Use and Care Guide



Microwave/Convection Oven

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Model JVM190

The electric output of this microwave oven is 675 watts.

GE Appliances

Help us help you...

Before using your oven, read this book carefully.

It is intended to help you operate and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write (include your phone number):

Consumer Affairs GE Appliances Appliance Park Louisville, KY 40225

Write down the model and serial numbers.

You'll find them on the left side wall of the control panel seen when door is open.

These numbers are also on the Consumer Product Ownership Registration Card that came with your microwave oven. Before sending in this card, please write these numbers here:

Model Number

Serial Number

Use these numbers in any correspondence or service calls concerning your microwave oven.

Be sure your microwave oven is registered.

It is important that we know the location of your oven 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; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers.

This appliance must be registered. Please be certain that it is.

Write to:

GE Appliances Range Product Service Appliance Park Louisville, KY 40225

If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the microwave oven.

Save time and money.

Before you request service... check the Problem Solver on pages 38 and 39. It lists causes of minor operating problems that you can correct yourself.

This microwave oven is UL listed for installation over electric and gas ranges.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do Not Attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
- (1) door (bent)
- (2) hinges and latches (broken or loosened)
- (3) door seals and sealing surfaces.
- (d) The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

Optional Accessory

available at extra cost from your GE supplier.

JX81 Charcoal Filter Kit for non-vented installation.

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 oven.

Microwaving Tips

• 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 unsure, use this dish test: Measure 1 cup water in a glass cup. Place in oven on or beside dish. Microwave 1 minute at High. If water becomes hot, dish is microwave safe. If dish heats, it should not be used for microwaving.

- Paper towels, wax paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.
- Some microwaved foods require stirring, rotating or rearranging. Check your cookbook.
- Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

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.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 37.
- This microwave/convection oven is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.
- For best operation, plug this appliance into its own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not immerse power cord or plug in water.
- Keep power cord away from heated surfaces.
- Do not let power cord hang over edge of table or counter.
- 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.

- See door surface cleaning instructions on page 36.
- This appliance should be serviced only 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.
- To reduce the risk of fire in the oven cavity:
- —**Do not overcook 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 bags before placing bags in oven.
- —Do not use your microwave/ convection oven to dry newspapers.
- —Do not use recycled paper products. Recycled paper towels, napkins and wax 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.
- —Do not operate the oven in microwave or combination modes 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 all times—it saves energy and prolongs the life of the oven.
- —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.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

- —Do not overcook potatoes.

 They could dehydrate and catch fire, causing damage to your oven.
- —If materials inside oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at the fuse or circuit breaker panel.
- Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
- Avoid heating baby food in glass jars, even without their lids; especially meat and egg mixtures.
- When using the convection or combination cooking functions, both the exterior and interior of oven will become hot. Always use hot pads to remove containers of food and accessories such as broil pan, metal accessory rack and temperature probe.
- 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, resulting in injury.
- Use metal only as directed in cookbook. TV dinners may be microwaved in foil trays less than 3/4" high; remove top foil cover and return tray to box. When using metal in the microwave oven, keep metal (other than metal accessory rack) at least 1 inch away from sides of oven.
- Cooking utensils may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the utensil.

- Sometimes, the oven floor and walls can become too hot to touch. Be careful touching the floor and walls during and after cooking.
- Foods cooked in liquids (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to page 36 for instructions on how to clean the inside of the oven.
- Do not use regular cooking or oven thermometers when cooking by microwave or combination. The metal and mercury in these thermometers could cause "arcing" and possible damage to oven.
- Remove the temperature probe from the oven when not using it to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven, damage oven walls and damage the temperature probe.
- Plastic utensils—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwavesafe 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 utensils could ignite. For these reasons: 1) Use microwavesafe plastics only and use them in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

- When cooking pork, follow the directions exactly and always cook the meat to an internal temperature of at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.
- Boiling eggs is not recommended in a microwave oven. Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.
- Foods with unbroken outer "skin" such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.
- "Boilable" cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed in cookbook. 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.
- 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, stir the liquid briefly before removing the container from the microwave oven.

- Use of the oven metal accessory rack. (See your cookbook for proper use.)
- —Remove the rack from oven when not in use.
- —Use pot holders when handling the rack and utensils. They may be hot.
- —Do not use microwave browning dish on rack. The rack could overheat. Use of rack with Automatic Cooking feature is not recommended.
- Do not use the drip pan or spatter shield while microwaving.

THE EXHAUST HOOD

- Have it installed and properly grounded by a qualified installer. See the special installation booklet packed with the microwave oven.
- The exhaust fan in your oven will operate automatically under certain conditions (see Automatic Fan Feature, page 6). While the fan is operating, caution is required to prevent the starting and spreading of accidental cooking fires while the exhaust fan is in use. For this reason:
- —Never leave surface units unattended at high heat settings. Boilover causes smoking and greasy spillovers that may ignite and spread if exhaust fan is operating. To minimize automatic fan operation, use adequate sized utensils and use high heat only when necessary.
- —In the event of a grease fire, smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.
- —Never flame foods under the oven with the exhaust fan operating because it may spread the flames.
- -Keep hood and grease filters clean, according to instructions on pages 35 and 37, to maintain good venting and avoid grease fires.

SAVE THESE INSTRUCTIONS

Your Touch Control Panel

The touch control panel allows you to set the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand. With your new oven, you have several cooking options. In addition to microwave or convection cooking, you have combination cooking which uses both methods. Also automatic microwave cooking (AUTO COOK) and automatic microwave defrosting (AUTO DEFROST), and automatic combination temperature cooking (AUTO ROAST). Or you may make your own programs to suit your own cooking needs.

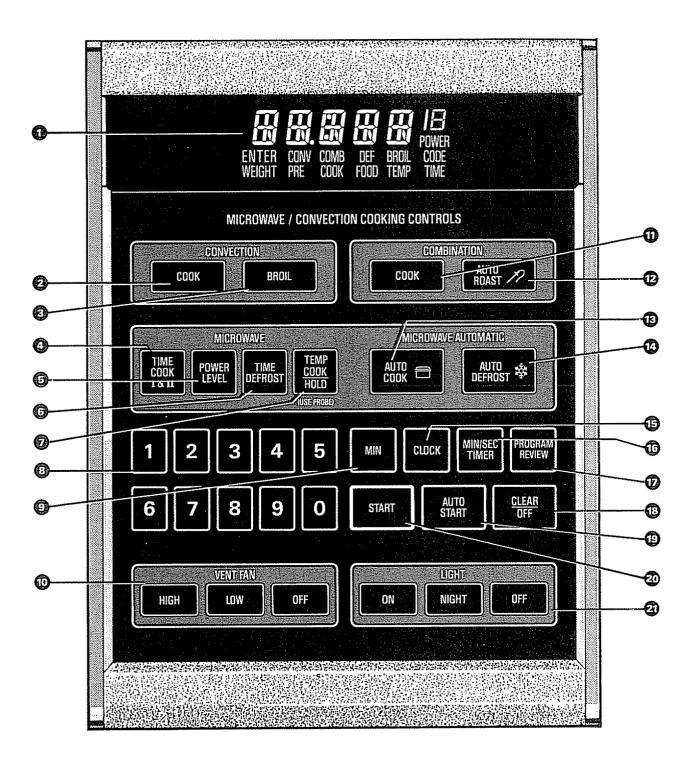
- 1. Display Panel. Displays time of day, time or temperature during cooking functions, doneness code words, preheat code words, power level being used, cooking mode and instructions.
- **2. CONVECTION Cook.** When convection cooking, touch this pad before entering desired oven time and temperature. (See pages 27 and 28.)
- **3. CONVECTION Broil.** Touch this pad for broiling. Be sure to use spatter shield and broil pan. (See page 33.)
- **4. Time Cook I & II.** Microwave for a preset amount of time using automatic power level 10 or change power level after setting time. (See page 25.)
- **5. Power Level.** Touch this pad before entering another power level number if you want to change from automatic power level 10 (High) for cooking or power level 3 (Low) for defrosting.
- **6. Time Defrost.** Gentle thawing at automatic power level 3, or change power level after entering time. (See page 24.)
- 7. Temp Cook/Hold. Use the temperature probe to cook by using a preset temperature. When internal food temperature reaches 90°F., oven shows temperature until preset temperature is reached and holds temperature for up to one hour. (See page 26.)
- 8. Number Pads. Touch these pads to enter time of day or cooking time, internal food temperature when using probe, oven temperature, power level, cooking codes, food weights and broil code.
- 9. Min. Use with number pads to enter whole minutes. For example, for 4 minutes touch 4 and MIN.
- 10. Vent (Exhaust) Fan. Touch HIGH, LOW or OFF for fan speed.
- 11. COMBINATION Cook. Touch this pad to either cook by time or internal food temperature with microwave speed and convection browning alternating during the cooking cycle. (See pages 29, 30 and cookbook.)

- 12. COMBINATION Auto Roast. Touch this pad and roast by using a combination of microwave speed and convection browning. (See pages 31, 32 and cookbook.)
- 13. Auto Cook. Touch this pad and then number pad for desired code number, and oven automatically microwaves at pre-programmed power levels and determines the proper amount of cooking time until the food is done and oven shuts off. (See pages 12 and 13.)
- 14. Auto Defrost. Touch this pad, then code number and food weight. The oven automatically sets power levels and defrosting time. (See page 23.)
- 15. Clock. Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and "1:30" will appear on display. Then touch START. If you wish to reset or change time, simply repeat above process.
- 16. Min/Sec Timer. This features uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking. (See page 11.)
- **17. Program Review.** Touch this pad to display your cooking program.
- 18. Clear/Off. When touched, it stops the oven and erases all settings except time of day.
- 19. Auto Start. Allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay. (See page 25.)
- 20. Start. Touch this pad to begin any function.
- 21. Light. Touch desired pad to illuminate counter or to turn on night light.

AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

To prevent overheating from taking place, the exhaust fan is designed to automatically turn on at low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.



"PRObE" Appears on Display:

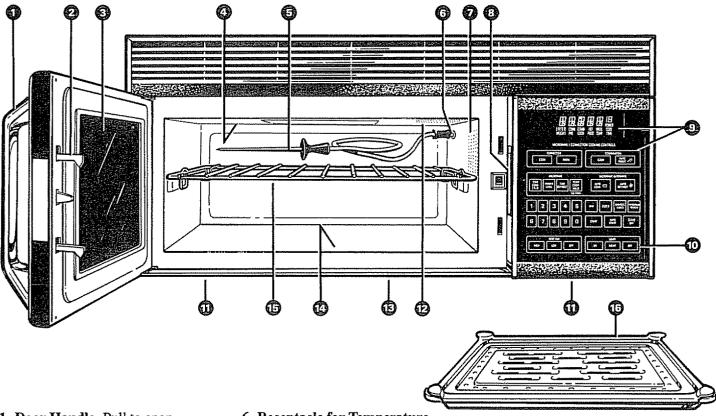
- Probe has been forgotten when Combination Auto Roast or Temp Cook/Hold are being used.
- Probe is not securely seated in oven wall receptacle.
- Probe remained in wall receptacle and you programmed a function that doesn't need the probe.



Features of Your Microwave Oven

Cooking Complete Reminder (For all defrost and cook cycles except TEMP COOK/HOLD.)

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



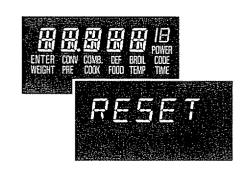
- 1. Door Handle. Pull to open door. Door must be securely latched for oven to operate.
- 2. Door Latches.
- 3. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in oven.
- 4. Convection Heating Vents.
- 5. Temperature Probe. Probe measures internal food temperature. Must be used when cooking by temperature in microwave, convection or combination modes.
- 6. Receptacle for Temperature Probe. Probe must be securely inserted into receptacle before oven will start any temperature or Auto Roast cooking.
- 7. Oven Vent.
- 8. Model and Serial Numbers.
- 9. Touch Control Panel and Digital Display. For detailed information on each feature, see pages 6 and 7.
- 10. Hood Controls. Fan. Press HIGH, LOW or OFF. Light. Press ON, NIGHT or OFF.

- 11. Grease Filters.
- 12. Oven Light. Light comes on when door is opened or when oven is operating in any function.
- 13. Cooktop Light.
- 14. Oven Floor.
- 15. Metal Accessory Rack. Use with convection, combination and broil. Rack is shown in broil position.
- **16. Broil Pan.** Consists of a drip pan and a spatter shield. See page 33 for instructions.

When You Plug in the Oven

The panel displays five 8's on the upper portion and all of the oven functions on the lower portion. After 15 seconds, all lights disappear and "RESET" comes on in the upper portion. Touch the CLEAR/OFF pad and oven is ready for use and the clock can be set. To set the clock, see page 6.

If power is disrupted at any time, the above sequence recurs, and you must reset Clock after touching CLEAR/OFF.



What Your Oven Can Do

Cooking with your new oven offers a wide variety of food preparation options. Microwave cooking uses very short, high frequency radio waves. The movement of the microwaves through the food generates heat and cooks most foods faster than conventional methods, while retaining their natural texture and moisture. Microwave cooking heats food directly, not the cooking utensil or the interior of the oven. Reheating is easy and defrosting is particularly convenient because less time is spent in food preparation.

Convection cooking constantly circulates heated air around the food, creating even browning and sealed-in flavor by the constant motion of hot air over the food surfaces.

Your new oven also offers the option of combination cooking, using microwave energy along with convection cooking. You cook with

speed and accuracy, while browning and crisping to perfection.

You can use microwave cooking, convection cooking or combination cooking to cook by time. Simply preset the length of cooking time desired and your oven turns off automatically. Or you can cook by temperature, by these methods, using the temperature probe to determine the doneness by the internal temperature of the food. This method takes the guesswork out of cooking, shutting the oven off automatically when the food reaches the desired temperature.

The Automatic Cooking Control (AUTO COOK) feature does your microwave cooking for you. It's easy and convenient—just follow the step-by-step instructions in this manual. A sensor detects steam from the food and automatically adjusts cooking time and power level for best results.

Combination Auto Roast is a cooking function that uses the temperature probe. You simply select from 4 Combination Auto Roast codes, and the oven automatically adjusts power level, oven temperature and internal food temperature to cook the food the way you want it.

Auto Defrost automatically sets the defrosting time and power levels for you. You choose the appropriate code number from 1 to 6 from the food you are defrosting, then enter the food weight in pounds and tenths of a pound and touch Start. The oven calculates the defrosting time and changes power levels during defrosting to give even defrosting results.

The Auto Start Timer lets you program the oven to start cooking at a desired time, even if you're not at home.

The following guide shows at a glance the difference between microwave, convection and combination cooking.

Comparison Guide

	Microwave	Convection	Combination
COOKING METHOD	Microwave energy is distributed evenly throughout the oven for thorough, fast cooking of food	Hot air circulates around food to produce browned exteriors and seal in juices.	Microwave energy and convection heat combine to cook foods in up to one-half the time of conventional ovens, while browning and sealing in juices.
HEAT SOURCE	Microwave energy	Circulating heated air.	Microwave energy and circulating heated air.
HEAT CONDUCTION	Heat produced within food by instant energy penetration.	Heat conducted from outside of food to inside	Food heats from instant energy penetration and heat conducted from outside of food.
BENEFITS	Fast, high efficiency cooking. Oven and surroundings do not get hot. Easy clean-up.	Aids in browning and seals in flavor. Cooks some foods faster than conventional ovens.	Shortened cooking time from microwave energy, plus browning and crisping from convection heat.

Read this book to learn the many different things your Microwave/Convection/Combination Oven can do. You will find a wide variety of cooking methods and programs designed to suit your lifestyle.

Cookware and Accessories

	Cookware	Microwave	Convection	Combination
	Heat-Resistant Glass, Glass-Ceramic (Pyrex®, Fire King®, Corning Ware®, etc.)	YES	YES	YES
	Ceramic	YES (Cookware with no metal trim)	YES	YES (Cookware with no metal trim)
	Metal	NO	YES	NO
	Non Heat-Resistant Glass	NO	NO	NO
	Microwave-Safe Plastics	YES	NO	YES*
	Plastic Films & Wraps	YES	NO	NO
	Paper Products	YES	NO	NO
	Straw, Wicker & Wood	YES	NO	NO

^{*}Use only microwave cookware that is safe to 400°F.

NOTE: For more information on the proper use of cookware in your oven, see your *Microwave Convection Cookbook*.

Cookware Tips

Convection Cooking

METAL PANS are recommended for all types of baked products, but especially where browning or crusting is important.

Dark or dull finish metal pans are best for breads and pies because they absorb heat and produce crisper crust.

Shiny aluminum pans are better for cakes, cookies or muffins because these pans reflect heat and help produce a light tender crust.

GLASS OR GLASS-CERAMIC casserole or baking dishes are best suited for egg and cheese recipes due to the cleanability of glass.

Combination Cooking

GLASS OR GLASS-CERAMIC baking containers are recommended. Be sure not to use items with metal trim as it may cause arcing (sparking) with oven wall or metal accessory rack, damaging the cookware, the rack or the oven.

HEAT-RESISTANT PLASTIC microwave cookware (safe to 400°F.) may be used, but it is not recommended for foods requiring crusting or all-around browning, because the plastic is a poor conductor of heat.

	Microwave	Convection	Combination	Broil
METAL ACCESSORY RACK	NO	YES	YES	YES
BROIL PAN (spatter shield	NO	NO	NO	YES
and drip pan)				

How to Use the Minute/Second Timer

The MIN/SEC TIMER has three timing functions:

- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The MIN/SEC TIMER operates without microwave energy.

How to Time a 3-Minute Phone Call

- 1. Touch MIN/SEC TIMER pad. The display shows ": 0" and "ENTER TIME" flashes.
- 2. Touch number pads 3 and MIN (for 3 minutes and no seconds). Display shows "3:00" and "TIME."
- **3.** Touch START. Display shows time counting down.
- **4.** When time is up, oven signals, flashes "End," and display shows time of day.

Programming a HOLD TIME

The Minute/Second Timer can also be used to program "hold time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes or cookbook.

Programming Delayed Cooking

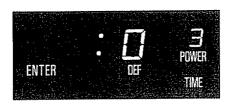
To delay cooking up to 99 minutes and 99 seconds, touch the pad for the desired cooking function. For example, touch TIME COOK and enter cook time. Touch MIN/SEC TIMER and enter number of minutes to delay cooking. Touch START. Timer will count down to zero and cooking will begin. When delaying a temperature cooking function which uses the temperature probe, be sure probe is in food before pressing START.

How to Defrost, Hold and Time Cook

Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here's how to do it:

Step 1: Take casserole from freezer and place in oven.

Step 2: Touch TIME DEFROST.



The display shows ": 0" and "POWER 3" "ENTER DEF TIME" flashes.

Step 3: Touch pads 1, 5, and MIN for 15 minutes defrosting time. "15:00" appears on display. Defrosting is automatically set on power level 3 but can be changed to any power level from 1 (lowest) to 10 (highest) by touching the POWER LEVEL pad and the desired power level.

Step 4: Set standing or hold time by touching MIN/SEC TIMER. The display shows ": 0" and "ENTER TIME" flashes.

Step 5: Touch 1, 0 and MIN to hold for ten minutes. "10:00" appears on display and "TIME" flashes.

Step 6: Touch TIME COOK I & II pad. The display shows ": 0" and "1". "ENTER COOK TIME" flashes.

Step 7: Touch 2, 5 and MIN for twenty-five minutes of cooking time. "COOK TIME," "25:00" and "POWER 10" appear on display.

Step 8: Touch START. "DEF TIME" and "15:00" counting down show on display. As each function is automatically performed oven display shows instructions entered and the function.

Step 9: When time is up, the oven signals and flashes "End."

Using the MIN/SEC TIMER While Running Another Program

The MIN/SEC TIMER can be used while another program is running. First set up the other program and touch START. Then touch the MIN/SEC TIMER pad. Enter the amount of time you want by pressing the number pads. Do not touch START; the timer will automatically begin within three seconds.

Note: The MIN/SEC TIMER will not work while AUTO START, Combination AUTO ROAST, AUTO DEFROST or AUTO COOK are running.

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

A. Yes. Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in Defrost and amount of time. Then program Hold and the amount of time Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Let foods remain at room temperature only as long as safe. Times will vary.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to Defrost for 4 minutes, Hold/Time for 2 minutes, and then Defrost for 6 minutes. In this case, the oven would Defrost for 6 minutes and Hold/Time for 2 minutes.

Automatic Cooking

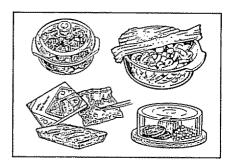
The Auto Cook feature may be used to eliminate your need to look up cooking time in the cookbook or guess how long to set cooking time. By actually sensing the steam that escapes as food microwaves, this feature automatically adjusts the oven's cooking time to various types and amounts of food.

Because most cooking containers must be covered during automatic cooking, this feature is best with foods that you want to steam or retain moisture.

Note:

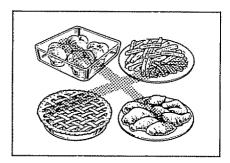
Use of the metal accessory rack with Automatic Cooking is NOT recommended.

Foods Recommended



A wide variety of foods including meats, fish casseroles, vegetables, leftovers and convenience foods can be Auto Cooked.

Foods Not Recommended



Foods that must be cooked uncovered, foods that require constant attention, foods that require addition of ingredients during cooking, and

foods calling for a dry look or crisp surface after cooking should not be Auto Cooked. It is best to Time Cook them.

Foods that microwave best using the temperature probe should be Temp Cooked or Auto Roasted.

Easy to Use

Simply touch three control pads—AUTO COOK, desired CODE, and START. The word "AUTO" appears on the display and the sensor is activated to sense steam from food.

Keep Door Closed

Do not open the oven door while the word "AUTO" is displayed steam escaping from the oven can affect cooking performance. If the door is opened, close the door and touch START immediately.

Automatic Cooking Codes

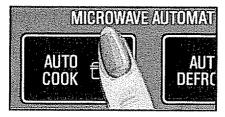
Automatic cooking codes 1 through 8 are designed to give you easy automatic results with a number of foods.

Code 1, designed for reheating foods quickly, turns the oven off automatically as soon as the sensor detects steam from the foods.

When codes 2 through 7 are selected, the oven automatically determines how much more cooking time is needed after steam is sensed. Oven signals and switches to TIME COOK. The word "AUTO" on the display is replaced by the remaining cooking time.

Auto Cook recipes and a cooking control guide can be found on pages 14 through 21.

Example:



Place covered food in oven. Touch AUTO COOK pad. "ENTER CODE" flashes on display.



Touch number pad for desired code. "CODE 2" shows. Touch START.



Word "AUTO" shows on display, indicating steam sensor is activated DO NOT OPEN DOOR. OPENING DOOR WILL AFFECT COOKING PERFORMANCE.



Oven signals when steam is sensed and "AUTO" is replaced by cook time. If necessary, rotate or stir food. When cooking is complete, oven signals and will beep every minute until door is opened or CLEAR/OFF is touched.

How to Adjust AUTO COOK Codes To Suit Your Taste

By simply adding a 1 after any AUTO COOK code number, you can set the oven to cook for approximately 20% less time than the code would regularly provide.

For example, if CODE 4 cooks your chicken more done than you like it, set CODE 41 next time and you'll get 20% shorter cooking time.

If you want a longer cooking time than a code provides, add a 9 after the code.

For the chicken in the example above, CODE 49 would provide approximately 20% longer cooking time than the regular CODE 4 would provide.

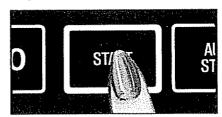
Example:



Touch AUTO COOK pad. "ENTER CODE" flashes on display.



Touch number pads 4 and 1 in that order. "CODE 4" shows on display.



Touch START. "AUTO" shows on display. DO NOT OPEN DOOR until first oven signal, then rotate dish 1/2 turn if necessary. Close door and touch START to finish cooking.

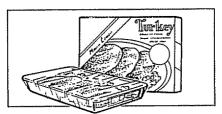
Containers and covers

Appropriate containers and coverings help assure good cooking results.

- Always use microwave-safe containers and cover them with lids, wax paper or plastic wrap. Wonder if it's microwave-safe? Put it to the test described on page 3.
- Never use tight-sealing plastic covers—they can prevent steam from escaping and cause food to overcook.
- Match the amount of food to the size of the container. Fill containers at least half full for best results.
- Be sure the outside of the cooking container 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.
- Some foods may require stirring or rotating after first signal. See Automatic Cooking Control Guide and recipes on the following pages.

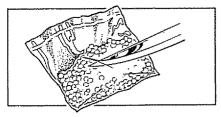


Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lids that fit. If lids are not available, use plastic wrap or wax paper. Plastic wrap should be vented to allow for escaping steam.



For frozen entrees in paperboard trays, remove tray from box but do not remove film over tray. Thick entrees may take longer to cook—see guide on page 20.

For frozen foods in metal trays, remove foil covering and baked goods, reinsert tray into box and close ends of box.



Slit plastic pouches 1 inch as shown above. Break food up after first signal.



Use oblong or square containers for chicken or corn on the cob. Plastic wrap covering should be vented to allow for escaping steam.



Paper plates—while they may be used for Time and Temperature Cooking and Defrosting, do not use them with automatic cooking. Use microwave-safe plates or bowls for reheating. Cover with plastic wrap or wax paper.



Follow Automatic Cooking Control Guide setting for casseroles. Cover casserole meat and vegetables with sauce. Cool hot ingredients or sauces. If they are not cool, use TIME COOK.

Automatic Cooking Main Dishes

The benefit is automatic setting and control of cooking, but just like conventional microwaving you must check the food after the Auto cycle (oven beeps and cook time begins to count down on display) and turn, rotate or stir as recommended.

Meat, Fish & Poultry



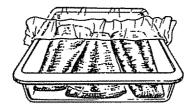
For meat loaves use a round microwave-safe container. Beef loaf uses Auto Cook code 6. Cover with plastic wrap and rotate 1/4 turn after oven signals.



Whole Chicken, chicken breasts and pieces, should be placed in a microwave-safe 8-in square dish, 2-quart oblong glass baking dish or 3-qt. casserole. Cover securely with wax paper or container lid. If cooking bag is used for whole chicken, shield breast bone with small strip of foil. Rotate dish 1/2 turn when oven signals. Use Auto Cook code 6.



Pork Chops automatically cook well in 2-quart oblong glass baking dish, covered with vented plastic wrap. Add barbeque sauce or other sauce on each chop. Microwave using Auto Cook code 8.



Fish fillets should be in single layer in flat pie plate or oblong dish to fit. Cover with plastic wrap or container lid. Use Auto Cook code 59.



Swiss steak should be cut into serving pieces 1/4 thick and placed in a 2-quart oblong glass baking dish. Make sure liquid covers all meat. Cover with plastic wrap and rotate 1/4 turn when oven signals. Use Auto Cook code 7.



Spare ribs should be automatically cooked in a 2-quart oblong glass baking dish or 3-qt. casserole. Make sure liquid covers meat. Cover with plastic wrap or container lid. After oven signals, turn over and rearrange meats. Use Auto Cook code 7.

How to Adapt Microwave Casserole Recipes

Use the following step-by-step instructions and tips when adapting your casserole recipes for automatic cooking.

- 1: Select recipes with precooked ingredients that do not require adding ingredients at different stages during cooking or recipes that require extra attention, stirring or rotating.
- 2: Use microwave-safe containers that are appropriate in size to the food amount. Use 3-qt. containers or smaller.
- 3: For saucy casseroles, cover container with lid or plastic wrap. (No vents.) For cheese or crumbtopped casseroles, remove cover after oven signals and add topping, then continue cooking uncovered.
- **4:** Allow precooked ingredients or hot sauces to cool slightly before adding other ingredients.
- **5:** Meats and vegetables should be submerged in liquid.
- **6:** After oven signals, rotate dish and stir, covering all ingredients with liquid.

Meat or Main Dish Recipes

Mexican Meatball Casserole

Auto Cook Code 6 Approx. Cooking Time—35 min. Makes 6 to 8 Servings

1 lb. ground chuck

1/2 cup dry bread crumbs

1/8 teaspoon pepper

1/2 teaspoon salt

1 teaspoon chili powder

3 tablespoons dry minced onions

1 egg

3 tablespoons ketchup

1/2 cup instant rice

1 can (15½ oz.) kidney beans, undrained

1 can (14½ oz.) tomatoes, chopped and undrained 1 tablespoon chili powder

In large mixing bowl, place meat, bread crumbs, pepper, salt, chili powder, onion, egg and ketchup. Mix well and form into 12 balls. Arrange balls in a circle in 2-qt. casserole. Set aside.

In small mixing bowl, place rice, beans, tomatoes and chili powder. Mix well and pour in center of casserole and over meatballs. Cover with lid. Microwave on Auto Cook code 6. When oven signals, stir casserole.

Sweet Tart Franks

Auto Cook Code 2 Approx. Cooking Time—13 min. Makes about 80 hors d'oeuvres

1 jar (10 oz.) currant jelly1 jar (6 oz.) prepared mustard2 lbs. frankfurters, cut into1-in. pieces

In 3-qt. casserole, stir together jelly and mustard until well blended. Add frankfurters, stirring to coat each piece. Cover with lid. Microwave on Auto Cook code 2.

Chicken Teriyaki

Auto Cook Code 8
Approx. Cooking Time—38 min.
Makes 4 Servings
1/4 cup soy sauce
1/3 cup honey
1/3 cup orange juice
1 whole chicken (about 3 lbs.)
1 tablespoon water
2 tablespoons cornstarch

In small cooking bag, mix soy sauce, honey and orange juice. Add chicken to bag and tie with plastic tie. Turn chicken on its side in $12 \times 8 \times 2$ -in. dish. Marinate 1 hour on each side. Place bird breast side up in dish. Slash bag near closure. Microwave on Auto Cook code 8. When oven signals, remove chicken and prepare Teriyaki sauce. In 1-pt. glass measuring cup, stir together water and cornstarch. Cut off one corner of cooking bag with scissors and drain juices into cup. Microwave at High (10) 1 minute. Remove chicken from bag to serving platter. Pour sauce over chicken just before serving

Classic Ham Loaf

Auto Cook Code 8 Approx. Cooking Time—38 min. Makes 6 Servings

1 lb. ground cooked ham

1/2 lb. ground fresh pork

1/2 cup soft bread crumbs

1/2 cup water

2 tablespoons instant minced onion

1/4 teaspoon pepper

Mix ground ham and pork thoroughly with crumbs, water, onion and pepper. Mold into flat loaf in 9-in. pie plate. Cover with plastic wrap. Microwave on Auto Cook code 8.

Chicken and Rice

Auto Cook Code 4
Approx. Cooking Time-25 min.
Makes 6 Servings

1 can (10½ oz.) condensed cream of mushroom soup 1-1/4 cups milk (1 soup can full)

3/4 cup instant rice
1 can (4 oz.) mushrooms,
stems and pieces, drained

1 pkg. (1½ oz.) dry onion soup mix

1 cut up chicken (about 3 lbs.)

In small mixing bowl, mix soup and milk; reserve 1/2 cup of the mixture. Blend remaining soup mixture, rice, mushrooms and half of the onion soup mix. Pour into a 12 × 8 × 2-in. glass dish.

Place chicken pieces on rice mixture, arranging with meatiest pieces to outside of dish. Pour reserved soup mixture over chicken and sprinkle with remaining dry soup mix. Cover with wax paper and tuck securely under dish. Microwave on Auto Cook code 4.

Swiss Steak

Auto Cook Code 7 Approx. Cooking Time—55 min. Makes 6 Servings

1-1/2 lbs. round steak, 1/2-in. thick, tenderized or pounded with meat mallet

1/4 cup flour

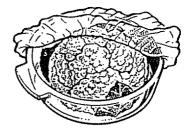
1-1/2 teaspoons salt

1/8 teaspoon pepper
1 medium onion, sliced thin
1 can (14½ oz.) tomatoes

Cut meat in 6 pieces and coat with mixture of flour, salt and pepper. Place in 2-qt. oblong glass baking dish. Cover with onion. Break up tomatoes with fork and pour over top. Cover with wax paper. Microwave on Auto Cook code 7.

Automatic Cooking Vegetables

Fresh or Canned Vegetables



Whole or large halves of vegetables, such as cauliflower or squash, use code 4. For potatoes, use Auto Cook code 6. Match size of container to quantity of vegetables. Cover with lid or plastic wrap. Some vegetables may require stirring or rotating when oven signals.



Vegetable spears or pieces require 1/4 to 1/2 cup of water. Salt vegetables after cooking or put salt in the water before adding vegetables. Use appropriate size covered container. Stir after oven signals. Use Auto Cook code 4.

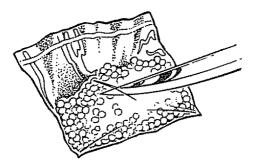


Precooked/canned vegetables should be placed in round container similar in size to amount being cooked (at least half full). Cover with lid or plastic wrap. Use Auto Cook code 2.

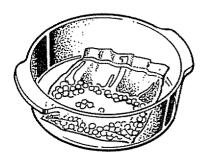
Frozen Vegetables



Block or loose pieces of frozen vegetables should be placed in suitable size container (at least half full). Add 2 tablespoons water. Cover with lid or plastic wrap. Stir after oven signals. Use Auto Cook code 2.



Pouches of frozen vegetables should be slit 1" in center. Place pouch on microwave-safe plate. Use Auto Cook code 3. After oven signals, rearrange vegetables moving center portion to outside edge of pouch.



Alternately, frozen vegetables in pouches can be slit with an "X" shaped slit and placed in glass container with "X" downward. After cooking, pick up pouch and empty food into dish through opening.

Vegetable Recipes

Stir Fry Vegetables

Auto Cook Code 31 Approx. Cooking Time—15-18 min. Makes 4 Servings

1 tablespoon oil

1 tablespoon soft butter

3 medium onions, quartered

1 small green pepper, cut in 1/4-in. wide strips

2 cups thinly-sliced cabbage

2/3 cup carrots, sliced diagonally 1/4 cup (1 bunch) sliced green

onions

1 cup broccoli flowerets

2 stalks celery, sliced diagonally

Toss vegetables with oil and butter in 3-qt. microwave-safe casserole. Cover with lid. Microwave on Auto Cook code 31, stirring well when oven signals and time remaining appears on display. Serve immediately.

Summer Garden Stew

Auto Cook Code 6 Approx. Cooking Time—40 min. Makes 6 to 8 Servings

1 medium zucchini, cubed

2 large potatoes, peeled and cubed

2 large carrots, coarsely grated

1 small onion, cut in pieces

1/4 small head of cabbage, sliced

1 can (10¾ oz.) cream of mushroom soup

1 block (8 oz.) pasteurized processed cheese, cubed

1 can (4 oz.) mushroom pieces

1/2 pound smoked sausage, sliced in 1-inch pieces

In a 3-qt. casserole dish, mix all ingredients together until well blended. Cover. Microwave on Auto Cook code 6. Stir well when oven signals.

