

Use & Care Guide
Manual de uso y cuidada
English / Español

Models / Modelos: 790.8035*

Kenmore®

Microwave Oven

HORNO DE MICROONDAS

* = color number, número de color*

P/N 316495108

Sears Brands Management Corporation
Hoffman Estates, IL 60179 U.S.A.

www.kenmore.com
www.sears.com
www.kmart.com



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Microwave Hood Combination Warranty

Kenmore One Year Limited Warranty

When installed, operated and maintained according to all supplied instructions, if this appliance fails due to a defect in material and workmanship within one year from the date of purchase, call 1-800-4-MY-HOME® to arrange for free repair.

This warranty applies for only 90 days from the date of purchase if this appliance is ever used for other than private family purposes.

This warranty covers ONLY defects in material and workmanship, and will NOT pay for:

1. A service technician to instruct the user in correct product installation, operation or maintenance.
2. A service technician to clean or maintain the product.
3. Expendable items that can wear out from normal use within the warranty time period, including but not limited to filters, belts, light bulbs, and bags.
4. Damage to or failure of the product if it is not installed, operated or maintained according to the all instructions supplied with the product.
5. Damage to or failure of the product resulting from accident, abuse, misuse or use for other than its intended purpose.
6. Damage to or failure of the product caused by the use of detergents, cleaners, chemicals or utensils other than those recommended in all instructions supplied with the product.
7. Damage to or failure of parts or systems resulting from unauthorized modifications made to the product.

Disclaimer of implied warranties; limitation of remedies

Customer's sole and exclusive remedy under this limited warranty shall be product repair as provided herein. Implied warranties, including warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law. Sears shall not be liable for incidental or consequential damages. Some states and provinces do not allow the exclusion or limitation of incidental or consequential damages, or limitation on the duration of implied warranties of merchantability or fitness, so these exclusions or limitations may not apply to you. This warranty applies only while this appliance is used 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 Brands Management Corporation, Hoffman Estates, IL 60179

Microwave Oven Safety

Your safety and the safety of others is very important.

We have provided many important safety messages in this manual and on your microwave oven. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to hazards that can kill or hurt you and others. All safety messages will be preceded by the safety alert symbol and the word "DANGER" or "WARNING." These words mean:



DANGER

You **will** be killed or seriously injured if you do not follow instructions immediately.



WARNING

You **can** be killed or seriously injured if you do not follow instructions.

All safety messages will identify the hazard, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFETY INSTRUCTIONS

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

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

- Read all instructions before using the microwave oven.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 5.
- The microwave oven must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 5.
- Install or locate the microwave oven only in accordance with the provided installation instructions.

- Some products such as whole eggs in the shell and sealed containers, such as closed jars, can explode and should not be heated in the microwave oven.
- Use the microwave oven only for its intended use as described in this manual.
- Do not use corrosive chemicals or vapors in the microwave oven. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate the microwave oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

- The microwave oven should be serviced only by qualified service personnel. Call an authorized service company for examination, repair, or adjustment.
- See door surface cleaning instructions in the "Caring for Your Microwave Oven" section.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend to the microwave oven when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing bags in oven.
 - If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- This Microwave Oven is suitable for use above both gas and electric cooking equipment.
- This Microwave Oven is intended to be used above ranges with a maximum width of 36 inches (91 cm).
- Clean Ventilating Hoods frequently - grease should not accumulate on hood or filter.
- When flaming foods under the hood, turn the fan on.
- Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.
- Oversized foods or oversized metal utensils should not be inserted in the microwave oven, as they may create a fire or risk of electric shock.
- Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, causing a risk of electric shock.
- Do not store anything directly on top of the microwave oven when the microwave oven is in operation.
- Do not cover or block any openings on the microwave oven.
- Do not store this microwave oven outdoors.
- Do not use the microwave oven near water—for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- Do not mount over a sink.
- Do not cover racks or any other part of the oven with metal foil. Doing so will cause overheating of the oven.
- Liquids such as water, coffee, or tea are able to overheat 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 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 before and halfway through heating it.
 - 3) Do not use straight-sided containers with narrow necks.
 - 4) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
 - 5) Use extreme caution when inserting a spoon or other utensil into the container.

SAVE THESE INSTRUCTIONS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open. Doing so 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 closes 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 for a properly qualified service technician.

ELECTRICAL REQUIREMENTS

Observe all governing codes and ordinances. A 120-Volt, 60-Hz, AC-only, 15 or 20-amp fused electrical supply is required. A time delay fuse is recommended. It is recommended that a separate circuit, serving only this appliance, is provided.



DANGER

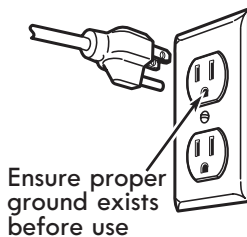


Electrical Shock Hazard

Plug into a grounded 3 prong outlet. Do not remove ground prong. Do not use an adapter. Do not use an extension cord. Failure to follow these instructions can result in death, fire or electrical shock.

GROUNDING INSTRUCTIONS

• For all cord connected appliances:
The microwave oven 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. The microwave oven is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.



Ensure proper ground exists before use

WARNING: Improper grounding can result in a risk of electric shock. Consult a qualified electrician or service technician if you do not understand the grounding instructions, or if you wonder whether the appliance is properly grounded.

Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or service technician install an outlet near the microwave oven.

• For a permanently connected appliance:
This appliance has a short power supply cord to reduce the risk of anyone tripping over or becoming entangled in the cord. The microwave oven must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the microwave oven.

SAVE THESE INSTRUCTIONS

Getting to Know Your Microwave Oven

This section discusses the concepts behind microwave cooking. It also shows the basics that you need to know in order to operate your microwave oven. Please read this information before using your oven.

HOW YOUR MICROWAVE OVEN WORKS

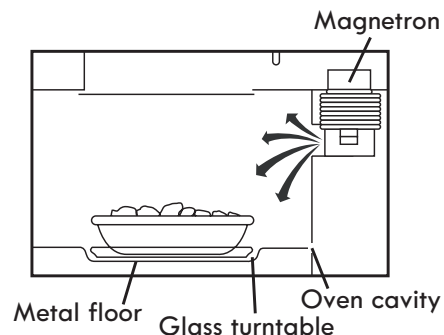
Microwave ovens are safe. Microwave energy is not hot. It causes food to make its own heat, and it is this heat that cooks the food.

Microwaves are like TV waves, radio waves, or light waves. You cannot see them, but you can see the results of what they do.

A magnetron in the microwave oven produces microwaves. The microwaves move into the oven where they contact food as it turns on the turntable.

The glass turntable of your microwave oven lets microwaves pass through. The microwaves then bounce off a metal floor, back through the glass turntable, and are absorbed by the food.

Microwaves pass through most glass, paper, and plastics without heating them, so food absorbs the energy. Microwaves bounce off metal containers so food does not absorb the energy.



RADIO INTERFERENCE

Using your microwave oven may cause interference to your radio, TV, or similar equipment. When there is interference, you can reduce it or remove it by:

- **Cleaning** the door and sealing surfaces of the oven.
- **Adjusting** the receiving antenna of the radio or television.
- **Moving** the receiver away from the microwave oven.
- **Plugging** the microwave oven into a different outlet so that the microwave oven and receiver are on different branch circuits.

FOR THE BEST COOKING RESULTS

- **Always cook food** for the shortest cooking time recommended. Check to see how the food is cooking. If needed, touch Add 30 Sec while the oven is operating, or after the cooking cycle is over (see the "Add 30 Sec" section).
- **Stir, turn over, or rearrange** the food being cooked about halfway through the cooking time for all recipes. This will help ensure that the food is evenly cooked.
- **If you do not have a cover for a dish**, use wax paper, or microwave-approved paper towels or plastic wrap. Remember to turn back a corner of the plastic wrap to vent steam during cooking.
- **The metal shelf** is used for cooking certain items and should be removed from the microwave oven when not needed. Do not store metal shelf in the microwave oven.

