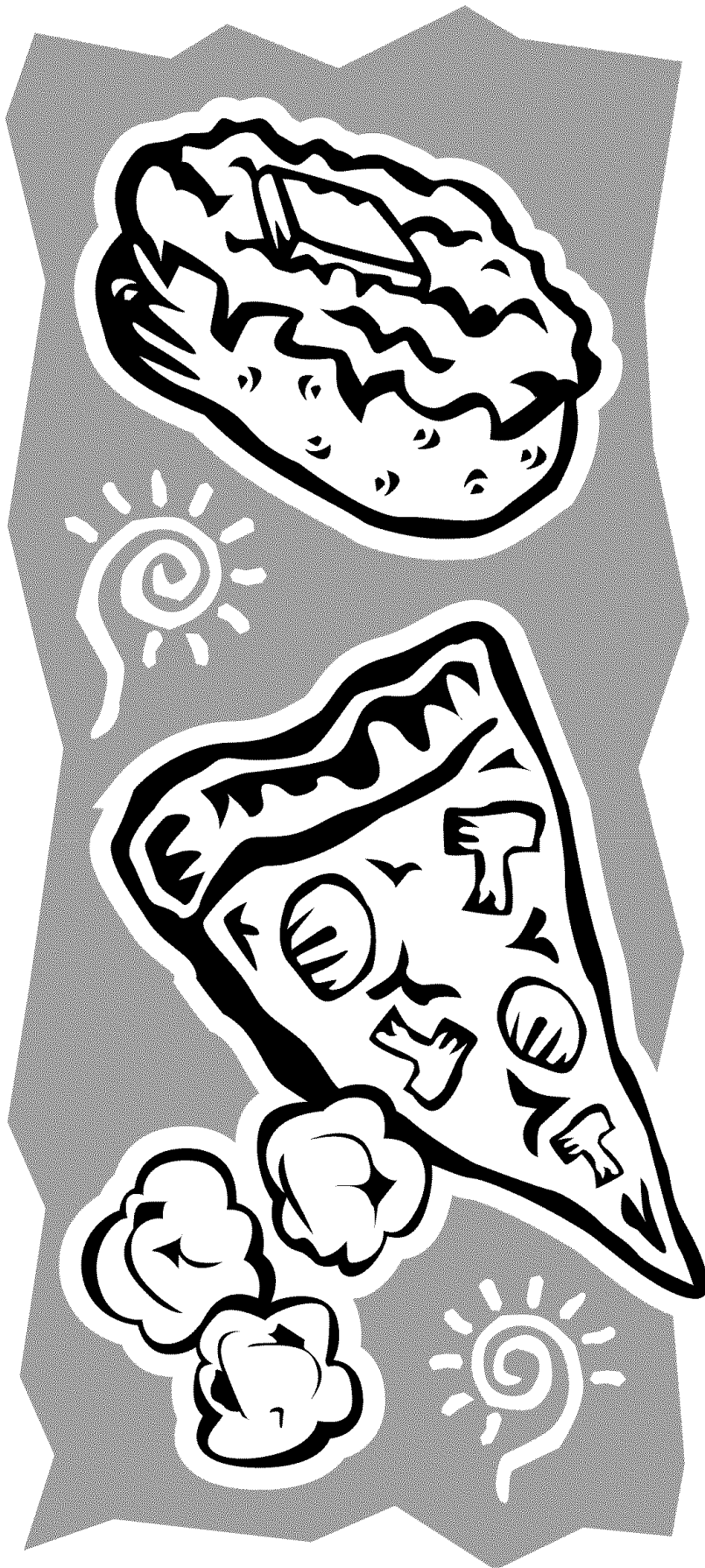




Use & Care

G U I D E

Microwave- Convection Oven



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1-800-253-1301

Call our Customer Interaction Center
with questions or comments.

MODEL GM8155XJ

3828W5A8401/8205981

www.whirlpool.com

A NOTE TO YOU

Thank you for buying a WHIRLPOOL® appliance.

The Whirlpool® Brand is committed to designing quality products that consistently perform for you to make your life easier. To ensure that you enjoy years of trouble-free operation, we developed this Use and Care Guide. It is full of valuable information about how to operate and maintain your appliance properly. Please read it carefully.

Also, please complete and mail the **Product Registration Card** provided with your appliance. The card helps us notify you about any new information on your appliance.

Please record your model's information.

Whenever you call to request service for your appliance, you need to know your complete model number and serial number. You can find this information on the model and serial number label/plate (see the diagram in the "Getting to Know Your Microwave Oven" section).

Please also record the purchase date of your appliance and your dealer's name, address, and telephone number.

Model Number _____

Serial Number _____

Purchase Date _____

Dealer Name _____

Dealer Address _____

Dealer Phone _____

Keep this book and the sales slip together for future reference. It is important for you to save your sales receipt showing the date of purchase. Proof of purchase will assure you of in-warranty service.

Our Customer Interaction Center number is toll free.

1-800-253-1301

To find detailed product information, the location of the nearest Whirlpool dealer or designated servicer, to purchase an accessory item, or register your appliance on-line, please visit our Web site at www.whirlpool.com

MICROWAVE OVEN SAFETY

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER" or "WARNING." These words mean:

⚠ DANGER

You can be killed or seriously injured if you don't immediately follow instructions.

⚠ WARNING

You can be killed or seriously injured if you don't follow instructions.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFETY INSTRUCTIONS

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:

- Read all instructions before using the microwave oven.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found in this section.
- The microwave oven must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found in the "Installation Instructions" section.
- Install or locate the microwave oven only in accordance with the installation instructions.
- Some products such as whole eggs and sealed containers – for example, closed glass jars – may explode and should not be heated in the microwave oven.
- Use the microwave oven only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in the microwave oven. 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.
- Do not operate the microwave oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
- The microwave oven should be serviced only by qualified service personnel. Call an authorized service company for examination, repair or adjustment.
- Do not cover or block any openings on the microwave oven.
- Do not store the microwave oven outdoors. Do not use the microwave oven near water – for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
- 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.
- See door surface cleaning instructions in the "Caring for Your Microwave Oven" section.

SAVE THESE INSTRUCTIONS

continued on next page

IMPORTANT SAFETY INSTRUCTIONS

- Do not operate any heating or cooking appliance beneath the microwave oven.
- Do not mount microwave oven over or near any portion of a heating or cooking appliance.
- Do not mount over a sink.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend the microwave oven 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 bag in oven.
 - If materials inside the oven should 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.

SAVE THESE INSTRUCTIONS

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.

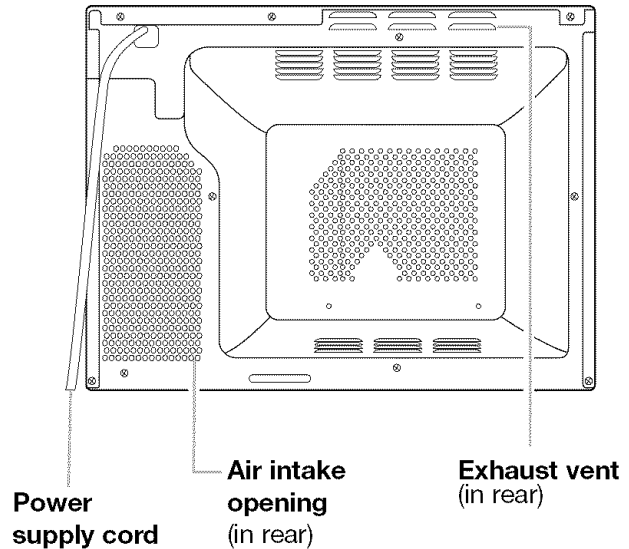
INSTALLATION INSTRUCTIONS

Before you begin operating the oven, carefully read the following instructions.

1. **Empty** the microwave oven. **Clean** the inside with a soft, damp cloth. **Check** for damage such as a door that isn't lined up correctly, damage around the door, or dents inside the oven or on the exterior. If there is any damage, do not operate the oven until a designated service technician has checked it and made any needed repairs.
2. **Put** the oven on a cart, counter, table, or shelf that is strong enough to hold the oven and the food and utensils you put in it. **(The control side of the unit is the heavy side. Use care when handling the oven.)** The weight of the oven is about 55 lbs (25 kg). The microwave oven should be at a temperature above 50°F (10°C) for proper operation.

NOTE: You can build your microwave oven into a wall or cabinet by using one of the trim kits listed in the "Built-in kits" section.

