

Kenmore

# USE & CARE MANUAL AND COOKBOOK

**SEARS**

MICROWAVE  
OVEN

STOCK NO.  
89650

KNOW YOUR UNIT

Read this booklet so you will be able to enjoy all the features in your Kenmore Microwave Oven.

Record in space provided below the Model No. and the Serial No. of this appliance. Open the door to find the numbers on the front face of the cavity.

Model No. \_\_\_\_\_

Serial No. \_\_\_\_\_

Retain this information for future reference.



# IMPORTANT SAFETY INSTRUCTIONS

The Sears Kenmore Microwave Oven, though simple to use, is not a toy. Respect it as an electric cooking appliance. Become familiar with microwave energy, its uses and limitations. The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven.

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

**WARNING**—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

READ ALL THE INSTRUCTIONS BEFORE USING YOUR OVEN.  
DO NOT ALLOW CHILDREN TO USE THIS OVEN WITHOUT CLOSE SUPERVISION!

Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on this page.

- **DO NOT TAMPER WITH THE BUILT-IN SAFETY SWITCHES ON THE OVEN DOOR!**  
The oven has several built-in safety switches to make sure the power is off when the door is open.
- **WHEN CLEANING THE DOOR AND THE SURFACES THAT TOUCH THE DOOR, USE ONLY MILD, NON-ABRASIVE SOAPS OR DETERGENTS AND A SPONGE OR SOFT CLOTH.** (See the Care and Cleaning Section, page 22)
- If your oven is dropped or damaged, have it thoroughly checked by a qualified service technician before using it again.

### TO AVOID A FIRE HAZARD:

- **DO NOT SEVERELY OVERCOOK FOODS.** Severely overcooked foods can start a fire in the oven. Watch the oven carefully, especially if you have paper, plastic, or other combustibles in the oven.
- **DO NOT USE RECYCLED PAPER PRODUCTS IN YOUR OVEN.** These can contain particles that can cause arcing or may ignite.
- **DO NOT OVERCOOK POTATOES.** Overcooking could cause a fire. At the end of the cooking time, the potatoes should be slightly firm.

- DO NOT STORE COMBUSTIBLE ITEMS (bread, cookies, etc.) IN THE OVEN, because if lightning strikes the power lines, it may cause the oven to turn ON.
- DO NOT USE WIRE TWIST-TIES IN THE OVEN. Be sure to inspect purchased items for wire twist-ties and remove them before placing the item in the oven.
- DO NOT USE THE CAVITY FOR STORAGE PURPOSES. Do not leave paper products cooking utensils, or food in the cavity when not in use.

### **IF A FIRE SHOULD START:**

- KEEP THE OVEN DOOR CLOSED.
- TURN THE OVEN OFF.
- DISCONNECT THE POWER CORD OR SHUT OFF THE POWER AT THE FUSE OR CIRCUIT BREAKER PANEL.

### **TO AVOID ELECTRIC SHOCK:**

- THIS APPLIANCE MUST BE GROUNDED! Connect it only to a properly grounded outlet.

See the **GROUNDING INSTRUCTIONS** on page 6.

- 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.
- DO NOT IMMERSE THE ELECTRICAL CORD OR PLUG IN WATER.
- KEEP THE CORD AWAY FROM HEATED SURFACES.
- This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair or adjustment.

### **TO AVOID IMPROPERLY COOKING SOME FOODS:**

Some foods or containers should not be used with the microwave oven.  
Personal injury could result.

- DO NOT HEAT ANY TYPES OF BABY BOTTLES OR BABY FOOD. Uneven heating may occur and possibly cause personal injury.
- DO NOT HEAT SMALL-NECKED CONTAINERS, such as syrup bottles, in the microwave oven. Liquids heated in round containers can overheat. The liquid may splash out loudly during or after heating or adding ingredients (instant coffee, etc.), causing harm to the oven and possible personal injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquids several times while reheating.
- DO NOT DEEP-FAT FRY IN YOUR MICROWAVE OVEN. This is not a safe procedure in a confined cavity.
- DO NOT ATTEMPT HOME CANNING IN YOUR MICROWAVE OVEN. It is impossible to be sure all areas of the jar have reached boiling temperature for the proper processing time.
- DO NOT HEAT THE FOLLOWING ITEMS IN THE MICROWAVE OVEN: whole eggs, in the shell; water with oil or fat; sealed containers or closed glass jars. These items may explode.

## CAUTION !

### TAKE GOOD CARE OF YOUR OVEN TO KEEP IT TROUBLE-FREE. IN GENERAL:

- DO NOT USE THIS OVEN FOR COMMERCIAL PURPOSES. Do not use corrosive chemicals or vapors, such as sulfide and chloride, in the oven. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- Install or locate your oven according to the instructions in this manual. Be sure the oven is level.
- Keep the glass tray and the turntable roller rest in the oven when you are cooking.
- Use your oven only for the operations described in this manual.
- Do not use the oven outdoors. Do not store the oven 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.
- Do not cover or block any openings in the oven.
- Unless you are using the oven as a timer and set the power level to "0". DO NOT RUN THE OVEN EMPTY, without food in it.
- Do not let the cord hang over the edge of the table or counter.

### PRESERVE THE GLASS TURNTABLE:

- DO NOT HEAT THE GLASS TURNTABLE EXCESSIVELY.
  - Do not allow the grey film on special microwave cooking packages (example: french fries, popcorn) to touch the glass turntable directly. Put the package on a microwave-safe dish.
  - Do not cook bacon directly on the glass turntable.
  - Keep a browning dish at least 3/16 inch above the glass turntable. Carefully read and follow the instructions for the browning dish. If you use a browning dish incorrectly, you could break the glass turntable.
- Place cookware gently on the glass turntable and handle the turntable carefully to avoid breaking it.
- Be careful not to chip or scratch the edges of the turntable. Chips or scratches may cause the turntable to break during use.

## SAVE THESE INSTRUCTIONS

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### SAFETY CERTIFICATION

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The Sears Kenmore Microwave Oven is designed and thoroughly tested to meet exacting safety standards. It meets UL and FCC requirements and complies with safety performance standards of the U.S. Department of Health and Human Services.

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# IMPORTANT INFORMATION ABOUT YOUR OVEN

Enjoy a new cooking experience from Sears. Please read this manual. It takes only a few minutes--time well spent to learn to use all the features of your microwave oven.

Advice on using and caring for Sears appliances is always available at your nearest Sears store. When you need information, be sure you have the complete model number, located on the plastic label.

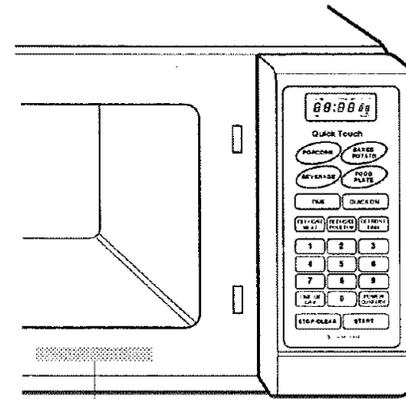
## LOCATION OF MODEL NUMBER LABEL

To request service, information or replacement parts, you need to supply to Sears the complete model number of your microwave oven. Open the door to find the numbers on the front face of the cavity, as shown below. The number will look like this: 721.80000000

## SPECIFICATIONS

Power Source	: 120V/60Hz only
Power Consumption	: 1350W
Input Current	: 12.0A
Output Power	: 875W (IEC 705 Rating Standard)
Outer Dimensions	: 22 <sup>3</sup> / <sub>4</sub> "(W)x16 <sup>3</sup> / <sub>8</sub> "(D)x13 <sup>1</sup> / <sub>2</sub> "(H)
Cavity Dimensions	: 15 <sup>3</sup> / <sub>8</sub> "(W)x15 <sup>7</sup> / <sub>8</sub> "(D)x10 <sup>5</sup> / <sub>8</sub> "(H)
Cavity Volume	: 1.5Cu. Ft.
Net Weight	: 41.0lbs

**NOTE:** This oven is made for use only in the U.S.A.



MODEL NUMBER AND SERIAL NUMBER LABEL

## IMPORTANT-ELECTRICAL GROUNDING INSTRUCTIONS

This appliance must be grounded! If an electrical short circuit occurs, grounding reduces the risk of electric shock by providing an escape wire for the electric current. The cord for this appliance has a grounding plug. Put the plug into an outlet that is properly installed and grounded.

### ▲ WARNING ▲

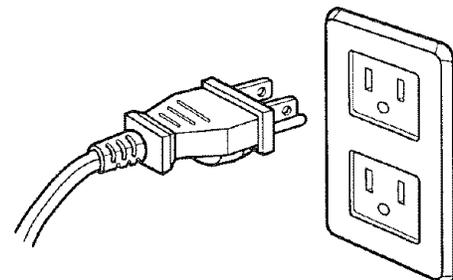
#### IF YOU USE THE GROUNDING PLUG IMPROPERLY, YOU RISK ELECTRIC SHOCK.

Ask a qualified electrician or the Sears Service Department if you do not understand the grounding instructions or if you wonder whether the appliance is properly grounded.

This appliance has a short power supply cord to reduce the risk of anyone's tripping over or becoming entangled in the cord. You may obtain a longer cord or extension if you are careful about using them.

#### IF YOU USE A LONG OR EXTENSION CORD, BE SURE:

- The cord or extension has the same electrical rating as the appliance. (This oven draws 12.0 ampere electrical current on 120Volts, 60Hz.)  
The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.
- The extension cord is a grounding-type 3-wire cord.
- The longer cord or extension does not drape over a countertop or tabletop, where it can be pulled on by children or tripped over accidentally. Keep the electrical cord dry and do not pinch or crush it in any way.



THREE-PRONGED (GROUNDING) PLUG

# INSTALLATION

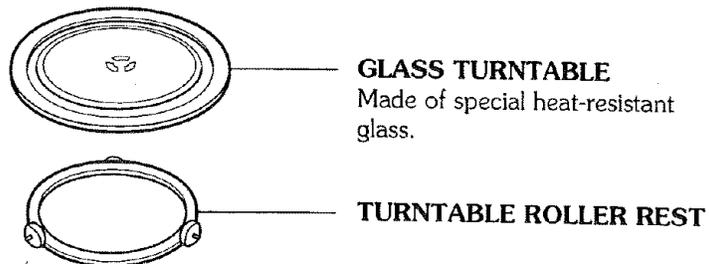
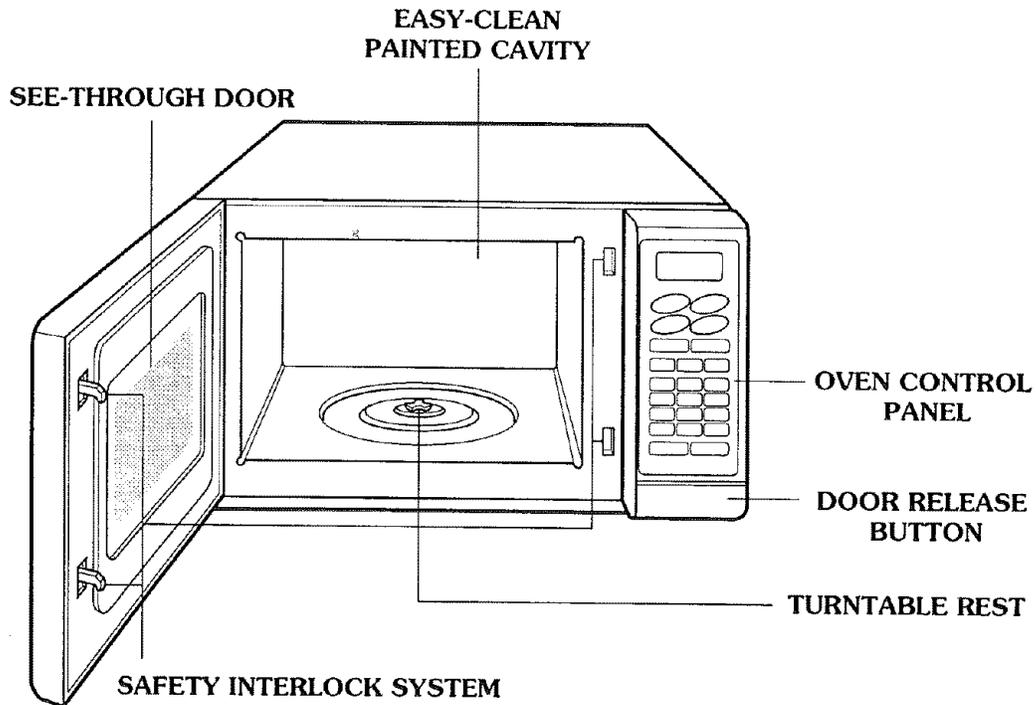
Install your oven on a table or countertop by following these six simple steps:

**Step 1:** Remove your Kenmore Microwave Oven and all material from the shipping carton. Your oven will be packed with the following items:

- 1 Use & Care Manual and Cookbook
- 1 Glass Turntable
- 1 Turntable Roller Rest

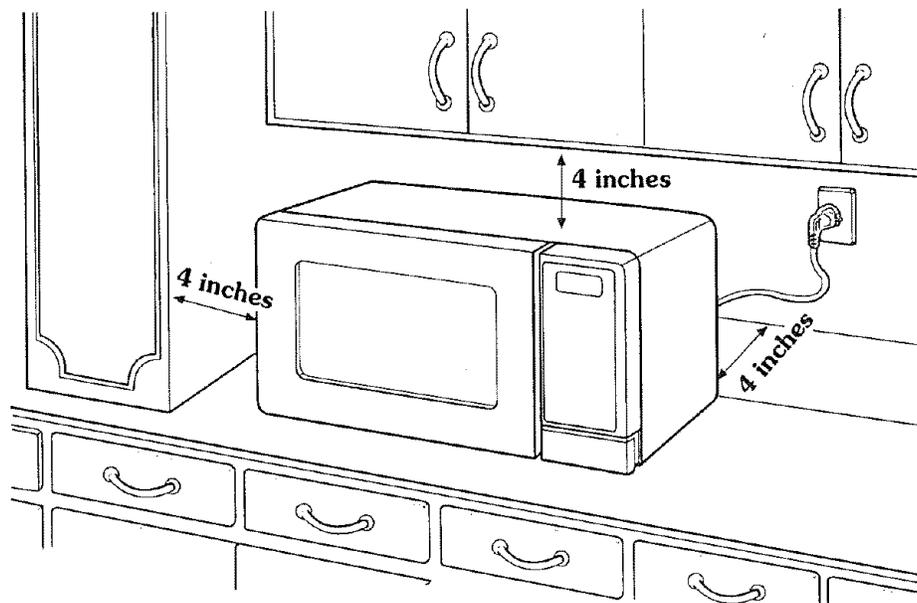
Your oven and its parts appear below:

## NAMES OF THE OVEN PARTS



**Step 2:** Place the oven in the level location of your choice, but be sure there is at least 4 inches of space at the left side, top and rear for proper ventilation. DO NOT BLOCK THE INLET AND OUTLET OPENINGS at the rear and under the oven. Blocking these inlet and outlet openings can damage your oven.

**NOTE:** DO NOT INSTALL YOUR OVEN OVER A RANGE, COOKTOP OR OTHER HEAT-PRODUCING APPLIANCE.



**NOTE:** THIS OVEN IS NOT DESIGNED FOR BUILT-IN USE.

**Step 3:** Place the turntable roller rest in the circle on the oven floor.

**NOTE:** Do not use the oven without the glass turntable and the turntable roller rest in place. Never stop the turntable from rotating. The glass turntable will rotate to the right or left.

**Step 4:** Place the glass turntable in the center of the oven floor on top of the turntable roller rest. Be sure that the three legs in the center of the glass turntable are facing down, and that they fit into the grooves on the oven floor turntable rest.

