The electrical output of the microwave oven in this cooking center is 1000 watts. (IEC-705 Test Procedure)
IMPORTANT SAFETY INFORMATION.
READ ALL INSTRUCTIONS BEFORE USING.

⚠️ 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

- 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.
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
- 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.

MICROWAVE TERMS AND DEFINITIONS

**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.
SAFETY PRECAUTIONS

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

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

- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This cooking center is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.

- Be sure your appliance is properly installed and grounded by a qualified technician in accordance with the provided Installation Instructions.

- Have the installer show you the location of the circuit breaker or fuse. Mark it for easy reference.

- Be sure the cooking center is securely installed in a cabinet that is firmly attached to the house structure. Weight on the oven door could cause the oven to tip and result in injury. Never allow anyone to climb, sit, or hang on the oven door.

- This appliance must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the appliance.

- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment. Do not repair or replace any part of this appliance unless specifically recommended in this manual. All other servicing should be referred to a qualified technician.

- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, or near a swimming pool.

- Before performing any service, disconnect the cooking center power supply at the household distribution panel by removing the fuse or switching off the circuit breaker.

- Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.

- Do not leave children alone—children should not be left alone or unattended in an area where appliance is in use. They should never be allowed to sit or stand on any part of the appliance.

- Don’t allow anyone to climb, stand or hang on the door. They could damage the cooking center and cause severe personal injury.

**IMPORTANT SAFETY NOTICE**

The California Safe Drinking Water and Toxic Enforcement Act requires the Governor of California to publish a list of substances known to the state to cause cancer, birth defects or other reproductive harm, and requires businesses to warn customers of potential exposure to such substances.

The fiberglass insulation in self-clean ovens gives off a very small amount of carbon monoxide during the cleaning cycle. Exposure can be minimized by venting with an open window or using a ventilation fan or hood.
IMPORTANT SAFETY INFORMATION.
READ ALL INSTRUCTIONS BEFORE USING.

⚠️ WARNING!

SAFETY PRECAUTIONS

Do not use water on grease fires. Never pick up a flaming pan. Smother flaming pan by covering pan completely with well-fitting lid, cookie sheet or flat tray. Flaming grease outside a pan can be put out by covering with baking soda or, if available, a multi-purpose dry chemical or foam-type fire extinguisher.

- **CAUTION:** Items of interest to children should not be stored in cabinets above an oven; children climbing on the oven to reach items could be seriously injured.
- Teach children not to play with the controls or any other part of the cooking center.
- Wear proper clothing. Loose fitting or hanging garments should never be worn while using the appliance. Flammable material could be ignited if brought in contact with hot heating elements and may cause severe burns.
- Use only dry pot holders—moist or damp pot holders on hot surfaces may result in burns from steam. Do not let pot holders touch hot heating elements. Do not use a towel or other bulky cloth. Such cloths can catch fire on a hot element.
- Always keep dish towels, dish cloths, pot holders, and other linens a safe distance from your oven.
- Always keep wooden spoons and plastic utensils and canned food a safe distance away from your oven.
- Always keep combustible wall coverings, curtains or drapes a safe distance from your oven.
- Do not store flammable material in an oven or near the cooking center.
- Do not cover or block any openings on the appliance.
- For your safety, never use your appliance for warming or heating the room.
- Do not leave paper products, cooking utensils, or food in the oven when not in use.
- Do not store or use combustible materials, gasoline or other flammable vapors and liquids in the vicinity of this or any other appliance.
- Do not let cooking grease or other flammable materials accumulate in or near the cooking center.
- Do not touch heating elements or interior surface of the oven. These surfaces may be hot enough to burn even though they are dark in color. During and after use, do not touch, or let clothing or other flammable materials contact any interior area of the oven; allow sufficient time for cooling first. Potentially hot surfaces include oven vent openings, surfaces near the openings, and crevices around the oven door.
- **REMEMBER:** The inside surface of the oven may be hot when the door is opened.

**COOK MEAT AND POULTRY THOROUGHLY...**

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.
Read and follow the specific “Precautions to Avoid Possible Exposure To Excessive Microwave Energy” section in this manual.

**To reduce the risk of fire in the oven cavity:**

- Do not over-cook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
- Remove wire twist-ties from paper or plastic containers before placing bags in oven.
- Do not use your microwave oven to dry newspapers.
- 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.
- Do not over-cook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at any time—it saves energy and prolongs the life of 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 should ignite, keep oven door closed, turn oven off, and shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
- This microwave oven is not approved or tested for marine use.
- Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- Do not operate the microwave oven without the turntable and support in place.
- 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.
- Do not boil eggs in a microwave oven. Pressure will build up inside the egg yolk and will cause it to burst, possibly resulting in injury.
- Foods with unbroken outer “skin” such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.
- 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.
- As with any appliance, close supervision is necessary when used by children.
IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.

WARNING!
M ICROWAVE-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 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.

- 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.

- 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.

- Oversized food or oversized metal cookware should not be used in a microwave oven. Electrical shock or fire could occur.

- While paper plates may be used for timed cooking and defrosting, do not use them with Auto Sensor cooking. Use microwave-safe plates or bowls for reheating. Cover with plastic wrap.

- 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 manual. 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 over-cooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of over-cooking. In longer exposures to over-cooking, the food and cookware could ignite.

Follow these guidelines:

- Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer’s recommendations.

- Do not microwave empty containers.

- Do not permit children to use plastic cookware without complete supervision.
If you see arcing, press the CLEAR/OFF 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.

**SUPER HEATED WATER**

Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get super heated and not bubble at all.

Super heated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than 2 minutes per cup.

After heating, let the cup stand in the microwave for 30 seconds before moving it or putting anything into it.

**Spontaneous boiling**

Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven.

To prevent burns from splashing liquid, we recommend the following before removing the container from the oven:

- Allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off.
- Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.

**ALL THESE THINGS ARE NORMAL WITH YOUR MICROWAVE**

- Steam or vapor escaping from around the door.
- Light reflection around the door or the outer case.
- Dimming of the oven light and change in the blower sound may occur while operating at power levels other than high.
- The microwave fan may operate with both ovens off. It is cooling the control and will turn itself off.
- 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 oven.
- A dull thumping sound while the oven is operating.
IMPORTANT SAFETY INFORMATION.
READ ALL INSTRUCTIONS BEFORE USING.

⚠️ WARNING!
SELF-CLEANING LOWER OVEN

Do not use aluminum foil to line oven bottoms, except as suggested in this manual. Improper installation of aluminum foil may result in a risk of electric shock or fire.

- Stand away from the oven when opening the oven door. Hot air or steam which escapes can cause burns to hands, face and/or eyes.
- Do not heat unopened food containers. Pressure could build up and the container could burst, causing an injury.
- Keep the oven vent unobstructed.
- Keep the oven free from grease buildup.
- Keep the cooking center clean and free of accumulations of grease or spillovers, which may ignite.
- Never leave the oven door open when you are not watching the cooking center.
- Place the oven shelf in the desired position while the oven is cool. If shelves must be handled when hot, do not let pot holder contact the heating elements.
- When using cooking or roasting bags in the oven, follow the manufacturer’s directions.
- Pulling out the shelf to the stop-lock is a convenience in lifting heavy foods. It is also a precaution against burns from touching hot surfaces of the door or oven walls.
- Do not use the oven for a storage area. Items stored in an oven can ignite.
- Do not leave paper products, cooking utensils or food in the oven when not in use.
- After broiling, always take the broiler pan out of the oven and clean it. Leftover grease in the broiler pan can catch fire next time you use the oven.
- Do not use the oven to dry newspapers. If overheated, they can catch on fire.
- Never leave jars or cans of fat drippings in or near your oven.
- Clean only parts listed in this Use and Care Manual.
- Do not clean the door gasket. The door gasket is essential for a good seal. Care should be taken not to rub, damage or move the gasket.
- Do not use oven cleaners. No commercial oven cleaner or oven liner protective coating of any kind should be used in or around any part of the oven. Residue from oven cleaners will damage the inside of the oven when the self-clean cycle is used.
- Before self-cleaning the oven, remove the probe, broiler pan, grid and other cookware.
- Be sure to wipe up excess spillage before starting a self-cleaning cycle.
- If the self-cleaning mode malfunctions, turn the oven off and disconnect the power supply. Have it serviced by a qualified technician.
- Listen for a fan—a fan noise should be heard sometime during the cleaning cycle. If not, call for service before self-cleaning again.

Read and follow this Safety Information carefully.
SAVE THESE INSTRUCTIONS
Congratulations!
You Are Now Part of the GE Family.

Welcome to the GE family. We’re proud of our quality products and we are committed to providing dependable service. You’ll see it in this easy-to-use Owner’s 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 cooking center. That’s important, because your new cooking center will be part of your family for many years. And we hope you will be part of ours for a long time to come.

We thank you for buying GE. We appreciate your purchase, and hope you will continue to rely on us whenever you need quality appliances for your home.