NOTE: Do not block the exhaust vents or air intake openings. Allow a few inches of space at the back of the oven where the exhaust vents are located. Blocking the exhaust vents could cause damage to the oven and poor cooking results. Make sure the microwave oven legs are in place to ensure proper airflow. If vents are blocked, a sensitive thermal safety device may automatically turn the oven off. The oven should work properly once it has cooled.



ELECTRICAL REQUIREMENTS

Observe all governing codes and ordinances. A 120 Volt, 60 Hz, AC only, 15- or 20-amp fused electrical supply is required. (A time-delay fuse is recommended.) It is recommended that a separate circuit serving only this appliance be provided.


⚠ WARNING



Fire Hazard

Do not install the oven next to or over a heat source without a UL approved trim kit. Doing so can result in death, fire, or electrical shock.

⚠ WARNING



Electrical Shock Hazard

Plug into a grounded 3 prong outlet.
Do not remove ground prong.
Do not use an adapter.
Do not use an extension cord.
Failure to follow these instructions can result in death, fire, or electrical shock.

ELECTRICAL REQUIREMENTS (CONT.)

GROUNDING INSTRUCTIONS

- **For all cord connected appliances:**

The microwave oven 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. The microwave oven is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the microwave oven is properly grounded.

Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the microwave oven.

- **For a permanently connected appliance:**

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

SAVE THESE INSTRUCTIONS

GETTING TO KNOW YOUR MICROWAVE OVEN

This section discusses the concepts behind microwave cooking. It also shows you the basics you need to know to operate your microwave oven. Please read this information before you use your oven.

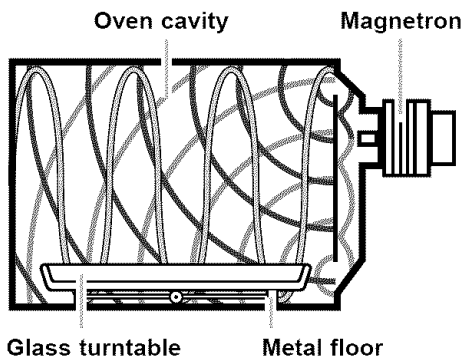
HOW YOUR MICROWAVE OVEN WORKS

Microwave energy is not hot. It causes food to make its own heat, and it's this heat that cooks the food.

Microwaves are like TV waves, radio waves, or light waves. You cannot see them, but you can see what they do.

A **magnetron** in the microwave oven produces microwaves. The microwaves move into the oven where they contact food as it turns on the turntable.

Your oven has a **MAXWAVE™ multiple microwave distribution system**. Microwave energy is released from two locations, giving you better, more even cooking.



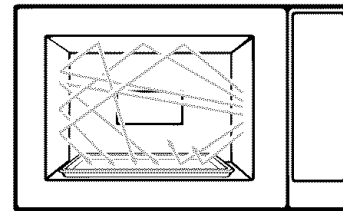
The **glass turntable** of your microwave oven lets microwaves pass through. Then they bounce off a metal floor, back through the glass turntable, and are absorbed by the food.

Microwaves pass through most glass, paper, and plastics without heating them so food absorbs the energy. Microwaves bounce off metal containers so food does not absorb the energy.

HOW CONVECTION COOKING WORKS

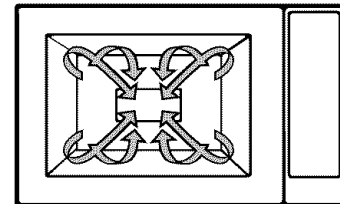
Convection cooking circulates hot air through the oven cavity with a fan. The constantly moving air surrounds the food to heat the outer portion quickly. Your oven uses convection cooking whenever you use the Auto Convection, Manual Convection or Combination cooking programs. **DO NOT USE THE OVEN WITHOUT THE TURNTABLE IN PLACE.**

HOW COMBINATION COOKING WORKS



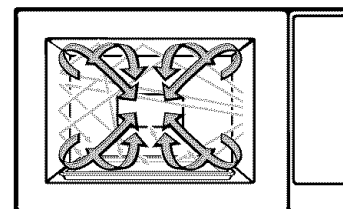
Microwave

+



Convection

=



Combination microwave/convection

Sometimes combination microwave-convection cooking is suggested to get the proper cooking results. It shortens the cooking time for foods that normally need a long time to cook. This cooking process also leaves meats juicy on the inside and crispy on the outside. In combination cooking, the convection heat and microwave energy alternate automatically. Your oven has a setting that makes it easy to cook with both convection heat and microwave energy automatically.

MICROWAVE COOKING TIPS

Amount of food

- **If you increase or decrease** the amount of food you prepare, the time it takes to cook that food will also change. For example, if you double a recipe, add a little more than half the original cooking time. Check for doneness and, if necessary, add more time in small increments.

Starting temperature of food

- **The lower the temperature** of the food being put into the microwave oven, the longer it takes to cook. Food at room temperature will be reheated more quickly than food at refrigerator temperature.

Composition of food

- **Food with a lot of fat and sugar** will be heated faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water in the cooking process.
- **The more dense the food**, the longer it takes to heat. “Very dense” food like meat takes longer to reheat than lighter, more porous food like sponge cakes.

Size and shape

- **Smaller pieces of food** will cook faster than larger pieces. Also, same-shaped pieces cook more evenly than different-shaped pieces.
- **With foods that have different thicknesses**, the thinner parts will cook faster than the thicker parts. **Place** the thinner parts of chicken wings and legs in the center of the dish.

Stirring, turning foods

- **Stirring and turning foods** spreads heat quickly to the center of the dish and avoids overcooking at the outer edges of the food.

Covering food

Cover food to:

- **Reduce** splattering
- **Shorten** cooking times
- **Keep** food moist

You can use any covering that lets microwaves pass through. See “Getting to Know Your Microwave Oven” for materials that microwaves will pass through. If you are using the Sensor function, be sure to vent.

Releasing pressure in foods

- **Several foods** (for example: baked potatoes, sausages, egg yolks, and some fruits) are tightly covered by a skin or membrane. Steam can build up under the membrane during cooking, causing the food to burst. To relieve the pressure and to prevent bursting, **pierce** these foods before cooking with a fork, cocktail pick, or toothpick.

Using standing time

- **Always allow food to stand** after cooking. Standing time after defrosting and cooking allows the temperature to evenly spread throughout the food, improving the cooking results.

- **The length of the standing time** depends on how much food you are cooking and how dense it is. Sometimes it can be as short as the time it takes you to remove the food from the oven and take it to the serving table. However, with larger, denser food, the standing time may be as long as 10 minutes.

Arranging food

For best results, place food evenly on the plate. You can do this in several ways:

- **If you are cooking several items of the same food**, such as baked potatoes, **place** them in a ring pattern for uniform cooking.
- **When cooking foods of uneven shapes or thickness, such as chicken breasts**, **place** the smaller or thinner area of the food towards the center of the dish where it will be heated last.
- **Layer thin slices of meat** on top of each other.
- **When you cook or reheat whole fish**, **score** the skin – this prevents cracking.
- **Do not** let food or a container touch the top or sides of the oven. This will prevent possible arcing.

Using aluminum foil

Metal containers should not be used in a microwave oven. There are, however, some exceptions. If you have purchased food which is prepackaged in an aluminum foil container, refer to the instructions on the package. When using aluminum foil containers, cooking times may be longer because microwaves will only penetrate the top of the food. (See “Oven Utensils Guide”.)

If you use aluminum containers without package instructions, follow these guidelines:

- **Place** the container in a glass bowl and add some water so that it covers the bottom of the container, not more than $\frac{1}{4}$ in. (6.4 mm) high. This ensures even heating of the container bottom.
- **Always remove** the lid to avoid damage to the oven.
- **Use only** undamaged containers.
- **Do not use** containers taller than $\frac{3}{4}$ in. (1.9 cm).
- **Container must be** at least half filled.
- **To avoid arcing**, there must be a minimum $\frac{1}{4}$ in. (6.4 mm) between the aluminum container and the walls of the oven and also between two aluminum containers.
- **Always place** the container on the turntable.
- **Reheating food** in aluminum foil containers usually takes up to double the time compared to reheating in plastic, glass, china, or paper containers. The time when food is ready will vary depending upon the type of container you use.
- **Let food stand** for 2 to 3 minutes after heating so that heat is spread evenly throughout container.

Cooking you should not do in your microwave oven

- **Do not** do canning of foods in the oven. Closed glass jars may explode, resulting in damage to the oven.
- **Do not** use the microwave oven to sterilize objects (baby bottles, etc.). It is difficult to keep the oven at the high temperature needed for sterilization.