**NOTE:** NEVER PLACE THE GLASS TURNTABLE IN THE OVEN UPSIDE DOWN. Place all food and food containers on this glass turntable for cooking.

**Step 5:** Plug your oven into a standard 120V. household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.

**Step 6:** When your microwave oven is plugged in for the first time, or when power resumes after a power outage, the numbers in the display window will show "0". This means that the TIME OF DAY must be set. See the instructions below.

**NOTE:** If your oven does not operate properly, unplug it from the 120V. outlet and then plug it back in. This unit is not designed for 50Hz. or any circuit other than a 120V./60Hz AC circuit.

## SETTING THE TIME OF DAY

- Touch STOP/CLEAR.
  - Touch TIME OF DAY.
  - Touch the numbers indicating the correct time.
  - Touch TIME OF DAY.
- (See also the "Easy Use Chart" for TIME OF DAY setting, page 10).

# OVEN CONTROL PANEL

**Indicator Lights-**  
TIME AUTO and % POWER lights indicate which cooking operation you are using.

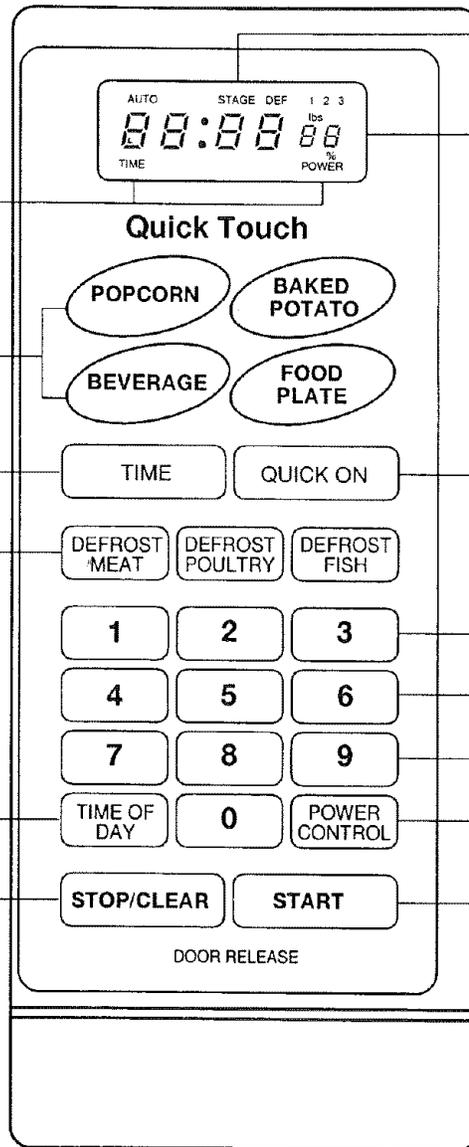
**Quick Touch-**  
Use to start the quickly for fixed food quantity.

**Time-**  
Use to set cooking time.

**Auto Defrost Selection-**  
Used in setting Auto Defrost.

**Time of Day-**  
Use to set time of day.

**Stop/Clear-**  
Clears all previous setting if pressed before cooking starts. During cooking: touch once to stop oven; twice to stop and clear all entries except time of day.



**Stage light-**  
When you set the oven STAGE 1, STAGE 2 or STAGE 3 will display indicating the stage in which your oven is cooking.

**Display Window-**  
Shows:  

- Time of day.
- Cooking time.
- Cooking power level.
- It also functions as a countdown timer when cooking.

**Quick On-**  
Use to set cooking time quickly and directly.

**Numbers-**  
Use to enter the:  

- Time of day.
- Cooking time.
- Cooking power
- Food weight for defrost.

**Power Control-**  
Use to select cooking power level.

**Start-**  
Starts the oven.

**NOTE:** A "beep" sounds when you touch a "pad" on the control panel, to indicate that you have entered a setting.

# EASY USE CHART

Your new solid state control panel allows you to use your microwave oven in many ways.

TIME OF DAY	HI-POWER/MULTI-POWER	MULTI-STAGE COOKING
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME OF DAY.</li> <li>3. Touch numbers for correct time of day.</li> <li>4. Touch TIME OF DAY.*</li> </ol> <p>* This "locks" in the time and starts the clock running. See page 8.</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for desired cooking time.</li> <li>4. Touch POWER CONTROL.</li> <li>5. Touch numbers for desired cooking power.</li> <li>6. Touch START.</li> </ol> <p><b>NOTE:</b> It is not necessary to touch POWER CONTROL when cooking on 100% power ("HI") To set "HI-POWER" Cooking, skip steps 4 and 5 above. See page 13.</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for cooking time Stage 1.</li> <li>4. Touch POWER CONTROL.</li> <li>5. Touch number for cooking power.</li> <li>6. Touch TIME.</li> <li>7. Touch numbers for cooking time Stage 2.</li> <li>8. Touch POWER CONTROL.</li> <li>9. Touch number for cooking power.</li> <li>10. Touch START.</li> </ol> <p>See page 15</p>
<b>QUICK ON COOKING</b>		<b>AUTOMATIC DEFROST</b>
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch QUICK ON.</li> <li>3. Touch numbers for desired cooking time.</li> </ol> <p><b>NOTE:</b> This function starts only after touching STOP/CLEAR. Time set available is from: 1 to 9 minutes. Cooking is on HI-POWER. See page 11.</p>		<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch DEFROST MEAT, POULTRY or FISH to select the appropriate Auto Defrosting Sequence.</li> <li>3. Enter the weight of your food in decimal increments from 0.1 to 9.9 pounds.</li> <li>4. Touch START.</li> <li>5. At a beeping, turn food over by following the instructions in the manual</li> <li>6. After turning food over, touch START to resume defrosting. See page 16.</li> </ol>
<b>QUICK TOUCH COOKING</b>	<b>CHILD LOCK</b>	
<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch POPCORN or BAKED POTATO, BEVERAGE or FOOD PLATE.</li> </ol> <p><b>NOTE:</b> This feature can only be used for fixed quantity. Do not leave oven unattended while popping corn. See page 12.</p>	<p>To set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch "0" more than 2 seconds.</li> </ol> <p>To cancel:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch "0" more than 2 seconds.</li> </ol> <p>See page 11.</p>	
	<b>REGULAR TIMER</b>	

# SPECIAL FEATURES

## QUICK ON

The Quick On feature allows you to cook for up to 9 minutes at HI POWER by touching only 3 keypads. Here's how to do it:

1. Touch STOP/CLEAR.
2. Touch QUICK ON.
3. Touch the number for the number of minutes (1-9) you want to cook at HI POWER.

The oven begins to cook immediately for the number of minutes you set or until you open the door or touch STOP/CLEAR. When the oven is finished cooking, "End" displays until you open the door or touch STOP/CLEAR.

## REGULAR TIMER

Your microwave oven also has a timer to use when you are not cooking in it. When you use it as a regular timer, the display simply counts down in seconds.

1. Touch STOP/CLEAR.
2. Touch TIME.
3. Touch the numbers to set the time you want to measure.
4. Touch POWER CONTROL.
5. Touch "0" (power level 0).
6. Touch START.

The time will begin counting down in display window with no cooking or heating in the oven. When the time is over, you hear two short and one long beeps and "End" displays.

## CHILD LOCK

Your oven has a child lockout feature that shuts off the microwave power until you cancel the lockout.

### **To set the Child Lock:**

1. Touch STOP/CLEAR.
2. Touch and hold "0" for more than 2 seconds or until the "L" appears at the left in the display window.  
In this condition, the oven will not operate. If you touch START, "Err" will display and you will hear one long beep.

### **To Cancel the Child Lock:**

1. Touch STOP/CLEAR.
2. Touch and hold "0" for more than 2 seconds or until the "L" disappears from the display window.  
The oven is now ready to use.

# GENERAL COOKING INSTRUCTIONS

## QUICK TOUCH COOKING

Your microwave has a convenient quick touch cooking feature.

1. Touch STOP/CLEAR.
2. Touch POPCORN, BAKED POTATO, BEVERAGE or FOOD PLATE.

### COOKING GUIDE

FOOD	AMOUNT	PREPARATION	SPECIAL NOTES
<b>Popcorn</b>	Only one 3.5 oz. package at a time.	<ul style="list-style-type: none"><li>● Follow manufacturer's directions</li><li>● Place popcorn package on the glass tray.</li></ul>	<ul style="list-style-type: none"><li>● Use only popcorn for microwave oven. Do not try to pop leftover unpopped kernels.</li><li>● Use popcorn packages which are made especially for microwave cooking.</li><li>● Popcorn popping devices are not recommended for the popcorn feature.</li><li>● Follow the manufacturer's directions for the proper use of packaged popcorn.</li></ul>
<b>Baked potato</b>	1 Medium (8~10 oz.)	<ul style="list-style-type: none"><li>● Place in center of the oven on paper towel.</li><li>● Pierce potato with fork several times.</li></ul>	<ul style="list-style-type: none"><li>● After cooking let stand for 2 minutes.</li></ul>
<b>Beverage</b>	1 Cup (8 oz.)	<ul style="list-style-type: none"><li>● Place in center of the oven.</li></ul>	<ul style="list-style-type: none"><li>● No cover. Use uncovered micro-proof cup or mug.</li><li>● Stir after reheating.</li></ul>
<b>Food plate</b>	1 Serving	<ul style="list-style-type: none"><li>● Arrange food on microwave plate.</li><li>● Place meaty portions and bulky vegetables to outside of plate.</li></ul>	<ul style="list-style-type: none"><li>● Cover with plastic wrap. Vent corner.</li></ul>

NOTE: Popping times can vary for different brands of Microwave Popcorn.

This sequence is designed to avoid scorching or burning the popcorn. If popping is still rapid at the end of the sequence, set time for 20 seconds more at HI power.

Using other utensils for popping, such as pie plate is not recommended, because you may have much more unpopped kernels.

# HI-POWER/MULTI-POWER COOKING

"HI" is the highest cooking power possible with your microwave oven.

It is the best setting for cooking foods that have high water content, such as water or soups or foods that need fast cooking to maintain their natural flavor and texture, like fish, vegetables and most casseroles.

WHAT YOU DO	WHAT THE OVEN DOES	COMMENTS/NOTES
1. Touch STOP/CLEAR.	The oven beeps and erases all settings.	The oven always retains the TIME OF DAY.
2. Touch TIME.	The Stage 1, % POWER and "0 HI" display and the TIME light blinks.	The oven is ready for the cooking time setting.
3. Touch the numbers for the cooking time you want. <b>EXAMPLE:</b> For 6 doughnuts at 1 1/2 min., touch "1-3-0".	The cooking time (1 30) displays.	The timer is a digital clock, divided into 60 sec.; 1/2 min. = 30 sec., not .5 as on a calculator.
<b>NOTE:</b> If you want to cook at HI Power, go to Step 6. Unless you change the POWER CONTROL, the oven always cooks at HI Power.		
4. Touch POWER CONTROL.	The % POWER light blinks.	The oven is ready for your power setting.
5. Touch the number for the power level you want. <b>EXAMPLE:</b> "8" for 6 doughnuts.	The present cooking time (1 30) and 80% POWER display.	If you want to change the power level, touch POWER CONTROL again and select another power level.
6. Touch START.	The oven begins cooking, counting down the time in seconds. When the cooking is finished, you hear two short and one long beeps and "End" displays. The oven shuts itself off.	
<b>NOTE:</b> To stir or turn the food during cooking, open the oven door and stir or turn the food. Close the oven door and touch START. The oven will count down the time left.		

# COOKING GUIDE FOR MULTI-POWER SETTINGS

The "Multi-Power" feature lets you cook at the best power control for the food being cooked.

POWER CONTROL	MICROWAVE OUTPUT POWER (IN WATTS)*	EXAMPLES
HI (100%)	875	<ul style="list-style-type: none"> <li>● Cooking fish, vegetables and most casseroles.</li> <li>● Boiling water.</li> <li>● Thickening some sauces.</li> </ul>
9 (90%)	785	<ul style="list-style-type: none"> <li>● Cooking onions, celery and green peppers.</li> <li>● Reheating meat slices.</li> </ul>
8 (80%)	700	<ul style="list-style-type: none"> <li>● Reheating precooked or prepared food.</li> <li>● Heating sandwiches.</li> </ul>
7 (70%)	615	<ul style="list-style-type: none"> <li>● Cooking cheese dishes, veal.</li> <li>● Cooking cakes, muffins, brownies, cupcakes, convenience baking mixes.</li> <li>● Cooking quick breads and cereal products.</li> <li>● Cooking scrambled eggs.</li> </ul>
6 (60%)	525	<ul style="list-style-type: none"> <li>● Cooking pasta.</li> </ul>
5 (50%)	435	<ul style="list-style-type: none"> <li>● Cooking soups after bringing to a boil.</li> <li>● Cooking baked custards.</li> <li>● Cooking whole chicken, turkey, spare ribs, duckling, rib roast, sirloin roast, lamb roast, ham.</li> </ul>
4 (40%)	350	<ul style="list-style-type: none"> <li>● Cooking pork roast, corned beef, stew meat, pork chops, loin roast.</li> <li>● Reheat frozen convenience foods.</li> <li>● Cooking less tender cuts of meat in liquid or slow cooking dishes.</li> </ul>
3 (30%)	260	<ul style="list-style-type: none"> <li>● Thawing meat, poultry and seafood.</li> <li>● Finish cooking casseroles, stews, and some sauces.</li> <li>● Cooking small quantities of most foods.</li> <li>● Defrost small bread items.</li> </ul>
2 (20%)	175	<ul style="list-style-type: none"> <li>● Softening chocolate.</li> <li>● Heating breads, rolls, pancakes, tacos, tortillas and French toast.</li> <li>● Clarifying butter.</li> <li>● Taking the chill out of fruit.</li> <li>● Heating small amounts of food.</li> </ul>
1 (10%)	85	<ul style="list-style-type: none"> <li>● Softening cream cheese.</li> <li>● Keeping casseroles and main dishes warm.</li> </ul>
0		<ul style="list-style-type: none"> <li>● Standing time.</li> <li>● Independent timer.</li> </ul>

\* Approximate watts as measured by IEC 705 Rating Standard output test method.

# MULTI-STAGE COOKING

Multi-Stage Cooking allows you to set the oven in a first stage at one power level for one time, and then in a second and third stage, at different power levels for different times. You set all of the stages before cooking begins and the stages you have set follow in sequence automatically after you touch START.

In the instructions for three-stage cooking below, we are using rice as an example. Place 1 cup of rice and 2½ cups hot water in a 2-quart covered glass casserole dish. First stage: 4 min. at HI power. Second stage: 15 min. at "6" power. The following steps tell you how to set two of the three stages. To set the third stage for other recipes, follow the directions for Stage 2. When the oven is finished with the stages you have set, "End" displays and two short and one long beeps sound. The oven shuts off automatically. Let the rice stand for 10 minutes.

