GE APPLIANCES

Microwave Oven

Thank You! ... for your purchase of a GE Appliances brand appliance.

IMPORTANT SAFETY INFORMATION

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

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

- Read all instructions before using this appliance.
- Read and follow the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** section .
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair, or adjustment.

INSTALLATION

- Install or locate this appliance only in accordance with the provided installation instructions.
- 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 3 inches or more back from the counter top edge to avoid accidental tipping of the appliance in normal usage.
- Recommended clearances: 3 inches on each side, 3 inches on the top, and 1 inch in the rear.
- 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.
- Keep power cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- Do not immerse power cord or plug in water.
- Do not cover or block any opening on the appliance.
- Do not store this appliance outdoors. Do not use this product near water - for example, in a wet basement, near a swimming pool, or in a similar location.
- Do not mount over a sink.

TO REDUCE THE RISK OF FIRE IN THE 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.

— 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.

— Do not store any materials in the oven when not in use. Do not leave paper products, cooking utensils, or food in the cavity when not in use. All racks should be removed from the oven when not in use.

— Do not operate the microwave feature without food in the oven.

TO REDUCE THE RISK OF BURNS

- Be careful when opening containers of hot food. Use pot holders and direct steam away from face and hands.
- Vent, pierce, or slit containers, pouches or plastic bags to prevent build-up of pressure.
- Be careful when touching the turntable, door, racks, or walls of the oven which may become hot during use. Do not touch heating elements.
- Energized cooktop surface and interior cavity lighting will cause burns. Use caution when cleaning and allow lamps to cool prior to replacement.
- **HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE**. Use caution when removing hot items.

OPERATING

- Do not operate the microwave without the turntable in place. The turntable must be unrestricted so it can turn.
- Oversized food or oversized metal cookware should not be used in a microwave/convection oven because they increase the risk of electric shock and could cause a fire.
- Do not use paper products in oven when appliance is operated in any cooking mode except "microwave only".
- 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 in compliance with cookware manufacturers' recommendations.
- Do not store anything directly on top of the microwave surface when the microwave is in operation.
- Some products such as whole eggs and sealed containers - for example, closed jars - are able to explode and should not be heated in the microwave oven.
- Do not overcook potatoes. They could dehydrate and catch fire.
- Do not cover a microwave rack or any part of the oven with metal foil. This will cause overheating of the microwave/ convection 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.
- This oven is not approved or tested for marine use.

CLEANING

- Disconnect power before cleaning.
- Keep the oven free from grease buildup.
- Do not clean with metal scouring pads. Extreme heat can remove pieces from the pad and touch electrical parts involving risk of electric shock.
- When cleaning surfaces of the door and microwave cavity that come in contact when closing the door, use only mild, nonabrasive soaps, or detergents applied with a clean sponge or soft cloth. Rinse well.

SUPER HEATED 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 WHEN 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.

READ AND SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

⚠WARNING Improper use of the grounding plug can result in a risk of electric shock.



Ensure proper ground exists before use.

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.

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

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

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

NOTICE: PACEMAKERS

Most pacemakers are shielded from interference from electronic products, including microwaves. However, patients with pacemakers may wish to consult their physicians if they have concerns.

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) Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

Cooking Operations

Features may differ by model.

Defrost => Weight/Time

Press **Defrost**, enter weight (in pounds) then press **Start**.

Weight Defrosting Tips:

- Remove meat from package, place on microwave-safe dish.
- When the oven signals, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, let stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.
- For consistent defrosting of larger foods, such as roasts, use **Time Defrost**. Be sure large meats are completely defrosted before cooking.
- Press **Defrost**. When prompted, enter time, then press **Start**.

Timed Defrosting Tips:

- 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.
- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- If the food is in a foil container, transfer it to a microwave-safe dish.

Popcorn

- For use with prepackaged microwave popcorn. If additional cooking time is needed, use **Add 30 seconds** and watch carefully. **NOTE:** Do not use this feature twice in succession on the same food portion – it may result in severely overcooked or burnt food.

Beverage

- Press the Beverage button to heat a cup of coffee or other beverage. Depending on your model, serving size may need to be adjusted or the oven will start immediately.

Reheat

- Brings previously cooked food back to serving temperature. Press **Reheat** and follow the prompts on the display (use the reheat and number pads to change selections) to select the desired food/quantity, then press **Start** (will start automatically on some models).

Express Cook (1-6, Add 30 sec, Micro Express + dial depending on model)

- Immediately starts microwave at power level 10 for the number of minutes selected. Add 30 sec or add 1 min. can be used to increase time while microwave is running without stopping cooking.

Time Cook

- Allows specific time (Min. and Sec.) to be used to cook food. Press **Time Cook** then enter the desired cooking duration and press **Start**.