RADIO INTERFERENCE

Using your microwave oven may cause interference to your radio, TV, or similar equipment. When there is interference, you can reduce it or remove it by:

- **Cleaning** the door and sealing surfaces of the oven.
- **Adjusting** the receiving antenna of the radio or television.
- **Moving** the receiver away from the microwave oven.
- **Plugging** the microwave oven into a different outlet so that the microwave oven and receiver are on different branch circuits.

FOR THE BEST COOKING RESULTS

- **Always cook food** for the shortest cooking time recommended. Check to see how the food is cooking. If needed, **touch** JET START™ Feature pad while the oven is operating or after the cooking cycle is over (see the “Using JET START™ Feature” section).
- **Stir, turn over, or rearrange** the food being cooked about halfway through the cooking time for all recipes. This will help make sure the food is evenly cooked.
- **If you do not have a cover for a dish**, use wax paper, or microwave-approved paper towels or plastic wrap. Remember to turn back a corner of the plastic wrap to vent steam during cooking.

TESTING YOUR MICROWAVE OVEN

To test the oven, put 1 cup (250 mL) of cold water in a glass container in the oven. Close the door. Make sure it latches. Cook at 100% power for 2 minutes. When the time is up, the water should be heated.

OVEN UTENSILS GUIDE

You can use a variety of utensils and materials in your microwave-convection oven. To prevent damage to utensils and your oven, choose appropriate utensils and materials for each cooking method. The list below is a general guide to help you select the correct utensils and materials.

YES: Utensils to use

NO: Utensils to avoid

MATERIAL	UTENSILS	MICRO-WAVE COOKING	COMBINATION COOKING	CONVECTION COOKING
Ceramic & Glass	Ceramic	YES	YES	YES
	Ovenproof, Heat-Tempered, Microwave-Safe Glassware	YES	YES	YES
	Glassware with Metal Decoration	NO	NO	YES
	Lead Glass	NO	NO	YES
China	Without Metal Decoration (Ovenproof and Heat-Tempered)	YES	YES	YES
Pottery	Ovenproof pottery	YES	YES	YES
Plastic	Ovenproof Microwave-safe plasticware	YES	YES	YES
		YES	NO	NO
Metal	Bake/Roast Rack	NO	NO	YES
	Metal Baking Pan	NO	NO	YES
Aluminum Foil		*	*	YES
Paper	Cups, Plates, Towels	YES	NO	NO
Straw, Wicker, Wood		YES	NO	NO
Wax Paper		YES	NO	NO
Plastic Wrap		YES	NO	NO

* Refer to “Microwave cooking tips” and “Questions and Answers” for proper use.

TESTING YOUR DINNERWARE OR COOKWARE

Test dinnerware or cookware before using. To test a dish for safe use, put it into the oven with 1 cup (250 mL) of water beside it. Cook at 100% cook power for one minute. **If the dish gets hot and water stays cool, do not use it.** Some dishes (melamine, some ceramic dinnerware, etc.) absorb microwave energy and may become too hot to handle or may slow cooking times. Cooking in metal containers not designed for microwave use could damage the oven, as could containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).

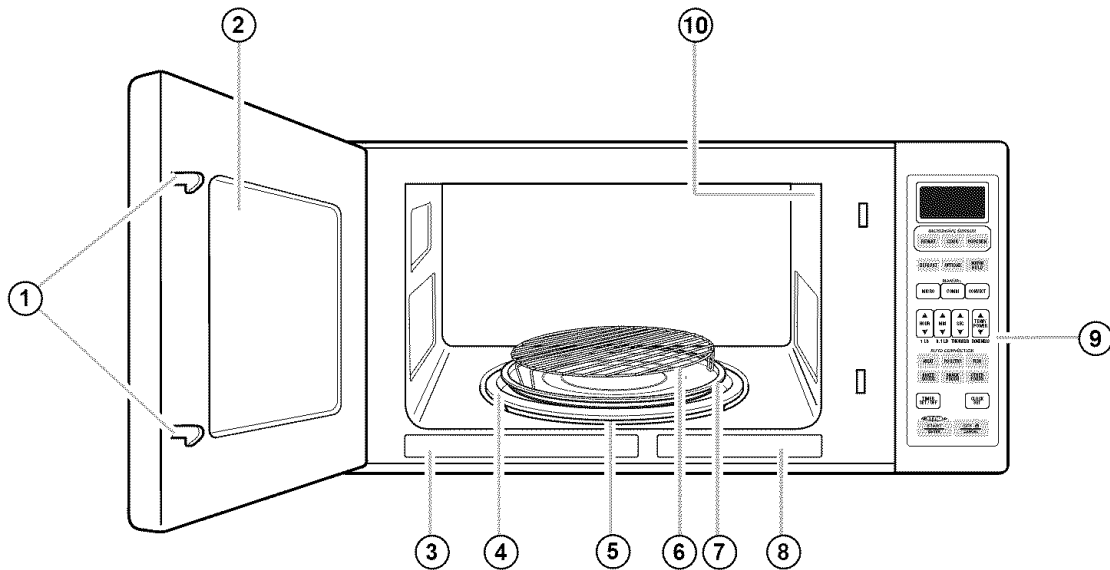
OPERATING TIPS

- **Never** lean on the door or allow a child to swing on it when the door is open.
- **Use hot pads.** Microwave energy does not heat containers, but the heat from the food can make the container hot.
- **Do not** use newspaper or other printed paper in the oven.
- **Do not** dry flowers, fruit, herbs, wood, paper, gourds, or clothes in the oven.
- **Do not** start a microwave oven when it is empty. Product life may be shortened. If you practice programming the oven, **put** a container of water in the oven. It is normal for the oven door to look wavy after the oven has been running for a while.
- **Do not** try to melt paraffin wax in the oven. Paraffin wax will not melt in a microwave oven because it allows microwaves to pass through it.
- **Do not** operate the microwave oven unless the glass turntable is securely in place and can rotate freely. The turntable can rotate in either direction. **Make sure** the turntable is correct-side up in the oven. **Handle your turntable with care** when removing it from the oven to avoid possibly breaking it. If your turntable cracks or breaks, contact your dealer for a replacement.
- **When you use a browning dish,** the browning dish bottom must be at least $\frac{3}{16}$ in. (5 mm) above the turntable. Follow the directions supplied with the browning dish.
- **Never cook or reheat a whole egg inside the shell.** Steam buildup in whole eggs may cause them to burst, and possibly damage the oven. **Slice** hard-boiled eggs before heating. In rare cases, poached eggs have been known to explode. **Cover** poached eggs and **allow** a standing time of one minute before cutting into them.
- **For best results, stir any liquid several times during heating or reheating.** Liquids heated in certain containers (especially containers shaped like cylinders) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (coffee granules, tea bags, etc.). This can damage the oven.
- **Microwaves** may not reach the center of a roast. The heat spreads to the center from the outer, cooked areas just as in regular oven cooking. This is one of the reasons for letting some foods (for example, roasts or baked potatoes) stand for a while after cooking, or for stirring some foods during the cooking time.
- **Do not deep fry in the oven.** Microwavable utensils are not suitable and it is difficult to maintain appropriate deep-frying temperatures.
- **Do not overcook potatoes.** At the end of the recommended cooking time, potatoes should be slightly firm because they will continue cooking during standing time. **After microwaving, let potatoes stand for 5 minutes.** They will finish cooking while standing.

ELECTRICAL CONNECTION

If your electric power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.

