

Use & Care Guide

Manual de Uso y Cuidado

English / Español

Models/Modelos: 790.48893*, 790.48883*

Kenmore Elite[®]

Convection Microwave Oven

Microondas de convección

* = Color number, número de color

P/N 316902471

Sears Brands Management Corporation

Hoffman Estates, IL 60179 U.S.A.

www.kenmore.com

www.sears.com



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Please carefully read and save these instructions

This Use & Care Manual contains general operating instructions for your appliance and feature information for several models. Your product **may not** have all the described features. The graphics shown are representative. The graphics on your appliance may not look exactly like those shown. Common sense and caution must be practiced when installing, operating and maintaining any appliance.

Kenmore Elite Warranty

When installed, operated and maintained according to all instructions supplied with the product, if this appliance fails due to a defect in material and workmanship within one year from the date of purchase, call 1-800-4-MY-HOME® to arrange for free repair.

This warranty applies for only 90 days from the date of purchase if this appliance is ever used for other than private family purposes.

This warranty covers only defects in material and workmanship. Sears will NOT pay for:

1. Cracks in a ceramic glass cooktop that are not a result of thermal shock.
2. Stains and scratches on a ceramic glass cooktop resulting from accident or improper operation or maintenance.
3. Expendable items that can wear out from normal use, including but not limited to filters, belts, light bulbs, and bags.
4. A service technician to instruct the user in correct product installation, operation or maintenance.
5. A service technician to clean or maintain this product.
6. Damage to or failure of this product if it is not installed, operated or maintained according to the all instructions supplied with the product.
7. Damage to or failure of this product resulting from accident, abuse, misuse or use for other than its intended purpose.
8. Damage to or failure of this product caused by the use of detergents, cleaners, chemicals or utensils other than those recommended in all instructions supplied with the product.
9. Damage to or failure of parts or systems resulting from unauthorized modifications made to this product.

Disclaimer of implied warranties; limitation of remedies

Customer's sole and exclusive remedy under this limited warranty shall be product repair as provided herein. Implied warranties, including warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law. Sears shall not be liable for incidental or consequential damages. Some states and provinces do not allow the exclusion or limitation of incidental or consequential damages, or limitation on the duration of implied warranties of merchantability or fitness, so these exclusions or limitations may not apply to you.

This warranty applies only while this appliance is used in the United States or Canada.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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Product Record

In this space below, record the date of purchase, model and serial number of your product. You will find the model and serial number printed on the serial plate.

Model No. **790.** _____

Serial No. _____

Date of purchase _____

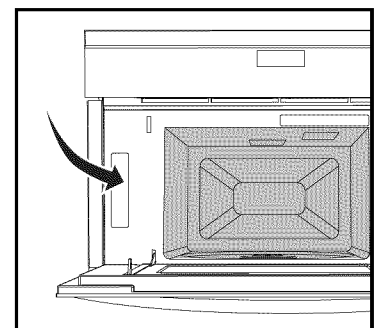
Save these instructions and your sales receipt for future reference.

Printed in USA

Serial Plate Location

You will find the model and serial number printed on the serial plate. The serial plate is located along the interior side trim and visible when the microwave door is opened.

Remember to record the serial number for future reference.



IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

This manual contains important safety symbols and instructions. Please pay attention to these symbols and follow all instructions given.

⚠ WARNING This symbol will help alert you to situations that may cause serious bodily harm, death or property damage.

⚠ CAUTION This symbol will help alert you to situations that may cause bodily injury or property damage.



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

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

⚠ WARNING

When using electrical appliances, basic safety precautions should be followed to reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- **READ ALL** instructions before using the appliance.
- **READ AND FOLLOW** the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" above.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 5.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Some products such as whole eggs and sealed containers - for example, closed jars - are able to explode and **SHOULD NOT** be **HEATED** in this oven.
- Use this appliance **ONLY** for its intended use as described in this manual. **DO NOT** use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
- As with any appliance, **CLOSE SUPERVISION** is necessary when used by **CHILDREN** or **INFIRM PERSONS**.
- **DO NOT** operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
- This appliance, including power cord, must be serviced **ONLY** by qualified service personnel. Contact nearest Kenmore Authorized Servicer for examination, repair or adjustment.
- **DO NOT** cover or block any vents or openings on the oven.
- **DO NOT** store or use this appliance outdoors.

IMPORTANT SAFETY INSTRUCTIONS

⚠ WARNING

- **DO NOT** use this product near water—for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
- **DO NOT** immerse cord or plug in water.
- Keep cord **AWAY** from **HEATED** surfaces.
- **DO NOT** let cord hang over edge of table or counter.
- Review the door cleaning instructions on page 24.
- **DO NOT** mount over a sink.
- **DO NOT** store anything directly on top of the appliance surface when the appliance is in operation.

⚠ CAUTION

To reduce the risk of fire in the oven cavity:

- **DO NOT overcook food. Carefully attend to appliance when 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 bag in oven.
- **If materials inside the oven ignite, keep oven door closed, turn oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.**
- **DO NOT** use the cavity for storage purposes. **DO NOT** leave paper products, cooking utensils or food in the cavity when not in use.

Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from

the Convection Microwave Oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.

To reduce the risk of injury to persons:

- **DO NOT** overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- **DO NOT** use straight-sided containers with narrow necks. Use a wide-mouthed container.
- After heating, allow the container to stand in the Convection Microwave Oven at least for 20 seconds before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

If the oven light fails, consult a Kenmore Authorized Servicer.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCES

GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current.

⚠ WARNING

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

ELECTRICAL REQUIREMENTS

The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. or more protected electrical supply. It is recommended that a separate circuit serving only this appliance be provided.

The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded.

A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord. **DO NOT USE AN EXTENSION CORD.** If the power supply cord is too short, have a qualified electrician or serviceperson install an outlet near the appliance.

Notes:

- If you have any questions about the grounding or electrical instructions, consult a qualified electrician or serviceperson.
- Neither Kenmore nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedures.

