



# Spacemaker Microwave Oven

## Owner's Manual



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**Write the model and serial numbers here:**

**Model#** \_\_\_\_\_

**Serial#** \_\_\_\_\_

Find these numbers on a label inside the oven.

## GE Appliances



## **IMPORTANT SAFETY INFORMATION**

*READ ALL SAFETY  
INFORMATION BEFORE USING*

### **FOR YOUR SAFETY**

#### **! WARNING!**

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

#### **! PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**

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

***Do Not Attempt***

to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

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

***Do Not Operate*** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- 1** door (bent),
- 2** hinges and latches (broken or loosened),
- 3** door seals and sealing surfaces.

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



## **! WARNING**

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

## **SAFETY PRECAUTIONS**

*This microwave oven is intended for household use and is UL listed for installation over electric and gas ranges.*

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

- Read and follow the specific “Precautions to Avoid Possible Exposure to Excessive Microwave Energy” on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section on page 9.
- Do not mount this appliance over a sink.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- This over-the-range oven was designed for use over ranges no wider than 36". It may be installed over both gas and electric cooking equipment.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.



## IMPORTANT SAFETY INFORMATION

### READ ALL SAFETY INFORMATION BEFORE USING

- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- To reduce the risk of fire in the oven cavity:
  - Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.
  - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
  - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
  - If materials inside the oven ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
  - Do not use the Sensor Features twice in succession on the same food portion. If food is undercooked after the first countdown, use **Time Cook** for additional cooking time.
- See door surface cleaning instructions in the Care and Cleaning section(s) of this manual.
- This appliance must only be serviced by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.



## SPECIAL NOTES ABOUT MICROWAVING

### ARCING

*If you see arcing, press the CLEAR/OFF pad and correct the problem.*

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- The temperature probe in the microwave but not inserted in the food.
- The metal shelf not installed correctly so it touches the microwave wall.
- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

### FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Some products such as whole eggs and sealed containers—for example, closed jars—are able to explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.



## IMPORTANT SAFETY INFORMATION

### SPECIAL NOTES ABOUT MICROWAVING

#### SAFETY FACT

##### **SUPERHEATED WATER**

*Liquids, such as water, coffee or tea, are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.*

To reduce the risk of injury to persons:

- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks.
- After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

- 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.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.



## MICROWAVE-SAFE COOKWARE

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled “suitable for microwaving.”



How to test for a microwave-safe dish.

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be used for microwaving.

If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.

- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.



## **IMPORTANT SAFETY INFORMATION**

### *SPECIAL NOTES ABOUT MICROWAVING*

- Use foil only as directed in this manual. When using foil in the microwave oven, keep the foil at least 1" away from the sides of the oven.
  - Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.
- Follow these guidelines:
- 1** Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
  - 2** Do not microwave empty containers.
  - 3** Do not permit children to use plastic cookware without complete supervision.

## **THE VENT FAN**

The fan will operate automatically under certain conditions (see Automatic Fan feature). Take care to prevent the starting and spreading of accidental cooking fires while the vent fan is in use.

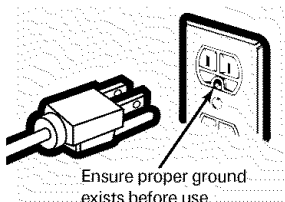
- Clean the underside of the microwave often. Do not allow grease to build up on the microwave or the fan filter.
- In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan on the surface unit by covering the pan completely with a lid, a cookie sheet or a flat tray.
- Use care when cleaning the vent fan filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.
- When preparing flaming foods under the microwave, turn the vent fan on.
- Never leave surface units beneath your microwave oven unattended at high heat settings. Boilovers cause smoking and greasy spillovers that may ignite and spread if the microwave vent fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat on surface units only when necessary.





## GROUNDING INSTRUCTIONS/OPTIONAL KITS

### GROUNDING INSTRUCTIONS



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

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

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

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

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

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

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance.

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

### Optional Kits

**Filler Panel Kits**  
**JX48WH—White**  
**JX48BL—Black**

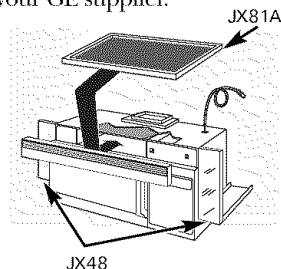
When replacing a 36" range hood, filler panel kits fill in the additional width to provide a custom built-in appearance.

For installation between cabinets only; not for end-of-cabinet installation. Each kit contains two 3"-wide filler panels. Two kits are needed for a 36" opening.

**Filter Kits**  
**JX81A—Recirculating Charcoal Filter Kit**

Filter kits are used when the microwave oven cannot be vented to the outside.

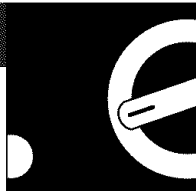
Available at extra cost from your GE supplier.



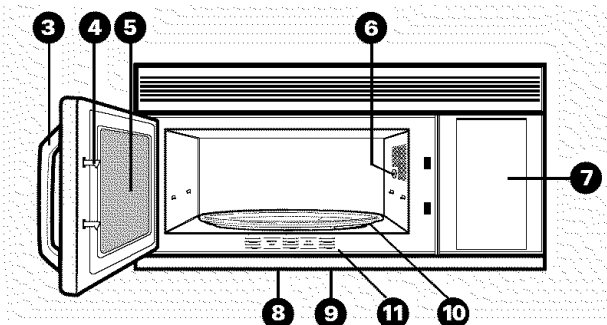
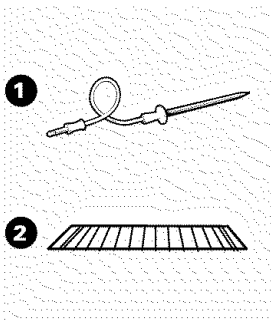
# Operating Instructions

## Features of Your Microwave

(Throughout this manual, features and appearance may vary from your model.)



### Features



#### 1 Temperature Probe.

Use with Temp Cook and Roast functions only.

#### 2 Shelf.

Lets you microwave several foods at once. Food microwaves best when placed directly on the turntable.

#### 3 Door Handle.

Pull to open the door. The door must be securely latched for the microwave to operate.

#### 4 Door Latches.

#### 5 Window with Metal Shield.

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

#### 6 Outlet for Temperature Probe.

Probe must be securely inserted into the oven wall outlet before the oven will Temp Cook or Roast.

#### 7 Touch Control Panel.

You **must** set the clock and calendar before using the microwave.

#### 8 Cooktop Light.

#### 9 Grease Filter.

#### 10 Removable Turntable.

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

#### 11 Convenience Guide.

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

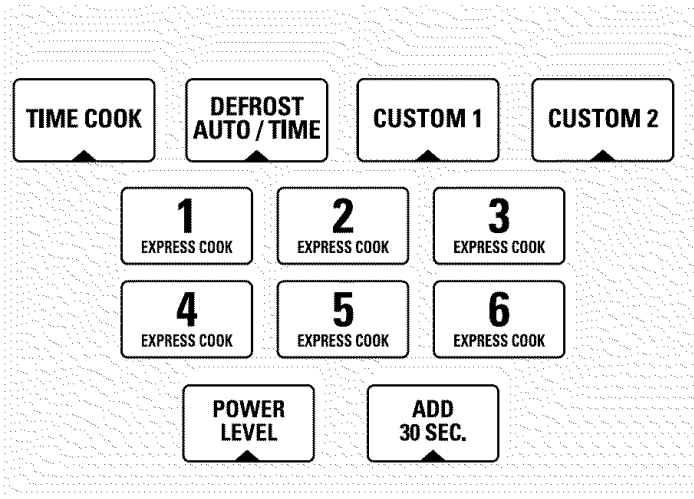


# Quick Start

## The Controls on Your Microwave Oven

(Throughout this manual, features and appearance may vary from your model.)