	WHAT YOU DO	WHAT THE OVEN DOES	COMMENTS/NOTES
THE FIRST STAGE	1. Touch STOP/CLEAR.	Erases all previous settings.	This begins the First stage.
	2. Touch TIME.	"TIME" blinks and Stage 1 and "0 HI" display.	The oven is ready for the First Stage TIME setting.
	3. Touch the numbers for the First Stage TIME. <b>EXAMPLE:</b> 4-0-0 for rice.	"4 00" displays (4 minutes).	
	4. Touch POWER CONTROL.	The "% of POWER" light blinks. "HI" displays.	The oven is ready for your power setting.
	5. Touch the number for the cooking power of the First Stage (if other than "HI").	The number you have selected displays ("HI" for the First Stage).	You have just set the First Stage.
<b>NOTE:</b> If you wish to stir the rice at any time, just open the microwave oven door. Then close the door and touch START to continue the multi-stage cooking.			
THE SECOND STAGE	1. Touch TIME.	"TIME" blinks and Stage 2 and "0 HI" display.	The oven is ready for the Second Stage TIME setting.
	2. Touch the numbers for the cooking time. <b>EXAMPLE:</b> Touch "1-5-0-0" to set the second stage for cooked rice.	"15 00" displays (15 minutes).	
	3. Touch POWER CONTROL.	The "% of POWER" light blinks. "HI" displays.	The oven operates at HI power unless you set it lower.
	4. Touch "6" to set the Second Stage cooking power level.	"15 00 60" displays.	You have just set the Second Stage. If you want to set a third Stage, repeat Steps 1 through 4.
	5. Touch START.	The oven begins to cook. "4:00" displays.	When the First Stage is over, you will hear two beeps and the oven will begin the Second Stage.
<p>At the end of the first stage, open the door, add the rice and seasonings and stir. Cover the dish, place it back in the oven and close the door. Touch START. The oven will continue cooking in Stage 2.</p> <p>When the oven finishes both stages, you hear two short and one long beeps and "End" displays. Let the rice stand for 10 minutes. You may set the regular timer on your microwave oven for standing time. Just follow the directions on page 11.</p>			

# AUTOMATIC DEFROST

Three defrost sequences are preset in the oven. The "Auto Defrost" feature provides you with the best defrosting method for frozen foods.

## HOW TO GET THE BEST RESULTS FROM AUTO DEFROST:

- Remove any metal twist ties from packaging.
- Plastic microwavable pouches need to be pierced several times with a fork.
- Place food item on microwable rack or glass container.
- Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of the defrost sequence to prevent them from cooking.
- Do not use AUTO DEFROST for less than 1/4 lb. ground beef.
- It is helpful to freeze ground beef in doughnut shape.
- Depress center of ground beef patties before freezing.
- Remove thawed portions of ground beef or cubes; return remainder to oven for additional defrosting.
- To reduce moisture loss, defrost meats just before cooking.
- Meats with a casing, such as hot dogs and sausage, need to be pierced to let steam escape.
- You'll have best results defrosting meats, fish and poultry up to 9.9 lbs.  
Those meat items over 6 lbs may need more defrost time, shielding and turning.
- Rinse poultry and seafood in cold water after Auto Defrost cycle.
- Before cooking, make sure all areas of food item are totally defrosted.  
Remove giblets from poultry and rinse ice crystals from cavity.  
Pierce dense roasts with skewer to check if defrosted.
- When calculating weight of food item to be defrosted, round to the nearest lower tenth decimal. For example, if meat weighs 2.45 lbs., use 2.4 as weight to program for Auto Defrost.
- Monitor results when using Auto Defrost. If food items consistently cook at edges when defrosting, reduce the amount of weight programmed in.

## AUTO DEFROST SEQUENCE LIST

SEQUENCE	FOOD	BASE Q'TY	MIN./MAX. FOOD
<b>DEFROST MEAT</b>	<ul style="list-style-type: none"> <li>● <b>BEEF</b> ..... Ground beef (bulk), Round steak, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Stew Beef, Ground beef (Patties)</li> <li>● <b>LAMB</b> ..... Chops, (1-inch thick), Rolled roast, Cubes for stew</li> <li>● <b>PORK</b> ..... Chops, (1/2-inch thick), Spareribs, Country-style ribs, Rolled roast, Sausage (bulk), Sausage (links) Hot dogs</li> <li>● <b>VEAL</b> ..... Cutlets (1 lb, 1/2-inch thick)</li> </ul>	1 lb.	0.1/9.9 lbs.
<b>DEFROST POULTRY</b>	<ul style="list-style-type: none"> <li>● <b>CHICKEN</b> ..... Whole (under 4 lbs), Breasts (boneless), Cut up</li> <li>● <b>CORNISH HENS</b> ..... Whole</li> <li>● <b>TURKEY</b> ..... Breast (under 6 lbs.)</li> </ul>	1 lb.	0.1/9.9 lbs.
<b>DEFROST FISH</b>	<ul style="list-style-type: none"> <li>● <b>FISH</b> ..... Fish fillets, Fish steak, Whole fish</li> <li>● <b>SHELLFISH</b> ..... Lobster tails, Crabmeat, Shrimp, Scallops</li> </ul>	1 lb.	0.1/9.9 lbs.

1. Touch STOP/CLEAR.
2. Touch DEFROST MEAT, POULTRY or FISH to select the appropriate defrosting sequence. The DEF 1 light will show, and the lbs light will blink. The display window will read "0.0".
3. Enter the weight of your food in decimal increments from 0.1 pounds to 9.9 pounds. Remember to convert ounces to tenths of a pound. For example to defrost 2 pounds 8 ounces, touch number keys "2" and "5" for 2.5 pounds. The display window will show "2.5".

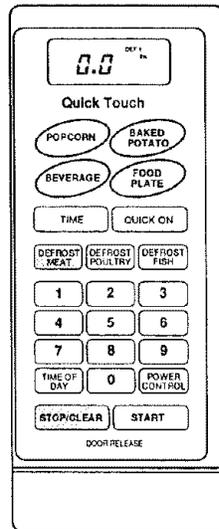
4. Touch START. The oven will begin the defrosting you selected and display window will show the total defrosting time. At the end of the required time, two short and one long tone will sound and "End" will show in the display window. The oven shuts off automatically.

**NOTE:** For more efficient defrosting results, your microwave oven uses four different output powers automatically during the defrost cycle.

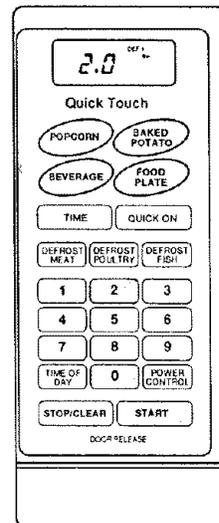
# AUTOMATIC DEFROST (Cont'd)

**EXAMPLE:** To defrost 2 pounds of Ground Beef.

1. Touch STOP/CLEAR.
2. Touch DEFROST MEAT.  
The DEF 1 light will show, and the lbs light will blink. The display window will read "0.0".



3. Enter weight of the ground beef by touching 2 and then "0". "2.0" will show in the display window.

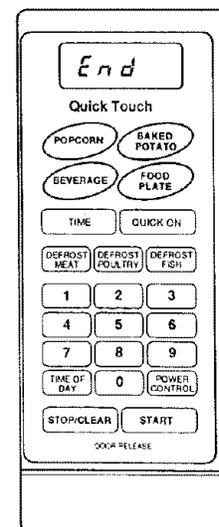


4. Touch START. The oven will begin the defrosting you selected and the display window will show the defrosting time and count down.

Each sequence consists of four stages (four different powers). After the second stage is completed, five beeps will sound and the oven will continue to defrost.

At this time, open the oven door, turn the food over. Close the oven door and touch START. The oven will automatically continue to count down the time left on the timer.

At the end of the required time, two short and one long beep will sound and "End" will appear in the display window. The oven shuts off automatically.



## AUTO DEFROSTING INSTRUCTIONS

- The benefit of this Auto Defrost feature is automatic setting and control of defrosting, but just like conventional defrosting you must check the foods during the defrosting time
- For best results, remove fish, shellfish, meat and poultry from its original paper or plastic closed package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods which can cause the outer surface of the foods to cook.
- When it is difficult to remove the wrap from the foods, defrost the wrapped food for stage 2 of the defrost time. Remove the foods from the oven at the beep and remove the wrap from foods.
- Place foods in a shallow glass baking dish or microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.

# AUTO DEFROST CHART

This defrosting chart is specifically for use with the "AUTO DEFROST" feature.

## AUTOMATIC DEFROST GUIDE — MEAT

Food	Setting	At Beep	Special Instructions
<b>BEEF</b>			
Ground beef (bulk)		Remove thawed portions with fork. Turn over. Return remainder to oven. Separate and rearrange.	Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence. Do not defrost less than 1/4 lb. Freeze in doughnut shape.
Ground beef (patties)			Do not defrost less than two 4 oz. patties. Depress center when freezing.
Hamburger, patty		Separate and rearrange. Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
Round steak			Place on microwavable roast rack.
Tenderloin steak	DEFROST MEAT	Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
Stew beef		Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in microwavable baking dish.
Pot roast, chuck roast		Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
Rib roast		Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
Rolled rump roast		Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
<b>LAMB</b>			
Cubes for stew		Remove thawed portions with fork. Return remainder to oven.	Place in microwavable baking dish.
Rolled roast	DEFROST MEAT	Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
Chops (1-inch thick)		Separate and rearrange.	Place on microwavable roast rack.
<b>PORK</b>			
Bacon		Separate and rearrange.	Place on microwavable roast rack.
Chops (1/2-inch thick)		Separate and rearrange.	Place on microwavable roast rack.
Hot dogs		Separate and rearrange. Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
Spareribs			Place on microwavable roast rack.
Country-style ribs	DEFROST MEAT	Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
Sausage links		Separate and rearrange.	Place on microwavable roast rack.
Sausage bulk		Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in microwavable baking dish.
Rolled roast, boneless		Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack.
<b>VEAL</b>			
Cutlets (1 lb., 1/2-inch thick)	DEFROST MEAT	Separate and rearrange.	Place on microwavable roast rack.

\* NOTE: See page 24 for instructions on aluminum foil use.

## AUTOMATIC DEFROST GUIDE — POULTRY

Food	Setting	At Beep	Special Instructions
<b>CHICKEN</b>	DEFROST POULTRY		No poultry over 5.9 lbs. should be defrosted using AUTO DEFROST nor should any whole turkeys defrosted with this setting.
Whole (under 4 lbs.)		Turn over (end defrost breast-side-down). Cover warm areas with aluminum foil.*	Place chicken breast-side-up on microwavable roast rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.
Cup up		Separate pieces and rearrange. Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack. Finish defrosting by immersing in cold water.
Breasts (boneless)		Separate and turn over. Cover with waxed paper.	Place on microwavable roast rack. Finish defrosting by immersing in cold water.
<b>CORNISH HENS</b>	DEFROST POULTRY		
Whole		Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack. Finish defrosting by immersing in cold water.
<b>TURKEY</b>	DEFROST POULTRY	Turn over. Cover warm areas with aluminum foil.*	Place on microwavable roast rack. Finish defrosting by immersing in cold water.

## AUTOMATIC DEFROST GUIDE — FISH AND SHELLFISH

Food	Setting	At Beep	Special Instructions
<b>FISH</b>	DEFROST FISH		
Fillets		Turn over. Separate fillets when partially thawed.	Place in microwavable baking dish. Carefully separate fillets under cold water.
Steaks		Separate and rearrange.	Place in microwavable baking dish. Run cold water over to finish defrosting.
Whole		Turn over.	Place in microwavable baking dish. Cover head and tail with foil, do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
<b>SHELLFISH</b>	DEFROST FISH		
Crabmeat		Break apart. Turn over.	Place in microwavable baking dish.
Lobster tails		Turn over and rearrange.	Place in microwavable baking dish.
Shrimp		Break apart and rearrange.	Place in microwavable baking dish.
Scallops		Break apart and rearrange.	Place in microwavable baking dish.

\*NOTE: See shielding page 24 for instructions on aluminum foil use.

# MICROWAVE UTENSIL GUIDE

You may microwave in many more utensils than you can use on the stove or in a conventional oven, because microwaves penetrate them safely while still cooking the food.

Below are listed the utensils you can safely cook with and those you must avoid. To test whether you can cook safely with a utensil not on the lists below, do the following:

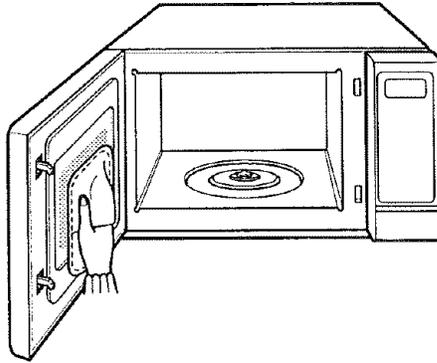
1. Place the utensil empty in the microwave oven.
2. Measure 1 cup of water in a glass measuring cup and place it in the oven beside the utensil.
3. Microwave on HI Power for 1 minute.
4. If the utensil is warm to touch at the end of this time, you should not use it for microwave cooking.

USE	DO NOT USE
<p><b>OVENPROOF GLASS</b> (treated for high intensity heat): Utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.</p> <p><b>CHINA:</b> Bowls, cups, serving plates and platters without metallic trim</p> <p><b>PLASTIC:</b> Plastic wrap (as a cover)-- lay the plastic wrap loosely over the dish and press it to the sides. Vent plastic wrap by turning back one edge slightly to allow excess steam to escape. The dish should be deep enough so that the plastic wrap will not touch the food. As the food heats, it may melt the plastic wrap wherever the wrap touches the food. Use plastic dishes, cups, semi-rigid freezer containers and plastic bags <b>ONLY FOR SHORT TIME COOKING. USE THESE WITH CARE BECAUSE THE PLASTIC MAY SOFTEN FROM THE HEAT OF THE FOOD.</b></p> <p><b>PAPER:</b> Paper towels, waxed paper, paper napkins and paper plates with no metallic trim or design. Look for the manufacturer's label for use in the microwave oven.</p>	<p><b>METAL UTENSILS:</b> Metal shields the food from microwave energy and produces uneven cooking. Also avoid metal skewers, thermometers or foil trays. Metal utensils can cause arcing, which can damage your microwave oven.</p> <p><b>METAL DECORATION:</b> Metal-trimmed or metal-banded dinnerware, casserole dishes, etc.</p> <p><b>CENTURA TABLEWARE:</b> The Corning Company recommends you <b>NOT USE</b> Centura tableware or some Corelle closed-handle cups for microwave cooking.</p> <p><b>ALUMINUM FOIL:</b> Avoid large sheets of aluminum foil because they hinder cooking and may cause harmful arcing. Use small pieces of foil to shield poultry legs and wings. Keep <b>ALL</b> aluminum foil at least 1 inch from the side walls and door of the oven.</p> <p><b>WOOD:</b> Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets react in the same way.</p> <p><b>TIGHTLY CLOSED UTENSILS:</b> Be sure to leave opening for steam to escape from closed utensils. Pierce plastic pouches of vegetables or other food items before cooking. Tightly closed utensils could explode.</p> <p><b>BROWN PAPER:</b> Avoid using brown paper bags. They absorb too much heat and could burn.</p> <p><b>FLAWED OR CHIPPED UTENSILS:</b> Any utensil that is cracked, flawed or chipped may break in the oven.</p> <p><b>METAL TWIST TIES:</b> Remove metal twist ties from plastic or paper bags. They become hot and could cause a fire.</p>

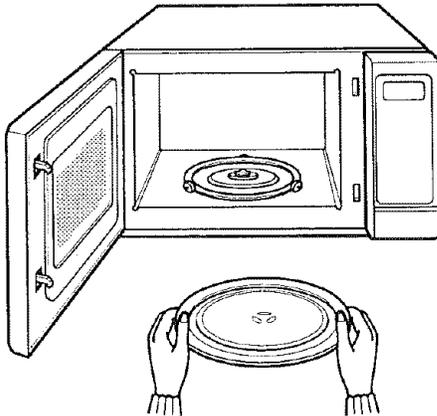
# CARE AND CLEANING

## What to Clean

- The inside and outside of your oven. ESPECIALLY THE INNER DOOR PANEL AND THE OVEN FRONT FRAME, as shown, to keep the door area free of food or grease build-up.



- The glass turntable. Wipe up spills before removing it. Then remove the turntable, as shown, and wash by hand or in the dishwasher.



**NOTE:** Be sure the turntable is clean when you bake directly on it. The cookbook section provides special instructions.