COOKWARE GUIDE

Most heat resistant, nonmetallic cookware is safe for use in your microwave oven. However, to test cookware before using, follow these steps:

1. Place empty cookware in the microwave oven.
2. Measure 1 cup (250ml) 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 cookware is warm, it should not be used for microwave cooking.

NOTE:

Some dishes (melamine, some ceramic dinnerware, etc.) absorb microwave energy, becoming too hot to handle and slowing cooking time. Cooking in metal containers, not designed for microwave use, could damage the oven, as could containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).

OPERATING SAFETY PRECAUTIONS

- **Never** lean on or allow a child to swing on the door when it is open.
- **Use hot pads.** Microwave energy does not heat containers, but the heat from the food can make the container hot.
- **Do not** use newspaper or other printed paper in the oven.
- **Do not** dry flowers, fruit, herbs, wood, paper, gourds, or clothes in the oven.
- **Do not** start a microwave oven when it is empty. This may shorten the life-span of the oven. To practice programming, put a container of water in the oven before starting. It is normal for the oven door to look wavy after the oven has been running for a while.
- **Do not** try to melt paraffin wax in the oven. Paraffin wax will not melt in a microwave oven because it allows microwaves to pass through it.
- **Do not** operate the microwave oven unless the glass turntable is securely in place and can rotate freely. The turntable can rotate in either direction. **Make sure** the turntable is correct-side up in the oven. **Handle your turntable with care** when removing it from the oven to avoid breaking it.
- **When using a browning dish**, the browning dish bottom must be at least 3/16 inch above the turntable. Follow the directions supplied with the browning dish.
- **Never cook or reheat a whole egg inside the shell.** Steam buildup in whole eggs may cause them to burst, and possibly damage the oven. **Slice** hard-boiled eggs before heating. In rare cases, poached eggs have been known to explode. **Cover** poached eggs and **allow** a standing time of one minute before cutting into them.
- **For best results, stir any liquid several times during heating or reheating.** Liquids heated in certain containers (especially containers shaped like cylinders) may overheat. The liquid may splash during or after heating or when adding ingredients (coffee granules, tea bags, etc.). This can harm you or damage the microwave oven.
- **Microwaves** may not reach the center of a roast. The heat spreads from the outer to the center cooked areas, just as in regular oven cooking. This is one of the reasons for letting some foods (for example, roasts or baked potatoes) stand for a while after cooking, or for stirring some foods during the cooking time.
- **Do not deep fry in the oven.** Microwavable utensils are not suitable and it is difficult to maintain appropriate deep-frying temperatures.
- **Do not overcook potatoes.** At the end of the recommended cooking time, potatoes should be slightly firm because they will continue cooking during standing time. **After microwaving**, let potatoes stand for 5 minutes. They will finish cooking while standing.

ELECTRICAL CONNECTION

If your electric power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.

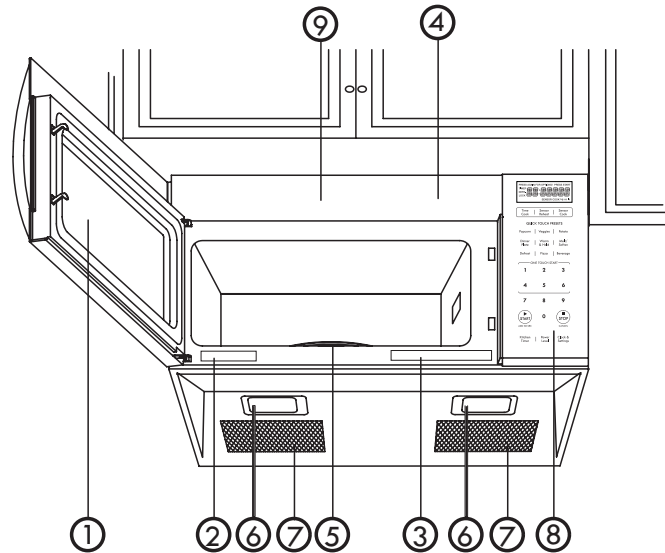
SPECIFICATIONS

Power Supply	120V AC, 60 Hz
Rated Power Consumption	1650W
Microwave Output	* 1100W
Rated Current	15.0A
Overall Dimensions(WxHxD)	29 ⁷ / ₈ " X 17 ⁹ / ₁₆ " X 17 ¹ / ₁₆ "
Oven Cavity Dimensions(WxHxD)	21 ¹ / ₄ " X 9 ¹⁵ / ₁₆ " X 14 ²³ / ₃₂ "
Capacity of Oven Cavity	2.1 cu.ft

*IEC 60705 RATING STANDARD

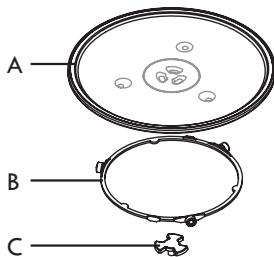
Specifications subject to change without prior notice.

MICROWAVE OVEN FEATURES



The microwave oven is designed to make your cooking experience as enjoyable and productive as possible. To get you up and running quickly, the following is a list of the oven's basic features:

1. **Metal Shielded Window:** The shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
2. **Model and Serial Number Plate**
3. **Cooking Guide label**



- A. Turntable
B. Support
C. Hub

4. Vent Top

5. Glass Turntable:

The turntable reverses rotation each time the microwave oven door is opened and closed. This helps cook food evenly. Do not operate the microwave oven without the turntable in place.

To Install:

1. Place the support on the oven cavity bottom.
2. Place the turntable on the support. Fit the raised, curved lines in the center of the turntable bottom between the three spokes of the hub. The rollers on the support should fit inside the turntable bottom ridge.

6. Cooktop light

7. Grease filters:

See "Caring for the Filters" section.

8. Control Panel:

Touch the pads on this panel to perform all functions.

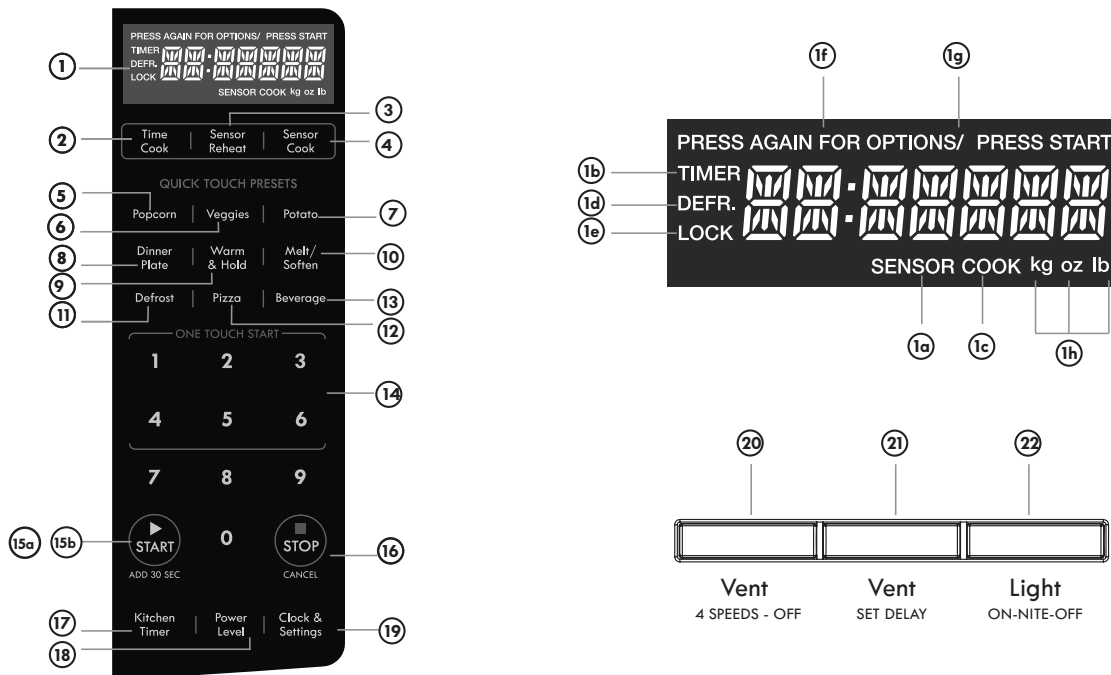
9. Charcoal filter (behind Vent Top):

See "Caring for the Filters" section.