You can microwave by time, temperature or with the sensor features.



### 1

## Time and Auto Features

### Time Cooking

Press	Enter
<b>TIME COOK I &amp; II</b> Press once or twice	Amount of cooking time.
<b>DEFROST AUTO/TIME</b> Press twice	Amount of defrosting time.
<b>CUSTOM 1</b>	Follow displayed directions.
<b>CUSTOM 2</b>	Follow displayed directions.
<b>EXPRESS COOK</b>	Starts immediately!
<b>POWER LEVEL</b>	Power level 1–10.
<b>ADD 30 SEC</b>	Starts immediately!

### Defrosting by Weight

Press	Enter
<b>DEFROST AUTO/TIME</b> Press once	Food weight.



# Quick Start

## The Controls on Your Microwave Oven

(Throughout this manual, features and appearance may vary from your model.)

### HELP

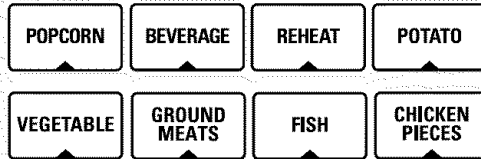
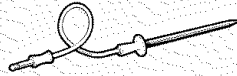
Press this pad and any feature pad for usage instructions and tips.

### GUIDE ON MICROWAVE

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

### GUIDES IN BOOK

- Cooking
- Time Defrost
- Roasting
- Simmer
- Sensor Cooking



## 2 Temperature Features

### Probe Cooking

Press	Enter
<b>TEMP COOK/ROAST</b> Press once	Desired food temperature.
<b>TEMP COOK/ROAST</b> Press twice	Medium automatically selected.
<b>TEMP COOK/ROAST</b> Press three times	Well automatically selected.
<b>TEMP COOK/ROAST</b> Press four times	Simmer automatically selected.

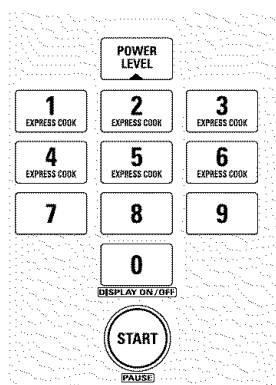
## 3 Sensor Features

Press	Enter	Option
<b>POPCORN</b>	Starts immediately!	more/less time
<b>BEVERAGE</b>	Starts immediately!	
<b>REHEAT</b>	Starts immediately!	more/less time
<b>POTATO</b>	Starts immediately!	more/less time
<b>VEGETABLE</b>	Starts immediately!	more/less time
Press once (fresh vegetables)		more/less time
Press twice (frozen vegetables)		more/less time
Press three times (canned vegetables)		more/less time (on some models)
<b>GROUND MEATS</b>	Starts immediately!	more/less time
<b>FISH</b>	Starts immediately!	more/less time
<b>CHICKEN PIECES</b>	Starts immediately!	more/less time



# Operating Instructions

## Changing Power Levels



### How to Change the Power Level

The power level may be entered or changed immediately after entering the feature time for TIME COOK, TIME DEFROST or EXPRESS COOK. The power level may also be changed during time countdown.

- 1 Press **TIME COOK** or select **Time Defrost**.
- 2 Enter cooking or defrosting time.
- 3 Press **POWER LEVEL**.
- 4 Select desired power level 1–10.
- 5 Press **START**.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. High (power level 10) or full power is the fastest way to cook and gives you 100% power. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time.

A high setting (10) will cook faster but food may need more frequent stirring, rotating or turning over. Most cooking will be done on High (power level 10). A lower setting will cook more evenly and need less stirring or rotating of the food.

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

Rest periods (when the microwave energy cycles off) give time for the food

to “equalize” or transfer heat to the inside of the food. An example of this is shown with power level 3—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

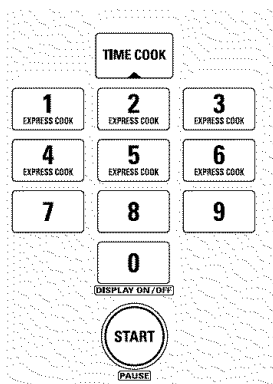
Power Level	Best Uses
<b>High 10</b>	Fish, bacon, vegetables, boiling liquids.
<b>Med-High 7</b>	Gentle cooking of meat and poultry; baking casseroles and reheating.
<b>Medium 5</b>	Slow cooking and tenderizing such as stews and less tender cuts of meat.
<b>Low 2 or 3</b>	Defrosting without cooking; simmering; delicate sauces.
<b>Warm 1</b>	Keeping food warm without overcooking; softening butter.



# Operating Instructions

## Time Features

### Time Cook



- 1 Press TIME COOK.**
- 2 Enter cooking time.**
- 3 Change power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1–10.)**
- 4 Press START.**

#### Time Cook I

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

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

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

#### Time Cook II

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

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

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

# Cooking Guide for Time Cook I & II



**NOTE: Use power level High (10) unless otherwise noted.**

<b>Vegetable</b>	<b>Amount</b>	<b>Time</b>	<b>Comments</b>
<b>Asparagus</b>			
(fresh spears)	1 lb.	6 to 9 min., Med-High (7)	In 1½-qt. oblong glass baking dish, place 1/4 cup water.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
<b>Beans</b>			
(fresh green)	1 lb. cut in half	9 to 11 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
<b>Beets</b>			
(fresh, whole)	1 bunch	17 to 21 min.	In 2-qt. casserole, place 1/2 cup water.
<b>Broccoli</b>			
(fresh cut)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	9 to 13 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water.
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Cabbage</b>			
(fresh)	1 medium head (about 2 lbs.)	8 to 11 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		7 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
<b>Carrots</b>			
(fresh, sliced)	1 lb.	7 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Cauliflower</b>			
(flowerets)	1 medium head	9 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	10 to 17 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.



# Operating Instructions

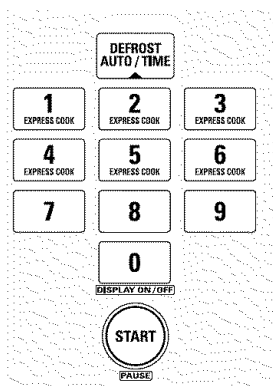
## Cooking Guide for Time Cook I & II

<b>Vegetable</b>	<b>Amount</b>	<b>Time</b>	<b>Comments</b>
<b>Corn</b> (frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Corn on the cob</b> (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	5 to 6 min. 3 to 4 min. per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
<b>Mixed vegetables</b> (frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Peas</b> (fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Potatoes</b> (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	3 to 4 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
<b>Spinach</b> (fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Squash</b> (fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn butternut)	1 to 2 squash (about 1 lb. each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.





