



Turntable Microwave Oven

Owner's Manual

	<p><i>Important Safety Information</i></p> <p><i>Precautions to Avoid Possible Exposure to Excessive Microwave Energy2</i></p> <p><i>Special Notes About Microwaving6</i></p>	2
	<p><i>Operating Instructions</i></p> <p><i>Features of Your Microwave11</i></p> <p><i>The Controls on Your Microwave12</i></p> <p><i>Time Cooking15</i></p> <p><i>Automatic Cooking21</i></p> <p><i>Other Features24</i></p>	11
	<p><i>Helpful Information</i></p> <p><i>Care and Cleaning27</i></p>	26
	<p><i>If Something Goes Wrong</i></p> <p><i>Before You Call For Service (Problem Solver)29</i></p> <p><i>GE Service Numbers34</i></p> <p><i>WarrantyBack Cover</i></p>	29



Important Safety Information

Read all safety information before using

For Your Safety

! PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

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.

Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

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.

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

Welcome

Welcome to the GE family. We're proud of our quality products and we believe in dependable service. You'll see it in this easy-to-use manual and you'll hear it in the friendly voices of our customer service department.

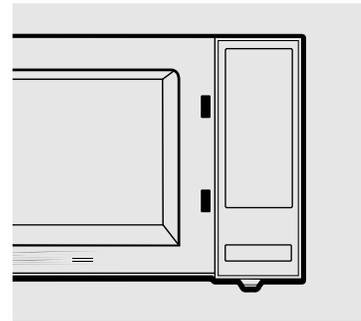
Best of all, you'll experience these values each time you use your microwave. That's important, because your new microwave will be part of your family for a long time.

Start Here!

*Before
using
your
microwave
oven*

Staple your receipt to the inside back cover of this manual.

Write down the model and serial numbers here. They are on a label inside the oven.



Model number

Serial number

Date of purchase

Need Help?

Before you call for service, there are a few things you can do to help us serve you better.

Read this manual. It contains instructions to help you use and maintain your microwave properly.

If you received a damaged oven... Immediately contact the dealer (or builder) that sold you the oven.

Save time and money. Check the section titled "If Something Goes Wrong" before calling. This section was designed to solve common problems you might encounter.

If you do need service, you can relax knowing help is only a phone call away. A list of toll-free customer service numbers is included in the back of this book.



Important Safety Information

Read all safety information before using



Warning

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

Safety Precautions

This microwave oven is not approved or tested for marine use.

- Read and follow the specific “Precautions to Avoid Possible Exposure to Excessive Microwave Energy.”
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section.
- Do not mount this appliance over a sink.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- 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.
- 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 cover or block any openings on the appliance.
- Do not operate any heating or cooking appliance beneath this microwave.
- 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.
- Use this appliance only for its intended use as described in this guide. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat or cook food, and is not intended for laboratory or industrial 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 oven ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
- See door surface cleaning instructions in the Care and Cleaning section(s) of this guide.
- 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



Important Safety Information

Special Notes About Microwaving

Arcing

If you see arcing, press the PAUSE/CLEAR 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.

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.
- 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 or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.



- **SAFETY FACT**

- **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.

- 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.



Important Safety Information

Special Notes About Microwaving

Microwave-Safe Cookware

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.



How to Test for a Microwave-Safe Dish

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 1 minute 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.
- 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 spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- Use foil only as directed in this guide. TV dinners may be microwaved in foil trays less than 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” away from the sides of the oven.



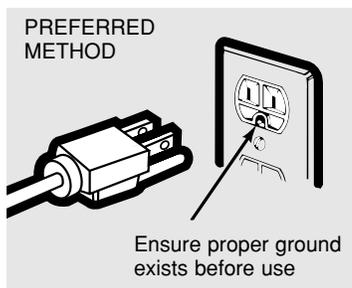
- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer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

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.

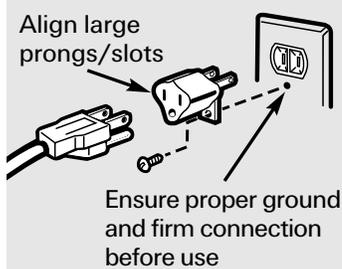


Important Safety Information

Grounding Instructions

Use of Adapter Plugs

(Adapter plugs not permitted in Canada)



TEMPORARY METHOD

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 two-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.

Use of 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;

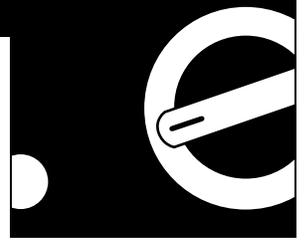
- 2** The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;

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

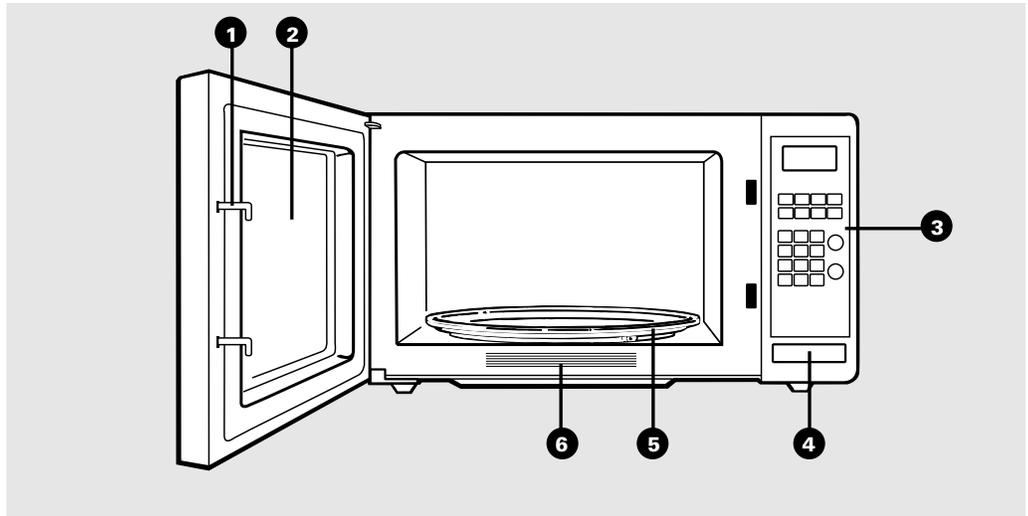
If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.

Operating Instructions

Features of Your Microwave



Features



**Wattage:
600 Watts**

1 Door Latches.

2 Window with Metal Shield.

Screen allows cooking to be viewed while keeping microwaves confined in the oven.

3 Touch Control Panel Display.

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

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

6 Convenience Guide

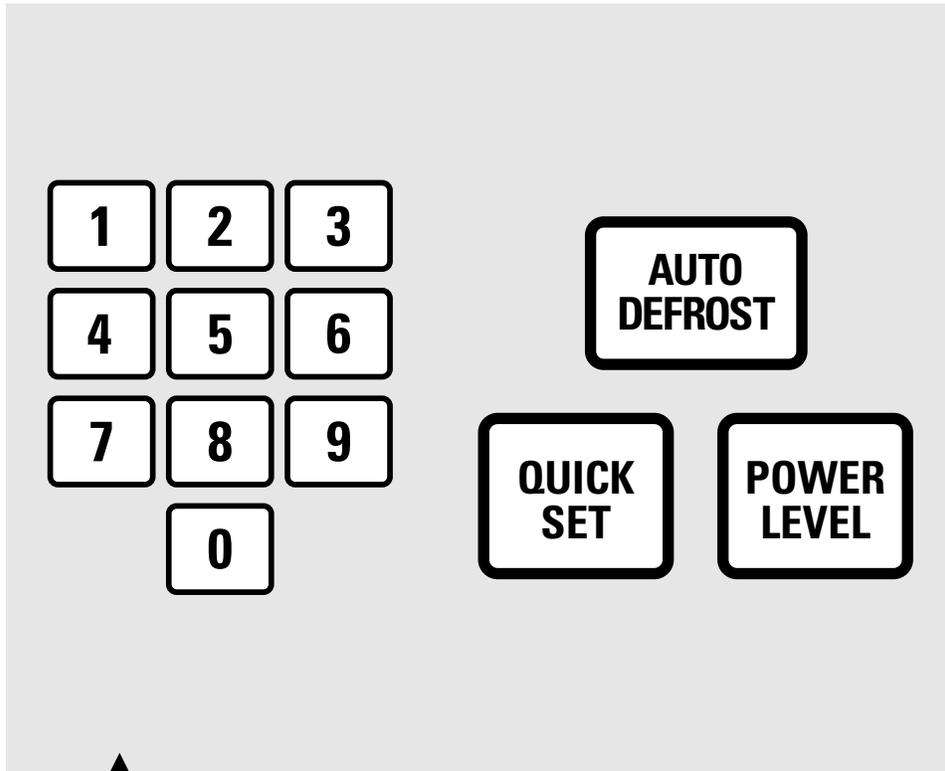
NOTE: Rating plate, oven vent(s) and oven lights are located on the inside walls of the microwave oven.



Quick Start

The Controls on Your Microwave Oven

You can microwave by time or with the convenience features



1 Time Features

Allows you to cook by time.

<i>Press</i>	<i>Enter</i>
NUMBER PADS	Amount of Cooking Time
AUTO DEFROST (Press twice)	Amount of Defrosting Time
QUICK SET	Starts immediately!
POWER LEVEL	Power Level 1–10

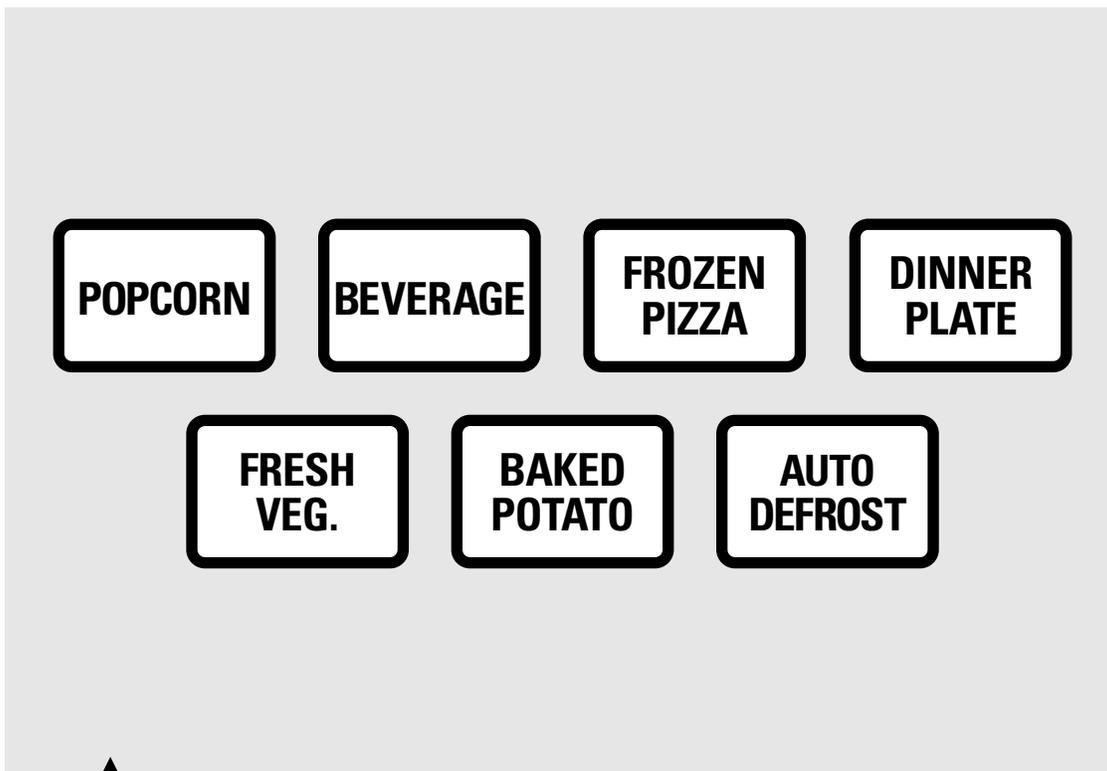


GUIDES IN BOOK

- Cooking
- Time Defrost

GUIDE ON MICROWAVE

Before you begin, check the guide located on the inside front of the oven when you open the door.



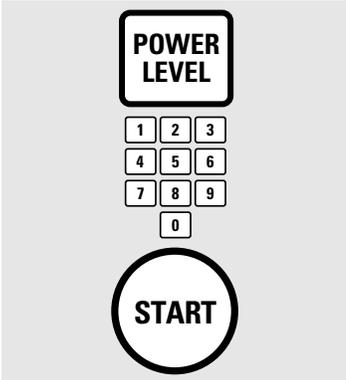
Convenience Features

<i>Press</i>	<i>Enter</i>	<i>Option</i>
POPCORN	Starts immediately!	1.75 oz. or 3.5 oz. package
BEVERAGE	Starts immediately!	1–3 servings
FROZEN PIZZA	Starts immediately!	7 oz. or 10 oz. pizza
DINNER PLATE	Starts immediately!	
FRESH VEG.	Starts immediately!	8 oz. or 12 oz. serving
BAKED POTATO	Starts immediately!	1–3 servings
AUTO DEFROST (Press once)	Food weight	



Operating Instructions

Changing Power Levels



How to Change the Power Level

The power level may be changed before setting the cooking time.

1 Press POWER LEVEL.

2 Select desired power level 1–9.

3 Enter cooking time.



4 Press START.

Variable power levels add flexibility to your microwave cooking. The power levels on your microwave oven can be compared to the surface units on a range. Hi or full power is the fastest way to cook and gives you 100% power. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time.

Power level Hi will cook faster but food may need additional attention such as frequent stirring, rotating or turning over. Most of your cooking will be done on Hi. A lower setting will cook more evenly and with less attention given to stirring or rotating the food.

Some foods may have better flavor, texture or appearance if one of the lower settings is used. You may wish to use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food.

Here are some examples of uses for various power levels:

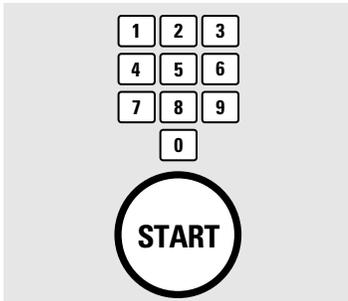
Power Level Best Uses

Hi	Fish, bacon, vegetables, boiling liquids.
Med-High 7	Gentle cooking of meat and poultry; baking casseroles and reheating.
Medium 5	Slow cooking and tenderizing such as stews and less tender cuts of meat.
Low 3	Defrosting without cooking; simmering; delicate sauces.
Warm 1	Keeping food warm without overcooking; softening butter.



Time Features

Time Cooking



- 1 Change power level if you don't want full power. (Press POWER LEVEL. Enter a desired power level 1-9.)**
- 2 Enter cooking time.**
- 3 Press START.**

Cook 1

Allows you to microwave for any time up to 59 minutes and 99 seconds.

Power level Hi is automatically set, but you may change it for more flexibility.

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

Cook 2

Lets you change power levels automatically during cooking. Here's how to do it:

- 1** Change the power level if you don't want full power for Cook 1. (Press POWER LEVEL. Select a desired power level 1-9.)
- 2** Enter the first cook time.
- 3** Change the power level if you don't want full power for Cook 2. (Press POWER LEVEL. Select a desired power level 1-9.)
- 4** Enter the second cook time.
- 5** Press START.

At the end of COOK 1, COOK 2 counts down.



Operating Instructions

Cooking Guide for Time Cooking

NOTE: Use power level Hi unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb.	7 to 9 min., Med-High (7)	In 1½-qt. glass baking dish, place 1/4 cup water.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
Beans (fresh green)	1 lb. cut in half	7 to 11 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 1/4 cup water.
Beets (fresh, whole)	1 bunch	13 to 18 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli (fresh cut)	1 bunch (1¼ to 1½ lbs.)	7 to 9 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	9 to 12 min.	In 2-qt. glass baking dish, place 1/4 cup water.
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage (fresh)	1 medium head (about 2 lbs.)	9 to 14 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		8 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots (fresh, sliced)	1 lb.	7 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower (flowerets)	1 medium head	9 to 12 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	9 to 15 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.

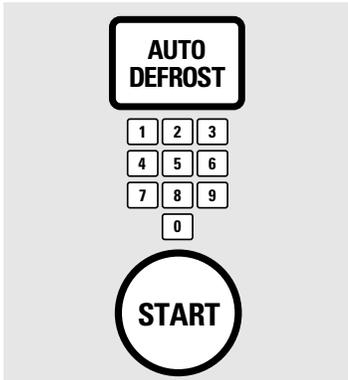


Vegetable	Amount	Time	Comments
Corn (frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	3 to 5 min. per ear	In 2-qt. glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	4 to 5 min. 3 to 4 min. per ear	Place in 2-qt. glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables (frozen)	10-oz. package	5 to 8 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	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	12 to 14 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.)	5 to 7 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	5 to 8 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	3 to 5 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn butternut)	1 to 2 squash (about 1 lb. each)	6 to 10 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 AUTO DEFROST twice.**
- 2 Enter defrosting time.**
- 3 Press START.**

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

Power level 3 is automatically set. A dull thumping noise may be heard during defrosting. This sound is normal when the oven is not operating at Hi power.

You may defrost foods by using higher power levels; however, they will need more frequent attention than usual.

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

If you want to defrost foods at a power level other than 3, you must use the Time Cooking function by selecting power level and then entering the time.

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, stuffings, 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.



Defrosting Guide

Food	Time	Comments
Breads, Cakes Bread, buns or rolls (1 piece) Sweet Rolls (approx. 12 oz.)	20 to 45 sec. 3 to 5 min.	Rearrange after half the time.
Fish and Seafood Fillets , frozen (1 lb.) Shellfish , small pieces (1 lb.)	9 to 12 min. 6 to 8 min.	Place block in casserole. Turn over and break up after half the time.
Fruit Plastic pouch —1 to 2 (10-oz. package)		Follow package directions.
Meat Bacon (1 lb.) Franks (1 lb.) Ground meat (1 lb.) Roast : beef, lamb, veal, pork Steaks, chops and cutlets	3 to 5 min. 3 to 5 min. 7 to 9 min. 7 to 11 min. per lb. 7 to 11 min. per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after half the time. Turn meat over after half the time. 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.) Chicken , whole (2½ to 3 lbs.) Cornish hen Turkey breast (4 to 6 lbs.)	20 to 24 min. 26 to 30 min. 11 to 17 min. per lb. 7 to 11 min. per lb.	Place wrapped chicken in dish. Unwrap and turn over after half the time. When finished, separate pieces and microwave 2 to 4 minutes more, if necessary. Let stand to finish defrosting. 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. 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. 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 to 2 hours in refrigerator to complete defrosting.



Operating Instructions

Time Features

Quick Set



Allows you to start cooking by pressing just 1 pad.

Each time you press the QUICK SET pad, cooking time will increase 30 seconds.

By pressing QUICK SET up to 10 times you can set cooking time up to 5 minutes. Cooking times will always be at power level Hi.

Each time you press the pad, cooking time will increase 30 seconds.



Convenience Features

Popcorn



POPCORN

Use only with prepackaged microwave popcorn weighing 1.75 or 3.5 ounces.

Follow package instructions.

Press POPCORN once for a 3.5 ounce package or twice for a 1.75 ounce package.

- 1 Place the package of popcorn in the center of the turntable.**
- 2 Press POPCORN. The oven starts immediately.**

Frozen Pizza



FROZEN
PIZZA

Use only with frozen pizza made for microwave ovens.

Follow package instructions.

Press FROZEN PIZZA once for a 7 ounce pizza or twice for a 10 ounce pizza. The oven starts immediately.

Beverage



BEVERAGE

The Beverage feature heats 1 to 3 servings of any beverage.

Press BEVERAGE. The serving size is automatically set at 1, but can be changed by pressing BEVERAGE a second time for 2 servings and a third time for 3 servings. The oven starts immediately.

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



Operating Instructions

Convenience Features

Dinner Plate



The Dinner Plate feature reheats a plate of previously cooked food.

Press DINNER PLATE. The oven starts immediately.

Be sure to cover the plate with plastic wrap.

Fresh Vegetable



Use the Fresh Vegetable feature to cook up to 12 ounces of fresh vegetables.

Press FRESH VEG. once to cook 8 ounces of vegetables or twice to cook 12 ounces of vegetables. The oven starts immediately.

Baked Potato

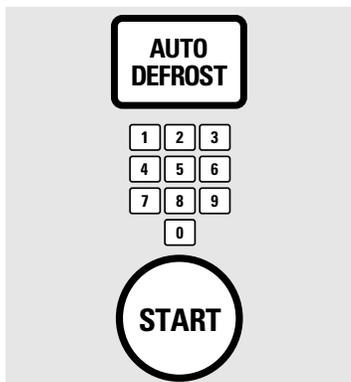


The Baked Potato feature cooks up to three 8–9 ounce potatoes.

Press BAKED POTATO. The serving size is automatically set at 1, but can be changed by pressing BAKED POTATO a second time for 2 potatoes and a third time for 3 potatoes. The oven starts immediately.



Auto Defrost

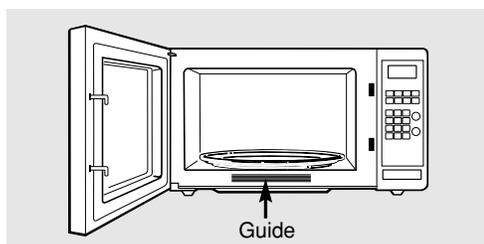


- 1 Press AUTO DEFROST.**
- 2 Using the Conversion Guide at right, enter food weight. For example, press number pads 1 and 2 for weight of 1.2 pounds (1 pound, 3 ounces).**
- 3 Press START.**

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

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

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



You will need to know the food weight before setting Auto Defrost.

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

- During defrost, the oven signals. At each signal, turn 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.

Auto Defrost can also be used with time cooking to defrost frozen foods and then automatically start time cooking.

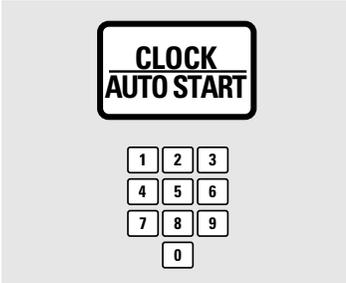
- 1 Press AUTO DEFROST.**
- 2 Enter food weight.**
- 3 Press POWER LEVEL and enter the power level.**
- 4 Enter cooking time.**
- 5 If you want to set a second power level and cook time: Press POWER LEVEL and enter the power level. Enter cooking time.**
- 6 Press START.**



Operating Instructions

Other Features Your Model Has

Clock

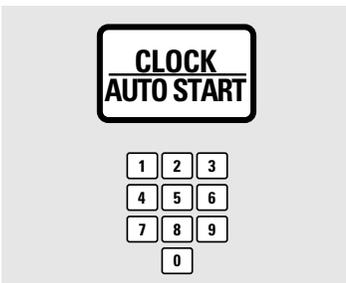


The clock can be set as a 12 hour clock or a 24 hour clock.

Press CLOCK/AUTO START to enter the time of day or to check the time of day while microwaving.

- 1** Press CLOCK/AUTO START once for 12 hour clock, twice for 24 hour (military) clock.
- 2** Enter time of day.
- 3** Press CLOCK/AUTO START.

Auto Start



Cooking can be delayed up to 12 hours in 12 hour mode or up to 24 hours when in the 24 hour mode.

Auto Start allows you to delay the start of cooking up to 12 hours (up to 24 hours if the clock is set as a 24 hour clock).

- 1** Enter amount of cooking time. (Auto Start can only be used with time cooking.)
- 2** Press CLOCK/AUTO START.
- 3** Enter the time you want the oven to start. (Be sure the microwave clock shows the correct time of day.)

- 4** Press START.

The time of day will be displayed. The oven will automatically start at the delayed time.

The Auto Start time may be displayed by pressing CLOCK/AUTO START.

NOTE: If the oven door is opened after setting AUTO START, you must press the START pad again to reset the timer.



Pause/Clear



Press once to pause cooking
(all settings will still be saved).

Press **START** to continue cooking.

Press twice to stop and erase your
cooking settings.

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 **PAUSE/CLEAR**
for about three seconds. When the
control panel is locked, the **LOCK**
indicator light will be displayed.



Helpful Information

Microwave Terms

Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: <ul style="list-style-type: none">• 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

Helpful Hints

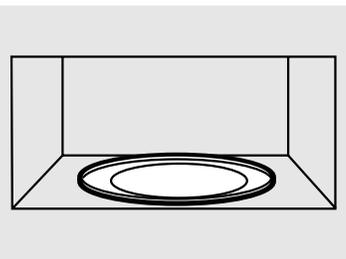


An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

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



Removable Turntable and Turntable Support. 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 can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

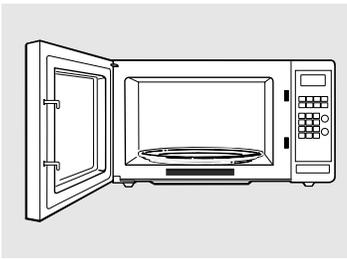


Helpful Information

Care and Cleaning

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.



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

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

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

If Something Goes Wrong

Before You Call For Service



Problem	Possible Causes	What to Do
Oven Will Not Come On	A fuse in your home may be blown or the circuit breaker tripped.	<ul style="list-style-type: none">• Replace fuse or reset circuit breaker.
	Power surge.	<ul style="list-style-type: none">• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	<ul style="list-style-type: none">• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	<ul style="list-style-type: none">• Open the door and close securely.
Control Panel Lighted, Yet Oven Will Not Start	Door not securely closed.	<ul style="list-style-type: none">• Open the door and close securely.
	START pad not pressed after entering cooking selection.	<ul style="list-style-type: none">• Press START.
	Another selection entered already in oven and PAUSE/CLEAR pad not pressed to cancel it.	<ul style="list-style-type: none">• Press PAUSE/CLEAR.
	Cooking time not entered after pressing POWER LEVEL.	<ul style="list-style-type: none">• Make sure you have entered cooking time after pressing POWER LEVEL.
	PAUSE/CLEAR was pressed accidentally.	<ul style="list-style-type: none">• Reset cooking program and press START.



If Something Goes Wrong

All These Things 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 blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some TV-radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your microwave. If you notice this interference, check that the microwave oven is on a different electrical circuit, relocate the radio or TV as far away from the microwave as possible, or check the position and signal of the receiving antenna.

GE Service Numbers



We'll Be There!

GE Appliances Website

www.GEAppliances.com

Have a question or need assistance with your appliance? Try the GE Appliances Website 24 hours a day, any day of the year!

For greater convenience and faster service, you can now download Owner's Manuals, order parts, catalogs, or even schedule service on-line. You can also "Ask Our Team of Experts™" your questions, and so much more...

Schedule Service

www.GEAppliances.com

800.GE.CARES
(800.432.2737)

Expert GE repair service is only one step away from your door. Get on-line and schedule your service at your convenience 24 hours any day of the year! Or call 800.GE.CARES (800.432.2737) during normal business hours.

Real Life Design Studio

www.GEAppliances.com

800.TDD.GEAC
(800.833.4322)

GE supports the Universal Design concept—products, services and environments that can be used by people of all ages, sizes and capabilities. We recognize the need to design for a wide range of physical and mental abilities and impairments. For details of

GE's Universal Design applications, including kitchen design ideas for people with disabilities, check out our Website today. For the hearing impaired, please call 800.TDD.GEAC (800.833.4322).

Extended Warranties

www.GEAppliances.com

800.626.2224

Purchase a GE extended warranty and learn about special discounts that are available while your warranty is still in effect. You can purchase it on-line anytime, or

call 800.626.2224 during normal business hours. GE Consumer Home Services will still be there after your warranty expires.



Parts and Accessories

www.GEAppliances.com
800.626.2002

Individuals qualified to service their own appliances can have parts or accessories sent directly to their home. (VISA, MasterCard and Discover cards are accepted.)

Order on-line today, 24 hours every day or by phone at ***800.626.2002*** during normal business hours.

Instructions contained in this manual cover procedures to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.

Register Your Appliance

www.GEAppliances.com

Register your new appliance on-line—at your convenience!

Timely product registration will allow for enhanced communication and prompt service under the terms of your warranty, should the need arise. You may also mail in the pre-printed registration card included in the packing material.

MICROWAVE OVEN WARRANTY

Staple sales slip or cancelled check here. Proof of original purchase date is needed to obtain service under warranty.

What is Covered

LIMITED ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor to repair or replace *any part of the microwave oven* that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through the fifth year from the date of original purchase, we will provide, free of charge, a replacement *magnetron tube* if the magnetron tube fails because of a manufacturing defect. You pay for any service labor charges.

For each of the above warranties:

To avoid any trip charges, you must take the microwave oven to a General Electric Service Center or a General Electric Customer Care® servicer and pick it up following service.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Alaska, Hawaii and Washington, D.C.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Should your appliance need service, during warranty period or beyond, call 800.GE.CARES (800.432.2737).

What is Not Covered

- Service trips to your home to teach you how to use the product.
- Improper installation, delivery or maintenance.
- If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.
- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is misused, or used for other than the intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.
- Damage caused after delivery.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company If further help is needed concerning this warranty, write:
Manager—Consumer Affairs, GE Appliances, Louisville, KY 40225

164D3370P306
49-40376

05-03 JR

Printed in Korea

JE635