



Microwave Oven

804102820

“Recipe book not included”

Please read this manual carefully before operating your unit and retain for future reference.

⚠ 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:

- 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.
- Be certain to place the front surface of the door three inches or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- Install or locate this appliance only in accordance with the provided installation instructions.
- 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 Service Center 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.

Use this appliance only for its intended purpose as described in this Owner's Manual.

- 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.

—Do not use the Sensor Features twice in succession on the same food portion. If food is undercooked after the first countdown, use **ADD 1 MINUTE** for additional cooking time.

■ 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 the **STOP/RESET** pad and correct the problem.

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

- 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.

⚠ WARNING! FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- 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.
- **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.
- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.

SAVE THESE INSTRUCTIONS



MICROWAVE-SAFE COOKWARE

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

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

If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.

■ 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.

■ Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent splattering. 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 3/4” high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1 inch away from the sides of the oven.

■ Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials, and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.

Follow these guidelines:

- 1 Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
- 2 Do not microwave empty containers.
- 3 Do not permit children to use plastic cookware without complete supervision.

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.

ADAPTER PLUGS

Usage situations where appliance's power cord will be disconnected infrequently.

Because of potential safety hazards under certain conditions, we strongly recommend against the use of an adapter plug.

However, if you still elect to use an adapter, where local codes permit, a **TEMPORARY CONNECTION** may be made to a properly grounded 2-prong wall receptacle by the use of a UL listed adapter which is available at most local hardware stores.

The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

CAUTION: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.

You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to break with repeated use. Should this happen, **DO NOT USE** the appliance until a proper ground has again been established.

Usage situations where appliance's power cord will be disconnected frequently.

Do not use an adapter plug in these situations because frequent disconnection of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the 2-prong wall receptacle replaced with a 3-prong (grounding) receptacle by a qualified electrician before using the appliance.

EXTENSION CORDS

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

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

If an extension cord is used—

1 The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance;

2 The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;

3 The extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

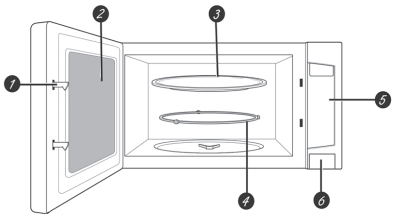
If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.

READ AND FOLLOW THIS SAFETY INFORMATION CAREFULLY. SAVE THESE INSTRUCTIONS

About the features of your microwave oven.

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

1200 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 Removable Turntable. Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.

4 Removable Turntable Support. The roller ring support must be in place when using the oven.

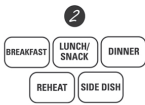
5 Touch Control Panel Display.

6 Door Latch Release. Press latch release to open door.

NOTE: Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.

Note: The image shown here is for illustrative purposes only and may be subject to change. The actual number of accessories may vary depending on the model.

You can microwave by time, with the sensor features or with the auto feature.



Cooking Controls

1 Time Features

Press	Enter	Options
Number Pads	Amount of cooking time	
WARM	Amount of warming time	
POPCORN	Press START	3.5 oz., 3.0 oz. or 1.75 oz. More/Less time
Press once, twice or three times		
POWER LEVEL	Press START	
Press one to ten times		
INVERTER DEFROST	Food weight up to 6 lbs.	
ADD 1 MINUTE	Press START	
Press one to ten times		
TIMER	Amount of time	

2 Sensor Features

Press	Enter	Options
DINNER	Press START	More/Less time
BREAKFAST	Press START	More/Less time
LUNCH/SNACK	Press START	More/Less time
SIDE DISH	Press START	More/Less time
Press until food appears in display		
REHEAT	Press START	More/Less time

NOTE: The image shown here is for illustrative purposes only and may be subject to change. The actual descriptions of control panel and their locations may vary, depending on the model.

About changing the power level.

POWER LEVEL

Power Level

Select the power level before entering the cooking time. Press **POWER LEVEL** until the desired power level appears in the display.