## Time Defrost



- 1 Press DEFROST AUTO/TIME twice.**
- 2 Enter defrosting time.**
- 3 Press START.**
- 4 Turn food over when the oven signals.**
- 5 Press START.**  
*(Auto Defrost explained in the section on Convenience Features.)*

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

Power level 3 is automatically set, but you may change this for more flexibility. You may defrost small items more quickly by raising the power level after entering the time. However, they will need more frequent attention than usual.

Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. Rotate or stir food frequently.

At one half of selected defrosting time, the oven signals TURN. At this time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil.

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

### Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Tightly closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be at least partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily, such as milk, eggs, fish, stuffings, poultry and pork, should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as beef, lamb and veal roasts, use Auto Defrost.
- Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.



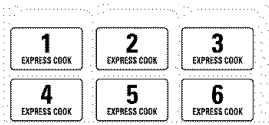
# Operating Instructions

## Defrosting Guide

<b>Food</b>	<b>Time</b>	<b>Comments</b>
<b>Breads, Cakes</b>		
<b>Bread, buns or rolls</b> (1 piece)	1 min.	
<b>Sweet rolls</b> (approx. 12 oz.)	3 to 5 min.	
<b>Fish and Seafood</b>		
<b>Fillets, frozen</b> (1 lb.)	6 to 8 min.	Place block in casserole. Turn over and break up after half the time.
<b>Shellfish, small pieces</b> (1 lb.)	5 to 7 min.	
<b>Fruit</b>		
<b>Plastic pouch—1 to 2</b> (10-oz. package)	3 to 6 min.	
<b>Meat</b>		
<b>Bacon</b> (1 lb.)	2 to 5 min.	Place unopened package in oven. Let stand 5 minutes after defrosting.
<b>Franks</b> (1 lb.)	2 to 5 min.	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
<b>Ground meat</b> (1 lb.)	5 to 7 min.	Turn meat over after half the time.
<b>Roast: beef, lamb, veal, pork</b>	12 to 16 min. per lb.	Use power level 1.
<b>Steaks, chops and cutlets</b>	5 to 7 min. per lb.	Place unwrapped meat in cooking dish. Turn over after half the time and shield warm areas with foil. When finished, separate pieces and let stand to complete defrosting.
<b>Poultry</b>		
<b>Chicken, broiler-fryer cut up</b> (2½ to 3 lbs.)	15 to 19 min.	Place wrapped chicken in dish. Unwrap and turn over after half the time. When finished, separate pieces and microwave 2 to 4 minutes more, if necessary. Let stand to finish defrosting.
<b>Chicken, whole</b> (2½ to 3 lbs.)	17 to 21 min.	Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. Finish defrosting. If necessary, run cold water in the cavity until giblets can be removed.
<b>Cornish hen</b>	7 to 13 min. per lb.	Place unwrapped hen in the oven breast-side-up. Turn over after half the time. Run cool water in the cavity until giblets can be removed.
<b>Turkey breast</b> (4 to 6 lbs.)	5 to 9 min. per lb.	Place unwrapped breast in dish breast-side-down. After half the time, turn over and shield warm areas with foil. Finish defrosting. Let stand 1 to 2 hours in refrigerator to complete defrosting.



## Express Cook



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

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

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

## Add 30 Seconds



***You can use this feature two ways:***

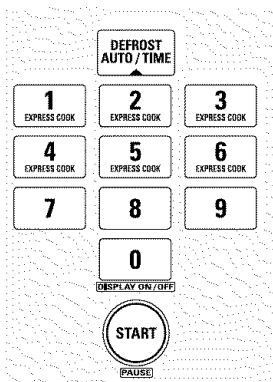
- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time.



# Operating Instructions

## Auto Feature

### Auto Defrost



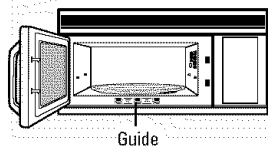
- 1 Press DEFROST AUTO/TIME once.**
- 2 Using the Conversion Guide at right, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).**
- 3 Press START.**  
*(Time Defrost is explained in the Time Features section.)*

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

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

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

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



### Conversion Guide

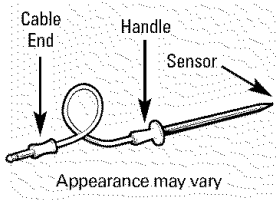
If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

<i>Weight of Food in Ounces</i>	<i>Enter Food Weight (tenths of a pound)</i>
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

- Remove meat from package and place on microwave-safe dish.
- Twice during defrost, the oven signals TURN. At each TURN signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.



## Temperature Probe



### ***What happens when you use the probe...***

Cooking with the probe allows you to heat food to a certain temperature. This is the best way to cook many foods.

### ***The Temperature Probe***

**NOTE:** The turntable will not turn when the probe is in use.

The temperature probe is a food thermometer that monitors the temperature of the food. The probe must be used when using Temp Cook or Roast.

The probe is not recommended for batters, doughs, frozen foods and foods which are difficult to cook precisely by temperature. Use the Time Cook setting for these foods.

- Make sure the cable end is inserted all the way into the oven wall outlet.
- Insert the probe into the center of the food. Make sure the handle does not touch the food or the top or sides of the oven.
- Do not leave the probe in the oven if it's not inserted in food. If it touches the oven wall, it may damage the oven.

### ***Cooking Tips***

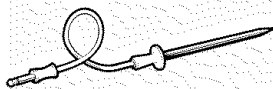
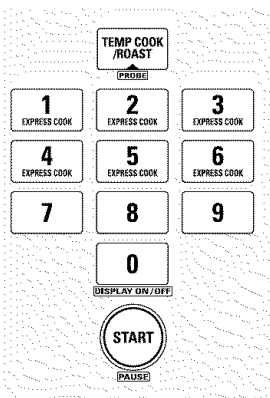
- Do not twist, drop or bend the probe.
- Be sure frozen food has been completely defrosted before inserting the probe. The probe may break off if used in frozen foods.
- Cover foods loosely for moisture control and quick, even heating.
- Use a lower power level with the probe; foods will take longer to cook but they will heat more evenly.



# Operating Instructions

## Temperature Features

### Temp Cook/Roast



#### **What happens when you Temp Cook/Roast using the probe...**

This pad offers 3 options:

- 1) You select the temperature you want.
- 2) The temperature is automatically selected for medium or well done roasts.
- 3) A simmer temperature is automatically selected.

#### **Three Ways to Use the Temp Cook/Roast Feature**

**1** You set the temperature you want.

Press TEMP COOK/ROAST once. This is good for foods such as soups, casseroles and beverages.

**2** Temperature is automatically selected for cooking roasts medium or well.

Roast Medium—Press TEMP COOK/ROAST twice. Roast Well—Press TEMP COOK/ROAST three times.

See the Roasting Guide for suggestions.

**3** Temperature is automatically selected for slow cooking of foods (simmer).

Simmer—Press TEMP COOK/ROAST 4 times.

See the Simmer Guide for specific directions.

#### **How to Use the Probe and Set the Temperature Yourself**

**1** Insert the temperature probe in the center of a casserole and attach it securely in the oven wall outlet.

**2** Press TEMP COOK/ROAST once.

**3** Enter the desired food temperature.

**4** Change power level if you don't want full power. (Press POWER LEVEL. Select a power level 1–10.)

**5** Press START.

**6** When the temperature is reached, the microwave will signal. Food will be held at this temperature for 60 minutes. The oven beeps when the hold time is complete.