NOTE: Not all models come with a charcoal filter.

CONTROL PANEL FEATURES

Your microwave oven control panel lets you select the desired cooking function quickly and easily. All you have to do is touch the necessary Command Pad. The following is a list of all the Command and Number Pads located on the control panel. **For more information on these features, see the "Using Your Microwave Oven" section.**



1. Display: The display includes a clock and indicators that show the time of day, cooking time settings, cook powers, sensor, quantities, weights and cooking functions selected.

1a. SENSOR: Icon displayed when using sensor cook.

1b. TIMER: Icon displayed when timer is being set or running.

1c. COOK: Icon displayed when starting microwave cooking.

1d. DEFR: Icon displayed when defrosting food

1e. LOCK: Icon displayed in control lock.

1f. PRESS AGAIN FOR OPTIONS: Icon displayed when additional options are available.

1g. PRESS START: Icon displayed when a valid function can be started.

1h. kg, oz, lb: Icon displayed when choosing the weight.

2. Time Cook: Touch this pad, followed by Number Pads, to set a cooking time.

3. Sensor Reheat: Touch this pad to reheat microwavable foods without entering a cook time or power.

4. Sensor Cook: Touch this pad to cook microwavable foods without entering a cook time or power.

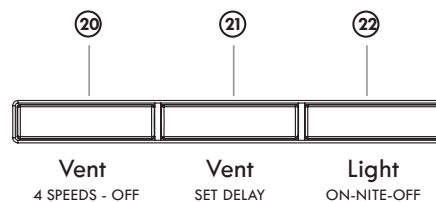
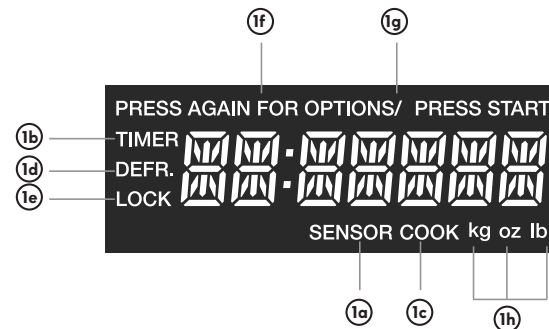
5. Popcorn: Touch this pad to pop one of three bag sizes of popcorn without entering a cook time or power. Remove metal rack before cooking popcorn.

6. Veggies: Touch this pad to cook fresh or frozen vegetables without entering a cook time or power.

7. Potato: Touch this pad to cook up to four potatoes without entering a cook time or power.

8. Dinner plate: Touch this pad to cook the food.

9. Warm & Hold: Touch this pad to keep the food warm.



10. Melt/Soften: Touch this pad to melt or soften selected items.

11. Defrost: Touch this pad, followed by Number Pads, to thaw frozen meat, poultry, fish by weight.

12. Pizza: Touch this pad to reheat one to four slices of pizza without entering a cook time or power.

13. Beverage: Touch this pad to heat one cup or two cup sized beverages.

14. Number Pads: Touch number pads to enter time, cook power, quantity, weight, or food category.

15a. START: Touch this pad to start or restart a function.

15b. Add 30 Sec.: Touch this pad to cook for 30 seconds at 100% cook power, or to add extra time to your current cooking cycle.

16. STOP: Touch this pad to erase an incorrect command, cancel a program during cooking, or to clear the Display.

17. Kitchen Timer: Touch this pad to set the kitchen timer.

18. Power level: Touch this pad after the cook time has been set, followed by a Number Pad to set the amount of microwave energy released to cook the food. The higher the number, the higher the microwave power or "cooking speed."

19. Clock & Setting: Touch this pad to enter the correct time of day or set options.

20. Vent 4 Speeds-off: Touch this pad to choose four speeds.

21. Vent set Delay: Touch this pad to turn set the vent delay time.

22. Light On/Nite/Off: Touch this pad to turn the light on high, night (low) or off.

Microwave Cooking Tips

Amount of Food

- **If you increase or decrease** the amount of food you prepare, the time it takes to cook that food will also change. For example, if you double a recipe, add a little more than half the original cooking time. Check for readiness and, if necessary, add more time in small increments.

Starting Temperature of Food

- **The lower the temperature** of the food being put into the microwave oven, the longer it takes to cook. Food at room temperature will reheat quicker than food at refrigerator temperature.

Composition of Food

- **Food with a lot of fat and sugar** will heat faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water in the cooking process.
- **The more dense the food**, the longer it takes to heat. "Very dense" food, like meat, takes longer to heat than lighter, more porous food, like sponge cakes.

Size and Shape

- **Smaller pieces of food** will cook faster than larger pieces. Also, same shaped pieces cook more evenly than differently shaped pieces.
- **With foods that have different thicknesses**, the thinner parts will cook faster than the thicker parts. Place the thinner parts of chicken wings and legs in the center of the dish.

Stirring and Turning Foods

- **Stirring and turning foods** spreads heat quickly to the center of the dish and avoids overcooking at the outer edges of the food.

Covering Food

- **Cover food to** reduce splattering, shorten cooking times, and keep food moist.

You can use any covering that lets microwaves pass through. See "Getting to Know Your Microwave Oven" for materials that microwaves will pass through.

Releasing Pressure in Foods

- **Several foods** (for example: baked potatoes, sausages, egg yolks, and some fruits) are tightly covered by a skin or membrane. Steam can build up under the membrane during cooking, causing the food to burst. To relieve the pressure and to prevent bursting, pierce these foods before cooking with a fork, cocktail pick, or toothpick.

Using Standing Time

- **Always allow food to stand**, either in or out of the oven, after cooking power stops. Standing time after defrosting and cooking allows the temperature to evenly spread throughout the food, improving the cooking results. For inside oven standing time, you can program a "0" power second stage of the cooking cycle. See Two-Stage Cooking.
- **The length of the standing time** depends on how much food you are cooking and how dense it is. Sometimes it can be as short as the time it takes to remove the food from the oven and take it to the serving table. However, with a larger, denser food item, the standing time may be as long as 10 minutes.

Arranging Food

For best results, place food evenly on the plate. You can do this in several ways:

- **If you are cooking several items of the same food**, such as baked potatoes, place them in a ring pattern for uniform cooking.
- **When cooking foods of uneven shapes or thickness**, such as chicken breasts, place the smaller or thinner area of the food towards the center of the dish where it will be heated last.
- **Layer thin slices of meat** on top of each other.
- **When you cook or reheat whole fish**, score the skin - this prevents cracking.
- **Do not** let food or a container touch the top or sides of the oven. This will prevent possible arcing. Arcing is a spark that can cause damage to the oven interior.

Using Aluminum Foil

NOTE: Metal containers should not be used in a microwave oven. There are, however, some exceptions. If you have purchased food prepackaged in an aluminum foil container, refer to the instructions on the package. When using aluminum foil containers, cooking times may be longer because microwaves will only penetrate the top of the food. When using aluminum containers without package instructions, follow these guidelines:

- Place the container in a glass bowl and add some water so that it covers the bottom of the container more than 1/4 in. (64 cm). This ensures even heating of the container bottom.
- Always remove the lid to avoid damage to the oven.
- Use only undamaged containers.
- Do not use containers taller than 3/4 in. (1.9 cm).
- The container must be at least half filled.
- To avoid arcing, there must be a minimum of 1/4 in. (64 cm) between the aluminum container and the walls of the oven and also between two aluminum containers.
- Always place the container on the turntable.
- Shield, with small pieces of aluminum foil, parts of food that may cook quickly; such as wing tips and leg ends of poultry.
- Heating food in aluminum foil containers usually takes up to double the time compared to reheating in plastic, glass, china, or paper containers. The time when food is ready will vary depending upon the type of container used.
- Let food stand for 2 to 3 minutes after heating so that heat is spread evenly throughout container.