MICROWAVE OVEN FEATURES



Your microwave oven is designed to make your cooking experience enjoyable and productive. To help get you up and running quickly, the following is a list of the oven's basic features:

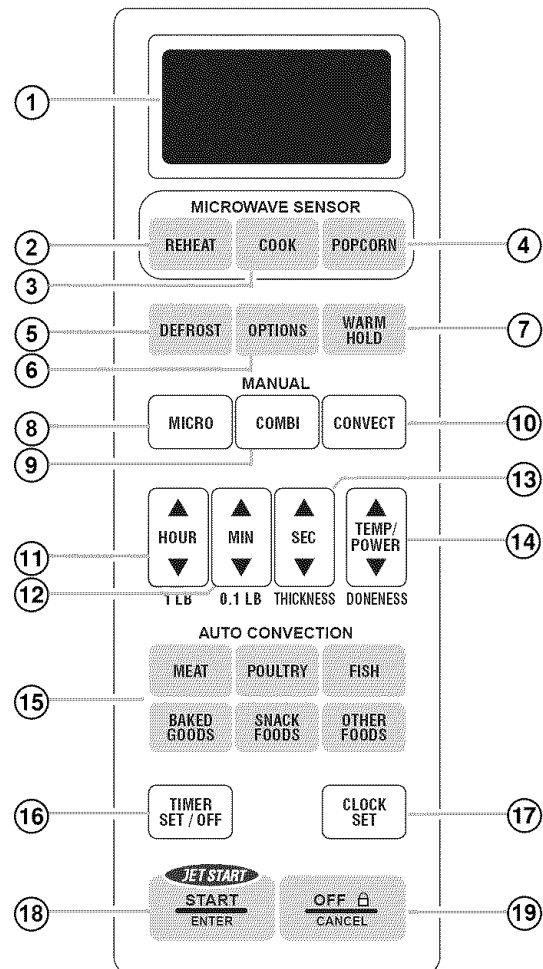
- 1. Door Safety Lock System.** The oven will not work unless the door is securely closed.
- 2. Window with Metal Shield.** The shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
- 3. Cooking Guide Label.**
- 4. Glass Turntable.** This turntable turns food as it cooks for more even cooking. It must be in the oven during operation for best cooking results. The turntable is sunken into the cavity floor to give you more cooking space and better cooking results.
- 5. Removable Turntable Support** (under turntable).
- 6. Convection Rack** (Part No. 8172251). Use to convection or combination cook.
- 7. Drip Pan** (Part No. 8172250). The Drip Pan is useful for catching grease from foods that drip grease during Convection or Combination cooking.
- 8. Model and Serial Number Plate.**
- 9. Control Panel.** Touch pads on this panel to perform all functions.
- 10. Light** (not shown). Automatically turns on when the door is opened or when the oven is running.

CONTROL PANEL FEATURES

Your microwave oven control panel lets you select a desired cooking function quickly and easily. The following is a list of all the Command pads located on the control panel.

For more information on these features, see “Using your microwave oven” section.

1. **Display.** This display includes a clock and indicators to tell you the time of day, cooking time settings, cook powers, quantities, weights, and cooking functions.
2. **SENSOR REHEAT.** Touch this pad to reheat from a variety of food categories available.
3. **SENSOR COOK.** Touch this pad to cook from a variety of food categories available.
4. **SENSOR POPCORN.** Touch this pad to pop a bag of popcorn in any of 3 sizes.
5. **DEFROST.** Touch this pad to defrost frozen food by weight or quantity.
6. **OPTIONS.** Touch this pad to change sound volume to low, medium, high or off, to change weight measurement from lbs to kilograms, to change the language displayed, to change scroll speed, to change the clock from 12 hours to 24 hours, or to turn clock on/off, or to turn the Demo mode on and off.
7. **WARM HOLD.** Touch this pad to keep hot, cooked food warm in your microwave oven. You can use WARM HOLD by itself or to automatically follow a cooking cycle.
8. **MICRO.** Touch this pad to cook in Microwave Mode. See “Using Your Microwave Oven”.
9. **COMBI.** Touch this pad to cook in Combination Mode. See “Combination Cooking”.
10. **CONVECT.** Touch this pad to cook in Convection Mode. See “Convection and Combination Cooking”.
11. **HOUR/1 LB.** Touch this pad to set the hour of day, the number of hours to cook, or the weight in pounds of certain foods.
12. **MIN/0.1 LB.** Touch this pad to set the minute of day, the number of minutes to cook, or the weight in 0.1 of a pound of certain foods.
13. **SEC/THICKNESS.** Touch this pad to set the number of seconds to cook, or the thickness of various meats.
14. **TEMP/POWER/DONENESS.** Touch this pad to select cooking temperature or cooking power, or the doneness of various foods.
15. **AUTO CONVECTION pads.** Touch one of these pads to select type of food to be cooked.
16. **TIMER SET/OFF.** Touch this pad to set or cancel the timer function.



17. **CLOCK SET.** Touch this pad to enter the correct time of day.
18. **JET START™ Feature/START/ENTER.** Touch this pad to start a function you have set or to cook food for 30 seconds at 100% cook power.
19. **OFF/CANCEL.** Touch this pad once to clear an incorrect command or to cancel a program during cooking. This pad will not erase the time of day.

Audible signals

Your microwave oven comes with audible signals that can guide you when setting and using your oven:

- A programming tone will sound each time you touch a pad.
- Three tones signal the end of a cooking cycle and five tones signal the end of the timer function.

NOTE: The tones on your oven can be turned off. To do so, see “Using OPTIONS”.

CONTROL PANEL FEATURES (CONT.)

Interrupting cooking

You can stop the oven during a cycle by opening the door. The oven stops heating and the fan stops, but the light stays on. To restart cooking, close the door and

Touch START.

If you do not want to continue cooking:

- Close the door and the light goes off.

OR

- **Touch OFF/CANCEL.**

NOTE: Before setting a function, **touch OFF/CANCEL** to make sure no other function is on.

Using the child lock

The Child Lock locks the control panel so children cannot use the microwave when you do not want them to.

To lock the control panel:

Touch and hold OFF/CANCEL until “LOCKED” appears on display (approximately 4 seconds). (One tone will sound.)

To unlock the control panel:

Touch and hold OFF/CANCEL until “UNLOCK” appears on display. (Two tones will sound.)

USING OPTIONS

You can select or change the following functions or displays by touching OPTIONS:

Function	Option
Sound volume	Change to low, medium, high or off.
Weight	Change to standard (lbs) or metric (kgs).
Language	Change to English, French or Spanish.
Scroll speed	Change speed.
Clock	Change to 12 hrs. or 24 hrs. or turn on/off.
Demo mode	Turn on or off.

1. Touch OPTIONS.

The category name changes in sequence. When the desired category appears, touch START.

For example, to change weight measurements you see:



2. Touch OPTIONS twice to reach “LBS/KGS”. Touch START. Touch OPTIONS again to select “LBS” or “KGS”.

3. Touch START.

BUILT-IN KITS

You can build in your microwave oven by using one of the following trim kits*. These kits are available from your dealer. If your dealer does not stock the kit you can order it, by kit model number, by calling **1-800-253-1301** and following the instructions and telephone prompts you hear.

SIZE	COLOR	KIT MODEL NO.	FOR INSTALLATION OVER OVEN MODEL	
27" (69 cm)	Black	MK1157XJB	RBS275PD	GBS277PD
30" (76 cm)	Black	MK1150XJB	RBS305PD	GBS307PD
27" (69 cm)	White	MK1157XJQ	RBS275PD	GBS277PD
30" (76 cm)	White	MK1150XJQ	RBS305PD	GBS307PD
27" (69 cm)	Biscuit	MK1157XJT	RBS275PD	GBS277PD
30" (76 cm)	Biscuit	MK1150XJT	RBS305PD	GBS307PD

* Approved, electric single ovens only

SETTING THE CLOCK

When you first plug in your microwave oven, the display shows “ : ”. If the electric power ever goes off, the display will again show “ : ” when the power comes back on.

NOTE: You can cook without setting the clock, but the display will show “ : ” again after the cooking is completed.

1. Touch **CLOCK SET**.

2. Touch **HOUR** and **MIN Up and Down** pads to set the time of day.

The SEC pad is not available.

3. Touch **CLOCK SET**.

USING THE MINUTE TIMER

You can use your microwave oven as a kitchen timer. Use the minute timer for timing up to 99 minutes.

1. Touch **TIMER SET/OFF**.

2. Touch **HOUR** and **MIN Up and Down** pads to set the amount of time.

The SEC pad is not available.

3. Touch **START**, or allow the timer to start automatically after a short delay.

4. At the end of the set time:

Timer will count down to zero, then will display “TIMER END” and 5 tones will sound.

NOTE: To cancel timer at any time, touch **TIMER SET/OFF**.

USING YOUR MICROWAVE OVEN

This section gives you instructions for operating each function. Please read these instructions carefully.

COOKING AT HIGH COOK POWER

1. Put the food in the oven and close the door.
2. Touch MICRO pad.
3. Touch MIN and SEC Up and Down pads to enter cooking time.
The HOUR pad is not available.
4. Touch START.
5. At the end of the cooking time:
Display will show "END" and 3 tones will sound.

COOKING AT DIFFERENT COOK POWERS

1. Put the food in the oven and close the door.
2. Touch MICRO pad.
3. Touch MIN and SEC Up and Down pads to enter cooking time.
The HOUR pad is not available.
4. Touch TEMP/POWER Up and Down pads to set cooking power.
5. Touch START.
6. At the end of the cooking time:
Display will show "END" and 3 tones will sound.