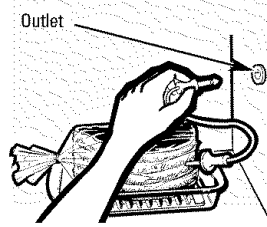
**What happens when you use the probe for roasting...**

For the two Roast settings, the probe temperature is preprogrammed.

Food will be held at this temperature for 60 minutes. The oven beeps when hold time is complete.

Just as in regular roasting, only tender roasts should be roasted by using the probe. Less tender roasts should be microwaved by time.

**How to Use the Probe with the Roast Settings**

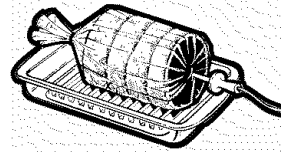


- 1 Insert the probe in the roast and attach it securely in the oven wall outlet.
- 2 Roast Medium—Press TEMP COOK/ROAST twice. Roast Well—Press TEMP COOK/ROAST three times.
- 3 Press START.
- 4 The microwave signals when it's time to turn the roast over. After you turn the roast, close the door and press START.

**NOTE: The oven continues to cook after the signal whether or not roast is turned over.**

**Preparing Meats for Roasting**

- Place a tender beef roast in a cooking bag on a trivet in a microwave-safe dish. (Refer to package instructions for proper use of the cooking bag.)



- Insert the probe through the cooking bag horizontally into the center meaty area not touching bone or fat. Make sure the handle does not touch the food or top or sides of the oven.
- When using the probe in chicken, turkey or other poultry, insert the probe horizontally into the meatiest area.

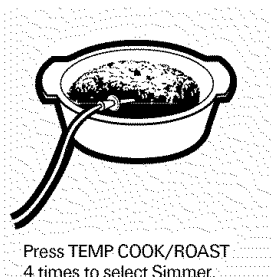
**Roasting Guide**

<b>Food Type</b>	<b>Doneness Selection</b>	<b>Approx. Time (minutes per pound)</b>
<b>Beef</b> (5 lb. max.) <b>Tender Roast</b>	Medium Well	15–23 23–30
<b>Pork</b> (5 lb. max.) <b>Loin Roast</b>	Well	23–30
<b>Poultry</b> (6 lb. max.) <b>Turkey Breast</b>	Well	16–19



# Operating Instructions

## Temperature Features



### How to Use the Probe to Simmer

The Simmer feature heats food to 180°F. and holds it at that temperature up to 12 hours or until you remove it and press CLEAR/OFF.

**1** Insert the temperature probe into the food, resting it on the side of the dish. Attach it securely in the oven wall outlet.

**2** Press TEMP COOK/ROAST **4 times** to select Simmer.

**3** Press START. If you need to stir the food, restart the oven by pressing START again.

When the simmer temperature is reached, the oven holds the food at that temperature until CLEAR/OFF is pressed.

### Simmer Guide

Food Type	Hours*	Comments
<b>Beef</b>		
<i>Pot Roast</i>	5-7	Add enough liquid to just cover meat. If adding vegetables, make sure they are completely covered by liquid.
<i>Chili</i>	5-8	Precook meat. Stir after 3 hours, if possible.
<b>Chicken</b>		
<i>Stewing</i>	4-6	Add 4 cups liquid. Insert probe into meatiest area of thigh from below end and parallel to leg. Turn over after 1/2 of time.
<i>Broiler/Fryer</i>	3-4	Same as above.
<b>Ham/Pork</b>		
<i>Roast</i>	4-6	Add 4 cups liquid.
<b>Soup</b>		
<i>Stock/Vegetable</i>	7-10	Make sure that vegetables and meat are covered by liquid. Stir every 3 hours.
<i>Split Pea</i>	5-7	Add enough liquid to cover peas at least 2". Stir after 3 hours.

\*Total time includes time to bring food to 180°F and hold at that temperature until done.



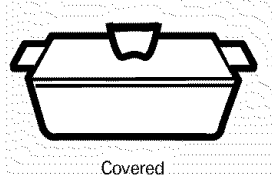


## Humidity Sensor

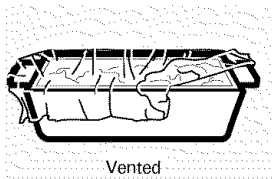
### **What happens when using the Sensor Features...**

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

Do not use the Sensor Features twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown, use **Time Cook** for additional cooking time.



- The proper containers and covers are essential for best sensor cooking.



- Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers—they can prevent steam from escaping and cause food to overcook.



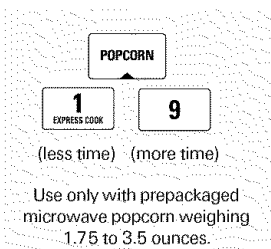
- Be sure the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.



# Operating Instructions

## Sensor Features

### Popcorn



**NOTE: Do not use the metal shelf when cooking popcorn.**

**NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.**

#### How to Use the Popcorn Feature

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

**2** Press POPCORN. The oven starts immediately. If you open the door while “POPCORN” is displayed, “SENSOR ERROR” will appear. Close the door, press CLEAR/OFF and begin again.

If food is undercooked after the countdown, use **Time Cook** for additional cooking time.

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

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

##### To add time:

After pressing POPCORN, press 9 immediately after the oven starts for an extra 20 seconds.

Press 9 again to add another 10 seconds (total 30 seconds additional time).

##### To subtract time:

After pressing POPCORN, press 1 immediately after the oven starts for 20 seconds less cooking time.

Press 1 again to reduce cooking time another 10 seconds (total 30 seconds less time).

### Beverage



**NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.**

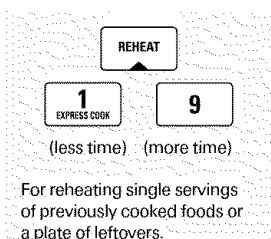
Press BEVERAGE to heat a cup of coffee or other beverage.

If food is undercooked after the countdown, use **Time Cook** for additional cooking time.

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



## Reheat



### How to Change the Automatic Settings

*To reduce time by 10%:*

Press **1** after the feature pad.

*To add 10% to cooking time:*

Press **9** after the feature pad.

**NOTE:** Do not use the metal shelf when using the Reheat feature.

**NOTE:** Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.

### How to Use the Reheat Feature

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

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

*After removing food from the oven, stir, if possible, to even out the temperature. Reheated foods may have wide variations in temperature. Some areas may be extremely hot.*

If food is not hot enough after the countdown, use **Time Cook** for additional reheating time.

### Some Foods Not Recommended For Use With Reheat

It is best to use Time Cook for these foods:

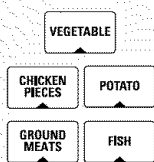
- Bread products.
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.



# Operating Instructions

## Sensor Features

### Sensor Cooking



Sensor Cooking gives you easy, automatic results with a variety of foods (see the Cooking Guide below).