Cooking you should not do in your microwave oven

- Do not put canned foods in the oven. Closed glass jars may explode, resulting in damage to the oven.
- Do not use the microwave oven to sterilize objects (baby bottles, etc.). It is difficult to keep the oven at the high temperature needed for sterilization.

Using Your Microwave Oven

This section gives instructions for operating each function. Please read this section carefully.

CLOCK AND SETTING (Control Panel Feature 19)






The microwave oven has settings that allow you to customize the operation for your convenience. Below is the table showing the various settings.

Key press	Option
Clock & Settings	Clock
Clock & Settings	Control Lock On/Off
Clock & Settings	Turntable On/Off
Clock & Settings	Clean
Clock & Settings	Sound On/Off
Clock & Settings	Weight lb/kg
Clock & Settings	Demo mode On/Off

SETTING CLOCK (Control Panel Feature 19)

The clock can be disabled when the microwave is first plugged in and the stop cancel key is selected. To re-enable the clock follow clock instructions.

Example: To set the clock for 10:59.


Touch:	Display Shows:
1. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS</small> 12:00 ENTER TIME
2.    	<small>PRESS START</small> 10:59
3.  <small>ADD 30 SEC</small>	10:59


NOTE:

- If you begin to enter in an incorrect time (e.g.289) the 8 is an invalid digit and cannot be entered. Enter the correct time.
- If you touch Stop while setting the clock, the display will show the last time of day set or a blank display if no time of day has been set.

SETTING CONTROL LOCK ON/OFF (Control Panel Feature19)

Example: To turn ON Control Lock touch Clock & Settings twice.


Touch:	Display Shows:
1. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS</small> 12:00 ENTER TIME
2. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3.  <small>ADD 30 SEC</small>	Time of day if time of day was set LOCK

To turn OFF the Control Lock, touch Clock & Settings then touch 
ADD 30 SEC

SETTING TURNTABLE ON/OFF (Control Panel Feature 19)

Press **Turntable On-Off** to turn the turntable on or off.

For best cooking results, leave the turntable on. It can be turned off for large dishes.

Touch:	Display Shows:
1. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS</small> 12:00 ENTER TIME
2. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> TURNTABLE ON
4.  <small>ADD 30 SEC</small>	TT OFF



CAUTION: Sometimes the turntable can become hot to the touch during and after cooking. Do not run the oven empty without food in it.

USING CLEAN (Control Panel Feature 19)

This is a preset timed cycle to boil water creating steam to soften soils inside the microwave oven. When the cycle is done remove the water and wipe the inside of the microwave with cloth.

NOTE: Place two cups of water in the microwave oven. To get rid of odors inside the oven add some lemon juice or vinegar into the water.

Example: To enter Clean mode touch Clock & Settings three times.


Touch:	Display Shows:
1. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS</small> 12:00 ENTER TIME
2. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> TURNTABLE ON
4. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CLEAN
5.  ADD 30 SEC	<small>PRESS START</small> SEE MANUAL
6.  ADD 30 SEC	5:00 <small>COOK</small> Time counting down

TURNING SOUND ON/OFF (Control Panel Feature 19)

Audible signals are available to guide you when setting and using your oven.

- **A programming tone** will sound each time you touch a pad.
- **Three tones** signal the end of a Kitchen Timer countdown.
- **Three tones** signal the end of a cooking cycle.


Example: To turn audible signal on or off.

Touch:	Display Shows:
1. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS</small> 12:00 ENTER TIME
2. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> TURNTABLE ON
4. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CLEAN
5. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> SOUND ON
6.  ADD 30 SEC	OFF

When the cooking cycle is completed END will be displayed and the audible signal will sound if the sound is turned on.


SETTING WEIGHT IB/KG (Control Panel Feature 19)

Example: To toggle weight between pounds & kilograms.

Touch:	Display Shows:
1. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/</small> 12:00 ENTER TIME
2. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> TURNTABLE ON
4. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CLEAN
5. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> SOUND ON
6. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> KG / LB
7.  ADD 30 SEC	KG kg

SETTING DEMO MODE ON/OFF (Control Panel Feature 19)





Example: To enter Demo mode.

Touch:	Display Shows:
1. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> Time digits flashing
2. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CONTROL LOCK
3. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> CLEAN
4. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> SOUND ON
5. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> KG / LB
6. Clock & Settings	<small>PRESS AGAIN FOR OPTIONS/ PRESS START</small> DEMO OFF
7.  ADD 30 SEC	ON

SETTING KITCHEN TIMER (Control Panel Feature 17)

Your microwave oven can be used as a kitchen timer. You can set up to 99 minutes, 99 seconds. The kitchen timer can be used while the microwave oven is running.

Example: To set for three minutes.

Touch:	Display Shows:
1. Kitchen Timer	<small>TIMER</small> ENTER TIME
2.   	<small>TIMER</small> 3:00 <small>PRESS START</small>
3.  ADD 30 SEC	<small>TIMER</small> 3:00 Timer starts counting down

NOTE: Timer count down does not stop even if the door is open. To cancel the timer, press the " Stop" key once.

USING VENT FAN (Control Panel Feature 20)

The pad controls the 4-speed vent fan. If the vent fan is OFF the first touch of the Vent pad will turn the fan on TURBO, second touch HIGH, third touch MEDIUM, fourth touch LOW, fifth touch OFF.

Example: To set the vent fan speed to HIGH from the OFF position.

Touch:	Display Shows:
1. Vent 4 SPEEDS - OFF	TURBO
2. Vent 4 SPEEDS - OFF	HIGH


Turn off fan when desired

NOTE: If the temperature from the range or cooktop below the oven gets too hot, the vent fan will automatically turn on to protect the oven. It may stay on up to an hour to cool the oven. When this occurs, the Vent pad will not turn the fan off.

USING VENT DELAY (Control Panel Feature 21)





The pad controls the vent delay time.

Example: Set the delay time is 30 minutes.

Touch:	Display Shows:
1. Vent SET DELAY	1:00
2. Vent SET DELAY	3:00
3. Vent SET DELAY	5:00
4. Vent SET DELAY	10:00
5. Vent SET DELAY	30:00
6.  ADD 30 SEC	DELAY

SETTING TIMED COOK (Control Panel Feature 2)

Example: To cook for five minutes, 30 seconds at 100% power.

Touch:	Display Shows:
1. Time Cook	ENTER COOK TIME
2.   	5:30 <small>PRESS START</small>
3.  ADD 30 SEC	5:30 <small>COOK</small> Time counting down

INTERRUPTING COOKING

You can stop the oven during a cycle by opening the door. The oven stops heating and the fan turns off, but the light stays on.

To restart cooking, close the door and Touch.




If you do not want to continue cooking, open the door and touch



USING ONE TOUCH START

This is a time saving pad that will automatically start cooking 2 seconds after selected. Numeric key 1 to 6 can be touched for a 1 minute to 6 minute automatic start cooking feature.

Touch:	Display Shows:
1. 	2:00 <small>COOK</small> Time counting down

USING COOKTOP LIGHT (Control Panel Feature 22)

The pad controls the cooktop light. If the light is OFF the first touch of the light pad will turn the light ON (high), second touch Nite(low) and third touch OFF.



Example: To set the light for HIGH from the OFF position.

Touch:	Display Shows:
1. Light ON-NITE-OFF	ON

USING ADD 30 SEC. (Control Panel Feature 15)

This is a time-saving pad. It is a simplified feature that lets you quickly set and start microwave cooking at 100% power.

Example: To cook for one minute.

- | Touch: | Display Shows: |
|--|--|
| 1. 
ADD 30 SEC | :30
<small>COOK</small> |
| 2. 
ADD 30 SEC | :60
<small>COOK</small>
Time counting down |






NOTE: Each time you touch ADD 30 SEC, it will add 30 seconds up to 99 minutes.

SETTING TIMED COOKING WITH POWER LEVEL

This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH (100%) power. Refer to the "Microwave Power Levels Table".

NOTE: If you do not select a power level, the oven will automatically cook at HIGH (100%) power.










Example: To cook for five minutes, 30 seconds at 80% power.

- | Touch: | Display Shows: |
|--|---|
| 1. Time Cook | ENTER COOK TIME |
| 2.    | 5:30
<small>PRESS START</small> |
| 3. Power Level | PL-HI
<small>PRESS START</small> |
| 4.  | PL-80
<small>PRESS START</small> |
| 5. 
ADD 30 SEC | 5:30
<small>COOK</small>
Time counting down |

SETTING TWO-STAGE COOKING

For best results, some recipes call for different power levels during a cook cycle. You can program your oven for two power level stages during the cooking cycle.

Example: To set a 2-stage cook cycle. The first stage is a 3 minute cook time at 80% cook power then a 7 minute cook time at 50% cook power.

- | Touch: | Display Shows: |
|---|---|
| 1. Time Cook | ENTER COOK TIME |
| 2.    | 3:00
<small>PRESS START</small>
To set a 3 minute cook time for first stage. |
| 3. Power Level | PL-HI
<small>PRESS START</small> |
| 4.  | PL-80
<small>PRESS START</small>
To set an 80% cook power for the first stage. |
| 5. Time Cook | ENTER COOK TIME |
| 6.    | 7:00
<small>PRESS START</small>
To set a 7 minute cook power for the first stage. |
| 7. Power Level | PL-HI
<small>PRESS START</small> |
| 8.  | PL-50
<small>PRESS START</small>
To set a 50% cook power for the second stage. |
| 9. 
ADD 30 SEC | 3:00
<small>COOK</small>
Time counting down |

When the first stage is over, you will hear two short tones (if the sound is turned on) as the oven begins the second cook stage.

MICROWAVE POWER LEVELS

For best results, some recipes call for different cook powers. The lower the cook power, the slower the cooking. Each number from 1 to 9 stands for a different percentage of full cook power.

The following chart gives the percentage of cook power each number pad stands for, and the cook power name usually used.

It also tells you when to use each cook power. Follow recipe or food package instructions if available.

NOTE: Refer to a reliable cookbook for cooking times based on the 1,000 Watt cook power of your microwave oven.

COOK POWER	LEVEL	WHEN TO USE IT
100% of full power	High	<ul style="list-style-type: none"> • Quickly heating convenience foods and foods with high water content, such as soup and beverages. • Cooking tender cuts of meat, ground meat or chicken.
9 = 90% of full power		<ul style="list-style-type: none"> • Heating cream soups.
8 = 80% of full power		<ul style="list-style-type: none"> • Heating rice, pasta, or casseroles.
7 = 70% of full power	Medium-High	<ul style="list-style-type: none"> • Cooking and heating foods that need a Cook Power lower than High (for example, whole fish and meat loaf) or when food is cooking too fast. • Reheating a single serving of food.
6 = 60% of full power		<ul style="list-style-type: none"> • Cooking that requires special care, such as cheese and egg dishes, pudding, and custards. • Finishing cooking casseroles.
5 = 50% of full power	Medium	<ul style="list-style-type: none"> • Cooking ham, whole poultry, and pot roasts. • Simmering stews.
4 = 40% of full power		<ul style="list-style-type: none"> • Melting chocolate. • Heating pastries.
3 = 30% of full power	Medium-Low, Defrost	<ul style="list-style-type: none"> • Manually defrosting precoked and other foods, such as bread, fish, meats and poultry.
2 = 20% of full power		<ul style="list-style-type: none"> • Softening butter, cheese, and ice cream.
1 = 10% of full power	Low	<ul style="list-style-type: none"> • Keeping food warm. • Taking chill out of fruit.
0 = 0% of full power	None	<ul style="list-style-type: none"> • Standing time in oven.

NOTE: Once the cook time has been entered, you can also use the Cook Power pad as a second Kitchen Timer by entering "0" for the Cook Power. The oven will count down the cooking time you set without cooking.

USING AUTO DEFROST











Three defrost sequences are preset in the oven. The auto defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.


For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange the food in order to get the best defrost results. Three different defrosting levels are provided:

1. MEAT
2. POULTRY
3. FISH

Available weight is 0.1-6.0 lbs

Example: To defrost 1.2 lbs of ground beef.

Touch:	Display Shows:
1. Defrost	<small>PRESS AGAIN FOR OPTIONS PRESS START</small> 
2. Defrost	<small>PRESS AGAIN FOR OPTIONS PRESS START</small> 
3. Defrost	<small>PRESS AGAIN FOR OPTIONS PRESS START</small> 
4. 	
5.  and 	<small>PRESS START</small> 
To enter weight	
6. 	<small>DEFR.</small>  Time counting down

NOTE: When you touch the  pad, the display changes to a defrost time count down. The oven will beep during the DEFROST cycle. At this time, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle.

OPERATING TIPS

- 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.
- For best results, roll your ground meat into a ball before freezing. During the DEFROST cycle, the microwave will signal when it is time to turn the meat over. Scrape off any excess frost from the meat and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.

This table shows food type selections and the weights you can set for each type. For best results, loosen or remove covering on food.

KEY PRESS	Category	WEIGHTS YOU CAN SET (tenths of a pound)
Defrost	Meat	0.1 to 6.0 (45g to 2.7kg)
Defrost	Poultry	0.1 to 6.0 (45g to 2.7kg)
Defrost	Fish	0.1 to 6.0 (45g to 2.7kg)

Weight conversion table

You are probably used to measuring food in pounds and ounces that are fractions of a pound (for example, 4 ounces equals 1/4 pound). However, in order to enter food weight in Auto Defrost, you must specify pounds and tenths of a pound.

If the weight on the food package is in fractions of a pound, you can use the following table to convert the weight to decimals.

Equivalent Weight	
OUNCES	DECIMAL WEIGHT
1.6	.10
3.2	.20
4.0	.25 One-Quarter Pound
4.8	.30
6.4	.40
8.0	.50 One-Half Pound
9.6	.60
11.2	.70
12.0	.75 Three-Quarters Pound
12.8	.80
14.4	.90
16.0	1.0 One Pound

NOTE: If between two decimal weights, choose the lower weight for the best defrosting results.

AUTO DEFROST TABLE

NOTE: Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of the defrost sequence.

MEAT SETTINGS

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
BEEF			
Ground Beef, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than 1/4 lb. Freeze in ball shape.
Ground Beef, Patties	MEAT	Separate and rearrange.	Do not defrost less than 2 oz. patties. Depress center when freezing.
Round Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Tenderloin Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Stew Beef	MEAT	Remove thawed portions with fork. Separate remainder.	Place in a microwave safe dish.
Pot Roast, Chuck Roast	MEAT	Return remainder to oven.	Place in a microwave safe dish.
Rib Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Rolled Rump Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
LAMB			
Cubes for Stew	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Chops (1 inch thick)	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwave safe dish.
PORK			
Chops (1/2 inch thick)	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Hot Dogs	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Spareribs Country-style Ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.
Sausage, Links	MEAT	Separate and rearrange.	Place in a microwave safe dish.
Sausage, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwave safe dish.
Loin Roast, Boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish.

AUTO DEFROST TABLE (CONTINUED)

POULTRY SETTINGS

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
CHICKEN Whole (up to 6 lbs) Cut-up	POULTRY	Turn over breast side down. Cover warm areas with aluminum foil. Separate pieces and rearrange. Turn over. Cover warm areas with aluminum foil.	Place chicken breast-side up in a microwave safe dish. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted. Place in a microwave safe dish. Finish defrosting by immersing in cold water.
CORNISH HENS Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish. Finish defrosting by immersing in cold water.
TURKEY Breast (up to 6 lbs)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place in a microwave safe dish. Finish defrosting by immersing in cold water.

FISH SETTINGS

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
FISH Fillets	FISH	Turn over. Separate fillets when partially thawed, if possible.	Place in a microwave safe dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwave safe dish. Run cold water over to finish defrosting.
Whole	FISH	Turn over.	Place in a microwave safe dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
SHELLFISH Crab meat	FISH	Break apart. Turn over.	Place in a microwave safe dish.
Lobster tails	FISH	Turn over and rearrange.	Place in a microwave safe dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwave safe dish.
Scallops	FISH	Separate and rearrange.	Place in a microwave safe dish.

DEFROSTING TIPS

- When using Auto Defrost, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- Before starting, make sure to remove any and all metal twist-ties that often come with frozen food bags, and replace them with strings or elastic bands.
- Open containers, such as cartons, before placing in the oven.
- Always slit or pierce plastic pouches or packaging.
- If food is foil wrapped, remove foil and place food in a suitable container.
- Slit the skin of skinned food, such as sausage.
- Bend plastic pouches of food to ensure even defrosting.
- Always underestimate defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting.
- The length of defrosting time varies according to how solidly the food is frozen.
- The shape of the package affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- As food begins to defrost, separate the pieces. Separated pieces defrost more easily.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- For better results, let food stand after defrosting. (For more information on standing time, see the "Microwave Cooking Tips" section).
- Turn over food during defrosting or standing time. Break apart and remove food as required.

SENSOR OPERATING INSTRUCTIONS

- Sensor Cook allows you to cook most of your favorite foods without selecting cooking times and power levels. The display will indicate Sensing during the initial sensing period.
- The oven automatically determines required cooking time for each food item. When the internal sensor detects a certain amount of humidity coming from the food, it will tell the oven how much longer to heat. The display will show the remaining heating time. For best results for cooking by Sensor, follow these recommendations.
1. Food cooked with the sensor system should be at normal storage temperature.
 2. Glass Tray (TURNTABLE) and outside of container should be dry to assure best cooking results.
 3. Foods should always be covered with microwavable plastic wrap, waxed paper, or a lid.
 4. Do not open the door or touch the STOP key during the sensing time. When sensing time is over, the oven beeps and the remaining cooking time will appear in the display window.
- At this time you can open the door to stir, turn, or rearrange the food.

SENSOR COOK GUIDE

- Appropriate containers and coverings help assure good Sensor cooking results.
1. Always use microwavable containers and cover them with lids or plastic wrap.
 2. Never use tight-sealing plastic covers. They can prevent steam from escaping and cause food to overcook.
 3. Match the amount to the size of the container. Fill containers at least half full for best results.
 4. Be sure the outside of the cooking container and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

USING SENSOR COOK (Control Panel Feature 4)

Using SENSOR COOK lets you heat common microwave-prepared foods without needing to program times and cook powers.

Example: To cook frozen breakfast with sensor.

Touch:

Display Shows:

1. Sensor Cook

PRESS AGAIN FOR OPTIONS/ PRESS START


SENSOR

2. Sensor Cook

PRESS AGAIN FOR OPTIONS/ PRESS START

SENSOR

3. Sensor Cook

PRESS AGAIN FOR OPTIONS/ PRESS START

SENSOR

4. Sensor Cook

PRESS AGAIN FOR OPTIONS/ PRESS START

SENSOR

5. 


SENSOR COOK

ADD 30 SEC

Key	Food	Amount
Sensor Cook x1	Bacon	1 - 3 slices
Sensor Cook x2	Frozen Dinner	10 oz. / 20 oz.
Sensor Cook x3	Rice	1 - 2 cups
Sensor Cook x4	Frozen Breakfast	8 - 12 oz.

USING SENSOR REHEAT (Control Panel Feature 3)

Using SENSOR REHEAT lets you heat common microwave-prepared foods without selecting cooking times and power levels.

Example: To reheat rolls with sensor reheat.

Touch:

Display Shows:

1. Sensor Reheat

PRESS AGAIN FOR OPTIONS/ PRESS START

SENSOR

2. Sensor Reheat

PRESS AGAIN FOR OPTIONS/ PRESS START

SENSOR

3. Sensor Reheat

PRESS AGAIN FOR OPTIONS/ PRESS START

SENSOR

4. 


SENSOR COOK

ADD 30 SEC

Key	Food	Amount
Sensor Reheat x1	Soup / Sauce	1 - 2 cups
Sensor Reheat x2	Casserole / Lasagna	1 - 4 Servings
Sensor Reheat x3	Roll / Muffin	1 - 3 slices

SENSOR COOK TABLE

CATEGORY	DIRECTION	AMOUNT
Bacon	Place bacon strips on a microwave bacon rack for best results. (Use dinner plate lined with paper towels if rack is not available).	1-3 slices
Frozen Dinner	Place in a appropriately sized microwave container. Cover with plastic wrap rent. After cooking, stir and allow to stand for 3 minutes.	10 oz./ 20 oz.
Rice	Place rice and twice as much liquid (water, chicken or vegetable stock) in a 2 quart microwave dish. Cover with plastic wrap and vent. After cooking, allow to stand for 10 minutes. Stir for fluffier rice.	1/2-2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.
Frozen Breakfast	Place in a appropriately sized microwave container. Cover with plastic wrap rent. After cooking, stir and allow to stand for 3 minutes.	8-12 oz.

SENSOR REHEAT TABLE

CATEGORY	DIRECTION	AMOUNT
Soup/Sauce	Place in shallow microwavable casserole. Cover with vented plastic wrap. After cooking, Stir and let stand 3 minutes.	1-4 cups
Casserole/ Lasagna	Place in a microwavable bowl or casserole. Cover with vented plastic wrap. After cooking, Stir and let stand 3 minutes.	1-4 cups
Roll/Muffin	Place on paper towel. Do not cover.	1-3 slices

USING QUICK TOUCH

Your microwave has preprogrammed selections to cook food automatically.


SETTING POPCORN (Control Panel Feature 5)

The Popcorn quick touch pad lets you pop 3.3, 3.0, 1.75 ounce bags of commercially packaged microwave popcorn. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions.

NOTE: Remove the metal shelf from microwave oven when cooking popcorn.

Example: To pop a 3.3 oz. popcorn.

Touch:

- Popcorn
-  ADD 30 SEC

Display Shows:

PRESS AGAIN FOR OPTIONS/ PRESS START

3.3 oz

POPCORN COOK

Time counting down


Key press	Selection	Amount
Popcorn	3.3	3.3 oz/94 g Popcorn
Popcorn	3.0	3.0 oz/85 g Popcorn
Popcorn	1.75	1.75 oz/50 g Popcorn

SETTING BEVERAGE (Control Panel Feature 13)

The beverage feature heats 1 cup(8oz) , 2 cups(16oz) or 3 cups(24oz) sized beverages.

Example: To heat up 1 cup (8 oz.) beverage.

Touch:

- Beverage
-  ADD 30 SEC

Display Shows:

PRESS AGAIN FOR OPTIONS/ PRESS START

1-2 CUP SENSOR

BEVERAGE SENSOR COOK

Key press	Amount
Beverage x1	1 cup (8 oz)
Beverage x2	2 cups (16 oz.)
Beverage x2	3 cups (24 oz.)

SETTING PIZZA (Control Panel Feature 12)

The Pizza sensor cook quick touch pad lets you reheat up to four slices of pizza (based on a 5 ounce slice).

NOTE:

- Place on a plate and paper towel
- Do not cover

Example: To reheat 1 to 4 slices of Pizza.

Touch:

- Pizza
-  ADD 30 SEC

Display Shows:

PRESS AGAIN FOR OPTIONS/ PRESS START

PIZZA SENSOR


PIZZA SENSOR COOK

SETTING VEGGIES (Control Panel Feature 6)

The Veggies sensor cook quick touch pad lets you cook different size fresh and frozen vegetable servings.

Example: To cook two cups of Frozen veggies.

Touch:

- Veggies
- Veggies
-  ADD 30 SEC

Display Shows:

PRESS AGAIN FOR OPTIONS/ PRESS START

FRESH SENSOR

FROZEN SENSOR


FROZEN VEGGIES SENSOR COOK

Key	Food	Amount
Veggies x1	Fresh Veggies	1-4 Servings
Veggies x2	Frozen Veggies	1-4 Servings

SETTING DINNER PLATE (Control Panel Feature 8)

The dinner plate sensor cook quick pad lets you cook food without needing to set powers and times.

Touch:

- Dinner Plate
-  ADD 30 SEC

Display Shows:

PRESS AGAIN FOR OPTIONS/ PRESS START

DINNER PLATE SENSOR

DINNER PLATE SENSOR COOK

SETTING POTATO (Control Panel Feature 7)

The Potato sensor cook quick touch pad lets you cook potatoes with preset times and cook powers. You can choose from one to four potatoes.

NOTE:

- Cooking times are based on an average 8 ounce potato. Before baking, pierce potato with fork several times.
- After baking, let stand for five minutes.

Example: To cook 1 to 4 baked Potatoes.

Touch:

1. Potato

Display Shows:

PRESS START
POTATO
SENSOR

2.  START

ADD 30 SEC

POTATO
SENSOR COOK

MELT/SOFTEN TABLE

CATEGORY	DIRECTION	AMOUNT
BUTTER	Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.	1 or 2 sticks
CHOCOLATE	Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in microwavable container. Stir at the end of cycle to complete melting.	2, 4 or 8 oz.
ICE CREAM	Place container in oven. Ice cream will be soft enough to make scooping easier.	Pint, 1.5 Quart.
CREAM CHEESE	Unwrap and place in microwavable container. Cream cheese will be at room temperature and ready for use in recipe.	3 or 8 oz.

SETTING MELT/SOFTEN (Control panel Feature 10)

The oven uses low power to melt and soften items. See the following table.

Example: To melt 2 sticks of Butter.

Touch:

1. Melt / Soften

Display Shows:

PRESS AGAIN FOR OPTIONS/ PRESS START
MELT BUTTER

2.  START

ADD 30 SEC

ENTER 1-2 STK

3. 

PRESS START
2 STICK

4.  START

ADD 30 SEC

MELT BUTTER
COOK

Time counting down

Key	Food	Amount	Key
Melt / Soften x1	Melt Butter	1 sticks	1
		2 sticks	2
Melt / Soften x2	Melt Chocolate	2 oz.	2
		4 oz.	4
		8 oz.	8
Melt / Soften x3	Softened Ice Cream	Pint	1
		1.5 Quart	2
Melt / Soften x4	Softened Cream Cheese	3 oz.	3
		8 oz.	8

SETTING WARM & HOLD (Control Panel Feature 9)

You can safely keep hot, cooked food warm in your microwave oven for up to 90 minutes. You can use Warm & Hold by itself, or itself, or to automatically follow a cooking cycle.

Example: To keep warm for 20 minutes.

Touch:

1. Warm & Hold

Display Shows:

PRESS START
ENTER TIME

2.    

PRESS START
20:00

3.  START

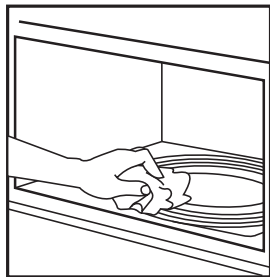
ADD 30 SEC

TIMER Time counting down

Caring for Your Microwave Oven

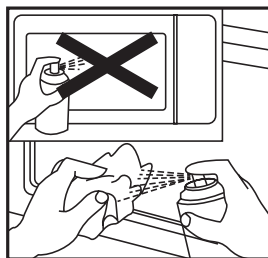
In order to ensure that your microwave oven looks good and works well for a long time, you should maintain it properly. For proper care, please follow these instructions carefully.

For interior surfaces: Wash often with warm, sudsy water and a sponge or soft cloth.



Use only mild, nonabrasive soaps or a mild detergent. Be sure to keep the areas clean where the door and oven frame touch when closed. Wipe well with clean cloth.

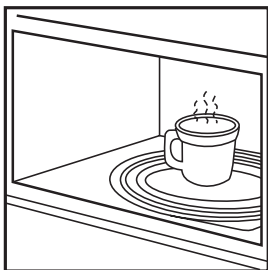
For exterior surfaces and control panel: Use a soft cloth with spray glass cleaner. Apply the spray glass cleaner to the soft cloth; do not spray directly on the oven.



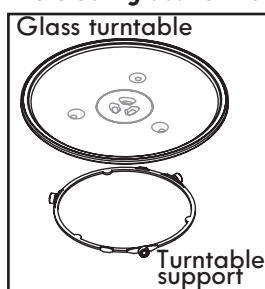
NOTE: Abrasive cleansers, steel wool pads, gritty wash cloths, some paper towels, etc., can damage the control panel and the interior and exterior oven surfaces.

Over time, surfaces may stain as a result of food particles splattering during cooking. This is normal.

For stubborn soil: Boil a cup of water in the oven for two to three minutes. Steam will soften the soil. To get rid of odors inside the oven, boil a cup of water with some lemon juice or vinegar in it.



To clean glass turntable and turntable support: Wash in mild, sudsy water. For heavily soiled areas, use a mild cleanser and scouring sponge.



The glass turntable and turntable support are dishwasher safe.

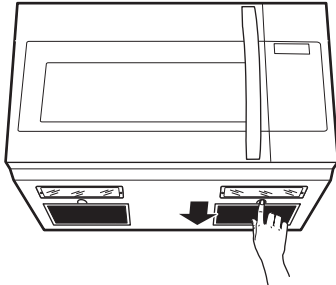
CARING FOR THE FILTERS

The grease filters should be removed and cleaned often; at least once a month.

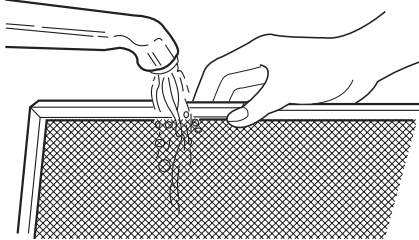
NOTE: Models are shipped for recirculating exhaust. Some models have a disposable charcoal filter installed to help remove smoke and odors. Replacement filter is available from Sears by calling 1-800-4-MY-HOME. The charcoal filter cannot be cleaned and should be replaced every 6 to 12 months.

Grease filters (Part No. 5304488377)

1. Unplug microwave oven or disconnect power.

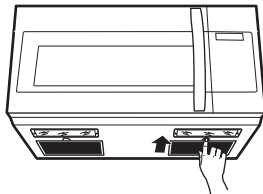


2. To remove grease filters, slide each filter to the side. Pull filters downward and push to the other side. The filter will drop out.



3. Soak grease filters in hot water and a mild detergent. Scrub and swish to remove embedded dirt and grease. Rinse well and shake to dry. Do not clean filters with ammonia, corrosive cleaning agents, such as lye-based oven cleaners, or place them in a dishwasher. The filters will turn black or become damaged.

4. To replace grease filters, slide filter in the frame slot on one side of the opening. Push filter upward and push to the other side to lock into place.



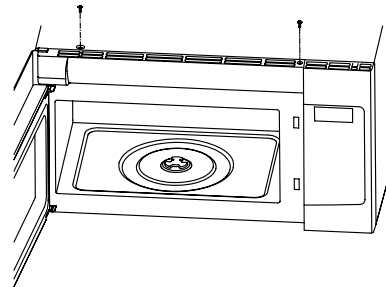
5. Plug in microwave oven or reconnect power.

NOTE: Do not operate the hood without the grease filters in place.

Charcoal filters (Part No. 5304488379)

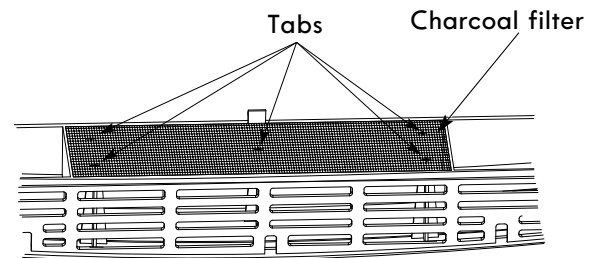
1. Unplug microwave oven or disconnect power.