- The turntable roller rest and oven floor to avoid excessive noise when the turntable turns during cooking. Cooking vapors collect during use, but in no way affect the oven bottom surface or roller rest wheels.
- The control panel. After cleaning touch STOP/CLEAR to clear any accidental entries.

## How to Clean

- Use a wet paper towel to wipe up spills inside the oven.
- Use a soft cloth and a warm (not hot), mild detergent solution. Rinse well and wipe dry with a soft cloth.
- NEVER USE ROUGH POWDERS OR PADS, LIKE STEEL WOOL.

## When to Clean

- Immediately after spills occur, especially after cooking chicken or bacon. Wipe spatters or spills with a wet paper towel.
- Weekly or more often, if needed, for the whole oven, removing the glass turntable and the turntable roller rest to clean the oven floor where the turntable fits.

# INTRODUCTION TO MICROWAVE COOKING

## How Your Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves. Your microwave oven is constructed to take advantage of microwave energy.

The magnetron tube in the oven converts electricity into microwave energy, sending microwaves into the cooking area through openings in the side of the oven. These microwaves reflect off the metal walls of the oven, because microwaves cannot penetrate metal. For this reason, you should not use metal utensils for cooking in a microwave oven. Microwave energy can penetrate glass, paper, whicker and microwavable cooking dishes. The microwaves do not heat the utensils, although they may become hot from the heat of the food.

Microwaves are attracted to the moisture in foods and cause the water molecules to vibrate 2.450 million times per second. This process is called absorption. As the water molecules vibrate, they rub against each other, producing friction and heating the food. In the same way, we can create heat when we rub our hands together. Just think how hot your hands would get if you rubbed them together at 2,450 times per second!

The microwave oven is a safe appliance. When you open the door, the oven automatically stops producing microwaves. Also, by the time the microwave energy has made the food hot, the microwaves have completely disappeared.

## Getting the Best Results from Your Microwave Oven

Keep an eye on things. The recipes in this cookbook have been put together carefully, but you still need to pay attention to the food as it cooks.

Your microwave oven has a light inside that turns on when the oven is operating so you can check the food as it cooks. Directions in the recipes to stir, turn over or rearrange the food will promote even and speedy cooking.

Many factors affect cooking time. The range of cooking times given in the recipes can be affected by the temperature of the food when you put it in the oven:

cold or room temperature. Cold food will take longer to cook than warm food. The amount of electricity available on very cold or very hot days can cause the food to cook more slowly. At the lower end of the time range, the food may seem undercooked, but the food continues to cook even after you remove it from the oven. Overcooking can ruin the food, so add extra cooking time cautiously.

Undercooking is better than overcooking. Some of the recipes, especially those for breads, cakes and meats, suggest that you remove the food when it is slightly undercooked. This suggestion is not a mistake. The food continues to cook because the heat trapped within the outer parts of the food gradually travels inward.

As you gain experience with your microwave oven, you will become better able to estimate the best cooking and standing times for various foods.

## Food Characteristics Affect Microwave Cooking

**Quantity:** The greater the volume of the food, the longer it takes to cook. In general, when you double a recipe, you increase cooking time by almost 50 percent. When you cut a recipe in half, you reduce cooking time by 40 percent.

**Density:** Light, porous food, such as cakes and breads, cook more quickly than heavy, dense food, such as roasts, potatoes and casseroles.

**Height:** Any areas of the food near the top of the oven will cook more quickly and may need to be turned over or covered with a small amount of aluminum foil to prevent drying out or burning.

**Shape and Size:** For more even cooking, choose foods that are similar in size and shape. Arrange food so that thin pieces or ends are near the center of the dish and thicker pieces are near the outside.

**Sugar, Fat and Salt:** Food with high sugar, fat and salt content will cook faster than food low in these ingredients.

## Special techniques for Microwave Cooking

**Browning:** Meat and poultry with high fat content cooked 10 or 15 minutes or longer will brown lightly. If you want to achieve an appealing brown color for foods cooked a shorter time, you may brush the meat with a browning agent, such as Worcestershire sauce, soy sauce or barbecue sauce.

**Covering:** If you cover the food, you will trap heat and steam and the food will cook more quickly. Use a lid or plastic wrap with one corner folded back to vent the excess steam. Remember that the lids on glass casseroles can become hot during cooking, so handle them carefully. Waxed paper can prevent the food from splattering in the oven and will help retain heat. Waxed paper, napkins or paper towels are good coverings to use when warming bread items. To absorb extra moisture, wrap sandwiches and fatty foods in paper towels.

**Spacing:** Individual foods, such as baked potatoes, cupcakes and hors d'oeuvres will cook more evenly if you place them in a circular pattern at least an inch apart.

**Stirring:** Stirring the food blends the flavors and redistributes the heat in foods. Always stir from the outside toward the center of the dish, because the food at the outside of the dish heats first.

**Turning Over:** Larger sized foods, such as roasts and whole poultry, should be turned over so that the top and bottom cook evenly. Also turn over chicken pieces and chops.

**Arrangement:** Do not stack the food, but arrange in a single layer in the dish to permit more even cooking. Because dense foods cook more slowly, place thicker portions of meat, poultry, fish and vegetables toward the outer edge of the baking dish. These thicker portions will receive more microwave energy and the food will cook more evenly.

**Testing for Doneness:** Because foods cook quickly in a microwave oven, you need to test frequently for doneness. Follow the recipes in the cookbook for more specific information.

**Standing Time:** The food often needs to stand from 2 to 15 minutes after you remove it from the oven. Usually you need to cover the food during standing time to retain the heat. Remove most foods when they are slightly undercooked and they will finish cooking during standing time. The internal temperature of the food will rise about 10°F. during standing time.

**Shielding:** To prevent some portions of rectangular or square dishes from overcooking, you may need to shield them with small strips of aluminum foil to block the microwaves. You can also cover poultry legs and wing tips with foil to keep them from overcooking. ALWAYS KEEP FOIL AT LEAST 1 INCH FROM OVEN WALLS to prevent arcing.

**Piercing:** To prevent them from bursting, pierce the shell, skin or membrane of foods before cooking. Foods that require piercing include: yolks and whites of eggs, hot dogs, clams, oysters, and whole vegetables, such as potatoes and squash.

## An Alphabetical List of Microwaving Shortcuts

Below is a list of foods you may not have considered microwaving. You can save both time and taste by following the directions given.

### Almonds, toasting:

- Place sliced or slivered almonds in a shallow baking dish.
- Add 1 tsp. butter or margarine per 1/2 cup of nuts.
- Cook uncovered 2 min. to 3 min. at HI power, or until light brown, stirring every minute.

### Bacon, cooking:

- Place bacon slices on double-thick paper towel on a paper plate and cover with a paper towel.
  - Cook 45 sec. to 1 min. per slice at HI power or until crisp.
- If you want to save the drippings, cook bacon on a rack in a microwavable dish.

### Bread/Rolls, warming:

- Wrap bread or rolls in a napkin or place in a napkin-lined wicker basket.
- Cook uncovered 15 sec. to 30 sec. at Power Control 8, or until bread or rolls feel warm.

**Butter/Margarine, Melting:**

- Place butter or margarine in a custard cup or glass measuring cup.
- Cook covered at HI power until melted.

**Butter/Margarine/Cream Cheese, Softening:**

- Unwrap and place on a serving plate.
- Cook uncovered at Power Control 1, checking at 20 second intervals.

**Caramels, Melting:**

- Combine one 14-oz. pkg. of caramels and 2 Tbsp. of water in a 4-cup glass measuring cup.
- Cook uncovered 1 1/2 min. to 2 min. at Power Control 7, or until melted, stirring every minute.

**Chips/Pretzels, Freshening if Stale:**

- Place chips or pretzels in a napkin-lined wicker basket.
- Cook uncovered about 30 sec. per cup at HI power, or until snacks feel warm. Let stand a few minutes to cool before serving.

**Chocolate Squares or Pieces, melting:**

- Place chocolate squares/pieces in a custard cup or glass bowl.
- Cook uncovered at Power Control 7. 1 sq. chocolate or 1 c. pieces takes 1 min. to 1 1/2 min. 2 sq. chocolate or 2 c. pieces takes 1 1/2 min. to 2 min. Stir until smooth.

**Cocoa, hot:**

- Place 1 or 2 tsp. each of cocoa powder and sugar in an 8-oz. mug.
- Gradually add 6 oz. of milk, stirring to blend.
- Cook uncovered 1 min. to 1 1/2 min. at Power Control 8, or until hot, stirring once.

**Coconut, toasted:**

- Place unsweetened, flaked or grated coconut in a 9-inch glass pie plate.
- Cook uncovered 1 1/2 min. to 2 min. at Power Control 7, or until light brown, stirring every minute.

**Coffee, instant:**

- Put 6 oz. of water into a microwavable cup or mug.
- Cook uncovered 1 min. to 1 1/2 min. at HI power, or until hot. Stir in coffee.

**Syrup or Honey, heated:**

- Place syrup or honey in a glass pitcher.
- Cook uncovered at HI power until warm 1 c. syrup or honey takes 1 min. to 1 1/2 min. Stir once.

**Water, boiling:**

- Put 1 cup of water in a 2-cup glass measuring cup.
- Cook uncovered 2 min. to 2 1/2 min. at HI power, or until boiling.

# APPETIZERS/SAUCES/SOUPS

## Cooking Appetizers: Tips and Techniques

### Recommended

- Crisp crackers, such as melba toast, shredded wheat and crisp rye crackers are best for microwave use. Wait until party time to add the spreads. Place a paper towel under the crackers while cooking in the microwave oven to absorb extra moisture.
- Arrange individual appetizers in a circle for even cooking.
- Stir dips to distribute heat and shorten cooking time.
- Cover foods to retain moisture. Uncover foods to retain crispness.
- Avoid overcooking by using the minimum suggested time. Add more time, if necessary, only after checking the food.

### Not Recommended

- Appetizers with a crisp coating or puff pastry are best done in a conventional oven with dry heat.
- Breaded products can be warmed in the microwave oven but will not come out crisp.

## Nachos

**15 tortilla chips**  
**3 tablespoons jalapeno bean dip**  
**1/2 cup shredded Cheddar cheese**

1. Spread each tortilla chip with bean dip; top with cheese. Place chips on a paper plate.
2. Cook uncovered 1 to 1 1/2 minutes at Power Control 7 or until cheese is melted.

Makes 15 appetizers.

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## Stuffed Mushrooms

**8 large mushrooms(1/2 pound)**  
**1/3 cup finely chopped green onion**  
**3 tablespoons butter or margarine**  
**2 tablespoons dried bread crumbs**  
**1/2 tablespoon dried parsley flakes**

1. Clean the mushrooms; remove and chop the stems. Reserve the mushroom caps and 1/3 cup of the chopped stems.
2. Place the reserved chopped mushroom stems, green onion and butter in a 1-quart microwavable casserole. Cook uncovered 3 to 3 1/2 minutes at Power Control HI or until the onion is tender; stir twice. Stir in the bread crumbs and parsley flakes.
3. Stuff each mushroom cap with the bread crumb mixture. Arrange the stuffed mushrooms in a circle on a paper towel-lined paper plate. Cover with waxed paper and cook 1 1/2 to 2 minutes at Power Control HI until hot.

Makes 8 appetizers.

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## Cooking Sauces: Tips and Techniques

- Use a microwavable casserole or glass measuring cup that is at least 2 or 3 times the volume of the sauce.
- Sauces made with cornstarch thicken more rapidly than those made with flour.
- Cook sauces made with cornstarch or flour uncovered so you may stir them 2 or 3 times during cooking for a smooth consistency.
- To adapt a conventional sauce or gravy recipe, reduce the amount of liquid slightly.

## White Sauce

- 2 tablespoons butter or margarine**
- 2 tablespoons flour**
- 1/4 teaspoon salt**
- 1/8 teaspoon ground white pepper (optional)**
- 1 cup milk**

1. Place butter in a 1-quart microwavable casserole. Cook covered 30 to 45 seconds at Power Control HI or until melted. Stir in the flour, salt and pepper making a smooth paste. Gradually add the milk; blend thoroughly.
2. Cook uncovered 3 1/2 to 4 1/2 minutes at Power Control 7 or until the sauce is thickened and bubbly. Stir occasionally.

Makes 1 cup.

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## Variations

**Cheese Sauce:** Stir 1/2 to 3/4 cup shredded cheese (Cheddar, Swiss, Parmesan, or combination of cheeses) into the finished sauce. Cook uncovered 1 to 1 1/2 minutes at Power Control 6 or until the cheese is melted.

**Curry Sauce:** Stir 1 to 2 teaspoons curry powder into the flour. Continue as directed.

**Mustard Sauce:** Stir 2 to 3 tablespoons prepared mustard into the finished sauce. Season with 1/8 teaspoon Worcestershire sauce.

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## Basic Brown Sauce

- 1/4 cup finely chopped onion**
- 1/4 cup butter or margarine or meat drippings**
- 3 tablespoons flour**
- 1 can(10 1/2 ounces) condensed beef broth**
- 1/3 cup water**
- 1/8 teaspoon ground black pepper**
- 1/8 teaspoon thyme leaves**

1. Combine the onion and butter in a 1-quart microwavable casserole. Cook covered 1 1/2 to 2 1/2 minutes at Power Control HI or until the onion is tender.
2. Stir the flour into the onion mixture. Gradually add the beef broth and water, stir until smooth. Add the remaining ingredients. Cook uncovered 2 1/2 to 3 1/2 minutes at Power Control HI or until the sauce is thickened; stir twice.

Makes about 1 2/3 cups.

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## Cooking Soups: Tips & Techniques

- Cook soups in a microwavable dish which holds double the volume of the recipe ingredients to prevent boil-over, especially if you use cream or milk in the soup.
- Generally, cover microwaved soups with VENTED plastic wrap or a microwavable lid.
- Stirring occasionally will help blend flavors, distribute heat evenly and may even shorten the cooking time.
- When converting a conventional soup recipe to microwave, reduce the liquid, salt and strong seasonings.

## Vegetable Soup

- 2 cups chicken broth**
- 2 stalks celery, thinly sliced**
- 1 medium potato, cut into 1/2-inch cubes**
- 1 small onion, sliced**
- 1 carrot, thinly sliced**
- 1 tablespoon finely chopped parsley**
- 1/2 teaspoon dried basil leaves**
- 1/4 teaspoon salt**
- 1 small tomato, peeled, seeded and chopped**
- 1 cup torn spinach leaves**
- 1/2 cup frozen cut green beans, thawed**
- 1/2 cup frozen peas, thawed**
- 1/2 cup frozen cauliflower, thawed and chopped**

1. Combine the broth, celery, potato, onion, carrot, parsley, basil and salt in a 3-quart microwavable casserole. Cook covered 10 to 12 minutes at Power Control HI.
2. Add the remaining ingredients. Cook covered 8 to 12 minutes at Power Control HI or until the vegetables are tender.

Makes 3 to 4 servings.

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## Onion Soup

- 1 cup thinly sliced onions**
- 2 tablespoons butter or margarine**
- 1 can (10 1/2 ounces) condensed beef broth**
- 1 slice of toasted French bread**
- 1/2 cup shredded Swiss cheese**
- 2 tablespoons grated Parmesan cheese**

1. Combine the onions and butter in a 1-quart microwavable casserole. Cook uncovered 2 1/2 to 3 minutes at Power Control HI or until the onions are soft; stir twice.
2. Add the beef broth. Cook uncovered 2 to 3 minutes at Power Control HI or until hot; stir once after 2 minutes.
3. Ladle into a large soup bowl. Cover with the bread slice and sprinkle with the cheeses. Cook uncovered 1 to 1 1/2 minutes at Power Control HI or until the cheese is melted.

Makes 1 serving.