Power Level

- Variable power levels add flexibility to microwave cooking. Power levels can be adjusted when programming Time Cook. Most cooking will be done on HI which give you 100% power.
- Some foods may have better flavor, texture and appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Here are some examples of use for various power levels:

Power Level 10: Fish, bacon, vegetables, boiling liquids.
Power Level 7: Gentle cooking of meat and poultry; baking casseroles and reheating.
Power Level 5: Slow cooking and tenderizing for stews and less tender cuts of meat.
Power Level 3: Defrosting; simmering; delicate sauces.
Power Level 1: Keeping food warm; softening butter.

Non-Cooking Operations...Control features that do not cook food.

Set Clock

- This is a standard 12-hour clock (12:00 – 11:59). To set –press Set Clock, enter time, (select AM or PM on some models), use Settings, Set Clock, or Start to accept time.

Control Lock-Out

- You may lock the control panel to clean units. To lock or unlock controls, press and hold "0" button for about three seconds. When the control panel is locked, "LOCKED" or "LOC" will appear in the display.

Timer

- Operates as a minute timer and can be used at any time, even when the oven is operating. Enter time in Minutes and Seconds before pressing **Timer** again to indicate the countdown. When time is up, the oven will signal. To turn off the timer signal, press **Timer**.

Child-Resistant Oven Door Operation

To unlock and open the door:

1. Locate and press either the **Start/Pause** or **Cancel/Off** button.
   – **Start/Pause** will pause the current cooking cycle.
   – **Cancel/Off** will clear the current cooking cycle.
   Note: The door will remain unlocked for 10 seconds.
2. Press the **Door Latch Release** button (front button) or pull on the handle depending on model.
   Note: The door will remain unlocked until the cooking cycle resumes or a new cycle is initiated.

Conversion to a Standard Microwave Door Operation

- For households that do not have young children or have adults with physical limitations which make it difficult to operate the child-resistant door, this feature can be disabled by following these steps:
  1. Press and hold the **"7"** key on the number pad for 3 seconds; then
  2. Press and release the **"9"** key; finally
  3. Press and release the **"0"** key.
- There will be two short beeps and the display will flash "**UnLo**" to confirm the default condition has been updated successfully. To re-enable the child-resistant oven door, repeat steps 1-3 above. The display will show "**Locked**"/ "**Lock icon**" or "**Loc**" to confirm the feature has been re-enabled.

NOTE: In order to ensure the highest possible standard for refurbished items, all units are thoroughly inspected as part of the process. For this item, water may be used during the refurbishing process and so; you may notice some condensation in the water reservoir. It is recommended to rinse the water reservoir with fresh water prior to its first use.

Troubleshooting tips ... Before you call for service

Problem	Possible Cause	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 on the oven is fully inserted into the wall outlet.
	Door not securely closed	Open the door and close it securely.
Control panel lighted, yet oven will not start	Door not securely closed	Open the door and close it securely.
	START/PAUSE button not pressed after entering cooking selection	Press **START/PAUSE**.
	Another selection entered already in oven and **CANCEL/ OFF** button not pressed to cancel it	Press **CANCEL/OFF**.
	Cooking time not entered after pressing **COOK TIME**	Make sure you have entered cooking time after pressing **COOK TIME**.
	CANCEL/OFF was pressed accidentally	Reset cooking program and press **START/ PAUSE.**
"LOC" appears in the display.	The control has been locked (Feature not available on "Airfry" CMO models)	Press and hold **"0"** for about 3 seconds to unlock the control
"LOCKED" or "LOCK ICON" appears on display	Child Lock Feature is enabled.	Please see Pg. 4 for instructions.
You hear an unusual low-tone beep	You have tried to change the power level when it is not allowed	Many of the oven's features are preset and cannot be changed.
"Err" appears on display	During a Sensor Cooking program, the door was opened or **START/PAUSE** was pressed before steam could be detected	**SENSOR ERROR** will scroll until **CANCEL/ OFF** is pressed
	Steam was not detected in maximum time.	Use **COOK TIME** to heat for more time.
Food amount too large for Sensor Heat	Sensor Reheat is for single servings of recommended foods	Use **COOK TIME** for large amounts of food.
There are sparks in the oven (arcing)	• Metal or foil touching the side of the oven. • Turntable ring support not installed correctly. • 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. • The metal rack (on some models) not installed correctly so it touches the microwave wall.	Verify the turntable ring support and (if applicable) metal rack are installed correctly. Remove other arcing sources from the oven.

Normal items with your microwave oven

- Moisture on the oven door and walls while cooking. Wipe the moisture off with a paper towel or soft cloth.
- Moisture between the oven door panels when cooking certain foods. Moisture should dissipate shortly after cooking is finished.
- 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.
- Noises while oven is operating

Troubleshooting Tips

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

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

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

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

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

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

To satisfy FCC RF exposure requirements, a separation distance of 20 cm or more should be maintained between the antenna of this device and persons during device operation.

To ensure compliance, operations at closer than this distance is not recommended.

⚠WARNING Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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