The maximum programmable cooking time at Power Level 10 is 30 minutes. For

Press	Power Level
Once	P10 (High)
Twice	P9
3 times	P8
4 times	P7 (Med.-High)
5 times	P6 (Medium)
6 times	P5
7 times	P4
8 times	P3 (Med.-Low) Defrost
9 times	P2
10 times	P1 (Low)

other Power Levels, the maximum cooking time is 99 minutes and 99 seconds. Variable power levels add flexibility to microwave cooking. Power Level 7 (*P7*) is microwave energy at 70% of full power. Power Level 3 (*P3*) is microwave energy at 30% of full power. Most cooking will be done on High (*P10*), which gives you 100% of power.

A high setting (*P10*) 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.

Here are some examples of uses for various power levels:

P10 High for fish, bacon, vegetables, boiling liquids, etc.

P7 Medium high for gentle cooking of meat and poultry, baking casseroles and reheating

P5 Medium for slow cooking and tenderizing for stews and less tender cuts of meat

P2 or *P1* Low for defrosting

About the time features.



To Cook by Time

The microwave is automatically set for Power Level 10 (High). It can be changed for cooking flexibility. At Power Level 10, the maximum programmable cooking time is 30 minutes. Maximum cooking times for Power Levels 1 to 9 are 99 minutes and 99 seconds.

1 Press **POWER LEVEL** until the desired power level appears in the display window. Skip this step if you wish to use Power Level 10.

2 Enter the cooking time using the number pads.

3 Press **START**.

You may open the door during the cooking time to check the food. Close the door and press **START** to resume cooking. The microwave will beep 5 times to signal that the cooking time is completed.

Stage Cooking

You can program up to 5 cooking stages:

1 Press **POWER LEVEL** until the desired power level appears in the display window.

2 Set the cooking time using the number pads.

3 Repeat steps 1 and 2. (For additional stages, repeat steps 1 and 2).

4 Press **START**.

Each cooking stage time will count down in the display. The microwave will beep 2 times between each stage. At the end of the sequence, the microwave will beep 5 times.

Cooking Guide for Timed Cooking

Use High power level (*P10*) unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb.	5 to 8 min., Med-High (<i>P7</i>)	In 1½-qt. casserole, place 1/4 cup water.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
Beans (fresh green)	1 lb. cut in half	10 to 14 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets (fresh, whole)	1 bunch	16 to 21 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli (fresh cut)	1 bunch (1¼ to 1½ lbs.)	5 to 9 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. casserole, place 1/4 cup water.
(frozen, chopped)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage (fresh)	1 medium head (about 2 lbs.)	6 to 9 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedged)		5 to 9 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots (fresh, sliced)	1 lb.	4 to 8 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower (flowerets)	1 medium head	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	7 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn (frozen kernel)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	1¼ to 4 min. per ear	In 2-qt. glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1¼ cup water. Rearrange after half of time.
(frozen)	1 ear	3 to 6 min.	Place in 2-qt. oblong glass baking dish.
2 to 6 ears	2 to 6 min. per ear		Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables (frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	7 to 9 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 11 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.)	2 to 4 min.	Pierce with cooking fork. Place in the oven, 1" apart, in circular arrangement. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	3 to 6 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	3 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer, and yellow)	1 lb. sliced	3 to 5 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	5 to 9 min.	Cut in half and remove fibrous membranes. In 2-qt. glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

Add 1 Minute

You can use this feature in two ways:

- Each time the pad is pressed, it will add one minute to the time counting down. Press up to 10 times to add 10 minutes of cooking time.
- It can be used to set one minute of cooking time.

Popcorn

To use the *Popcorn* feature:

1 Follow package instructions. Place the package of popcorn in the center of the microwave.

2 Press **POPCORN**: Once for 3.5 oz. bag. Twice for 3.0 oz. bag. 3 times for 1.75 oz. bag.

3 Press **START**.

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

If the brand of popcorn you use consistently overcooks or underpops, you can add or subtract 10 to 20 seconds to the popping time.

Press the **MORE/LESS** pad:

Once Adds 10 seconds

Twice Adds 20 seconds

3 Times Subtracts 10 seconds

4 Times Subtracts 20 seconds

5 Times Reverts to original setting

Warm

This feature will keep food warm up to 30 minutes after cooking.

This feature can be programmed as a final cooking stage, after one or more cooking times have been entered. It cannot be used in combination with Sensor or Auto features.

