



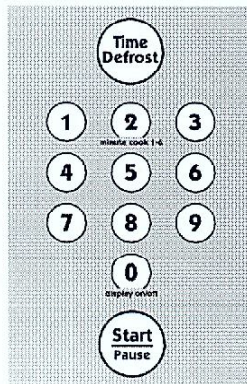
Operating Instructions

Cooking Guide for Time Cook I & II

Vegetable	Amount	Time	Comments
Corn (frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup 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. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables (frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	3 to 4 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn butternut)	1 to 2 squash (about 1 lb. each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

Time Features

Time Defrost



1 Press **TIME DEFROST**.

2 Enter defrosting time.

3 Press **START**.

*(Auto Defrost explained
in the section on
Convenience Features.)*

Allows you to defrost for the length of time you select. See the Defrosting Guide for suggested times.

Power level 3 is automatically set, but you may change this for more flexibility.

You may defrost small items more quickly by raising the power level after entering the time. However, they will need more frequent attention than usual.

Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. Rotate or stir food frequently.

At one half of selected defrosting time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil.

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

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Tightly closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be at least 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, such as milk, eggs, fish, stollings, poultry and pork, 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 beef, lamb and veal roasts, use Auto Defrost.
- Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.



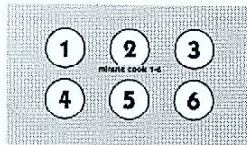
Operating Instructions

Defrosting Guide

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

Time Features

Minute Cook

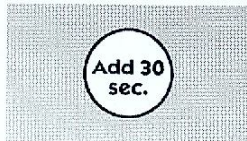


This is a quick way to set cooking time for 1–6 minutes.

Press one of the Minute Cook pads (from 1 to 6) for 1 to 6 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time.

The power level can be changed as time is counting down. Press POWER LEVEL and enter 1–10.

Add 30 Seconds



You can use this feature two ways:

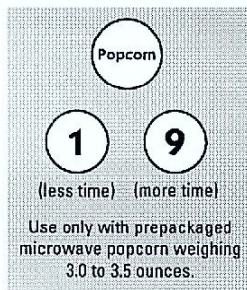
- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time.



Operating Instructions

Convenience Features

Popcorn



How to Use the Popcorn Feature

- 1 Follow package instructions, using Time Cook if the package is less than 3.0 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
- 2 Press POPCORN. The oven starts immediately. Tap POPCORN to select the bag size you are cooking.

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

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

To add time:

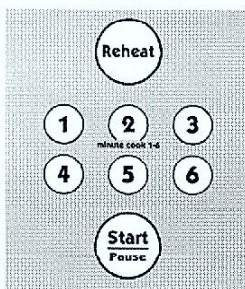
After pressing POPCORN, press 9 immediately after the oven starts for an extra 20 seconds.

To subtract time:

After pressing POPCORN, press 1 immediately after the oven starts for 20 seconds less cooking time.



Reheat



The Reheat feature reheats servings of many previously cooked foods.

1 Press REHEAT.

2 Select food type 1–7 for one serving (see Reheat Guide below). The oven starts immediately.

3 Press 2 or 3 to change the serving size.

NOTE: The serving size may be changed or added after the oven starts. Press number pad 2 or 3. The serving size for food type 7 cannot be changed.

Reheat Guide

Food Type	Comments
1 Pasta	Cover with lid or vented plastic wrap.
2 Meats and casseroles	Cover with lid or vented plastic wrap.
3 Fruits and vegetables	Cover with lid or vented plastic wrap.
4 Beverages (8–10 oz.)	Works best with wide mouth mug—do not cover.
5 Sauces and gravies	Cover with lid or vented plastic wrap.
6 Pizza (slices)	Do not cover.
7 Plate of leftovers (2–3 foods, 4 oz. each)	Cover with vented plastic wrap.



Operating Instructions

Convenience Features

Beverage



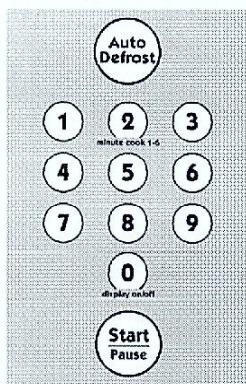
The Beverage feature heats 4 ounce, 8 ounce or 12 ounce servings of any beverage.

Press BEVERAGE. The oven starts immediately.

The serving size is automatically set at 4 ounces, but can be changed by tapping BEVERAGE to select 8 or 12 ounces.