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

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

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

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

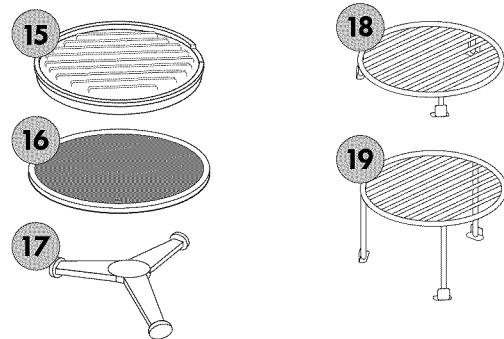
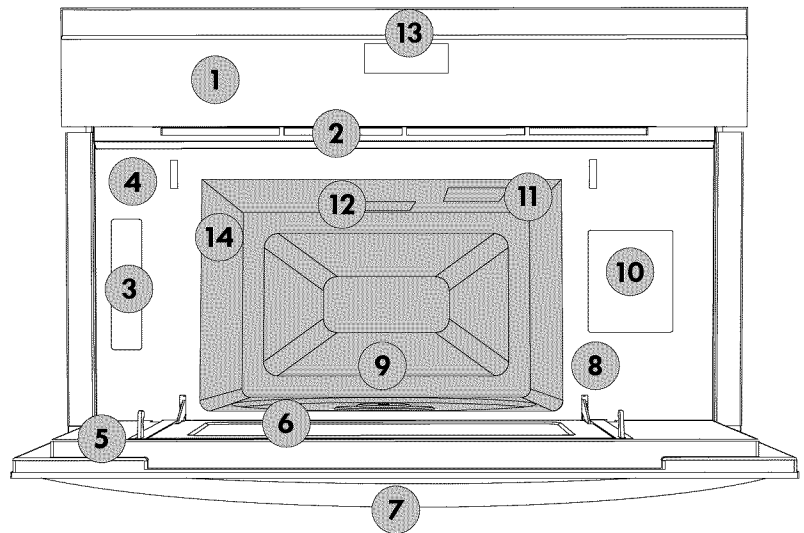
The manufacturer is not responsible for any radio or television interference caused by **unauthorized modification** to this microwave oven. It is the responsibility of the user to correct such interference.

Microwave Features

Note: The features of your oven will vary according to model.

YOUR MICROWAVE OVEN FEATURES AT A GLANCE

1. Control panel
2. Ventilation openings
3. Model / Serial label
4. Door seals and sealing surfaces
5. Safety door latches — The oven will not operate unless the door is securely closed.
6. Oven door with see-through window
7. Door handle
8. Door hinges
9. Turntable motor shaft
10. Menu label
11. Oven light — It will light when oven is operating or door is open.
12. Waveguide cover: **DO NOT REMOVE.**
13. Time display: 99 minutes, 99 seconds
14. Convection Fan
15. A **Popcorn Tray** (NordicWare®) made from heavy weight thermoset polyester (required for cooking popcorn)
16. Removable turntable — Place the turntable on the turntable support securely. The turntable will rotate clockwise or counterclockwise. Only remove for cleaning.
17. Removable turntable support — Carefully place the turntable support in the center of the oven floor.
18. Low Rack
19. High Rack

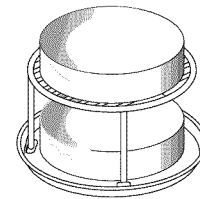


ACCESSORIES

The accessory **15** from the list above is designed especially for microwave popcorn to cook popcorn quickly and efficiently. The accessories **18** and **19** are designed especially for use in the microwave oven for convection, turbo or broil cooking only. **DO NOT USE FOR MICROWAVE ONLY COOKING.** Do not substitute similar types or racks for these specially designed ones.

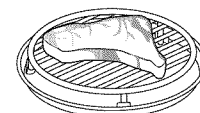
High rack (Baking rack) – for convection and turbo bake.

- This rack is placed on the turntable for two-level cooking, such as layer cakes, muffins, etc.



Low rack (Broiling rack) – for convection, broiling or turbo roast.

- Place on the turntable and use for roasting or broiling to allow juices to drain away from food.



Microwave Oven Important Information

ABOUT YOUR MICROWAVE OVEN

This Use and Care Manual is valuable: read it carefully and always save it for reference.

A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes.

NEVER use the microwave oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the microwave oven. The turntable will turn both clockwise and counterclockwise.

ALWAYS have food in the microwave oven when it is on to absorb the microwave energy.

When using the microwave oven at power levels below 100%, you may hear the magnetron cycling on and off. It is normal for the exterior of the microwave oven to be warm to the touch when cooking or reheating.

Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the microwave oven. Generally, covered foods will not cause as much condensation as uncovered ones. Ventilation openings must not be blocked.

The microwave oven is for food preparation only. It should not be used to dry clothes or newspapers.

Your Convection Microwave Oven is rated 900 watts by using the IEC Test Procedure. In using recipes or package directions, check food a minute or two before the minimum time setting elapses and add time accordingly.

ABOUT MICROWAVE COOKING

- Arrange food carefully. Place thickest areas towards outside of dish.
- Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
- Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent splattering and help foods to cook evenly.
- Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking before dense, thick areas are cooked thoroughly.
- Stir foods from outside to center of dish once or twice during cooking, if possible.
- Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
- Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.

- Use standing time. Always allow food to stand in or out of the oven after cooking power stops. Standing time after defrosting or cooking allows the temperature to evenly spread throughout the food, improving the cooking results.
- Check for doneness. Look for signs indicating that cooking temperatures have been reached.
- **Doneness signs include:**
 - Food steams throughout, not just at edge.
 - Center bottom of dish is very hot to the touch.
 - Poultry thigh joints move easily.
 - Meat and poultry show no pinkness.
 - Fish is opaque and flakes easily with a fork.

ABOUT FOODS

- Always use a **Popcorn Tray** (NordicWare®) made from heavy weight thermoset polyester when popping bagged microwave popcorn.
- Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the microwave oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the microwave oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.
- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.
- Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, we recommend the following: before removing the container from the microwave oven, allow the container to stand in the microwave oven for 30 to 40 seconds after the microwave oven has shut off. Do not boil liquids in narrownecked containers such

Microwave Oven Important Information (continued)

as soft drink bottles, wine flasks and especially narrow necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.

- Do not defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your microwave oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 170°F. Cooking to these temperatures usually protects against foodborne illness.

ABOUT UTENSILS AND COVERINGS

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new microwave oven. Make sure the utensil does not touch the interior walls during cooking.

Use these utensils for safe microwave cooking and reheating:

- glass ceramic (Pyroceram®), such as Corningware®.
- heat-resistant glass (Pyrex®)
- microwave-safe plastics
- paper plates
- microwave-safe pottery, stoneware and porcelain
- browning dish (Do not exceed recommended preheating time. Follow manufacturer's directions.)

These items can be used for short time reheating of foods that have little fat or sugar in them:

- wood, straw, wicker

DO NOT USE

- metal pans and bakeware
- dishes with metallic trim
- non-heat-resistant glass
- non-microwave-safe plastics (margarine tubs)
- recycled paper products
- brown paper bags
- food storage bags
- metal twist-ties

Should you wish to check if a dish is safe for microwaving, place the empty dish in the microwave oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

The following coverings are ideal:

- Paper towels are good for covering foods for reheating and absorbing fat while cooking bacon.
- Wax paper can be used for cooking and reheating.
- Plastic wrap that is specially marked for microwave use can be used for cooking and reheating. DO NOT allow plastic wrap to touch food. Vent so steam can escape.
- Lids that are microwave-safe are a good choice because heat is kept near the food to hasten cooking.
- Oven cooking bags are good for large meats or foods that need tenderizing. DO NOT use metal twist ties. Remember to slit bag so steam can escape.