GE & You, A Service Partnership.

IMPORTANT!

It is important that we, the manufacturer, know the location of your cooking center should a need occur for adjustments. Your supplier is responsible for registering you as the owner. Please check with your supplier to be sure he has done so. This appliance must be registered. Please be certain that it is. Fill out and return the Consumer Product Registration Card that is packed with this product.

If you move, or if you are not the original purchaser please write to us, stating model and serial numbers. Write to: GE Appliances, Range Product Service, Appliance Park, Louisville, KY 40225.

FOR YOUR RECORDS

Write the model and serial numbers here:

#

#

You can find them on a label inside the upper oven on the left side.

Staple sales slip or cancelled check here.

Proof of the original purchase date is needed to obtain service under the warranty.

READ THIS MANUAL

Inside you will find many helpful hints on how to use and maintain your cooking center properly. Just a little preventive care on your part can save you a great deal of time and money over the life of your cooking center.

You’ll find many answers to common problems in the Before You Call For Service section. If you review our chart of Troubleshooting Tips first, you may not need to call for service at all.

IF YOU NEED SERVICE

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 section of this manual. Or you can always call the GE Answer Center® at 800.626.2000, 24 hours a day, 7 days a week.
Using the microwave oven controls.

Throughout this manual, features and appearance may vary from your model. Your model may have one of the following controls.
The time on the microwave display is shown in minutes and seconds (1:30 is one minute, 30 seconds). On the lower oven, time is shown in hours and minutes (1:30 is one hour, 30 minutes).

Microwave Oven Control Features and Settings

1. Display
   Displays the time during cooking functions, the power level being used, the Auto Codes, the Auto Defrost food weights, the cooking mode and instructions.

2. AUTO SENSOR AND CONVENIENCE CONTROLS
   The top row of pads lists specific items you may choose to heat or cook.
   - POPCORN
     Use to pop popcorn.
   - REHEAT
     Use when foods need a quick warm up.
   - POTATO
     Use when cooking whole potatoes.
   - BEVERAGE
     Use to heat a cup of coffee or other beverage.
   - SNACKS
     Use to warm a variety of snack foods.
   - COOK
     Use to automatically set the cooking times and power levels for a variety of foods.

3. TIME DEFROST
   Use Time Defrost for most other foods.

4. AUTO DEFROST
   Use Auto Defrost for meat, poultry and fish.

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

6. POWER LEVEL
   Press to choose the power level you want to set. Watch the display while pressing this pad to select the power level.

7. Number Pads
   After pressing a function pad, press the number pads to set the exact amount of time you want to cook for. For example; if you press the 1, 2 and 5 pads, you have set 1 minute and 25 seconds.

8. CLEAR/OFF
   Press once to interrupt or change a function. Press twice to clear the display.

9. START
   After all selections are made, press this pad to start the oven. The START pad must be pressed to turn on any function.

10. KITCHEN TIMER MIN/SEC
    Press to set the timer up to 99 minutes and 59 seconds. Press the number pads to set the time. Press the KITCHEN TIMER MIN/SEC pad. Press the KITCHEN TIMER MIN/SEC pad twice to clear the display.
    This timer cannot be used while the microwave is being used. Use the lower oven timer.

11. DELAY START
    Allows you to set the microwave to delay cooking up to 24 hours.

12. ADD 30 SEC
    Each time you press this pad the set time is increased 30 seconds.

13. CLOCK
    Press this pad before setting the clock.
Changing the microwave power level.

The power level may be entered or changed immediately after entering the feature time for Time Cook, Time Defrost or Express Cook. The power level may also be changed during time countdown.

To change the power level...

1. Press the TIME COOK pad or the TIME DEFROST pad.
2. Enter cooking or defrosting time.
3. Press the POWER LEVEL pad.
4. Select desired power level 1–10.
5. Press the START pad.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. 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.
- Most cooking will be done on **High (power level 10)** which gives you 100% power. Power level 10 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. Some foods may have better flavor, texture or 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.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with **power level 3**—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

- **High 10**: Fish, bacon, vegetables, boiling liquids.
- **Med-High 7**: Gentle cooking of meat and poultry; baking casseroles and reheating.
- **Medium 5**: Slow cooking and tenderizing for stews and less tender cuts of meat.
- **Low 2 or 3**: Defrosting; simmering; delicate sauces.
- **Warm 1**: Keeping food warm; softening butter.
Using the timed microwave features.

**Time Cook I**
Allows you to microwave for any time up to 99 minutes and 59 seconds.

**Power level 10 (High)** is automatically set, but you may change it for more flexibility.

1. Press the **TIME COOK** pad.
2. Enter cooking time. For example, press **1, 5, 0** and **0** for 15 minutes.
3. Change power level if you don’t want full power. (Press the **POWER LEVEL** pad. Select a desired power level 1–10.)
4. Press the **START** pad.

You may open the door during Time Cook to check the food. Close the door and press the **START** pad to resume cooking.

**Time Cook II**
Lets you change power levels automatically during cooking. Here’s how to do it:

1. Press the **TIME COOK** pad.
2. Enter cooking time.
3. Change power level if you don’t want full power. (Press the **POWER LEVEL** pad. Select a desired power level 1–10.)
4. Press the **TIME COOK** pad again.
5. Enter the second cook time.
6. Change the power level if you don’t want full power. (Press the **POWER LEVEL** pad. Select a desired power level 1–10.)
7. Press the **START** pad.

At the end of Time Cook I, Time Cook II counts down.

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

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

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

**Add 30 Seconds**
You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time. No need to press the **START** pad, the oven will start immediately.
## Using the timed microwave features.

**Cooking Guide For Time Cook. Use power level High (10) unless otherwise noted.**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Amount</th>
<th>Time</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>1 lb.</td>
<td>7 to 10 min.</td>
<td>In 1½-qt. casserole, place 1/4 cup water.</td>
</tr>
<tr>
<td>(fresh spears)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(frozen spears)</td>
<td>10-oz. package</td>
<td>5 to 8 min.</td>
<td>In 1-qt. casserole.</td>
</tr>
<tr>
<td>Beans</td>
<td>1 lb., cut in half</td>
<td>12 to 17 min.</td>
<td>In 1½-qt. casserole, place 1/2 cup water.</td>
</tr>
<tr>
<td>(fresh green)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(frozen green)</td>
<td>10-oz. package</td>
<td>6 to 9 min.</td>
<td>In 1-qt. casserole, place 2 tablespoons water.</td>
</tr>
<tr>
<td>(frozen lima)</td>
<td>10-oz. package</td>
<td>6 to 9 min.</td>
<td>In 1-qt. casserole, place 1/4 cup water.</td>
</tr>
<tr>
<td>Beets</td>
<td>1 bunch</td>
<td>18 to 25 min.</td>
<td>In 2-qt. casserole, place 1/2 cup water.</td>
</tr>
<tr>
<td>(fresh, whole)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 bunch (1¼ to 1½ lbs.)</td>
<td>7 to 10 min.</td>
<td>In 2-qt. casserole, place 1/2 cup water.</td>
</tr>
<tr>
<td>(fresh cut)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(fresh spears)</td>
<td>1 bunch (1¼ to 1½ lbs.)</td>
<td>9 to 13 min.</td>
<td>In 2-qt. casserole, place 1/4 cup water.</td>
</tr>
<tr>
<td>(frozen, chopped)</td>
<td>10-oz. package</td>
<td>5 to 8 min.</td>
<td>In 1-qt. casserole.</td>
</tr>
<tr>
<td>(frozen spears)</td>
<td>10-oz. package</td>
<td>5 to 8 min.</td>
<td>In 1-qt. casserole, place 3 tablespoons water.</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 medium head (about 2 lbs.)</td>
<td>8 to 11 min.</td>
<td>In 1½- or 2-qt. casserole, place 1/4 cup water.</td>
</tr>
<tr>
<td>(fresh)</td>
<td></td>
<td>7 to 10 min.</td>
<td>In 2- or 3-qt. casserole, place 1/4 cup water.</td>
</tr>
<tr>
<td>(wedges)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>1 lb.</td>
<td>6 to 9 min.</td>
<td>In 1½-qt. casserole, place 1/4 cup water.</td>
</tr>
<tr>
<td>(fresh, sliced)</td>
<td></td>
<td>5 to 8 min.</td>
<td>In 1-qt. casserole, place 2 tablespoons water.</td>
</tr>
<tr>
<td>(frozen)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 medium head</td>
<td>9 to 14 min.</td>
<td>In 2-qt. casserole, place 1/2 cup water.</td>
</tr>
<tr>
<td>(flowerets)</td>
<td></td>
<td>9 to 17 min.</td>
<td>In 2-qt. casserole, place 1/2 cup water.</td>
</tr>
<tr>
<td>(fresh, whole)</td>
<td>1 medium head</td>
<td>5½ to 8 min.</td>
<td>In 1-qt. casserole, place 2 tablespoons water.</td>
</tr>
<tr>
<td>(frozen)</td>
<td>10-oz. package</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>10-oz. package</td>
<td>4 to 8 min.</td>
<td>In 1-qt. casserole, place 2 tablespoons water.</td>
</tr>
<tr>
<td>(frozen kernel)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>1 to 3 ears per ear</td>
<td>3 to 5 min.</td>
<td>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.</td>
</tr>
<tr>
<td>(fresh)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(frozen)</td>
<td>1 ear</td>
<td>5 to 7 min.</td>
<td>Place in a round glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.</td>
</tr>
<tr>
<td></td>
<td>2 to 3 ears per ear</td>
<td>2 to 4 min.</td>
<td></td>
</tr>
<tr>
<td>Mixed vegetables</td>
<td>10-oz. package</td>
<td>4 to 8 min.</td>
<td>In 1-qt. casserole, place 3 tablespoons water.</td>
</tr>
<tr>
<td>(frozen)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>2 lbs. unshelled</td>
<td>9 to 12 min.</td>
<td>In 1-qt. casserole, place 1/4 cup water.</td>
</tr>
<tr>
<td>(frozen)</td>
<td>10-oz. package</td>
<td>4 to 8 min.</td>
<td>In 1-qt. casserole, place 2 tablespoons water.</td>
</tr>
<tr>
<td>Potatoes</td>
<td>4 potatoes (6 to 8 oz. each)</td>
<td>11 to 14 min.</td>
<td>Peel and cut into 1-inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time. Pierce with cooking fork. Place in the oven, 1 inch apart, in circular arrangement. Let stand 5 minutes.</td>
</tr>
<tr>
<td>(fresh, cubed, white)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(fresh, whole, sweet or white)</td>
<td>1 (6 to 8 oz.)</td>
<td>2 to 5 min.</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>10 to 16 oz.</td>
<td>5 to 8 min.</td>
<td>In 2-qt. casserole, place washed spinach.</td>
</tr>
<tr>
<td>(fresh, frozen)</td>
<td>10-oz. package</td>
<td>5 to 8 min.</td>
<td>In 1-qt. casserole, place 3 tablespoons water.</td>
</tr>
<tr>
<td>(frozen, chopped, and leaf)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>1 lb. sliced</td>
<td>4 to 7 min.</td>
<td>In 1½-qt. casserole, place 1/4 cup water.</td>
</tr>
<tr>
<td>(fresh, summer, and yellow)</td>
<td></td>
<td>7 to 11 min.</td>
<td>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.</td>
</tr>
<tr>
<td>(winter, acorn, or butternut)</td>
<td>1 squash (about 1 lb. each)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(frozen)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
At one half of selected defrosting time, the oven signals TURN. At this time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil.