Eggplant Italiano

Auto Cook Code 5 Approx. Cooking Time—20-25 min. Makes 4 to 6 Servings

1 medium eggplant

2 cans (8 oz. each) tomato sauce

1 to 2 teaspoons oregano

1/2 cup shredded sharp cheddar cheese

1 pkg. (6 oz.) Mozzarella cheese slices

Peel eggplant; slice 1/8-in. thick. Spread 2 tablespoons tomato sauce in bottom of 2-qt. casserole. Layer half of eggplant, 1 can tomato sauce, half of oregano and half of shredded cheese. Repeat layers. Cover. Microwave on Auto Cook code 5. Add Mozzarella cheese and microwave at High (10) 1 to 2 minutes, until cheese has melted.

Corn Pudding

Auto Cook Code 3 Approx. Cooking Time—14 min. Makes 4 Servings

1 egg

1/2 cup milk

1 tablespoon sugar

1 can (16 oz.) cream-style corn

3/4 cup crushed crackers

2 tablespoon butter, cut in pieces paprika

Place egg in 1½-qt. casserole and beat well with fork. Stir in milk, sugar, corn, crackers and butter. Cover. Microwave on Auto Cook code 3. When done, center will be just barely set. Sprinkle with paprika before serving.

Cheesy Broccoli

Auto Cook Code 3 Approx. Cooking Time—25 min. Makes 4-6 Servings

> 1 pkg. (10 oz.) frozen chopped broccoli, defrosted

1 cup instant rice

1 can (10¾ oz.) condensed cream of chicken soup

1 cup milk

1 jar (8 oz.) processed cheese spread

1/4 teaspoon salt

1/8 teaspoon pepper

1/4 cup onion, chopped

1/2 cup celery, chopped

In a 2-qt. casserole, combine broccoli, rice, chicken soup, milk, cheese spread, salt, pepper, onion and celery. Mix well. Cover with lid. Microwave on Auto Cook code 3. Let stand 5 minutes, covered, before serving.

Country Style Yellow Squash

Auto Cook Code 5 Approx. Cooking Time—29 min. Makes 4 to 6 Servings

1 teaspoon salt

2 pounds yellow squash, diced

1/4 cup onion, chopped

1/4 cup butter, melted

1/4 teaspoon pepper

1/4 teaspoon basil

3 slices fresh bread, cubed

1/2 cup shredded cheddar cheese

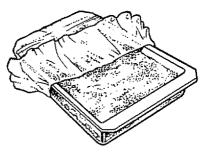
1 cup sour cream

8 strips crisply cooked, crumbled bacon

In 2-qt. glass dish, mix together all ingredients; using 1/2 of crumbled bacon. Cover. Microwave on Auto Cook code 5. Stir when oven signals and sprinkle top with remaining crumbled bacon.

Automatic Cooking Fruits and Desserts

Fruits



Pineapple Casserole is a tangy dessert or meat accompaniment. In 2-quart oblong glass baking dish spread 2 cans (20 oz. ea.) drained pineapple chunks, 3/4 cup sugar and 1/2 cup flour. Cover and microwave on Auto Cook code 2. When oven signals and time remaining appears on display, remove covering and top with mixture of 2 cups buttery-flavored cracker crumbs and 1/2 cup melted butter. Do not recover. Touch "START" and finish cooking.



Baked Apples/Pears automatically cook well using Auto Cook code 2. Match number of apples or pears to size of microwave-safe covered container.



Stewed Fruit and Fruit Compotes should be stirred well before microwaving, especially if sugar is added. Cover; use Auto Cook code 4 and stir once or twice after oven signals and time appears on display. Touch "START" and finish cooking.

Desserts & Breads

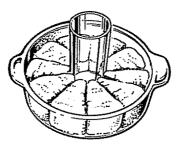
After preparing the ingredients for the individual recipe as shown below the pictures follow these steps for cooking.



Nut Topped Cakes are easy to cook automatically. Grease bottom and sides of microwave-safe fluted cake container and sprinkle bottom evenly with 1/3 cup finely chopped nuts or coconut. Carefully pour batter from one box (2-layer size) cake mix over nuts, cover with wax paper. Microwave on Auto Cook code 69. When oven signals, rotate dish 1/2 turn. Let stand 15 minutes before inverting to cool.

Step 1: Cover with plastic wrap and use Auto Cook code 3.

Step 2: When oven signals and time remaining appears on display, rotate dish 1/4 turn.



Caramel Biscuit Ring uses Auto Cook code 3. Spread 1/4 cup melted butter and 1/2 cup brown sugar in 8-in. round glass dish. Sprinkle with cinnamon and 1/2 cup chopped nuts if desired. Arrange 1 can (10 oz.) refrigerated biscuits around edges and place drinking glass, open end up, in center. See steps above for automatic cooking.

Step 3: When cooking is finished, turn out (upside down) the Nut Cake and Cornbread. Invert Caramel Biscuit Ring and let dish stand over ring a few minutes before serving.



Bacon and Cheese Topped Cornbread: Distribute 1/2 cup chopped crisp fried bacon and 1 tablespoon Parmesan cheese in greased 8-in. round glass dish. Carefully pour batter from 1 pkg. (8-1/2 oz.) cornbread mix over above ingredients. See steps above for automatic cooking. Remove covering after signal. Refer to steps 1-3 above for automatic cooking.

Dessert Recipes

Chocolate Chip Bars

Auto Cook Code 6 Approx. Cooking Time—9 min. Makes 24 bars

1/2 cup butter, melted 3/4 cup light brown sugar, firmly packed 2 eggs, beaten

2 eggs, beaten 3/4 teaspoon vanilla

1/4 teaspoon almond extract

3/4 cup walnuts, chopped

1 cup semi-sweet chocolate chips

3/4 cup all-purpose flour 1 teaspoon baking powder powdered sugar

In medium mixing bowl, combine butter, brown sugar, eggs, vanilla and almond extract. Stir until blended. Add walnuts, chocolate chips, flour and baking powder. Mix well. Pour batter into 8-in. square glass baking dish. Cover with plastic wrap and Microwave on Auto Cook code 6.

Mexican Bread Pudding

Auto Cook Code 59 Approx. Cooking Time—15 min. Makes about 6 servings

4 cups bread cubes, lightly packed into cup

1/2 cup brown sugar

1/2 teaspoon cinnamon

1/4 teaspoon salt 1/2 cup raisins

1/4 cup chopped walnuts

1/4 cup slivered almonds

1/4 cup Jack cheese, cubed

1/2 chopped apple (3/4 to 1 cup)

1-3/4 cups milk 1/4 cup butter

2 eggs, beaten

Spread bread cubes evenly in 8-inch round dish. Mix sugar, cinnamon, salt, raisins, walnuts, almonds, cheese and apple together. Sprinkle evenly over bread cubes.

Measure milk into 1-qt. measuring cup. Add butter. Microwave at High (10) 4 minutes, until butter is melted. Rapidly stir in eggs with a fork and mix well. pour over bread mixture. Cover with wax paper. Microwave on Auto Cook code 59.

Cherry Cobbler

Auto Cook Code 3
Approx. Cooking Time—14 min.
Makes 6 to 8 Servings

1 can (20-22 oz.) prepared cherry pie filling

2 cups dry yellow or white cake mix (1 pkg. [9 oz.] or 1/2 pkg. [17 oz.])

1/4 cup melted butter

1/2 cup coarsely chopped nuts 1 teaspoon ground cinnamon

In 8-in. square dish, spread pie filling.

In small bowl, mix together cake mix, butter, nuts, and cinnamon until crumbly. Sprinkle evenly over cherries or in three rows so cherries are visible. Cover with plastic wrap.

Microwave on Auto Cook code 3 rotating dish 1/4 turn and removing plastic wrap when oven signals and remaining time appears on display touch "START" and continue cooking.

Streuseled Apples

Auto Cook Code 2 Approx. Cooking Time—9 min. Makes 6 to 8 Servings

6 cups sliced, peeled apples 3/4 cup brown sugar

1/2 cup all-purpose flour

1/3 cup brown sugar

1/3 cup quick-cooking oats

1/4 cup butter

1/2 teaspoon cinnamon

In 8-inch square dish place apples and 3/4 cup sugar.

With pastry blender mix flour, 1/3 cup sugar, oats, butter and cinnamon until crumbly. Sprinkle over top of apples. Cover with plastic wrap. Microwave on Auto Cook code 2

Pineapple Upside Down Cake

Auto Cook Code 69 Approx. Cooking Time—8 min. Makes 1 (8-in. round) Cake

1/4 cup butter

1/3 cup brown sugar (packed)

1 can (8-1/4 oz.) pineapple slices

4 maraschino or candied cherries, cut in half

3/4 cup all-purpose flour

1/2 cup sugar

1-1/2 teaspoons baking powder

1/4 teaspoon salt

1/4 cup soft shortening

1 egg

1/3 cup liquid from pineapple

3/4 teaspoon vanilla extract

In 8-in. round dish place butter. Microwave at High (10) 3/4 to 1 minute until melted. Sprinkle sugar over butter. Drain pineapple (save liquid) on paper towels and arrange in dish. Decorate with cherries. Place a 2" diameter drinking glass (4" tall) open side up in center of dish.*

In small mixer bowl place flour, sugar, baking powder, salt, shortening, egg, liquid and vanilla. Beat 3 minutes on lowest mixer speed, scraping bowl constantly first 1/2 minute. Carefully spread batter over fruit in dish. Cover with plastic wrap—no vent. Microwave on Auto Cook code 69. Rotate 1/4 turn and remove wrap when oven signals and time remaining appears on display. Touch "START" and continue cooking.

*Tip: Use a small drinking glass like the type you buy containing cheese spreads.

Automatic Cooking Control Guide

- Do not open oven door during Auto cycle. May affect cooking performance. After beeping signal and time appears on display, stir or rotate food.
- Match the amount of the food to the size of the container. Fill containers at least 1/2 full.
- Add 1/4-1/2 cup water to fresh vegetables. Stir or turn over vegetables and meats after first beeping signal.
- Use microwave-safe plates or containers. DO NOT USE PAPER PLATES with Automatic Cooking.
- Be sure the exterior of the cooking container and interior of microwave oven are dry.
- Stir or rotate after oven signals and time appears on display.

NOTE: Oven will not accept "Auto Cook" code if the oven is hot. If the word "Hot" appears, you must cool the oven before using Auto Cook or you may choose to use time or temperature microwave cooking.

Food	"Auto Cook" Code	Container	Approximate Time	Comments
Reheating Food: Canned Foods Room Temp or thin (small amounts at refrig temp.)	1	Microwave-safe container matched to size of food	3-4 min /cup	Cover with plastic wrap or lid to dish.
Refrig temp or thick (large amounts at room temp.)	2	Microwave-safe container matched to size of food.	5 min /cup	2 or more servings are considered large amounts. Cover with plastic wrap or lid.
Deli Foods	1	Microwave-safe container matched to size of food		Cover with plastic wrap or lid to dish
Entrees Frozen (under 1" deep)	5	Cook in container (see comments)	8-10 min	Cook in own container, or for quicker cooking, in glass container NOTE: If entree is in aluminum pan, remove from box, remove lid and put back in original closed box. If entree is in paperboard container, remove from box and microwave with original plastic covering
Leftovers	2	Microwave-safe container matched to size of food	2-4 min /cup	Use bowl with plastic wrap or cover plate with microwave-safe plastic dome
TV Dinner (10-12 oz)	5	Cook in container (see comments)	9-11 min	After completion of the cooking cycle, it may be necessary to stir dense foods, such as potatoes, and Microwave COOK on High (10) an additional 1 to 2 minutes. See also Frozen Entree Comments
Cooking: Casseroles Precooked ingredients	4	2-qt. casserole with lid or 25-35 min cover with plastic wrap.		Make sure liquid covers all ingredients. When oven signals, stir well.
Chicken Breasts (4)	6	dish. Cover with plastic wrap. 1/2 turn. Note the		No additional liquid needed When oven signals, rotate 1/2 turn. Note the preference control 1 is used with breasts to decrease cooking time for best results.
Pieces	6	2-qt. oblong glass baking dish. Cover with plastic wrap. NOTE: Make sure meat doesn't touch covering		No additional liquid needed. When oven signals, rotate 1/2 turn
Whole (3 lbs)	6	2-qt oblong glass baking dish or cooking bag Cover with 2 pieces of overlapping plastic wrap.	30-36 min.	Tie wings and legs and place on trivet If breast bone seems prominent, a I-inch strip of foil may be placed over bone to prevent splitting of wrap. Rotate 1/2 turn when oven signals.
Fish Fillets (1 lb), Defrosted	59			Baste with butter and lemon juice

Food "Auto Cook" Container		Container .	Approximate Time	Comments
Fruit				
Baked Apples (4)	2	2 qt casserole with lid	8-10 min	Core apples. No water needed.
Baked Pears (4)	2	2 qt. casserole with lid.	8-10 min.	No water needed.
Hamburger Casserole, Convenience	6	2 qt. glass dish with lid	13-18 min	Precook ground beef. Drain. Make sure liquid covers all ingredients. When oven signals, stir well and rotate 1/4 turn
Meat Loaf (1½ lb)	6	Glass pie plate Cover with plastic wrap	40-45 min	When oven signals, rotate 1/4 turn
Patties (4-5)	4	8" square dish	9-10 min	Cover with plastic wrap.
Pork Sausage Patties (1/2" thick4)	4	8" glass square dish	6-8 min	Cover with plastic wrap.
Chops (3/4-1" thick)	8	2-qt oblong glass baking dish Cover with plastic wrap and vent	20-25 min	Baste with 1 tablespoon barbecue sauce per chop.
Spareribs (up to 3 lb.)	7	3 qt. oblong glass baking dish. Cover tightly with plastic wrap	1 hr 30 min. to 1 hr 45 min.	Meat must be covered with liquid When oven signals, rearrange meat, making sure it is submerged in liquid It may be necessary to rearrange another time during final cooking
Seafood Pieces (1 lb. shrimp or scallops)	5	1½ qt glass dish 7-9 min. Cover with lid to dish.		Cover with lid to dish
Swiss Steak (1½ lb. round steak)	7	2-qt oblong glass baking dish. Cover with plastic wrap.	50-55 min	Cut into pieces. Make sure liquid covers all meat. When oven signals, turn over and rearrange meat.
Vegetables				
Fresh Artichokes (up to 4 med.)	4	2 qt casserole with lid	12-15 min	Place artichokes in dish stem side down. Add 1/4 cup water. Rotate dish 1/2 turn after oven signals.
Carrots (1 lb. sliced)	4	2 qt glass dish with lid	10-15 min	Add 1/2 cup water. When oven signals, stir well.
Cauliflower (1 med head)	4	2-qt glass dish with lid.	12-15 min.	No water needed Start cooking stem side down
Asparagus (1 lb. cut spears)	4	2-qt. oblong glass baking dish. Cover with plastic wrap.	7-10 min	Add 1/4 cup water. When oven signals, rotate 1/4 turn.
Brussels Sprouts (1 lb.)	4	1½ qt. glass dish with lid.	l 11 min.	Add 1/4 cup water. When oven signals, rotate 1/4 turn.
Potatoes, Baked* 2-4 (6-8 oz each)	6	8-in square glass dish. Cover with plastic wrap	20-25 min	Prick potatoes with fork. When oven signals, rotate 1/2 turn. NOTE: Watch hot dish and steam!
Frozen Block (10 oz.)				
Broccoli	2	1½ qt glass dish with lid	8-10 min	Add 2 tablespoons water When oven signals, stir well
Brussels Sprouts	2	1½ qt. glass dish with lid	8-IO min	Add 2 tablespoons water When oven signals, stir well
Leaf Spinach	2	11/2 qt glass dish with lid	8-10 min	Add 2 tablespoons water When oven signals, stir well
Mixed Vegetables	2	1½ qt glass dish with lid	8-10 min	Add 2 tablespoons water. When oven signals, stir well
Frozen Pouch			de de la constante de la const	
Baby Limas	3	Lay pouch in microwave- safe dish. No cover needed	6-9 min	Make a 1" slit in pouch When oven signals, break up frozen center, and rotate 1/2 turn NOTE: Watch for hot steam
Corn	3	Lay pouch in microwave- safe dish No cover needed	10-12 min	Make a 1" slit in pouch. When oven signals, break up frozen center, and rotate 1/2 turn. NOTE: Watch for hot steam.
Peas	3	Lay pouch in microwave- safe dish No cover needed	6-9 min	Make a I" slit in pouch. When oven signals, break up frozen center, and rotate 1/2 turn. NOTE: Watch for hot steam
Spinach	3	Lay pouch in microwave- safe dish. No cover needed	6-9 min	Make a 1" slit in pouch. When oven signals, break up frozen center, and rotate 1/2 turn. NOTE: Watch for hot steam.

^{*}Excessively dry potatoes may not release enough moisture to activate sensor. Be sure potatoes are fresh and not old and dried-out

If after completion of Auto Cook cycle food needs additional warming, simply re-cover food and use Auto Cook code 1.

Automatic Cooking (continued)

Questions & Answers

Q. Why does my oven automatically cut off after the Auto cycle when using Auto Cook Control Code 1 when it does not for other settings?

A. When using Code 1, there is no second phase of minutes counting down. All the cooking is completed in the first phase during which "AUTO" is displayed.

Q. If my food is not completely cooked after using the suggested Code, what should I do?

A. Use Time Cook I and Power Level 10 for a few minutes until completion.

Q. Do all fresh or frozen vegetables require a standing period after cooking with Auto Cook?

A. Most vegetables are cooked to a crisp state during Auto Cook, just as in regular microwaving. Therefore, it is recommended that you let the vegetables stand for up to 5 minutes depending on size and density of pieces. This standing time also enhances the overall flavor and appearance of most vegetables.

Q. What if I don't fully cover the dish in Auto Cook?

A. Oven senses steam too quickly which shortens the cooking time thus leaving undercooked food. Cover tightly and reset Auto Cook.

Q. Do the shapes and sizes of food make a difference when using Auto Cook?

A. Yes, in some cases, larger pieces will require additional Time Cooking. Be sure to check suggested arrangement of pieces in the dish, since proper arrangement is often a successful tip in regular microwaving.

Q. Do fresh or frozen vegetables require water when using Auto Cook?

A. Yes. Add water as recommended on guide to the vegetables and cover well for even, complete cooking.

Q. Should I use Auto Cook to cook pudding or sauces?

A. Most pudding and sauce recipes require stirring many times during cooking; therefore, Time Cook is recommended.

Q. My scalloped potatoes were not completely cooked when I removed the dish after Auto Cook. What is wrong?

A. If you prepared the sauce in the oven prior to combining the sauce with potatoes, there may have been too much remaining moisture in the oven. Make sure you dry the oven completely before using Auto Cook since this function operates properly by sensing steam in the oven. Also, starting Auto Cook with hot foods creates steam in the oven too soon, and decreases the first sensing cycle.

Q. Are there any other foods which are best Time Cooked, rather than Auto Cooked?

A. Bakery foods, candies, melted chocolate or foods when a dry or crisp surface is desirable, are cooked best by Time Cook.

Q. Would my plastic containers with very tight fitting lids be appropriate for Automatic Cooking?

A. No, most types of plastic storage dishes, butter tubs, etc. with tight fitting lids are not recommended for microwaving. Also tight fitting plastic lids may prevent adequate steam from escaping and food may not cook properly during Automatic Cooking.

Q. I tried to warm some chow mein noodles using Auto Cook. Why didn't this work?

A. Food must have some moisture in order to create steam which helps the auto sensor function. Extremely dry foods such as chow mein noodles, potato chips and other such foods do not have enough moisture.

Q. May I use Auto Cook when I am cooking many foods in more than one dish or casserole?

A. No, because of different food densities, attention needed during cooking, and food amounts, it is best to use Time Cook when cooking many foods.

Automatic Defrosting

With the Auto Defrost feature, the oven automatically sets the defrosting time and power levels for you. You choose the appropriate code number from 1 to 6 for the food you are defrosting, then enter the food weight in pounds and tenths of a pound (See Conversion Guide at right) and touch START. The oven calculates the defrosting time and changes power levels during defrosting to give even defrosting results.

When the oven reaches approximately half of the total defrosting time, the display flashes "TURn," telling you to turn food over and will not continue defrosting until door is opened and START is touched again.

After defrosting time is complete, the oven automatically turns off.

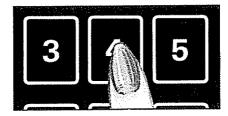
How to Set Auto Defrost

NOTE: Before you begin, check the Automatic Defrosting guide for minimum and maximum food weights for each code number. You will need to know your food weight and corresponding code before beginning.

Step 1: Remove frozen meat from package and place in microwave-safe dish. Place in oven and close door.



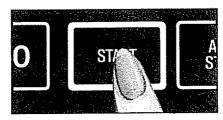
Step 2: Touch AUTO DEFROST pad. "AUTO" appears on the display and "ENTER DEF CODE" flashes.



Step 3: Touch number pad 4. "DEF" and "CODE 4" show on display. "ENTER WEIGHT" flashes.



Step 4: Touch number pad 3 and 0 for weight of 3 lbs. Display shows "3.0" and "CODE 4."



Step 5: Touch START pad. Defrost time begins counting down on display.



Step 6: When 1/2 the defrosting time is completed, the oven signals and "TURn" flashes on display instead of time counting down. Open door and turn package over.

Step 7: Close door and touch the START pad. Display shows remaining defrosting time counting down.



Step 8: When defrosting time is completed, oven signals, "End" flashes, and oven turns off.

Conversion Guide

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

Ounces	Pounds
1-2	. 1
3	. 2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	,8
14-15	.9

Automatic Defrosting Guide

CODE	MINMAX WEIGHT	HOLD TIME*	RECOMMENDED FOOD	
1 2 3 4 5 6	5—4.9 lbs 5—3.9 lbs 5—5.9 lbs 3.0—5.9 lbs 3.0—5.9 lbs .5—3.9 lbs	none 10 min 10 min 20 min 20 min none	Chicken pieces Fish Ground Beef Roasts, Bone in Roasts, Boneless Steaks and Chops	* In Auto Defrost, it is necessary to allow the meat to stand during holding time. You may take the meat out of the oven if you prefer. Allow a longer hold time for larger cuts of meat.

Defrosting by Time

Time Defrost is designed for speedy thawing of frozen food and is one of the great advantages of a microwave oven.

Use Time Defrost to quickly thaw foods such as bread, rolls, vegetables, fruits and frozen dinners. Auto Defrost is preferred for meat and poultry because the oven sets the defrosting time and power levels for you.

- Power level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your cookbook for defrosting help.

To become better acquainted with Time Defrost, defrost a 10-oz. package of frozen strawberries by following the steps below.

Step 1: Place package of frozen strawberries in the oven and close door. Be sure package contains no metal.



Step 2: Touch TIME DEFROST. Display shows ": 0" and "POWER 3." "ENTER DEF TIME" flashes.



Step 3: Select one half of the total defrosting time recommended in your cookbook. For example, touch 4 and MIN for 4 minutes. Display shows "4:00" and "POWER 3." "DEF TIME" flashes.

How to Change Power Level

After setting defrosting time, touch POWER LEVEL pad, then touch desired number for new power level.



Step 4: Touch START. "DEF TIME" shows and time counts down on display. When cycle is completed, the oven signals and flashes "End," then automatically shuts off.

Step 5: Turn package over, close door and repeat Steps 2 and 3 to set remaining half of defrosting time and touch START.

Step 6: When oven signals and flashes "End," open door, remove package and separate strawberries to finish defrosting.

Defrosting Tips

• Foods frozen in paper or plastic can be defrosted in the package.



• For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.



- Family-size pre-packaged frozen entrees can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave safe dish.
- Check your cookbook for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a power level lower than 10 (High).

Q. Can I defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the power level after entering the time by touching the desired power level pad. Power level 7 cuts the total defrosting time about in 1/2; power level 10 cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

Q. Why don't the defrosting times in the cookbook seem right for my food?

A. Cookbook times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your cookbook. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

Q. Should all foods be completely thawed before cooking?

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

Q. Can I open the door during Time Defrost to check on the progress of my food?

A. Yes. You may open the door at any time during most microwaving. To resume defrosting, close the door and press START. The oven begins operating if time is left on timer. If not, reset timer.

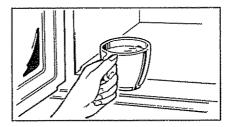
Cooking by Time

The time cooking feature allows you to preset the cooking time.

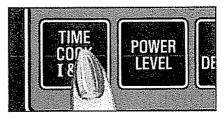
The oven shuts off automatically.

Power level 10 (High) is recommended for most cooking, but you may change this for more flexibility. See your cookbook.

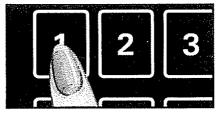
To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water, add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave safe (see Microwaving Tips on page 3). Place cup in oven and close door.



Step 2: Touch TIME COOK I & II. Display shows ": 0" and "1." "ENTER COOK TIME" flashes.



Step 3: Select your time. Touch 1, 2 and 0 for a minute and 20 seconds. Display shows "1:20," "POWER 10" and "COOK TIME."

Because automatic power level 10 is recommended for this cup of coffee, there is no need to change the power level. (If power level 10 is not appropriate, see "How to Change Power Level" at right.)

Step 4: Touch START. "COOK TIME," "POWER 10," and time counting down show on display.

Step 5: When time is up, the oven signals and flashes "End." Oven, light and fan shut off.

Step 6: Open the door.

Using the Time Cook II Feature

The Time Cook II feature lets you set two time cooking functions within one program. This is ideal when you want to change power levels during your cooking operations. Here's how to do it.

Step 1: Place food in oven in microwave-safe container and close the door.

Step 2: Touch TIME COOK I & II pad. Display shows ": 0" and "1." "ENTER COOK TIME" flashes.

Step 3: Select your cooking time. For example, touch 2, 1 and 5 for two minutes and 15 seconds. Display shows "2:15" and "POWER 10." "COOK TIME" flashes.

Step 4: Touch TIME COOK I & II pad.

Step 5: Set your cooking time.

How to Change Power Level

After setting cooking time, touch POWER LEVEL pad, then touch desired number for new power level.

Step 6: Touch START.

Step 7: "POWER 10" is displayed and Cook Time 1 is shown counting down.

Step 8: At the end of Cook Time 1, the second power level is displayed and Cook Time 2 is shown counting down.

Step 9: When time is up, the oven signals and flashes "End." The oven, light and fan shut off.

Step 10: Open the door.

How to Use Auto Start

Auto Start allows you to program your oven to begin cooking at a preset time of day—up to a 12 hour delay.

To Use Auto Start

Step 1: Be sure the microwave oven clock shows the correct time of day. Then enter your desired program.

Step 2: Touch AUTO START pad (instead of START pad)

Step 3: Enter time of day for oven to start. For example touch number pads 5, 0 and 0 to start at 5:00.

Step 4: Touch START pad. The oven will automatically start at the desired time.

Questions and Answers

Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my food wasn't done. What happened?

A. Since house power varies due to time or location, many time cooking recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your food a little longer, if necessary.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK I & II pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I want to cook on a power level other than High. What do I need to do?

A. To change the power level, touch the POWER LEVEL pad, then touch desired number for new power level.

Q. Can I interrupt Time Cook to check the food?

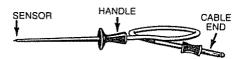
A. Yes. To resume cooking, simply close the door and press the START pad. The timer must be reset for cooking to resume unless time is remaining on timer.

Cooking by Temperature

Internal temperature is the best test of doneness for many foods.

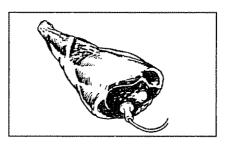
Temp Cook/Hold takes the guesswork out of cooking because the oven automatically switches to Hold setting after reaching the preset food temperature from 90°F, to 199°F, and maintains that temperature for up to one hour or until you touch the CLEAR/OFF pad.

The Temperature Probe

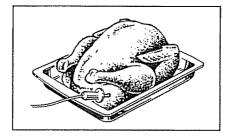


The temperature probe is a food thermometer that gauges the internal temperature of your food. Use the probe when you want to Convection Cook or Combination Cook to a preferred internal food temperature. You must use the probe when using Temp Cook/Hold or Combination Auto Roast. To utilize your probe properly, follow directions for use and insertion below.

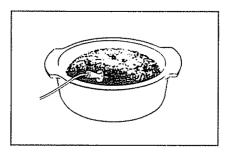
How to Use the Temperature Probe



Place probe so that point rests in center of the thickest meaty part of roast, or into the cut end or meatiest part of boneless ham or lamb. Point should not touch bone, fat or gristle. For bone-in ham or lamb, insert probe into center of lowest large muscle or joint.



Insert probe into meatiest part of inner thigh, below and parallel to the leg of a whole turkey.



For dishes such as meatloaf or casserole, insert probe into center.

How to Temp Cook a Rolled Beef Rib Roast to Medium

Step 1: Insert temperature probe and attach probe securely in oven wall. Close the door.

Step 2: Touch TEMP COOK/ HOLD. The display panel shows "F" and "10" "POWER" and "ENTER FOOD TEMP" flash.

Step 3: Touch 1, 5, 0 for 150°F. "150F" and "10" show on display. "POWER" and "FOOD TEMP" flash.

Step 4: Touch POWER LEVEL pad. "ENTER POWER" flashes. Touch 5 for medium power. "FOOD TEMP," "150F" and "POWER 5" show on display.

Step 5: Touch START. If internal temperature of the roast is less than 90°F., display will show "COOL" or if temperature is 90°F. or above, display shows temperature counting up.

Step 6: When 150°F is reached, the oven will sound and display "HOLd". The oven will then hold the temperature.

Step 7: Touch the CLEAR/OFF pad to stop the cycle.

Step 8: Remove probe and food from the oven.

Cooking Tips

- Use a lower power level; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Cover foods loosely for moisture control and quick, even heating.

Questions and Answers

Q. Are there any foods I can't Temp Cook?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc. soften rapidly at warm temperatures. Batters, doughs and frozen foods are also difficult to cook precisely with the probe. It's best to time cook these foods.

Q. Why did "PRObE" flash on the display after I touched the START pad?

A. "PRObE" may flash if you don't seat the cable end of the probe securely into the receptacle in the oven wall or if you touch the TEMP COOK/HOLD or Combination AUTO ROAST pad and forget to use the probe.

Q. Can I leave my probe in the oven if it's not inserted in food?

A. No, if it touches the oven wall, you may damage the oven.

Q. Can I Temp Cook different portions of food at different temperatures?

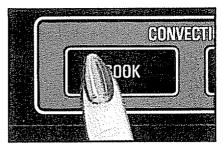
A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place probe in food and change temperature setting as needed.

Convection Time Cooking

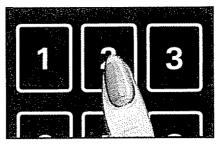
During convection cooking, a heating element is used to raise the temperature of the air inside the oven. Any oven temperature from 225°F. to 450°F. may be programmed. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors. Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food; some foods cook faster than in conventional oven cooking.

NOTE: For information on suggested cookware, see page 10.

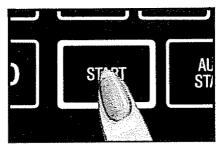
How to Convection Preheat and Time Cook



Step 1: Touch Convection COOK pad. Time of day disappears from the display "F" appears and "ENTER CONV TEMP" flash.

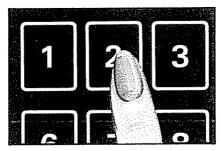


Step 2: Enter the oven temperature by touching the number pads that correspond with the desired oven temperature. For example, touch number pads 2, 7, and 5 for 275°F. The selected temperature is shown in the display and "ENTER CONV TIME" flashes. Do not enter convection cook time now. Proceed to Step 3.



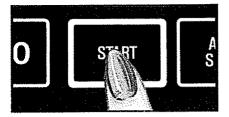
Step 3: Touch START. "PRE" appears in large letters and "CONV PRE" is displayed. When preheating is complete, oven will signal "READY" and "CONV PRE" will flash. If you do not open the door within 30 minutes the oven will turn off automatically.

Step 4: Open the oven door.
"HOT" appears on the display to remind you that the oven is hot and care should be used when placing the food in the oven.



Step 5: Close the oven door. "ENTER CONV TIME" will appear on the display.

Set the desired cooking time in hours and minutes by touching number pads in sequence. For example, to set 2 hours and 30 minutes, touch number pads 2, 3, and 0 in that order. This time appears in the display as "2H:30." To enter time less than one hour, for example, 30 minutes, touch 3 and 0. Display shows "H:30" until Start is touched.



Step 6: Touch START pad. The display shows remaining cooking time. If time is less than 1 hour display shows minutes and seconds. If longer, time counts down minute by minute until 59 minutes remain, then switches to display minutes and seconds. When cooking is completed, the display shows "End" and the oven signals and turns off.

How to Convection Time Cook Without Preheating

Step 1: If your recipe does not require preheating, touch the Convection COOK pad. "ENTER CONV TEMP" flashes.

Step 2: Enter the oven temperature by touching the number pads that correspond to the desired oven temperature. For example, touch number pads 2, 2 and 5 for 225°F. "ENTER CONV TIME" flashes.

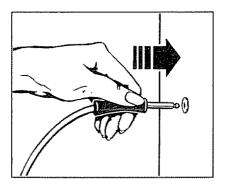
Step 3: Set the desired cooking time in hours and minutes by touching number pads in sequence. For example, to set 2 hours and 30 minutes, touch number pads 2, 3 and 0, in that order. This time appears in the display as "2H:30." To enter time less than one hour, for example, 30 minutes, touch 3 and 0. The display shows "H:30" until Start is touched.

Step 4: Touch START pad.
Cooking begins and cooking time counts down as described above.

Convection Temperature Cooking

You can also convection cook with the temperature probe, to assure that foods are cooked precisely to the degree of doneness desired, while the constantly circulating hot air assures even cooking and delicious browning. The temperature probe monitors the internal temperature of the food and turns the oven off automatically when the desired temperature is reached.

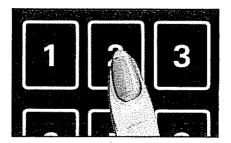
How to Convection Temperature Cook



Step 1: Insert probe in food as directed in cookbook or in this manual. Plug other end of probe securely into wall receptacle.



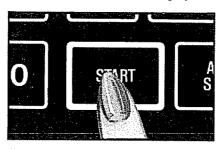
Step 2: Touch Convection COOK pad. Time of day disappears from the display. "F" is displayed and "ENTER CONV TEMP" flashes.



Step 3: Enter oven temperature by touching the number pads that correspond with the desired oven temperature. For example, touch 2, 2, 5 for 225°F. 225 appears on display and "ENTER CONV FOOD TEMP" flashes.



Step 4: Touch the appropriate number pads in sequence to enter the desired food temperature. Any food temperature from 90°F, to 199°F, may be programmed. For example, touch 1, 8 and 0, in that order, for 180°F. The temperature selected is shown on the display.



Step 5: Touch START pad. The display shows "COOL" until the food temperature reaches above 90°F., then it shows actual food temperature as it rises. When food reaches preselected temperature, display shows "End," oven signals and turns off.

Questions and Answers

Q. After I preheated my oven, I tried to set cooking time, but nothing happened. What is the problem?

A. Until you open the oven door or touch the CLEAR/OFF pad, the oven remains in the preheat mode and no further instructions can be entered. After 30 minutes oven automatically turns off.

Q. Can I check during the cooking cycle to be sure that I have set the correct oven temperature?

A. Yes. If you touch the Convection COOK pad at any time during cooking, the selected oven temperature is displayed on the display.

Q. Can I store the probe in the oven when it is not in use?

A. Leaving the probe in the oven is not recommended. If you forget and leave it in during cooking, without having inserted it in food, damage to the probe or to the oven may result.

Combination Time Cooking

Combination cooking offers the best features of microwave energy and convection cooking. Microwaves cook food fast and convection circulation of heated air browns foods beautifully.

Four combination cooking codes make it easy to set your oven for combination cooking. Just enter one digit to automatically set both oven temperature and microwave power level.

How to Combination Time Cook



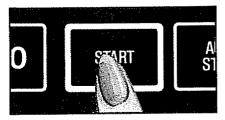
Step 1: Touch Combination COOK pad. The time of day disappears from the display and "ENTER COMB CODE" flashes.



Step 2: Select a combination cooking code by touching a number pad from one to four. The selected code appears in the display and "ENTER COMB COOK TIME" flashes.



Step 3: Enter desired cooking time in hours and minutes by touching number pads in sequence. For example for 1 hour and 20 minutes, touch 1, 2 and 0. Display shows "1H:20." To enter time less than one hour, for example, 30 minutes, touch 3 and 0. Display shows "H:30" until Start is touched.



Step 4: Touch START. Cooking time begins to count down. When time reaches less than 60 minutes, display shows minutes on left of colon and seconds on right. When time is completed, oven signals, flashes "End" and turns off.

Questions and Answers

Q. May I use my metal roasting pan to Combination Cook a roast?

A. No. Do not use metal cookware when using Microwave or Combination cooking. Place metal accessory rack on floor of oven. Then place roast in a glass dish on the rack.

Q. Can I switch from one Combination code to another during cooking?

A. No. The selected Combination code may not be changed during the cooking operation, but you may reprogram the complete cooking instructions if you wish.

Q. Is it necessary to place a glass dish on the oven floor when Combination cooking?

A. No. For best roasting results, place meat in a glass dish. Place dish on the oven rack on floor of oven.

Remember:

- Check page 10 of this book and your cookbook for correct cookware when Combination cooking.
- For best roasting and browning results, whole roasts and poultry should be cooked in a dish placed directly on the oven rack on floor of oven.
- Place meat in a glass dish on a trivet to collect juices and prevent spattering. See Convection preheat instructions on page 26.
- Some recipes call for preheating.

Combination Codes

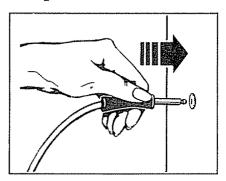
The following guide shows the oven temperature and microwave power (watts) that are automatically set when using that particular code number. You must set the cooking time or internal food temperature as shown above and on page 28. Check your cookbook for specific food instructions.

CODE	OVEN TEMP	MICROWAVE POWER (Watts)
1	250° F.	220
2	275° F.	220
3	300° F.	220
4	350° F.	220

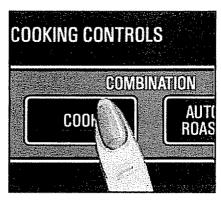
Combination Temperature Cooking

With this function of your new oven, you can enjoy the benefits of combination cooking with the precision of the temperature probe. Four combination codes are shown on the guide on page 29 to make it easy to program microwave power level and oven temperature with only one entry. The probe makes it simple to cook to the exact degree of doneness desired, by monitoring the internal temperature of the food. This function is exactly like combination time cooking except you set internal food temperature desired instead of cooking time.

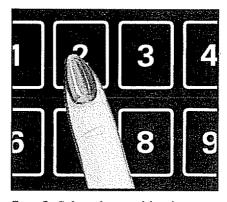
How to Combination Temperature Cook



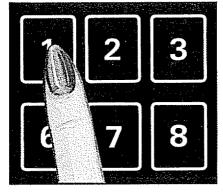
Step 1: Insert the temperature probe into food as directed in this manual or in the cookbook. Plug the other end securely into the oven wall receptacle.



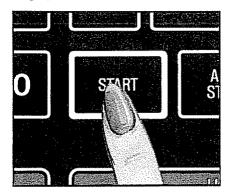
Step 2: Touch Combination COOK pad. "ENTER COMB CODE" flashes and the time of day disappears from the display.



Step 3: Select the combination code by touching a number pad from 1 to 4 depending on oven temperature needed. The code entered is shown on the display and "ENTER COMB FOOD TEMP" flashes.



Step 4: Enter the desired finished food temperature by touching the number pads in sequence. Any food temperature from 90°F, to 199°F, may be programmed. For example, to set 180°F, touch 1, 8 and 0 in that order. The selected temperature is shown on the display.



Step 5: Touch START to begin cooking. The selected food temperature disappears and the display shows "COOL" until internal food temperature reaches 90°F. Then display shows actual food temperature as it rises. When food reaches the selected temperature, the display shows "End" and the oven signals and turns off.

For information on cookware for combination temperature cooking, refer to page 10.

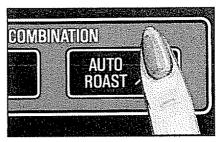
Combination Auto Roast

Combination Auto Roast is similar to combination temperature cooking, using both microwave and convection cooking in conjunction with the temperature probe. However, the Combination Auto Roast feature eliminates most of the steps necessary to program combination temperature cooking. Instead, you can set the entire cooking program by selecting just one Combination Auto Roast code.

The food is placed in a glass dish on a trivet for cooking during Combination Auto Roast. To select a code from 1 to 4, see the Combination Auto Roast Guide below.

How to Combination Auto Roast

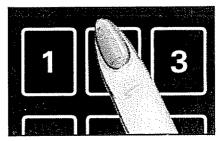
Step 1: Insert temperature probe into the meat and plug the probe firmly into the oven wall receptacle.



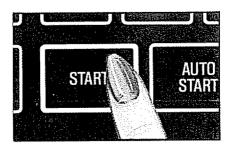
Step 2: Touch the Combination AUTO ROAST pad.



"Auto" replaces the time of day on the display and "ENTER CODE" flashes.



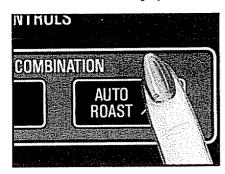
Step 3: Enter the desired combination Auto Roast code by touching a number pad from 1 to 4. For example, touch number pad 2 for Beef, medium.



Step 4: Touch START.



In this example, "MEd," "COMB" and "CODE 2" are displayed.



If you want to see the actual food temperature, press the Combination AUTO ROAST pad.



The probe temperature will be displayed as long as the pad is pressed.

When the food reaches the programmed temperature for proper degree of doneness, the display shows "End" and the oven signals and turns off.

Combination Auto Roast Guide (Use Probe)

Food	Temp.	Code	Doneness Display
Beef, Rare	160°F.	1	RARE
Medium	170°F.	2	MED
Well	190°F.	3	WELL
Lamb, Medium	170°F.	2	MED
Well	190°F.	3	WELL
Pork	190°F.	4	WELL
Chicken, whole	190°F.	4	WELL

(continued next page)

Combination Auto Roast (continued)

Questions and Answers

Q. When I cook poultry, the thin, small areas like legs and wings often overcook before the rest of the bird is thoroughly cooked. How can I prevent this?

A. Thin, uneven portions of poultry may be shielded with aluminum foil during cooking. Do not allow foil to touch metal accessory rack or oven sides, arcing may occur.

Q. Usually my temperature probe gives very accurate results, but this time it didn't. What happened?

A. If the temperature probe is positioned touching fat or bone, an inaccurate reading may result. Be sure to place the probe in solid muscle, usually the thickest, meatiest part of the roast or poultry, or in the center of a meatloaf or casserole.

Q. Meats often take longer than indicated in the guides to reach the desired internal temperature. Why?

A. If the meat is recently defrosted and still very cold or icy inside, it will require a longer cooking time than meat which has been merely refrigerated. Times shown in the guides are usually for meats that are refrigerator temperature.

Q. When I tried to program my oven for Combination Auto Roast, it beeped and flashed "PRObE?" What did I do wrong?

A. Combination Auto Roast cannot be programmed without the temperature probe connected to the oven wall receptacle. To eliminate the "PRObE" display and continue programming the oven, just securely insert the probe into the receptacle.

Q. Do most meats require standing time after Combination Auto Roasting?

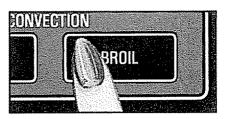
A. You may want to let meats stand briefly, to allow easier carving and serving. Most meat roasts continue to cook for a few minutes after removing from the oven. Check the cookbook for specific instructions.

Convection Broiling

Broiling is cooking food by intense heat from the upper unit in the oven. Most fish and tender cuts of meat can be broiled. Follow these steps to keep spattering and smoking to a minimum.

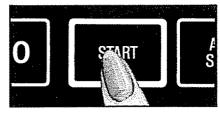
Step 1: If meat has fat or gristle near edge, cut vertical slashes through both about 2" apart. If desired, fat may be trimmed, leaving layer about 1/8" thick.

Step 2: Insert spatter shield onto drip pan. Always use spatter shield so fat drips into drip pan; otherwise juices may become hot enough to catch fire. Aluminum foil may be used to line drip pan and spatter shield. But, be CERTAIN to cut openings in foil, to correspond with slots in the spatter shield so fat drips into pan below.



Step 3: Touch Convection BROIL pad. "ENTER BROIL CODE" flashes.

Step 4: Touch number pad 1 or 2 for desired Broil Code. Code 1 broils at 450°F. Code 2 broils at 425°F. Use Code 1 for thinner cuts of meat. "ENTER BROIL TIME" flashes on display but usually it is recommended that you preheat to preprogrammed broiling temperature. (See Step 5.)



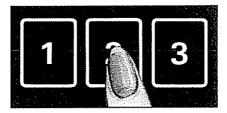
Step 5: Touch START pad. "PRE" appears on the display in large letters and "PRE," "BROIL" and

For broiling time and procedures, refer to chart in cookbook.

"CODE" are displayed in small letters. When preheating is completed, the oven will signal and display "READY."

Note: Oven will hold preprogrammed temperature for 30 minutes and then shut off unless you open the oven door.

Step 6: Open the door. "HOT" will appear on the display to remind you the oven is hot and that care should be taken when placing food in the oven. Place food on broil pan assembly. Pull out metal accessory rack to the stop position and set the broil pan on it. Carefully push rack back into oven and close the door.



Step 7: Close the oven door. "ENTER BROIL TIME" will appear on display.

Enter broiling time by touching number pads in sequence. For 25 minutes, touch 2, 5, 0 and 0.



Step 8: Touch START pad. "BROIL" and "TIME" show on display and broiling time counts down.

Step 9: When broiling is completed, oven signals and flashes "End." Oven, light and fan shut off.

Questions and Answers

Q. May I use aluminum foil to line the drip pan and spatter shield?

A. Yes, if you mold the foil thoroughly to the spatter shield and slit it to conform to the slots in the shield. Slots permit proper drainage of meat juices into drip pan, minimizing smoking and spattering and preventing possibility of fire from overheated drippings.

Q. When broiling, is it necessary to always use the spatter shield in the pan?

A. Yes. Using the spatter shield suspends the meat over the pan. As the meat cooks, the juices fall into the pan, thus keeping meat drier. Juices are protected by the shield and stay cooler, thus preventing excessive spatter and smoking.

Q. Should I salt the meat before broiling?

A. No. Salt draws out the juices and allows them to evaporate. Always salt after cooking. Turn meat with tongs; piercing meat with a fork also allows juices to escape. When broiling poultry or fish, brush each side often with butter.

Q. Why are my meats not turning out as brown as they should?

A. In some areas, the power (voltage) to the oven may be low. In these cases, preheat the broil unit for 10 minutes before placing broiler pan assembly with food in oven. Turn food only once during broiling.

Q. Do I need to grease my broiler spatter shield to prevent meat from sticking?

A. The spatter shield is designed to reflect broiler heat, thus keeping the surface cool enough to prevent meat sticking to the surface. However, spraying the shield lightly before cooking with a vegetable cooking spray will make cleanup easier.

Cooking Reference Guide

This is a Quick Reference to guide you in selecting the best method of cooking. Specific recipes can be adapted to any method of cooking.

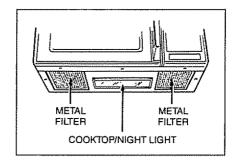
★—Best Method

A —Alternate

N-Not Recommended

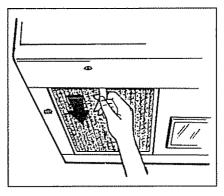
FOODS	MICROWAVE	COMBINATION	CONVECTION
Appetizers			
Dips & Spreads	*	N	N
Pastry Snacks	Α	*	A
Beverages	*	N	N
Sauces & Toppings	*	N	N
Soups & Stews	*	A	N
Meats			:
Defrosting	*	N	N
Roasting	Α	*	A
Poultry			and the state of t
Defrosting	*	N	N
Roasting	A	*	A
Fish & Seafood			
Defrosting	*	N	N
Cooking	*	A	A
Casseroles	A	*	A
Eggs & Cheese		THE STATE OF THE S	
Scrambled, Omelets	*	N	N
Quiche, Souffle	A	A	*
Vegetables, Fresh	*	N	N
Breads	***************************************		
Quick	A	A	*
Yeast	N	A	*
Muffins, Coffee Cake	A	*	A
Desserts			
Cakes, Layer & Bundt	A	A	*
Angel Food & Chiffon	N	N	*
Custard & Pudding	*	N	N
Bar Cookies	A	*	A
Fruit	*	N	N
Pies & Pastry	N	A	*
Candy	*	N	N
Blanching Vegetables	*	N	N
Frozen Convenience Foods	*	A	A

The Exhaust Feature

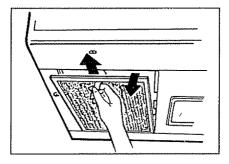


The exhaust hood feature on your microwave oven is equipped with two metal filters which collect grease. When the fan is operated, air is drawn up through the filters and is then discharged through the provided venting to the outside. The hood also has a light for illuminating the counter space.

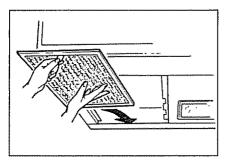
When NIGHT LIGHT pad is touched, the hood light operates at a lower intensity for use as a night light.



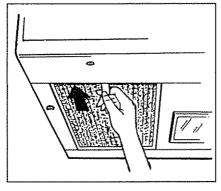
To remove grease filter, grasp the "finger hold" on the filter and slide to the rear.



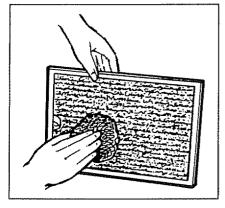
Then pull filter downward and to the front. The filter will drop out.



To replace grease filter, slide the filter in the frame slot on the back of the opening.



Pull filter upward and to the front to lock into place.



To clean grease filter, soak, then agitate filter in hot detergent solution. Don't use ammonia or other alkali because it will darken metal. Light brushing can be used to remove embedded dirt. Rinse, shake and remove moisture before replacing. Filters should be cleaned at least once a month.

Never operate your hood without the filter in place. In situations where flaming might occur on surfaces below hood, filter will retard entry of flames into the unit.

Care of Your Oven

Your new microwave/convection oven is a valuable appliance, protect it from misuse.

Follow these simple care rules:

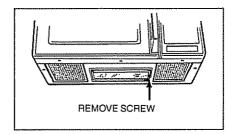
- 1. Keep inside of oven clean. Food spatters or spilled liquids will absorb microwave energy and reduce efficiency of oven. Wipe up when they are still warm.
- 2. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
- 3. A browning dish is designed only for use on the Microwave setting. When microwaving, preheat browning dish or grill only on ceramic oven floor. Do not use dish with the metal accessory rack.
- **4.** Always follow manufacturer's suggestions when using browning dish or accessories.
- **5.** Follow manufacturer's instructions when using microwave utensils or accessories

Oven Cleaning Chart

PART	MATERIALS TO USE	DIRECTIONS
Stainless Steel Oven Interior —Side Walls Only —Ceiling	Damp Cloth Plastic Scouring Ball Non-abrasive Scouring Powder (brush-on type)	Clean with mild detergent and water, then rinse well with well wrung out cloth. If desired, a container of water can be boiled in the oven using microwave energy. This will help loosen soil. For hard-to-remove soil, clean gently with scouring ball. Do not use abrasive cleaners which could scratch or mar surface. For excessive soil, use a chemical cleaner, preferably the brush-on type. Apply and remove according to directions. Use on stainless steel parts only.
Ceramic Oven Floor	Non-abrasive Nylon Mesh Scouring Ball Non-abrasive Cleanser	Wash floor with warm sudsy water
Metal Accessory Rack	Soap and Water Soap-Filled Scouring Pad	Remove rack and clean with one of the recommended materials. Then rinse and dry thoroughly. Some commercial cleaners may cause darkening or discoloration. When using for the first time, test cleaner on small portion of rack. Do not use commercial oven cleaners.
Broil Pan (spatter shield and drip pan)	Soap and Water Soap-Filled Scouring Pad	Drain fat, cool drip pan and spatter shield slightly. (Do not let soiled drip pan and spatter shield stand in oven to cool). Sprinkle on detergent. Fill the pan with warm water and let pan and spatter shield stand for a few minutes. Wash; scour if necessary. Rinse and dry. Do not use commercial oven cleaners OPTION: The drip pan and spatter shield may also be cleaned in a dishwasher.
Inside Oven Door and Window	Soft Cloth Mild Detergent	Wipe off spills or spatters while they are still warm. Use mild detergent and water, then rinse with clear water and dry with soft cloth
Outside Oven Surfaces	Mild Detergent Soft Cloth	Clean with mild detergent and water, rinse and dry with soft cloth. Clean chrome trim with damp cloth and polish immediately with a dry cloth.
Touch Control Panel	Soft Cloth	Open oven door before cleaning to prevent oven from accidentally starting. Wipe with damp cloth followed immediately by a dry cloth.
Temperature Probe	Plastic Ball	Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with scouring ball if necessary. Rinse and dry.

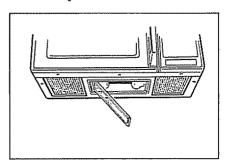
Note: If steam accumulates inside or around outside of oven door, wipe with soft cloth. This may occur when operating the oven under high humidity conditions

Cooktop Light/Night Light



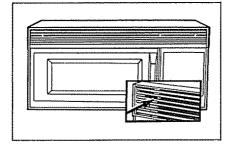
To replace combination cooktop light/night light, first disconnect power at main fuse or circuit breaker panel or pull plug.

Remove screw on right side of light compartment cover and lower cover until it stops.

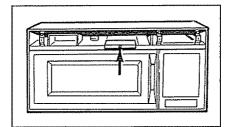


Be sure bulbs to be replaced are cool before removing. Break the adhesive seal by gently unscrewing the bulbs. Replace with 40-watt incandescent bulbs (WB02X4253) available from your GE supplier. High intensity 40-watt bulbs (40S11N/1) which are available in supermarkets and hardware stores may also be used for replacements. Raise light compartment cover and replace screw. Connect electrical power to microwave oven.

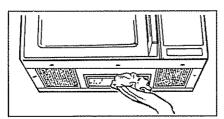
Oven Light



To replace your oven light, first disconnect power at main fuse or circuit breaker or pull plug. Remove the top grill by taking out 3 screws that hold it in place.



Next, remove the single screw located above door near center of oven that secures light housing. Replace burned-out bulb with a 30-watt GE bulb (WB02X4235) available from your GE supplier.

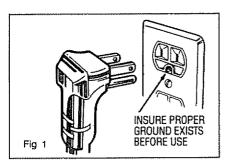


Clean off the grease and dust on hood surfaces often. Use a warm detergent solution. About 1 tablespoon of ammonia may be added to the water. Take care not to touch the filters and enameled surfaces with this. Ammonia will tend to darken metal.

GROUNDING INSTRUCTIONS

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. (Fig. 1)

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



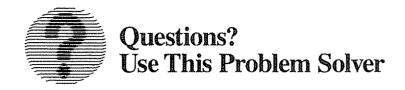
Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do not under any circumstance cut or remove the third (ground) prong from the power cord.

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance.



PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT COME ON	A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.
	• Unplug your microwave/convection oven, then plug it back in.
	• Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	Door not securely closed.
	START must be touched after entering oven selection.
	Another selection entered already in oven and CLEAR/OFF not touched to cancel it.
	Make sure you have entered cooking time or temperature after touching cook pads.
	CLEAR/OFF was touched accidentally. Reset cooking program and touch START.
	• Temperature probe not inserted properly or not being used during Combination Auto Roast or Temp Cook/Hold.
	Make sure you have entered a desired finished food temperature or oven temperature after setting temperature cooking programs.
	Make sure you entered a code number after touching Auto Cook, Auto Defrost, Combination Auto Roast, Combination time cooking or Combination temperature cooking.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	• Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME COOK I & II and additional cooking time for completion.
	 Incorrect power level entered. Check cookbook for recommended power level, or changing levels during cooking if necessary.
	Dish not covered as directed when using Auto Cook.
	• Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check cookbook or recipe for instructions.
	Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check cookbook for recommendation on increased time.
	 Incorrect code number entered after Auto Cook, Combination Cook or Combination Auto Roast.
	Probe not inserted properly into meat or dish when using Temp Cook/Hold or Combination Auto Roast functions. Check cookbook or Cooking by Temperature section of this book for specific instructions.
	Check cookbook for correct accessories such as racks and food placement on them.
	Incorrect finished temperature entered with temperature-controlled functions.
	Flow of air blocked with convection or combination cooking functions.

PROBLEM	POSSIBLE CAUSE AND REMEDY
"PRObE" APPEARS	Temperature probe missing or not plugged in securely when using cooking functions
ON DISPLAY	that measure food temperature.
	Temperature probe is inserted for a program that does not use the probe.

If you need more help...call, toll free: GE Answer Center® 800.626.2000 consumer information service

If You Need Service

To obtain service, see your warranty on the back page of this book.

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are three steps to follow for further help. FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

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

Manager, Consumer Relations GE Appliances Appliance Park Louisville, Kentucky 40225 FINALLY, if your problem is still not resolved, write:

Major Appliance Consumer Action Panel 20 North Wacker Drive Chicago, Illinois 60606

YOUR GENERAL ELECTRIC MICROWAVE OVEN/RANGE WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

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

LIMITED ADDITIONAL NINE-YEAR WARRANTY

For the second through tenth year from 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 the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

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

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRICHOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

WHAT IS NOT COVERED

• Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

GE Answer Center® 800.626.2000 consumer information service

Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, gas, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is used for other than its intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS NOT RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

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

Part No. 164D1352P179 Pub No. 49-4963