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# MEAT

## Cooking Meat: General Directions

- Prepare the meat for cooking.
  - Defrost completely.
  - Trim off excess fat to avoid spattering.
  - Place the meat, fat side down, on a microwavable rack in a microwavable dish.
  - Use oven cooking bag for less tender cuts of meat.
  - Arrange the meat so that thicker portions are toward the outside of the dish.
  - Cover the meat with waxed paper to prevent spattering.
- Tend the meat as it cooks.
  - Drain juices as they accumulate to reduce spattering and keep from overcooking the bottom of the meat.
  - Shield thin or bony portions with strips of foil to prevent overcooking.

**NOTE:** Keep the foil AT LEAST 1 INCH from the oven walls, and do not cover more than one-third of the meat with foil at any one time.
- Let the meat stand covered with foil 10-15 minutes after you remove it from the oven. The internal temperature of the meat may rise from 5-10°F. during standing time.

The Meat Cooking Table below provides detailed directions, Power Control and cooking time settings for most cuts of meat.

**NOTE:** No temperature probe is supplied with this oven, but you may obtain a microwave-safe temperature gauge at most full service hardware stores. You will need a temperature gauge to measure the internal temperature of roasts.

### MEAT COOKING TABLE

Meat	Power Control	Cooking Time	Special Instructions
<b>BEEF</b> Cubes for stew (2 lbs.) 1-inch cubes	(Stage 1) HI then (Stage 2) 3	7-8 minutes  25-30 minutes per pound	Place cubes in 2½ quart microwavable casserole. Pour 1 cup water or broth over cubes. Cook covered. Stir cubes halfway through cooking. Cook until fork-tender. Let stand covered 10 minutes.
Ground beef (1 lb.)	HI	4-5½ minutes	Crumble beef and place in microwavable sieve or colander. Place sieve in bowl to collect drippings. Cover with waxed paper. Stir after 3 minutes to break meat apart. After cooking let stand covered 2 minutes. If meat is still pink, cover and cook 1 more minute.
Hamburgers, Fresh or defrosted  (4 oz. each) 1 patty 2 patties 4 patties	HI	1-1½ minutes 1½-2½ minutes 3-4 minutes	From patties with depression in center of each. Place on microwavable roast rack. Brush with browning agent, if desired. Cover with waxed paper. Turn over halfway through cooking. Let stand covered 1 minute.
Pot roast (3-4 lbs.)	(Stage 1) HI then (Stage 2) 3	9-12 minutes then 30-40 minutes per pound	Place roast in oven cooking bag; place in microwavable dish. Add desired seasonings and 1 cup liquid over roast. Close bag loosely with microwavable closure or string. Carefully turn meat over after 45 minutes. Continue cooking until fork-tender. Let stand covered 10 minutes.

## MEAT COOKING TABLE (Continued)

Meat	Power Control	Cooking Time	Special Instructions
Rib roast, rolled (3-4 lbs.)	5	8-10 minutes per pound RARE (135°F) 9-12 minutes per pound MEDIUM (155°F) 11-13 minutes per pound WELL (165°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with waxed paper. Turn meat over halfway through cooking and shield if necessary. If using probe, insert in center of roast during last half of cooking. Remove roast from microwave when desired temperature is reached. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).
Rump roast, rolled (3-4 lbs.)	3	14-18 minutes per pound RARE (135°F) 15-18 minutes per pound MEDIUM (155°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with waxed paper. Turn meat over halfway through cooking and shield if necessary. If using probe, insert in center of roast during last half of cooking. Remove roast from the oven when desired temperature is reached. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).
Sirloin tip roast (3-4 lbs.)	5	8-10 minutes per pound RARE (135°F) 9-13 minutes per pound MEDIUM (155°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with waxed paper. Turn meat over halfway through cooking and shield if necessary. If using probe, insert in center of roast during last half of cooking. Remove roast from microwave oven when desired temperature is reached. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).
Veal cutlets (about 1 lb.) 4 pieces	6	5-8 minutes per pound	Place cutlets in bottom of oiled microwavable baking dish. Add desired seasonings and cover with waxed paper. Turn cutlets over and rearrange halfway through cooking. Let stand covered 2 minutes. Drain on paper towel.
<b>LAMB</b> Lamb roast, rolled boneless (3-4 lbs.)	5	10-12 minutes per pound RARE (135°F) 11-16 minutes per pound MEDIUM (145°F) 15-17 minutes per pound WELL (155°F)	Place roast fat side down on microwavable roast rack. Brush lamb with marinade or desired seasonings such as rosemary, thyme or marjoram. Cover with waxed paper. Turn roast over after 15 minutes, and again after 30 minutes. Shield if necessary. If using probe, insert in center of roast for last part of cooking. Remove roast from microwave when desired temperature is reached. Let stand covered with foil 15 minutes (Temperature may rise about 10°F).
Cubes for stew (2 lbs.) 1-inch cubes	(Stage 1) HI then (Stage 2) 3	7-8 1/2 minutes 25-30 minutes per pound	Place cubes in 2-quart microwavable casserole. Add desired seasonings such as rosemary, thyme and marjoram and 1 cup water. Cook covered. Stir cubes twice during cooking. Cook until fork-tender. Let stand covered 15 minutes.
<b>PORK</b> Bacon slices 2 slices 4 slices 6 slices	HI	1-1 1/2 minutes 1 1/2-3 minutes 2 1/2-4 minutes	Place bacon slices on microwavable roast rack. Cover with paper towels. After cooking, let stand 1 minute.
Canadian bacon 2 slices 4 slices 6 slices	HI	20-40 seconds 1-1 1/2 minutes 1-2 minutes	Place meat on microwavable roast rack. Cover loosely with waxed paper. After cooking, let stand 1 minute.

## MEAT COOKING TABLE (Continued)

Meat	Power Control	Cooking Time	Special Instructions
Chops (5-7 oz. each) 2 chops  4 chops	3	15-18 minutes per pound  13-15 minutes per pound (165°F)	Place chops in microwavable baking dish. Add desired seasonings and cover with plastic wrap; vent. Cook until no longer pink or until internal temperature reaches 170°F. Turn chops over halfway through cooking. Let stand covered 5 minutes. (Temperature may rise about 10°F).
Ham, boneless fully cooked 2 lbs. 5 lbs.	5	7-13 minutes per pound	Place ham on microwavable roast rack. Cover with waxed paper. Turn ham over halfway through cooking. Cook until internal temperature reaches 120°F. Let stand covered 10 minutes.
Ham, center slice fully cooked (1 lb.)	7	3 1/2-5 minutes	Place the ham slice on microwavable roast rack. Cover with plastic wrap; vent. Let stand covered 1 minute.
Hot dogs 1 2 4	HI	20-40 seconds 35-60 seconds 1-1 1/2 minutes	Pierce hot dogs and place on microwavable roast rack. Cover with waxed paper. If in bun, wrap in paper towel or paper napkin to absorb moisture. After cooking, let stand 1 minute.
Loin Roast, rolled, boneless (3 1/2-4 1/2 lbs.)	3	15-17 minutes per pound (165°F)	Place roast in cooking bag in microwavable dish. Add seasonings and browning agent if desired. Close bag loosely with microwavable closure or string. Turn roast over halfway through cooking. After cooking let stand in bag 15 minutes. (Temperature may rise about 10°F.) Internal temperature of pork should reach 170°F before serving.
Sausage links, Fresh or Frozen, defrosted (1-2 oz. each) 2 links 4 links 6 links 10 links (8 oz. pkg)	HI	35-60 seconds 1/2-1 minutes 1-1 1/2 minutes 1 1/2-2 minutes	Pierce links and place on microwavable roast rack. Cover with waxed paper or paper towel. After cooking, let stand covered 1 minute.
Sausage patties, Fresh (2 oz. each) 2 patties 4 patties 8 patties	HI	1-1 1/2 minutes 1 1/2-2 1/2 minutes 3-4 1/2 minutes	Place sausage patties in a circle on microwavable roast rack. Brush with browning agent if desired. Cover with waxed paper. Turn patties over halfway through cooking. After cooking, let stand 2 minutes.
Spareribs (2 1/2-3 1/2 lbs.)	5   then 5 (if desired)	18-25 minutes per pound (165°F)  6-9 minutes (if desired)	Place ribs, cut into serving size pieces, bone side down in large cooking bag. Place bag in 3-quart microwavable casserole. Add 1 cup water to bag. Close bag loosely with microwavable closure or string. Turn ribs over rearranging carefully, halfway through cooking. Cook until meat is fork-tender. Carefully remove ribs.  If desired, brush sauce over ribs. Cook covered with waxed paper. Let stand covered 10 minutes. (Temperature may rise about 10°F). * Internal temperature of pork should reach 170°F before serving.

# POULTRY

## Cooking Poultry: General Directions

- Prepare the poultry for cooking.
  - Defrost completely.
  - Arrange poultry pieces so that thicker pieces face the outside of the baking dish. When cooking legs, arrange them like the spokes of a wheel.
  - Cover the baking dish with waxed paper to reduce spattering.
  - Use a browning agent or cook with a sauce to give a browned appearance.
- Tend the poultry as it cooks.
  - DRAIN and discard juices as they accumulate.
  - SHIELD thin or bony pieces with small strips of aluminum foil to prevent overcooking. Keep foil AT LEAST 1 INCH from the oven walls and other pieces of foil.
- The poultry is done when it is no longer pink and the juices run clear. When done, the temperature in the thigh meat should be 180-180°F.
- Let the poultry stand after cooking covered with foil for 10 minutes.

The Poultry Cooking Table below provides detailed directions, Power Control and cooking time settings for most cuts and types of poultry.

**NOTE:** No temperature probe is supplied with this oven, but you may obtain a microwave-safe temperature gauge at most full service hardware stores. You will need a temperature gauge to measure the internal temperature of the whole or large pieces of poultry.

### POULTRY COOKING TABLE

Poultry	Power Control	Cooking Time	Special Instructions
<b>CHICKEN</b> Breasts, boneless 1 half breast (4-5 oz.) 1 whole breast (10-12 oz.) 2 whole breasts (20-24 oz.)	HI	5-6 minutes per pound 3-4 1/2 minutes per pound 3-4 minutes per pound	Wash and dry poultry. Remove skin and place breasts, thickest portion to outside in a microwavable baking dish. Brush with butter or a browning agent and seasonings if desired. Cover with waxed paper. Cook until no longer pink and juices run clear. Let stand covered 3 minutes.
Cut up fryer (2 1/2-3 lbs.)	HI	3-4 1/2 minutes per pound	Wash and dry poultry. Place pieces in a single layer in a microwavable baking dish with thicker pieces to the outside. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Cook until no longer pink and juices run clear. Let stand covered 5 minutes.
Whole (3-3 1/2 lbs.)	5	9-12 minutes per pound	Wash and dry poultry. Place breast side down on a microwavable roast rack. Brush with butter, or browning agent and seasoning if desired. Cover with waxed paper. Cook 1/3 of estimated time. Turn breast side up, brush with butter, or browning agent. Replace waxed paper. Cook 1/3 of estimated time again. Shield if necessary. Cook remaining 1/3 of estimated time or until no longer pink and juices run clear. Let stand covered with foil 10 minutes. (The temperature may rise about 10°F). The temperature in thigh should be 180°F-185°F when the poultry is done.

## POULTRY COOKING TABLE (Continued)

Poultry	Power Control	Cooking Time	Special Instructions
<b>TURKEY</b> Breast, boneless (2-3 lbs.)	5	12-15 minutes per pound (165°F)	Place thawed turkey breast on microwavable roast rack. Cover with waxed paper. Cook 1/3 of estimated time. Turn breast over. Replace waxed paper. Cook 1/3 of estimated time again. Turn breast over. Shield if necessary. Cook remaining 1/3 of estimated time or until no longer pink and juices run clear. Remove from the oven when desired temperature is reached. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.
Breast, whole (4-9 lbs.)	HI then 5	3-4 1/2 minutes per pound 5-7 minutes per pound (165°F)	Wash and dry poultry. Place turkey breast meat side down on microwavable roast rack. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. After first cooking time is done, turn meat side up. Remove and discard drippings. Brush with butter or browning agent and seasonings if desired. Replace waxed paper. Cook until no longer pink and juices run clear. Remove breast from the oven when desired temperature is reached. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.
Drumsticks (1 1/2-2 lbs.)	5	9-12 minutes per pound	Wash and dry poultry. Place pieces with thickest portion to outside on microwavable roast rack. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Turn pieces over, shield bone ends with small pieces of foil and replace waxed paper halfway through cooking. Cook until no longer pink and juices run clear. Let stand covered 5 minutes.
<b>CORNISH HENS</b> Whole (1-1 1/2 lbs. each)	HI	3-5 1/2 minutes per pound (165°F)	Wash and dry poultry. Tie wings to body of hen and the legs to tail. Place hens breast side down on microwavable rack. Cover with waxed paper. Turn breast side up halfway through cooking. Shield bone ends of drumsticks with foil. Remove and discard drippings. Brush with butter or browning agent and seasonings if desired. Cook until no longer pink and juices run clear. Remove hens from microwave when they reach desired temperature. Let stand covered with foil 5 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.
<b>DUCKLING</b> (4-5 lbs.)	HI then 5	7-8 minutes 9-11 minutes per pound	Wash and dry poultry. Tie legs together and tie wings to body. Place breast side down on microwavable roast rack. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Turn breast side up halfway through second cooking time. Shield if necessary. Remove and discard fat 1 or 2 times during cooking. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.

## Barbecued Chicken

- 1 1/2 to 2 pounds chicken pieces, skinned**
- 1/2 cup barbecue sauce**

- 1.** Arrange chicken with thicker pieces to the outside in a 2-quart glass baking dish. Cook covered with waxed paper 2 minutes at Power Control HI. Drain and turn the chicken over.
- 2.** Brush half of the barbecue sauce onto the chicken. Cook covered 2 1/2 to 3 minutes at Power Control HI. Turn chicken over and brush with the remaining sauce; cook covered 3 to 5 minutes at Power Control HI or until the juices run clear. Let stand covered 3 minutes.

Makes 2 servings.

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## Coq au Vin

- 5 slices bacon, chopped**
- 1/4 cup flour**
- 1 can (10 3/4 ounces) condensed beef broth**
- 1 cup dry red wine**
- 1/4 cup chopped green onion**
- 1 to 2 cloves garlic, minced**
- 1 small bay leaf**
- 1 tablespoon tomato paste**
- 1 tablespoon dried parsley flakes**
- 1/2 teaspoon dried thyme leaves**
- 1/2 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 2 1/2 to 3 pound chicken, cut into serving size pieces**
- 2 medium carrots, thinly sliced**
- 2 cups sliced fresh mushrooms**

- 1.** Place the bacon in a 3-quart covered microwavable casserole. Cook covered 2 1/2 to 4 1/2 minutes at Power Control HI or until crisp. Blend in flour. Stir in beef broth and wine. Add remaining ingredients, except chicken, carrots and mushrooms; mix well. Add chicken and carrots.
- 2.** Cook covered 8 to 10 minutes at Power Control HI. Turn the chicken over after 5 to 6 minutes of cooking. Add the mushrooms. Cook covered 6 to 8 1/2 minutes at Power Control 7 or until the chicken is no longer pink and juices run clear; stir once. Let stand covered 5 minutes.

Makes 4 servings.

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## Sherried Chicken

- 2 1/2 to 3 pound chicken, cut into serving pieces, skinned**
- 1/4 teaspoon ground black pepper**
- 1 large onion, thinly sliced**
- 1/3 cup dry sherry**
- 1 tablespoon soy sauce**
- 1 tablespoon lemon juice**
- 1 tablespoon flour**

- 1.** Arrange the chicken with the thicker pieces to the outside in a 3-quart glass baking dish. Sprinkle with pepper and top with onion. Combine the remaining ingredients in a bowl. Pour the mixture evenly over chicken. Cover with plastic wrap, vented.
- 2.** Cook 10 to 15 minutes at Power Control HI or until chicken is no longer pink and juices run clear; turn over halfway through cooking. Let stand covered 5 minutes. Stir the pan juices until smooth and spoon over the chicken.