For best results, some recipes call for different cook powers. The lower the cook power, the slower the cooking. Each level stands for a different percentage of cook power. Many microwave cookbook recipes tell you by number, percent, or name which cook power to use.

The following chart gives the percentage of cook power each level stands for, and the cook power name usually used. It also tells you when to use each cook power. Follow recipe or food package instructions if available.

NOTE: Refer to a reliable cookbook for cooking times.

COOK POWER	NAME	WHEN TO USE IT
HI = 100% of full power (automatic)	High	<ul style="list-style-type: none"> ● Quick heating many convenience foods and foods with high water content, such as soups, beverages and most vegetables
90 = 90% of full power		<ul style="list-style-type: none"> ● Cooking small tender pieces of meat, ground meat, poultry pieces, and fish fillets ● Heating cream soups
80 = 80% of full power		<ul style="list-style-type: none"> ● Heating rice, pasta, or casseroles ● Cooking and heating foods that need a cook power lower than high (for example, whole fish and meat loaf)
70 = 70% of full power	Medium-High	<ul style="list-style-type: none"> ● Reheating a single serving of food
60 = 60% of full power		<ul style="list-style-type: none"> ● Cooking sensitive foods such as cheese and egg dishes, pudding, and custards ● Cooking non-stirtable casseroles, such as lasagna

COOK POWER	NAME	WHEN TO USE IT
50 = 50% of full power	Medium	<ul style="list-style-type: none"> ● Cooking ham, whole poultry, and pot roasts ● Simmering stews
40 = 40% of full power		<ul style="list-style-type: none"> ● Melting chocolate ● Heating bread, rolls and pastries
30 = 30% of full power	Medium-Low, Defrost	<ul style="list-style-type: none"> ● Defrosting foods, such as bread, fish, meats, poultry, and precooked foods
20 = 20% of full power		<ul style="list-style-type: none"> ● Softening butter, cheese, and ice cream
10 = 10% of full power	Low	<ul style="list-style-type: none"> ● Keeping food warm ● Taking chill out of fruit

COOKING WITH MORE THAN ONE COOK CYCLE

For best results, some recipes call for one cook power for a certain length of time, and another cook power for another length of time. Your oven can be set to change from one power level to another automatically, for up to 3 cycles plus a defrost cycle.

1. Put the food in the oven and close the door.

2. Touch MIN and SEC Up and Down pads to set the cooking time for the first cycle.

3. Touch TEMP/POWER Up and Down pads to set the cook power for the first cycle.

4. Touch MICRO pad.

5. Repeat steps 2 and 3 to set the cooking time and cook power for each additional cycle.

6. Touch START.

After each cycle is complete, 2 tones sound and the next cycle(s) will count down.

7. At the end of the cooking time:

Display will show "END" and 3 tones will sound.

NOTES:

- You can set your chosen cook functions in any order.
- You can set up to 3 cook cycles plus Defrost and Warm Hold.
- Defrost will operate first.
- Warm Hold will operate last.
- Cooking with more than one cook cycle will not work with Sensor Cook or Sensor Reheat functions.

Using DEFROST

You can defrost food by choosing a category and setting a weight. DEFROST has preset times and cook powers for 6 categories: Meat, Poultry, Fish, Bagel, Muffin and Butter.

1. Touch DEFROST.

Once for Meat, twice for Poultry, 3 times for Fish, 4 times for Bagel, 5 times for Muffin, 6 times for Butter.

2. Touch START.

3. Touch HOUR/1 LB or MIN/0.1 LB pad for weight when defrosting Meat, Poultry or Fish. For Bagel, Muffin or Butter, touch the HOUR pad for quantity.

NOTE: If the weight setting is “KGS,” then the 1 LB pad equals 1 kilogram and 0.1 LB pad equals 0.1 kilogram.

4. Touch START.

5. During defrosting, 5 tones will sound.

(for Meat, Poultry and Fish when set for more than 1 minute)

These tones tell you when to check, turn over, separate, or rearrange food. To restart oven, touch START.

6. At the end of the defrosting time:

Display will show “END” and 3 tones will sound.

Using MANUAL DEFROST

1. Touch DEFROST pad 7 times.

2. Touch MIN and SEC Up and Down pads to set the time for manual defrosting.

The power is automatically set at 30 percent, unless you change it.

3. Touch START.

4. At the end of the defrosting time:

Display will show “END” and 3 tones will sound.

Weight conversion chart

You are probably used to food weights as being in pounds and ounces that are fractions of a pound (for example, 4 ounces equals $\frac{1}{4}$ pound [113.4 g]).

If the weight on the food package is in fractions of a pound, you can use the following chart to convert the weight to decimals.

Equivalent Weight			
OUNCES	GRAMS	DECIMAL WEIGHT	
1.6	45.4	.10	
3.2	90.7	.20	
4.0	113.4	.25	One-Quarter Pound
4.8	136.1	.30	
6.4	181.4	.40	
8.0	226.8	.50	One-Half Pound
9.6	272.2	.60	
11.2	317.5	.70	
12.0	340.2	.75	Three-Quarters Pound
12.8	362.9	.80	
14.4	408.2	.90	
16.0	453.6	1.00	One Pound

DEFROSTING TIPS

- **Before starting**, make sure you have removed any of the metal twist-ties which often come with frozen food bags, and replace them with strings or elastic bands.
- **Open containers** such as cartons before they are placed in the oven.
- **Always slit** or pierce plastic pouches or packaging.
- **If food is foil wrapped**, remove foil and place it in a suitable container.
- **Slit** the skins, if any, of frozen food such as sausage.
- **Bend** plastic pouches of food to ensure even defrosting.
- **Always underestimate** defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting.
- **The length** of defrosting time varies according to how solidly the food is frozen.
- **The shape of the package** affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- **As food begins to defrost**, separate the pieces. Separated pieces defrost more evenly.
- **Use small pieces of aluminum foil** to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- **For better results**, let food stand after defrosting. (For more information on standing time, see “Microwave cooking tips”.)
- **Turn food over** during defrosting or standing time. Break apart and remove food as required.

Using JET START™ FEATURE

The JET START Feature lets you cook food for 30 seconds at 100% cook power or, during any manual program, you can use it to add 30-second increments.

NOTES:

- Each time you **touch** the JET START Feature pad, it will add 30 seconds up to 3 minutes, then will add 1 minute up to a total of 10 minutes.
- You can enter the JET START Feature only after closing the door or after **touching** OFF/CANCEL.
- You can also use the pad to increase the remaining cook time during manual programs.

1. Put the food in the oven and close the door.

2. Touch the JET START Feature pad.

(Each additional touch adds 30 seconds of cooking time, up to 3 minutes, then adds 1 minute up to a total of 10 minutes.)

3. At the end of the cooking time:

Display will show “END” and 3 tones will sound.

Using WARM HOLD

⚠ WARNING

Food Poisoning Hazard

Do not let food sit in oven more than one hour before or after cooking.

Doing so can result in food poisoning or sickness.

Warm Hold keeps hot, cooked food warm in your microwave oven.

NOTES:

- Food cooked should be covered during Warm Hold.
- Pastry items (pies, turnovers, etc.) should be uncovered during Warm Hold.
- Complete meals kept warm on a dinner plate should be covered during Warm Hold.
- Do not use more than 1 complete Warm Hold cycle. The quality of some foods will suffer with extended time.
- Warm Hold can be used in conjunction with Stage Cooking. (See “Cooking with more than one cook cycle”.)

1. Put hot, cooked food in the oven and close the door.

2. Touch WARM HOLD.

“WARM HOLD” scrolls, then “START” flashes until you touch START.

3. Touch START.

Display will show “WARM”.

4. To cancel Warm Hold, open door or touch OFF/CANCEL.

SENSOR COOKING

Your microwave oven has a sensor that detects the humidity released by the food. The amount of humidity detected tells the oven how long to cook or heat your food. The sensor is used by 3 special functions: Sensor Cook, Sensor Reheat, and Sensor Popcorn. The simple instructions for these functions are on the following pages.

NOTES:

- If you want to cook by entering a time and cook power, see “Cooking at different cook powers”.
- The oven should be plugged in at least 5 minutes before sensor cooking.
- Room temperature should not exceed 95°F (35°C).
- Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off each with a paper towel.
- The oven will not generate microwave energy for approximately 28 seconds at the beginning of the sensor cooking cycle.
- When covering foods, be sure to leave an opening big enough for moisture to escape so that the sensor can determine cooking or reheating time.

USING SENSOR COOK

To use SENSOR COOK:

1. Put the food in the oven and close the door.
2. Touch **SENSOR COOK** until desired food type is displayed.

SENSOR COOK will start automatically after a short delay.