How to use aluminum foil in your microwave oven:

- Small flat pieces of aluminum foil placed smoothly on the food can be used to shield areas that are either defrosting or cooking too quickly.
- Foil should not come closer than one inch to any surface of the microwave oven.

Should you have questions about utensils or coverings, check a good microwave cookbook or follow recipe suggestions.

ACCESSORIES There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures. Sears is not responsible for any damage to the microwave oven when accessories are used.

ABOUT CHILDREN AND THE MICROWAVE

Children should use the microwave oven with a supervising person very near to them or in the same room.

At no time should anyone be allowed to lean or push down on the microwave oven door.

Children should be taught all safety precautions: use potholders, remove coverings carefully, pay special attention to packages that crisp food because they may be extra hot.

Don't assume that because a child has mastered one cooking skill he/she can cook everything.

Children need to learn that the microwave oven is not a toy.

Microwave Oven Important Information (continued)

ABOUT SAFETY

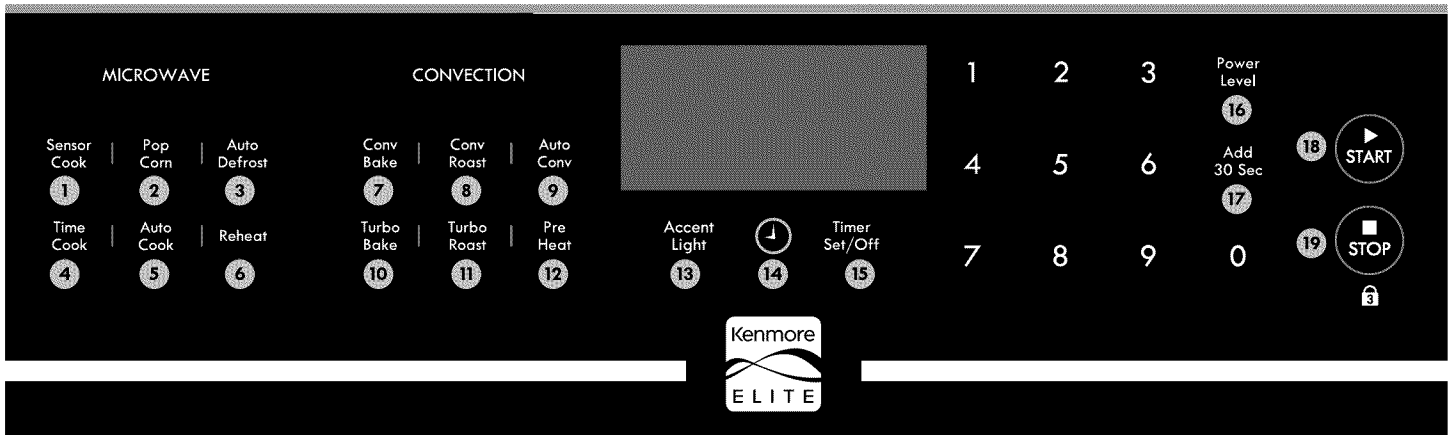
- Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures.

160°F	For fresh pork, ground meat, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.
165°F	For leftover, ready-to-reheat refrigerated, and deli and carry-out "fresh" food.
170°F	White meat of poultry.
175°F	Dark meat of poultry.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.

- ALWAYS use potholders to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
- Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- Stay near the microwave oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- NEVER use the cavity for storing cookbooks or other items.
- Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
- Keep waveguide cover clean. Food residue can cause arcing and/or fires.
- Use care when removing items from the microwave oven so that the utensil, your clothes or accessories do not touch the safety door latches.

Control Pad Features



1. Sensor Cook - Use to cook a wide variety of food by using the moisture sensor.	Page 15
2. Popcorn - Use to automatically cook popcorn.	Page 14
3. Auto Defrost - Use to defrost a wide variety of food.	Page 16
4. Time Cook - Use to enter cook time manually.	Page 13
5. Auto Cook - Use to reheat pizzas and beverages, melt and soften food, or cook a variety of snacks.	Page 17
6. Reheat - Use to select between the sensor reheat and the auto reheat modes.	Page 18
7. Conv Bake - Use to select the convection bake mode for the convection microwave oven.	Page 19
8. Conv Roast - Use to select the convection roast mode for the convection microwave oven.	Page 19
9. Auto Conv - Use to automatically cook by convection (Bake, Roast, Broil) a wide variety of food.	Page 20-22
10. Turbo Bake - Use to cook with both convection heat and microwave (at 10% power).	Page 23
11. Turbo Roast - Use to cook with both convection heat and microwave (at 30% power).	Page 23
12. Preheat - Use to preheat with Convection.	Page 23
13. Accent Light - Use to turn accent light ON and OFF.	Page 12
14. Clock - Use to set the time of day.	Page 12
15. Timer Set/Off - Use to set or cancel timer. The minute timer does not start or stop cooking.	Page 12
16. Power Level - Use to set the microwave power level.	Page 13
17. Add 30 Sec - Use to extend cooking time by 30 seconds.	Page 23
18. START - Use to start all features.	-
19. STOP - Use to cancel any function previously entered.	-

Control Pad Settings & Microwave Menu Label


Microwave oven menu label				
Sensor Cook			Reheat	
1 Ground Meat .5-2 lbs	2 Baked Potato 1-8 med.	3 Frozen Veggies .25-1.25 lbs	1 Sensor Reheat 4-36 oz	
4 Soft Fresh Veggies		5 Hard Fresh Veggies	2 Auto Reheat	
- Broccoli .25-2 lbs	- Cauliflower (whole)1 Medium	- Carrots, sliced .25-2 lbs	1 Rolls/Muffins 1-10 Fresh	
- Brussels sprouts .25-2 lbs	- Spinach .25-1 lbs	- Corn on cob 2-4 pieces	2 Rolls/Muffins 1-10 Frozen	
- Cabbage .25-2 lbs	- Zucchini .25-2 lbs	- Green beans .25-2 lbs	3 Pasta 1-6 cups	
- Cauliflower (flowerets) .25-2 lbs	- Baked apples 2-4 medium	- Winter squash .25-2 lbs diced 1-2 halves	Auto Cook	
6 Frozen Entrees 6-17 oz	7 Chicken Breast .25-2 lbs	8 Rice .5-2 cups	1 Pizza 1-6 slices	
9 Bacon 1-6 slices	0 Fish, Seafood .25-2 lbs		2 Beverage .5-2 cups	
			3 Melt, Soften	
			1 Ice Cream 1 pint, .5 gal	
			2 Cream Cheese 3, 8 oz	
			3 Butter 2 tbs, .5 cup	
			4 Chocolate 1 cup, 1 square	
			4 Snacks	
			1 Microwave Pizza 6-8 oz	
			2 Hand Held Snacks 3-4 oz	
			3 Hand Held Snacks 5-6 oz	
			4 Chicken Nuggets .3-1 lbs	
			5 Frozen Kid's Meal 6-8 oz	
			6 Hot Dogs 1-6	
Auto Conv				
1 Auto Bake	2 Auto Roast	3 Auto Broil		
1 Bundt Cake 1	1 Chicken 2.5-7.5 lbs	1 Hamburgers 1-8 piece		
2 Cookies 1 or 2 pans	2 Turkey 6.5-16 lbs	2 Chicken Pieces .5-3.5 lbs		
3 Muffins 1 or 2 pans	3 Turkey Breast 3-6 lbs	3 Steaks .5-2 lbs		
4 French Fries 3-24 oz	4 Pork 2-3.5 lbs	4 Fish Steaks .5-2 lbs		
Popcorn		Auto Defrost		
USE POPCORN TRAY		1 Ground Meat .5-3 lbs	4 Roast 2-4 lbs	
1 Snack 1.5-1.75 oz	2 Steak/Chops/Fish .5-4 lbs	5 Casserole 2-6 cups		
2 Regular 3-3.5 oz	3 Chicken Pieces .5-3 lbs	6 Soup 1-6 cups		
Convection Temperatures				
1 100°	3 275°	5 325°	7 375°	9 425°
2 150°	4 300°	6 350°	8 400°	0 450°
Quick Start				
1 1 min	3 3 min	5 5 min	7 7 min	9 9 min
2 2 min	4 4 min	6 6 min	8 8 min	