Makes 4 servings.

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# FISH & SHELLFISH

## Cooking Fish and Shellfish: General Directions

- Prepare the fish for cooking.
  - Completely defrost the fish or shellfish.
  - Arrange unevenly shaped pieces with thicker parts toward the outside of the dish. Arrange shellfish in a single layer for even cooking.
  - The type of cover you use depends on how you cook: Poached fish needs a microwavable lid or VENTED plastic wrap.
- Baked fish, coated fish or fish in sauce needs to be lightly covered with waxed paper to keep the coating crisp and sauce from getting watery.
- Always set the shortest cooking time. Fish is done when it turns opaque and the thickest part begins to flake. Shellfish is done when the shell turns from pink to red and the flesh is opaque and firm.

The Fish and Shellfish Cooking Table below provides specific directions with Power Control and cooking time settings for most types of fish and shellfish.

### FISH AND SHELLFISH COOKING TABLE

Fish	Power Control	Cooking Time Minutes Per Pound	Special Instructions
Fish fillets	HI	3 1/2 to 5 1/2 minutes	Arrange fish in a single layer with thickest portion toward outside edge of 1 1/2-quart microwavable baking dish. Brush with melted butter and season, if desired cook covered with plastic wrap; vented. Let stand covered 2 minutes. If you are cooking more than 1 lb. of fish, turn the fish halfway through cooking.
Fish steaks	HI	4 1/2 to 5 1/2 minutes	
Whole fish	7	5 1/2 to 7 minutes	
Scallops	HI	3 1/2 to 5 1/2 minutes	Arrange in a single layer. Prepare as directed above, except stir instead of turning the shellfish.
Shrimp, shelled	HI	3 1/2 to 5 1/2 minutes	
Lobster tail	HI	3 to 5 minutes	Cut hard shell down middle with knife. Grasp tail with both hands and open flat. Place flesh side up in a microwavable round glass baking dish. Cook covered with waxed paper. Let stand covered 2 minutes.

## Poached Fish Fillets

- 4 orange roughy fillets (1 to 1 1/4 pound)**
- 1/2 cup dry white wine**
- 3 tablespoons butter or margarine cut into 1/4-inch slices**
- 2 tablespoon finely chopped green onion**
- 1/4 teaspoon ground black pepper**

- 1.** Arrange the fillets with thicker portions to the outside in a 1 1/2-quart microwavable baking dish. Pour wine over the fillets. Dot with butter. Sprinkle with onion and pepper.
- 2.** Cook covered with plastic wrap, vented, 3 to 5 1/2 minutes at Power Control HI or until the fish flakes easily when tested with a fork. Let stand covered 5 minutes.

Makes 4 servings.

## Baked Whitefish Meuniere

- 1/2 cup butter or margarin, cut into pieces**
- 1/4 cup finely chopped parsley**
- 1 tablespoon lemon juice**
- 1 1/2 to 2 1/2 pounds whole whitefish, cleaned**

- 1.** Combine the butter, parsley and lemon juice in a 1 1/2-quart microwavable baking dish. Cook uncovered 1 to 1 1/2 minutes at Power Control HI or until butter is melted; stir once.
- 2.** Place fish in baking dish and turn to coat with butter mixture. Cover with waxed paper. Cook 7 to 10 minutes at Power Control 7 or until the fish flakes easily when tested with fork; turn fish over after 4 minutes of cooking. Let stand covered 5 minutes.

Makes 3 to 4 servings.

# VEGETABLES

Vegetables retain their beautiful color, fresh taste and crisp texture when cooked in the microwave oven. Because vegetables have a high moisture content, you need only add 2 to 4 tablespoons of liquid.

## Cooking Vegetables: General Directions

### Whole, Large Vegetables

- Pierce the skins of whole potatoes, sweet potatoes, and winter squash before cooking. Piercing allows the steam to escape and prevents bursting in the oven.
- Place the whole vegetable on a paper towel to absorb moisture.
- When cooking more than one or two whole vegetables, arrange them in a circle, allowing space in between.
- Rearrange large vegetables halfway through cooking so that they cook evenly.

### Fresh Vegetables

- Arrange stalk type vegetables like broccoli and asparagus with the thicker, tougher portions to the outside of the dish.
- Cover the vegetables with a microwavable cover or VENTED plastic wrap. Add water as directed in the chart below.

### Frozen Vegetables

- Remove the outer wrapping and cook the vegetables in their original carton.
- Lay the carton on double-thick paper towels to absorb moisture.
- Pierce cooking pouches with a fork to allow steam to escape.

### In General

- Cook vegetables at POWER CONTROL HI.
- Allow most vegetables to stand 2 minutes to complete cooking.
- Salt vegetables AFTER cooking to prevent them from drying out.
- Lift the lid or the cover away from you to avoid steam burn.

The Vegetable Cooking Table below provides specific directions and cooking times for most vegetables.

## VEGETABLE COOKING TABLE

Vegetables	Cooking Time Power Control HI	Special Instructions
Artichokes Fresh (8 oz. each) 2 medium 4 medium	5 1/2-6 1/2 minutes 9-11 minutes	Place trimmed artichokes, right side up, in a 2-quart microwavable baking dish. Add 2 teaspoons lemon juice and 2 tablespoons water. Cover with plastic wrap and vent. Cook until lower leaves can be pulled off and base pierces easily with fork. Let stand covered 2 minutes.
Frozen, hearts (9 oz. pkg.)	7-8 minutes	Remove outer wrapping from box. Place box on 2 paper towels. Cook until hearts pierce easily with fork. Let stand 2 minutes.
Asparagus, Fresh, spears (1 lb.)	6-7 1/2 minutes	Place spears in single layer in 1 1/2-quart microwavable baking dish, alternating tips and thick ends, with thickest stalks to outside of dish. Add 2 tablespoons water. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 2 minutes.
Asparagus, Frozen, spears (10 oz.) Frozen, cut up (10 oz.)	6-7 1/2 minutes 4-6 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Beans, green & wax Fresh, cut (1 lb.)  Frozen, (9 oz.)	8-9 minutes 5 1/2-6 1/2 minutes	Place beans and 2 tablespoons water in 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.  Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Beans, baby lima Frozen (10 oz.)	4 1/2-6 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Beets, Fresh (1 lb.)	13-15 minutes	Place beets and 1/4 cup water in 1 1/2-quart microwavable covered casserole. Rearrange halfway through cooking. Cook until beets pierce easily with fork. Let stand covered 2 minutes. Peel after cooking.
Broccoli. Fresh, spears (1 lb.)  Frozen, chopped (10 oz.) Frozen, spears (10 oz.)	5 1/2-6 1/2 minutes 6-7 minutes 5 1/2-6 1/2 minutes	Place broccoli in single layer in 2-quart baking dish with flowerets toward center of dish. Add 2 tablespoons water. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 2 minutes.  Remove outer wrapping from box. Place on 2 paper towels. After cooking let stand 2 minutes.
Brussels sprouts Fresh (1 lb.) 3-4 cups Frozen, (10 oz.)	5 1/2-6 1/2 minutes 5 1/2-6 1/2 minutes	Place Brussel sprouts and 2 tablespoons water in 2-quart microwavable covered casserole. Stir half way through cooking. Cook until tender-crisp. Let stand covered 2 minutes.  Remove outer wrapping from box on 2 paper towels. After cooking let stand 2 minutes.
Cabbage. Fresh, chopped (1 lb.) 1 medum Wedges, (1 lb.) 1 medium	6-7 minutes 6-7 minutes	Place cabbage and 1/4 cup water in 2-quart, microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.  Place cabbage and 1/4 cup water in 2-quart microwavable covered casserole. Cook until tender-crisp. Let stand covered 2 minutes.

## VEGETABLE COOKING TABLE (Continued)

Vegetables	Cooking Time Power Control HI	Special Instructions
Carrots Fresh, sliced 2 cups	5 1/2-7 minutes	Place carrots and 2 tablespoons water in 1-quart covered casserole. Stir halfway through cooking. Cook until fork-tender. Let stand covered 2 minutes.
Frozen, crinkle cut (10 oz.)	5 1/2-7 minutes	Remove outer wrapping from box. Place the box on 2 paper towels. After cooking let stand 2 minutes.
Frozen, whole baby (10 oz. pouch)	6-7 1/2 minutes	Remove pouch from box. Pierce pouch with fork. Place in 1 1/2-quart microwavable casserole. After cooking let stand 2 minutes.
Cauliflower Fresh whole (1 lb.)	7-8 minutes	Place trimmed cauliflower and 2 tablespoons water in 1 or 1 1/2-quart covered microwavable casserole. Cook until tender-crisp. Let stand covered 2 minutes.
Fresh, flowerets 2 cups	4-5 minutes	Place flowerets and 2 tablespoons of water in a 1 or 1 1/2-quart covered casserole.
Frozen, flowerets (10 oz.)	5-6 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Celery. Fresh sliced 1 inch pieces 4 cups	7 1/2- 8 1/2 minutes	Place sliced celery and 2 tablespoons water in 1 1/2-quart covered microwavable casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.
Corn. Fresh 2 ears 4 ears	7-9 minutes 9-11 minutes	Place husked corn and 2 tablespoons water in 1 1/2-quart microwavable baking dish. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 5 minutes.
Frozen 2 ears 4 ears	6-7 minutes 10-11 minutes	Place corn in 1 1/2-quart microwavable baking dish. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 5 minutes.
Frozen kernels (10 oz.)	5-6 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Eggplant Fresh whole (1 lb.)	5-6 minutes	Pierce eggplant with fork and place on 2 paper towels. Turn over halfway through cooking. Cook until you can pierce the skin easily with a fork. Let stand 2 minutes. Cut in half to remove pulp.
Fresh, cubed (1 lb.) 5 cups	5-6 minutes	Place eggplant and 2 tablespoons water in 2-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Leeks Fresh sliced (8 oz.) 3 cups	6-7 minutes	Place sliced leeks and 2 tablespoons water in 1-quart microwavable covered casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Mixed Vegetables Frozen (10 oz.)	6-7 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Mushrooms Fresh sliced (1/2 lb.) (1 lb.)	3-4 minutes 5-6 minutes	Place sliced mushrooms in 1 to 1 1/2-quart covered microwavable casserole. Stir halfway through cooking. As soon as mushrooms begin to darken, remove and let stand covered 2 minutes.

## VEGETABLE COOKING TABLE (Continued)

Vegetables	Cooking Time Power Control HI	Special Instructions
Okra Frozen whole (10 oz.) Frozen, sliced (16 oz.)	8-9 minutes  8-9 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.  Place okra and 2 tablespoons water in 2-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Onions Fresh whole pearl (10 oz. pkg.) Fresh chopped (8 oz.) 2 medium	5-6 1/2 minutes  5-6 minutes	Place peeled onions and 2 tablespoons water in 1-quart covered microwavable casserole. Stir halfway through cooking. Cook until onions are translucent. Let stand 2 minutes.
Parsnips Fresh sliced (1 lb)	6-7 minutes	Place parsnips and 2 tablespoons water in 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. Cook until fork tender. Let stand covered 2 minutes.
Pea pods Frozen (6 oz. pouch)	2 1/2-3 1/2 minutes	Remove pouch from box. Pierce pouch with fork. Place in 1-quart microwavable casserole. After cooking let stand 2 minutes.
Peas and Carrots Frozen (10 oz.)	6-7 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Peas black eyed Frozen (16 oz.)	9-10 minutes	Place peas and 2 tablespoons water in 1 1/2-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Peas green Fresh (1 lb.) 4 cups  Frozen (9 oz pouch)  Frozen (10 oz.)	7-8 1/2 minutes  4-5 minutes  6-7 minutes	Place shelled peas and 2 tablespoons water in 1 1/2-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered 2 minutes.  Remove outer wrapping from box or pouch. Place box on 2 paper towels. Pierce pouch with fork and place in 1 1/2-quart microwavable casserole. After cooking let stand 2 minutes.
Potatoes. sweet cup up (6-8 oz. each) 3 medium whole (6-8 oz. each) 1 medium potato 2 medium potatoes 4 medium potatoes	7-8 minutes  3-4 minutes 6-7 minutes 8-9 minutes	Place potatoes and 2 tablespoons water in 1 1/2-quart microwavable covered casserole. Stir halfway through cooking. Let stand covered 2 minutes.  Pierce potatoes several times with fork. Place in circle on 2 paper towels. Turn potatoes over halfway through cooking. Remove potatoes when soft to the touch. Wrap in foil and let stand 5 minutes.
Potatoes. White cut up (6-8 oz. each) 4 medium whole baking (6-8 oz. each) 1 potato 2 potatoes 4 potatoes	11-12 minutes  4-6 minutes 7-8 minutes 12-13 minutes	Place potatoes and 2 tablespoons water in 1 1/2-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered for 2 minutes.  Pierce potatoes several times with fork. Place in circle on 2 paper towels. Turn potatoes over halfway through cooking. Remove potatoes when soft to touch. Wrap in foil and let stand 5 minutes.

## VEGETABLE COOKING TABLE (Continued)

Vegetables	Cooking Time Power Control HI	Special Instructions
Rutabaga. Fresh whole (1 lb)	10-11 minutes	Pierce rutabaga through waxy coating several times with fork. Place on 2 paper towels. Remove halfway through cooking. Cut into quarters, peel and dice. Place diced rutabaga and 2 tablespoons water in 1½-quart microwavable covered casserole. After cooking, let stand covered 2 minutes.
Spinach. Fresh leaf (1 lb) Frozen chopped (9 oz. pouch) (10 oz.) Frozen, leaf (10 oz.)	5-6 minutes 4-5½ minutes 5-7½ minutes 6-7½ minutes	Place spinach and 2 tablespoons water in a 3-quart covered microwavable casserole. After cooking, let stand covered 2 minutes.  Remove outer wrapping from box or pouch. Place box on 2 paper towels. Pierce pouch with fork and place in 1½-quart microwavable casserole. After cooking, let stand 2 minutes.
Squash Acorn or Butternut Fresh (1-1½ lbs.) 1 medium  Frozen, cooked (12 oz.)	8-9 minutes  8-9 minutes	Pierce squash several times with fork. Place on 2 paper towels. Carefully remove halfway through cooking. Cut squash in half, remove fibrous strands and seeds. Place in a 2-quart microwavable baking dish. Cover with plastic wrap and vent. After cooking, let stand covered 2 minutes.  Remove outer wrapping from box. Place box on 2 paper towels. After cooking, stand covered 2 minutes.
Squash Spaghetti Fresh (2-3 lbs.) 1 medium whole	10-12 minutes	Pierce squash several times with fork. Place squash on 2 paper towels. Turn over several times during cooking. Let stand 2 minutes. Cut in half. Remove fibrous strands and seeds from center.
Succotash Frozen. (10 oz.)	7-8 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking, let stand 2 minutes.
Turnips Fresh (1 lb)	10-11 minutes	Pierce turnips through the waxy coating several times with fork. Place on paper towel. Remove halfway through cooking. Cut into quarters, peel and dice. Place diced turnips and 2 tablespoons water into 1½-quart microwavable covered casserole. After cooking, let stand covered 2 minutes.
Zucchini Fresh sliced (1 lb) 4 cups  Fresh whole (1 lb)  Frozen sliced (16 oz.)	6-8 minutes  7-8 minutes  8-9 minutes	Place zucchini and 2 tablespoons water in 1½-quart microwavable covered casserole. Stir halfway through cooking. Let stand covered 2 minutes.  Pierce zucchini several times with fork. Place on 2 paper towels. Turn zucchini over and rearrange halfway through cooking. Let stand 2 minutes.  Remove outer wrapping from box. Place box on 2 paper towels. After cooking, let stand 2 minutes.

**Note:** Cook frozen vegetables in larger or smaller quantities than listed in the chart or those in non-microwavable bags approximately 3 to 4 minutes per cup of vegetables. Measure the desired amount of vegetables into a microwavable covered casserole and cook.

# PASTA & RICE/EGG & CHEESE

Microwave cooking and conventional cooking of pasta, rice and cereal require about the same amount of time. But the microwave is the more convenient method because you can cook and serve in the same dish. In addition, there is no stirring and leftover pasta tastes just like you cooked it fresh when you reheat it in the microwave oven.

## Cooking Pasta, Rice and Cereal: Tips and Techniques

- If you are planning to use the rice or pasta in a casserole, undercook it so it is still firm.
- Allow for standing time with rice and cereal, but not for pasta.

The Pasta and Rice Cooking Tables below provide specific directions, with Power Control and cooking time settings for most common types of pasta and rice.

### PASTA COOKING TABLE

Type of Pasta	Power Control	Cooking Time	Special Instructions
Spaghetti 4 cups water Add 8 oz. spaghetti	HI 6	10 to 11 minutes 10 to 11 minutes	Combine hot tap water and salt, if desired. Use a 2-quart microwavable baking dish and cover with plastic wrap, vented, for spaghetti and lasagna noodles. Use 3-quart microwavable casserole and cover with microwavable lid or plastic wrap, vented, for macaroni and egg noodles.. Cook at Power Control HI as directed in chart or until water boils. Stir in pasta; cook covered at Power Control 6 as directed in chart or until tender. Drain in a colander.
Macaroni 3 cups water Add 2 cups macaroni	HI 6	7 to 8 minutes 6 to 7 minutes	
Lasagna noodles 4 cups water Add 8 oz. lasagna noodles	HI 6	10 to 12 minutes 13 to 14 minutes	
Egg noodles 6 cups water Add 4 cups noodles	HI 6	15 to 17 minutes 6 to 7 minutes	

### RICE COOKING TABLE

Type of Rice	Power Control	Cooking Time	Special Instructions
Long grain 2 1/4 cups water Add 1 cup rice	HI 6	3 to 5 minutes 13 to 15 minutes	Combine hot tap water and salt, if desired, in 2-quart microwavable casserole. Cover with microwavable lid or plastic wrap, vented. Cook as directed in chart at Power Control HI or until water boils. Stir in rice and any seasonings. Cook covered as directed in chart at Power Control 6 or until water is absorbed and rice is tender. Let stand covered 5 to 10 minutes. Fluff with fork.
Brown 2 1/2 cups water Add 1 cup water	HI 6	4 to 6 minutes 30 to 32 minutes	
Long grain and wild rice mix 2 1/3 cups water Add 6 oz. pak.	HI 6	4 to 5 minutes 20 to 25 minutes	
Quick cooking 1 cup water Add 1 cup rice	HI not required	1 to 3 minutes	

## Basic Scrambled Eggs

Eggs	Tablespoons of Milk	Teaspoons of Butter	Cooking time Power Control 8	Special Instructions
1	1	1	50 to 60 seconds	Use 10-ounce microwavable bowl or custard cup for 1 to 2 eggs; use 1-quart microwavable casserole for 4 to 6 eggs. Place butter in dish. Cook uncovered 20 to 40 seconds at Power Control 10 or until butter melts. Beat eggs and milk together with fork until well blended; stir into melted butter. Cook uncovered as directed in chart at Power Control 8. Break up and stir eggs with fork halfway through cooking. Cover with waxed paper and let stand 1 to 3 minutes. Stir and season to taste.
2	2	2	1 1/2 to 2 minutes	
4	4	4	3 to 4 minutes	
6	6	6	4 to 5 minutes	

## Basic Omelet

**1 tablespoon butter or margarine**  
**2 eggs**  
**2 tablespoons milk**  
**1/8 teaspoon salt**  
**Dash of ground black pepper**

**1.** Place the butter in a 9-inch glass pie plate. Cook uncovered 15 to 20 seconds at Power Control HI or until melted. Tilt the plate to cover the bottom with melted butter.  
**2.** Beat the eggs, milk, salt and pepper in small bowl. Pour the mixture into pie plate. Cook covered 1 1/2 to 2 minutes at Power Control 8 or until almost set. Stir after 1 minute. Cover with plastic wrap and let stand 2 minutes.

Makes 1 to 2 servings.

## Eggs Benedict

**1 package (1/8ounce) Hollandaise sauce mix, prepared and heated according to package**  
**4 eggs, poached**  
**2 English muffins, split and toasted**  
**4 thin slices cooked ham**

**1.** Prepare Hollandaise sauce, poached eggs and English muffins; set aside and keep warm. Place ham slices in a single layer on a microwavable dinner plate. Cook 1 to 1 1/2 minutes at Power Control HI or until heated through.  
**2.** Place English muffin halves on a microwavable plate. Cover each with a slice of ham and top with a poached egg. Spoon sauce on top. Reheat by cooking uncovered 2 to 3 minutes at Power Control 8.

Makes 4 servings.

## Spinach Ring with Cheese

**2 packages (9 ounces) frozen chopped spinach, thawed and drained**  
**1 cup cottage cheese**  
**1/2 cup shredded Swiss cheese**  
**1/4 cup grated Parmesan cheese**  
**2 eggs**  
**1/8 teaspoon ground thyme**  
**1/2 teaspoon salt**  
**1/4 teaspoon ground black pepper**  
**1/4 cup cracker crumbs (optional)**

**1.** Combine all ingredients, except the cracker crumbs, in a mixing bowl; blend thoroughly. Pour the mixture into a buttered microwavable 10 to 12 cup tube dish; cover with waxed paper.  
**2.** Cook 9 to 11 minutes at Power Control 7 or until set. Let stand covered 5 minutes. Invert onto serving platter. Sprinkle with cracker crumbs.

Makes 6 to 8 servings.

# SANDWICHES/BREADS/CAKES

Who doesn't like a sandwich? As a snack, lunch or light supper, only one thing can enhance its appeal. Heating it! It takes just seconds in the microwave oven and it's so easy.

## Heating Sandwiches: Tips & Techniques

- Sandwiches heat very quickly because they are porous.
- Wrap sandwiches in a paper towel or napkin and place them on a microwavable roasting rack to prevent the bread from getting soggy.
- Cook the sandwich until it feels warm, not hot. Overheating causes the bread to become tough and dry.
- Reheat fillings like sloppy joes separately. Add to the heated roll and serve.

## Beef and Tomato Pitas

- 1 cup plain yogurt**
- 1/2 cup chopped green pepper**
- 2 tablespoons finely chopped onion**
- 1/4 teaspoon dried mint leaves**
- 1 1/2 pounds ground lean beef**
- 1 clove garlic, minced**
- 1 can (8 ounces) stewed tomatoes, chopped**
- 1 tablespoon dried parsley flakes**
- 4 loaves (6-inch) pita bread**
- 1 1/2 cups shredded lettuce**

1. Combine the yogurt, green pepper, onion and mint in a bowl to make the dressing; set aside.
2. Combine the ground beef and garlic in a 2-quart microwavable casserole. Cook covered with waxed paper 3 1/2 to 4 minutes at Power Control HI or until no longer pink; stir twice. Drain. Stir in tomatoes and parsley. Cook covered 2 to 2 1/2 minutes at Power Control HI or until heated thoroughly; stir once.
3. Spoon beef mixture evenly over each pita bread and sprinkle with shredded lettuce. Serve with yogurt dressing.

Makes 4 servings.

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## Reuben Sandwiches

- 8 slices dark rye or pumpernickel bread, toasted**
- 1/2 pound cooked corned beef, sliced**
- 1 can (8 ounces) sauerkraut, rinsed and drained**
- 1/2 cup creamy Russian or Thousand Island dressing**
- 4 slices Swiss cheese**

1. Layer the corned beef, sauerkraut and dressing on 4 bread slices. Top each with cheese and remaining bread slices. Wrap each sandwich with a paper towel and place on a microwavable roasting rack.
2. Cook 3 1/2 to 4 minutes at Power Control 6 or until the sandwich is heated through.

Makes 4 servings.

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## Ham and Egg Sandwiches

- 1/4 cup finely chopped onion**
- 1/4 cup finely chopped green pepper**
- 3 tablespoons butter or margarine**
- 4 eggs, lightly beaten**
- 1 small tomato, seeded, chopped and drained**
- 2/3 cup cubed cooked ham**
- 4 hamburger or hard rolls**

1. Combine the onion, green pepper and butter in an 8 inch round glass cake dish. Cook uncovered 3 to 5 minutes at Power Control HI.
2. Add remaining ingredients, except the rolls, to the baking dish. Cook uncovered 4 to 5 minutes at Power Control 8 or until almost set. Break up and stir eggs once, halfway through cooking. Let stand 2 minutes. Cut into 4 wedges and place in split rolls.

Makes 4 servings.

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## Baking Bread: General Directions

- Prepare the bread/muffins for baking.
  - Fill the loaf dish or muffin cups only half full to avoid spill over. Microwave-baked breads and muffins have greater volume than those conventionally baked.
  - To give breads or muffins a browner, more "baked" appearance, add spices such as cinnamon to the batter or top with chopped nuts, toasted coconut or cinnamon and sugar.
- Be careful not to overbake.
  - Always underestimate baking times. Breads continue to bake during standing time. This rule applies to reheating, also.
  - Breads are very porous and can become tough if overbaked.
  - Microwave-baked breads appear more moist than those baked in a conventional oven.
- Breads and muffins are done when a toothpick inserted in the center comes out clean. Muffins appear barely set and may have moist spots on top. These will disappear during standing time.

## Apricot Walnut Bread

- 1/4 cup milk**
- 1/2 cup water**
- 1 cup chopped dried apricots**
- 2 tablespoons grated orange peel (one medium orange)**
- 3/4 cup packed dark brown sugar**
- 1 egg, slightly beaten**
- 3 tablespoons vegetable oil**
- 1 1/2 cups flour**
- 1 teaspoon baking powder**
- 1/4 teaspoon ground nutmeg or mace**
- 1/2 teaspoon salt**
- 3/4 cup chopped walnuts**

1. Combine the milk, water, dried apricots and orange peel in a 2-quart glass measuring cup. Cook uncovered 2 to 2 1/2 minutes at Power Control HI or until the mixture begins to bubble around the edge.
2. Add the brown sugar, egg and oil to the fruit mixture and blend thoroughly. Combine the flour, baking powder, nutmeg and salt in a mixing bowl; stir to blend. Add to the fruit mixture; stir only until the dry ingredients are moistened. Stir in the nuts. Line the bottom of a 9x5x3-inch microwavable loaf dish with waxed paper. Pour batter into dish.
3. Cook uncovered 7 to 9 minutes at Power Control 7; shield the corners with foil halfway through the cooking. When done, the top will appear moist and a wooden pick inserted near the center will come out clean. Let stand covered with waxed paper on a flat surface 5 minutes. Remove from the dish and peel off the waxed paper. Cool on rack.

Makes 1 loaf.

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## Banana Bread

- 2 cups buttermilk baking mix**
- 1/2 cup packed dark brown sugar**
- 3 tablespoons flour**
- 1/4 teaspoons ground nutmeg or mace**
- 1/4 cup milk**
- 1 egg, slightly beaten**
- 2/3 cup mashed banana**
- 2/3 cup chopped dates**
- 2/3 cup chopped walnuts**

1. Combine the baking mix, brown sugar, flour and nutmeg in a mixing bowl. Stir to the blend. Combine the milk, egg and banana in a mixing bowl and add to dry mixture; stir only until the dry ingredients are moistened. Stir in the dates and nuts. Line the bottom of a 9x5x3-inch microwavable loaf dish with waxed paper. Pour batter into dish.
2. Cook 9 to 10 1/2 minutes at Power Control 7; shield corners with foil halfway through cooking. When the bread is done, the top will appear moist and a wooden pick inserted near the center will come out clean. Let stand covered with waxed paper on a flat surface for 5 minutes. Remove from the dish and peel off the waxed paper. Cool on rack.

Makes 1 loaf.

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## Garlic Bread

- 1/4 cup(1/2 stick) butter
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 loaf (6-inch) French bread, cut 2/3 of the way through at 1-inch intervals

1. Combine the butter, garlic powder, salt and pepper in a 2 cup glass measuring cup. Cook uncovered 45 to 60 seconds at Power Control 2 or until the butter is softened but not melted; beat to blend.
2. Spread the butter mixture between the slices of bread. Wrap the loaf loosely in waxed paper for a soft loaf, or place unwrapped on a paper towel for a crisper loaf. Cook 1 minutes at Power Control Hi or until hot.

Makes 1 loaf.

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## Orange Raisin Bread

- 3 cups flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3 tablespoons butter or margarine
- 1 cup buttermilk
- 1 egg
- 1 tablespoon grated orange peel
- 1 tablespoon baking soda
- 1 1/2 cups raisins
- 1 tablespoon caraway seeds

1. Combine the flour, sugar, baking powder and salt in a mixing bowl; cut in butter.
2. Combine the buttermilk, egg, orange peel and baking soda in a second bowl. Stir in raisins and caraway seeds. Stir mixture into dry ingredients until all ingredients are moistened.
3. On a lightly floured surface, shape dough into an 18x3-inch roll. Shape roll into a ring on a buttered 10 inch microwavable plate.
4. Cook uncovered 7 to 9 minutes at Power Control 7 or until bread is firm. Let stand 15 minutes. Serve warm.

Makes 1 loaf.

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## Pumpkin Bread

- 1 cup canned pumpkin
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup chopped walnuts or pecans
- 1/2 cup vegetable oil
- 1/3 cup water
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves or mace
- 1 1/2 cups sugar
- 1 1/4 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

1. Combine the pumpkin, eggs, vanilla, nuts, oil, water and spices in a mixing bowl; stir in the sugar. Combine flour, baking soda and salt in a separate bowl. Stir into the pumpkin mixture. Blend until ingredients are moistened. Line the bottom of a 9x5x3-inch glass loaf dish with waxed paper. Pour batter into dish.
2. Cook uncovered 12 to 15 minutes at Power Control 7; shield corners with foil halfway through cooking. When done, top will appear moist and a wooden pick inserted near the center will come out clean. Let stand covered with waxed paper on a flat surface 5 minutes. Remove from the dish and remove waxed paper. Cool on rack.

Makes 1 loaf.

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## Convenience Cakes and Mixes: Tips and Techniques

- Fill the baking dish only half full. Microwave cakes rise much higher than cakes baked in a conventional oven.
- The cake is done when a toothpick inserted in the center comes out clean. There may be moist spots on top of the cake after you remove it from the oven. These will disappear during standing time.
- Do not bake angel food cake, chiffon cake or cream puffs in the microwave oven. They need the dry heat of the conventional oven for the best results.

The Convenience Cakes and Cooking Mixes Cooking Table below provides specific directions, with Power Control and cooking time settings for these types of baked goods.