**Defrosting Tips**

- 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.
- 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 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 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**

<table>
<thead>
<tr>
<th>Food</th>
<th>Time</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breads, Cakes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread, buns or rolls (1 piece)</td>
<td>1/2 min.</td>
<td></td>
</tr>
<tr>
<td>Sweet rolls (approx. 12 oz.)</td>
<td>3 to 6 min.</td>
<td>Rearrange after half the time.</td>
</tr>
<tr>
<td><strong>Fish and Seafood</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fillets, frozen (1 lb.)</td>
<td>9 to 12 min.</td>
<td>Place block in casserole. Turn over and break up after half the time.</td>
</tr>
<tr>
<td>Shellfish, small pieces (1 lb.)</td>
<td>3 to 7 min.</td>
<td></td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plastic pouch— 1 or 2 (10-oz. package)</td>
<td>3 to 7 min.</td>
<td>Place unopened package in oven. Let stand 5 minutes after defrosting.</td>
</tr>
<tr>
<td><strong>Meat</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon (1 lb.)</td>
<td>3 to 6 min.</td>
<td>Place unopened package in oven. Let stand 5 minutes after defrosting.</td>
</tr>
<tr>
<td>Franks (1 lb.)</td>
<td>3 to 6 min.</td>
<td>Place unopened package in oven. M icrowave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.</td>
</tr>
<tr>
<td>Ground meat (1 lb.)</td>
<td>5 to 8 min. per lb.</td>
<td>Turn meat over after first half of time. Use power level 1. Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife.Let stand to complete defrosting.</td>
</tr>
<tr>
<td>Roast: beef, lamb, veal, pork</td>
<td>11 to 16 min. per lb.</td>
<td></td>
</tr>
<tr>
<td>Steaks, chops and cutlets</td>
<td>5 to 10 min. per lb.</td>
<td></td>
</tr>
<tr>
<td><strong>Poultry</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken, broiler-fryer, cut up (2½ to 3 lbs.)</td>
<td>15 to 22 min.</td>
<td>Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. M icrowave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting. Place wrapped chicken in dish. Shield warm areas with foil to complete defrosting, run cold water in the cavity until giblets can be removed.</td>
</tr>
<tr>
<td>Chicken, whole (2½ to 3 lbs.)</td>
<td>20 to 28 min.</td>
<td>Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cold water in the cavity until giblets can be removed.</td>
</tr>
<tr>
<td>Cornish hen</td>
<td>9 to 16 min. per lb.</td>
<td>Place unwrapped hen in the oven breast-side-up. Turn over after first half of time. Run cool water in the cavity until giblets can be removed. Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.</td>
</tr>
<tr>
<td>Turkey breast (4 to 6 lbs.)</td>
<td>5 to 10 min. per lb.</td>
<td>Place wrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.</td>
</tr>
</tbody>
</table>

---

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

**Time Defrost**

Allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times. (Auto Defrost explained in the About the auto feature section.)

1. Press the **TIME DEFROST** pad twice.
2. Enter defrosting time.
3. Press the **START** pad.
4. Turn food over when the oven signals.
5. Press the **START** pad.

Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. **Power level 7** cuts the total defrosting time in about half; **power level 10** cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.
Using the microwave sensor cooking features.

The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

**Sensor Cooking**

- The proper containers and covers are essential for best sensor cooking.
- Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers—they can prevent steam from escaping and cause food to overcook.
- Be sure the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

**Popcorn**

**To use the Popcorn feature:**

1. Follow package instructions, using Time Cook if the package is less than 1.75 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.

2. Press the POPCORN pad. The oven starts immediately.

*If you open the door while POP is displayed, ERROR will appear. Close the door, press the CLEAR/OFF pad and begin again.*

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

If you find that the brand of popcorn you use underpops or overcooks consistently, you can add or subtract 20—30 seconds to the automatic popping time.

**To add time:**

After pressing the POPCORN pad, press the 9 pad immediately after the oven starts for an extra 20 seconds. Press the 9 pad again to add another 10 seconds (total 30 seconds additional time).

**To subtract time:**

After pressing the POPCORN pad, press the 1 pad immediately after the oven starts for 20 seconds less cooking time. Press the 1 pad again to reduce cooking time another 10 seconds (total 30 seconds less time).
Reheat

The Reheat feature reheats single servings of previously cooked foods or a plate of leftovers.

1. Place covered food in the oven.
   Press the REHEAT pad. The oven starts immediately.
2. The oven signals when steam is sensed and the time remaining begins counting down.

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

After removing food from the oven, stir, if possible, to even out the temperature. If the food is not hot enough, use Time Cook to reheat for more time. Reheated foods may have wide variations in temperature. Some areas may be extremely hot.

Some foods not recommended for use with REHEAT—It is best to use Time Cook 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.

How to Change the Automatic Settings:

To reduce time by 10%:
Press the 1 pad after the feature pad.

To add 10% to cooking time:
Press the 9 pad after the feature pad.

Potato

The Potato feature cooks 1/2–2 lbs. of potatoes.

1. Pierce skin with fork and place potatoes on the turntable. If cooking three or more potatoes, arrange in a star pattern.
2. Press the POTATO pad. The oven starts immediately. The oven signals when steam is sensed and the time remaining begins counting down.

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

If food is not done enough, use Time Cook to cook for more time.
Using the microwave convenience cooking features.

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

### Beverage

Press the **BEVERAGE** pad to heat a cup of coffee or other beverage.

### Snacks

The Snacks feature automatically sets the microwaving times and power levels to warm a variety of snack foods.

1. Press the **SNACKS** pad.
2. Select snack type 1–6 (see the Snacks Guide).
3. Enter the number of items or the food weight in ounces.
4. Press the **START** pad.

**Hint:** You can press and hold the SNACKS pad during cooking to display the remaining microwaving time.

#### Snacks Guide

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Quantity or Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Bread, rolls, muffins</td>
<td>1 to 4</td>
</tr>
<tr>
<td>2 Sandwiches</td>
<td>1 to 2</td>
</tr>
<tr>
<td>3 Pizza (leftover slices)</td>
<td>1 to 4</td>
</tr>
<tr>
<td>4 Dessert toppings</td>
<td>1 to 4</td>
</tr>
<tr>
<td>5 Soup</td>
<td>8 to 40 oz.</td>
</tr>
<tr>
<td>6 Cheese dip</td>
<td>4 to 16 oz.</td>
</tr>
</tbody>
</table>

### Cook

The Cook feature automatically sets the cooking times and power levels for a variety of foods.