Refer to the menu label when using select options which have pre-programmed foods items. Microwave oven display will light as a reminder to see menu label and select food number.


Getting Started

SETTING CLOCK AT POWER UP

You will be prompted to enter the time of day in the event of a power failure or when you first provide electric power to your appliance.



- When your appliance is first powered up, 12:00 will flash in the display.
- Enter the time of day using the numeric key pads and press **START**  to set.

If an invalid time of day is entered, the clock automatically goes to 12.00. Press **Clock** , then re-enter a valid time of day and press **START** .

Select the **Clock**  key to modify the time of day during other situations such as day light savings.

TIMER SET/OFF

- Suppose you want to time a 3-minute long distance phone call.

1. Press **Timer Set/Off** pad.
2. Enter time by pressing **3 0 0** on the numeric pads.

3. Press **START**  pad. The timer will count down.

To cancel the timer, touch **Timer Set/Off** pad once.

PREHEAT TEMPERATURE DISPLAY

Once a cooking feature has been started in one of the ovens, the control will display the actual oven temperature while preheating. Once the oven reaches the oven set temperature only the oven set temperature will display.

The preheat temperature display is available with the Conv Bake mode.

OVEN LOCK OUT

The Oven Lock Out prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated or locked.

To lock, press and hold **STOP**  for 3 seconds. 

To unlock, press and hold **STOP**  for 3 seconds.


ACCENT LIGHT

Your appliance includes a decorative Accent light centered horizontally across the touch-sensitive control panel. The Accent light comes with a theatre style intensity feature that slowly increases brightness at turn on and slowly fades when turning off.

When the Accent light is off, the light is in automatic mode. This means the Accent light will turn on automatically when an oven or Timer has been activated. The Accent light will turn off automatically when these functions are no longer active.

When the Accent light is OFF, it may be manually turned ON by pressing the Accent Light keypad once. When the Accent light has been manually turned on, it will remain on until manually turned off by pressing the Accent Light keypad again. The brightness of the Accent light may also be adjusted.

See example below to adjust Accent light brightness:


1. Press and hold the **Accent Light** keypad until an acceptance tone sounds (about 6 seconds).
2. Using the numeric keypads, enter any digit from **0** to **100** to change the brightness level. Entering **0** will effectively turn the Accent light OFF until the brightness level is adjusted to a higher level.
3. Press **START**  to save the desired brightness setting.

Manual Operation

TIME COOK

Your Microwave Oven can be programmed up to 99 minutes 99 seconds (99:99). Always enter the seconds after the minutes, even if they are both zeros.


- Suppose you want to cook for 5 minutes at 100%.

1. Press **Time Cook**.
2. Enter cooking time by pressing **5 0 0** on the numeric pads.
3. Press **START** .

TO SET POWER LEVEL

Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

- Suppose you want to cook for 5 minutes at 70%.

1. Enter cooking time by pressing **5 0 0** on the numeric pads.
2. Press **Power Level**.
3. Enter power level by pressing **7** on the numeric pads.
4. Press **START** .

Power level	Common words for power levels
100	High
90	
80	
70	Medium High
60	
50	Medium
40	
30	Med Low/ Defrost
20	
10	Low

MANUAL DEFROST

If the food that you wish to defrost is not listed on the Defrost chart or is above or below the limits in the "Amount" column on the Defrost chart, you need to defrost manually.


You can defrost any frozen food, either raw or previously cooked, by using Power level 30. Follow the exact procedure found under Time cooking. Estimate defrosting time and lower your power level to 30%.

For either raw or previously cooked frozen food the rule of thumb is approximately 5 minutes per pound. For example, defrost 5 minutes for 1 pound of frozen spaghetti sauce.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on power level 30 until totally defrosted.

When using plastic containers from the freezer, defrost only long enough to remove from the plastic in order to place in a microwave-safe dish.

- Suppose you want to defrost for 5 minutes.

1. Enter defrost time by pressing **5 0 0** on the numeric pads.
2. Press **Power Level**.
3. Enter power level by pressing **3** on the numeric pads.
4. Press **START** .

Microwave Operating Instructions

SENSOR MODES

The sensor is a semi-conductor device that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power level for various foods and quantities. Popcorn, Sensor Cook and Sensor Reheat are part of the Sensor Modes.

Using Sensor Modes:

1. After oven is plugged in, wait 2 minutes before using Sensor Modes.
2. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
3. The oven works with foods at normal storage temperature. For example, popcorn would be at room temperature.
4. Any Sensor Modes selection can be programmed with More or less time adjustment.
5. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
6. During the first part of any sensor cooking or reheating, SENSING will appear on the display. Do not open the oven door during this part of the cycle. The measurement of vapor will be interrupted. If this occurs, an error message will appear. To continue cooking, press the **STOP** pad and cook manually.

When the sensor detects the vapor emitted from the food, remainder of cooking time will appear. Door may be opened when remaining cooking time appears on the display. At this time, you may stir or season food, as desired.
7. Except for popcorn and bacon, if the sensor does not detect vapor properly when cooking other foods, ERROR will be displayed.
8. Check food for temperature after cooking. If additional time is needed, continue to cook manually.

COVERING FOODS

Some foods cook better when covered. Use the cover recommended in the food charts.

1. Casserole lid.
2. Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
3. Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.


Be careful when removing any covering to allow steam to escape away from you.

POPCORN

You can cook popcorn by touching a quick pad (**Popcorn**). You don't need to calculate cooking time or power level.

⚠ WARNING

Do not place microwave popcorn directly on the metal turntable. **Always use a Popcorn Tray (NordicWare®) when popping bagged microwave popcorn.**

- Suppose you want to pop a 3.5 oz. bag of popcorn.
1. Press **Popcorn**. , ,
 2. Press **2** for regular size.
 3. Press **START** .

Amount

1. Snack	1.5 - 1.75 oz bag
2. Regular	3 - 3.5 oz bag

Procedure

Use only popcorn packaged for the microwave. Try several brands to decide which you like. Do not try to pop unpopped kernels. Use the popcorn tray provided with your unit to cook popcorn quickly and efficiently. This sensor works well with most brands of microwave popcorn. You may wish to try several and choose your favorite. Pop only one bag at a time. Unfold the bag and place in oven according to directions.

NOTES

The final result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after heating. If additional time is needed, continue to heat manually.

This mode can be programmed with More or less time adjustment. Touch the **Power Level** pad once or twice before touching **START** pad.

Microwave Operating Instructions (continued)

SENSOR COOK

You can cook many foods by touching the **Sensor Cook** pad and the food number. You don't need to calculate cooking time or power level.

- Suppose you want to cook baked potato.

1. Press **Sensor Cook**.
2. Press **2** for baked potato.
3. Press **START** .

NOTES

1. The final result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after heating. If additional time is needed, continue to heat manually.
2. Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
3. This mode can be programmed with More or less time adjustment. Touch the **Power Level** pad once or twice before touching **START** pad.

Food	Amount	Procedure															
1. Ground Meat	0.5 - 2 lb	Use this setting to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave-safe rack and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When oven stops, turn patties over or stir meat in casserole to break up large pieces. After cooking, let stand, covered, for 2 to 3 minutes.															
2. Baked Potato	1 - 8 med.	Pierce with fork in several places. Place on paper towel on turntable. After cooking, remove from oven and let stand wrapped in foil for 5 to 10 minutes.															
3. Frozen Veggies	0.25 - 1.25 lb	Add no water. Cover with lid or plastic wrap. After cooking, stir and let stand, covered, for 3 minutes.															
4. Fresh Veggies, Soft		Wash and place in casserole. Add no water if vegetables have just been washed. Cover with lid for tender vegetables. Use plastic wrap for tender-crisp vegetables. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.															
Broccoli	0.25 - 2 lb																
Brussels sprouts	0.25 - 2 lb																
Cabbage	0.25 - 2 lb																
Cauliflower (flowerets)	0.25 - 2 lb																
Cauliflower (whole)	1 medium																
Spinach	0.25 - 1 lb																
Zucchini	0.25 - 2 lb																
Baked apples	2 - 4 medium																
5. Fresh Veggies, Hard		Place in casserole. Add 1-4 tbsp. water. Cover with lid for tender vegetables. Use plastic wrap cover for tender-crisp vegetables. After cooking, stir, if possible. Let stand, covered, for 2 to 5 minutes.															
Carrots, sliced	0.25 - 2 lb																
Corn on cob	2 - 4 pcs.																
Green beans	0.25 - 2 lb																
Winter squash																	
- diced	0.25 - 2 lb																
- halves	1 - 2																
6. Frozen Entrees	6 - 17 oz	Use this pad for frozen, convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered for 1 to 3 minutes.															
7. Chicken Breast	0.25 - 2 lb	Cover with vented plastic wrap. When oven stops, turn over. Shield with small, flat pieces of aluminum foil any areas that are cooking too rapidly. After cooking, let stand, covered 3 to 5 minutes. Chicken should be 160°F.															
8. Rice	0.5 - 2 cups	Place rice into a deep casserole dish and add double quantity of water. Cover with lid or plastic wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed.															
		<table border="1"> <thead> <tr> <th>Rice</th> <th>Water</th> <th>Size of casserole dish</th> </tr> </thead> <tbody> <tr> <td>.5 cup</td> <td>1 cup</td> <td>1.5 quart</td> </tr> <tr> <td>1 cup</td> <td>2 cups</td> <td>2 quart</td> </tr> <tr> <td>1.5 cups</td> <td>3 cups</td> <td>2.5 or 3 quart</td> </tr> <tr> <td>2 cups</td> <td>4 cups</td> <td>3 quart or larger</td> </tr> </tbody> </table>	Rice	Water	Size of casserole dish	.5 cup	1 cup	1.5 quart	1 cup	2 cups	2 quart	1.5 cups	3 cups	2.5 or 3 quart	2 cups	4 cups	3 quart or larger
Rice	Water	Size of casserole dish															
.5 cup	1 cup	1.5 quart															
1 cup	2 cups	2 quart															
1.5 cups	3 cups	2.5 or 3 quart															
2 cups	4 cups	3 quart or larger															





Microwave Operating Instructions (continued)

Food	Amount	Procedure
9. Bacon	1 - 6 slices	Prepare on the popcorn tray. Lay up to six uncooked bacon strips across the tray. When cooked, remove from the tray and place on paper towel to absorb any bit of fat there is. Allow it to sit for about 1 minute to cool. The bacon will be crispy and delicious.
0. Fish / Seafood	0.25 - 2 lb	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with plastic wrap. After cooking, let stand, covered, 3 minutes.

AUTO DEFROST

Auto Defrost automatically defrosts all the foods found in the chart below and also see menu label for selections.

- Suppose you want to defrost a 2.0 pound steak.

1. Press **Auto Defrost**.
2. Press number **2** for steaks.
3. Press **START** .
4. Enter weight by pressing the number pads **2** and **0**.
Ex: 2.0 lb steak.
5. Press **START** . The oven will stop so the food can be checked.
6. After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door. Press **START** .
7. After the 2nd stage, open the door. Shield any warm portions. Close the door. Press **START** .

After defrost cycle ends, let stand, covered.

NOTES

1. For best results, it is recommended to place food on the popcorn tray.
2. To defrost other food or foods above or below the weights allowed on the Defrost chart, use time and 30% power. See Manual defrost.
3. Auto Defrost can be programmed with More or less time adjustment. Touch the **Power Level** pad once or twice before touching **START** pad.
4. Should you attempt to enter more or less than the allowed amount in the chart below, an error beep will sound.
5. Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed.
6. Shielding prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

Food	Amount	Default	Procedure
1. Ground Meat	0.5 - 3 lb	0.5 lb	Remove any thawed pieces after each stage. Let stand, covered, for 5 to 10 minutes.
2. Steak/Chops /Fish	0.5 - 4 lb	0.5 lb	After each stage, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is almost defrosted. Let stand, covered, for 10 to 20 minutes.
3. Chicken Pieces	0.5 - 3 lb	0.5 lb	After each stage, rearrange pieces or remove portions should they become warm or thawed. Let stand, covered, for 10 to 20 minutes.
4. Roast	2 - 4 lb	2.0 lb	Start defrosting with fat side down. After each stage, turn roast over and shield the warm portions with aluminum foil. Let stand, covered, for 30 to 60 minutes.
5. Casserole	2 - 6 cups	2 cups	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.
6. Soup	1 - 6 cups	1 cup	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.

Microwave Operating Instructions (continued)

AUTO COOK

Your oven has convenient pads to assist with meal preparation. The Auto Cook settings will automatically compute the correct cooking time and microwave power level for foods shown in the following charts.

- Suppose you want to melt 1/2 cup of butter.

1. Press **Auto Cook**.
2. Press **3** for Melt, Soften.
3. Press **START** to confirm.
4. Press **3** for Butter.
5. Press **START** to confirm. ,
6. Press **2** for 1/2 cup.
7. Press **START** .

NOTES

1. All Auto Cook settings can be programmed with More or less time adjustment. Touch the **Power Level** pad once or twice before touching **START** pad. See More or less adjustment.
2. Should you attempt to enter more or less than the allowed amount in the chart below, an error beep will sound.
3. More or less than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
4. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.

Food	Amount	Default	Procedure
1. Pizza	1 - 6 slices (6 - 8 oz)	1 slice	Use this setting to reheat refrigerated leftover pizza, 1 slice is approximately 1/8th of a 12-inch pizza or 1/12th of a 16-inch pizza. If possible, place on paper towel on a microwave-safe rack.
2. Beverage	0.5 - 2 cups	1 cup	This setting is good for restoring a cool beverage to a better drinking temperature. Stir liquid briskly before and after heating to avoid "eruption". The Beverage setting must be entered in 0.1 cup measurements.
3. Melt, Soften			DO NOT COVER.
1- Ice Cream	1 pint 1/2 gallon	1 pint	Touch number 1 for 1 pint. Touch number 2 for 1/2 gallon.
2- Cream Cheese	3 oz 8 oz	3 oz	Touch number 1 for 3 oz. Touch number 2 for 8 oz.
3- Butter	2 tbsp 1/2 cup	2 tbsp	Use a Pyrex measuring cup. Cover with plastic wrap. Touch number 1 for 2 tbsp. Touch number 2 for 1/2 cup.
4- Chocolate	1 cup chips 1 square	1 square	Touch number 1 for 1 cup of chips. Touch number 2 for 1 square.
4. Snacks			
1- Microwave Pizza	1 (6 - 8 oz)	N/A	Use for frozen microwave pizza. Remove from package and unwrap. Follow package directions for use of package and/or silver crisping disc.
2- Handheld Snacks	3 - 4 oz	N/A	Use for frozen french fries, cheese sticks, appetizers etc. Remove from outer package. Follow package directions for how to wrap or cover. Be careful when removing from the oven as snack may be very hot.
3- Handheld Snacks	5 - 6 oz	N/A	Use for frozen french fries, cheese sticks, appetizers etc. Remove from outer package. Follow package directions for how to wrap or cover. Be careful when removing from the oven as snack may be very hot.
4- Chicken Nuggets	0.3 - 1 lb	0.4 lb	Place frozen chicken nuggets on a flat plate allowing space between each, cover food with paper towel. Enter weight and touch START . After cooking, open door, rearrange, close door and touch START . Let stand, covered, for 1 to 3 minutes.
5- Frozen Kid's Meal	6 - 8 oz	N/A	Use this pad for frozen, convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand, covered for 1 to 3 minutes.
6- Hot Dogs	1 - 6	1	Place hot dog in bun. Wrap each with paper towel or napkin. Enter the quantity of hot dogs and touch START .

Microwave Operating Instructions (continued)

REHEAT

The reheat pad includes two different ways of reheating your favorite meals.

The sensor reheat detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the reheat times and power level for various foods and quantities. Refer to the sensor modes section for more informations.

The auto reheat settings automatically computes the correct warming and heating time and microwave power level for foods shown in the chart below.

- Suppose you want to heat 2 fresh rolls or muffins.

1. Press **Reheat**.
2. Press number **2** for auto reheat.

3. Press **START** to confirm.
4. Press number **1** for fresh rolls or muffins.
5. Press **START** to confirm.
6. Press number **2** to select quantity.
7. Press **START** .

NOTES

1. To reheat different foods or foods above or below the quantity allowed, use manual operation.
2. This mode can be programmed with More or less time adjustment. Touch the **Power Level** pad once or twice before touching **START** pad.
3. Should you attempt to enter more or less than the allowed amount in the chart below, an error beep will sound.

1. SENSOR REHEAT

Amount	Procedure
4 - 36 oz	Place in dish or casserole slightly larger than amount to be reheated. Flatten, if possible. Cover with lid, plastic wrap or wax paper. Use covers such as plastic wrap or lids with larger quantities of more dense foods such as stews. After reheating, stir well, if possible. Re-cover and allow to stand 2 to 3 minutes. Foods should be very hot. If not, continue to heat with variable power and time.

2. AUTO REHEAT

Food	Amount	Default	Procedure
1. Fresh Rolls/ Muffins	1 - 10	1	Use this pad to warm rolls, muffins, biscuits, bagels etc. Large items should be considered as 2 or 3 regular size. Arrange on plate; cover with paper towel. For refrigerated rolls or muffins, it may be necessary to double the entered amount to ensure the proper serving temperature. For example, enter quantity of 2 for 1 refrigerated muffin. Touch desired number to select quantity and touch START .
2. Frozen Rolls/ Muffins	1 - 10	1	Use this pad to warm frozen rolls, muffins, biscuits, bagels, etc. Large items should be considered as 2 or 3 regular size. Arrange on plate, cover with paper towel. Touch desired number to select quantity and touch START .
3. Pasta	1 - 6 cups	1 cup	Use this pad to reheat refrigerated canned or homemade pasta with sauce. For room temperature pastas, use Less option. Pasta without sauce double the quantity per setting. For example, measure 2 cups of cooked noodles and program for 1 cup. Cover with lid or plastic wrap. Enter the desired number of cups and touch START . After cooking, let stand, covered, 2 to 3 minutes.

Convection Microwave Operating Instructions

CONVECTION COOKING

During convection heating, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly.

This section gives you specific convection cooking instructions and procedures.

The oven should not be used without the turntable in place, and it should never be restricted so that it cannot rotate. You may remove the turntable when preheating the oven and when preparing food to be cooked directly on the turntable.

⚠ CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To PREVENT BURNS, use thick oven gloves when removing the food or turntable from the oven.

TO SET TEMPERATURE LEVEL IN CONVECTION COOKING

There are ten preset temperature levels.

Using lower temperature levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

Temperature numeric pad	Preset temperature level
1	100 °F
2	150 °F
3	275 °F
4	300 °F
5	325 °F
6	350 °F
7	375 °F
8	400 °F
9	425 °F
0	450 °F

CONVECTION BAKE

- Suppose you want to cook at 375°F for 20 minutes.
- Press **Conv Bake**. , ,
 - Select temperature (375°F) by pressing number pad **7**.
 - Press **START** to confirm.
 - Enter cooking time by pressing the number pads **2 0 0 0**.
 - Press **START** .