2. Open the microwave door and remove the two vent mounting screws located on top of the microwave using a #1 Phillips screwdriver.

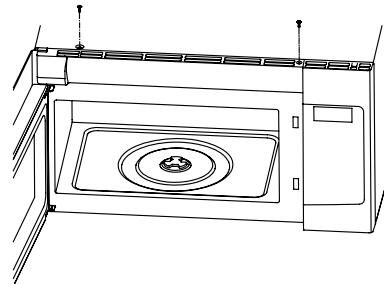


3. Slide the vent left and tip forward. Lift out to remove.

4. Install the charcoal filter. Lay the filter on the back of the grille with the black mesh face upper.



5. Reinstall the vent by sliding the bottom of the vent into place. Push the vent top into position and slide right until it snaps into place. Replace the two vent mounting screws located on top of the microwave using a #1 Phillips screwdriver.

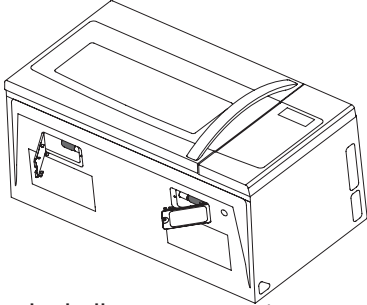


6. Close the microwave door. Plug in microwave oven or reconnect power.

REPLACING THE COOKTOP AND OVEN LIGHTS

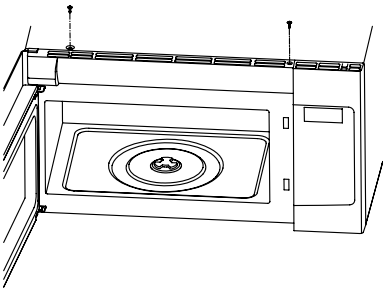
The cooktop light

1. Unplug microwave oven or disconnect power.

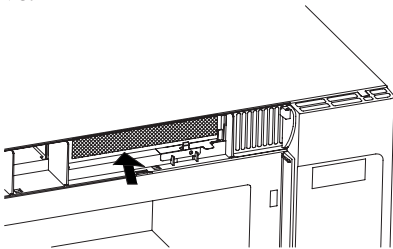


2. Remove the bulb cover mounting screw.
3. Replace bulb with candelabra-base 30-watt bulb (Part No. 5304488360) available from Sears by calling 1-800-4-MY-HOME.
4. Plug in microwave oven or reconnect power.

The oven light

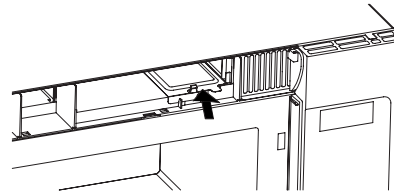


1. Unplug microwave oven or disconnect power.
2. Open the microwave door and remove the two vent mounting screws located on top of the microwave using a #1 Phillips screwdriver.
3. Slide the vent left and tip forward, then lift out to remove.



4. Lift the bottom of the charcoal filter. Slide the filter straight out.

REPLACING THE COOKTOP AND OVEN LIGHTS (CONTINUED)

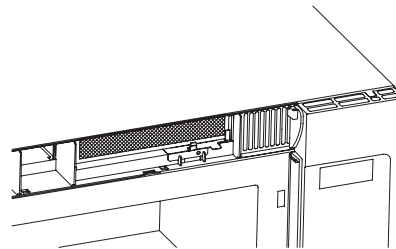


5. Lift up the bulb holder.

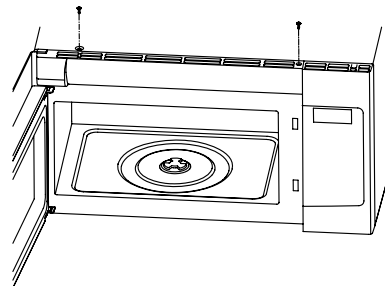
6. Replace the bulb with a candelabra-base 30-watt bulb (Part No. 5304488360) from Sears by calling 1-800-4-MY-HOME.

7. Replace the bulb holder.

8. Slide the charcoal filter into place. The filter should rest at below shown.



9. Reinstall the vent by sliding the bottom of the vent into place. Push the vent top into position and slide right until it snaps into place. Replace the two vent mounting screws located on top of the microwave using a #1 Phillips screwdriver.



10. Close the microwave door. Plug in microwave oven or reconnect power.

Questions and Answers

QUESTIONS	ANSWERS
Can I operate my microwave oven without the glass turntable or turn the turntable over to hold a large dish?	No. If you remove or turn over the glass turntable, you will get poor cooking results.
Can I use either metal or aluminum pans in my microwave oven?	You can use aluminum foil for shielding (use small, flat pieces), small skewers, and shallow foil trays (if tray is no taller than 3/4 in. [1.9 cm] deep and is filled with food to absorb microwave energy). Never allow metal to touch walls or door.
Is it normal for the turntable to turn in either direction?	Yes. The turntable reverses rotation each time the microwave oven door is opened and closed. This helps cook food evenly.
Sometimes the door of my microwave oven appears wavy. Is this normal?	This appearance is normal and does not affect the operation of your oven.
What are the humming noises that I hear when my microwave oven is operating?	You may hear the sound of the transformer when the magnetron tube cycles on.
Why does the dish become hot when I microwave food in it? I thought that this should not happen.	As the food becomes hot it will conduct the heat to the dish. Be prepared to use hot pads to remove food after cooking.
What does "standing time" mean?	"Standing time" means that after the timed cooking period ends, food should be allowed to stand either inside or outside of the oven to completely finish cooking. Outside oven standing time will allow the oven to be available for other use. For inside oven standing time, you can program a "0" power second stage of the cooking cycle. See Two-Stage Cooking.
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.
Can I pop popcorn in my microwave oven?	Yes. Use the microwave oven popcorn selection. Do not use regular paper bags. Do not re-pop unpopped kernels. Do not pop popcorn in glass cookware. Remove the metal shelf from microwave oven when cooking popcorn.

Troubleshooting

Most cooking problems often are caused by little things that you can find and fix without tools of any kind. Check the lists below and on the next page before calling for assistance or service. If you still need help, call Sears Service at 1-800-4-MY-HOME.

MICROWAVE OVEN DOES NOT WORK

PROBLEM	CAUSE
Nothing works.	<ul style="list-style-type: none"> • The power supply cord is not plugged into a grounded 3 prong outlet. (See the "Electrical Requirements "and " Electrical Connection" sections.) • A household fuse has blown or a circuit breaker has tripped. • The electric company has had a power failure.
The microwave oven will not run.	<ul style="list-style-type: none"> • You are using the oven as a timer. Touch STOP to cancel the Kitchen Timer. • The door is not firmly closed and latched. • You did not touch START. • You did not follow directions exactly. • An operation that you set earlier is still running. Touch STOP to cancel that operation.

COOKING TIMES

PROBLEM	CAUSE
Food is not cooked enough	<ul style="list-style-type: none"> • The electric supply to your home or wall outlets is low or lower than normal. Your electric company can tell you if the line voltage is low. Your electrician or service technician can tell you if the outlet voltage is low. • The cook power is not at the recommended setting. Check the Microwave Power Levels chart. • Refer to the Microwave Cooking Tips section.
The display shows a time counting down but the oven is not cooking.	<ul style="list-style-type: none"> • The oven door is not closed completely. • You have set the controls as a Kitchen Timer. Touch STOP to cancel the Kitchen Timer.

TURNTABLE

PROBLEM	CAUSE
The turntable will not turn.	<ul style="list-style-type: none"> • The turntable is not correctly in place. The glass plate should be correct-side up and sitting firmly on the center shaft. • The turntable has been set to OFF. • The hub is not operating correctly. Remove the turntable and restart the oven. If the hub still does not move, call Sears Service at 1-800-4-MY-HOME. Cooking without the turntable can give you poor results.

TONES

PROBLEM	CAUSE
You do not hear the programming or end-of-cycle tone.	<ul style="list-style-type: none"> • The sound has been set to OFF. See the Sound ON / OFF section.

Sears Service

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