1. Press the **COOK** pad.
2. Select food type 1–9 (see the Cook Guide below).
3. Enter weight in ounces.

**Hint:** Press and hold the COOK pad during cooking to display the remaining cook time.

#### Cook Guide

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Weight</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Canned Vegetables</td>
<td>4 to 20 oz.</td>
<td>Use microwave-safe casserole or bowl. Cover with lid or vented plastic wrap.</td>
</tr>
<tr>
<td>2 Frozen Vegetables</td>
<td>4 to 16 oz.</td>
<td>Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or vented plastic wrap.</td>
</tr>
<tr>
<td>3 Fresh Vegetables</td>
<td>4 to 16 oz.</td>
<td>Use microwave-safe casserole or bowl. Add 2 tablespoons water for each serving. Cover with lid or vented plastic wrap.</td>
</tr>
<tr>
<td>4 Potatoes</td>
<td>8 to 40 oz.</td>
<td>Pierce skin with fork. Place potatoes on the turntable.</td>
</tr>
<tr>
<td>5 Fish</td>
<td>4 to 16 oz.</td>
<td>Use oblong, square or round dish. Cover with vented plastic wrap or wax paper.</td>
</tr>
<tr>
<td>6 Chicken Pieces</td>
<td>4 to 40 oz.</td>
<td>Use oblong, square or round dish. Cover with vented plastic wrap or wax paper.</td>
</tr>
<tr>
<td>7 Ground Meat (beef, pork, turkey)</td>
<td>8 to 48 oz.</td>
<td>Use round casserole dish. Crumble meat into dish. Cover with lid or vented plastic wrap.</td>
</tr>
<tr>
<td>8 Bacon</td>
<td>2 to 10 oz.</td>
<td>Layer strips on a plate, 4 to a layer. Cover each layer with a paper towel.</td>
</tr>
<tr>
<td>9 Pizza (frozen, microwaveable)</td>
<td>4 to 16 oz.</td>
<td>Follow package instructions to prepare pizza for microwaving.</td>
</tr>
</tbody>
</table>
Using the microwave auto feature.

The Defrost Auto/Time feature gives you two ways to defrost frozen foods. Press Defrost Auto/Time once for Auto Defrost or twice for Time Defrost.

**Auto Defrost**

Use Auto Defrost for meat, poultry and fish up to 6 pounds. 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.

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

Time Defrost is explained in the Using the timed microwave features section.

- Remove meat from package and place on microwave-safe dish.

- Twice during defrost, the oven signals **TURN**. At each TURN signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.

- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

**Conversion Guide**

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

<table>
<thead>
<tr>
<th>Weight of Food in Ounces</th>
<th>Enter Food Weight (tenths of a pound)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1–2</td>
<td>.1</td>
</tr>
<tr>
<td>3</td>
<td>.2</td>
</tr>
<tr>
<td>4–5</td>
<td>.3</td>
</tr>
<tr>
<td>6–7</td>
<td>.4</td>
</tr>
<tr>
<td>8</td>
<td>.5</td>
</tr>
<tr>
<td>9–10</td>
<td>.6</td>
</tr>
<tr>
<td>11</td>
<td>.7</td>
</tr>
<tr>
<td>12–13</td>
<td>.8</td>
</tr>
<tr>
<td>14–15</td>
<td>.9</td>
</tr>
</tbody>
</table>
Using the other microwave features.

Cooking Complete Reminder: To remind you that you have food in the oven, the oven will beep once a minute until you either open the oven door or press the CLEAR/OFF pad.

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

1. Press the CLOCK pad.
2. Enter time of day.
3. Press the START pad or the CLOCK pad.

Display On/Off
To turn the clock display on or off, press and hold the 0 pad for about 3 seconds. The Display On/Off feature cannot be used while a cooking feature is in use.

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

1. Press the DELAY START pad.
2. Enter the time you want the oven to start. (Be sure the microwave clock shows the correct time of day.)
3. Select your desired cooking program.
4. Press the START pad.

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

The time of day may be displayed by pressing the CLOCK pad.

NOTE: You cannot use DELAY START with POPCORN or REHEAT.

Sound Level
The beeper sound level can be adjusted.
Press the 8 pad. Choose 0–3 for mute to loud.
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 the CLEAR/OFF pad for about 3 seconds.

When the control panel is locked, an L will be displayed to the extreme right.

Kitchen Timer

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

How to use as a minute timer:

1. Press the KITCHEN TIMER MIN/SEC pad.
2. Enter time you want to count down.
3. Press the KITCHEN TIMER MIN/SEC pad.

When time is up, the oven will signal. To turn off the timer signal, press the KITCHEN TIMER MIN/SEC pad.

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

To cancel the timer during the countdown press the KITCHEN TIMER MIN/SEC pad.

Reminder

The Reminder feature can be used like an alarm clock, and can be used at any time, even when the oven is operating. The Reminder time can be set up to 12 hours later.

1. Press the DELAY START pad.
2. Enter the time you want the oven to remind you. (Be sure the microwave clock shows the correct time of day.)
3. Press the DELAY START pad. When Reminder signal occurs, press the DELAY START pad to turn it off. The Reminder time may be displayed by pressing the DELAY START pad.

NOTE: REM will remain on the display to show that the Reminder is set until the Reminder time is reached and the door is opened or CLEAR/OFF is pressed.
Using the lower oven controls.

Throughout this manual, features and appearance may vary from your model. Your model may have one of the following controls.
The time on the microwave display is shown in minutes and seconds (1:30 is one minute, 30 seconds). On the lower oven, time is shown in hours and minutes (1:30 is one hour, 30 minutes).

Lower Oven Control, Clock and Timer Features and Settings

1. **Display**
   - Shows the time of day, oven temperature, whether the oven is in the bake, broil or self-cleaning mode and the times set for the timer or automatic oven operations.
   - If “F- and a number or letter” flash in the display and the oven control signals, this indicates a function error code. Press the CLEAR/OFF pad. Allow the oven to cool for one hour. Put the oven back into operation. If the function error code repeats, disconnect the power to the oven and call for service.
   - If your oven was set for a timed oven operation and a power outage occurred, the clock and all programmed functions must be reset. The time of day (may be incorrect) will flash in the display when there has been a power outage.

2. **BROIL HI/LO Pad**
   - Press this pad to select the broil function.

3. **BAKE Pad**
   - Press this pad to select the bake function.

4. **SELF CLEAN Pad**
   - Press this pad to select the self-cleaning function. See the Using the self-cleaning lower oven section.

5. **OVEN LIGHT Pad**
   - Press this pad to turn the oven light on or off.

6. **Number Pads**
   - Use to set any function requiring numbers such as the time of day on the clock, the timer, the oven temperature, the start time and length of operation for timed baking and self-cleaning.

7. **CLEAR/OFF Pad**
   - Press this pad to cancel all oven operations except the clock and timer.

8. **START Pad**
   - Must be pressed to start any cooking or cleaning function.

9. **KITCHEN TIMER ON/OFF Pad**
   - Press this pad to select the timer feature.

10. **DELAY START Pad**
    - Use along with COOKING TIME or SELF CLEAN pads to set the oven to start and stop automatically at a time you set.

11. **COOKING TIME Pad**
    - Press this pad and then press the number pads to set the amount of time you want your food to cook. The oven will shut off when the cooking time has run out.

12. **CLOCK Pad**
    - Press this pad before setting the clock.
Special features of your lower oven control.

Your new touch pad control has additional features that you may choose to use. The following are the features and how you may activate them.

The special feature modes can only be activated while the display is showing the time of day. They remain in the control’s memory until the steps are repeated.

When the display shows your choice, press the START pad. The special features will remain in memory after a power failure.

12 Hour Shut-Off

With this feature, should you forget and leave the oven on, the control will automatically turn off the oven after 12 hours during baking functions or after 3 hours during a broil function.

If you wish to turn OFF this feature, follow the steps below.

1. Press the BAKE and BROIL HI/LO pads at the same time for 3 seconds until the display shows SF.
2. Press the DELAY START pad. The display will show 12 shdn (12 hour shut-off). Press the DELAY START pad again and the display will show no shdn (no shut-off).
3. Press the START pad to activate the no shut-off and leave the control set in this special features mode.

Fahrenheit or Centigrade Temperature Selection

Your oven control is set to use the Fahrenheit temperature selections but you may change this to use the Centigrade selections.

1. Press the BAKE and BROIL HI/LO pads at the same time for 3 seconds until the display shows SF.
2. Press the BROIL HI/LO pad. The display will show F (Fahrenheit).
3. Press the BROIL HI/LO pad again. The display will show C (Centigrade).
4. Press the START pad.

Control Lockout

Your control will allow you to lock down the touch pads so they cannot be activated when pressed.