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

Auto Defrost



1 Press AUTO DEFROST.

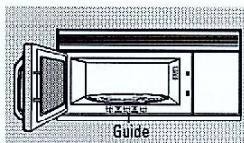
2 Using the Conversion Guide at right, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).

3 Press START.

(Time Defrost is explained in the Time Features section.)

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

There is a handy guide located on the inside front of the oven.



Conversion Guide

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

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

- Remove meat from package and place on microwave-safe dish.
- Twice during defrost, the oven signals TURN. At each TURN signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.



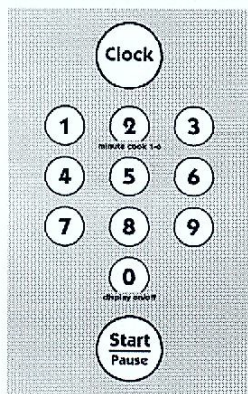
Operating Instructions

Other Features Your Model May Have

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display "END" and beep once a minute until you either open the oven door or press CLEAR/OFF.

Clock



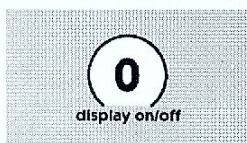
Press to enter the time of day or to check the time of day while microwaving.

1 Press CLOCK.

2 Enter time of day.

3 Press START or CLOCK.

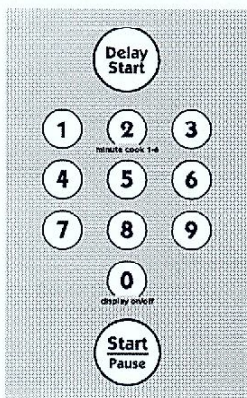
Display On/Off



To turn the clock display off, press and hold 0 for about three seconds.

To redisplay the clock, repeat.

Delay Start



Delay Start allows you to set the microwave to delay cooking up to 24 hours.

1 Press DELAY START.

2 Enter the time you want the oven to start. (Be sure the microwave clock shows the correct time of day.)

3 Select any combination of Auto or Time Defrost or Time Cook I & II.

4 Press START.

The Delay Start time will be displayed. The oven will automatically start at the delayed time.

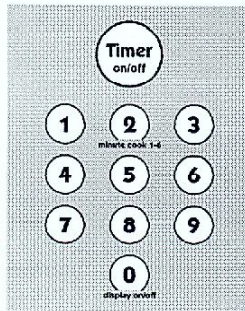
The time of day may be displayed by pressing CLOCK.



Operating Instructions

Other Features Your Model May Have

Timer On/Off



Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

To use the timer as a minute timer when the oven is not operating:

- 1** Press TIMER ON/OFF.
- 2** Enter the time you want to count down.
- 3** Press START/PAUSE to start.

When time is up, the oven will signal.

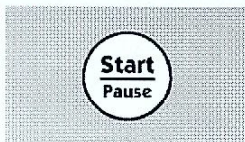
NOTE: The timer indicator will be lit while the timer is operating.

To use the timer while the oven is operating:

- 1** Press TIMER ON/OFF.
- 2** Enter the time you want to count down.
- 3** Wait 5 seconds. The timer will start counting down automatically.

When time is up, the oven will signal. To turn off the timer signal, press TIMER ON/OFF.

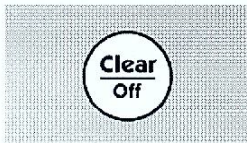
Start/Pause



In addition to starting many functions, START/PAUSE allows you to stop cooking without opening the door or clearing the display.



Child Lock-Out



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

To lock or unlock the controls, press and hold CLEAR/OFF for about three seconds. When the control panel is locked, "LOC" will be displayed.



Operating Instructions

Other Features Your Model May Have

Surface Light



Press to turn the surface light on or off.

Vent Fan



The vent fan removes steam and other vapors from surface cooking and cools internal parts in the microwave oven.

When the microwave oven is off, you may operate the vent fan:

- 1 Press the Vent Fan pad once for high fan speed.
- 2 Press the Vent Fan pad a second time for low fan speed.
- 3 Press the Vent Fan pad a third time to turn the fan off.

When the microwave is on, the vent fan will automatically turn on at low fan speed, stay on while the microwave is operating and automatically turn off after the microwave goes off if the Vent Fan pad is not pressed.

When the microwave oven is on you may also:

- 1 Press the Vent Fan pad once for high fan speed.
- 2 Press the Vent Fan pad a second time for low fan speed.
- 3 Press the Vent Fan pad a third time to set the fan to turn off automatically after the microwave goes off.

If the vent fan is still operating after the microwave goes off, press the Vent Fan pad until it turns off.

NOTE: The vent fan cannot be turned off while the microwave is operating.