

# Microwave-Convection Oven

## **USE AND CARE GUIDE**

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

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

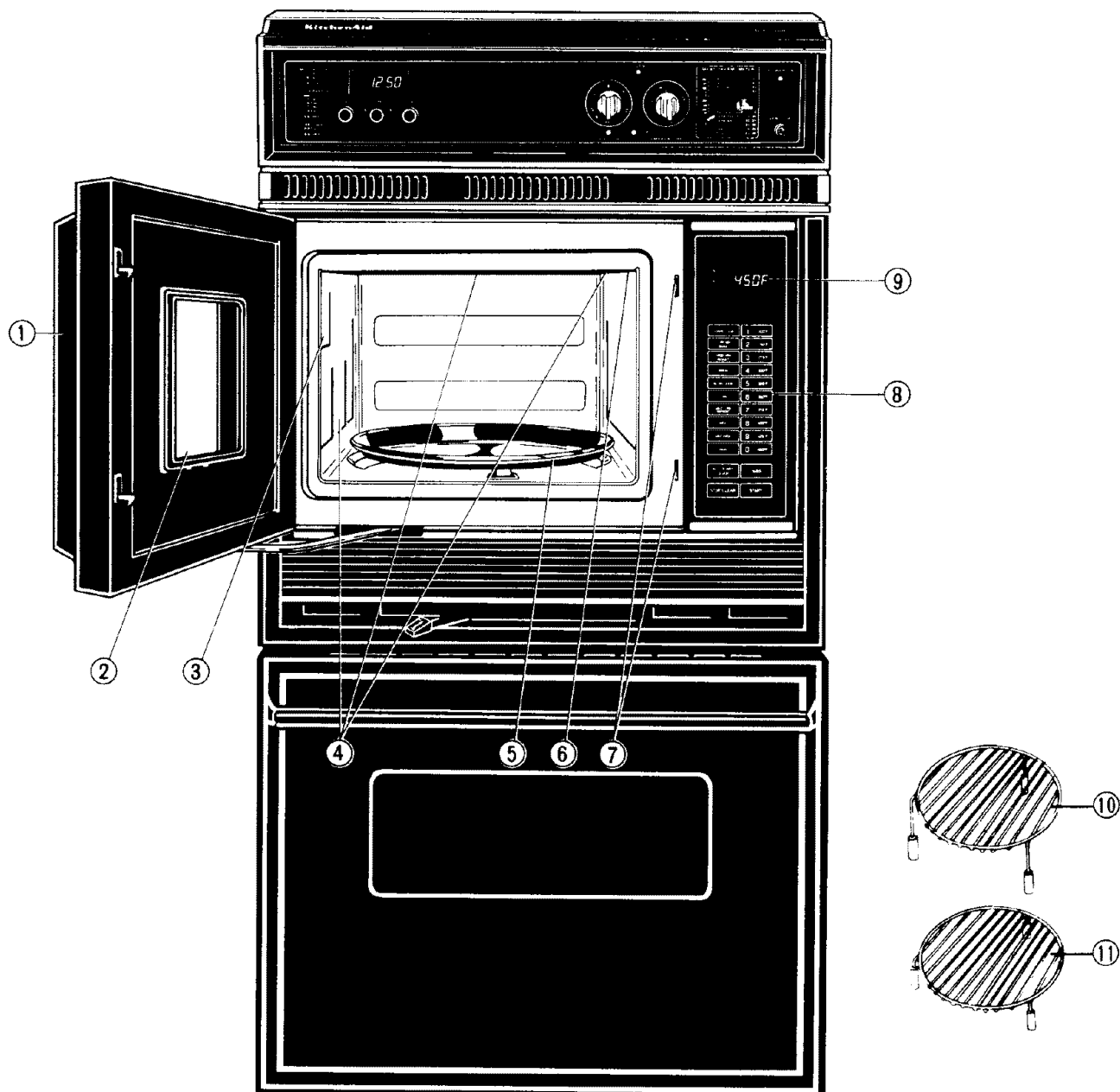
## **BEFORE YOU BEGIN COOKING. . .**

This Use and Care Guide is a companion to your new Microwave-Convection Cookbook. Before you begin cooking, read the Introductory Section of your cookbook. Topics discussed there include:

- What are microwaves?
- Microwave Utensils
- Microwave Cooking Techniques
- Learn While You Cook
- What is Convection Cooking?
- Microwave-Convection Utensils

# MICROWAVE-CONVECTION OVEN FEATURES

Oven Diagram:

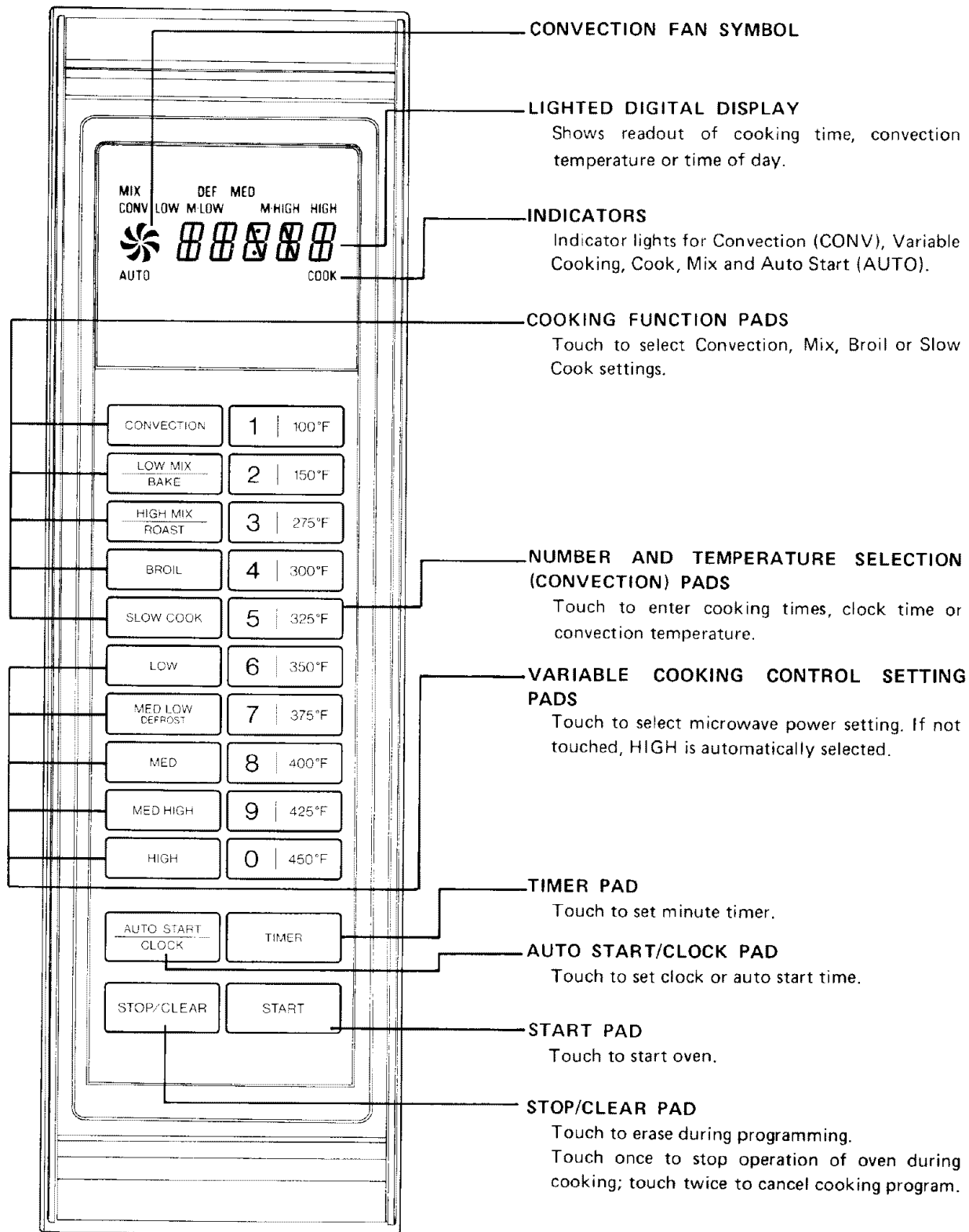


1. Heat-resistant door handle. Pull lever inside the handle to open door.
2. Oven door with see-through window.
3. Oven lamp. The lamp will light when door is opened or during cooking.
4. Convection air openings.
5. Removable turntable.
6. Waveguide cover.
7. Door latches. The oven will not operate unless the door is securely closed.
8. Touch Control Panel. See page 6 for details.
9. Lighted digital display. See page 6 for details.
10. Baking rack.
11. Broiling trivet.

## Features and Benefits


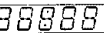

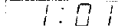
- Turntable system provides more uniform cooking than ever before possible. Automatically turns the food for even cooking.
- Microprocessor touch control panel for wide variety of cooking programs not achievable by conventional methods. Entry signal tone.
- Variable cooking control for choosing the rate of microwave cooking: HIGH, MEDIUM HIGH, MEDIUM, MEDIUM LOW/DEFROST and LOW.
- Automatic defrost cycle at MEDIUM LOW/DEFROST setting.
- Convection temperature control with automatic preheat feature.
- Two mix settings to automatically combine microwave and convection cooking in one simple step.
- Four sequence programmable cooking.
- Baking rack for two level convection or combination cooking.
- Broiling trivet for roasting or broiling meat.
- Easy to open handle door with triple-safe locking system (three separate safety switches, door interlocks and concealed interlocks).
- Auto Start for delayed cooking.
- Lighted digital display for accurate, precise time and temperature settings.
- Oven light to view foods as they cook.
- In compliance with standards set by:
  - FCC — Federal Communications Commission Type Approved
  - DHHS — Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.

# TOUCH CONTROL PANEL



# TOUCH CONTROL PANEL OPERATION CHECK

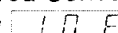
## A. CLOCK

After the oven has been connected to the power in your home, all indicators will light and   will flash on and off every second. Touch STOP/CLEAR pad once and  will appear. The timer will begin counting up each minute. After one minute the display will show .

## B. MICROWAVE

1. Place the turntable inside the oven cavity. When the door is opened, the oven light comes on automatically.
2. Place one cup of room temperature water in a glass measure on the turntable. Do not attempt to operate the oven without the turntable in place.
3. Close the door securely. Oven light will go out.
4. Program the oven to cook three minutes on HIGH. Touch number pads in the following sequence: 3 0 0
5. Touch START pad to activate the oven. The cooling fan will start, the turntable will begin to rotate and the oven lamp will light.
6. After three minutes, an audible signal will sound and the oven will turn off.\*
7. The water should be bubbling if oven is operating normally.
  - \* When the door is opened or STOP/CLEAR pad is touched during the cooking process, the timer automatically stops. The timer starts again when the door is closed and START pad is touched.

## C. CONVECTION

1. Place the turntable inside the oven cavity. When the door is opened, the oven light comes on automatically.
2. Close door securely. Oven light will go out.
3. Program the oven to preheat to 150°F. Touch the CONVECTION pad followed by the 150°F pad.
4. Touch START pad. The red Convection Fan Symbol in the display will flash on and off and the display will show . The oven light and fan will come on, the turntable will begin rotating and preheating will begin.
5. When the oven temperature reaches 150°F, the Convection Fan Symbol will stop flashing and will begin rotating. An audible signal will sound four times. The oven will then begin temperature holding operation.
6. The oven will automatically hold the temperature at 150°F for 15 minutes. After this time has elapsed, an audible signal will sound 4 times and the unit will turn off.
7. The oven cavity will be warm if oven is operating normally.\*  
Avoid touching oven surface and door as heat could cause burns.
8. If the door is opened or STOP/CLEAR pad is touched during the preheating operation, the selected preheat temperature is displayed but preheating will stop. The oven will continue preheating when the door is closed and START pad is touched.
9. If the door is opened or STOP/CLEAR pad is touched during the temperature holding operation, the program is canceled and the display will return to time of day.
  - \* If the oven emits an odor, program the oven to preheat to 450°F to "burn off" odor. Touch CONVECTION, 450°F and START. This is a non-toxic odor common to new appliances.

# SERVICE CALL CHECK

Please check the following before calling for service:

1. When the door is opened, does the oven lamp light? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Place one cup of water in a glass measure in the oven and close the door securely. Oven light should go off if door is closed properly. Program the oven for one minute on HIGH. Touch these pads:

1 0 0

START

- A. Does the oven lamp light? Yes \_\_\_\_\_ No \_\_\_\_\_
  - B. Does the cooling fan work? Yes \_\_\_\_\_ No \_\_\_\_\_
  - C. Does the turntable rotate? Yes \_\_\_\_\_ No \_\_\_\_\_
3. Empty glass measure and refill with room temperature water. Place one cup of water in the oven and close door securely. Touch these pads:

5 0 0

CONVECTION

450° F

3 0 0

HIGH

4. Touch the START pad.
  - A. Does the oven lamp light? Yes \_\_\_\_\_ No \_\_\_\_\_
  - B. Does the fan work? Yes \_\_\_\_\_ No \_\_\_\_\_
  - C. Does the turntable rotate? Yes \_\_\_\_\_ No \_\_\_\_\_
  - D. Do the COOK and CONV indicator lights go on and does the Convection Fan Symbol rotate? Yes \_\_\_\_\_ No \_\_\_\_\_
5. At the end of 5 minutes did the CONV indicator and Convection Fan Symbol go out and did the HIGH indicator light? Yes \_\_\_\_\_ No \_\_\_\_\_
6. At the end of 3 minutes did the COOK and HIGH indicators go out and did an audible signal sound? Yes \_\_\_\_\_ No \_\_\_\_\_
7. Is the water bubbling? Yes \_\_\_\_\_ No \_\_\_\_\_
8. Is the inside of the oven hot? Yes \_\_\_\_\_ No \_\_\_\_\_

If you answered "NO" to any of the above questions, check to see if a fuse has blown or a circuit breaker is open. If fuse or circuit breaker is functioning, see warranty statement for "HOW TO ARRANGE FOR SERVICE."



## OPERATION OF TOUCH CONTROL PANEL

Your new Microwave-Convection Oven uses a microprocessor, the electronic brain that provides a wide variety of cooking programs which could not be achieved by conventional control methods. The operation of the oven is controlled by touching the appropriate pads arranged on the surface of the control panel. The lighted digital readout will display the cooking time, convection temperature or time of day, and indicators show the variable cooking setting and cooking function you have programmed.

An audible entry signal tone should be heard each time you touch the control panel to make a correct entry. If you do not hear this sound,

- 1) you have not used enough pressure in touching the pad,
- 2) you have made more entries than the control panel will accept,
- 3) you have made an incorrect entry.

In addition to the entry signal tone, an audible signal will sound for approximately 2 seconds at the end of the cooking cycle.

The following pages give complete instructions for using the touch control panel. Please use these instructions and practice programming the oven step by step until you are thoroughly familiar with its operation.

In giving directions, examples of foods have been used so that you may become familiar with the practical uses for these features. However, we suggest that you first practice operating the oven with one cup of water in a glass measuring cup inside rather than food. Do not operate the oven empty during the microwave mode.

- \* You cannot program the oven if the door is not closed tightly.
- \* During cooking, the program cannot be changed until the STOP/CLEAR pad is touched. All functions are locked in to prevent accidental changes.

Your Microwave-Convection Oven can be programmed for multiple cooking sequences for microwave, convection and combination microwave-convection. Some of the sequences you might use in cooking include:

FIRST SEQUENCE	SECOND SEQUENCE	THIRD SEQUENCE	FOURTH SEQUENCE
Microwave (Time, variable cooking)	Microwave	Microwave	Microwave
Microwave	Convection		
Convection	Microwave		
Preheat	Convection		
Preheat	Auto Mix		
Preheat	Convection	Microwave	

Check your Microwave-Convection Cookbook for ideas on when to use multiple sequence cooking.

## To Set the Clock

Your microwave oven functions as a clock to keep the time of day. To set the clock, follow this procedure. When oven is plugged in, all indicators will light and **88888** will flash on and off every second. Touch STOP/CLEAR pad; **1:00** will appear.

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

Step	Procedure	Pad Order	Display
1.	Touch AUTO START/CLOCK pad.	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">           AUTO START CLOCK         </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <span style="font-size: 2em;">0</span> </div>
2.	Enter the correct time of day by touching the numbers in sequence.	<div style="display: flex; flex-direction: column; align-items: center; gap: 5px;"> <div style="border: 1px solid black; padding: 2px; width: 20px; text-align: center;">1</div> <div style="border: 1px solid black; padding: 2px; width: 20px; text-align: center;">2</div> <div style="border: 1px solid black; padding: 2px; width: 20px; text-align: center;">3</div> <div style="border: 1px solid black; padding: 2px; width: 20px; text-align: center;">0</div> </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <span style="font-size: 2em;">12 30</span> </div>
3.	Touch AUTO START/CLOCK pad again.	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">           AUTO START CLOCK         </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <span style="font-size: 2em;">12:30</span> </div>

The clock is now set and will keep the time of day. If power to the unit is interrupted, the display will intermittently show **88888** after the power is reinstated. To reset the clock, touch STOP/CLEAR pad and then repeat the steps above.

This is a 12 hour clock. **Error** will appear in the readout if you attempt to enter an incorrect clock time. For example, if you attempt to enter 8:61 or 13:00, **Error** and the incorrect time will flash on the display. To erase **Error**, touch the STOP/CLEAR pad. If you accidentally touch more than 4 number pads, the last 4 numbers you have touched will appear on the display.

## To Check the Clock

If the oven is in cooking or minute timer mode and you wish to know the time of day, simply touch AUTO START/CLOCK pad. As long as your finger is touching AUTO START/CLOCK pad, the time of day will be displayed. This checking operation does not interfere with cooking time, oven temperature or minute timer.

# Minute Timer

The touch control panel can be used as a timer for timing up to 99 minutes, 99 seconds. There is no cooking involved.

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

Step	Procedure	Pad Order	Display
1.	Enter desired time.	<div style="border: 1px solid black; width: 30px; height: 25px; margin: 2px; text-align: center;">3</div> <div style="border: 1px solid black; width: 30px; height: 25px; margin: 2px; text-align: center;">0</div> <div style="border: 1px solid black; width: 30px; height: 25px; margin: 2px; text-align: center;">0</div>	<b>3 00</b>
2.	Touch TIMER pad.	<div style="border: 1px solid black; width: 100px; height: 30px; margin: 0 auto; text-align: center; line-height: 30px;">TIMER</div>	<b>3.00</b>

The timer will begin counting down to zero. When the timer reaches zero, an audible signal will sound. The time of day will reappear on the display.

To cancel the minute timer during operation, simply touch STOP/CLEAR pad and the time of day will reappear.

# MICROWAVE COOKING


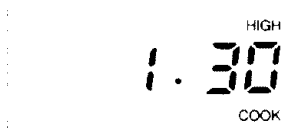
Throughout your Microwave-Convection Cookbook you will find step by step directions for each recipe. Basic instructions follow:

1. Always make certain the metal turntable is seated and in place. The oven should not be used without the turntable in place, and it should never be restricted so that it cannot rotate.
2. The Variable Cooking Control on your Microwave-Convection Oven allows you to select the amount of microwave energy and the rate of cooking or defrosting. There are five levels or settings for cooking: HIGH, MEDIUM HIGH, MEDIUM, MEDIUM LOW/DEFROST and LOW. Your Cookbook explains the use of this feature.
3. Be sure to select the recommended power level before beginning to cook. Refer to Operation of the Touch Control Panel on page 9 for proper procedure. If you do not touch a setting on the Variable Cooking Control panel, the oven will automatically cook at HIGH. Each recipe in your Cookbook gives instructions for the setting best suited for that particular food category. As you become more familiar with the use of the Variable Cooking Control and microwave cooking, you will be able to judge which power level to use for various foods.
4. If food does not seem to be heating properly, check the indicator immediately above the lighted digital display. Be sure the Variable Cooking Control is on the proper setting.
5. The oven is programmed by touching the appropriate Touch pads.

## To Cook at High

Many foods are cooked at HIGH (100% power) for best results. The Variable Cooking Control allows you to select the rate of microwave cooking, but the oven will automatically operate at HIGH if no Variable Cooking Control pad is touched. If you wish to cook at HIGH, it is not necessary to touch the HIGH pad. For other Variable Cooking Control levels, the desired setting must be entered.

\* Suppose you want to heat 2 cups of coffee for 1 minute 30 seconds at HIGH.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	<div style="border: 1px solid black; width: 30px; height: 30px; text-align: center; margin: 2px;">1</div> <div style="border: 1px solid black; width: 30px; height: 30px; text-align: center; margin: 2px;">3</div> <div style="border: 1px solid black; width: 30px; height: 30px; text-align: center; margin: 2px;">0</div>	
2.	Touch START pad.	<div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">START</div>	

The cooking time will count down to zero. When the timer reaches zero, the indicators will go out and an audible signal will sound. The time of day will reappear on the display. Microwave activity will stop.

## Variable Cooking Control

The Variable Cooking Control on your oven allows you to select the rate of cooking:

	Approximate percentage of microwave power
HIGH	100%
MEDIUM HIGH	70%
MEDIUM	50%
MEDIUM LOW/DEFROST	30%
LOW	10%

Some foods give best results when cooked more slowly at a lower cooking power. Your cookbook will indicate the recommended variable setting for each recipe. See your Microwave-Convection Cookbook for guidelines on how to use the Variable Cooking Control.

\* Suppose you want to heat soup for 2 minutes 15 seconds at MEDIUM.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">2</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">1</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">5</div>	<div style="font-size: 2em; font-family: monospace;">2 15</div>
2.	Select second Variable Cooking Control setting.	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">MED</div>	<div style="font-size: 2em; font-family: monospace;">MED 2. 15</div>
3.	Touch START pad.	<div style="border: 1px solid black; width: 100px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">START</div>	<div style="font-size: 2em; font-family: monospace;">MED 2. 15 COOK</div>

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: If you accidentally touch the wrong Variable Cooking Control pad, immediately touch the correct pad. The last pad touched will be the setting the oven accepts. For example, if you touch MEDIUM HIGH and then immediately touch MEDIUM, the oven will cook at MEDIUM.

## Multiple Sequence Microwave Cooking

Your oven can be programmed for up to 4 automatic cooking sequences, switching from one Variable Power Setting to another automatically.

Check the microwave recipe section of your Microwave-Convection Cookbook for ideas on when to use multiple sequence cooking.

\* Suppose you want to defrost for 20 minutes at MEDIUM LOW/DEFROST, and then continue to cook for 30 minutes at MEDIUM HIGH.

Step	Procedure	Pad Order	Display
1.	Enter desired time for first cooking sequence.	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">2</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">0</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">0</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">0</div>	<div style="border: 1px dashed black; padding: 10px; width: 150px; margin: 0 auto;"> <div style="font-size: 2em; font-weight: bold; margin: 0;">20 00</div> </div>
2.	Select first Variable Cooking Control setting.	<div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">           MED LOW DEFROST         </div>	<div style="border: 1px dashed black; padding: 10px; width: 150px; margin: 0 auto;"> <div style="font-size: 0.8em; text-align: center; margin-bottom: 5px;">DEF M·LOW</div> <div style="font-size: 2em; font-weight: bold; margin: 0;">20 . 00</div> </div>
3.	Enter desired time for second cooking sequence.	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">3</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">0</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">0</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px auto; text-align: center; line-height: 30px;">0</div>	<div style="border: 1px dashed black; padding: 10px; width: 150px; margin: 0 auto;"> <div style="font-size: 2em; font-weight: bold; margin: 0;">30 00</div> </div>
4.	Select second Variable Cooking Control setting.	<div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">           MED HIGH         </div>	<div style="border: 1px dashed black; padding: 10px; width: 150px; margin: 0 auto;"> <div style="font-size: 0.8em; text-align: center; margin-bottom: 5px;">M·HIGH</div> <div style="font-size: 2em; font-weight: bold; margin: 0;">30 . 00</div> </div>
5.	Touch START pad.	<div style="border: 1px solid black; padding: 5px; width: 100px; margin: 0 auto;">           START         </div>	<div style="border: 1px dashed black; padding: 10px; width: 150px; margin: 0 auto;"> <div style="font-size: 0.8em; text-align: center; margin-bottom: 5px;">DEF M·LOW</div> <div style="font-size: 2em; font-weight: bold; margin: 0;">20 . 00</div> <div style="font-size: 0.8em; text-align: center; margin-top: 5px;">COOK</div> <p style="font-size: 0.8em; margin: 5px 0 0 0;">The timer begins to count down. When it reaches zero:</p> <div style="font-size: 0.8em; text-align: center; margin-bottom: 5px;">M·HIGH</div> <div style="font-size: 2em; font-weight: bold; margin: 0;">30 . 00</div> <div style="font-size: 0.8em; text-align: center; margin-top: 5px;">COOK</div> </div>

When the timer reaches zero, all indicator lights will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: If HIGH is selected as the final sequence, it is not necessary to touch HIGH pad. If HIGH is programmed as the first, second or third sequence, HIGH pad must be touched.

## CONVECTION COOKING

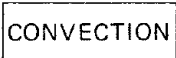






Your new oven can also be used for both convection and automatic microwave-convection cooking. During convection heating, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly.

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

### To Preheat

Your new Microwave-Convection Oven allows you to preheat to the desired temperature by touching a temperature pad. Whenever you want to automatically preheat the oven, no "time" is entered. The oven will signal when it is ready. To preheat and then automatically COOK, follow directions for CONVECTION COOKING on page 16.

\* Suppose you want to preheat the oven to 325° F.

Step	Procedure	Pad Order	Display
1.	Touch CONVECTION pad.		
2.	Enter the desired preheating temperature.		
3.	Touch START pad.		 <p>The Convection Fan Symbol will flash on and off. LO F will appear on display if oven temperature is lower than 100° F.</p> 

At this point the oven is preheated. Food may be placed in the oven and the oven programmed. If the oven door is not opened, the oven will begin a temperature holding operation. The oven will automatically hold at the preheat temperature for 15 minutes.

After this time has elapsed an audible signal will sound and the oven will turn off. All indicators will go out. Whenever the door is opened or the STOP/CLEAR pad is touched during this 15 minute period, the program is canceled and the display will return to the time of day.



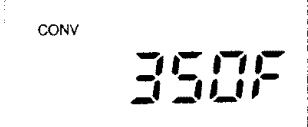
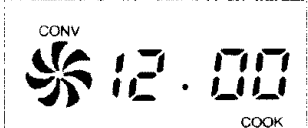
### To Check Programmed Preheating Temperature

If you are in the process of preheating and wish to check the temperature you have programmed, simply touch the CONVECTION pad. The final temperature will be displayed as long as CONVECTION pad is touched.

## To Cook by Convection

Your Microwave-Convection Oven can be programmed for ten different convection cooking temperatures for up to 99 minutes, 99 seconds.

\* Suppose you want to cook at 350° F for 12 minutes.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	<div style="border: 1px solid black; padding: 2px; width: 20px; margin: 2px;">1</div> <div style="border: 1px solid black; padding: 2px; width: 20px; margin: 2px;">2</div> <div style="border: 1px solid black; padding: 2px; width: 20px; margin: 2px;">0</div> <div style="border: 1px solid black; padding: 2px; width: 20px; margin: 2px;">0</div>	
2.	Touch CONVECTION pad.	CONVECTION	<small>CONV</small> 
3.	Enter desired temperature.	350°F	<small>CONV</small> 
4.	Touch START pad.	START	<small>CONV</small>  <small>COOK</small> Convection Fan Symbol will rotate.

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven cavity has cooled.

## To Check Programmed Cooking Temperature



If you are cooking and wish to check the temperature you have programmed, simply touch the CONVECTION pad. The programmed temperature will be displayed as long as CONVECTION pad is touched.

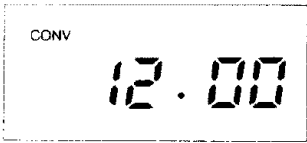

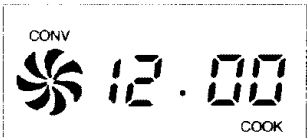


## To Preheat and Cook by Convection at the Same Temperature

Your Microwave-Convection Oven can be programmed to combine preheating and convection cooking or preheating and automatic mix cooking operations. You can preheat at the same temperature as the MIX temperature or change it to a higher or lower temperature.

\* Suppose you want to preheat the oven to 425° F then cook for 12 minutes at 425° F.

Step	Procedure	Pad Order	Display
1.	Touch CONVECTION pad.	CONVECTION	CONV F
2.	Touch desired preheat temperature pad.	425° F	CONV 425F
3.	Enter desired cooking time.	1 2 0 0	12 00
4.	Touch CONVECTION pad again.	CONVECTION	CONV 425F
5.	Touch START pad.	START	CONV  LO F COOK <p>The Convection Fan Symbol will flash on and off. LO F will appear on display if the oven temperature is lower than 100° F.</p>  425F COOK <p>The oven will automatically hold at the desired temperature for 15 minutes.</p>

6.	Open door.		
7.	Place food in oven. Close door. Touch START pad.		 <p data-bbox="1024 462 1329 525">Convection Fan Symbol will rotate.</p>

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven cavity has cooled.

## To Preheat and Cook at a Different Convection Temperature

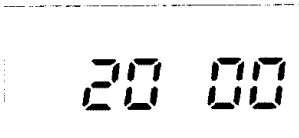
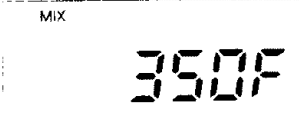
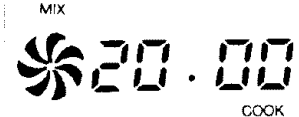
Follow Steps 1 through 4 on page 17 then touch the desired cooking temperature pad. The cooking temperature will appear on the display. Continue with Steps 5–7.

## AUTOMATIC MIX COOKING

Your Microwave-Convection Oven has two preprogrammed settings that make it easy to cook with both convection heat and microwaves automatically.

The LOW MIX/BAKE pad is preprogrammed for 350° F with 10% microwave power, while the HIGH MIX/ROAST pad is preprogrammed for 375° F with 30% microwave power. On both of these settings the convection heating system and the microwave system automatically alternate to give you fast, even cooking. The convection temperature setting of either pad can be changed to accommodate a wide variety of foods. See your Microwave-Convection Cookbook for complete cooking information.

\* Suppose you want to bake an Angel Food Cake for 20 minutes on LOW MIX/BAKE.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	<div style="border: 1px solid black; width: 30px; height: 30px; text-align: center; margin: 2px;">2</div> <div style="border: 1px solid black; width: 30px; height: 30px; text-align: center; margin: 2px;">0</div> <div style="border: 1px solid black; width: 30px; height: 30px; text-align: center; margin: 2px;">0</div> <div style="border: 1px solid black; width: 30px; height: 30px; text-align: center; margin: 2px;">0</div>	<div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: auto;">  </div>
2.	Touch LOW MIX/BAKE pad.	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">             LOW MIX BAKE           </div>	<div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: auto;">             MIX    </div>
3.	Touch START pad.	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">             START           </div>	<div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: auto;">             MIX               COOK              The Convection Fan Symbol will rotate.           </div>

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven cavity has cooled.

NOTE: To cook on HIGH MIX/ROAST setting, use the above procedure, touching HIGH MIX/ROAST pad in Step 2.

### To Check Programmed Oven Temperature

If you are in the process of Automatic Mix Cooking and wish to check the oven temperature you have programmed, simply touch the CONVECTION pad. The temperature you set will appear on display as long as the CONVECTION pad is touched. The oven will continue to count down to zero during this time.

## To Change Convection Temperature of Automatic Mix Settings

You may want to change the preprogrammed temperature of the LOW MIX/BAKE or HIGH MIX/ROAST settings. Check your Microwave-Convection Cookbook for ideas on when to change the temperature.

\* Suppose you want to cook a roast for 60 minutes on HIGH MIX, 325° F.


Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	<div style="border: 1px solid black; width: 30px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">6</div> <div style="border: 1px solid black; width: 30px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">0</div> <div style="border: 1px solid black; width: 30px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">0</div> <div style="border: 1px solid black; width: 30px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">0</div>	<div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: auto;"> <span style="font-size: 2em; font-family: monospace;">60 00</span> </div>
2.	Touch HIGH MIX/ROAST pad.	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;"> HIGH MIX ROAST </div>	<div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: auto;"> MIX <span style="font-size: 2em; font-family: monospace;">375F</span> </div>
3.	Touch 325° F pad.	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;"> 325° F </div>	<div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: auto;"> MIX <span style="font-size: 2em; font-family: monospace;">325F</span> </div>
4.	Touch START pad.	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;"> START </div>	<div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: auto;"> MIX  <span style="font-size: 2em; font-family: monospace;">60 . 00</span>  COOK </div> <p>The Convection Fan Symbol will rotate.</p>

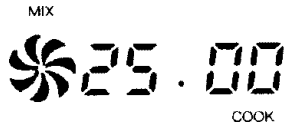
The cooking time will count down to zero. When timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven cavity has cooled.

**NOTE:** To cook on LOW MIX/BAKE setting, use the above procedure, touching LOW MIX/BAKE pad in Step 2.

## To Preheat and Cook with Automatic Mix Settings

\* Suppose you want to preheat the oven to 375°F, then cook for 25 minutes on HIGH MIX/ROAST.

Step	Procedure	Pad Order	Display
1.	Touch CONVECTION pad.	CONVECTION	CONV F
2.	Touch desired preheat temperature pad.	375°F	CONV 375F
3.	Enter desired cooking time.	2 5 0 0	25 00
4.	Touch HIGH MIX/ROAST pad.	HIGH MIX ROAST	MIX 375F
5.	Touch START pad.  When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing and begin rotating and audible signal will sound 4 times.	START	CONV  LO F COOK The Convection Fan Symbol will flash on and off. CONV 375F COOK The oven will automatically hold at the desired temperature for 15 minutes.
6.	Open door.		MIX 25.00

7.	Place food in oven. Close door. Touch START pad.	START	 <p>The Convection Fan Symbol will rotate.</p>
----	--------------------------------------------------------	-------	-----------------------------------------------------------------------------------------------------------------------------------

The cooking time will count down to zero. When timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven cavity has cooled.

NOTE: To preheat then cook on LOW MIX/BAKE setting, use the same procedure, touching 350°F pad in Step 2 and the LOW MIX/BAKE pad in Step 4.

### To Preheat and Cook at a Different Automatic Mix Cooking Temperature

Follow Steps 1 through 4 on page 21, then touch the desired cooking temperature pad. The cooking temperature will appear on the display. Continue with Steps 5–7.

## Convection and Microwave Cooking

Your Microwave-Convection Oven can be programmed to combine convection and microwave cooking operations. Suppose you want to cook at 325° F for 15 minutes and then microwave at MEDIUM for 10 minutes.

Step	Procedure	Pad Order	Display
1.	Enter desired convection cooking time.	<div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">1</div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">5</div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">0</div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">0</div>	<div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: auto;"> <span style="font-size: 2em; font-family: monospace;">15 00</span> </div>
2.	Touch CONVECTION pad.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">CONVECTION</div>	<div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: auto;"> <small>CONV</small>  <span style="font-size: 2em; font-family: monospace;">F</span> </div>
3.	Enter desired temperature.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">325°F</div>	<div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: auto;"> <small>CONV</small>  <span style="font-size: 2em; font-family: monospace;">325F</span> </div>
4.	Enter desired microwave cooking time.	<div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">1</div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">0</div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">0</div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px; text-align: center; line-height: 20px;">0</div>	<div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: auto;"> <span style="font-size: 2em; font-family: monospace;">10 00</span> </div>
5.	Select Variable Cooking Control setting.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">MED</div>	<div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: auto;"> <small>MED</small>  <span style="font-size: 2em; font-family: monospace;">10 . 00</span> </div>
6.	Touch START pad.	<div style="border: 1px solid black; padding: 2px; display: inline-block;">START</div>	<div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: auto;"> <small>CONV</small>  <span style="font-size: 2em; font-family: monospace;">15 . 00</span>  <small>COOK</small> </div> <p style="font-size: 0.8em; margin-top: 5px;">The Convection Fan Symbol will rotate. The timer begins to count down to zero. When it reaches zero:</p> <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 5px auto;"> <small>MED</small>  <span style="font-size: 2em; font-family: monospace;">10 . 00</span>  <small>COOK</small> </div>







The cooking time will count down to zero. When it reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven has cooled.

# BROILING

Your new Microwave-Convection Oven has special function keys to simplify programming. They are BROIL and SLOW COOK.

Preheating is automatic when the BROIL setting is used. Only actual cooking time is entered; the oven signals when it is preheated to 450°F.

\* Suppose you want to broil a steak for 14 minutes.

Step	Procedure	Pad Order	Display
1.	Enter maximum broiling time.	<div style="border: 1px solid black; padding: 2px; display: inline-block; margin-bottom: 2px;">1</div> <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-bottom: 2px;">4</div> <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-bottom: 2px;">0</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">0</div>	
2.	Touch BROIL pad.	<div style="border: 1px solid black; padding: 5px; display: inline-block;">BROIL</div>	<div style="display: flex; align-items: center; justify-content: center;"> <span style="margin-right: 10px;">CONV</span>  </div>
3.	Touch START pad.  When oven temperature reaches 450°F, the Convection Fan Symbol will stop flashing and begin rotating. An audible signal will sound 4 times.★	<div style="border: 1px solid black; padding: 5px; display: inline-block;">START</div>	<div style="display: flex; align-items: center; justify-content: center;"> <span style="margin-right: 10px;">CONV</span>  <span style="margin-right: 10px;">LO F</span> <span style="margin-left: 10px;">COOK</span> </div> <p>The Convection Fan Symbol will flash on and off.</p> <div style="display: flex; align-items: center; justify-content: center;"> <span style="margin-right: 10px;">CONV</span>  <span style="margin-right: 10px;">450F</span> <span style="margin-left: 10px;">COOK</span> </div>
4.	Open the door and place food in oven.		<div style="display: flex; align-items: center; justify-content: center;"> <span style="margin-right: 10px;">CONV</span>  </div>
5.	Close oven door and touch START pad.	<div style="border: 1px solid black; padding: 5px; display: inline-block;">START</div>	<div style="display: flex; align-items: center; justify-content: center;"> <span style="margin-right: 10px;">CONV</span>  <span style="margin-right: 10px;">14.00</span> <span style="margin-left: 10px;">COOK</span> </div>

The cooking time will count down to zero. When it reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The cooling fan will remain on until the oven has cooled.

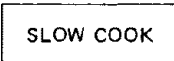


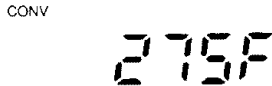


- ★ Oven will maintain 450°F for 15 minutes after signal sounds and Convection Fan Symbol begins to rotate. If the oven door is not opened (food placed in the oven) within 15 minutes, the oven will automatically turn off. Although timer is set for the maximum broiling time as directed in Step 1, check food at minimum time recommended in your Cookbook. This will eliminate the need to completely reprogram the oven if additional cooking time is needed. Simply close the oven door and touch START to continue.



## SLOW COOK

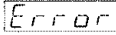
The SLOW COOK setting is preset for 300°F for 4 hours. It is designed for foods which cook longer than 99 minutes, 99 seconds at 300°F or less. Foods such as baked beans or marinated chuck steak are best cooked slowly at low temperatures. The SLOW COOK feature expands the length of cooking time to a maximum of 4 hours at 300°F or lower. It adds to the overall versatility of your new Microwave-Convection Oven. When using this setting, no cooking time is entered; you will need to time food manually.

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

Step	Procedure	Pad Order	Display
1.	Touch SLOW COOK pad.		
2.	Enter desired oven temperature if you want to change from 300°F.		
3.	Touch START pad.		 <p>The Convection Fan Symbol will begin to rotate.</p>

After 4 hours an audible signal will sound. All indicators will go out. The time of day will appear on display.


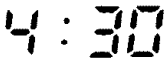
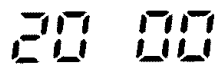
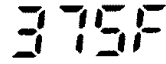

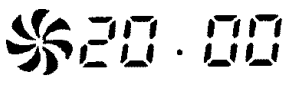
If the oven door is opened or the STOP/CLEAR pad is touched during the SLOW COOK cycle, the program will be canceled and the oven will turn off. If you need to check food, open the oven door and check or stir. After closing the door, touch SLOW COOK, lower temperature if needed, and START to reactivate the oven.

If a temperature setting above 300°F is entered,  and the incorrect temperature will appear on the display. The STOP/CLEAR pad must be touched before reprogramming the oven.

## Auto Start

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

\* Check to make sure the clock is showing the correct time of day.

Step	Procedure	Pad Order	Display
1.	Enter the desired start time.	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px; text-align: center; line-height: 30px;">4</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px; text-align: center; line-height: 30px;">3</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px; text-align: center; line-height: 30px;">0</div>	
2.	Touch AUTO START/CLOCK pad.	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">             AUTO START CLOCK           </div>	 <small>AUTO</small> The colon will flash on and off.
3.	Enter the desired cooking time.	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px; text-align: center; line-height: 30px;">2</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px; text-align: center; line-height: 30px;">0</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px; text-align: center; line-height: 30px;">0</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 2px; text-align: center; line-height: 30px;">0</div>	 <small>AUTO</small>
4.	Select desired program. (Ex. HIGH MIX/ROAST)	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">             HIGH MIX ROAST           </div>	<small>MIX</small>  <small>AUTO</small>
5.	Touch START pad.	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;">             START           </div>	The Correct time of day will appear. Suppose the actual time is 1:00 p.m.:  <div style="text-align: center;">   <small>AUTO</small> </div> At 4:30 the oven will come on.  <div style="text-align: center;"> <small>MIX</small>    <small>COOK</small> </div>

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

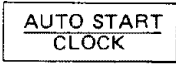
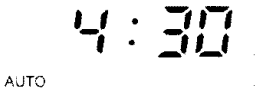
The Auto Start feature can be used for any of the programs described on the previous pages, including:

- 1) cooking by time using the Variable Cooking Control
- 2) multiple sequence cooking
- 3) defrosting
- 4) convection cooking
- 5) combination cooking

## To Check Auto Start Time

Once you have correctly programmed the oven for Auto Start, the correct time of day (not the Auto Start time) will appear on the display. To check the time of day you have programmed the oven to begin cooking, follow these steps:

\* Suppose you have already set the Auto Start time at 4:30 p.m.

Step	Procedure	Pad Order	Display
1.	Touch AUTO START/CLOCK pad.		 The colon will flash on and off.

The programmed Auto Start time will be displayed as long as AUTO START/CLOCK pad is touched.

**NOTE:** Checking the Auto Start time will not interfere with the operation of the oven. The oven will still start at the designated time of day and perform the cooking sequences you have programmed.  
To cancel Auto Start, simply touch STOP/CLEAR pad twice.

## Use the STOP/CLEAR Pad To:

1. Erase if you make a mistake during programming.
2. Cancel minute timer.
3. Stop the oven temporarily during cooking.

## To Cancel a Program During Cooking

If you are in the process of cooking and wish to stop the oven and cancel the entire cooking program, follow either of the steps below.

1. Open oven door.
2. Close door. or Touch STOP/CLEAR pad twice.
3. Touch STOP/CLEAR pad.

## When Electrical Power is Interrupted

If the electrical power supply to your Microwave-Convection Oven should be interrupted, all digital display and indicator lights will appear after the power is reinstated. If this occurs during cooking, your cooking program and the time of day will be erased.

Simply reset the clock for the correct time of day.

# CLEANING AND CARE

## Touch Control Panel:

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the oven door before cleaning. This will inactivate the control panel. Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

## Interior:

1. The oven walls and floor are stainless steel. For easy cleaning, wipe up any spatters or spills with a soft, damp cloth or sponge after each use, or clean with mild detergent and water.  
For heavier soil, use a mild cleanser such as Soft Scrub® or Bon Ami®, following manufacturer's instructions, or use a paste of baking soda and water. Apply to stainless steel walls, floor or turntable only; **DO NOT USE CLEANSER ON OVEN CEILING.** Plastic or nylon scouring sponges or pads recommended for use on Teflon\* and Silverstone\* can be used on the oven walls or turntable, but not on the ceiling. Be sure to rinse with a damp cloth or sponge after cleaning to completely remove all cleanser residue. Dry with a soft cloth.  
Do not use strong chemical cleaners or harsh abrasives.
  2. The ceiling of the oven has a continuous clean finish, a specially formulated catalytic surface which permits the gradual oxidation of most soils during normal cooking cycles. The surface will be damaged by contact with commercial oven cleaners, abrasives, powder cleaners or scouring pads. **DO NOT USE COMMERCIAL OVEN CLEANER.**  
Some manual cleaning of the continuous clean finish may be necessary if excess spattering occurs; use a paper towel or sponge to blot up and remove excess spatter while the oven is still warm and the soil is soft and pliable. Operate the oven empty at 450°F convection cycle for 30 minutes or more to fully activate the continuous clean finish.
  3. The waveguide cover can be easily removed for cleaning. Slide the cover to the left, grasp and pull down. Use mild soap and water to remove excess grease buildup before it bakes on. The cover must be kept clean to avoid uneven microwave distribution.
- \* Du Pont's registered trademark

## Turntable:

The turntable can be removed for easy cleaning. Wash the turntable in mild, sudsy water; for stubborn stains use a mild cleanser and scouring sponge as described above. The turntable is dishwasher-safe.

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

## Door:

Wipe the window on both sides with a cloth dampened with mild soap and warm water. Metal parts will be easier to maintain if wiped frequently with a damp cloth.

## CONDENSATION

Occasionally some foods will cause the oven to "sweat". The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods.

Condensation is a normal part of microwave cooking.

## CAUTIOUS REMINDERS:

1. Do not operate the oven empty in the microwave mode. Either food or water should always be in the oven during operation to absorb microwave energy.
2. Limit use of metal to those specific examples given in the utensil section of your Cookbook. Generally speaking, metal should not be used during operation of microwave mode alone. Metal utensils can be used for convection and combination cooking.
3. Do not cook eggs in the shell. Pressure will build up inside the shell and it will explode. Do not reheat cooked eggs unless they are scrambled or chopped. