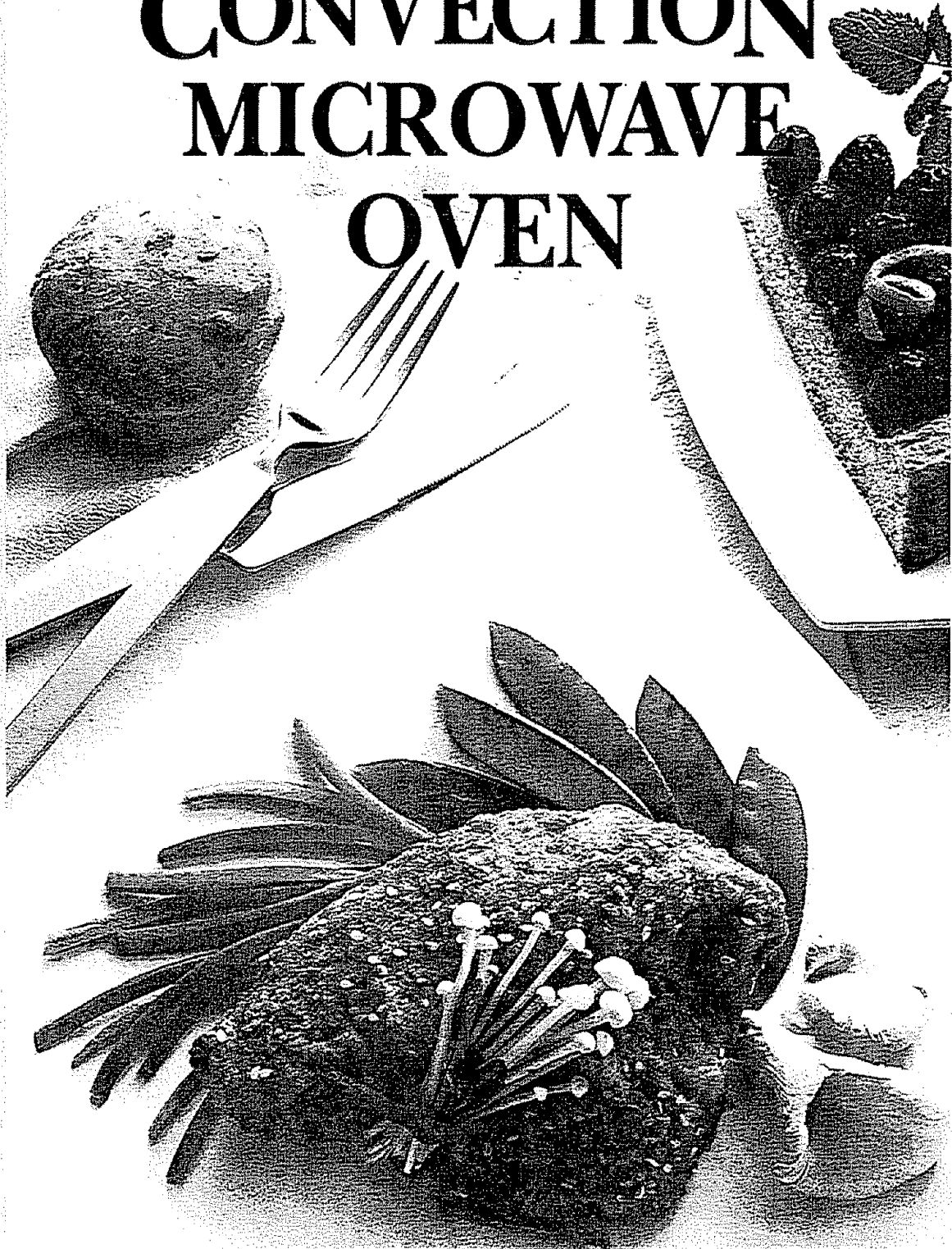


SHARP®
Carousel®

**CONVECTION
MICROWAVE
OVEN**



SHARP®
Carousel®
CONVECTION
MICROWAVE
OVEN

OPERATION AND
COOKING GUIDE

R-7A85

R-7A95

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.

FOR CUSTOMER ASSISTANCE

To aid in reporting this microwave oven in case of loss or theft, please record below the model number and serial number located on the unit. We also suggest you record all the information listed and retain for future reference.

MODEL NUMBER _____ SERIAL NUMBER _____
DATE OF PURCHASE _____
Dealer _____ Telephone _____
Servicer _____ Telephone _____

TO PHONE: DIAL 1 - 800 - BE - SHARP (23 - 74277) for :

SERVICE (for your nearest Sharp Authorized Servicer)
PARTS (for your authorized parts distributor)
ACCESSORIES
ADDITIONAL
CUSTOMER INFORMATION

DIAL 201 529 - 8703 for :

COOKING ASSISTANCE

TO WRITE:

For cooking and operation questions:

Susan Edwards/Test Kitchen
Sharp Electronics Corporation
Sharp Plaza, Box 650
Mahwah, NJ 07430-2135

For service problems, warranty information, missing items and other assistance:

Sharp Electronics Corporation
Customer Information Center
Sharp Plaza, Box 650
Mahwah, NJ 07430-2135

Please provide the following information when you write or call: model number, serial number, date of purchase, your complete mailing address (including zip code), your daytime telephone number (including area code) and description of the problem.

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LIMITED WARRANTY

SHARP ELECTRONICS CORPORATION warrants to the first consumer purchaser that this Sharp brand product (the "Product"), when shipped in its original container, will be free from defective workmanship and materials, and agrees that it will, at its option, either repair the defect or replace the defective Product or part thereof with a new or remanufactured equivalent at no charge to the purchaser for parts or labor for the period(s) set forth below.

This warranty does not apply to any appearance items of the Product nor to the additional excluded item(s) set forth below nor to any Product the exterior of which has been damaged or defaced, which has been subjected to improper voltage or other misuse, abnormal service or handling, or which has been altered or modified in design or construction.

In order to enforce the rights under this limited warranty, the purchaser should follow the steps set forth below and provide proof of purchase to the servicer.

The limited warranty described herein is in addition to whatever implied warranties may be granted to purchasers by law. ALL IMPLIED WARRANTIES INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR USE ARE LIMITED TO THE PERIOD(S) FROM THE DATE OF PURCHASE SET FORTH BELOW. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Neither the sales personnel of the seller nor any other person is authorized to make any warranties other than those described herein, or to extend the duration of any warranties beyond the time period described herein on behalf of Sharp.

The warranties described herein shall be the sole and exclusive warranties granted by Sharp and shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described herein, shall constitute complete fulfillment of all liabilities and responsibilities of Sharp to the purchaser with respect to the Product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Sharp be liable, or in any way responsible, for any damages or defects in the Product which were caused by repairs or attempted repairs performed by anyone other than an authorized servicer. Nor shall Sharp be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusion may not apply to you.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

Your Product Model Number & Description:

R-7A85, R-7A95 Home Use Carousel Microwave Oven. (Be sure to have this information available when you need service for your Product.)

Warranty Period for this Product:

One (1) year parts and labor. The warranty period continues for an additional four (4) years, for a total of five (5) years, with respect to the magnetron tube in the Product for parts only; labor and service are not provided free of charge for this additional period.

Additional Item(s) Excluded from Warranty Coverage (if any):

Accessories, rubber or plastic parts, the turntable, light bulbs, glass parts or any printed materials.

Where to Obtain Service:

From a Sharp Authorized Servicer located in the United States. To find the location of the nearest Sharp Authorized Servicer, call Sharp toll free at 1-800-BE-SHARP (1-800-237-4277).

What to do to Obtain Service:

Ship prepaid or carry in your Product to a Sharp Authorized Servicer. Be sure to have **Proof of Purchase** available. If you ship the Product, be sure it is insured and packaged securely.

TO OBTAIN SUPPLY, ACCESSORY OR PRODUCT INFORMATION, CALL 1-800-BE-SHARP.

Save the proof of purchase as it is needed should your oven ever require warranty service.

PRODUCT INFORMATION CARD

The product information card which is on the inside of the microwave oven carton should be completed within ten days of purchase and returned. We will keep it on file and help you access the information in case of loss, damage or theft. This will also enable us to contact you in the unlikely event that any adjustments or modifications are ever required for your oven.

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:

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 6.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers -- for example, closed glass jars -- may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact nearest Sharp Authorized Service Station or Dealer for examination, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store or use this appliance outdoors. Do not use this product near water--for example, near a kitchen sink, in a wet basement or near a swimming pool, and the like.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. See door surface cleaning instructions on page 22.
16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. **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.**
 - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
17. Do not operate any heating or cooking appliance beneath this appliance.
18. Do not mount unit over or near any portion of a heating or cooking appliance.
19. Do not mount over a sink.
20. Do not store anything directly on top of the appliance surface when the appliance is in operation.

SAVE THESE INSTRUCTIONS

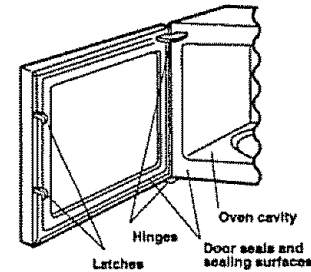
UNPACKING AND INSTALLATION INSTRUCTIONS

Unpacking and Examining Your Oven

Remove:

1. all packing materials from inside the oven cavity. Read enclosures and **SAVE** the Operation Manual.
2. the feature sticker from the outside of the door, if there is one.

Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact your dealer or SHARP AUTHORIZED SERVICE STATION.



Choosing a Location for Your Oven

You will use your oven frequently so plan its location for ease of use. The oven must be placed on a countertop which is a minimum of 36 inches from the floor. Allow at least 2 inches on the sides, top and at the rear of the oven for air circulation. Be sure to position oven so that the rear cannot be touched inadvertently.

Do not place or install the oven in any area where heat and steam are generated; for example, next to or above a conventional gas or electric range or above a conventional wall oven. Heat and steam may damage the electronics or the mechanical parts of the oven.

Built-in Kit

Your oven can be built into a cabinet or wall—not near or above a heat source—using Sharp's Built-in Kit, Model RK-71 and RK-71W. Model RK-71 is for R-7A85 oven, and Model RK-71W is for R-7A95 oven. If your dealer does not stock the kit, it can be ordered directly from the Sharp Accessories and Supplies Center. Have your credit card number available and call toll-free: 1-800-BE-SHARP for ordering the kit to be sent to your address.

The kit includes ducts and finish trim strips and easy-to-follow instructions for installation as well as the location of the power supply.

GROUNDING INSTRUCTIONS

It is important that all instructions for electrical connection and grounding be followed to eliminate any hazard or chance of electrical short circuit. Grounding reduces the risk of electric shock by providing an escape wire for the electric current.

All electrical work must be in accordance with the National Electrical Code and all local codes and ordinances.

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

Electrical Requirements

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

The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. Should you only have a 2-prong outlet, have a qualified electrician install a correct wall receptacle.

A 3-prong adapter may be purchased and used temporarily if local codes allow. Follow package directions.

A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord.

Extension Cord

If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the microwave oven. The marked rating of the extension cord should be AC 115-120 volt, 15 amp. or more.

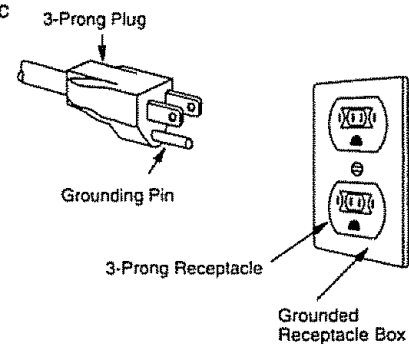
Be careful not to drape the cord over the countertop or table where it can be pulled on by children or tripped over accidentally.

Note:

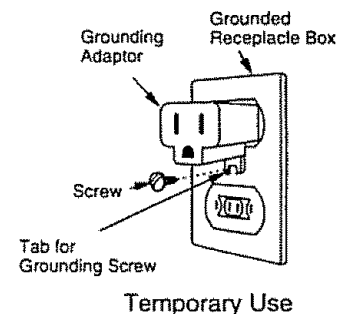
1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or serviceman.
2. Neither Sharp nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedures.

Radio or TV Interference

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different electrical circuit, relocate the radio or TV as far away from the oven as feasible or check position and signal of receiving antenna.



Permanent and Correct Installation



INFORMATION YOU NEED TO KNOW

About Your Oven

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

A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes. See the order form on page 47 for ordering the Ultimate Accessory, the SHARP CAROUSEL MICROWAVE COOKBOOK.

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

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

When using the oven at power levels below 100%, you may hear the magnetron cycling on and off

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

About Food

Occasionally during convection or combination cooking of certain high-moisture foods, condensation may accumulate on the counter surface beneath the oven door.

After using **convection, automatic mix or broil**, you will hear the sound of the cooling fan. The fan may operate as long as 5 minutes, depending on the oven temperature.

Be aware that, unlike microwave-only ovens, convection microwave ovens have a tendency to become hot during **convection, automatic mix and broil** cooking.

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

Your oven is rated 850 watts using the IEC 705-1988 method. In using recipes or package directions, check food at the minimum time and add time accordingly.

	DO	DON'T
Eggs, sausages, fruits & vegetables	<ul style="list-style-type: none"> * Puncture egg yolks before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. * Reheat whole eggs.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1 or 2 seconds or use special POPCORN pad * Use an overturned 9 or 10 inch oven glass pie plate on top of the turntable when popping bagged microwave popcorn. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving. * Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Cut baked goods with filling after heating to release steam and avoid burns. * Stir liquid briskly before and after heating to avoid "eruption". * Use deep bowl, when cooking liquid or cereal to prevent boilovers. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or air tight containers. * Can in the microwave as harmful bacteria may not be destroyed. * Deep fat fry. * Dry wood, gourds, herbs or wet papers.

About Utensils and Coverings

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new microwave convection oven. The chart below will help you decide what utensils and coverings should be used in each mode.

Utensils and Coverings	Microwave Only	Convection Broil, Slow Cook	High Mix/Roast Low Mix/Bake
Aluminum foil	Yes Small flat pieces of aluminum foil placed smoothly on food can be used to shield areas from cooking or defrosting too quickly. Keep foil at least 1 inch from walls of oven.	Yes For shielding	Yes For shielding
Aluminum containers	Yes Can be used if 3/4 filled with food. Keep 1 inch away from walls and do not cover with foil	Yes Broil-No cover	Yes Can be used if 3/4 filled with food. Keep 1 inch away from walls and do not cover with foil.
Browning dish	Yes Do not exceed recommended preheating time. Follow manufacturer's directions.	No	No
Glass ceramic (Pyroceram [®])	Yes Excellent	Yes Excellent	Yes Excellent
Glass, heat-resistant	Yes Excellent. Turned over pie plate necessary for popping popcorn.	Yes Excellent	Yes Excellent
Glass, non-heat-resistant	No	No	No
Lids, glass	Yes	Yes Broil-No cover	Yes
Lids, metal	No	Yes Broil-No cover	No
Metal cookware	No	Yes	Yes Do not use metal covering.
Metal, misc: dishes with metallic trim, screws, bands, handles Metal twist ties	No	No	No
Oven cooking bags	Yes Good for large meats or foods that need tenderizing DO NOT use metal twist ties.	Yes Broil-No	Yes DO NOT use metal twist ties
Paper plates	Yes For reheating	No	No
Paper towels	Yes To cover for reheating and cooking. Do not use recycled paper towels which may contain metal filings.	No	No
Paper, ovenable	Yes	Yes For temperatures up to 400°. Do not use for broiling.	Yes For temperatures up to 400°
Microwave-safe plastic containers	Yes Use for reheating and defrosting. Follow manufacturer's directions.	No	No
Plastic, Thermoset [®]	Yes	Yes Are heat resistant up to 425°. Do not use for broiling.	Yes
Plastic wrap	Yes Use brands specially marked for microwave use DO NOT allow plastic wrap to touch food. Vent so steam can escape.	No	No
Pottery, porcelain stoneware	Yes Check manufacturer's recommendation for being microwave safe.	Yes	Yes Must be microwave safe AND ovenable.
Styrofoam	Yes For reheating	No	No
Wax paper	Yes Good covering for cooking and reheating	No	No
Wicker, wood, straw	Yes May be used for short periods of time. Do not use with high fat or high sugar content foods. Could char.	No	No

DISH CHECK. If you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. If the dish becomes very hot, do NOT use it for microwaving.

ACCESSORIES. There are many microwave accessories available for purchase such as popcorn poppers and thermometers. Evaluate carefully before purchasing. A microwave safe or dual safe microwave/conventional thermometer will assist you in determining doneness and assure you that foods have been cooked to a safe temperature. The dual safe thermometer can be used with mix cooking.

About Microwave Cooking

- * Arrange food carefully. Place thickest areas toward outside of dish.
- * Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Foods severely overcooked can smoke or ignite.
- * Cover foods while cooking. Check recipe for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly.
- * Shield with small flat pieces of aluminum foil any areas of meat or poultry to prevent overcooking or over defrosting.
- * Stir foods from outside to center of dish once or twice during cooking, if possible.
- * Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts or turkey breasts must be turned over at least once.
- * Rearrange foods like meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
- * Add standing time. Remove food from oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking.
- * Check for doneness. Look for signs indicating that cooking temperatures have been reached.
Doneness signs include:
 - Food steams throughout, not just at edge.
 - Center bottom of dish is very hot to the touch.
 - Poultry thigh joints move easily.
 - Meat and poultry show no pinkness.
 - Fish is opaque and flakes easily with a fork.

About Children and the Microwave

Children below the age of 7 should use the microwave oven with a supervising person very near to them. Between the ages of 7 and 12, the supervising person should be in the same room.

The child must be able to reach the oven comfortably; if not, he/she should stand on a sturdy stool.

At no time should anyone be allowed to lean or swing on the oven door.

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

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

About Safety

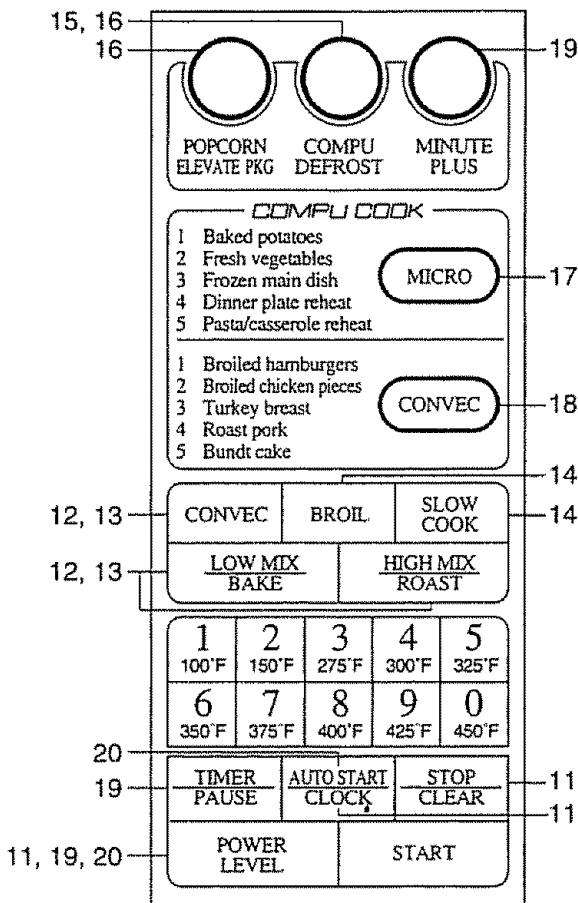
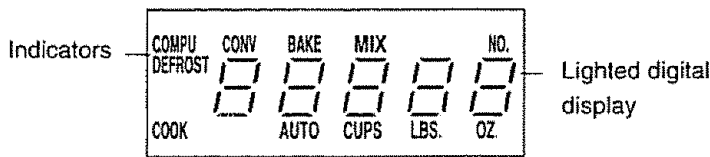
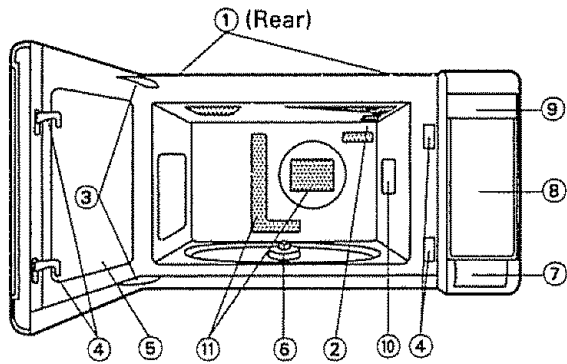
- * Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures:

- 160°F. for fresh pork, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.
- 165°F. for leftover, ready-to-heat refrigerated, and deli and carry-out "fresh" food.
- 170°F. white meat of poultry.
- 180°F. dark meat of poultry.

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

- * Always use potholders to prevent burns when handling utensils that are in contact with hot food.
Enough heat from the food can transfer through utensils to cause skin burns.
- * Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face
- * Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- * NEVER use the cavity for storing cookbooks or other items.
- * Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
- * Keep wave guide cover clean. Food residue can cause arcing and/or fires.
- * Keep aluminum foil used for shielding at least 1 inch away from walls, ceiling and door.
- * Use potholders and be careful when using convection, mix or broil cooking as cabinet, interior and door may be too hot to touch.

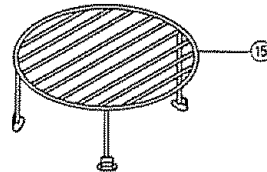
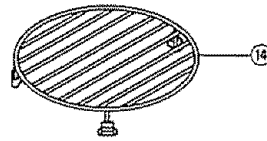
PART NAMES



R-7A85, R-7A95

Numbers indicate pages on which there are a feature description and usage information.

- ① Ventilation openings. (Rear)
- ② Oven light.
It will light when oven is operating or door is open.
- ③ Door hinges.
- ④ Safety door latches.
The oven will not operate unless the door is securely closed.
- ⑤ Oven door with see-through window.
- ⑥ Turntable motor shaft.
- ⑦ One touch door open button.
Push to open door.
- ⑧ Auto-Touch control panel.
- ⑨ Time display: Digital display, 99 minutes 99 seconds.
- ⑩ Wave guide cover.
- ⑪ Convection air openings.
- ⑫ Removable turntable.
The turntable will rotate clockwise or counterclockwise.
Only remove for cleaning
- ⑬ Removable turntable support.
Place the turntable support on the coupling and the turntable on the turntable support. Make sure that the smooth side of the turntable support is placed so that it faces up.
- ⑭ Broiling trivet.
- ⑮ Baking rack.

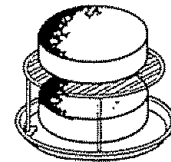


ACCESSORIES

The following accessories are designed especially for use in this oven only for convection, mix or broil cooking. **DO NOT USE FOR MICROWAVE ONLY COOKING.** Do not substitute similar types of racks for these specially designed ones.

Baking Rack—for convection and low mix.

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



Broiling Trivet—for convection, broiling or high mix.

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



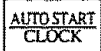
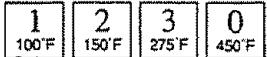

BEFORE OPERATING

* Before the oven can be used, follow these procedures:

- 1) Plug in the oven. Close the door.
The oven display will then begin flashing **88:88**.
- 2) Touch the STOP/CLEAR pad.
: will appear.
- 3) Set clock.

To Set the Clock

* Suppose you want to enter the correct time of day 12:30 (A.M. or P.M.)

Procedure	Display
 1. Touch AUTO START/CLOCK pad.	0
 2. Enter the correct time of day by touching the numbers in sequence.	12 30
 3. Touch AUTO START/CLOCK pad again.	12:30

This is a 12 hour clock. If you attempt to enter an incorrect clock time, **ERROR** will appear in the display. Touch the STOP/CLEAR pad and re-enter the time.

* If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show **88:88** after the power is reinstated. If this occurs during cooking, the program will be erased. The time of day will also be erased. Simply touch STOP/CLEAR pad and reset the clock for the correct time of day.

NOTE: Your oven can be programmed with the door open except for START, COMPU DEFROST, MINUTE PLUS and POPCORN.

Stop/Clear

Touch the STOP/CLEAR pad to:



1. Erase if you make a mistake during programming.
2. Cancel minute timer.
3. Stop the oven temporarily during cooking.
4. Return the time of day to the display.
5. Cancel a program during cooking, touch twice.

MANUAL OPERATION

Microwave Cooking

Your oven can be programmed for 99 minutes 99 seconds (99.99). Always enter the seconds after the minutes, even if they are both zeros.

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


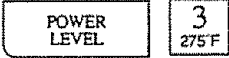

Procedure	Display
 1. Enter cooking time.	5 00
 2. Touch START pad.	5.00 COOK

There are eleven preset power levels.

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

Touch POWER LEVEL Pad Once, then Touch	Approximate Percentage of Power	Common Words for Power Levels
POWER LEVEL	100%	High
9	90%	
8	80%	
7	70%	Medium High
6	60%	
5	50%	Medium
4	40%	
3	30%	Med. Low/Defrost
2	20%	
1	10%	Low
0	0%	

* Suppose you want to defrost for 5 minutes at 30%.

Procedure	Display
 1. Enter cooking time.	5 00
 2. Enter power level.	P- 30
 3. Touch START pad.	5.00 COOK

MANUAL OPERATION

Convection and Automatic Mix Cooking

Convection Cooking

* Suppose you want to cook at 350°F for 20 minutes.

Procedure	Display
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">2 150°F</div> <div style="border: 1px solid black; padding: 2px;">0 450°F</div> <div style="border: 1px solid black; padding: 2px;">0 450°F</div> <div style="border: 1px solid black; padding: 2px;">0 450°F</div> </div> <p>1. Enter cooking time.</p>	20 00
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">CONVEC</div> <p>2. Touch CONVEC pad.</p>	CONV F
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">6 350°F</div> <p>3. Touch temperature pad.</p>	CONV 350F
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">START</div> <p>4. Touch START pad.</p>	CONV COOK 20.00

NOTE: If you wish to know programmed oven temperature, simply touch the CONVEC pad. As long as your finger is touching the CONVEC pad, programmed oven temperature will be displayed.

Automatic Mix Cooking

There are two preprogrammed settings.

	Oven temperature	Microwave power
HIGH MIX/ROAST	300°F	30%
LOW MIX/BAKE	350°F	10%

* Suppose you want to bake a cake for 20 minutes on LOW MIX/BAKE.

Procedure	Display
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">2 150°F</div> <div style="border: 1px solid black; padding: 2px;">0 450°F</div> <div style="border: 1px solid black; padding: 2px;">0 450°F</div> <div style="border: 1px solid black; padding: 2px;">0 450°F</div> </div> <p>1. Enter cooking time.</p>	20 00
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">LOW MIX BAKE</div> <p>2. Touch LOW MIX/BAKE pad.</p>	MIX 350F
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">START</div> <p>3. Touch START pad.</p>	COOK MIX 20.00

NOTE: The preprogrammed temperature on either HIGH or LOW MIX can be changed to any temperature listed on the number selection pads. Simply touch the desired temperature pad after touching either HIGH MIX/ROAST or LOW MIX/BAKE pad.

MANUAL OPERATION

To Preheat and then Cook with Convection

Your oven can be programmed to combine preheating and convection cooking.

- * Suppose you want to preheat the oven to 300°F, then cook for 20 minutes at 300°F.

Procedure	Display
<div style="border: 1px solid black; padding: 2px; display: inline-block;">CONVEC</div> 1. Touch CONVEC pad.	CONV F
<div style="border: 1px solid black; padding: 2px; display: inline-block;">4 300°F</div> 2. Touch preheat temperature pad.	CONV 300F
<div style="display: flex; justify-content: space-around; font-size: small;"> 2 150°F 0 450°F 0 450°F 0 450°F </div> 3. Enter cooking time.	CONV 20 00
<div style="border: 1px solid black; padding: 2px; display: inline-block;">START</div> 4. Touch START pad.	PRE- HEAT
5. When the oven reaches the programmed temperature, signal will sound 4 times.* Open door. Place food in oven. Close door.	PRE- HEAT OVER
<div style="border: 1px solid black; padding: 2px; display: inline-block;">START</div> 6. Touch START pad.	CONV 20.00 COOK

- * If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes. After this time has elapsed, an audible signal will sound and the oven will turn off.

NOTE: If you wish to preheat and cook at a different convection temperature, follow Steps 1 through 3 above, then touch the CONVEC pad and the desired cooking temperature pad. The cooking temperature will appear on the display. Continue with Step 4.

To Preheat with Automatic Mix

Your oven can be programmed to combine preheating and automatic mix cooking.

- * Suppose you want to preheat the oven to 300°F, and bake a pie for 20 minutes on HIGH MIX.

Procedure	Display
<div style="border: 1px solid black; padding: 2px; display: inline-block;">CONVEC</div> 1. Touch CONVEC pad.	CONV F
<div style="border: 1px solid black; padding: 2px; display: inline-block;">4 300°F</div> 2. Touch preheat temperature pad.	CONV 300F
<div style="display: flex; justify-content: space-around; font-size: small;"> 2 150°F 0 450°F 0 450°F 0 450°F </div> 3. Enter cooking time.	CONV 20 00
<div style="border: 1px solid black; padding: 2px; display: inline-block;">HIGH MIX ROAST</div> 4. Touch HIGH MIX/ROAST pad.	MIX 300F
<div style="border: 1px solid black; padding: 2px; display: inline-block;">START</div> 5. Touch START pad.	PRE- HEAT
6. When the oven reaches the programmed temperature, signal will sound 4 times.* Open door. Place food in oven. Close door.	PRE- HEAT OVER
<div style="border: 1px solid black; padding: 2px; display: inline-block;">START</div> 7. Touch START pad.	MIX 20.00 COOK

- * If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes. After this time has elapsed, an audible signal will sound and the oven will turn off.

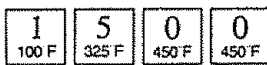



NOTE: The programmed temperature on either HIGH or LOW MIX can be changed to any temperature listed on the number selection pads. Simply touch the desired temperature pad after touching either HIGH MIX/ROAST or LOW MIX/BAKE pad.

MANUAL OPERATION

Broil Cooking

Preheating is automatic when the BROIL setting is used. Only actual cooking time is entered; the oven signals when it is preheated to 450°F. Use Broil setting for steaks, chops, chicken pieces and many other foods.

* Suppose you want to broil a steak for 15 minutes.

Procedure	Display
 <p>1. Enter cooking time.</p>	15 00
 <p>2. Touch BROIL pad.</p>	CONV 450F
 <p>3. Touch START pad. No food in oven.</p>	PRE- HEAT
<p>4. When the oven reaches the programmed temperature, signal will sound 4 times.*</p> <p>Open door. Place food in oven. Close door.</p>	PRE- HEAT OVER PRESS START
 <p>5. Touch START pad.</p>	CONV 15.00 COOK




* If the oven door is not opened, the oven will automatically hold at the preheat temperature for 30 minutes. After this time has elapsed, an audible signal will sound and the oven will turn off.

NOTE: Should any food require more broiling time, it is easy to add time by touching in the additional time, followed by convection and 450°F. THERE WILL BE NO PREHEAT.

Slow Cook

Slow Cook is preset for 300°F. for 4 hours. The temperature can be changed to below 300°F. This feature can be used for foods such as baked beans or marinated chuck steak.

* Suppose you want to change oven temperature from 300°F. to 275°F.

Procedure	Display
 <p>1. Touch SLOW COOK pad.</p>	CONV 300F
 <p>2. Touch desired temperature pad if you want to change from 300°F.</p>	CONV 275F
 <p>3. Touch START pad.</p>	CONV 275F COOK

NOTE: If the oven door is opened or STOP/CLEAR pad is touched during the SLOW COOK cycle, the program will be cancelled and the oven will turn off. If you need to continue, follow the procedure above and note cooking time as oven is set again for 4 hours. Temperatures above 300°F. cannot be entered in SLOW COOK.

SPECIAL FEATURES



CompuDefrost

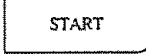




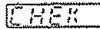

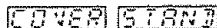
CompuDefrost automatically defrosts ground meat, chicken pieces, steaks, chops, whole chicken and roasts

Round the weight to the nearest half pound. (Ex. if the steak's actual weight is 2.2 lbs., round to 2.0 lbs. If the steak's weight is 2.4 lbs., round to 2.5 lbs.)

To enter weight, touch the COMPU DEFROST pad for a 5 lb. increase per touch. (Ex. touch four times for 2.0 lbs.)

- * Suppose you want to defrost a 2.2 lb. steak.

Procedure	Display
 x 4 1 Round the weight to 2.0 lbs. Quickly touch COMPU DEFROST 4 times for 2.0 lbs. because the oven starts automatically.	 2.0 LBS.
The oven will stop and directions will be displayed. Follow the indicated message.	

2. After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door.  Touch START pad	  
3. After the 2nd stage, open the door. Shield any warm portions. Close the door.  Touch START pad.	 
After cooking.	

NOTE:

1. CompuDefrost can be programmed with More or Less Time Adjustment.
2. You may choose to enter the weight in tenths of pounds. This procedure may be easier with larger weights such as 4 pounds because it requires fewer touches. To program, touch COMPU DEFROST and enter weight by touching the number pads. Example: touch COMPU DEFROST then 4 and 0 for a weight of four pounds.
3. To defrost other foods or foods above or below the weights allowed on the chart below, use time and 30% power. See Manual Defrost on the next page.

COMPU DEFROST CHART

Food	Amount	Procedure
Roast	2.5–6.0 lbs.	Start with fat side down. After each stage of defrost cycle, turn over and shield the warm portions with aluminum foil. Stand, covered 30–60 min.
Steaks Chops Fish	0.5–4.0 lbs.	After each stage of defrost cycle, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any that are nearly defrosted. Stand, covered 10–20 minutes.
Ground meat	0.5–3.0 lbs.	Remove any thawed pieces after each stage. Stand, 5–10 min.
Chicken, whole	2.5–6.0 lbs.	Remove giblets before freezing poultry. Start with breast side down. After the 1st stage, turn over and shield the warm portions with aluminum foil. After the 2nd stage, if there are warm portions, shield with aluminum foil. Stand, covered 30–60 min.
Chicken pieces	0.5–3.0 lbs.	After each stage of defrost cycle, if there are warm or thawed portions, rearrange or remove. Stand, 10–20 min.

NOTE: Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed. Shielding roasts and steaks prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

SPECIAL FEATURES

Manual Defrost

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

You can defrost any frozen food, either raw or previously cooked, by using Power Level 3. Follow the exact 3-step procedure found under Microwave Cooking on page 11. Estimate defrosting time and press 3 for 30% when you select the power level.

For either raw or previously cooked frozen food, the rule of thumb is approximately 5 minutes per pound. For example, defrost 5 minutes for 2-3 cups of casserole or 1 pound of frozen spaghetti sauce.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on Power Level 3 until totally defrosted.


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

Popcorn

Popcorn allows you to pop microwave popcorn by touching just one pad.

Amount	Procedure
Only 1 package at a time.	Use only popcorn packaged for microwave oven use. Place an overturned 9" oven glass pie plate in center of turntable. Place unfolded popcorn bag in center of the overturned pie plate. Try several brands to decide which you like best. Fresh popcorn works best so purchase only the amount used in a week or two. Do not try to pop unpopped kernels.
3.5 oz. bag	Touch POPCORN once for regular. REG .
3.0 or 3.5 oz. bag (Light)	Touch POPCORN twice within 2 seconds for regular light. L-REG .
1.75 oz.	Touch POPCORN three times within 3 seconds for single. SNG .
1.5 or 1.75 oz. (Light)	Touch POPCORN pad four times within 4 seconds for single light. L-SNG .

* Suppose you want to pop 3.5 oz. bag of light microwave popcorn.

Procedure	
	Touch POPCORN pad twice. The oven starts automatically; not necessary to touch START.

NOTE:

- To use POPCORN pad, touch within 1 minute after cooking, opening and closing the door or touching the STOP/CLEAR pad.
- POPCORN can be programmed with More or Less Time Adjustment.

SPECIAL FEATURES

CompuCook Micro

CompuCook Micro will automatically compute the microwave power and cooking time for foods shown in the chart.

* Suppose you want to use CompuCook Micro to cook 2 baked potatoes.

Procedure	Display
<p>MICRO</p> <p>1. Touch MICRO pad.</p>	<p>COMPU</p> <p>FOOD</p>
<p>1</p> <p>100 F</p> <p>2. Select CompuCook Micro setting. Touch 1 to cook baked potatoes.</p>	<p>COMPU</p> <p>CC - 1</p> <p>NO.</p>

<p>2</p> <p>150 F</p> <p>3. Enter number.</p>	<p>COMPU</p> <p>2</p> <p>NO.</p>
<p>START</p> <p>4. Touch START pad.</p>	
<p>After cooking.</p>	<p>COVER STAND</p>

NOTE: CompuCook Micro can be programmed with More or Less Time Adjustment.

COMPU COOK MICRO CHART

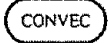

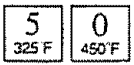
Food	Amount	Procedure
1. Baked potatoes	1-4 medium	Prick with fork. Place on paper towel lined turntable. After cooking, remove from oven, wrap in aluminum foil and let stand 5 to 10 minutes.
2. Fresh vegetables	1-4 cups	For beans, carrots, corn and peas, add 1 tablespoon of water per cup. For broccoli, Brussels sprouts, cabbage and cauliflower, cook immediately after washing with no additional water. If you like tender crisp vegetables, double or triple measured quantity per setting. For example, use 2 cups or 3 cups of zucchini but touch 1 when entering amount. After cooking, remove from oven, stir, cover and let stand 3 to 5 minutes before serving.
3. Frozen main dish		Use this setting for frozen convenience foods. It will give satisfactory results for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking, let stand covered for 1 to 3 minutes.
	6-8 oz.	Touch 3 once at Step 3 above for packages weighing 6-8 oz.
	9-11 oz.	Touch 3 twice at Step 3 above for packages weighing 9-11 oz.
	12-14 oz.	Touch 3 three times at Step 3 above for packages weighing 12-14 oz.
	15-16 oz.	Touch 3 four times at Step 3 above for packages weighing 15-16 oz.
4. Dinner plate reheat		Use this setting to reheat precooked foods from the refrigerator. Place meaty portions and bulky vegetables to outside of plate. Cut large items like baked potatoes in smaller pieces. Flatten foods such as mashed potatoes and other dense foods. Cover with wax paper or plastic wrap. ONE PLATE ONLY. After cooking, check that food is very hot throughout and that the bottom center of the plate is very hot. If not, continue heating using time and power level. Allow to stand, covered, 1 to 2 minutes.
	1 Regular	Touch 4 once at Step 3 above for a regular amount of food: approximately 4 oz. sliced meat or poultry, 1/2 cup potato or rice and 1/2 cup of vegetables or equivalent. REG
	1 Small	Touch 4 twice at Step 3 above within 2 seconds for a smaller amount of food on a dinner plate. SMALL
	1 Big	Touch 4 three times at Step 3 above within 3 seconds for a larger amount of food on a dinner plate. BIG
5. Pasta/casserole reheat	1-4 cups	Use this setting to reheat refrigerated canned or homemade pasta with sauce or a prepared casserole with cooked ingredients. For pasta without sauce, double the quantity per setting. For example, measure 2 cups of cooked noodles and program for 1 cup. Cover with lid or plastic wrap. After cooking, stir and let stand covered, 2 to 3 minutes.

SPECIAL FEATURES

CompuCook Convec

CompuCook Convec will automatically compute the oven temperature, microwave power and cooking time for foods shown in chart.

* Suppose you want to use CompuCook Convec to roast a 5.0 lb. turkey breast.

Procedure	Display
 1. Touch COMPU COOK CONVEC pad.	COMPU COOK F 0 0 0
 2. Select CompuCook Convec setting. Touch 3 for turkey breast.	COMPU COOK C C - 3 LBS
 3. Enter weight.	COMPU COOK 5 . 0 LBS



NOTE:

1. CompuCook Convec can be programmed with More or Less Time Adjustment.
2. CompuCook Convec works with foods at normal storage temperature. For example, chicken would be at refrigerator temperature and cakes would be at room temperature.
3. Preheat is automatic with Setting 1 Broiled hamburgers and Setting 2 Broiled chicken pieces. When the oven reaches the desired temperature, an audible signal will sound four times; place the food in the oven and touch START.
4. All foods can be seasoned, as desired, before cooking begins.

COMPU COOK CONVEC CHART

Food	Amount	Procedure	Comments
1. Broiled hamburgers*	1-8 pieces	Season, as desired. Place on broiling trivet.	Patties should be 1/4 lb. each, 1/2-inch thick. Patties will be medium doneness.
2. Broiled chicken pieces*	0.5-3.0 lbs.	Season, as desired. Place on broiling trivet.	Trim off excess fat. If smoking should occur, 1/2 cup of hot water may be added to the turntable. Chicken next to bone should no longer be pink. If additional time is needed, continue broiling.
3. Turkey breast	3.0-6.0 lbs.	Season, as desired. Place on broiling trivet.	Let stand, covered with foil, 10 to 15 minutes.
4. Roast pork	2-3.5 lbs. boneless pork loin	Season, as desired. Place on broiling trivet.	Let stand, covered with foil, 10 to 15 minutes.
5. Bundt cake	1	12-cup fluted tube pan, greased.	Cool 25 to 30 minutes in pan on wire rack; remove from pan. Complete cooling on wire rack.


* Program oven without food inside. When audible signal sounds 4 times after preheating, open door, put food in oven on broiling trivet and touch START pad.

OTHER CONVENIENT FEATURES

Minute Plus

Minute Plus allows you to cook for a minute at 100% by simply touching the MINUTE PLUS pad. You can also extend cooking time in multiples of 1 minute by repeatedly touching the MINUTE PLUS pad during manual cooking.

* Suppose you want to heat a cup of soup for one minute.







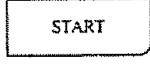
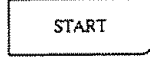
Procedure	
	Touch MINUTE PLUS pad.

- NOTE: 1 To use MINUTE PLUS, touch pad within 1 minute after cooking, closing the door, touching the STOP/CLEAR pad or during cooking. Minute Plus cannot be used to start the oven if any program is on display.
2. Minute Plus cannot be used with SPECIAL FEATURES.

Pause


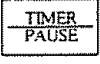
Pause allows you to stop the oven between cooking stages to stir, turn food over or add ingredients during the cooking process.

* Suppose you want to cook for 5 minutes at 100%, stir and continue to cook for 3 minutes at 50%.

Procedure	
1.  Enter cooking time for first stage.  Touch POWER LEVEL pad twice for 100% power.	
2. 	Touch TIMER/PAUSE pad.
3.  Enter cooking program for second stage.  Touch POWER LEVEL pad.  Touch number pad 5 for 50% power.	
4. 	Touch START pad.
5. After the 1st stage, open door and stir. Close door.	
6. 	Touch START pad.

Minute Timer

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

Procedure	
1.  Enter time.	
2. 	Touch TIMER/PAUSE pad.


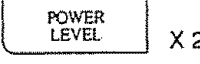



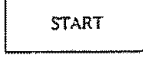
Multiple Sequence Cooking

The oven can be programmed for up to 4 microwave cooking sequences, switching from one power level setting to another automatically.

Sometimes cooking directions tell you to start on one power level and then change to a different power level. Your oven can do this automatically.

The oven can also be programmed for up to 3 convection or mix settings or a combination of microwave and convection settings.

* Suppose you want to cook roast beef for 5 minutes at 100% and then continue to cook for 30 minutes at 50%.

Procedure	
1.  Enter first cooking time. Then touch POWER LEVEL pad twice for 100% power. 	
2.  Enter second cooking time. Touch POWER LEVEL pad and touch number pad 5 for 50% power.  	
3. 	Touch START pad.

- NOTE: 1. If 100% is selected as the final sequence, it is not necessary to touch the POWER LEVEL pad.
2. If you wish to know power level during cooking, simply touch the POWER LEVEL pad. As long as your finger is touching the POWER LEVEL pad, the power level will be displayed.

OTHER CONVENIENT FEATURES

Auto Start

If you wish to program your oven to begin cooking automatically at a designated time of day, follow this procedure:

- * Suppose you want to start cooking a stew for 20 minutes on 50% at 4:30. Before setting, check to make sure the clock is showing the correct time of day.

Procedure												
1.	<table border="1"><tr><td>4</td><td>3</td><td>0</td></tr><tr><td>300°F</td><td>275°F</td><td>450°F</td></tr></table> Enter the start time.	4	3	0	300°F	275°F	450°F					
4	3	0										
300°F	275°F	450°F										
2.	<table border="1"><tr><td>AUTO START CLOCK</td></tr></table> Touch AUTO START/ CLOCK pad.	AUTO START CLOCK										
AUTO START CLOCK												
3.	<table border="1"><tr><td>2</td><td>0</td><td>0</td><td>0</td></tr><tr><td>150°F</td><td>450°F</td><td>450°F</td><td>450°F</td></tr></table> Enter cooking program. <table border="1"><tr><td>POWER LEVEL</td></tr></table> <table border="1"><tr><td>5</td></tr><tr><td>325°F</td></tr></table>	2	0	0	0	150°F	450°F	450°F	450°F	POWER LEVEL	5	325°F
2	0	0	0									
150°F	450°F	450°F	450°F									
POWER LEVEL												
5												
325°F												
4.	<table border="1"><tr><td>START</td></tr></table> Touch START pad.	START										
START												

- NOTE: 1. Auto Start can be used for **manual cooking and CompuCook Micro and Convec**.
2. If the oven door is opened after programming Auto Start, it is necessary to touch the START pad for the time of day to appear in the readout so that the oven will automatically begin programmed cooking at the chosen Auto Start time.
 3. Be sure to choose foods that can be left in the oven safely until the Auto Start time. Baked potatoes are often a good choice.

More or Less Time Adjustment

More

Should you discover that you like any of the Popcorn, CompuCook or CompuDefrost settings slightly **more** done, touch the **POWER LEVEL** pad **once** after touching your choice of pads.

Less

Should you discover that you like any of the Popcorn, CompuCook or CompuDefrost settings slightly **less** done, touch the **POWER LEVEL** pad **twice** after touching your choice of pads.

The **POWER LEVEL** pad must be touched within 1 second of touching your choice of pads.

Safety Lock

The Safety Lock prevents unwanted oven operation such as by small children.

The control panel can be deactivated or locked. To set, touch AUTO START/CLOCK, the number **1** and START. **LOCK** will appear in the display.

To cancel, touch AUTO START/CLOCK, the number **1** and STOP/CLEAR.

Audible Signal Elimination

If you wish to have the oven operate with no audible signals, touch AUTO START/CLOCK, the number **5** and START.

To cancel and restore the audible signal, touch AUTO START/CLOCK, the number **5** and STOP/CLEAR.

Demonstration Mode

To demonstrate, touch AUTO START/CLOCK, **0** and START. **DEMO** will appear in the display. Cooking operations and special features can now be demonstrated with no power in the oven. For example, touch MINUTE PLUS and the display will show **1.00** and count down quickly to 0 and the "End".

To cancel, touch AUTO START/CLOCK, then **0** and STOP/CLEAR.

SERVICE CALL CHECK

Please check the following before calling for service:

1. Place one cup of water in a glass measuring cup in the oven and close the door securely.
Operate the oven for two minutes at HIGH 100%.
 - A. Does the light come on in the oven? YES _____ NO _____
 - B. Does the cooling fan work? YES _____ NO _____
(Put your hand over the rear ventilating openings.)
 - C. Does the turntable rotate? YES _____ NO _____
It is normal for the turntable to turn in either direction.
 - D. Is the water in the oven hot? YES _____ NO _____
2. Remove water from the oven and operate the oven for 5 minutes at CONVECTION 450°F.
 - A. Do CONV and COOK indicators light? YES _____ NO _____
 - B. After the oven shuts off, is inside of the oven hot? YES _____ NO _____

If "NO" is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker.
If both are functioning properly, CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICE STATION. A microwave oven should never be serviced by a "do-it-yourself" repair person.

NOTE: If time appearing in the display is counting down very rapidly, check Demonstration Mode and cancel, check Demonstration Mode on page 20.

SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1.4 kW 12.5A (Microwave) 1.47 kW (Convection)
Output Power:	
Microwave	850W* (IEC - 705 - 1988 - Test Procedure)
Convection Heater	1400W
Frequency:	2450 MHz
Outside Dimensions:	20 1/2"(W) x 12"(H) x 18 1/8"(D)
Cavity Dimensions:	13 3/4"(W) x 8"(H) x 13 3/8"(D)
Oven Capacity:	0.9 cu.ft.
Cooking Uniformity:	Turntable system
Weight:	Approx. 44 lbs.

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

In compliance with standards set by:

FCC – Federal Communications Commission Authorized.

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



– This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.

CLEANING AND CARE

Exterior

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

Door

Wipe the window on both sides with a damp cloth to remove any spills or spatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of harsh abrasives.

Touch Control Panel

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

Interior - after microwave cooking

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

Interior - after convection, mix or broil cooking

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

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

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

Wave Guide Cover

Carefully wash any food particles from the wave guide cover located on the ceiling in the oven cavity.

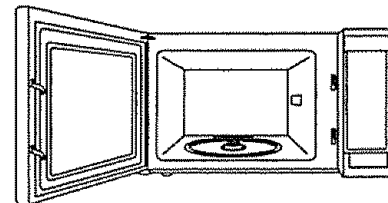
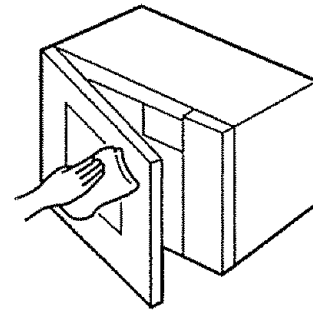
Odor Removal

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

Turntable/Turntable Support

The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and scouring sponge as described above. They are also dishwasher-proof.

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



VEGETABLE COOKING CHART

Vegetable	Amount	Cooking Procedure	Microwave Time at HIGH (100%)	Standing Time, Covered
Artichokes Fresh	2 medium	Trim and rinse. 2-qt. casserole. 2 tbsp. water. Cover with plastic wrap	5-8 min.	5 min.
Asparagus Fresh Spears	1 lb.	2-qt. casserole. 2 tbsp. water. Cover. Rearrange after 3 min.	4-7 min.	2 min.
Frozen Spears	10-oz. pkg.	1-qt. casserole. 1 tbsp. water. Cover. Rearrange after 3 min.	7-9 min.	2 min.
Beans Fresh, Green and Wax	1 lb.	1 1/2-in. pieces, 2-qt. casserole. 1/4 cup water. Cover. Stir twice.	9-13 min.	2 min.
Frozen, Green	10-oz. pkg.	1-qt. casserole. 1 tbsp. water. Cover. Stir after 3 min.	5-7 min.	2 min.
Frozen, Lima	10-oz. pkg.	1-qt. casserole. 1 tbsp. water. Cover. Stir once.	6-9 min.	2 min.
Beets Fresh, Whole	5 medium	Wash. Leave 1 inch of tops. 2-qt. casserole. 1/2 cup water. Cover. Stir every 5 min.	12-18 min.	3 min.
Broccoli Fresh, Spears	1 lb.	Wash. 2-qt. casserole. Add no water. Cover. Rearrange after 3 min. Uncover during stand.	6-8 min.	3 min., uncovered
Fresh, Pieces	1 lb.	Wash. 2-qt. casserole. Add no water. Cover. Stir after 3 min. Uncover during stand.	5-7 min.	2 min., uncovered
Frozen, Spears, Cuts, Chopped	10-oz. pkg.	1-qt. casserole. 2 tbsp. water. Cover. Stir after 3 min. Uncover during stand.	5-7 min.	2 min., uncovered
Brussels Sprouts Fresh	4 cups	2-qt. casserole. 1/4 cup water. Cover. Stir after 2 min.	6-8 min.	3 min.
Frozen	10-oz. pkg.	1-qt. casserole. 2 tbsp. water. Cover. Stir after 3 min.	6-8 min.	3 min.
Cabbage Shredded	1 lb.	2-qt. casserole. 2 tbsp. water. Cover. Stir after 4 min.	8-12 min.	2 min.
Wedges	1 lb.	2-qt. casserole. 2 tbsp. water. Cover. Rearrange after 5 min.	12-14 min.	3 min.
Carrots Fresh, Slices	2 cups	1-qt. casserole. 2 tbsp. water. Cover. Stir after 3 min.	4-6 min.	3 min.
Frozen, Slices	2 cups	1-qt. casserole. 1 tbsp. water. Cover. Stir after 3 min.	5-7 min.	3 min.
Cauliflower Fresh, Flowerets	2 cups	1-qt. casserole. 2 tbsp. water. Cover. Stir after 2 min.	3-5 min.	2 min.
Fresh, Whole	1 1/2 lbs.	Remove leaves and core center. 2-qt. casserole. 2 tbsp. water. Cover.	7-9 min.	3 min.
Frozen, Flowerets	10-oz. pkg.	1-qt. casserole. 1 tbsp. water. Cover. Stir after 3 min.	4-6 min.	2 min.

Vegetable	Amount	Cooking Procedure	Microwave Time at HIGH (100%)	Standing Time, Covered
Corn				
Fresh, on Cob	2 ears	9-in. pie plate. 2 tbsp. water. Cover. Rearrange after 4 min.	6-9 min.	5 min.
	4 ears	2-qt. oval or rectangular casserole. 1/4 cup water. Cover.	12-14 min.	5 min.
Frozen, on Cob	2 ears	9-in. pie plate. 2 tbsp. water. Cover. Rearrange after 4 min.	6-8 min.	5 min.
	4 ears	2-qt. oval or rectangular casserole. 1/4 cup water. Cover.	10-12 min.	5 min.
Frozen, Whole Kernel	10-oz. pkg.	1-qt. casserole. 1 tbsp. water. Cover. Stir after 2 min.	4-6 min.	2 min.
Okra				
Fresh, Whole	3/4 lb.	1 1/2-2-qt. casserole. 1/4 cup water. Cover. Stir after 3 min.	8-10 min.	3 min.
Frozen, Whole or Slices	10-oz. pkg.	1 1/2-2-qt. casserole. 2 tbsp. water. Cover. Stir after 3 min.	6-8 min.	3 min.
Peas, Black-eyed				
Frozen	10-oz. pkg.	2-qt. casserole. 1/4 cup water. Cover. Stir after 4 min.	8-10 min.	3 min.
Peas, Green				
Fresh	2 cups	1-qt. casserole. 1/4 cup water. Cover. Stir after 3 min.	4-6 min.	3 min.
Frozen	10-oz. pkg.	1-qt. casserole. 1 tbsp. water. Cover. Stir after 3 min.	6-8 min.	3 min.
Potatoes				
Baked	2 medium 4 medium	Prick; place on paper towels. Turn over, rearrange at 1/2 time. Let stand, wrapped in foil.	7-9 min. 11-14 min.	5-10 min. 5-10 min.
Boiled	4 medium	Peel and quarter potatoes. 2-qt. casserole. Cover. Stir after 5 min.	9-12 min.	3 min.
Spinach				
Fresh	1 lb	Wash and trim. Add no water. 3-qt. casserole. Cover. Stir after 3 min.	5-7 min.	2 min.
Frozen, Leaf or Chopped	10-oz. pkg.	1-qt. casserole. Add no water. Cover. Stir after 3 min.	6-8 min.	2 min.
Squash				
Fresh, Acom	1 whole	Prick; place on paper towel. Turn over after 4 min.	7-10 min.	5 min.
Fresh, Sliced Zucchini,	2 cups	1-qt. casserole. Add no water. Cover. Stir after 2 min.	2-4 min.	1 min.
Frozen, Mashed	10-oz. pkg.	1-qt. casserole. Add no water. Cover. Break apart and stir after 3 min.	6-8 min.	2 min.
Sweet Potatoes				
Baked	2 medium 4 medium	Prick; place on paper towels. Turn over, rearrange after 5 min.	5-9 min. 10-13 min.	5 min. 5 min.
Tomatoes				
Fresh	2 medium 4 medium	Halve tomatoes. Round dish. Cover. Rearrange once.	2-4 min. 5-8 min.	2 min. 2 min.
Canned Vegetables	15 to 16 oz.	1-qt. casserole. Drain all but 2 tbsp. liquid. Stir once.	2-4 min.	2 min.

REHEATING CHART

Item	Starting Temperature	Microwave Time	Procedure
Plate of Food 1 serving of meat, 2 servings of vegetables	Room temp. Refrigerated	MED.-HIGH (70%) 1-2½ min. 2½-3½ min.	Meaty portions and bulky vegetables to outside. Cover with wax paper.
Meat (Chicken pieces, chops, hamburgers, meat loaf slices) 1 serving 2 servings	Refrigerated Refrigerated	MED -HIGH (70%) 1-2 min. 2-4 min.	Cover loosely with wax paper.
Meat Slices (Beef, ham, pork, turkey) 1 or more servings	Room temp. Refrigerated	MEDIUM (50%) 1-1¾ min. per serving 1½-2½ min. per serving	Cover with gravy or wax paper. Check after 30 sec. per serving.
Stirrable Casseroles and Main Dishes 1 serving 2 servings 4-6 servings	Refrigerated Refrigerated Refrigerated	HIGH (100%) 1¾-3½ min. 3¾-5 min. 6½-7½ min.	Cover with plastic wrap. Stir after half the time.
Nonstirrable Casseroles and Main Dishes 1 serving 2 servings 4-6 servings	Refrigerated Refrigerated Refrigerated	MEDIUM (50%) 4½-7½ min. 7½-11 min. 12-15 min.	Cover with wax paper.
Soup, Cream 1 cup 1 can (10¾ oz.)	Refrigerated Room temp.	MEDIUM (50%) 2¾-5½ min. 5-7½ min.	Cover. Stir after half the time.
Soup, Clear 1 cup 1 can (10¾ oz.)	Refrigerated Room temp.	HIGH (100%) 1¾-3 min. 3½-4½ min.	Cover. Stir after half the time.
Pizza 1 slice 1 slice 2 slices 2 slices	Room temp. Refrigerated Room temp. Refrigerated	HIGH (100%) 15-25 sec. 25-35 sec. 25-35 sec. 35-45 sec.	Place on paper towel on micro- wave-safe rack.
Vegetables 1 serving 2 servings	Refrigerated Refrigerated	HIGH (100%) ¾-1¼ min. 1½-2 min.	Cover. Stir after half the time.
Baked Potato 1 2	Refrigerated Refrigerated	HIGH (100%) 1-2½ min. 2½-3 min.	Cut potato lengthwise and then several times crosswise. Cover with wax paper.
Breads (Dinner or breakfast roll) 1 roll 2 rolls 4 rolls	Room temp. Room temp. Room temp.	HIGH (100%) 8-10 sec. 10-12 sec. 15-18 sec.	Wrap single roll, bagel or muffin in paper towel. To reheat several, line plate with paper towel; cover with another paper towel.
Pie 1 slice 2 slices	Refrigerated Refrigerated	HIGH (100%) 30-45 sec. 1-1½ min.	Place on microwave-safe dish. Do not cover.

INTRODUCTION TO CONVECTION MICROWAVE COOKING

The convection microwave oven is the ultimate cooking team. This state-of-the-art system brings together the best of both worlds. Enjoy the browning and crisping capabilities of convection plus the speed of microwave cooking. Microwaving brings out the natural flavor of foods and keeps them moist and juicy. Convection cooking adds the advantage of browning and crisping food beautifully. Combination settings LOW MIX and HIGH MIX use convection heat to seal and brown the outside while using microwave energy to make sure the interior is cooked.

Breads and cakes are done to perfection; roasts and poultry brown and crisp just right. The results are superior to conventional methods.

When you compare foods cooked in a convection microwave oven with those cooked conventionally, you'll discover the advantages of this advanced system. Turkey is an excellent example of the superb results you can achieve with convection microwave cooking. The combination oven lets you roast a larger turkey than is possible with microwaving alone. No turning over is needed, and you don't need to baste unless a special seasoning is desired plus it only takes 1/2 of the conventional time!! Turkey roasted conventionally browns well, but white meat often becomes dry in the time needed to cook dark meat completely. Combination settings use hot air roasting for crisp, brown skin plus microwaving speed for moist, juicy meat.

Breads and cakes also turn out beautifully. The convection microwave team bakes bread with a golden brown, crisp crust and fine texture. Cakes are tender, moist and evenly cooked with a nicely browned surface.

What is LOW MIX?

LOW MIX combines convection heat with microwave power for perfect baking results. LOW MIX is preprogrammed to provide 10 percent microwave energy with 350°F. The temperature can be changed by simply selecting another after touching LOW MIX when programming. See page 13.

- * Use LOW MIX for baked foods requiring more than 20 minutes. Angel food and bundt cakes, quick and yeast breads as well as large muffins bake perfectly. See page 40.
- * Program 3/4's of the usual baking time from a recipe or package.
- * Use the baking rack for two level baking of muffins and bar cookies.
- * NO PREHEATING IS NECESSARY.

What is HIGH MIX?

HIGH MIX combines convection heat with microwave power to provide crisp brown exteriors and superior juiciness for meats and poultry. HIGH MIX is preprogrammed to provide 30 percent microwave energy and 300°F. The temperature can be changed by simply selecting another after touching HIGH MIX when programming. See page 13.

- * Use HIGH MIX for meats, poultry and casseroles. See page 31 for times.
- * Place foods on the broiling trivet so that the air passes all around the food sealing in the juices.
- * Place a oven-glass dish or disposable pizza pan below the broiling trivet to catch juices if gravy is desired. Also helps speed cleaning.
- * NO PREHEATING IS NECESSARY.

What is CONVECTION Cooking?

With convection cooking, a high speed fan circulates air past the heat source and around the food. The superheated air browns and crisps the food beautifully. See page 39 for Convection Baking Chart.

- * Use CONVECTION for short time baking needs such as for biscuits, cookies, mini muffins, cupcakes and frozen or refrigerated convenience food products.
- * Preheat and bake according to recipe or package temperature and time.
- * Bake two levels at one time using the baking rack and turntable.
- * Use SLOW COOK setting for stew, soups and sauces.

What is CONVECTION BROILING?

In convection broiling, food is elevated on the broiling trivet, allowing cooking to occur on all sides simultaneously. It is not necessary to turn foods over during cooking. Fats drip away from the food, providing for great flavor without all the fat. See page 36 for Convection Broiling Chart.

- * Use the BROIL setting for everything you'd broil in a conventional oven—steaks, chops, burgers, chicken and fish.
- * Place low rack on the turntable and use for roasting or broiling to allow juices to drain away from food.



- * Achieve one-step programming by setting the oven for the correct broiling time, touching BROIL, waiting for the audible signal that the preheat is over, adding the food and simply touching the START pad

FOODS AND BEST COOKING METHODS

There's an easy way to cook each of your favorite foods. Matching the best method and setting to the food is the secret to success time after time. This chart keeps it simple by giving you the everyday guidelines you need. Now you can tell at a glance whether it's best to use the Convection or Microwave only method, the Broil setting or combination cycles of LOW MIX/Bake or HIGH MIX/ Roast.

Food	Convection	Low Mix	High Mix	Broil	Microwave
Breads & Rolls					
Biscuits	Yes				
Bread Loaves		Yes			
Rolls	Yes				
Cakes					
Bundt		Yes			
Cupcakes	Yes				
Layer Cakes	Yes	Yes			
Loaf Cakes or Quick Breads		Yes			
Muffins (regular size)	Yes				
Muffins (bakery-style, large size)		Yes			
Tube Cakes		Yes			
Cookies					
Bar or Brownies		Yes			
All Other Cookies	Yes				
Defrosting					Yes
Desserts					
Cheesecake		Yes			
Cream Puffs or Eclairs	Yes				
Crisps or Cobblers		Yes			
Frozen Convenience Foods					
Bake under 20 min.	Yes				
Bake over 20 min.		Yes			

Food	Convection	Low Mix	High Mix	Broil	Microwave
Meat, Fish & Poultry					
Bacon					Yes
Casseroles			Yes		
Chicken, Whole Roasting			Yes		
Chicken Pieces			Yes	Yes	
Chops — Lamb, Pork, Veal				Yes	
Hamburgers				Yes	
Ham Steak				Yes	
Hot Dogs				Yes	Yes
Fish & Seafood			Yes	Yes	Yes
Meat Loaf			Yes		
Roasts — Beef, Lamb, Pork, Veal			Yes		
Sausage				Yes	
Steaks & London Broil				Yes	
Turkey, Whole & Breast			Yes		
Pies					
Crust	Yes				
Custard or Pumpkin		Yes			
Double - Crust			Yes		
Frozen Prepared Custard		Yes			
Frozen Prepared Fruit			Yes		
Variety Pies (pecan, chess, etc.)		Yes			
Pizza	Yes				
Potatoes					
Quick					Yes
Crispy	Yes				
Reheating Leftovers					Yes
Vegetables					Yes

CONVECTION MICROWAVE UTENSILS

A wide variety of utensils may be used in convection and combination cooking. Remember that there is heat when cooking with convection, broil, LOW MIX or HIGH MIX; therefore utensils must be able to withstand the cooking temperature you are using.

You may use:

- * the Carousel turntable as a baking sheet for cookies
- * the broiling trivet and the baking rack for either convection or combination cooking
- * traditional metal bakeware
- * round pizza pans work well for 2 level baking. Choose those that do not have extended handles.
- * oven-glass baking dishes
- * plastics if indicated for use with heat; usually states temperature limit on the bottom. CHECK.
- * dual safe microwave/convection thermometers

NOTE:

During mix baking some metal baking utensils may cause arcing when they come in contact with the turntable, oven walls or accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.

If arcing occurs, place a heat resistant dish (Pyrex pie plate, glass pizza dish or dinner plate) between the pan and the turntable or trivet. If arcing occurs with other metal baking utensils, discontinue their use for mix cooking.

ROASTING TECHNIQUES

The HIGH MIX setting roasts perfectly. Preheating the oven is not necessary for roasting meat and poultry. Place foods on the broiling trivet which holds meat out of its juices. Never cover the broiling trivet with aluminum foil. You don't need a pan because the turntable will catch the drippings.

HELPFUL TIPS:

- * Shield thin or bony areas of roasts or breast, wing tips and legs of poultry to prevent overbrowning. Use small smooth strips of aluminum foil.
- * Should you wish to have gravy, place an oven-glass baking dish below the meat on the broiling trivet to collect any juices. When food is done, simply make gravy in the baking dish and cook using HIGH power.
- * Roast less-tender cuts of beef in heat-resistant and microwave oven-safe covered casserole or in oven cooking bag set in baking dish. Covering helps tenderize meat. You may also use the SLOW COOK setting.
- * Use dual safe microwave/convection meat thermometer.
- * Check doneness after minimum time using a meat thermometer. Add additional time, if necessary.
- * After cooking, cover roasts with "tent" of foil and let stand 5 to 10 minutes before carving.

COMBINATION ROASTING CHART

Cut		Time	Removal Temperature	Internal Temp. After Standing
Beef				
Roasts (tender cuts)	Rare:	12-14 min. per lb. at HIGH MIX	120°F.	140°F.
	Medium:	13-15 min. per lb. at HIGH MIX	130°F.	150°F.
	Well Done:	14-17 min. per lb. at HIGH MIX	150°F.	160°F.
Roasts (less tender cuts)	Rare:	12-15 min. per lb. at HIGH MIX	120°F.	140°F.
	Medium:	13-17 min. per lb. at HIGH MIX	130°F.	150°F.
	Well Done:	14-18 min. per lb. at HIGH MIX	150°F.	160°F.
Veal				
Roasts (boned, rolled, tied)	Well Done:	14-16 min. per lb. at HIGH MIX	155°F.	165°-170°F.
Breast (stuffed)	Well Done:	11-13 min. per lb. at HIGH MIX	160°F.	170°F.
Pork				
Roasts (boned, rolled, tied or bone-in)	Well Done:	14-16 min. per lb. at HIGH MIX	165°F.	170°F.
Smoked Ham		7-9 min. per lb. at HIGH MIX	130°F.	140°F.
Lamb				
Leg Roasts	Rare:	10-12 min. per lb. at HIGH MIX	120°F.	130°F.
	Medium:	12-14 min. per lb. at HIGH MIX	135°F.	145°F.
	Well Done:	14-16 min. per lb. at HIGH MIX	150°F.	160°F.
Poultry				
Chicken, whole (unstuffed)		9-13 min. per lb. at HIGH MIX	175°F.	185°F.
Chicken, pieces		10-12 min. per lb. at *HIGH MIX, 375°F.	175°F.	185°F.
Turkey Breast		13-16 min. per lb. at HIGH MIX	165°F.	170°F.
Turkey (unstuffed)		7-10 min. per lb. at HIGH MIX	175°F.	185°F.

* Necessary to change temperature on HIGH MIX.

MAIN DISH RECIPES

Pot Roast with Vegetables

- 4 to 5-pound round or chuck pot roast
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried thyme leaves
- 1/8 teaspoon pepper
- 4 potatoes, peeled and quartered
- 3 onions, quartered
- 2 carrots, sliced
- 3/4 cup water
- 2 tablespoons brown bouquet sauce

Makes 8 servings

Place meat in 4-quart casserole. Pat seasonings into meat. Add vegetables. Combine water and browning sauce; pour into casserole dish. Cover.

Roast 20 to 22 minutes per pound on HIGH MIX or until meat is fork-tender. Allow to stand 5 minutes.

Per Serving:

Calories:	325	Fat:	11 g.
Protein:	36 g.	Cholesterol:	102 mg.
Carbohydrate:	21 g.	Sodium:	227 mg.

Steak Roulade

- 1/4 cup red wine
- 1/4 cup soy sauce
- 1/4 cup vegetable oil
- 1 1/2 pounds flank steak
- 1 medium onion, diced
- 1 stalk celery, diced
- 1/2 green pepper, diced
- 1/2 cup sliced mushrooms
- 2 tablespoons margarine or butter
- 1/2 cup seasoned bread crumbs

Makes 4 servings

Combine wine, soy sauce and oil in large dish. Add steak and marinate several hours.

Combine remaining ingredients, except bread crumbs, in small bowl. Microwave at HIGH (100%) until vegetables are tender, 4 to 5 minutes. Stir in crumbs.

Remove meat from marinade. Spread filling evenly over meat. Roll meat up, starting at narrow end. Tie securely with string. Place in glass pie plate and on broiling trivet. Roast 30 minutes on HIGH MIX or until internal temperature reaches 130°F.

Per Serving:

Calories:	461	Fat:	29 g.
Protein:	35 g.	Cholesterol:	90 mg.
Carbohydrate:	13 g.	Sodium:	536 mg.

Meat Loaf Surprise

- 1 1/2 pounds ground beef
- 1 egg
- 1 small onion, chopped
- 1 carrot, grated
- 1 stalk celery, finely chopped
- 1/2 cup seasoned bread crumbs
- 1/4 cup catsup
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/4 pound boiled ham, sliced
- 1/4 pound Swiss cheese, sliced

Makes 6 servings

Thoroughly combine all ingredients except ham and cheese. On a sheet of wax paper, press mixture into a 9 x 12-inch rectangle.

Layer sliced ham on meat, then cheese. Roll up, starting at narrow end. Seal ends to form loaf. Place seam side down in loaf pan, 9 x 5 inches. Roast 30 to 35 minutes on HIGH MIX or until internal temperature reaches 155°F. Cover and allow to stand 5 to 10 minutes.

Per Serving:

Calories:	384	Fat:	23 g.
Protein:	30 g.	Cholesterol:	145 mg.
Carbohydrate:	12 g.	Sodium:	525 mg.

Pineapple Pork Roast

- 1 cup pineapple preserves
- 1/4 cup prepared mustard
- 1 tablespoon prepared horseradish
- 1 tablespoon soy sauce
- 3 to 5-pound pork roast

Makes 6 servings

Combine all ingredients except pork roast in small bowl. Place roast on broiling trivet.

Roast 14 to 16 minutes per pound on HIGH MIX or until internal temperature reaches 165°F.

Cover roast with sauce during last 20 minutes of cooking. Cover and let stand 10 minutes before serving. Extra sauce may be heated and served with roast.

Per Serving:

Calories:	394	Fat:	15 g.
Protein:	29 g.	Cholesterol:	93 mg.
Carbohydrate:	36 g.	Sodium:	376 mg.

Stuffed Pork Chops

- 4 pork chops, 1¼ inches thick
- 1 cup chopped apple
- ½ cup soft bread crumbs
- ½ cup chopped walnuts
- ¼ cup chopped onion
- ¼ cup raisins
- 1 egg
- 1 teaspoon dried parsley flakes
- ½ teaspoon dried thyme leaves
- ¼ teaspoon ground sage
- ⅙ teaspoon pepper

Makes 4 servings

Make pocket in each chop. Combine remaining ingredients; mix well. Stuff each chop with one-fourth of the mixture. Place chops directly on turntable or round baking pan.

Roast 30 minutes on HIGH MIX or until meat next to bone is no longer pink.

Per Serving:			
Calories:	451	Fat:	26 g.
Protein:	36 g.	Cholesterol:	156 mg.
Carbohydrate:	19 g.	Sodium:	100 mg.

Sesame Oven-Fried Chicken

- 1 egg
- ½ cup milk
- ½ cup all-purpose flour
- 2 tablespoons sesame seeds
- 1 teaspoon baking powder
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 2½ to 3½-pound broiler-fryer chicken, cut up
- ½ cup margarine or butter, melted

Makes 5 servings

Beat egg and milk in medium bowl. Combine flour, sesame seeds, baking powder, paprika, garlic powder and salt in plastic or paper bag. Dip chicken pieces in egg mixture, then shake in bag to coat. Arrange chicken pieces skin side up on turntable. Pour margarine evenly over chicken. Bake 35 minutes on *HIGH MIX, 375°F.

* Necessary to change temperature on HIGH MIX.

Per Serving:			
Calories:	399	Fat:	27 g.
Protein:	26 g.	Cholesterol:	122 mg.
Carbohydrate:	12 g.	Sodium:	578 mg.

Herb Roasted Chicken

- 3 tablespoons margarine or butter, softened
- 1 clove garlic, minced
- 3 tablespoons grated Parmesan cheese
- ½ teaspoon ground sage
- ¾ teaspoon thyme leaves
- ¾ teaspoon basil leaves
- 5 to 6 pound roasting chicken

Makes 6 servings

Cream together margarine, garlic, Parmesan cheese, sage, thyme and basil.

Turn chicken breast side up and work your fingers under the skin at the openings on each side of the breast. Continue into thigh and leg and make the skin as smooth as possible. Using fingers, spread herb mixture evenly under skin.

Place chicken, breast side up on broiling trivet. Bake 9 to 13 minutes per pound on HIGH MIX or until chicken next to bone is no longer pink.

Per Serving:			
Calories:	270	Fat:	15 g.
Protein:	32 g.	Cholesterol:	94 mg.
Carbohydrate:	1 g.	Sodium:	216 mg.

Mustard and Mayonnaise Chicken

- 2½ to 3-pound broiler-fryer chicken, cut up
- ¼ cup spicy prepared mustard
- ¼ cup mayonnaise

Makes 5 servings

Arrange chicken pieces skin side up on round baking pan or directly on turntable. Combine mustard and mayonnaise; spread on chicken pieces.

Roast 35 minutes on HIGH MIX or until chicken next to bone is no longer pink.

Per Serving:			
Calories:	233	Fat:	15 g.
Protein:	21 g.	Cholesterol:	72 mg.
Carbohydrate:	—	Sodium:	479 mg.

Poultry Pie

Filling:

- 3 cups diced, cooked boneless chicken or turkey
- 1 package (10 ounces) frozen peas, defrosted
- 1 can (10³/₄ ounces) condensed cream of mushroom soup
- ¹/₂ cup milk
- 2 tablespoons chopped pimiento
- ¹/₂ teaspoon dried oregano leaves
- ¹/₂ teaspoon dried marjoram leaves
- ¹/₂ teaspoon salt
- ¹/₄ teaspoon dried thyme leaves
- ¹/₄ teaspoon garlic powder
- ¹/₈ teaspoon pepper

Crust:

- 1 cup all-purpose flour
- 1¹/₄ teaspoons baking powder
- ¹/₂ teaspoon salt
- ¹/₄ cup margarine or butter
- 3 to 5 tablespoons milk

Makes 8 servings

Combine filling ingredients in a 9-inch deep-dish pie pan; set aside.

Combine flour, baking powder and salt in medium bowl. Cut in margarine until mixture resembles coarse crumbs. Add enough milk to form a soft dough. Roll out on lightly floured surface to fit top of dish. Fit dough onto dish. Trim, seal and flute. Cut small slits in crust.

Place on broiling trivet. Bake 25 to 30 minutes on *LOW MIX, 375°F. or until thoroughly heated and top is browned.

* Necessary to change temperature on LOW MIX.

Per Serving:

Calories:	284	Fat:	13 g
Protein:	20 g	Cholesterol:	49 mg
Carbohydrate:	21 g	Sodium:	774 mg

Frittata

- ³/₄ cup diced green pepper
- ³/₄ cup diced mushrooms
- ³/₄ cup diced zucchini
- ³/₄ cup diced onion
- ¹/₂ cup diced pimiento
- 2 tablespoons vegetable oil
- 6 eggs
- 2 packages (8 ounces each) cream cheese
- ¹/₄ cup milk
- 2 cups cubed bread (3 slices)
- 1¹/₂ cups shredded Cheddar cheese
- 1 teaspoon salt
- ¹/₂ teaspoon garlic powder
- ¹/₄ teaspoon pepper

Makes 8 servings

Combine vegetables and oil in medium bowl; cover. Microwave at HIGH (100%) until vegetables are tender, about 5 minutes. Drain liquid.

Beat eggs with cream cheese and milk until smooth. Mix in remaining ingredients. Pour into buttered 9-inch spring form pan.

Bake 30 minutes on LOW MIX or until set in center. Cool 10 to 20 minutes. Cut into wedges.

Per Serving:

Calories:	426	Fat:	36 g
Protein:	16 g	Cholesterol:	292 mg
Carbohydrate:	12 g	Sodium:	685 mg

Glazed Stuffed Cornish Hens

- 1 cup chopped pecans
- ³/₄ cup apricot preserves
- ¹/₄ cup margarine or butter, melted
- 3 tablespoons orange juice concentrate
- 1 tablespoon lemon juice
- 1 cup seasoned stuffing cubes
- ¹/₂ cup water
- 2 Cornish hens (1¹/₂ pounds each)

Makes 4 servings

Combine pecans, preserves, melted margarine, orange juice concentrate and lemon juice. Combine half the sauce mixture with stuffing cubes and water. Stuff cavity of each bird. Truss birds.

Pour half of the remaining sauce over hens. Brush with remaining sauce halfway through cooking time.

Roast 13 to 15 minutes per pound on HIGH MIX or until meat next to bone is no longer pink. Internal temperature of stuffing should register 165°F.

Per Serving:

Calories:	743	Fat:	36 g
Protein:	34 g	Cholesterol:	74 mg
Carbohydrate:	75 g	Sodium:	670 mg

Hearty Pizza

- 1 pound ground beef or
4 to 6 ounces sliced pepperoni
- 2 medium onions, chopped
- 2 cloves garlic, finely chopped
- 2 tablespoons olive oil
- 1 can (28 oz.) crushed tomatoes in puree
- 1 tablespoon dried oregano leaves
- 1 teaspoon dried basil leaves
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3 cups all-purpose flour
- 1 package active dry yeast
- 1/2 teaspoon salt
- 3/4 cup milk
- 1/4 cup water
- 2 tablespoons vegetable oil
- 2 cups shredded mozzarella cheese (about
8 ounces)
- Yellow cornmeal

Makes two 12-inch pizzas,
16 servings

If using ground beef, place in a medium-sized bowl. Microwave at HIGH (100%) until beef loses pink color, 4 to 6 minutes, stirring to break up beef after half the cooking time. Drain and set aside.

Combine onion, garlic and olive oil in medium bowl. Microwave at HIGH (100%) until vegetables are tender, 4 to 6 minutes. Stir in crushed tomatoes in puree, spices, 1/2 teaspoon salt and the pepper.

Microwave at HIGH (100%) until bubbly, about 3 minutes. Stir. Reduce power to MEDIUM (50%). Microwave until thickened, 6 to 8 minutes.

Mix flour, yeast and 1/2 teaspoon salt in large bowl. Stir in milk, water and oil to make a pliable dough. Knead until smooth, about 2 minutes. Place in well-greased large bowl; turn greased side up. Cover with clean, moist towel. Place in oven at 100°F. until double in size, about 40 minutes. (Dough is ready if an indentation remains when touched.)

Remove dough and turntable from oven. Preheat oven to 425°F. Punch down dough. Divide dough in half. With well-greased fingers, pat dough onto 2 greased 12 x 5/8-inch metal pizza pans, which have been sprinkled with cornmeal. Pinch dough to form edge. Prick crust. Bake on turntable and baking rack 12 to 15 minutes or until crusts are golden brown. Top crusts with pizza sauce, ground beef or pepperoni and cheese. Bake at 425°F., 6 to 10 minutes or until cheese is melted and beginning to brown.

Per Serving:
Calories: 245 Fat: 11 g.
Protein: 12 g. Cholesterol: 26 mg
Carbohydrate: 24 g. Sodium: 333 mg

Tamale Casserole

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 cans (8 ounces each) tomato sauce
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon taco seasoning mix
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Corn Bread:

- 1/2 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/2 cup milk
- 1 egg
- 2 tablespoons melted shortening

Topping:

- 1/2 cup shredded Cheddar cheese (about 2 ounces)
- 1/4 cup sliced pitted black olives

Makes 6 servings

Mix ground beef, onion and green pepper in 2-quart casserole. Microwave at HIGH (100%) 5 minutes, stirring to break up beef after half the cooking time. Stir in tomato sauce, garlic, chili powder, taco seasoning mix, sugar, salt and pepper. Microwave at HIGH (100%) 5 minutes. Reduce power to MEDIUM-HIGH (70%). Microwave 5 minutes.

Combine cornmeal, flour, baking powder, sugar and salt in medium bowl. Stir in milk, egg and shortening. Beat mixture until almost smooth.

Pour over beef mixture. Bake 25 minutes on *HIGH MIX, 375°F. or until corn bread is golden. Sprinkle with topping ingredients. Cool 5 minutes before serving.

* Necessary to change temperature on HIGH MIX.

Per Serving:
Calories: 341 Fat: 16 g.
Protein: 22 g Cholesterol: 108 mg.
Carbohydrate: 27 g. Sodium: 909 mg.

Convert your own casserole recipes.
Bake 25 to 30 minutes on HIGH MIX or until thoroughly heated.

BROILING TECHNIQUES

Your oven broils both sides of the food simultaneously giving tender, juicy results. Check chart below for approximate broiling times. Program oven for the maximum time but check at the minimum time. If done, remove. If not, simply touch START and continue broiling checking frequently until the desired doneness is achieved.

Preheating is necessary so program the oven and touch START. During the preheat time, prepare food by removing excess fat, slashing edges and seasoning, if desired. Place on broiling trivet—NOT COVERED BY FOIL. When audible signal sounds, the oven is preheated so quickly put food in oven and touch START.

HELPFUL HINTS

- * Spray trivet and turntable with nonstick vegetable cooking spray for easy cleanup.
- * Using a preheated broiling rack can give a grilled appearance to steaks, hot dogs etc.
- * Broil food in advance, if desired, then slice. Individual servings may be reheated as needed by microwaving at MEDIUM (50%).
- * Clean by turning broiling trivet over onto the turntable. Place 2 cups of water in the turntable and heat for 2 minutes on HIGH power. Remove to finish cleaning. Wipe out oven interior.

CONVECTION BROILING CHART

Cut	Weight/Thickness	Convection Time
Beef		
Rib-eye Steak	¾-1 in. 7-8 oz. each	Rare: 10-13 min. Medium: 14-16 min. Well Done: 17-20 min.
Steaks: Sirloin, Porterhouse, T-bone	1-1½ in.	Rare: 10-13 min. Medium: 14-18 min. Well Done: 19-25 min.
Chuck Steak	1 in.	Rare: 12-14 min. Medium: 15-18 min. Well Done: 19-23 min.
London Broil	1-1¼ in. 2½-3 lbs.	Rare: 23-25 min. Medium: 26-30 min.
Hamburgers	¼ lb. each	Medium: 13-15 min. Well Done: 18-20 min.
Pork		
Chops: loin or center	¾-1 in.	Well Done: 16-20 min.
Bacon	Regular sliced Thick sliced	4-5 min. 7-8 min.
Sausage: Brown'n Serve	Patties: 1-2 in., 8 oz. - 1 lb.	8-10 min.
Fresh	Links: 8 oz. - 1 lb.	8-10 min.
Ham slice, fully cooked	¾ in.	10-12 min.
Frankfurters	1 lb.	5-7 min.
Lamb		
Chops: rib, loin or center	¾ in. 3-4 oz. each	Medium: 12-14 min. Well Done: 15-17 min.
Chicken		
Broiler-Fryer, halved, quartered or cut up	1-3 lbs.	25-35 min.
Fish		
Fillets	¼-¾ in.	6-7 min.
Steaks	¾ in.	12-14 min.

BROILING RECIPES

Oriental Flank Steak

- 1/4 cup sherry
- 2 tablespoons packed brown sugar
- 3/4 teaspoon salt
- 3 tablespoons soy sauce
- 3 tablespoons Hoisin sauce
- 3 tablespoons catsup
- 1 tablespoon minced fresh ginger
- 2 green onions, thinly sliced
- 1 to 1 1/2-pound flank steak

Makes 4 servings

Combine all ingredients except flank steak in medium bowl. Pour over steak. Marinate at least 2 hours or overnight. Preheat oven for broiling.

Place flank steak on broiling trivet. Broil in preheated oven 18 to 22 minutes for rare, 22 to 26 minutes for medium, brushing with marinade several times.

Per Serving:			
Calories:	226	Fat:	13 g.
Protein:	22 g.	Cholesterol:	60 mg.
Carbohydrate:	4 g.	Sodium:	421 mg.

Ginger Pork Kabobs

- 1 egg, beaten
- 1/2 cup crushed chow mein noodles
- 1/4 cup apple juice
- 2 tablespoons soy sauce
- 1 tablespoon grated gingerroot
- 1 pound ground pork
- 1 can (8 ounces) pineapple chunks (juice pack), drained
- 1 large red pepper, cut into 3/4-inch chunks
- 1/2 cup apple juice
- 2 tablespoons cider vinegar
- 1 teaspoon cornstarch

Makes 4 servings

Mix egg, crushed noodles, 1/4 cup apple juice, soy sauce and gingerroot. Crumble ground pork into mixture; blend thoroughly, shape into 1-inch balls. Set aside.

For glaze, mix 1/2 cup apple juice, vinegar and cornstarch in small bowl. Microwave at HIGH (100%) until thickened, 1 1/2 to 3 minutes, stirring every 30 seconds.

Preheat oven for broiling. Thread pork balls alternately with pineapple and red pepper chunks on 4 wooden or metal skewers. Place on broiling trivet.

Brush kabobs with glaze. Broil in preheated oven 15 to 20 minutes. Brush with remaining glaze before serving.

Per Serving:			
Calories:	256	Fat:	7 g.
Protein:	29 g.	Cholesterol:	153 mg.
Carbohydrate:	18 g.	Sodium:	652 mg.

Honey Mustard Chicken

- 1/2 cup coarse ground mustard
- 1/4 cup Dijon-style mustard
- 1/4 cup honey
- 2 to 3 pounds boneless chicken breasts and thighs, skin removed

Makes 4 servings

Combine coarse mustard, Dijon mustard and honey. Set aside.

Preheat oven for broiling. Place chicken in 9-inch oven-safe dish. Put dish on broiling trivet and broil in preheated oven 25 to 30 minutes or until chicken is no longer pink. When chicken is about half cooked, pour off any liquid and brush with sauce to cover chicken pieces completely.

Per Serving:			
Calories:	368	Fat:	8 g.
Protein:	50 g.	Cholesterol:	133 mg.
Carbohydrate:	19 g.	Sodium:	950 mg.

Steak Kabobs

- 1/4 cup sugar
- 1/4 cup soy sauce
- 1/4 cup white wine
- 1 tablespoon vegetable oil
- 1 teaspoon ground ginger
- 1/4 teaspoon salt
- 2 pounds lean top beef round steak, cut into 1-inch cubes
- 2 large green peppers, cut into chunks
- 2 medium tomatoes, cut into quarters
- 1 can (8 ounces) pineapple chunks (juice pack), drained

Makes 4 servings

Mix sugar, soy sauce, wine, oil, ginger and salt in medium bowl. Stir in steak cubes; cover. Marinate at room temperature 1 hour or at least 4 hours in refrigerator.

Preheat oven for broiling. Remove steak cubes from marinade; reserve marinade. Thread steak cubes alternately with remaining ingredients on 8 wooden or metal skewers. Place on broiling trivet. Broil 7 to 9 minutes or until desired doneness, brushing with marinade after half the time.

Note: Skewers up to 12 inches can be used.

Per Serving:			
Calories:	432	Fat:	17 g.
Protein:	52 g.	Cholesterol:	153 mg.
Carbohydrate:	15 g.	Sodium:	381 mg.

Broiled Salmon with Basil Sauce

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1/4 cup white wine
- 2 tablespoons lemon juice
- 1 cup fresh basil*
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon Dijon-style mustard
- 4 salmon steaks (1 1/4 to 1 1/2 pounds) or haddock, halibut, swordfish
- Cayenne pepper

Makes 4 servings

Combine oil, garlic, white wine and lemon juice in blender. Add basil, Parmesan cheese and mustard and blend until smooth. Preheat oven for broiling.

Put one-fourth of basil sauce in bottom of 9-inch oven-safe dish. Arrange steaks on sauce and pour remaining sauce over tops of steaks. Sprinkle with cayenne.

Place dish on broiling trivet and broil in preheated oven 20 to 24 minutes or until fish flakes easily when tested with a fork. *If not available substitute 1/2 cup fresh parsley and 2 tablespoons dried basil.

Per Serving:			
Calories:	357	Fat:	21 g.
Protein:	35 g	Cholesterol:	97 mg.
Carbohydrate:	2 g.	Sodium:	209 mg.

Crunchy Crab Boats

- 1 can (6 ounces) fancy white crabmeat, drained
- 1 package (3 ounces) cream cheese, softened
- 1/2 cup chopped almonds
- 2 tablespoons green onions, chopped
- 1 tablespoon dry white wine
- 1 teaspoon lemon juice
- 1 teaspoon prepared horseradish
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- Dash of white pepper
- Dash of cayenne pepper
- 2 hard rolls, cut in half
- 1/4 cup shredded Swiss cheese

Makes 4 servings

Spicy Shrimp

- 1/4 cup white wine
 - 1/4 cup water
 - 3 tablespoons soy sauce
 - 2 tablespoons sugar
 - 1 tablespoon vegetable oil
 - 2 teaspoons dried parsley flakes
 - 1/8 to 1/4 teaspoon ground ginger
 - Dash of hot pepper sauce
 - 1 pound jumbo raw shrimp, shelled and deveined
- Makes 4 servings

Mix all ingredients except shrimp in medium bowl. Stir in shrimp; cover. Marinate at room temperature 45 minutes or 3 hours in refrigerator.

Preheat oven for broiling. Remove shrimp from marinade; reserve marinade. Place shrimp on round baking pan. Broil 6 to 8 minutes, brushing with marinade after half the time.

Microwave remaining marinade at HIGH (100%) 2 minutes. Serve over rice or as a dipping sauce when served as an appetizer, if desired.

Per Serving:			
Calories:	109	Fat:	2 g.
Protein:	18 g.	Cholesterol:	129 mg.
Carbohydrate:	3 g.	Sodium:	319 mg.

Preheat oven for broiling. Remove any bits of shell or cartilage from crab. Combine with next 10 ingredients. Mix well. Set aside.

Spread one-fourth of crab filling on each roll half. Place Swiss cheese on top of each. Place on broiling trivet.

Broil in preheated oven 8 to 10 minutes or until cheese is melted and crab is hot. Sprinkle with paprika and serve.

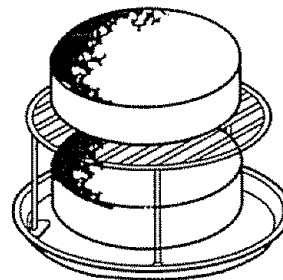
Per Serving:			
Calories:	292	Fat:	19 g.
Protein:	15 g.	Cholesterol:	57 mg.
Carbohydrate:	15 g.	Sodium:	416 mg.

BAKING TECHNIQUES

The moving evenly heated air bakes and browns foods beautifully. Preheating the oven is necessary with convection cooking of smaller, faster-cooking food items that require less than 20 minutes of baking. Foods requiring longer baking time use LOW MIX.

HELPFUL HINTS

- * Metal pizza pans are ideal for 2 shelf baking of cookies, biscuits and frozen convenience foods.
- * To proof yeast dough, place dough in a well-greased bowl or loaf pan; cover with damp cloth. Place in oven at SLOW COOK 100°F for 30 to 45 minutes. Frozen dough will take longer, 2 to 2 3/4 hours.
- * Use the turntable for shaping and baking yeast braids or other special shapes.
- * Baking rack is placed on the turntable for two-level cooking, such as layer cakes, muffins, etc.



CONVECTION BAKING CHART

Item (for foods requiring 25 minutes or less)	Baking Time and Temperature
Appetizers: Brown and serve, pastry	Follow package directions.
Biscuits: Your recipe, mix or refrigerator	Follow recipe or package directions.
Cookies: Drop, rolled, refrigerator, spritz, molded	Follow recipe or package directions.
Fish Sticks: Frozen	Follow package directions.
Layer Cakes: Your recipe or mix	Follow recipe or package directions.
Muffins: Your recipe or mix	Follow recipe or package directions.
Pizza: Your recipe or frozen	Follow recipe or package directions.
Puff Pastry: Your recipe or frozen	Follow recipe or package directions.
Rolls: Your recipe, package or refrigerator	Follow recipe or package directions.

COMBINATION BAKING CHART

Item	Procedure
Cakes: Your recipe or mix Tube or Bundt Cakes**	Bake on broiling trivet three-fourths the recommended time on LOW MIX.
Angel Food	Bake 25 to 30 minutes on LOW MIX.
Loaf Cakes or Quick Breads	Bake three-fourths the recommended time on LOW MIX.
Bar Cookies: Your recipe or mix	Bake three-fourths the recommended time or until wooden pick inserted in center comes out clean on LOW MIX.
Pies	
Single Crust: baked before filling, your recipe, mix or frozen prepared	Prick crust with fork. Preheat oven to 425°F. Bake on broiling trivet 8 to 10 minutes or until lightly browned. Let cool before filling.
Double Crust	Preheat oven to 400°F. Bake on broiling trivet 25 to 35 minutes on *HIGH MIX 400°F.
Crumb Top	Preheat oven to 400°F. Bake on broiling trivet 20 to 25 minutes on *HIGH MIX 400°F.
Custard Pie	Prebake, following directions for single crust; cool. Fill with desired uncooked custard. Bake on round baking pan on broiling trivet 35 minutes on *LOW MIX 325°F. If custard is not set, let stand in oven a few minutes.
Pecan Pie	Preheat oven to 350°F. Bake on broiling trivet 25 to 30 minutes on LOW MIX.
Frozen Prepared Fruit Pies	Place on broiling trivet and bake 30 to 40 minutes using *HIGH MIX 375°F.
Frozen Prepared Custard Pies	Preheat oven to package temperature. Place on broiling trivet and bake three-fourths of package time using LOW MIX and package temperature. If not set, let stand in oven a few minutes.
Breads	
Loaf: Your recipe or frozen, defrosted and proofed	Bake 25 to 30 minutes on LOW MIX for 1 to 2 loaves.
Braid or other shape	Remove metal turntable from oven. Place bread directly on metal turntable. Bake on LOW MIX for three-fourths the conventional time.
Muffins Large, bakery-style	Bake three-fourths the recommended package or recipe time on LOW MIX.
Desserts	
Cheesecake	Bake three-fourths the recipe time on LOW MIX or until center is nearly set.
Crisps and Cobblers	Bake three-fourths the recipe time on LOW MIX.

** If arcing occurs while using a fluted tube pan, place a heat-resistant dish (Pyrex® pie plate, glass pizza tray or dinner plate) between the pan and the broiling trivet.

* Necessary to change temperature on HIGH MIX and LOW MIX.

BAKING RECIPES

Peanut Butter Cookies

- 1/2 cup peanut butter
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1/4 cup margarine or butter
- 1/4 cup vegetable shortening
- 1 egg
- 1 1/4 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder

Makes 3 dozen

Combine peanut butter, sugars, margarine, shortening and egg; beat until smooth. Blend in flour, baking soda and baking powder. Preheat oven to 375°F.

Shape dough into 3/4-inch balls. Place 2 inches apart on lightly greased round baking pans. With fork, flatten in crisscross pattern.

Bake 12 minutes at 375°F or until set but not hard. Cool on wire racks.

Per Serving:

Calories:	85	Fat:	5 g.
Protein:	2 g	Cholesterol:	8 mg.
Carbohydrate:	10 g	Sodium:	62 mg.

Autumn Treasure Cookies

- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup packed brown sugar
- 1/2 cup granulated sugar
- 1/2 cup butter-flavor shortening
- 1 egg
- 1 cup rolled oats
- 1 teaspoon vanilla
- 1/2 cup Reese's Pieces® candy
- 1/2 cup M & M® candies (only orange, yellow and browns)

Makes 32 cookies

Preheat oven to 350°F. Grease 2 round baking pans; set aside.

Sift first 4 ingredients. Blend sugars and shortening. Add egg and beat well. Add the sifted mixture and mix well.

Add oats, vanilla and candies. Blend together well.

Drop by rounded tablespoonfuls onto prepared sheets. Bake 12 to 15 minutes at 350°F. or until golden brown. Cool cookies on wire racks.

Per Serving:

Calories:	112	Fat:	5 g.
Protein:	2 g	Cholesterol:	9 mg.
Carbohydrate:	15 g	Sodium:	36 mg.

Chocolate Chip Bars

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1/2 cup margarine or butter
- 1/2 cup vegetable oil
- 1 teaspoon vanilla
- 2 eggs
- 1 package (12 ounces) chocolate chips
- 1 cup chopped nuts

Makes 32 bars

Combine flour, soda and salt; set aside. Cream together sugars, margarine, oil and vanilla. Beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in chocolate chips and nuts.

Spread mixture into 2 ungreased square pans, 8 x 8 inches. Bake 20 to 25 minutes on LOW MIX or until wooden pick inserted in center comes out clean. Let cool in pans. Cut into 32 squares.

Per Serving:

Calories:	208	Fat:	13 g.
Protein:	2 g.	Cholesterol:	17 mg.
Carbohydrate:	23 g.	Sodium:	108 mg.

Carousel Crackles

- 1 cup semisweet chocolate chips
- 1 cup packed brown sugar
- 1/3 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup finely chopped walnuts
- 1/2 cup powdered sugar

Makes 4 dozen

Place chocolate chips in large mixing bowl. Microwave at HIGH (100%) until melted, about 2 minutes. Blend in brown sugar and oil. Add eggs, 1 at a time, beating well after each. Stir in vanilla. Combine flour, baking powder and salt; stir into chocolate mixture. Mix in nuts. Chill dough at least 1 hour.

Preheat oven to 350°F. Drop dough by rounded teaspoonfuls into powdered sugar: roll to coat. Plate 2 inches apart on greased turntable or round baking pans. Bake 10 to 12 minutes at 350°F. Cool on wire racks.

Per Serving:

Calories:	72	Fat:	4 g.
Protein:	1 g.	Cholesterol:	6 mg.
Carbohydrate:	10 g	Sodium:	20 mg.

Nut Cake With Mocha Frosting

- 8 eggs
- 1½ cups sugar
- 2 cups hazelnuts or walnuts
- ¼ cup all-purpose flour
- 1½ tablespoons baking powder

Frosting:

- 1 pint heavy cream
- ½ cup plus 2 tablespoons sugar
- ¼ cup plus 1 tablespoon chocolate-flavor drink mix
- 2½ teaspoons vanilla
- 1 teaspoon instant coffee

Makes 10 servings

Grease and flour two 9-inch round cake pans; line with wax paper. Combine eggs and sugar in blender; blend until light and fluffy. Add nuts; blend until finely chopped. Add flour and baking powder; blend until just mixed. Pour into prepared pans. Bake 20 to 25 minutes on LOW MIX. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool.

For frosting, combine remaining ingredients in medium bowl. Beat until stiff. Frost cake and chill. Cake must be refrigerated.

Per Serving:

Calories:	561	Fat:	37 g
Protein:	9 g	Cholesterol:	285 mg
Carbohydrate:	52 g	Sodium:	216 mg

Classic Cranberry Tea Cake

- ¾ cup margarine or butter, softened
 - 1½ cups sugar
 - 3 eggs
 - 2½ teaspoons almond extract
 - 3 cups all-purpose flour
 - 1½ teaspoons baking powder
 - 1½ teaspoons baking soda
 - ¾ teaspoon salt
 - 1½ cups sour cream
 - ¾ cup canned whole berry cranberry sauce
- Makes 16 servings

Thoroughly grease and flour 12-cup fluted bundt cake pan. With an electric mixer, beat margarine. Gradually add sugar and beat until fluffy. Add eggs, one at a time, beating well after each addition. Add extract.

Sift dry ingredients together and add alternately with the sour cream. Fold in cranberries.

Sour Cream Pound Cake

- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups sugar
- 1 cup margarine or butter, softened
- 4 eggs
- 1 teaspoon vanilla
- 2 cups dairy sour cream
- ½ cup sugar
- ¼ cup finely chopped walnuts
- 2 tablespoons ground cinnamon

Makes 12 servings

Mix flour, baking powder, baking soda and salt in medium bowl. Set aside. Beat 2 cups sugar and the margarine until light and fluffy. Add eggs, one at a time, beating well after each. Mix in vanilla. Stir in flour mixture alternately with sour cream, beating after each addition until smooth. Set aside.

Combine ½ cup sugar, the nuts and cinnamon. Pour half the batter into well-greased 10-inch tube pan; sprinkle with half of filling. Repeat with remaining batter and filling.

Bake 45 minutes on LOW MIX. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 10 minutes; remove from pan. Cool completely on wire rack.

Per Serving:

Calories:	586	Fat:	28 g
Protein:	8 g	Cholesterol:	109 mg
Carbohydrate:	77 g	Sodium:	456 mg

Pour into prepared pan and bake on broiling trivet on LOW MIX 35 to 45 minutes or until wooden pick inserted in center comes out clean. Allow to cool on counter 30 minutes. Turn out onto plate and allow to finish cooling before glazing.

Glaze:

- ¾ cup powdered sugar
- ½ teaspoon almond extract
- 2 teaspoons warm water
- ¼ cup toasted sliced almonds

Combine first 3 ingredients. Drizzle on cake and top with almonds.

Per Serving:

Calories:	350	Fat:	16 g
Protein:	5 g	Cholesterol:	62 mg
Carbohydrate:	48 g	Sodium:	360 mg

Preserve Cake

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 cups sugar
- 3/4 cup margarine or butter, softened
- 4 eggs
- 1 cup buttermilk
- 1/2 teaspoon vanilla
- 2 cups preserves (combine 2 or more flavors)
- 2 cups chopped pecans

Makes 12 servings

Mix flour, baking soda, allspice, cinnamon and nutmeg. Set aside. Beat sugar and margarine until light and fluffy. Add eggs, 1 at a time, beating well after each. Stir in flour mixture alternately with buttermilk, beating well after each addition until smooth. Mix vanilla, preserves and pecans together. Fold mixture into batter until thoroughly blended.

Pour into greased 10-inch tube pan. Bake 50 minutes on LOW MIX. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 10 minutes; remove from pan. Cool completely on wire rack.

Per Serving:

Calories:	647	Fat:	27 g.
Protein:	8 g.	Cholesterol:	92 mg.
Carbohydrate:	97 g.	Sodium:	278 mg.

Chocolate Chip Banana Crumb Loaf

- 1 package (14 ounces) banana bread mix or banana muffin mix
- 3/4 cup semisweet chocolate mini morsels
- ingredients to complete mix

Crumb Topping:

- 1/2 cup chopped walnuts
- 1/2 cup all-purpose flour
- 2 tablespoons granulated sugar
- 2 tablespoons packed brown sugar
- 1/4 cup margarine or butter

Makes 12 servings

Grease and flour 9 x 5-inch loaf pan. For easy removal of finished loaf, place a 2 1/2 x 16-inch strip of wax paper lengthwise in pan with both ends extending above top of pan.

Apricot Pecan Oat Bran Muffins

- 3/4 cup whole wheat flour
- 1 cup oat bran
- 1/4 cup wheat germ
- 2 teaspoons baking powder
- 1/2 cup orange juice
- 1/4 cup packed brown sugar
- 1 cup dried apricots, chopped
- 1 teaspoon grated orange peel
- 2 tablespoons vegetable oil
- 1/2 cup buttermilk
- 2 eggs
- 1/3 cup chopped pecans

Makes 1 dozen muffins

Combine whole wheat flour, oat bran, wheat germ and baking powder; set aside.

Place orange juice in small bowl. Microwave at HIGH (100%) 1 minute. Add brown sugar, apricots and orange peel. Cool slightly.

Preheat oven to 400°F. Combine oil, buttermilk and eggs in large bowl. Add apricot, orange and flour mixture. Stir just to combine ingredients.

Spoon batter into two 6-cup greased muffin pans. Sprinkle with pecans.

Bake 15 to 20 minutes at 400°F. or until tops spring back when touched lightly with finger.

Per Serving:

Calories:	158	Fat:	6 g.
Protein:	5 g.	Cholesterol:	46 mg.
Carbohydrate:	25 g.	Sodium:	76 mg.

Combine mix and morsels. Prepare bread mix according to package directions or muffin mix according to loaf pan directions. Pour into prepared pan. Combine remaining dry ingredients in small bowl. Cut in margarine until mixture resembles coarse crumbs. Top batter with this mixture.

Bake 35 to 45 minutes on broiling trivet on LOW MIX. If wooden pick inserted in center does not come out clean, let stand in oven a few minutes to complete cooking. Cool 5 minutes; remove from pan by lifting both ends of wax paper. Cool completely on wire rack.

Per Serving:

Calories:	338	Fat:	19 g.
Protein:	4 g.	Cholesterol:	46 mg.
Carbohydrate:	40 g.	Sodium:	245 mg.

Coconut Oatmeal Pie

- 3 eggs, well beaten
- 1 cup packed brown sugar
- $\frac{2}{3}$ cup granulated sugar
- $\frac{2}{3}$ cup quick-cooking oats
- $\frac{2}{3}$ cup shredded coconut
- $\frac{1}{2}$ cup milk
- 2 tablespoons margarine or butter, melted
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup broken pecans
- 1 9-inch unbaked pie shell

Makes 8 servings

Preheat oven to 450°F. Combine all ingredients except pecans in large bowl. Add pecans; mix well. Pour into pie shell. Place pie on broiling trivet. Bake at 450°F. 8 minutes, then bake 15 minutes on *LOW MIX, 375°F. or until set.

* Necessary to change temperature on LOW MIX.

Per Serving:

Calories:	504	Fat:	25 g.
Protein:	7 g.	Cholesterol:	104 mg.
Carbohydrate:	66 g.	Sodium:	215 mg.

Fudge Brownie Pie

- $\frac{1}{4}$ cup margarine or butter
- $\frac{3}{4}$ cup packed brown sugar
- 1 tablespoon instant espresso coffee
- 3 eggs
- 1 bag (12 ounces) semisweet chocolate chips
- $\frac{1}{4}$ cup all-purpose flour
- 1 cup chopped pecans
- 1 9-inch unbaked pie shell
- $1\frac{1}{2}$ teaspoons rum extract
- 1 cup whipping cream, whipped stiffly
- Chocolate sprinkles

Makes 12 servings

Cream margarine and brown sugar until light and fluffy. Stir in espresso. Add eggs, one at a time, beating well after each.

Place chips in 4-cup measure or small bowl. Microwave at MEDIUM (50%) until melted, 1 to 2 minutes, stirring 2 or 3 times. Stir chocolate, flour and pecans into butter, sugar, egg mixture. Pour into pie shell.

Bake 25 to 30 minutes on broiling trivet on LOW MIX. Cool. Fold rum extract into whipped cream. Spread on top of pie and decorate with sprinkles.

Per Serving:

Calories:	480	Fat:	35 g.
Protein:	5 g.	Cholesterol:	96 mg.
Carbohydrate:	42 g.	Sodium:	168 mg.

Frozen Prepared Custard-Type Pies.

Preheat oven to temperature listed on package. Place pie on broiling trivet. Bake three-fourths of package time using LOW MIX set at the package temperature. If filling is not set, let stand in oven to complete cooking.

Frozen Prepared Fruit Pies.

Do not preheat oven. Bake on broiling trivet. Use *HIGH MIX, 375°F. Bake 8-inch, 35 minutes; 9-inch, 40 to 45 minutes. (*Necessary to change temperature on HIGH MIX).

Harvest Fruit Pie

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{2}{3}$ cup plus 2 tablespoons vegetable shortening
- 4 to 5 tablespoons cold water
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- 6 cups sliced, peeled apples and pears
- 2 tablespoons margarine or butter
- 1 tablespoon milk
- 1 tablespoon sugar

Makes 8 servings

Preheat oven to 400°F. Combine 2 cups flour, the salt and 1 teaspoon cinnamon in medium bowl. Cut in shortening. Sprinkle in water, 1 tablespoon at a time, until flour is moistened. Gather dough into ball; divide in half. Roll each half into 9-inch circle. Ease 1 circle into 9-inch pie pan.

Combine $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon cinnamon and the nutmeg; mix with apples and pears. Turn into pastry-lined pan; dot with margarine. Cover with top crust. Brush crust with milk; sprinkle with 1 tablespoon sugar. Trim, seal and flute. Cut small slits in top crust.

Place on broiling trivet. Bake 35 minutes on *HIGH MIX, 400°F. or until juices begin to bubble.

*Necessary to change temperature on HIGH MIX.

Per Serving:

Calories:	469	Fat:	23 g.
Protein:	4 g.	Cholesterol:	—
Carbohydrate:	63 g.	Sodium:	302 mg.

Caraway Rolls

- 1 package active dry yeast
- 1/4 cup warm water
- 1 cup cottage cheese
- 2 tablespoons sugar
- 1 tablespoon caraway seeds
- 1 teaspoon salt
- 1/4 teaspoon baking soda
- 1 egg, slightly beaten
- 2 cups all-purpose flour

Makes 1 dozen rolls

Dissolve yeast in warm water in large bowl. Microwave cottage cheese at HIGH (100%) until cheese is lukewarm, about 20 seconds; add to yeast mixture. Stir in sugar, caraway seeds, salt, soda and egg. Slowly add flour, mixing until dough cleans bowl.

Cover with damp cloth. Place in oven. Let rise at 100°F. until double in bulk, 30 to 45 minutes. Stir down dough. Divide among two 6-cup greased medium muffin pans. Let rise at 100°F. until double in bulk, about 20 minutes.

Bake 15 minutes on LOW MIX or until tops spring back when touched lightly with finger.

Per Serving:			
Calories:	116	Fat:	2 g
Protein:	5 g.	Cholesterol:	26 mg
Carbohydrate:	19 g.	Sodium:	287 mg.

Zucchini Muffins

- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 cup grated zucchini
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1 egg
- 1/3 cup vegetable oil

Makes 1 dozen muffins

Combine dry ingredients in medium bowl. Mix in remaining ingredients until just moistened. Spoon batter into greased medium muffin pans.

Bake 20 to 24 minutes on *LOW MIX 400°F. or until tops spring back when touched lightly with finger.

* Necessary to change temperature on LOW MIX.

Per Serving:			
Calories:	204	Fat:	10 g
Protein:	3 g.	Cholesterol:	23 mg.
Carbohydrate:	26 g.	Sodium:	125 mg.

Onion-Cheese Bread

- 1/2 cup chopped onion (about 1 medium)
- 1 tablespoon margarine or butter
- 1 1/2 cups buttermilk baking mix
- 1/2 cup milk
- 1 egg, well beaten
- 1/2 cup shredded sharp Cheddar cheese
- 2 tablespoons snipped parsley or 1 tablespoon dried parsley flakes
- 2 tablespoons margarine or butter
- 1/2 cup shredded sharp Cheddar cheese

Makes 8 servings

Combine onion and 1 tablespoon margarine in small bowl. Microwave at HIGH (100%) until onion is tender, about 2 minutes. Set onion aside.

Preheat oven to 400°F. Mix baking mix, milk and egg until just moistened in medium bowl. Stir in onion, 1/2 cup cheese and the parsley. Spread in greased square baking pan, 8 x 8 inches. Dot with 2 tablespoons margarine; sprinkle with 1/2 cup cheese. Bake at 400°F. until wooden pick inserted in center comes out clean, about 20 minutes.

Per Serving:			
Calories:	210	Fat:	14 g.
Protein:	7 g	Cholesterol:	50 mg.
Carbohydrate:	15 g.	Sodium:	422 mg.

Biscuits

- 5 cups all-purpose flour
- 3 tablespoons baking powder
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 cup vegetable shortening
- 2 packages active dry yeast
- 2 to 4 tablespoons warm water
- 2 cups buttermilk

Makes 7 dozen biscuits

Combine dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Dissolve yeast in warm water. Add dissolved yeast and buttermilk to dry ingredients; mix well. Roll out desired amount on lightly floured surface to a little over 1/2 inch thick. Cut with floured 2-inch biscuit cutter.

Preheat oven to 400°F. Place biscuits on lightly greased baking pans. Let rise 10 minutes. Bake at 400°F. 10 to 12 minutes or until golden brown.

Note: Dough can be refrigerated 1 week in an air-tight plastic bag.

Per Serving:			
Calories:	54	Fat:	3 g.
Protein:	1 g	Cholesterol:	—
Carbohydrate:	7 g	Sodium:	78 mg.

No-Knead Cheddar Dill Bread

- 2½ to 3 cups all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons dill weed
- 1 teaspoon dill seeds
- 1 teaspoon salt
- ¼ teaspoon baking soda
- 1 package active dry yeast
- 1 cup small-curd cottage cheese
- ¼ cup water
- 1 tablespoon margarine or butter
- 1 egg
- 2 cups shredded sharp Cheddar cheese
- 1 egg, slightly beaten
- Poppy seeds

Makes one 8-inch round loaf,
16 servings

Combine 1 cup of flour, sugar, dill weed, dill seeds, salt, baking soda and dry yeast in large mixing bowl.

Combine cottage cheese, water and margarine in 2-cup glass measure. Microwave at HIGH (100%) 2 minutes. Add cottage cheese mixture, egg and Cheddar cheese to dry ingredients. Stir well. Add enough flour to make a stiff dough.

Soak a cloth with hot water, wring it out and place it over mixing bowl. Let dough rise in oven at *SLOW COOK 100°F. until double in size, about 1 hour.

Grease well an 8-inch round cake pan. Place in pan bottom a wax paper, circle cut to fit. Place a strip of wax paper, 2½ x 25 inches, around pan edge. Grease both wax paper circle and strip. Stir dough down and put in prepared pan, patting the dough to smooth it. Let dough rise in 100°F. oven until double in size, 35 to 45 minutes.

Brush bread lightly with beaten egg and sprinkle top with poppy seeds. Bake 25 to 35 minutes on broiling trivet on LOW MIX. Remove from pan. Cool on wire rack.

* Necessary to change temperature on SLOW COOK.

Per Serving:			
Calories:	168	Fat:	7 g.
Protein:	8 g.	Cholesterol:	51 mg.
Carbohydrate:	17 g.	Sodium:	319 mg.

Beer Muffins

- 4 cups buttermilk baking mix
- 1 can (12 ounces) beer
- 2 tablespoons sugar

Makes 1 dozen muffins

Preheat oven to 400°F. Combine all ingredients in large bowl. Spoon batter into two 6-cup greased medium muffin pans.

Hearty Cheese Caraway Bread

- 6¾ cups all-purpose flour
- 3 tablespoons sugar
- 2½ teaspoons salt
- ¼ teaspoon baking soda
- 1 package rapid rise yeast
- 2 teaspoons caraway seeds
- 1 cup milk
- 1 cup water
- ⅓ cup margarine or butter
- 1¼ cups grated sharp Cheddar cheese
- ¼ cup melted margarine or butter (for greasing)

Makes 2 loaves,
24 servings

Set aside 1 cup of flour. In large bowl, mix remaining flour, sugar, salt, baking soda, yeast and caraway seeds. Heat milk, water and ⅓ cup of margarine until hot to touch, approximately 2½ to 3 minutes on MEDIUM (50%); stir into dry ingredients. Mix in only enough reserved flour to make soft dough. Turn out onto lightly floured surface; knead until smooth and elastic, about 8 to 10 minutes. Cover; let rise 10 minutes.

Divide dough in half; roll half into a 15 x 9-inch rectangle. Sprinkle ¾ cup of grated cheese evenly over dough. Roll tightly from short end to other. Pinch dough together at ends and along seam. Repeat with second half of dough.

Brush tops of loaves with melted margarine and sprinkle top with 2 tablespoons from the remaining cheese. Press gently on top of loaves. Place each loaf in a buttered 8½ x 4½ x 2-inch loaf pan. Let rise in oven on *SLOW COOK 100°F. 40 minutes.

Bake 25 to 30 minutes on LOW MIX until golden brown. Remove from pans and cool on wire racks.

* Necessary to change temperature on SLOW COOK.

Per Serving:			
Calories:	216	Fat:	8 g.
Protein:	6 g.	Cholesterol:	9 mg.
Carbohydrate:	30 g.	Sodium:	343 mg.

Bake 15 to 20 minutes at *LOW MIX 400°F. or until golden brown.

* Necessary to change temperature on LOW MIX.

Per Serving:			
Calories:	200	Fat:	6 g.
Protein:	3 g.	Cholesterol:	—
Carbohydrate:	30 g.	Sodium:	520 mg.

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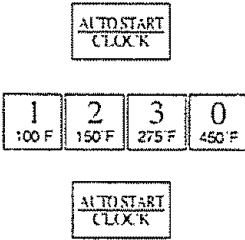
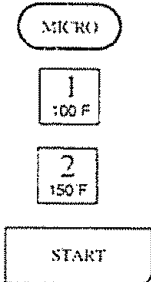
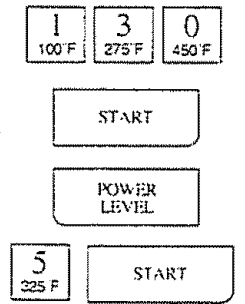
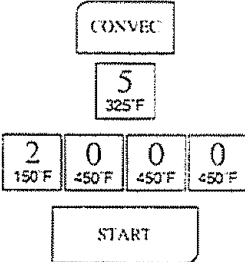
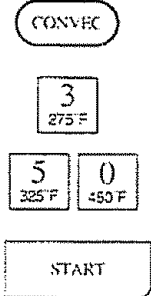
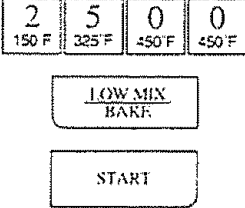
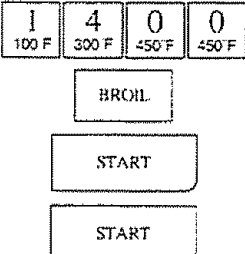
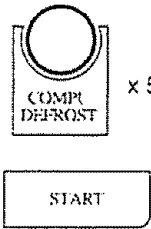
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For more complete information and safety precautions, refer to the inside instructions.

<p>SET CLOCK If 88:88 is in display, first touch STOP/CLEAR.</p> <ol style="list-style-type: none"> 1. Touch AUTO START/CLOCK pad. 2. Enter correct time of day by touching numbers in sequence. (Ex: 12:30) 3. Touch AUTO START/CLOCK pad again. 		<p>COMPU COOK MICRO</p> <ol style="list-style-type: none"> 1. Touch MICRO pad. 2. Select desired CompuCook Micro setting. (Ex: touch 1 to cook baked potatoes.) 3. Touch number pad for quantity. (Ex: 2 for two potatoes.) 4. Touch START. 											
<p>MICROWAVE COOKING High Power Cooking</p> <ol style="list-style-type: none"> 1. Enter cooking time by touching number pads. (Ex: 1 min. 30 sec.) 2. Touch START. <p>Variable Power Cooking</p> <ol style="list-style-type: none"> 1. After Step 1 above, touch POWER LEVEL pad. 2. Select power level (Ex: 5 for 50%) and START. 		<table border="1"> <tbody> <tr> <td>1 Baked potatoes</td> <td>1 to 4 med.</td> </tr> <tr> <td>2 Fresh vegetables</td> <td>1 to 4 cups</td> </tr> <tr> <td>3 Frozen main dish</td> <td>6-8/9-11/12-14/15-16 oz.</td> </tr> <tr> <td>4 Dinner plate reheat</td> <td>Regular/Small/Big</td> </tr> <tr> <td>5 Pasta/casserole reheat</td> <td>1 to 4 cups</td> </tr> </tbody> </table>	1 Baked potatoes	1 to 4 med.	2 Fresh vegetables	1 to 4 cups	3 Frozen main dish	6-8/9-11/12-14/15-16 oz.	4 Dinner plate reheat	Regular/Small/Big	5 Pasta/casserole reheat	1 to 4 cups	
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<p>PREHEAT AND COOK WITH CONVECTION</p> <ol style="list-style-type: none"> 1. Touch CONVEC pad. 2. Enter desired preheat temperature. (Ex. 325°F.) 3. Enter cooking time by touching number pads. (Ex. 20 min.) 4. Touch START. 		<p>COMPU COOK CONVEC</p> <ol style="list-style-type: none"> 1. Touch CONVEC pad. 2. Select desired Compucook Convec setting. (Ex: Touch 3 for turkey breast.) 3. Touch number pad for weight. (Ex: 5 and 0 for 5.0 lbs.) 4. Touch START. 											
<p>AUTOMATIC MIX COOKING</p> <ol style="list-style-type: none"> 1. Enter cooking time by touching number pads. (Ex. 25 min.) 2. Touch LOW/MIX BAKE or HIGH MIX/ROAST. 3. Touch START. 		<table border="1"> <tbody> <tr> <td>1 Broiled hamburgers</td> <td>1 to 8 pieces</td> </tr> <tr> <td>2 Broiled chicken pieces</td> <td>0.5 to 3.0 lbs.</td> </tr> <tr> <td>3 Turkey breast</td> <td>3.0 to 6.0 lbs.</td> </tr> <tr> <td>4 Roast pork</td> <td>2.0 to 3.5 lbs.</td> </tr> <tr> <td>5 Bundt cake</td> <td>1</td> </tr> </tbody> </table>	1 Broiled hamburgers	1 to 8 pieces	2 Broiled chicken pieces	0.5 to 3.0 lbs.	3 Turkey breast	3.0 to 6.0 lbs.	4 Roast pork	2.0 to 3.5 lbs.	5 Bundt cake	1	
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<p>BROILING</p> <ol style="list-style-type: none"> 1. Enter desired time by touching number pads (Ex. 14 min.) 2. Touch BROIL. No food in oven. 3. Touch START. 4. When oven signals, put food in oven. Touch START. 		<p>COMPU DEFROST</p> <ol style="list-style-type: none"> 1. Touch COMPU DEFROST pad for a .5 lb. increase per touch. (Ex: 2 5 lbs. steak) 2. During defrosting, oven will stop. Check food. Touch START to continue defrosting. 											
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