Resistant Glass</b>	No	No	No	No
<b>Microwave-Safe Plastics</b>	Yes	No	No	Yes*
<b>Plastic Films and Wraps</b>	Yes	No	No	No
<b>Paper Products</b>	Yes	No	No	No
<b>Straw, Wicker and Wood</b>	Yes	No	No	No

\*Use only microwave cookware that is safe to 450°F (230°C).



CLOCK

1 100°F	2 150°F	3 250°F
4 275°F	5 300°F	6 325°F
7 350°F	8 375°F	9 400°F
0 425°F		

## Clock

Press to enter the time of day.

- 1 Press **CLOCK**.
- 2 Set the time on the number keys.
- 3 Press **CLOCK** to set the clock.

During cooking, you can press **CLOCK** to check the current time. The time will be displayed for 3 seconds

STOP  
CLEAR

START  
+30SEC.

## Start/Pause

In addition to starting many functions, the **STOP** button allows you to stop cooking without opening the door or clearing the display. Press **START** to restart the oven.

STOP  
CLEAR

## Child Lock-Out

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

To lock or unlock the controls, press and hold **STOP/CLEAR** for about 3 seconds. While locked, the **locked** indicator will be in the display.

KITCHEN  
TIMER

1 100°F	2 150°F	3 250°F
4 275°F	5 300°F	6 325°F
7 350°F	8 375°F	9 400°F
0 425°F		

START  
+30SEC.

## Timer

**Timer** operates as a minute timer when the oven is not operating.

- 1 Press **KITCHEN TIMER**.
- 2 Enter the time on the number keys.
- 3 Press **START**.

When time is up, the oven will signal.

Press **STOP/CLEAR** twice to cancel the timer.

**NOTE:** The Timer indicator will be lit while the timer is operating.

STOP  
CLEAR

## Stop/Clear

Press the **STOP/CLEAR** button to stop and cancel cooking at any time.

## Microwave terms.

<b>Term</b>	<b>Definition</b>
<b>Arcing</b>	<p>Arcing is the microwave term for sparks in the oven. Arcing is caused by:</p> <ul style="list-style-type: none"> <li>■ the metal shelf being installed incorrectly and touching the microwave walls.</li> <li>■ metal or foil touching the side of the oven.</li> <li>■ foil that is not molded to food (upturned edges act like antennas).</li> <li>■ metal such as twist-ties, poultry pins, gold-rimmed dishes.</li> <li>■ recycled paper towels containing small metal pieces.</li> </ul>
<b>Covering</b>	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
<b>Shielding</b>	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
<b>Standing Time</b>	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
<b>Venting</b>	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

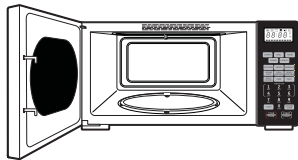


## Helpful Hints

An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

*Unplug the cord before cleaning any part of this oven.*

## How to Clean the Inside



### Walls, Floor, Inside Window, Heating Elements, Metal and Plastic Parts on the Door

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

*To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.*

*Never use a commercial oven cleaner on any part of your microwave oven.*

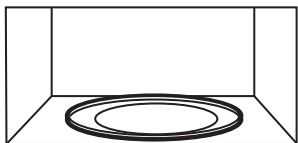
*The heating elements cannot be removed.*

### Glass Microwave Turntable, Tray and Turntable Support

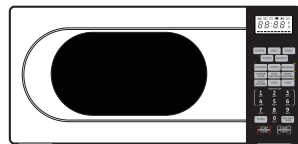
To prevent breakage, allow the glass microwave turntable tray to cool completely before cleaning. Wash carefully in warm, sudsy water or in the dishwasher.

### Rack

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



## How to Clean the Outside



*Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave oven.*

### Case

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

### Control Panel and Door

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

### Stainless Steel Surfaces

Do not use a steel-wool pad; it will scratch the surface.

To clean the stainless steel surface, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry clean cloth. Always scrub lightly in the direction of the grain.

### Door Surface

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

### Power Cord

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

## Troubleshooting tips.

<b>Problem</b>	<b>Possible Causes</b>	<b>What To Do</b>
<b>Oven will not start</b>	A fuse in your home may be blown or the circuit breaker tripped.	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	• Open the door and close securely.
	Electrical cord is not plugged in.	• Plug into the outlet.
	Door is open.	• Close the door and try again.
	Wrong operation is set.	• Check instructions.
<b>Control panel lighted, yet oven will not start</b>	Door not securely closed.	• Open the door and close securely.
	<b>START</b> not pressed after entering cooking selection.	• Press <b>START</b> .
	Another selection entered already in oven and <b>STOP/CLEAR</b> not pressed to cancel it.	• Press <b>STOP/CLEAR</b> .
<b>Microwave oven controls will not work</b>	Food weight not entered after selecting <b>AUTO DEFROST</b> .	• Make sure you have entered food weight after selecting <b>AUTO DEFROST</b> .
	The control has been locked.	• Press and hold <b>STOP/CLEAR</b> for about 3 seconds to unlock the control.
<b>Arcing or sparking</b>	Materials to be avoided in microwave oven were used.	Use microwave-safe cookware only.
	The oven is operated when empty.	• Do not operate with oven empty.
	Spilled food remains in the cavity.	• Clean cavity with wet towel.
<b>Unevenly cooked foods</b>	Materials to be avoided in microwave oven were used.	Use microwave-safe cookware only.
	Food is not defrosted completely.	• Completely defrost food.
	Cooking time, power level is not suitable.	• Use correct cooking time, power level.
	Food is not turned or stirred.	• Turn or stir food.