### CONVENIENCE CAKES AND MIXES COOKING TABLE

Cakes & Mixes	Power Control	Cooking Time	Special Instructions
Brownie Mix (23.6 oz.)	7	9-13 minutes	Prepare as directed on package. Spread batter into greased 8 inch round glass baking dish. When done, top will appear puffy and dry and will spring back when lightly pressed with finger. Let stand covered with waxed paper on flat surface 10 minutes. Remove waxed paper. Cool before waxed paper.
Cake, layer (17-18 1/2 oz.)	6	4 1/2-6 1/2 minutes	Prepare as directed on package. Line the bottom of two 8-inch microwavable cake dishes with paper towel. Fill each dish half full. Any extra batter may be used for cupcakes. Cover with paper towel. When done, wooden pick inserted near center will come out clean. Let stand covered on flat surface 5 minutes. Invert onto serving plate. Carefully remove paper towel. Repeat with second layer.
Cake, tube (17-18 1/2 oz.)	6	7 1/2-12 minutes	Prepare as directed on package. Line the bottom of 10 to 12 cup microwavable fluted tube dish with paper towel. Pour batter into tube dish. Cover with paper towel. When done, wooden pick inserted near center will come out clean. Let stand covered on flat surface 10 minutes. Invert onto serving plate. Cool. Remove paper towel.
Cup Cakes  4 cup cakes 6 cup cakes	6 6	1-2 minutes 1 1/2-2 1/2 minutes	Prepare as directed on package. Place 2 paper liners in each microwavable muffin ring cup. Fill each cup two-thirds full with batter (about 3 tablespoons). When done, tops will appear moist and wooden pick inserted near center will come out clean. Let stand 2 minutes. Remove cupcakes to rack. Repeat with remaining batter.
Date Bread Mix (17 oz.)	7	8-11 minutes	Prepare as directed on package. Line the bottom of a 9x5x3-inch microwavable loaf dish with waxed paper. Add batter to dish. Shield corners with foil halfway through cooking. When done, top will appear moist and wooden pick inserted near center will come out clean. Let stand covered with waxed paper on flat surface 5 minutes. Remove from dish and carefully peel off waxed paper. Cool on rack.
Muffins (13 oz.)	6	2 1/2 -3 minutes	Prepare as directed on package. Place 2 paper liners in each microwavable muffin ring cup. Fill each cup two-thirds full with batter (about 3 tablespoons). When done, tops will appear moist and wooden pick inserted near center will come out clean. Let stand 2 minutes. Remove muffins to rack. Repeat with remaining batter.

# BEVERAGES

## Heating Beverages: Tips and Techniques

**WHAT TO USE:** Use mugs, cups, and even china, if it has no metallic decoration.

**WHAT TO HEAT:** Milk tends to boil over, so if you heat milk, use a container about twice the volume as the milk. Room temperature liquids heat faster than refrigerated liquids.

**HOW TO ARRANGE:** If you have more than one cup, arrange the cups in a circle for more even heating.

**WHAT TO DO:** Stir all heated beverages to distribute the heat evenly.

## Spicy Hot Chocolate

**2 cups milk, divided**  
**1/4 cup sugar**  
**1 1/2 (1 ounce) squares**  
**unsweetened chocolate**  
**1/2 teaspoon ground cinnamon**  
**1/8 teaspoon ground nutmeg**  
**1/8 teaspoon ground cloves**  
**Whipped cream**  
**Ground cinnamon**

**1.** Place 1/2 cup milk, sugar, chocolate, cinnamon, nutmeg and cloves in a 1-quart glass measuring cup. Cook uncovered 3 to 3 1/2 minutes at Power Control 8 or until the chocolate melts; stir twice. Mix until smooth.

**2.** Gradually blend in the remaining milk. Cook uncovered 2 1/2 to 3 minutes at Power Control 8 or until hot; stir twice. Pour into cups, garnish with whipped cream, and sprinkle with cinnamon.

Makes about 2 cups.

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## Irish Coffee

**3/4 cup water**  
**1 rounded teaspoon instant**  
**coffee granules**  
**2 teaspoons sugar**  
**2 tablespoons Irish whiskey**  
**Whipped cream**

**1.** Combine the water, instant coffee and sugar in an 8-ounce microwavable coffee cup. Cook uncovered 1 to 1 1/2 minutes at Power Control HI or until hot

**2.** Stir in the whiskey and garnish with whipped cream.

Makes about 1 cup.

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## Orange Coffee

**4 cups water**  
**3 tablespoons instant coffee**  
**granules**  
**3/4 cup orange liqueur**  
**1/2 cup whipped cream**  
**2 tablespoons confectioner's**  
**sugar**  
**Grated peel of 1 orange**

**1.** Combine the water and instant coffee in a 2-quart glass measuring cup. Cook uncovered 6 to 7 1/2 minutes at Power Control HI or until hot; stir once. Stir in the orange liqueur.

**2.** Combine the whipped cream and confectioner's sugar. Pour the coffee into cups and garnish with sweetened whipped cream; sprinkle with orange peel.

Makes 4 cups.

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# REHEATING FOODS

## General Directions for Reheating

- Measure the amount of food to decide how long to reheat it. Room temperature food heats faster than refrigerated food.
- Take canned foods out of the can and put them in a microwavable dish. Always use a microwavable casserole or dish for reheating.
- Cover the food with a microwavable lid or VENTED plastic wrap to insure more even heating.
- Stir, turn or rearrange the food halfway through reheating.
- Remove the lid or cover carefully to prevent steam burns.

Use the Alphabetical Reheating Table below to guide you in reheating food successfully. It provides specific instructions, with Power Control and cooking time setting.

Item	Power Control	Cooking Time	Special Instructions
Baked beans 1 cup	9	1 1/2 to 2 minutes	Cook covered in a microwavable casserole; stir once halfway through cooking.
Casserole 1 cup 4 cups	8 8	1 to 1 1/2 minutes 4 1/2 to 5 minutes	Cook covered in a microwavable casserole; stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	5 5	2 to 2 1/2 minutes 9 to 12 minutes	Cook covered in a microwavable casserole; stir once halfway through cooking.
Chicken pieces 1 breast 1 leg and thigh	8 8	1 to 1 1/2 minutes 1 to 1 1/2 minutes	Place the chicken pieces on a microwavable plate. Cover with plastic wrap; vent.
Fish fillet (6-8 oz.)	8	1 to 1 1/2 minutes	Place the fish on a microwavable plate. Cover with plastic wrap; vent.
Lasagna 1 serving (10 1/2 oz.)	8	3 to 4 minutes	Place the lasagna on a microwavable plate. Cover with plastic wrap; vent.
Mashed potatoes 1 cup 4 cups	8 8	2 to 3 minutes 5 to 6 minutes	Cook covered in a microwavable casserole; stir once halfway through cooking.
Meat sliced 3 slices (1/4-inch thick)	8	1 to 1 1/2 minutes	Place sliced meat on a microwavable plate. Cover with plastic wrap; vent. Note: gravy or sauce helps to keep the meat juicy.
Ravioli or pasta in sauce 1 cup 4 cups	9 9	1 1/2 to 2 1/2 minutes 6 to 7 minutes	Cook covered in a microwavable casserole; stir once halfway through cooking.
Rice 1 cup 4 cups	9 9	1 to 1 1/2 minutes 3 to 4 minutes	Cook covered in a microwavable casserole; stir once halfway through cooking.
Sandwich roll or bun 1 roll	8	10 to 15 seconds	Wrap in a paper towel and place on a roast rack.
Sloppy joe or barbecued beef 1 sandwich (1/2 cup meat filling without bun)	9	35 to 55 seconds	Reheat the filling and bun separately. Cook filling covered in a microwavable casserole; stir once.
Vegetables 1 cup 4 cups	9 9	1 to 1 1/2 minutes 5 to 6 minutes	Cook covered in a microwavable casserole; stir once halfway through cooking.

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# QUESTIONS AND ANSWERS

## OPERATION

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**Q.** What is wrong when the oven light will not glow during cooking?

**A.** There may be several reasons why the oven light will not glow. Perhaps:

- Cooking time has not been set.
  - START has not been touched.
  - The light bulb is burned out.
- 

**Q.** Why does steam come out of the air exhaust vent?

**A.** Steam is normally produced during cooking. The microwave oven has been designed to vent this steam.

---

**Q.** Will the microwave oven be damaged if it operates empty?

**A.** Yes. Never operate the oven empty or without the glass turntable.

---

**Q.** Does microwave energy pass through the viewing screen in the door?

**A.** No. The metalscreen bounces back the energy to the oven cavity. The holes (or ports) only allow light to pass through. They do not let microwave energy pass through.

---

**Q.** Why does the "beep" sound when a "pad" on the control panel is touched?

**A.** The "beep" tell you that the setting is properly entered.

---

**Q.** Can my microwave oven be damaged if food is cooked for too long a period of time?

**A.** Like any other cooking appliance, it is possible to overcook food to the point where the food creates smoke and even possible fire damage to the inside of the oven. It is always best to be near the oven while it is in the cooking process. See "Important Safety Instructions: on page 2.

---

**Q.** When the oven is plugged into wall outlet for the first time, it might not work properly. What is wrong?

**A.** The microcomputer controlling your oven may temporarily become scrambled and fail to function as programmed when you plug in for the first time or when power resumes after a power interruption. Unplug the oven from the 120 volt household outlet and then plug it back in to reset the microcomputer.

---

**Q.** Why do I see light reflection around the outer case?

**A.** This light is from the oven light which is located between the oven cavity and the outer wall of the oven.

---

**Q.** What are the various abnormal sounds I hear when the microwave oven is operating?

**A.** The clicking sound is caused by a mechanical switch turning the microwave oven's magnetron ON and OFF. The heavy hum and clunk is from the change in power the magnetron draws as it is turned ON and OFF by a mechanical switch.

The change in blower speed is from the change in line voltage caused by the magnetron being turned ON and OFF.

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# QUESTIONS AND ANSWERS (Cont'd)

## FOODS

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**Q.** What is wrong when baked foods have a hard, dry, brown spot?

**A.** A hard, dry, brown spot indicates overcooking. Shorten the cooking or reheating time.

---

**Q.** Why do eggs sometimes pop?

**A.** When baking, frying or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a wooden pick before cooking.

**CAUTION:** NEVER MICROWAVE EGGS IN THE SHELL.

---

**Q.** Why are scrambled eggs sometimes a little dry after cooking?

**A.** Eggs dry out if they are overcooked though the same recipe is used each time. The cooking time may need to be varied for one of these reasons:

- Eggs vary in size.
  - Eggs are at room temperature one time and at refrigerator temperature another time.
  - The shapes of utensils vary, thereby making it necessary to vary the cooking time.
  - Eggs continue cooking during standing time.
- 

**Q.** Is it possible to pop corn in a microwave oven?

**A.** Yes, if using one of the two methods described below:

- (1) Microwave-popping devices designed specifically for microwave cooking.
- (2) Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN POPPING PRODUCT AND DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN AN OVEN FIRE.

**CAUTION:**

- NEVER USE A BROWN PAPER BAG FOR POPPING CORN OR ATTEMPT TO POP LEFTOVER KERNELS.
- DO NOT POP PREPACKAGED COMMERCIAL MICROWAVE POPCORN DIRECTLY ON THE GLASS TURNTABLE. TO AVOID EXCESSIVE HEATING OF THE GLASS TURNTABLE, POSITION THE POPCORN BAG ON A PLATE.

---

**Q.** Why do baked apples sometimes burst during cooking?

**A.** The peeling has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in conventional cooking methods, the interior of the apple expands during the cooking process.

---

**Q.** Why do baked potatoes sometimes burn during cooking?

**A.** If the cooking time is too long, fire could result. At the end of the recommended cooking time potatoes should be slightly firm.

**CAUTION:** DO NOT OVERCOOK.

---

**Q.** Why is a standing time recommended after microwave cooking time is over?

**A.** Standing time allows foods to continue cooking evenly for a few minutes after the actual microwave oven cooking cycle. The amount of standing time depends upon the density of the food.

---

**Q.** Why is additional time required for cooking food stored in the refrigerator?

**A.** As in conventional cooking, the initial temperature of food affects total cooking time. You need more time to cook food taken out of a refrigerator than for food at room temperature.

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# BEFORE CALLING FOR SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the list below and try the solutions listed for each problem.

If the microwave oven still does not work properly, contact the nearest Sears Service Center. Sears Service Centers are fully equipped to handle your service requirements.

## PROBLEM:

### Oven will not start

- Is the power cord plugged in?
- Is the door closed?
- Is the cooking time set?

### Arcing or Sparking

- Are you using approved cookware?
- Is the oven empty?

### Incorrect Time of Day

- Have you tried to reset the Time of Day?

### Unevenly Cooked Foods

- Are you using approved cookware?
- Is the glass turntable in the oven?
- Did you turn or stir the food while it was cooking?
- Were the foods completely defrosted?
- Was the time/cooking power level correct?

### Overcooked Foods

- Was the time/cooking power level correct?

### Undercooked Foods

- Are you using approved cookware?
- Were the foods completely defrosted?
- Was the time/cooking power level correct?
- Are the ventilation ports clear?

### Improper Defrosting

- Are you using approved cookware?
- Was the time/cooking power level correct?
- Did you turn or stir the food during the defrosting cycle?
- Is the glass turntable in the oven?

# SEARS SERVICE

## "WE SERVICE WHAT WE SELL"

"We Service What We Sell" is our assurance to you that you can depend on Sears for service because Sears Service is nationwide.

Your Sears Kenmore Microwave Oven has added value when you consider that Sears has a service unit near you, staffed by Sears Trained Technicians-professional technicians specifically trained on Sears Kenmore Microwave Ovens, having the parts, tools and equipment to insure that we meet our pledge to you- "We Service What We Sell!"

## TO FURTHER ADD TO THE VALUE OF YOUR MICROWAVE OVEN, BUY A SEARS MAINTENANCE AGREEMENT

Sears Kenmore Microwave Ovens are designed, manufactured, and tested for years of dependable operation. Yet, any modern appliance may require service from time to time. A Sears Maintenance Agreement is more than an extension of the Warranty.

It provides complete protection from unexpected repair bills and undue inconvenience. It assures you of maximum efficiency from your microwave oven.

Here's a comparative Warranty and Maintenance Agreement chart showing you the benefits of a Sears Microwave Oven Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1st Yr.	2nd Yr. thru 5th Yr.
1. Replacement of defective parts other than magnetron.	W	MA
2. Replacement of magnetron.	W	W
3. Annual preventative maintenance check at your request.	MA	MA

W- WARRANTY

MA- MAINTENANCE AGREEMENT

Contact your Sears salesperson or local Sears Service Center today and purchase a Sears Maintenance Agreement.

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

### WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

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

THE MANUFACTURER is not responsible for any radio or TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.

**SEARS**

USE & CARE  
MANUAL

STOCK NO.  
89650

**Kenmore**

**MICROWAVE OVEN**

**WARRANTY**

**FULL ONE YEAR WARRANTY ON MICROWAVE OVEN**  
FOR ONE YEAR FROM THE DATE OF PURCHASE, IF THIS  
KENMORE MICROWAVE OVEN FAILS DUE TO A DEFECT IN  
MATERIAL OR WORKMANSHIP, SEARS WILL REPAIR IT, FREE OF  
CHARGE. WARRANTY SERVICE IS AVAILABLE BY SIMPLY  
RETURNING MICROWAVE TO NEAREST SEARS SERVICE  
CENTER IN THE UNITED STATES.

**FULL FIVE YEAR WARRANTY ON THE MAGNETRON**  
FOR FIVE YEARS FROM THE DATE OF PURCHASE, IF THE  
MAGNETRON IN THIS KENMORE MICROWAVE OVEN FAILS DUE  
TO A DEFECT IN MATERIAL OR WORKMANSHIP, SEARS WILL  
REPAIR IT, FREE OF CHARGE. WARRANTY SERVICE IS  
AVAILABLE BY SIMPLY RETURNING MICROWAVE TO NEAREST  
SEARS SERVICE CENTER IN THE UNITED STATES.

THE ABOVE WARRANTY COVERAGE APPLIES ONLY TO  
MICROWAVE OVENS WHICH ARE USED FOR PRIVATE  
HOUSEHOLD PURPOSES.

**WARRANTY SERVICE IS AVAILABLE BY SIMPLY  
RETURNING MICROWAVE TO NEAREST SEARS SERVICE  
CENTER IN THE UNITED STATES.**

THE WARRANTY APPLIES ONLY WHILE THIS PRODUCT IS IN  
USE IN THE UNITED STATES.

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

**Sears, Roebuck and co., Dept. 817WA,  
Hoffman Estates, IL.60179**