1. Press the BAKE and BROIL HI/LO pads at the same time for 3 seconds until the display shows SF.
2. Press the SELF CLEAN pad. The display will show LOC OFF.

Press the SELF CLEAN pad again. The display will show LOC ON.

3. Press the START pad to activate the control lockout feature and leave the control set in this special features mode.

NOTE: The control lockout mode will not affect the CLOCK, KITCHEN TIMER ON/OFF and OVEN LIGHT touch pads.
**Tones at the End of a Timed Cycle**

At the end of a timed cycle, 3 short beeps will sound followed by one beep every 6 seconds until the CLEAR/OFF pad is pressed. This continuous 6 second beep may be canceled.

To cancel the 6 second beep:

1. Press the **BAKE** and **BROIL HI/LO** pads at the same time for 3 seconds until the display shows **SF**.

2. Press the **KITCHEN TIMER ON/OFF** pad. The display shows **CON BEEP** (continuous beep). Press the **KITCHEN TIMER ON/OFF** pad again. The display shows **BEEP**. (This cancels the one beep every 6 seconds.)

3. Press the **START** pad.

---

**12 Hour, 24 Hour or Clock Black-Out**

Your control is set to use a 12 hour clock.

If you would prefer to have a 24 hour military time clock or black-out the clock display, follow the steps below.

1. Press the **BAKE** and **BROIL HI/LO** pads at the same time for 3 seconds until the display shows **SF**.

2. Press the **CLOCK** pad once. The display will show **12 hr**. If this is the choice you want, press the **START** pad.

Press the **CLOCK** pad again to change to the 24 hour military time clock. The display will show **24 hr**. If this is the choice you want, press the **START** pad.

Press the **CLOCK** pad again to black-out the clock display. The display will show **OFF**. If this is the choice you want, press the **START** pad.

**NOTE:** If the clock is in the black-out mode you will not be able to use the Delay Start function.

---

**Cook and Hold**

Your new control has a cook and hold feature that keeps cooked foods warm for up to 3 hours after the cooking function is finished.

This feature can be used only at the end of Timed Baking using Automatic Stop.

To activate this feature, follow the steps below.

1. Press the **BAKE** and **BROIL HI/LO** pads at the same time for 3 seconds until the display shows **SF**.

2. Press the **COOKING TIME** pad. The display will show **Hld OFF**.

3. Press the **COOKING TIME** pad again to activate the feature. The display will show **Hld ON**.

3. Press the **START** pad to activate the cook and hold feature and leave the control set in this special features mode.
Using the lower oven.

To avoid possible burns, place the shelves in the desired position before you turn the oven on.

Before you begin...

The shelves have stop-locks, so that when placed correctly on the supports, they will stop before coming completely out, and will not tilt.

When placing and removing cookware, pull the shelf out to the bump on the shelf support.

To remove a shelf, pull it toward you, tilt the front end up and pull it out.

To replace, place the end of the shelf (stop-locks) on the support, tilt up the front and push the shelf in.

How to Set the Oven for Baking or Roasting

1. Press the BAKE pad.
2. Press the number pads to set the desired temperature.
3. Press the START pad.
4. Check food for doneness at minimum time on recipe. Cook longer if necessary.
5. Press the CLEAR/OFF pad when cooking is complete.

Shelf Position

<table>
<thead>
<tr>
<th>Type of Food</th>
<th>27” Oven</th>
<th>30” Oven</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen pies (on cookie sheet)</td>
<td>B or C</td>
<td>C or D</td>
</tr>
<tr>
<td>Angel food cake, bundt or pound cakes</td>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>Biscuits, muffins, brownies, cookies, cupcakes, layer cakes, pies</td>
<td>B or C</td>
<td>C or D</td>
</tr>
<tr>
<td>Casseroles</td>
<td>B or C</td>
<td>C or D</td>
</tr>
</tbody>
</table>

Preheating and Pan Placement

Preheat the oven if the recipe calls for it. Preheating is necessary for good results when baking cakes, cookies, pastry and breads.

Baking results will be better if baking pans are centered in the oven as much as possible.

Pans should not touch each other or the walls of the oven. If you need to use two shelves, stagger the pans so one is not directly above the other, and leave approximately 1½” between pans, from the front, back and sides of the wall.

Aluminum Foil

You can use aluminum foil to line the broiler pan and broiler grid. However, you must mold the foil tightly to the grid and cut slits in it just like the grid.

Without the slits, the foil will prevent fat and meat juices from draining into the broiler pan. The juices could become hot enough to catch on fire. If you do not cut the slits, you are essentially frying, not broiling.

Do not use aluminum foil on the bottom of the oven.

Never entirely cover a shelf with aluminum foil. This will disturb the heat circulation and result in poor baking.

A smaller sheet of foil may be used to catch a spillover by placing it on a lower shelf several inches below the food.
**How to Set the Oven for Broiling**

1. Place the meat or fish on the broiler grid in the broiler pan.
2. Follow suggested shelf positions in the Broiling Guide.

*If your oven is connected to 208 volts, rare steaks may be broiled by preheating the broiler and positioning the oven shelf one position higher.*

3. Press the **BROIL HI/LO** pad once for **HI Broil**.

To change to **LO Broil**, press the **BROIL HI/LO** pad again.

4. Press the **START** pad.

When broiling is finished, press the **CLEAR/OFF** pad.

---

### Broiling Guide

<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity and/or Thickness</th>
<th>27” Ovens Shelf Position</th>
<th>27” Ovens First Side Time (min.)</th>
<th>27” Ovens Second Side Time (min.)</th>
<th>30” Ovens Shelf Position</th>
<th>30” Ovens First Side Time (min.)</th>
<th>30” Ovens Second Side Time (min.)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Beef</td>
<td></td>
<td>C</td>
<td>10</td>
<td>7</td>
<td>E</td>
<td>10</td>
<td>7</td>
<td>Space evenly. Up to 8 patties take about the same time.</td>
</tr>
<tr>
<td>Well Done</td>
<td>1 lb. (4 patties)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 to 3/4” thick</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Steaks</td>
<td></td>
<td>C</td>
<td>6</td>
<td>5</td>
<td>E</td>
<td>8</td>
<td>6</td>
<td>Steaks less than 1” thick cook through before browning.</td>
</tr>
<tr>
<td>Rare</td>
<td>1” thick</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>1 to 1 1/2 lbs.</td>
<td>C</td>
<td>8</td>
<td>6</td>
<td>E</td>
<td>10</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Well Done</td>
<td></td>
<td>C</td>
<td>12</td>
<td>11</td>
<td>E</td>
<td>12</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>1/2” thick</td>
<td>C</td>
<td>10</td>
<td>7-8</td>
<td>E</td>
<td>10</td>
<td>8</td>
<td>Pan frying is recommended.</td>
</tr>
<tr>
<td>Medium</td>
<td>2 to 2 1/2 lbs.</td>
<td>C</td>
<td>15</td>
<td>14-16</td>
<td>E</td>
<td>15</td>
<td>14-16</td>
<td></td>
</tr>
<tr>
<td>Well Done</td>
<td></td>
<td>C</td>
<td>25</td>
<td>20-25</td>
<td>E</td>
<td>25</td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>1 whole</td>
<td>A</td>
<td>35</td>
<td>10-15</td>
<td>C</td>
<td>25</td>
<td>10</td>
<td>Reduce time about 5 to 10 minutes per side for cut-up chicken. Brush each side with melted butter. Broil skin-side-down first.</td>
</tr>
<tr>
<td></td>
<td>2 to 2 1/2 lbs., split lengthwise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lobster Tails</td>
<td>2-4</td>
<td>B</td>
<td>13-16</td>
<td>Do not turn over</td>
<td>C</td>
<td>13-16</td>
<td>Do not turn over</td>
<td>Cut through back of shell. Spread open. Brush with melted butter before and during cooking. If desired, preheat broiler to increase browning.</td>
</tr>
<tr>
<td></td>
<td>6 to 8 oz. each</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish Fillets</td>
<td>1/4 to 1/2” thick</td>
<td>C</td>
<td>5</td>
<td>5</td>
<td>E</td>
<td>5</td>
<td>5</td>
<td>Handle and turn very carefully. Brush with lemon butter before and during cooking. Preheat broiler to increase browning.</td>
</tr>
<tr>
<td>Ham Slices (precooked)</td>
<td>1” thick</td>
<td>B</td>
<td>8</td>
<td>8</td>
<td>D</td>
<td>8</td>
<td>8</td>
<td>Increase time 5 to 10 minutes per side for 1 1/2” thick or home-cured ham.</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>2 (1/2” thick)</td>
<td>C</td>
<td>10</td>
<td>10</td>
<td>E</td>
<td>10</td>
<td>10</td>
<td>Slash fat.</td>
</tr>
<tr>
<td>Well Done</td>
<td>2 (1” thick) about 1 lb.</td>
<td>B</td>
<td>13</td>
<td>13</td>
<td>D</td>
<td>15</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Lamb Chops</td>
<td>2 (1” thick) about 10 oz.</td>
<td>C</td>
<td>10</td>
<td>9</td>
<td>E</td>
<td>10</td>
<td>9</td>
<td>Slash fat.</td>
</tr>
<tr>
<td>Medium</td>
<td></td>
<td>C</td>
<td>12</td>
<td>10</td>
<td>E</td>
<td>12</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Well Done</td>
<td>2 (1 1/2” thick) about 1 lb.</td>
<td>B</td>
<td>14</td>
<td>12</td>
<td>E</td>
<td>14</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>1 1/2” thick about 1 lb.</td>
<td>B</td>
<td>17</td>
<td>12-14</td>
<td>E</td>
<td>17</td>
<td>12-14</td>
<td></td>
</tr>
<tr>
<td>Well Done</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Using the lower oven clock and timer.