To Soften and Melt

The following are a few examples of how to soften or melt food items using various Power Levels and cooking times.

Brown Sugar

To soften 1 cup of brown sugar, place sugar in a microwave-safe dish with a slice of bread. Cover with lid or plastic wrap.

- 1 Select **POWER LEVEL P10** (High).
- 2 Enter 20 to 30 seconds.
- 3 Press **START**.

Refrigerated Butter

To soften 1 stick (1/4 lb.) of refrigerated butter, remove wrapper and place the butter in a microwave-safe dish.

- 1 Select **POWER LEVEL P2**.
- 2 Enter 1 minute.
- 3 Press **START**.

To melt 1 stick (1/4 lb.) of refrigerated butter, place in a microwave-safe dish. Cover with lid or vented plastic wrap.

- 1 Select **POWER LEVEL P6** (Medium).
- 2 Enter 1 to 1½ minutes.
- 3 Press **START**.

About the automatic features.



INVERTER DEFROST

Use **INVERTER DEFROST** for meat, poultry and fish.

INVERTER DEFROST automatically sets the defrosting time and power levels for even defrosting results. Use for meats, poultry and fish weighing up to 6 pounds.

- 1 Press **INVERTER DEFROST**.

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

- 3 Press **START**.

When the oven beeps two times, **TURN OVER** appears in the display. Turn food over, rearrange foods or remove defrosted meat. Shield warm areas with small pieces of foil.

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

More/Less

Use the **MORE/LESS** pad to adjust Sensor cooking and Popcorn program cooking times.

For Sensor cooking, press the **MORE/LESS** pad:

- Once** Adds approximately 10% more time
- Twice** Subtracts approximately 10% time
- 3 Times** Reverts to original setting

Press **START**.

- 1 Press **WARM**.

- 2 Enter the warming time, up to 30 minutes.

- 3 Press **START**.

Cream Cheese

To soften 8 oz. of cream cheese, remove wrapper and place the cream cheese in a microwave-safe dish.

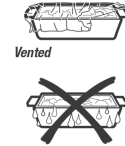
- 1 Select **POWER LEVEL P3** (Med.-Low).
- 2 Enter 1 to 2 minutes.
- 3 Press **START**.

Ice Cream

To soften 1 quart of ice cream, place.

- 1 Select **POWER LEVEL P3** (Med.-Low).
- 2 Enter 45 seconds.
- 3 Press **START**.

Check often to prevent melting.



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



NOTE:

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

Reheat

The Reheat feature should be used to heat previously cooked foods, such as a plate of leftovers.

- 1 Place covered food in the oven. Press **REHEAT**.

- 2 Press **START**. The oven beeps 2 times when steam is detected. Time remaining begins to count down in the display window. The oven will beep 5 times at the end of the countdown.

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

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

After the time remaining countdown, use the **ADD 1 MINUTE** feature for additional reheating time.

DINNER

BREAKFAST

LUNCH/ SNACK

SIDE DISH

START

Sensor Cooking

Sensor cooking allows you to cook food without setting a time.

Choose the Sensor Cooking feature for your food type.

Always use microwave-safe containers. Cover them with lids or vented plastic wrap. Be careful when removing covers after cooking. To avoid steam burns, remove covers facing away from you.

- 1 Place food in the oven. Press the food pad until the food category appears in the window.

- 2 Press **START**. The oven beeps 2 times when steam is detected. Time remaining begins to count down in the display window. The oven will beep 5 times at the end of the countdown.

Some Foods Not Recommended for Use With Reheat

It is best to use Time Cooking for these foods:

- Bread products.

- Foods that must be reheated uncovered.

- Foods that need to be stirred or rotated.

- Foods calling for a dry look or crisp surface after reheating.

After using this feature a few times, you may find that beverages are not hot enough. Press the **MORE/LESS** pad once for 10 seconds or twice for 20 additional seconds. Press the **MORE/LESS** pad before the **START** pad.

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

After the time remaining countdown, use the **ADD 1 MINUTE** feature for additional reheating time.

How to Change the Automatic Settings

After using this feature a few times, you may find that food is undercooked or overcooked. You can adjust the cooking time for some foods to suit your personal taste.