(See Sensor Cooking Chart.)

SENSOR COOKING CHART

FOOD	SERVING SIZE	DIRECTIONS
Baked Potatoes	1 to 4 medium, about 10 to 13 oz. (284 to 369 g) each	<ul style="list-style-type: none"> ● Pierce each potato several times with a fork and place on the turntable around the edge, at least 1 in. (2.5 cm) apart. Let potatoes stand for 5 minutes to complete cooking.
Frozen Vegetables	1 to 4 cups (250 mL to 1 L)	<ul style="list-style-type: none"> ● Remove from package. Place vegetables in a microwavable container. Cover with plastic wrap and vent. ● Most vegetables need stirring and 2-3 minutes standing time after cooking.
Fresh Vegetables	1 to 4 cups (250 mL to 1 L)	<ul style="list-style-type: none"> ● Place moist vegetables in a microwavable container. Cover with plastic wrap and vent. ● Most vegetables need stirring and 2-3 minutes standing time after cooking.
Frozen Entree	Works best if entree is 10 to 20 oz. (284 to 567 g)	<ul style="list-style-type: none"> ● Remove from outer package. Loosen cover on three sides. If entrée is not in a microwave-safe container, place it on a plate, cover with plastic wrap and vent. ● Most entrees need 2-3 minutes standing time after cooking.
Rice	½ to 2 cups (125 to 500 mL) of dry rice (Use medium or long grain rice. Cook instant rice according to directions on the package.)	<ul style="list-style-type: none"> ● Follow measurements on package for ingredient amounts. Place rice and liquid (water or chicken or vegetable stock) in a microwavable dish. Cover with plastic wrap and vent. When cooking is complete, allow rice to stand 5 minutes or until liquid is absorbed. Stir rice.

Using SENSOR REHEAT

1. Put the food in the oven and close the door.

2. Touch **SENSOR REHEAT** until desired food type is displayed.

SENSOR REHEAT will start automatically after a short delay.

(See Sensor Reheating Chart.)

NOTE: When covering foods, be sure to leave an opening big enough for moisture to escape so that the sensor can determine cooking or reheating time.

SENSOR REHEATING CHART

FOOD	SERVING SIZE	DIRECTIONS
Dinner plate	About 8 to 16 oz (227 to 454 g)	● Place food to be heated on a dinner plate or similar dish. Cover with plastic wrap and vent.
Soup	1 to 4 cups (250 mL to 1 L)	● Place food to be heated in a microwave container. Cover with plastic wrap and vent.
Sauce	1 to 4 cups (250 mL to 1 L)	● Place food to be heated in a microwave container. Cover with plastic wrap and vent.
Casserole	1 to 4 cups (250 mL to 1 L)	● Place food to be heated in a microwave container. Cover with plastic wrap and vent.

Using SENSOR POPCORN

SENSOR POPCORN lets you pop commercially packaged microwave popcorn with just one touch.

NOTES:

- Pop only 1 package at a time.
- If you are using a microwave popcorn popper, follow manufacturer's instructions.

1. Place the bag in the center of the turntable and close the door.

2. Touch **SENSOR POPCORN**.

NOTE: The sensor will determine "popping time", based on the size of the package.

SENSOR POPCORN CHART

	SERVING SIZE	DIRECTIONS
Popcorn	3.5 oz (99 g) 3.0 oz (85 g) 1.75 oz (50 g)	<ul style="list-style-type: none"> ● Follow package directions. ● Use a popcorn package which is made especially for microwave cooking. ● Do not try to pop unpopped kernels. ● Pop only 1 package at a time. ● Do not leave the microwave oven unattended while popping popcorn. ● If you are using a microwave popcorn popper, follow manufacturer's instructions. ● How well your popcorn cooks will depend on the brand of popcorn and how much fat it has in it. Try several brands to decide which pops the best. For best results, use fresh bags of popcorn.

CONVECTION AND COMBINATION COOKING

MANUAL CONVECTION COOKING

To preheat the oven for convection cooking follow steps 1-3 below.

To convection cook without preheating the oven, skip step 3 below.

NOTE: For best results, many recipes require preheating the oven before you begin cooking. Use cooking utensils that will not melt or burn in the hot oven. Do not use light plastic containers, plastic wraps, or paper products during any convection or combination cycle.

1. Touch **CONVECT**.

2. If you want to set a temperature other than 350°F (177°C), touch **TEMP/POWER Up and Down pads to set desired temperature.**

The temperature can be set at 100°F (38°C) for bread proofing, or between 225 and 450°F (107 and 232°C), for cooking. Each touch adjusts the setting by 5°F (2.8°C).

3. Touch **START** to preheat oven.

Two tones will sound when oven has reached preheat temperature.

4. Place food in appropriate cookware on **Convection Rack**.

5. Touch **HOUR and MIN Up and Down pads to set cooking time.**

6. Touch **START**.

NOTE: It is not necessary to preheat the oven unless your recipe calls for it.

Preheating temperature chart

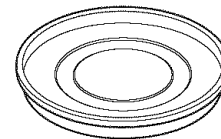
Recommended temperature settings may vary. Refer to your recipe for recommended temperature settings.

FOOD	TEMP
Cookies	325°F (163°C)
Breads, Brownies	350°F (177°C)
Refrigerated Biscuits, Fresh Pies	375°F (191°C)
Fresh Pizza, Frozen Pies	400°F (204°C)
Muffins, Fresh Fish Fillets	425°F (218°C)
Fresh Biscuits	450°F (232°C)

HELPFUL HINTS FOR CONVECTION COOKING

- For best results, place food on the Convection Rack.
- Do not cover Turntable or Convection Rack with aluminum foil. It interferes with the flow of air that cooks the food.
- Round pizza pans are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
- Use convection cooking for items like souffles, breads, cookies, angel food cakes, pizza, and most meat and fish cooking.
- You do not need to use any special techniques to adapt your favorite oven recipes to convection cooking. However, you may need to lower some temperatures or reduce some cooking times from the convection oven cooking directions.
- When baking cakes, cookies, breads, rolls, or other baked foods, most recipes call for preheating. Preheat the empty oven just as you do a regular oven. You can start heavier dense foods such as meats, casseroles, and poultry without preheating.
- All heatproof cookware or metal utensils can be used in convection cooking.
- Use metal utensils only for convection cooking. Never use for microwave or combination cooking since arcing and damage to the oven may occur.
- After preheating, if you do not open the door, the oven will automatically hold at the preheated temperature for 30 minutes.

USING THE DRIP PAN



NOTE: For any Convection or Combination cooking of foods that drip grease, such as steak or hamburger, we recommend that you place the Drip Pan (Part No. 8172250) under the Convection Rack to catch the grease.

RAISING (PROOFING) BREAD

You can use your microwave oven to proof bread.

First proofing:

Place the dough in a lightly greased bowl and loosely cover with waxed paper coated with shortening.

1. Place a container in the oven and fill with 2 cups (500 mL) of boiling water. Place the bowl on Convection Rack. Close the oven door.

2. Touch CONVECT.

3. Touch TEMP/POWER Down pad to 100°F (38°C).

4. Touch MIN Up and Down pads to set desired proofing time.

5. Touch START.

Two tones will sound when oven is preheated.

NOTE: Let dough rise until nearly doubled in size. Proofing time may be faster and will vary depending upon the type and quantity of dough. Check dough after 20 to 25 minutes.

6. When proofing is done, remove bowl containing bread dough from the oven. Empty water from container.

Second proofing:

Shape the dough and place in baking pan(s). Cover loosely with plastic wrap sprayed with cooking spray. Place a container in the oven and fill with 2 cups (500 mL) of boiling water. Put the pans on Convection Rack. Close the oven door. Follow steps 2 through 6 outlined in "First Proofing." When proofing is done, remove from the oven the bread dough and the container of water. Reset oven to preheat for baking bread. Before baking, remove plastic wrap from the bread dough.

MANUAL COMBINATION COOKING

1. Put food on Convection Rack and close the door.

2. Touch COMBI.

3. If you want to set a cooking temperature other than 325°F (163°C), touch TEMP/POWER Up and Down pads for desired temperature.

4. Touch HOUR and MIN Up and Down pads to set desired cooking time.

The SEC pad is unavailable during this function.

5. Touch START.

When cooking time ends, display will show "END" and 3 tones will sound.

After cooking, the display will return to the time of day when you open the door.

HELPFUL HINTS FOR COMBINATION COOKING

- Meats may be roasted directly on the Convection Rack. Use Drip Pan to catch grease.
- Less tender cuts of beef can be roasted and tenderized using oven cooking bags.
- Check for doneness after cooking time is up. If not completely done, let stand in oven for a few minutes to complete cooking.