CONVECTION ROAST

Use convection roast setting for steaks, chops, chicken pieces and many other foods. Only actual cooking time is entered; the temperature is set at 450°F and cannot be changed.

- Suppose you want to preheat and broil a steak for 15 minutes.
- Press **Conv Roast**. ,
 - Enter cooking time by pressing the number pads **1 5 0 0**.
 - Press **START** to confirm.

NOTE

The oven will reach the roast temperature in 7 to 10 minutes depending on temperature of room and available power.

Convection Microwave Operating Instructions (continued)

AUTO CONV

There are three options in Auto Conv: 1. Auto Bake, 2. Auto Roast and 3. Auto Broil. Refer to menu label on microwave oven for quick reference.

1. AUTO BAKE

Auto Bake automatically bakes cakes, brownies, muffins and french fries.

- Suppose you want to bake a bundt cake.

1. Press **Auto Conv.**
2. Press **1** for **1. Auto Bake.**
3. Press **START**
4. Press number **1** for bundt cake.
5. Press **START** .

NOTES

1. This mode can be programmed with More or less time adjustment. Touch the **Power Level** pad once or twice before touching **START** pad.
2. Should you attempt to enter more or less than the allowed amount in the chart below, an error beep will sound.

CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To PREVENT BURNS, use thick oven gloves when removing the food or turntable from the oven.

Setting/Food	Amount	Default	Rack	Procedure
1. Bundt Cake	1 cake	N/A	No rack	Ideal for packaged cake mix or your own recipe. Prepare according to package or recipe directions and place in a greased and floured bundt pan. Place pan in oven. Cool before frosting and serving.
2. Cookies	1 or 2 pizza pan	N/A	1 pizza pan No rack 2 pizza pans High	Ideal for refrigerated cookie dough. Prepare according to package or recipe directions and place on a greased and floured 12-inch pizza pan. Cookies should be approximately 1/3-inch thick and 2-inches in diameter for best results. When the oven has reached the cooking temperature, it will prompt you to place food in the oven. Place food in the oven and press START to begin cooking. Cool before serving.
3. Muffins	6 - 12 cups 1 or 2 muffin pans	N/A	1 pan No rack 2 pans High	Ideal for packaged muffin mix or your own recipe for 6-12 medium size muffins. Prepare according to package or recipe directions and place in muffin pan. When the oven has reached the cooking temperature, it will prompt you to place food in the oven. Place food in the oven and press START to begin cooking.
4. French Fries	3 - 24 oz 1 or 2 pizza pans For more than 12 oz use 2 pans	3 oz	1 pizza pan No rack 2 pizza pans High	Use frozen prepared french fries. No preheat is required for the french fries baking procedure. Place french fries on pizza pan. For shoestring potatoes, touch Power Level pad twice to enter less time before touching START pad.

Convection Microwave Operating Instructions (continued)

AUTO CONV

2. AUTO ROAST

Auto Roast automatically roasts chicken, turkey, turkey breast or pork.

- Suppose you want to roast a 3.0 pound chicken.

1. Press **Auto Conv.**
2. Press **2** for **2. Auto Roast.**
3. Press **START** .
4. Press number **1** for chicken.
5. Press **START** .
6. Enter weight by touching the number pads **3 0.**
7. Press **START** .

After Roast cycle ends, a long tone will sound. Follow the indicated message.

NOTES

1. This mode can be programmed with More or less time adjustment. Touch the **Power Level** pad once or twice before touching **START** pad.
2. Should you attempt to enter more or less than the allowed amount in the chart below, an error beep will sound.

CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To PREVENT BURNS, use thick oven gloves when removing the food or turntable from the oven.

Setting/Food	Amount	Default	Rack	Procedure
1. Chicken	2.5 - 7.5 lb	2.5 lb	Low	After the cycle ends, cover with foil and let stand for 5-10 minutes.
2. Turkey	6.5 - 16 lb	6.5 lb	Low	Season, as desired. Place on low rack. After the cycle ends, cover with foil and let stand 10 minutes. Internal temperature of white meat should be 170°F and of dark meat, 180°F.
3. Turkey Breast	3 - 6 lb	3 lb	Low	Season, as desired. Place on low rack. After the cycle ends, cover with foil and let stand 10 minutes. Internal temperature of white meat should be 170°F.
4. Pork	2 - 3.5 lb	2 lb	Low	Boneless pork loin is recommended because it cooks evenly. Place on a low rack. After cooking, remove from oven, cover with foil and allow to stand 5-10 minutes. Internal temperature should be 160°F.

Convection Microwave Operating Instructions (continued)

AUTO CONV

3. AUTO BROIL

Auto Broil automatically broils hamburgers, chicken pieces, steaks and fish steaks.

- Suppose you want to broil 2 hamburgers.

1. Press **Auto Conv.**
2. Press **3** for **3. Auto Broil.**
3. Press **START** .
4. Select desired setting.
Ex: for hamburgers, press number **1.**
5. Press **START** .
6. Press number pad **2** to enter quantity.

Follow information in display for cooking information. For well done or rare burgers, touch **Power Level** pad to select More for well done or Less for rare. See More/Less Time Adjustment.

7. Press **START** .

After broil preheat cycle ends, the oven will stop and directions will be displayed. Follow the indicated message. Open the door and place hamburgers into oven. Close the door.

8. Press **START** .

NOTES

1. This mode can be programmed with More or less time adjustment. Touch the **Power Level** pad once or twice before touching **START** pad.
2. Should you attempt to enter more or less than the allowed amount in the chart below, an error beep will sound.

CAUTION

The oven cabinet, cavity, door, turntable, turntable support, racks and dishes will become hot. To PREVENT BURNS, use thick oven gloves when removing the food or turntable from the oven.

Setting/Food	Amount	Default	Rack	Procedure
1. Hamburgers	1 - 8 pieces 0.25 lb each	1 piece	Low	Use this setting to broil hamburger patties. Place on low rack.
2. Chicken Pieces	0.5 - 3.5 lb	0.5 lb	Low	Arrange pieces on low rack. After cooking, let stand, 3-5 minutes. Dark meat should be 180°F, and white meat should be 170°F.
3. Steaks	0.5 - 2 lb	0.5 lb	Low	Use this setting to broil steaks from 3/4" to 1" thick. Individual boneless steaks broil evenly. Place steak on low rack. For well done, touch Power Level once; for rare, touch Power Level twice.
4. Fish Steaks	0.5 - 2 lb	0.5 lb	Low	Use this setting to broil fish steak which is 3/4" to 1" thick. Place on low rack.

Convection Microwave Operating Instructions (continued)

TURBO COOKING

This oven has two pre-programmed settings that make it easy to cook with both convection heat and microwave automatically.