<b>Problem</b>	<b>Possible Causes</b>	<b>What To Do</b>
<b>Overcooked foods</b>	Cooking time, power level is not correct.	<ul style="list-style-type: none"> <li>• Use correct cooking time, power level.</li> </ul>
<b>Undercooked foods</b>	Materials to be avoided in microwave oven were used.	Use microwave-safe cookware only.
	Food is not defrosted completely.	<ul style="list-style-type: none"> <li>• Completely defrost food.</li> </ul>
	Oven ventilation ports are restricted.	<ul style="list-style-type: none"> <li>• Check to see that oven ventilation ports are not restricted.</li> </ul>
	Cooking time, power level is not correct.	<ul style="list-style-type: none"> <li>• Use correct cooking time, power level.</li> </ul>
<b>Improper defrosting</b>	Materials to be avoided in microwave oven were used.	Use microwave-safe cookware only.
	Cooking time, power level is not correct.	<ul style="list-style-type: none"> <li>• Use correct cooking time, power level.</li> </ul>
	Food is not turned or stirred.	<ul style="list-style-type: none"> <li>• Turn or stir food.</li> </ul>

### **Things That Are Normal With Your Microwave Oven**

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.

**Notes.**

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***Safety Instructions***

***Operating Instructions***

***Troubleshooting Tips***

***Consumer Support***

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Please place in envelope and mail to:  
Veuillez mettre dans une enveloppe et envoyez à :

**OWNERSHIP REGISTRATION  
P.O. BOX 1780  
MISSISSAUGA, ONTARIO  
L4Y 4G1**

**(FOR CANADIAN CONSUMERS ONLY -  
POUR RÉSIDENTS CANADIENS SEULEMENT)**

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For Canadian  
Customers



Pour les  
consommateurs  
canadiens

CUT ALONG THIS LINE AND RETURN CARD – THANKS  
DÉCOUPEZ ICI ET ENVOYEZ LA FICHE – MERCI

### OWNERSHIP REGISTRATION CERTIFICATE – FICHE D'INSCRIPTION DU PROPRIÉTAIRE

Please register your product to enable us to contact you in the remote event a safety notice is issued for this product and to allow for efficient communication under the terms of our warranty, should the need arise.

Veuillez enregistrer votre produit afin de nous permettre de communiquer avec vous si jamais un avis de sécurité concernant ce produit était émis et de communiquer facilement avec vous en vertu de votre garantie, si le besoin s'en fait sentir.

REGISTER ON-LINE: [www.geappliances.ca](http://www.geappliances.ca) MAIL TO: **P.O. BOX 1780, MISSISSAUGA**  
ENREGISTREMENT SUR INTERNET À : [www.electromenagersge.ca](http://www.electromenagersge.ca) POSTEZ À : **ONTARIO, L4Y 4G1**

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DID YOU PURCHASE A SERVICE CONTRACT FOR THIS APPLIANCE?    YES/OUI     IF YES/SI OUI : EXPIRATION  
AVEZ-VOUS ACHÉTÉ UN CONTRAT DE SERVICE POUR CET APPAREIL ?    NO/NON        Y/A    M    DU

NAME OF SELLING DEALER / NOM DU MARCHAND    MODEL / MODÈLE

INSTALLATION DATE / DATE D'INSTALLATION    CORRESPONDENCE     ENGLISH  
Y/A    M    DU    CORRESPONDANCE     FRANÇAIS    SERIAL / SÉRIE

I do not wish to receive any promotional offers regarding this product.  
Je ne désire pas recevoir d'offres promotionnelles concernant ce produit.

# GE Microwave Oven Warranty – One Year Limited Warranty

www.GEAppliances.ca



Staple your receipt here.  
Proof of the original purchase date is  
needed to make a warranty claim.

For the Period Of:	Mabe Will Replace:
<b>One Year</b> From the date of the original purchase	<b>Replacement unit</b> for any product which fails due to a defect in materials or workmanship. The exchange unit is warranted for the remainder of your product's original one-year warranty period.

### In Order to Make a Warranty Claim:

- Properly pack your unit. We recommend using the original carton and packing materials.
- Return the product to the retail location where it was purchased.
- Include in the package a copy of the sales receipt or other evidence of date of original purchase. Also print your name and address and a description of the defect.

### What Is Not Covered:

- Customer instruction. This owner's manual provides information regarding operating instructions and user controls.
- Improper installation. If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical connecting facilities.
- Failure of the product resulting from modifications to the product or due to unreasonable use including failure to provide reasonable and necessary maintenance.
- Replacement of house fuses or resetting of circuit breakers.
- Damage to the product caused by improper power supply voltage, accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.

**EXCLUSION OF IMPLIED WARRANTIES**—Your sole and exclusive remedy is product exchange as provided in this Limited Warranty. Any implied warranties, including the implied warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law.

*This warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within Canada.*

*Some provinces do not allow the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights, and you may also have other rights which vary from province to province. To know what your legal rights are, consult your local or provincial consumer affairs office.*

**Exclusion of implied warranties:** Except where prohibited or restricted by law, there are no warranties, whether express, oral or statutory which extend beyond the description on the face hereof, including specifically the implied warranties of merchantability or fitness for a particular purpose.

**Warrantor: Mabe Canada Inc., Burlington, Ontario**

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