**NOTE: Do not use the metal shelf with Sensor Cooking.**

**NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.**

#### Vegetable, Potato, Fish, Chicken Pieces, Ground Meats

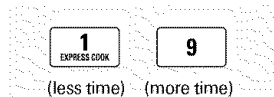
1 Place covered food in the oven. Press the food pad. (For vegetables, press the VEGETABLE pad once for fresh vegetables, twice for frozen vegetables, or three times for canned vegetables.) The oven starts immediately.

2 The oven signals when steam is sensed and time remaining is counting down. Turn or stir the food if necessary.

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

If food is undercooked after the countdown, use **Time Cook** for additional cooking time.

**How to Change the Automatic Settings** (automatic settings for canned vegetables cannot be adjusted on some models)



You can adjust the cooking time for all foods to suit your personal taste.

**Reduce time by 10%:** Press 1 after the food pad.

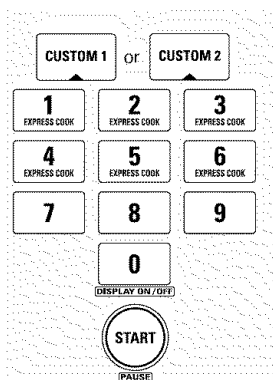
**Add 10% to cooking time:** Press 9 after the food pad.

### Cooking Guide

Food Type	Amount	Comments
Canned Vegetables	4–16 oz.	Cover with lid or vented plastic wrap.
Frozen Vegetables	4–16 oz.	Follow package instructions for adding water. Cover with lid or vented plastic wrap.
Fresh Vegetables	4–16 oz.	Add 1/4 cup water per serving. Cover with lid or vented plastic wrap.
Potatoes	1/2–2 lbs.	Pierce skin with fork. Place potatoes on the turntable.
Fish	4–16 oz.	Cover with vented plastic wrap.
Chicken Pieces	1–8 pieces	Cover with vented plastic wrap.
Ground Meats (Beef, Pork, Turkey)	1/2–3 lbs.	Use round casserole dish. Crumble meat into dish. Cover with lid or vented plastic wrap. Drain and stir at signal.



### Custom 1 & Custom 2



The CUSTOM 1 and 2 pads allow you to save two of your most frequently used settings. (Temperature and sensor cooking settings cannot be saved.)

To set and save a setting:

- 1** Press and hold the CUSTOM 1 or CUSTOM 2 pad for two seconds.
- 2** Set the amount of cooking time.
- 3** Set the power level if desired. (Full power will automatically be set if you do not change it.)
- 4** Press START.

Your custom setting will be remembered for future one touch use.

### Message Pad



The MESSAGE pad allows you to record a short spoken message.

- 1** Press MESSAGE.
- 2** Speak toward the control panel in a clear, normal voice.

- 3** Press MESSAGE again to save the message immediately or allow the time to count down to save it automatically.

To cancel a message during record, press 0.

To erase a recorded message, press 0 during playback.



# Operating Instructions

## Other Features

### Help

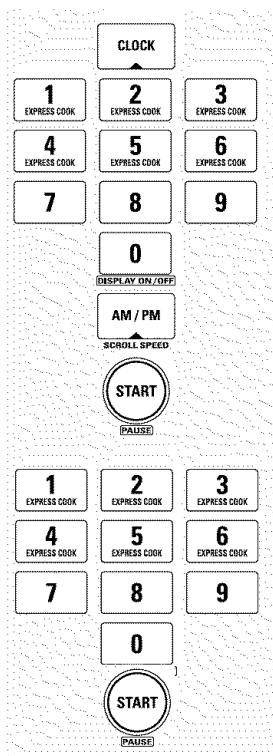


The HELP pad displays feature information and helpful hints. Press HELP, then select a feature pad.

### Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display "FOOD IS READY" and beep once a minute until you either open the oven door or press CLEAR/OFF.

### Clock/Calendar



Press CLOCK to set the time of day and date.

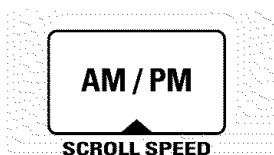
- 1 Press CLOCK.
- 2 Enter the time of day.
- 3 Select AM or PM.
- 4 Press START or CLOCK.
- 5 Enter the month, day and year. Example: 031699 (March 16, 1999)
- 6 Press START or CLOCK.

To check the time of day while microwaving, press CLOCK.

To check the date while microwaving, press and hold CLOCK for about three seconds.

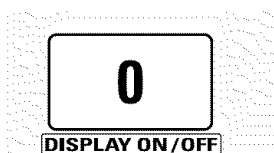


## Scroll Speed



The scroll speed of the display can be changed. Press and hold the AM/PM pad about 3 seconds to bring up the display. Select 1–5 for slow to fast scroll speed.

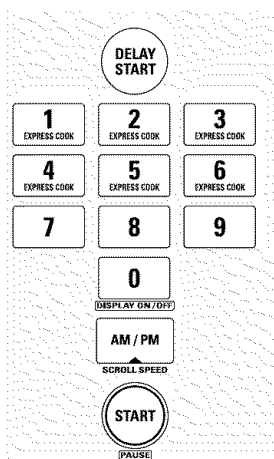
## Display On/Off



To turn the clock display off, press and hold 0 for about three seconds.

To redisplay the clock, repeat.

## Delay Start



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

- 1 Press DELAY START.
- 2 Enter the time you want the oven to start. (Be sure the microwave clock shows the correct time of day.)
- 3 Select AM or PM.

4 Select any combination of Defrost Auto/Time or Time Cook I & II.

- 5 Press START.

The Delay Start time will be displayed plus “DS.” The oven will automatically start at the delayed time.

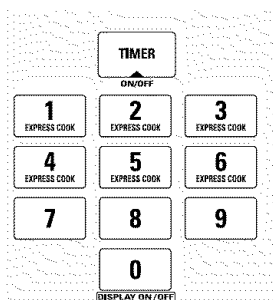
The time of day may be displayed by pressing CLOCK.



# Operating Instructions

## Other Features

### Timer On/Off



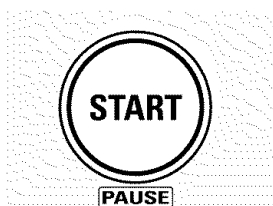
Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

- 1 Press TIMER ON/OFF.
- 2 Enter time you want to count down.
- 3 Press TIMER ON/OFF to start.

When time is up, the oven will signal. To turn off the timer signal, press TIMER ON/OFF.

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

### Start/Pause



In addition to starting many functions, START/PAUSE allows you to stop cooking without opening the door or clearing the display.

### Reminder



The Reminder feature can be used like an alarm clock and can be used at any time, even when the oven is operating. The Reminder time can be set up to 24 hours later.

- 1 Press REMINDER.
- 2 Enter the time you want the oven to remind you. (Be sure the microwave clock shows the correct time of day.)

- 3 Select AM or PM.
- 4 Press REMINDER. When Reminder signal occurs, press REMINDER to turn it off. The Reminder time may be displayed by pressing REMINDER.

**NOTE:** The REM indicator will remain lit to show that the Reminder is set. To clear the Reminder before it occurs, press REMINDER, then 0. The REM indicator will no longer be lit.





## Child Lock-Out



You may lock the control panel to prevent the microwave from being accidentally started or used by children.

To lock or unlock the controls, press and hold CLEAR/OFF for about three seconds. When the control panel is locked, an “L” will be displayed to the extreme right.