To reduce time by 10%:

Press the **MORE/LESS** pad two times.

To add 10% to cooking time:

Press the **MORE/LESS** pad one time.

Sensor Cooking

Pad	Food Type	Amount	Comments
Breakfast	Oatmeal	½ to 1 cup	Place in a serving bowl. Do not cover. Follow package directions.
	Breakfast Sausage	2 to 8 links	Follow package directions for pre-cooked sausage. Arrange in a star pattern.
	Omelet	2 to 4 eggs	Coat a 9-inch pie plate with ½ tsp. melted butter for each egg. Add 1 tbsp. milk for each egg. Cook covered with vented plastic wrap. Let stand 2 minutes after cooking. Always use scrambled eggs.
	Soup	1 to 2 cups	Place in serving bowl. Cover with vented plastic wrap. Stir after cooking.
Lunch/ Snack	Frozen Entrees	8 to 32 oz.	Follow package directions. After 2 beeps, stir or rearrange.
	Frozen Pizza	8 oz.	Follow package directions.
	Frozen Pocket Sandwich	1 sandwich (4–5 oz.)	Follow package directions.
	Potatoes	4 maximum 6 to 8 oz. each	Pierce skin with a fork, 6 times, evenly spaced. Space potatoes 1 inch apart. Let stand 5 minutes to complete cooking.
Side Dish	Fresh Vegetables	4 to 16 oz.	Add 1 tbsp. water per ½ cup of vegetables. Cover with vented plastic wrap.
	Frozen Vegetables	6 to 16 oz.	Add 1 tbsp. water per ½ cup of vegetables. Cover with vented plastic wrap. Stir or rearrange after 2 beeps. (Not for vegetables in butter or sauce).
	Canned Vegetables	15 oz.	Do not cover.
	White Rice	½ to 1½ cups	Use hot tap water. Cover with vented plastic wrap. Let stand 5 to 10 minutes before serving.
Dinner	Brown Rice	½ to 1½ cups	Use hot tap water. Cover with vented plastic wrap. Let stand 5 to 10 minutes before serving.
	Frozen Dinners	11 to 16 oz.	Follow package directions. Do not use food packaged in foil trays.
	Pasta	2 to 8 oz.	Use hot tap water. Cover with vented plastic wrap.
	Stew	1 to 2 cups	Cover with vented plastic wrap. Stir after cooking.
	Ground Meat	16 to 32 oz.	Break apart in glass bowl or colander. Cover with vented plastic wrap. Stir after 2 beeps. Re-cover and press START .
	Fish Fillets	4 to 16 oz.	Arrange in a single layer. Cover with vented plastic wrap.

About the other features.

Stop/Reset

Use the **STOP/RESET** pad to clear the memory. During cooking, press once to stop the cooking process. Press twice to cancel all cooking instructions.

Options Features

The **OPTIONS** pad allows you to establish and set preferred non-cooking features. These features include: *Child Lock*, *Word Speed*, *Language Choice* and more. See the chart below.

To access and change the various **OPTIONS** features:

- 1 Press **OPTIONS**.

- 2 Press the number of the desired feature, 0 through 9.

- 3 Select and press the number for the desired setting, 1 or 2, or 1, 2 or 3.

Number Pad	Option	Choices (* indicates default setting)
1	LANGUAGE	1. English display* 2. Français display 3. Español display
2	LB/KG	1. LB. Weight display in ounces/pounds* 2. KG. Weight display in grams/kilograms
3	WORD SPEED	1. Fast scrolling speed 2. Medium scrolling speed*
4	MENU ACTION	1. ON Step-by-step programming instructions displayed 2. OFF Instructions not displayed*
5	CHILD LOCK-OUT	1. ON Oven is locked, will not operate 2. OFF Lock-out cancelled*
6	BEEP ON/OFF	1. ON Beep sound on 2. OFF Beep sound turned off*
7	REMINDER BEEP	1. ON Reminder beep sounds every 15 seconds 2. OFF Reminder beep turned off*
8	DAYLIGHT SAVINGS TIME	1. ON Time of day advances one hour 2. OFF Time returns to original setting*
9	CLOCK ON/OFF	1. ON Time of day is displayed* 2. OFF Time of day is not displayed
0	DEMO MODE	1. ON Oven is In-Store Demo mode 2. OFF Not in Demo mode

Clock

Press to enter the time of day.