	Oven temperature	Microwave power
Turbo Roast	300°F	30%
Turbo Bake	325°F	10%



With the exception of those foods that cook best by convection heating alone, most foods are well suited to mix cooking using either Turbo Bake or Turbo Roast.

The marriage of these two cooking methods produces juicy meats, moist and tender cakes and fine textured breads, all with just the right amount of browning and crispness.

The temperatures can be changed; however, the microwave power cannot.

The oven temperature can be changed from 100°F to 450°F. When the display says SELECT TEMP, touch desired temperature pad. Ex: Turbo Roast pad, 7. The temperature will change to 375°F automatically.

- Suppose you want to bake a cake at 350°F for 25 minutes on **Turbo Bake**.

1. Press **Turbo Bake**. ,
2. Select temperature by pressing a number pad **6**.
3. Press **START**  .
4. Enter cooking time by pressing the number pads **2 5 0 0**.
5. Press **START** .




NOTE

If you do not want to change the temperature in step 1, omit step 2 and continue the cooking from step 3.

PREHEAT

Your oven can be programmed to combine preheating and convection cooking operations. You can preheat to the same temperature as the convection temperature or change to a higher or lower temperature.

- Suppose you want to preheat to 375°F, and then cook 25 minutes at 375°F convection.

1. Press **Preheat**. ,
 2. Press number **7** for 375°F.
 3. Press **START** .
- After preheat is over, place food in oven.
4. Press **Conv Bake**. ,
 5. Press number **7** for 375°F.
 6. Press **START** .
 7. Enter cooking time by pressing the number pads **2 5 0 0**.
 8. Press **START** .

MORE OR LESS TIME ADJUSTMENT

Should you discover that you like any of the Sensor Modes, Auto Cook, Auto Reheat or Auto Defrost slightly more done, touch the **Power Level** pad once after touching your choice of pads or before touching **START** pad. The display will show MORE.

Should you discover that you like any of the Sensor Modes, Auto Cooks, Auto Reheat or Auto Defrost slightly less done, touch the **Power Level** pad twice after touching your choice of pads or before touching **START** pad. The display will show LESS.

QUICK START

Quick start is a short-cut method to set time for 1-9 minutes at power level 100 - high.

- Suppose you want to heat a cup of soup for two minutes. Press number **2** on the numeric pad.

The oven will start automatically after 2 seconds, beep and then turn off automatically when finished.

ADD 30 SEC

Add 30 Sec provides a convenient way to extend cooking time by 30 seconds while the oven timer is counting down. It will add 30 seconds to the time shown each time the pad is touched.

This pad may also be used as a quick start for 30 seconds of cooking. No need to touch **START**, the oven will start automatically.

Microwave General Care & Cleaning

Disconnect the power cord before cleaning or leave the door open to inactivate the oven during cleaning.


Exterior

Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

Door

Wipe the window on both sides with a damp cloth to remove any spills or splatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

Touch Control Panel

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the Microwave Oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch **STOP** .

Interior — After Microwave Cooking

Cleaning is easy because little heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or splattering. To clean the interior surfaces, wipe with a soft cloth and warm water. **DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS.** For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water.

Interior — After Convection

Splatters may occur because of moisture and grease. Wash immediately after use with hot, soapy water. Rinse and polish dry. Harder to remove splatters may occur if oven is not thoroughly cleaned or if there is long time/high temperature cooking. If so, you may wish to purchase an oven cleaner pad with liquid cleaner within it — not a soap filled steel pad for use on stainless steel or porcelain surfaces.

Follow manufacturer's directions carefully and be especially cautious not to get any of the liquid cleaner in the perforations on the wall or ceiling or any door surfaces.

Rinse thoroughly and polish dry.

After cleaning the interior thoroughly, residual grease may be removed from the interior ducts and heater by simply operating the oven on 450°F for 20 minutes without food. Ventilate the room if necessary.

Waveguide Cover

The waveguide cover is made from mica so requires special care. Keep the waveguide cover clean to assure good oven performance. Carefully wipe with a damp cloth any food splatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. Do not remove the waveguide cover.

Odor Removal

Occasionally, a cooking odor may remain in the oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in oven until cool. Wipe interior with a soft cloth.

Turntable/Turntable Support/Racks

The turntable, turntable support and racks can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and a non-abrasive scouring sponge. They are also dishwasher-proof. Use top rack of dishwasher for turntable support.

Foods with high acidity, such as tomatoes or lemons, will cause the porcelain enamel turntable to discolor. Do not cook highly acidic foods directly on the turntable; if spills occur, wipe up immediately.

The turntable motor shaft is not sealed, so excess water or spills should not be allowed to stand in this area.

Before You Call

Please check the following before calling for service:

Place one cup of water in a glass measuring cup in the oven and close the door securely.

Operate the oven for one minute at HIGH 100%.

- A. Does the oven light come on? YES _____ NO _____
- B. Does the cooling fan work? YES _____ NO _____
(Put your hand over the ventilating openings - see page 6, item 2.)
- C. Does the turntable rotate? (It is normal for the turntable to turn in either direction.) YES _____ NO _____
- D. Is the water in the oven warm? YES _____ NO _____

Remove water from the oven and operate the oven for 5 minutes at CONVECTION 450°F.

- A. Do **CONV** and **COOK** indicators light? YES _____ NO _____
- B. After the oven shuts off, is inside of the oven hot? YES _____ NO _____

If "NO" is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker. If they are functioning properly, CONTACT YOUR NEAREST KENMORE AUTHORIZED SERVICER.

A Convection Microwave Oven should never be serviced by a "do-it-yourself" repair person.

Specifications

790.48892 / 790.48883

AC Line Voltage:	UL Rating: CSA Rating:	Single phase 120V, 60Hz, Ac only Single phase 117V, 60Hz, Ac only
AC Power Required:	UL Rating: CSA Rating:	1.55 Kw, 13.0 amps 1.5 Kw, 13.0 amps
Output Power:*	Microwave Convection	900 watts 1450 watts
Frequency:	2450 MHz	
Outside Dimensions:	790.48893: 790.48883:	27" (W) x 21-3/4" (H) x 20-3/4" (D) 30" (W) x 21-3/4" (H) x 20-3/4" (D)
Cavity Dimensions:**	790.48893: 790.48883:	16-5/32" (W) x 9-21/32" (H) x 16-5/32" (D) 16-5/32" (W) x 9-21/32" (H) x 16-5/32" (D)
Oven Capacity:	790.48893: 790.48883:	1.5 Cu. Ft. 1.5 Cu. Ft.
Weight:	790.48893: 790.48883:	Approx. 84 lbs Approx. 86 lbs

* The International Electrotechnical Commission's standardized method for measuring output wattage. This test method is widely recognized.

** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

In compliance with standards set by:

FCC - Federal Communications Commission Authorized.

DHHS - Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.



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