To Set the Clock

The clock must be set to the correct time of day for the automatic oven timing functions to work properly. The time of day cannot be changed during a timed baking or self-cleaning cycle.

1. Press the CLOCK pad.
2. Press the number pads.
3. Press the START pad until the time of day shows in the display.

To Set the Timer

The timer is a minute timer only. The timer does not control oven operations. The maximum setting on the timer is 9 hours and 59 minutes.

1. Press the KITCHEN TIMER ON/OFF pad.
2. Press the number pads until the amount of time you want shows in the display. For example, to set 2 hours and 45 minutes, press 2, 4 and 5 in that order. If you make a mistake press the KITCHEN TIMER ON/OFF pad and begin again.
3. Press the START pad.
4. When the timer reaches :00, the control will beep 3 times followed by one beep every 6 seconds until the KITCHEN TIMER ON/OFF pad is pressed.

The 6 second tone can be canceled by following the steps in the Special features of your lower oven control section under Tones at the End of a Timed Cycle.

To Reset the Timer

If the display is still showing the time remaining, you may change it by pressing the KITCHEN TIMER ON/OFF pad, then press the number pads until the time you want appears in the display.

If the remaining time is not in the display (clock, delay start or cooking time are in the display), recall the remaining time by pressing the KITCHEN TIMER ON/OFF pad and then pressing the number pads to enter the new time you want.

To Cancel the Timer

Press the KITCHEN TIMER ON/OFF pad twice.
Using the lower oven timed baking and roasting features.

**NOTE:** Foods that spoil easily—such as milk, eggs, fish, stuffings, poultry and pork—should not be allowed to sit for more than 1 hour before or after cooking. Room temperature promotes the growth of harmful bacteria. Be sure that the oven light is off because heat from the bulb will speed harmful bacteria growth.

**How to Set an Immediate Start and Automatic Stop**

The oven will turn on immediately and cook for a selected length of time. At the end of the cooking time the oven will turn off automatically.

Make sure the clock shows the correct time of day.

1. Press the **BAKE** pad.
2. Using the number pads, enter the desired temperature.
3. Press the **COOKING TIME** pad.

**NOTE:** If your recipe requires preheating, you may need to add additional time to the length of the cooking time.

4. Using the number pads, enter the desired baking time. The oven temperature and the cooking time that you entered will be displayed.
5. Press the **START** pad.

The display shows the oven temperature that you set and the cooking time countdown. The display starts changing once the temperature reaches 100°F.

The oven will continue to cook for the programmed amount of time, then shut off automatically.

Press the **CLEAR/OFF** pad to clear the display.

**How to Set a Delayed Start and Automatic Stop**

You can set the oven control to delay-start the oven, cook for a specific length of time and then turn off automatically.

Make sure the clock shows the correct time of day.

1. Press the **BAKE** pad.
2. Using the number pads, enter the desired temperature.
3. Press the **COOKING TIME** pad.

**NOTE:** If your recipe requires preheating, you may need to add additional time to the length of the cooking time.

4. Using the number pads, enter the desired baking time.
5. Press the **DELAY START** pad.

Using the number pads, enter the time of day you want the oven to turn on and start cooking.

6. Press the **START** pad.

**NOTE:** An attention tone will sound if you are using timed baking and do not press the **START** pad after entering the baking temperature.

If you would like to check the times you have set, press the **DELAY START** pad to check the start time you have set or press the **COOKING TIME** pad to check the length of cooking time you have set.

When the oven turns on at the time of day you have set, the display will show the changing temperature (starting at 100°F.) and the cooking time countdown.

At the end of timed baking, the oven will turn off. The end of cycle tone will sound.

Press the **CLEAR/OFF** pad to clear the display.
Adjust the lower oven thermostat—Do it yourself!

You may find that your new oven cooks differently than the one it replaced. Use your new oven for a few weeks to become more familiar with it. If you still think your new oven is too hot or too cold, you can adjust the thermostat yourself.

Do not use thermometers, such as those found in grocery stores, to check the temperature setting of your oven. These thermometers may vary 20–40 degrees.

**NOTE:** This adjustment will not affect the broiling or the self-cleaning temperatures. The adjustment will be retained in memory after a power failure.

To Adjust the Thermostat

1. Press the **BAKE** and **BROIL HI/LO** pads at the same time for 3 seconds until the display shows **SF**.

2. Press the **BAKE** pad. A two digit number shows in the display.

   Press **BAKE** once to decrease (-) the oven temperature, or twice to increase (+).

3. The oven temperature can be adjusted up to (+) 35°F. hotter or (-) 35°F. cooler. Press the number pads the same way you read them. For example, to change the oven temperature 15°F., press 1 and 5.

4. When you have made the adjustment, press the **START** pad to go back to the time of day display. Use your oven as you would normally.

The type of margarine will affect baking performance!

Most recipes for baking have been developed using high fat products such as butter or margarine (80% fat). If you decrease the fat, the recipe may not give the same results as with a higher fat product.

Recipe failure can result if cakes, pies, pastries, cookies or candies are made with low fat spreads. The lower the fat content of a spread product, the more noticeable these differences become.

Federal standards require products labeled “margarine” to contain at least 80% fat by weight. Low fat spreads, on the other hand, contain less fat and more water. The high moisture content of these spreads affect the texture and flavor of baked goods. For best results with your old favorite recipes, use margarine, butter or stick spreads containing at least 70% vegetable oil.
Using the self-cleaning lower oven.

The oven door must be closed and all controls must be set correctly for the cycle to work properly.

**Before a Clean Cycle**

We recommend venting your kitchen with an open window or using a ventilation fan or hood during the first self-clean cycle.

Remove the broiler pan, broiler grid, all cookware and any aluminum foil from the oven.

The oven shelves can be self-cleaned, but they will darken, lose their luster and become hard to slide.

Do not use abrasives or oven cleaners. Clean the top, sides and outside of the oven door with soap and water.

Make sure the oven light bulb cover (on some models) is in place and the oven light is off.

**IMPORTANT:** The health of some birds is extremely sensitive to the fumes given off during the self-cleaning cycle of any oven. Move birds to another well ventilated room.

**Wipe up heavy soil on the oven bottom.**

---

**How to Set the Oven for Cleaning**

1. Press the **SELF CLEAN** pad.

2. Using the number pads, enter the desired clean time, if a time other than 4 hours is needed.

   Clean cycle time is normally 4 hours. You can change the clean time to any time between 3 hours and 5 hours, depending on how dirty your oven is.

3. Press the **START** pad.

   The door locks automatically. The display will show the clean time remaining. It will not be possible to open the oven door until the temperature drops below the lock temperature and the **LOCKED DOOR** light goes off.

   When the **LOCKED DOOR** light is off, open the door.

   - The words **LOCK DOOR** will flash and the oven control will signal if you set the clean cycle and forget to close the oven door.

   - To stop a clean cycle, press the **CLEAR/OFF** pad. When the **LOCKED DOOR** light goes off indicating the oven has cooled below the locking temperature, open the door.
Using the self-cleaning lower oven.

The oven door must be closed and all controls must be set correctly for the cycle to work properly.

How to Delay the Start of Cleaning

1. Press the SELF CLEAN pad.
2. Using the number pads, enter the desired clean time.
3. Press the DELAY START pad. The earliest start time you can set will appear in the display.
4. Using the number pads, enter the time of day you want the clean cycle to start.
5. Press the START pad.

The door locks automatically. The display will show the start time. It will not be possible to open the oven door until the temperature drops below the lock temperature and the LOCKED DOOR light goes off.

When the LOCKED DOOR light is off, open the door.

After a Clean Cycle

You may notice some white ash in the oven. Wipe it up with a damp cloth after the oven cools.

If white spots remain, remove them with a soap-filled steel wool pad and rinse thoroughly with a vinegar and water mixture.

These deposits are usually salt residue that cannot be removed by the clean cycle.

If the oven is not clean after one clean cycle, repeat the cycle.

- You cannot set the oven for cooking until the oven is cool enough for the door to unlock.
- While the oven is self-cleaning, you can press the CLOCK pad to display the time of day. To return to the clean countdown, press the COOKING TIME pad.
- If the shelves become hard to slide, apply a small amount of vegetable oil or cooking oil to a paper towel and wipe the edges of the shelves with the paper towel.
Care and cleaning of the cooking center.

Be sure electrical power is off and all surfaces are cool before cleaning any part of the cooking center.

How to Remove Packaging Tape

To assure no damage is done to the finish of the product, the safest way to remove the adhesive left from packaging tape on new appliances is an application of a household liquid dishwashing detergent, mineral oil or cooking oil.

Apply with a soft cloth and allow to soak. Wipe dry and then apply an appliance polish to thoroughly clean and protect the surface.

NOTE: The plastic tape (on some models) must be removed from all chrome trim. It cannot be removed if it is baked on.

Microwave Oven

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 microwave oven without the turntable and support in place.

To replace the support, place its center post in the hole. Turn the support around until it seats into place.

Inside

Keep the microwave oven clean and sweet-smelling. Opening the oven door a few minutes after cooking helps air out the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.

Spills and spatters are easy to remove from walls and floor if they are wiped up soon after the food is removed. Some spatters wipe up with a paper towel, some may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry.

Do not clean with metal scouring pads. Pieces can break off the pad, causing electrical shock.

Wipe up spatters on the window on the inside of the door daily. When the window is soiled, wash it with a damp cloth. Rinse thoroughly and dry.

Wipe metal and plastic parts on the inside of the door frequently. Use a damp cloth to remove all soil.

Do not use abrasives, such as cleaning powders or steel and plastic pads. They may mar the surface.

Outside

Clean the outside of the microwave oven with soap and a damp cloth, then rinse with a damp cloth and dry. Wipe the window clean with a damp cloth. Chrome is best wiped with a damp cloth and then with a dry towel.

Door Surface

When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

If you use a Brown 'N Sear Dish:

Use Bon Ami® brand cleanser. High heat generated on the bottom of the Brown 'N Sear Dish can cause stains to bake onto the oven floor if grease is present. These may be removed with Bon Ami® brand cleanser. After using this cleanser, rinse and dry thoroughly, following cleanser instructions carefully.

Do not use a commercial oven cleaner on any part of your microwave oven.
Care and cleaning of the cooking center.

Oven Shelves (lower oven)
Clean the oven shelves with an abrasive cleanser or steel wool. After cleaning, rinse the shelves and rack with clean water and dry with a clean cloth.

**NOTE:** The oven shelves may be cleaned in the self-cleaning oven. However, the shelves will darken in color, lose their luster and become hard to slide if cleaned during the self-cleaning cycle.

To make the shelves slide more easily apply a small amount of vegetable oil or cooking oil to a paper towel and wipe the edges of the oven shelves with the paper towel.

Lift-Off Oven Door (lower oven)
The lower oven door is removable for easier access to the light bulb.

*Do not lift the door by the handle.*

**To remove the door,** open it to the broil stop position. Grasp firmly on each side and lift the door straight up and off the hinges.

*Do not place hands between the hinge and the oven door frame.*

**To replace the door,** make sure the hinges are in the broil stop position. Position the slots in the bottom of the door squarely over the hinges and slowly lower it over both hinges.

**To clean the inside of the door:**
- Because the area inside the gasket is cleaned during the self-clean cycle, you do not need to clean this by hand.

- The area outside the gasket and the front frame can be cleaned with a soap-filled steel wool or plastic pad, hot water and detergent. Rinse well with a vinegar and water solution.

**To clean the outside of the door:**
- Use soap and water to thoroughly clean the top, sides and front of the oven door. Rinse well. You may also use a glass cleaner to clean the glass on the outside of the door. Do not let water drip into the vent openings.

- Spillage of marinades, fruit juices, tomato sauces and basting materials containing acids may cause discoloration and should be wiped up immediately. When surface is cool, clean and rinse.

- Do not use oven cleaners, cleaning powders or harsh abrasives on the outside of the door.

Lower Oven Heating Elements
Do not clean the bake element or the broil element. Any soil will burn off when the elements are heated.

To clean the oven floor, gently lift the bake element. Clean with warm soapy water.


**Lower Oven Light Bulb**

**CAUTION:** Before replacing your oven light bulb, disconnect the electrical power to the cooking center at the main fuse or circuit breaker panel.

Be sure to let the light cover and bulb cool completely.

**To remove the cover:**

1. Hold a hand under the cover so it doesn’t fall when released. With fingers of the same hand, firmly push back the wire cover holder. Lift off the cover.
   
   *Do not remove any screws to remove the cover.*

2. Replace bulb with a 40-watt appliance bulb.

**To replace the cover:**

1. Place it into groove of the light receptacle. Pull wire forward to the center of the cover until it snaps into place.

2. Connect electrical power to the cooking center.

---

**Broiler Pan & Grid** (lower oven)

Do not clean the broiler pan or grid in a self-cleaning oven.

After broiling, remove the broiler pan from the oven. Remove the grid from the pan. Carefully pour out the grease from the pan into a proper container.

Wash and rinse the broiler pan and grid in hot water with a soap-filled or plastic scouring pad.

If food has burned on, sprinkle the grid with detergent while hot and cover with wet paper towels or a dishcloth. Soaking the pan will remove burned-on foods.

Both the broiler pan and grid may be cleaned with a commercial oven cleaner.

Both the broiler pan and grid can also be cleaned in a dishwasher.

*Do not store a soiled broiler pan and grid anywhere in the cooking center.*

---

**Control Panel**

It’s a good idea to wipe the control panel after each use. Clean with mild soap and water or vinegar and water, rinse with clean water and polish dry with a soft cloth.

Do not use abrasive cleansers, strong liquid cleansers, plastic scouring pads or oven cleaners on the control panel—they will damage the finish. A 50/50 solution of vinegar and hot water works well.
Save time and money! Review the charts on the following pages first and you may not need to call for service.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible Causes</th>
<th>What To Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control panel on microwave oven will not operate</td>
<td>You forgot to press the START pad.</td>
<td>• Press the START pad.</td>
</tr>
<tr>
<td></td>
<td>Door not securely closed.</td>
<td>• Make sure the microwave oven door is closed.</td>
</tr>
<tr>
<td></td>
<td>Another function was pressed.</td>
<td>• Press the CLEAR/OFF pad twice to cancel it and begin again.</td>
</tr>
<tr>
<td></td>
<td>The CLEAR/OFF pad was pressed accidentally.</td>
<td>• Begin again.</td>
</tr>
<tr>
<td></td>
<td>Oven controls improperly set.</td>
<td>• While using Time Defrost numbers not entered after pressing the AUTO DEFROST pad.</td>
</tr>
<tr>
<td>“SENSOR ERROR” appears in the microwave oven display</td>
<td>During a sensor function the microwave oven door was opened too soon.</td>
<td>• The microwave oven door should not be opened before the time begins to count down in the display.</td>
</tr>
<tr>
<td>Microwave oven light does not work</td>
<td>Light bulb is loose or defective.</td>
<td>• Call for service.</td>
</tr>
<tr>
<td>Foods overcooked or undercooked in the microwave oven</td>
<td>Varying density and amount of foods being cooked.</td>
<td>• Varying density and amount sometimes require more cooking time.</td>
</tr>
<tr>
<td></td>
<td>Food not turned or stirred as called for in the recipe.</td>
<td>• Turn or stir food and begin again.</td>
</tr>
<tr>
<td></td>
<td>Too many dishes in the oven at the same time.</td>
<td>• Do not overload your microwave oven.</td>
</tr>
<tr>
<td></td>
<td>Food not thoroughly defrosted.</td>
<td>• See the Using the microwave sensor controls section.</td>
</tr>
<tr>
<td></td>
<td>Improper cookware or coverings being used.</td>
<td>• See the Microwave safe cookware section of the Important Safety Instructions section.</td>
</tr>
<tr>
<td></td>
<td>Humidity or moisture in the oven will lessen the Sensor cooking time.</td>
<td>• Make sure the inside of the oven and the outside of the containers are dry.</td>
</tr>
<tr>
<td>Food not allowed to stand.</td>
<td></td>
<td>• Some standing time is recommended for certain vegetables cooked with the Sensor Controls.</td>
</tr>
<tr>
<td>Clock and timer do not work or display goes blank</td>
<td>A fuse in your home may be blown or the circuit breaker tripped.</td>
<td>• Replace the fuse or reset the circuit breaker.</td>
</tr>
<tr>
<td></td>
<td>Controls improperly set.</td>
<td>• See the Using the clock and lower oven timer section. for the lower oven clock.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• See the Display On/Off section for the microwave oven clock.</td>
</tr>
<tr>
<td></td>
<td>The clock is in the black-out mode.</td>
<td>• See the Special features of your lower oven control section for the lower oven clock.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• See the Display On/Off section for the microwave oven clock.</td>
</tr>
<tr>
<td>Problem</td>
<td>Possible Causes</td>
<td>What To Do</td>
</tr>
<tr>
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</tr>
<tr>
<td>&quot;F— and a number or letter&quot; flash in the lower oven display</td>
<td>You have a function error code.</td>
<td>• Press the CLEAR/OFF pad. Allow the oven to cool for one hour. Put the oven back into operation.</td>
</tr>
<tr>
<td>If the function code repeats.</td>
<td>Disconnect all power to the cooking center for at least 30 seconds and then reconnect power. If the function error code repeats, call for service.</td>
<td></td>
</tr>
<tr>
<td>Display flashes</td>
<td>Power failure.</td>
<td>• Reset the lower oven clock.</td>
</tr>
<tr>
<td>Unable to get the lower oven display to show “SF”</td>
<td>Oven control pads were not pressed properly.</td>
<td>• The BAKE and BROIL HI/LO pads must be pressed at the same time and held for 3 seconds.</td>
</tr>
<tr>
<td>Lower oven temperature too hot or too cold</td>
<td>Oven thermostat needs adjustment.</td>
<td>• See the Adjust the lower oven thermostat—Do it yourself! section.</td>
</tr>
<tr>
<td>Lower oven will not work</td>
<td>A fuse in your home may be blown or the circuit breaker tripped.</td>
<td>• Replace the fuse or reset the circuit breaker.</td>
</tr>
<tr>
<td>Oven controls improperly set.</td>
<td>• See the Using the lower oven section.</td>
<td></td>
</tr>
<tr>
<td>Lower oven control signals after entering cooking time or delay start</td>
<td>You forgot to enter a bake temperature or cleaning time.</td>
<td>• Press the BAKE pad and desired temperature or the SELF CLEAN pad and desired clean time.</td>
</tr>
<tr>
<td>Food does not bake or roast properly in the lower oven</td>
<td>Oven controls improperly set.</td>
<td>• See the Using the lower oven section.</td>
</tr>
<tr>
<td>Shelf position is incorrect or the shelf is not level.</td>
<td>• See the Using the lower oven section.</td>
<td></td>
</tr>
<tr>
<td>Incorrect cookware or cookware of improper size being used.</td>
<td>• See the Using the lower oven section.</td>
<td></td>
</tr>
<tr>
<td>Oven thermostat needs adjustment.</td>
<td>• See the Adjust the lower oven thermostat—Do it yourself! section.</td>
<td></td>
</tr>
<tr>
<td>Food does not broil properly in the lower oven</td>
<td>Door not open to the broil stop position as recommended.</td>
<td>• See the Using the lower oven section.</td>
</tr>
<tr>
<td>Oven controls improperly set.</td>
<td>• Make sure you press the BROIL HI/LO pad.</td>
<td></td>
</tr>
<tr>
<td>Improper shelf position being used.</td>
<td>• See the Broiling Guide.</td>
<td></td>
</tr>
<tr>
<td>Cookware not suited for broiling.</td>
<td>• Use the broiling pan and grid that came with your oven.</td>
<td></td>
</tr>
<tr>
<td>Aluminum foil used on the broiling pan and grid has not been fitted properly and slit as recommended.</td>
<td>• See the Using the lower oven section.</td>
<td></td>
</tr>
<tr>
<td>In some areas the power (voltage) may be low.</td>
<td>• Preheat the broil element for 10 minutes.</td>
<td></td>
</tr>
<tr>
<td>Broil for the longest period of time recommended in the Broiling Guide.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Troubleshooting Tips

<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible Causes</th>
<th>What To Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower oven light does not work</td>
<td>Light bulb is loose or defective.</td>
<td>• Tighten or replace the bulb.</td>
</tr>
<tr>
<td></td>
<td>Pad operating light is broken.</td>
<td>• Call for service.</td>
</tr>
<tr>
<td>Lower oven will not clean</td>
<td>Oven controls improperly set.</td>
<td>• See the Using the self-cleaning lower oven section.</td>
</tr>
<tr>
<td>“Crackling” or “popping” sound in the lower oven</td>
<td>This is the sound of the metal heating and cooling during both the cooking and cleaning functions.</td>
<td>• This is normal.</td>
</tr>
<tr>
<td>Excessive smoking in the lower oven during a clean cycle</td>
<td>Excessive soil.</td>
<td>• Press the CLEAR/OFF pad. Open the windows to rid the room of smoke. Wait until the LOCKED DOOR light goes off. Wipe up the excess soil and reset the clean cycle.</td>
</tr>
<tr>
<td>Lower oven door will not open after a clean cycle</td>
<td>Oven too hot.</td>
<td>• Allow the oven to cool below locking temperature.</td>
</tr>
<tr>
<td>Lower oven not clean after a clean cycle</td>
<td>Oven controls improperly set.</td>
<td>• See the Using the self-cleaning lower oven section.</td>
</tr>
<tr>
<td></td>
<td>Oven was heavily soiled.</td>
<td>• Clean up heavy spillovers before starting the clean cycle. Heavily soiled ovens may need to self-clean again or for a longer period of time.</td>
</tr>
<tr>
<td>“LOCK DOOR” flashes in the lower oven display</td>
<td>The self-clean cycle has been selected but the door is not closed.</td>
<td>• Close the oven door.</td>
</tr>
<tr>
<td>LOCKED DOOR light is on when you want to cook in the lower oven</td>
<td>The oven door is locked because the temperature inside the oven has not dropped below the locking temperature.</td>
<td>• Press the CLEAR/OFF pad. Allow the oven to cool.</td>
</tr>
<tr>
<td>Power outage, clock flashes</td>
<td>Power outage or surge.</td>
<td>• Reset the clock. If the oven was in use, you must reset it by pressing the CLEAR/OFF pad, setting the clock and resetting any cooking function.</td>
</tr>
<tr>
<td>“Burning” or “oily” odor emitting from oven vent when using the lower oven</td>
<td>This is normal in a new oven and will disappear in time.</td>
<td>• To speed the process, set a self-clean cycle for a minimum of 3 hours. See the Using the self-cleaning lower oven section.</td>
</tr>
<tr>
<td>Strong odor in the lower oven</td>
<td>An odor from the insulation around the inside of the oven is normal for the first few times the oven is used.</td>
<td>• This is temporary.</td>
</tr>
<tr>
<td>Fan noise when using the lower oven</td>
<td>A cooling fan may automatically turn on and off to cool internal parts.</td>
<td>• This is normal. The cooling fan will turn off and on.</td>
</tr>
</tbody>
</table>
GE Built-In Microwave Cooking Center Warranty

All warranty service provided by our Factory Service Centers or an authorized Customer Care® technician. For service, call 800-GE-CARES.

For The Period Of: | GE Will Replace:
--- | ---
**One Year**
From the date of the original purchase | Any part of the microwave cooking center which fails due to a defect in materials or workmanship. During this **full one-year warranty**, GE will also provide, **free of charge**, all labor and in-home service to replace the defective part.

**Limited Additional Four-Year**
For the second through the fifth year from date of the original purchase | A replacement magnetron tube the magnetron tube fails because of a manufacturing defect. During this **limited additional four-year warranty**, you will be responsible for any labor or in-home service.

What GE Will Not Cover:

- Service trips to your home to teach you how to use the product.
- Improper installation.
- Failure of the product if it is abused, misused, or used for other than the intended purpose or used commercially.
- Replacement of house fuses or resetting of circuit breakers.
- Damage to the product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage to personal property caused by possible defects with this appliance.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA. In Alaska, the warranty excludes the cost of shipping or service calls to your home.

Some states do not allow the exclusion or limitation of incidental or consequential damages. 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, consult your local or state consumer affairs office or your state’s Attorney General.

Warrantor: General Electric Company. Louisville, KY 40225
Service Telephone Numbers.

GE Answer Center® 800.626.2000
The GE Answer Center® is open 24 hours a day, 7 days a week.

In-Home Repair Service 800-GE-CARES (800-432-2737)
Expert GE repair service is only a phone call away.

Special Needs Service 800.626.2000
800-TDD-GEAC (800-833-4322)
GE offers, free of charge, a brochure to assist in planning a barrier-free kitchen for persons with limited mobility.

Service Contracts 800-626-2224
Purchase a GE service contract while your warranty is still in effect and you’ll receive a substantial discount. GE Consumer Service will still be there after your warranty expires.

Parts and Accessories 800-626-2002
Individuals qualified to service their own appliances can have parts or accessories sent directly to their homes (VISA, MasterCard and Discover cards are accepted).

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.

Service Satisfaction
If you are not satisfied with the service you receive from GE:

First, contact the people who serviced your appliance.

Next, if you are still not pleased, write all the details—including your phone number—to:

Manager, Customer Relations
GE Appliances
Appliance Park
Louisville, KY 40225

Finally, if your problem is still not resolved, write:

Major Appliance Consumer Action Program
20 North Wacker Drive
Chicago, IL 60606