NOTE: During combination cooking, some cooking utensils may cause arcing when they come in contact with the oven walls or metal Convection Rack. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal. If arcing occurs, place a heatproof dish between the pan and the Convection Rack. If arcing occurs with other cooking utensils, stop using them for combination cooking.

AUTO CONVECTION COOKING

You can automatically cook a wide selection of foods just by touching one of the 6 Auto Convection pads: Meat, Poultry, Fish, Baked Goods, Snack Foods, Other Foods.

See the "Auto Convection Chart" section and follow the directions.

On Auto Convection settings for baked goods, snack foods, other foods, and specific frozen foods, simply select the food category and touch START.

Auto Convection settings for meats, poultry, and fresh fish will prompt you to enter the weight or thickness to provide the best cooking results.

You can select how done you would like your meats cooked (Rare, Med-Rare, Medium, Med-Well, Well) by touching the TEMP/POWER/DONENESS pads. The settings will cook to Medium if you do not adjust the doneness.

You may adjust the recommended time and temperature of the Auto Convection settings during cooking if you desire by touching the HOUR, MIN and TEMP/POWER pads. Then touch START.

AUTO CONVECTION (No preheat)

1. Place food on Convection Rack and close the door.
2. Touch appropriate Auto Convection pads until desired food item appears.
3. Touch START.

When cooking time ends, display will show “END” and 3 tones will sound.

After cooking, the display will return to the time of day when you open the door.

AUTO CONVECTION (Preheat)

Some Auto Convection settings will prompt you to preheat the oven prior to placing the food in the oven.

Preheating chart

CATEGORY	FOOD	PREHEATING TEMP
Poultry	Chicken, Frozen/Breaded	375°F (191°C)
Fish	Fish Fillet, Fresh	425°F (218°C)
	Fish Fillet, Frozen/Breaded	400°F (204°C)
	Fish Sticks, Frozen/Breaded	400°F (204°C)
Baked Goods	Cookies	325°F (163°C)
	Brownies	350°F (177°C)
	Muffins	425°F (218°C)
	Biscuits, Fresh	450°F (232°C)
	Biscuits, Refrigerated	375°F (191°C)
	Yeast Bread	350°F (177°C)
	Quick Bread	350°F (177°C)
	Pie, Fresh	375°F (191°C)
	Pie, Frozen	400°F (204°C)
	Snack Foods	Garlic Bread, Frozen
Other Foods	Pizza, Fresh	400°F (204°C)
	Pot Pie, Frozen	400°F (204°C)

1. Touch Auto Convection pads until desired food item appears.
2. Touch START. “PREHEAT” is displayed.
3. When oven reaches the preheat temperature, it will beep and “PLACE FOOD ON RACK” is displayed.

4. Open the door, place food on the Convection Rack, and close door. Touch START.

When cooking time ends, display will show “END” and 3 tones will sound.

After cooking, the display will return to the time of day when you open the door.

Auto Convection chart

BAKED GOODS	SNACK FOODS	OTHER FOODS
Cookies	French Fries-Frozen	Pizza-Frozen
Brownies	Chicken Nuggets	Pizza-Fresh
Muffins	Pizza Rolls	Lasagna
Biscuits-Fresh	Cheese Sticks	Pasta Casserole
Biscuits-Refrigerated	Chicken Wings-Frozen	Vegetable Casserole
Yeast Bread	Garlic Bread-Frozen	Potato Casserole
Quick Bread		Pot Pie-Frozen
Pie-Fresh		
Pie-Frozen		

MEAT

1. Touch MEAT pad until desired food appears.
(See Meat chart.)
2. Select portion amount.
Touch HOUR/1 LB and MIN/0.1 LB pads to enter weight for Beef Roast, Meat Loaf, Pork Roast or Ham.
Touch SEC/THICKNESS pads to enter thickness for Steaks, Hamburgers, or Pork Chops.
3. Touch TEMP/POWER/DONENESS pad to select desired doneness.
(See Meat chart.)

4. Touch START.
When cooking time ends, display will show “END” and 3 tones will sound.
After cooking, the display will return to the time of day when you open the door.

Meat chart

MEAT	PORTION AMOUNTS	DONENESS CHOICES
Beef Roast*	2-5 lbs (.9 - 2.3 kg)	Rare, Med-Rare, Medium, Med-Well, Well
Steaks	½ in. - 1½ in. (12.7 - 38 mm)	Rare, Med-Rare, Medium, Med-Well, Well
Hamburgers	½ in. - 1 in. (12.7 - 25.4 mm)	Not Available
Meat Loaf	1 - 2 lbs (.5 - .9 kg)	Not Available
Pork Roast*	2 - 5 lbs (.9 - 2.3 kg)	Medium, Med-Well, Well
Pork Chops	½ in. - 1 in. (12.7 - 25.4 mm)	Medium, Med-Well, Well
Ham- Boneless*	2 - 5 lbs (.9 - 2.3 kg)	Medium, Med-Well, Well
Ham- w/Bone*	2 - 5 lbs (.9 - 2.3 kg)	Medium, Med-Well, Well

*After cooking, let stand for 10 minutes, covered with foil, to reach desired doneness.

Poultry chart

POULTRY	PORTION AMOUNTS
Chicken-Frozen/Breaded	N/A
Chicken-Boneless	.5 - 2 lbs (.2 - .9 kg)
Chicken-w/Bone	.5 - 3.5 lbs (.2 - 1.6 kg)
Chicken-Whole*	2 - 6 lbs (.9 - 2.7 kg)
Turkey Breast-Boneless*	2 - 4 lbs (.9 - 1.8 kg)
Turkey Breast-w/Bone*	3 - 6 lbs (1.4 - 2.7 kg)

*After cooking, let stand for 10 minutes, covered with foil, to reach desired doneness.

Fish chart

FISH	PORTION AMOUNTS
Fish Fillet-Fresh	.3 - 1.5 lbs (.1 - .7 kg)
Fish Steak-Fresh	.5 - 2 lbs (.2 - .9 kg)
Fish Fillet-Frozen	N/A
Fish Fillet-Frozen/Breaded	N/A
Fish Sticks-Frozen/Breaded	N/A

POULTRY or FISH

1. Touch POULTRY or FISH pad until desired food appears.

(See following charts.)

2. Select portion amount.

Touch HOUR/1 LB and MIN/0.1 LB pads to enter weight for Chicken, Turkey, Fish Fillet or Fish Steak.
(See following charts.)

3. Touch START.

When cooking time ends, display will show "END" and 3 tones will sound.

After cooking, the display will return to the time of day when you open the door.

CARING FOR YOUR MICROWAVE OVEN

To make sure your microwave oven looks good and works well for a long time, you should maintain it properly. For proper care, please follow these instructions carefully.

Your microwave oven has a stainless steel interior. Unlike painted steel interiors found in most other microwave ovens, the surface will not chip, rust, or corrode. Over time, stains can occur on the stainless steel surface as the result of food particles splattering during cooking. This is normal.

Do not use metal scouring pads on inside of oven cavity. They will scratch the surface.

For interior surfaces: Wash often with warm, sudsy water and a sponge or soft cloth. Use only mild, non-abrasive soaps or a mild detergent. **Be sure to keep the areas clean where the door and oven frame touch when closed.** Wipe well with clean water. Over time, stains can occur on the surfaces as the result of food particles splattering during cooking. This is normal.

For stubborn soil, **boil** a cup (250 mL) of water in the oven for 2 or 3 minutes. Steam will soften the soil. To get rid of odors inside the oven, **boil** a cup (250 mL) of water with lemon juice or vinegar.

For exterior surfaces and control panel: Use a soft cloth with spray glass cleaner. Apply the spray glass cleaner to the soft cloth; do not spray directly on the oven.

NOTE: Abrasive cleansers, steel-wool pads, gritty wash cloths, some paper towels, etc., can damage the control panel and the interior and exterior oven surfaces.

For stainless steel surfaces:

- **Do not** use steel wool or soap-filled scouring pad.
- **Rub** in the direction of the grain line to avoid marring the surface.
- **Always wipe dry** to avoid water marks.
- **If commercial cleaners are used,** follow label directions. If product contains chlorine (bleach), wipe thoroughly with clean water and dry with a soft lint free cloth. Chlorine is a corrosive substance.

To clean turntable and turntable support, wash in mild, sudsy water; for heavily soiled areas use a mild cleanser and scouring sponge. The turntable and turntable support are dishwasher-safe.