## Turntable



For best cooking results, leave the turntable on. It can be turned off for large dishes. Press TURNTABLE to turn the turntable on or off.

**Sometimes the turntable can become too hot to touch.** Be careful touching the turntable during and after cooking.

## Vent Fan



The vent fan removes steam and other vapors from surface cooking.

Press VENT FAN once for high fan speed, twice for low fan speed or a third time to turn the fan off.

## Automatic Fan

An automatic fan feature protects the microwave from too much heat rising from the cooktop below it. It automatically turns on at low speed if it senses too much heat.

If you have turned the fan on you may find that you cannot turn it off. The fan will automatically turn off when the internal parts are cool. It may stay on for 30 minutes or more after the cooktop and microwave controls are turned off.



# Operating Instructions

## Other Features

### Surface Light



Press SURFACE LIGHT **once** for bright light, **twice** for the night light or **three** times to turn the light off.

### Beeper Volume



The beeper sound level can be adjusted. Press BEEPER VOLUME. Choose 0–3 for mute to loud.

### Auto Nite Light



You can set the night light to turn on and off automatically at any time you want.

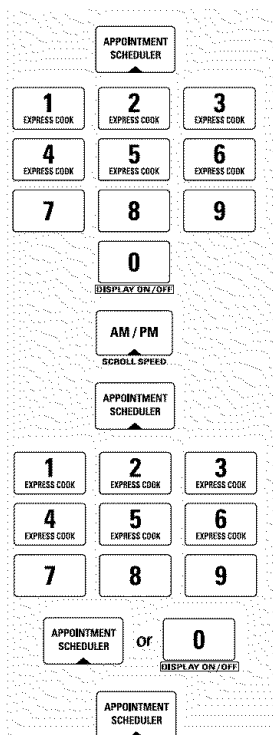
- 1 Press AUTO NITE LIGHT.
- 2 Enter the time you want the light to turn on. Select AM or PM.
- 3 Press AUTO NITE LIGHT again and enter the time you want the light to turn off. Select AM or PM.
- 4 Press AUTO NITE LIGHT.

NITE will stay lit to remind you that the feature is set. You can review the Auto Nite Light settings by pressing AUTO NITE LIGHT.

To erase your settings and turn off the automatic feature, press AUTO NITE LIGHT, then 0.



## Appointment



**You can use the microwave to remind you of upcoming appointments.**

At midnight, the day before your scheduled appointment, an asterisk will appear in the display. Two hours before an appointment, the oven will signal and the appointment will scroll in the display. It will continue to signal and scroll until you press APPOINTMENT/SCHEDULER to cancel it.

### To set an appointment:

- 1 Press APPOINTMENT/SCHEDULER.
- 2 Enter the month and day of your appointment.
- 3 Enter the time of your appointment.
- 4 Select AM or PM.
- 5 Press APPOINTMENT/SCHEDULER.
- 6 Enter the appointment type:
  - 1 **AUTO**
  - 2 **DENTIST**
  - 3 **DOCTOR**
  - 4 **HAIRCUT**
  - 5 **SCHOOL**
  - 6 **SOCIAL**
  - 7 **SPECIAL**
  - 8 **FINANCE**
  - 9 **WORK**

- 7 Press APPOINTMENT/SCHEDULER—or press “0” to set it as a recurring appointment.

Once = Daily  
Twice = Weekly

Three times = Monthly

- 8 Press APPOINTMENT/SCHEDULER.

**NOTE: Recurring appointments must be reset at the beginning of a new year.**

### To Review appointments:

- 1 Press and hold APPOINTMENT/SCHEDULER about three seconds.
- 2 Press 1–12 for the month you want to review.
- 3 Press appointment again.

**To Quit the Review Process:**  
Press CLEAR/OFF.

### To cancel a scheduled appointment:

- 1 Recall the appointment you want to cancel, using the review process above.
- 2 Press and hold “0” for about 3 seconds.

**NOTE: The appointment scheduler can record about 25 appointments.**

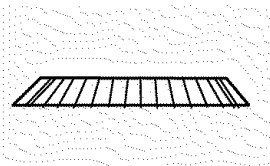


# Operating Instructions

## Other Features

### Shelf

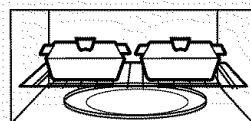
#### How to Use the Shelf When Microwaving



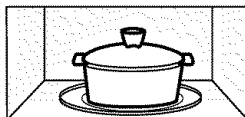
- Make sure the shelf is positioned properly inside the microwave to prevent damage to the oven from arcing.
- Do not use a microwave browning dish on the shelf. The shelf could overheat.
- Do not use the oven with the shelf on the microwave floor. This could damage the microwave.
- Use pot holders when handling the shelf—it may be hot.
- Do not use the shelf when cooking popcorn.
- Do not use the shelf with Sensor Cooking or Reheat.

Food microwaves best when placed on the turntable or on the shelf in the lower position.

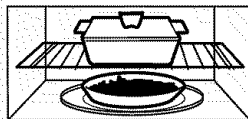
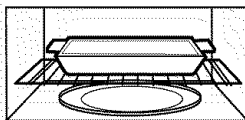
Only use the shelf when reheating on more than one level. Do not store the shelf inside the oven cavity.



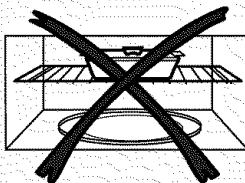
The shelf gives you the option to reheat more than one dish of food at the same time.



For best results



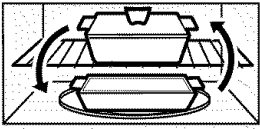
2-level reheating



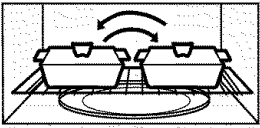
Uneven results



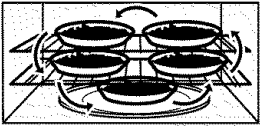
## Shelf and Reheating



Switch places after 1/2 time.



Switch places after 1/2 time.



Switch places twice

- To reheat on 2 levels  
or
- To reheat 2 dishes on the lower level:
  - 1 Multiply reheat time by  $1\frac{1}{2}$ .
  - 2 Switch places after 1/2 the time.
- To reheat on 3 levels
  - 1 Double the reheating time.
  - 2 Switch places twice and give the dishes a 1/2 turn during reheating. (Place dense foods, or those that require a longer cook time, on the upper shelf first.)