- 1 Press **CLOCK**.
- 2 Enter the time of day.
- 3 Press **CLOCK**.

Press **CLOCK** to check the time of day during any cooking program.

Timer

This feature operates as a kitchen timer. It can also be used to program a delay start or a standing time after cooking is completed.

- 1 Press **TIMER**.
- 2 Enter the amount of time, in minutes and seconds, using the number pads (up to 99 minutes and 99 seconds).
- 3 Press **START**.

Time will count down in the display window. The oven will beep 5 times to alert you when the time is up.

Opening the door will not stop the countdown. The time will continue to count down if the oven door is opened.

Delay Start

You can program the oven to start at a later time.

- 1 Press **TIMER**.
- 2 Enter the amount of delay time, in minutes and seconds, using the number pads (up to 99 minutes and 99 seconds).
- 3 Press the **POWER LEVEL** pad to set the desired power level. Skip this step for power level 10 (**P10**).

- 4 Enter the desired cooking time using the number pads.
- 5 Press **START**.

The **Delay Start** time will count down. The oven will automatically start at the set time. To cancel the **Delay Start** time, press **STOP/RESET**.

Stand Time

You can program the oven for a standing time after cooking is completed.

- 1 Press the **POWER LEVEL** pad to set the desired power level. Skip this step for power level 10 (**P10**).
- 2 Enter the desired cooking time using the number pads.
- 3 Press **TIMER**.

- 4 Enter the amount of stand time, up to 99 minutes and 99 seconds.
- 5 Press **START**.

The **Stand Time** will count down. When each stage finishes, the oven will beep 2 times. At the end of the program, the oven will beep 5 times. To cancel the **Stand Time**, press **STOP/RESET**.

Microwave terms.

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: ■ metal or foil touching the side of the oven. ■ foil that is not molded to food (upturned edges act like antennas). ■ metal such as twist-ties, poultry pins, gold-rimmed dishes. ■ recycled paper towels containing small metal pieces.
Covering	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.
Shielding	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.
Standing Time	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.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Care and cleaning of the microwave oven.



Helpful Hints

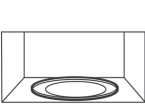
An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh. Unplug the cord before cleaning any part of this oven.

How to Clean the Inside

Walls, Floor, Inside Window, 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.

Removable Turntable and Turntable Support Ring

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support ring can be broken if dropped. Remember, do not operate the oven without the turntable and support ring in place.

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. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.

Stainless Steel

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.

The stainless steel can be cleaned with Cerama Bryte® or a similar product using a clean, soft 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.

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.

Before you call for service...



Troubleshooting Tips
Save time and money! Review the chart below and you may not need to call for service.

Problem	Possible Causes	What To Do
Oven will not start	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.
Control panel lighted, yet oven will not start	Door not securely closed.	• Open the door and close securely.
	START pad not pressed after entering cooking selection.	• Press START .
	Another selection entered already in oven and STOP/RESET pad not pressed to cancel it.	• Press STOP/RESET .
	Cooking time not entered after pressing POWER LEVEL . CLEAR/OFF was pressed accidentally.	• Make sure you have entered cooking time after pressing POWER LEVEL and before pressing START . • Reset cooking program and press START .
SENSOR ERROR message appears on display	Food weight not entered after selecting INVERTER DEFROST . Oven was paused accidentally.	• Make sure you have entered food weight after selecting INVERTER DEFROST . • Press START to restart the cooking program.
	During the Sensor cooking program, the door was opened or STOP/RESET was pressed before steam could be detected.	• Close the door and press START immediately.
	Steam was not detected in maximum amount of time.	• Use ADD 1 MINUTE for more cooking time.
	The control has been locked. (When the control panel is locked, LOCK will be displayed.)	• The child lock-out has been initiated. Press the OPTIONS pad, then select 5 (CHILD LOCK-OUT) and press 2 to cancel lock-out.
Food amount too large for Sensor Reheat	Sensor Reheat is for single servings of recommended foods.	• Use Time Cooking for large amounts of food.

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.



Covered