To clean the Convection Rack, wash in mild sudsy water; for heavily soiled areas use a mild cleanser and scouring sponge. Rack is dishwasher-safe. Remove rack from oven when it is not being used for cooking.

CLEANING TASK	WHAT TO USE	HOW TO CLEAN
Routine cleaning and fingerprints.	Liquid detergent/soap and water, or all-purpose cleaner.	Wipe with damp cloth or sponge, then wipe with clean water and dry.
Stubborn stains and baked-on residue	Mildly abrasive cleanser or stainless-steel cleaners	To avoid marring the surface, rub in the direction of grain lines with a damp cloth or sponge and cleanser. Wipe thoroughly with clean water. Repeat if necessary.
Hard water spots	Vinegar	Swab or wipe with cloth. Wipe with clean water and dry.

QUESTIONS AND ANSWERS

QUESTIONS	ANSWERS
Can I operate my microwave oven without the turntable or turn the turntable over to hold a large dish?	No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable.
Can I use a rack in my microwave oven so that I may reheat or cook on two levels at a time?	You can use a rack only if the rack is supplied with your microwave oven. If you use a rack not supplied with the microwave oven, you can get poor cooking performance and/or arcing.
Can I use either metal or aluminum pans in my microwave oven?	You can use aluminum foil for shielding (use small, flat pieces), small skewers, and shallow foil trays (if tray is not taller than ¾ in. [1.9 cm] deep and half filled with food to absorb microwave energy). Never allow metal to touch walls or door. (See “Oven Utensils Guide”.)
Is it normal for the turntable to turn in either direction?	Yes. The turntable rotates clockwise or counter-clockwise, depending on the rotation of the motor when the cooking cycle begins.
Sometimes the door of my microwave oven appears wavy. Is this normal?	This appearance is normal and does not affect the operation of your oven.
What are the humming noises that I hear when my microwave oven is operating?	You may hear the sound of the transformer when the magnetron tube cycles on.
Why does the dish become hot when I microwave food in it? I thought that this should not happen.	As the food becomes hot it will conduct the heat to the dish. Be prepared to use hot pads to remove food after cooking.
What does “standing time” mean?	“Standing time” means that food should be removed from the oven and covered for additional time to allow it to finish cooking. This frees the oven for other cooking.
Why does steam come out of the air exhaust vents?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the vents.
Can I pop popcorn in my microwave oven? How do I get the best results?	Yes. Pop packaged microwave popcorn following manufacturer’s guidelines or use the preset SENSOR POPCORN pad. Do not use regular paper bags. Use the “listening test” by stopping the oven as soon as the popping slows to a “pop” every 1 or 2 seconds. Do not repop unpopped kernels. Do not pop popcorn in glass cookware.

TROUBLESHOOTING

Most cooking problems often are caused by little things you can find and fix without tools of any kind. Check the lists below before calling for assistance or service. If you still need help, see the “Requesting Assistance or Service” section.

IF MICROWAVE DOES NOT OPERATE, FIRST CHECK THE FOLLOWING:

- Is the microwave plugged into a live outlet with the proper voltage? (See installation instructions.)
- Have you blown a household fuse or tripped a circuit breaker?
- Has the electric company experienced a power failure?

OTHER POSSIBLE PROBLEMS AND THEIR CAUSES:

Problem	Cause
The microwave oven will not run.	<ul style="list-style-type: none">● The door is not firmly closed and latched.● You did not touch START.● You did not follow directions exactly.● An operation that was programmed earlier is still running.● You have not set the time after touching MICRO pad.
Microwave cooking times seem too long.	<ul style="list-style-type: none">● The electric supply to your home or wall outlets is low or lower than normal. Your electric company can tell you if the line voltage is low. Your electrician or service technician can tell you if the outlet voltage is low.● The cook power is not at the recommended setting.● Larger amounts of food need longer cooking times.
The turntable will not turn.	<ul style="list-style-type: none">● The turntable is not correctly in place. Make sure the turntable is correct-side up and is sitting securely on center shaft.● The support is not operating correctly. Remove turntable, check that the turntable support is properly in place, and restart oven. If turntable support does not move, call a designated service technician for repair. Cooking without the turntable can give you poor results.
The display shows a time counting down but the oven is not cooking.	<ul style="list-style-type: none">● The oven door is not closed completely.● You have set the controls as a kitchen timer. Touch TIMER SET/OFF to cancel the Minute Timer.
You do not hear the Programming Tone.	<ul style="list-style-type: none">● The command is not correct.
The fan seems to be running slower than usual.	<ul style="list-style-type: none">● The oven has been stored in a cold area. The fan will run slower until the oven warms up to normal room temperature.
The display is showing “ : ”.	<ul style="list-style-type: none">● There has been a power interruption. Reset the clock.

If none of these items is causing your problem, see the “Requesting Assistance or Service” section.

REQUESTING ASSISTANCE OR SERVICE

To avoid unnecessary service calls, please check the “Troubleshooting” section. It may save you the cost of a service call. If you still need help, follow the instructions below.

IF YOU NEED ASSISTANCE OR SERVICE

Call the Whirlpool Customer Interaction Center toll free at 1-800-253-1301. Our consultants are available to assist you.



When calling:

Please know the purchase date, and the complete model and serial number of your appliance (see the “A Note to You” section). This information will help us better respond to your request.

Our consultants provide assistance with:

- Features and specifications on our full line of appliances
- Installation information

- Accessory and repair parts sales
- Specialized customer assistance (Spanish speaking, hearing impaired, limited vision, etc.)
- Referrals to local dealers, service companies, and repair parts distributors

Whirlpool designated service technicians are trained to fulfill the product warranty and provide after-warranty service, anywhere in the United States.

To locate the Whirlpool designated service company in your area, you can also look in your telephone directory Yellow Pages.

FOR FURTHER ASSISTANCE

If you need further assistance, you can write to Whirlpool Corporation with any questions or concerns at:

Whirlpool Brand Home Appliances
Customer Interaction Center
c/o Correspondence Dept.
MD 8020
553 Benson Road
Benton Harbor, MI 49022-2400

Please include a daytime phone number in your correspondence.

WHIRLPOOL CORPORATION MAJOR APPLIANCE WARRANTY

ONE YEAR LIMITED WARRANTY

For one year from the date of purchase, when this major appliance is operated and maintained according to instructions attached to or furnished with the product, Whirlpool Corporation or Whirlpool Canada LP (hereafter "Whirlpool") will pay for FSP® replacement parts and repair labor to correct defects in materials or workmanship. Service must be provided by a Whirlpool designated service company.

ITEMS WHIRLPOOL WILL NOT PAY FOR

1. Service calls to correct the installation of your major appliance, to instruct you how to use your major appliance, to replace or repair house fuses or to correct house wiring or plumbing.
2. Service calls to repair or replace appliance light bulbs, air filters or water filters. Those consumable parts are excluded from warranty coverage.
3. Repairs when your major appliance is used for other than normal, single-family household use.
4. Damage resulting from accident, alteration, misuse, abuse, fire, flood, acts of God, improper installation, installation not in accordance with electrical or plumbing codes, or use of products not approved by Whirlpool.
5. Any food loss due to refrigerator or freezer product failures.
6. Replacement parts or repair labor costs for units operated outside the United States or Canada.
7. Pickup and delivery. This major appliance is designed to be repaired in the home.
8. Repairs to parts or systems resulting from unauthorized modifications made to the appliance.
9. Expenses for travel and transportation for product service in remote locations.
10. The removal and reinstallation of your appliance if it is installed in an inaccessible location or is not installed in accordance with published installation instructions.

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. WHIRLPOOL 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 LIMITATIONS ON THE DURATION OF IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS, SO THESE EXCLUSIONS OR LIMITATIONS 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 OR PROVINCE TO PROVINCE.

Outside the 50 United States and Canada, this warranty does not apply. Contact your authorized Whirlpool dealer to determine if another warranty applies.

If you need service, first see the "Troubleshooting" section of the Use & Care Guide. After checking "Troubleshooting," additional help can be found by checking the "Assistance or Service" section or by calling Whirlpool. In the U.S.A., call **1-800-253-1301**. In Canada, call **1-800-807-6777**.

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Keep this book and your sales slip together for future reference. You must provide proof of purchase or installation date for in-warranty service.

Write down the following information about your major appliance to better help you obtain assistance or service if you ever need it. You will need to know your complete model number and serial number. You can find this information on the model and serial number label located on the product.

Dealer name _____
Address _____
Phone number _____
Model number _____
Serial number _____
Purchase date _____