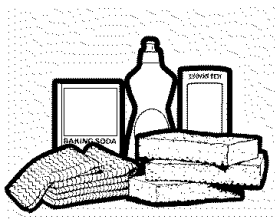


## Helpful Information

### *Microwave Terms*

<b>Term</b>	<b>Definition</b>
<b>Arcing</b>	<p>Arcing is the microwave term for sparks in the oven. Arcing is caused by:</p> <ul style="list-style-type: none"><li>• the temperature probe staying in the oven but not inserted in the food.</li><li>• the metal shelf being installed incorrectly and touching the microwave walls.</li><li>• metal or foil touching the side of the oven.</li><li>• foil that is not molded to food (upturned edges act like antennas).</li><li>• metal such as twist ties, poultry pins, gold-rimmed dishes.</li><li>• recycled paper towels containing small metal pieces.</li></ul>
<b>Covering</b>	<p>Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.</p>
<b>Shielding</b>	<p>In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.</p>
<b>Standing Time</b>	<p>When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.</p>
<b>Venting</b>	<p>After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.</p>

## Helpful Hints

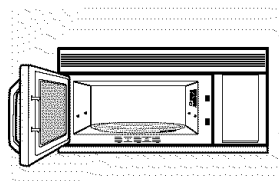


An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

**NOTE:** Be certain the power is off before cleaning any part of this oven.

## How to Clean the Inside

**Walls, Floor, Inside Window, Metal and Plastic Parts on the Door**



Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls. **Never use a commercial oven cleaner on any part of your microwave.**

**Removable Turntable and Turntable Support**

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

**Temperature Probe**

Clean immediately after using. To clean, wipe with sudsy cloth, then rub lightly with plastic scouring ball if necessary. Rinse and dry. The probe can also be washed in the dishwasher.

**Shelf**

Clean with mild soap and water or in the dishwasher. **Do not clean in a self-cleaning oven.**



## Helpful Information

### Care and Cleaning

#### How to Clean the Outside

**We recommend against using cleaners with ammonia or alcohol, as they can damage the appearance of the microwave oven. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.**

#### Case

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

#### Control Panel

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

#### Door Panel

Before cleaning the front door panel, make sure you know what type of panel you have. Refer to the eighth digit of the model number. “S” is stainless steel, “L” is CleanSteel and “B”, “W” or “C” are plastic colors.

#### Stainless Steel

The stainless steel panel can be cleaned with Stainless Steel Magic or a similar product using a clean, soft cloth. Apply stainless cleaner carefully to avoid the surrounding plastic parts. Do not use appliance wax, polish,

bleach or products containing chlorine on Stainless Steel finishes.

#### CleanSteel

Use a clean, soft, light and lightly dampened cloth, then dry thoroughly. Do not use appliance wax, polish, bleach or products containing any chemical agent on the CleanSteel surfaces.

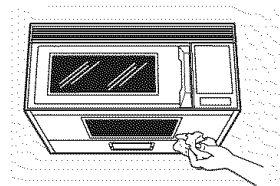
#### Plastic Color Panels

Use a clean, soft, lightly dampened cloth, then dry thoroughly.

#### Door Seal

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

#### Bottom



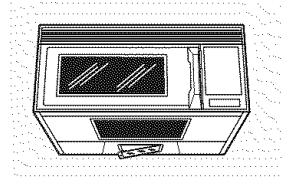
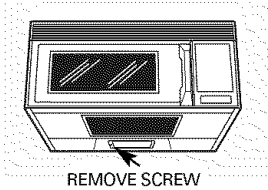
Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.



## Cooktop Light/ Night Light

*Replace the burned-out bulb with a 120 volt, 40-watt incandescent bulb (WB36X10003), available from your GE supplier.*

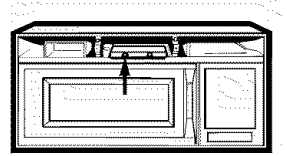
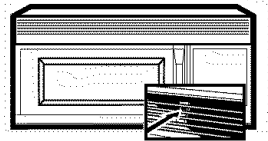
- 1 To replace the bulb(s), first disconnect the power at the main fuse or circuit breaker panel or pull the plug.
- 2 Remove the screw at the left of the light cover and lower the cover.
- 3 Be sure the bulb(s) to be replaced are cool before removing. After breaking the adhesive seal, remove the bulb by gently turning.
- 4 Replace the screw. Connect electrical power to the oven.



## Oven Light

*Replace the burned-out bulb with a 120 volt, 40-watt incandescent bulb (WB36X10003), available from your GE supplier.*

- 1 To replace the oven light, first disconnect the power at the main fuse or circuit breaker panel or pull the plug.
- 2 Remove the top grille by taking out the 2 screws that hold it in place.
- 3 Next, remove the screw located above the door near the center of the oven that secures the light housing.
- 4 Replace the screw. Connect electrical power to the oven.



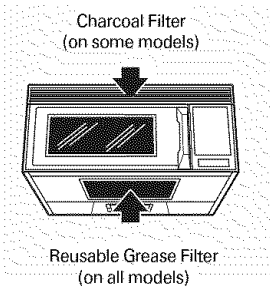
- 4 Replace the screw. Connect electrical power to the oven.



## Helpful Information

### Care and Cleaning

#### The Vent Fan



The vent fan has a metal reusable grease filter.

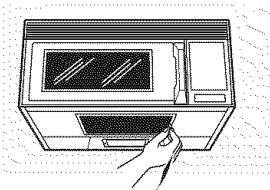
Models that recirculate air back into the room also use a charcoal filter.

#### Reusable Grease Filter

The reusable grease filter traps grease released by foods on the cooktop. It also prevents flames from foods on the cooktop from damaging the inside of the microwave.

For this reason, the filter must **ALWAYS** be in place when the hood is used. The grease filter should be cleaned once a month, or as needed.

#### Removing and Cleaning the Filter



**To remove**, slide it to the side using the tab. Pull it down and out.

**To clean the grease filter**, soak it and then swish it around in hot water and detergent. Don't use ammonia or ammonia products because it will darken the metal.

Light brushing can be used to remove embedded dirt.

Rinse, shake and let it dry before replacing.

**To replace**, slide the filter in the frame slot on the left side of the opening. Pull up and to the right to lock into place.

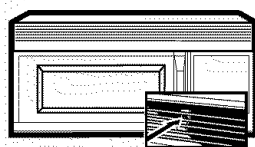
## Charcoal Filter (on some models)

**The charcoal filter cannot be cleaned. It must be replaced. Order Part No. WB02X9883 from your GE supplier.**

If the model is not vented to the outside, the air will be recirculated through a disposable charcoal filter that helps remove smoke and odors.

The charcoal filter should be replaced when it is noticeably dirty or discolored (usually after 6–12 months, depending on hood usage). See “Optional Kits,” page 9, for more information.

## To Remove Charcoal Filter

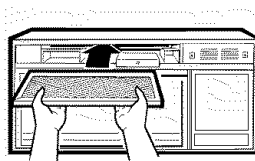


Remove 2 grille screws to remove the grille.

To remove the charcoal filter, disconnect power at the main fuse or circuit breaker panel or pull the plug.

Remove the top grille by removing the 2 screws that hold it in place. Slide the filter towards the front of the oven and remove it.

## To Install Charcoal Filter



To install a new filter, remove plastic and other outer wrapping from the new filter.

Insert the filter into the top opening of the oven as shown. It will rest at an angle on 2 side support tabs and in front of the right rear tab. Replace the grille and 2 screws.



## If Something Goes Wrong

### Before You Call For Service

<b>Problem</b>	<b>Possible Cause</b>	<b>What to Do</b>
<b>Oven will not start</b>	A fuse in your home may be blown or the circuit breaker tripped. Power surge. Plug not fully inserted into wall outlet. Door not securely closed.	<ul style="list-style-type: none"><li>• Replace fuse or reset circuit breaker.</li><li>• Unplug the microwave oven, then plug it back in.</li><li>• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.</li><li>• Open the door and close securely.</li></ul>
<b>"PLEASE INSERT PROBE" appears on display</b>	Probe has been forgotten or not inserted properly.	<ul style="list-style-type: none"><li>• Insert the probe properly into the oven wall outlet.</li></ul>
<b>"SENSOR ERROR" appears on display</b>	When using a Sensor feature, the door was opened before steam could be detected. Steam was not detected in maximum amount of time.	<ul style="list-style-type: none"><li>• Do not open door until steam is sensed and time is shown counting down on display.</li><li>• Use Time Cook to heat for more time.</li></ul>
<b>Floor of the oven is warm, even when the oven has not been used</b>	The cooktop light is located below the oven floor. When the light is on, the heat it produces may make the oven floor get warm.	<ul style="list-style-type: none"><li>• This is normal.</li></ul>
<b>"BAD PROBE" appears on display</b>	The probe has not been completely inserted into the oven wall outlet. The probe is defective.	<ul style="list-style-type: none"><li>• Insert the probe properly into the oven wall outlet.</li><li>• Replace the probe.</li></ul>
<b>"LOCKED" appears on display</b>	The control has been locked.	<ul style="list-style-type: none"><li>• Press and hold CLEAR/OFF for about 3 seconds to unlock the control.</li></ul>
<b>Food amount too large for Sensor Reheat</b>	Sensor Reheat is for single servings of recommended foods.	<ul style="list-style-type: none"><li>• Use Time Cook for large amounts of food.</li></ul>

<b>Problem</b>	<b>Possible Cause</b>	<b>What to Do</b>
<b>You hear an unusual, low-tone beep</b>	<p>You have tried to start the Reminder without a valid time of day.</p> <p>You have tried to turn the turntable on when the probe is in use.</p> <p>You have tried to change the power level when it is not allowed.</p> <p>You have tried to start the Auto Nite Light without a valid time of day entered for the on-time and off-time.</p>	<ul style="list-style-type: none"> <li>• Start over and enter a valid time of day.</li> <li>• The turntable will not operate when the probe is in use.</li> <li>• Many of the oven's features are preset and cannot be changed.</li> <li>• Start over and enter a valid time of day.</li> </ul>



## ***If Something Goes Wrong***

### *Before You Call For Service*

#### ***Things That Are Normal***

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV-radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.

# GE Service Protection Plus™

GE, a name recognized worldwide for quality and dependability, offers you Service Protection Plus™—comprehensive protection on all your appliances—**No Matter What Brand!**

**Benefits Include:**

- Backed by GE
- All brands covered
- Unlimited service calls
- All parts and labor costs included
- No out-of-pocket expenses
- No hidden deductibles
- One 800 number to call

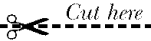
***We'll Cover Any Appliance.  
Anywhere. Anytime.\****

You will be completely satisfied with our service protection or you may request your money back on the remaining value of your contract. No questions asked. It's that simple.

Protect your refrigerator, dishwasher, washer and dryer, range, TV, VCR and much more—**any brand!** Plus there's no extra charge for emergency service and low monthly financing is available. Even icemaker coverage and food spoilage protection is offered. You can rest easy, knowing that all your valuable household products are protected against expensive repairs.

Place your confidence in GE and call us in the U.S. toll-free at **800.626.2224** for more information.

\*All brands covered, up to 20 years old, in the continental U.S.



Please place in envelope and mail to:

***General Electric Company***  
**Warranty Registration Department**  
**P.O. Box 32150**  
**Louisville, KY 40232-2150**

# Consumer Product Ownership Registration

Dear Customer:

Thank you for purchasing our product and thank you for placing your confidence in us. We are proud to have you as a customer!

Follow these three steps to protect your new appliance investment:

- 1** Complete and mail your **Consumer Product Ownership Registration today.** Have the peace of mind of knowing we can contact you in the unlikely event of a safety modification.
- 2** After mailing the registration below, store this document in a safe place. It contains information you will need should you require service. Our service number is 800.GE.CARES (800.432.2737).
- 3** Read your Owner's Manual carefully. It will help you operate your new appliance properly.

Model Number

Serial Number

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**Important:** If you did not get a registration card with your product, detach and return the form below to ensure that your product is registered, or register online at [ge.com](http://ge.com).

← *Cut here*

## Consumer Product Ownership Registration

Model Number

Serial Number



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Mr.  Ms.  Mrs.  Miss

First Name <input style="width: 95%;" type="text"/>	Last Name <input style="width: 95%;" type="text"/>
---	--

Street Address

Apt. # <input style="width: 95%;" type="text"/>	E-mail Address* <input style="width: 95%;" type="text"/>
---	--

City <input style="width: 95%;" type="text"/>	State <input style="width: 15%;" type="text"/>	Zip Code <input style="width: 95%;" type="text"/>
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Month <input style="width: 10%;" type="text"/>	Date Placed In Use	Day <input style="width: 10%;" type="text"/>	Year <input style="width: 10%;" type="text"/>	Phone Number <input style="width: 15%;" type="text"/>	-	-	-
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**GE Consumer & Industrial Appliances**  
 General Electric Company  
 Louisville, KY 40225  
[ge.com](http://ge.com)

\* Please provide your e-mail address to receive, via e-mail, discounts, special offers and other important communications from GE Appliances (GEA).

Check here if you do not want to receive communications from GEA's carefully selected partners.





# GE Service Numbers



*We'll Be There!*

## **GE Appliances Website**

***ge.com***

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

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

## **Schedule Service**

***ge.com***

***800.GE.CARES  
(800.432.2737)***

Expert GE repair service is only one step away from your door. Get on-line and schedule your service at your convenience 24 hours any day of the year!

Or call 800.GE.CARES (800.432.2737) during normal business hours.

## **Real Life Design Studio**

***ge.com***

***800.TDD.GEAC  
(800.833.4322)***

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

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

## **Extended Warranties**

***ge.com***

***800.626.2224***

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

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



## **Parts and Accessories**

*ge.com*

**800.626.2002**

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

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

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

## **Register Your Appliance**

*ge.com*

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

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

## MICROWAVE OVEN WARRANTY

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

### What Is Covered

#### LIMITED ONE-YEAR WARRANTY

For one year from date of original purchase, GE will replace **any part** in the microwave oven that fails due to a defect in materials or workmanship. During this **limited one-year warranty**, GE will provide, **free of charge**, all labor and related service costs to replace the defective part.

\*\*\*\*\*

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

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

Please have serial and model numbers available when calling for service.

### What Is Not Covered

- Service trips to your home to teach you how to use the product.
- Improper installation, delivery or maintenance. If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.
- Product not accessible to provide required service.
- Replacement of house fuses or resetting of circuit breakers.
- Replacement of the cooktop light bulbs.
- Failure of the product or damage to the product if it is abused, misused (for example, cavity arcing from wire rack or metal/foil), or used for other than the intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.
- Damage caused after delivery.

**EXCLUSION OF IMPLIED WARRANTIES—Your sole and exclusive remedy is product repair as provided in this Limited Warranty. Any implied warranties, including the implied warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law.**

This warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA. If the product is located in an area where service by a GE Authorized Servicer is not available, you may be responsible for a trip charge or you may be required to bring the product to an Authorized GE Service Location for service. In Alaska, the warranty excludes the service calls to your home.

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

Warrantor: General Electric Company, Louisville, KY 40225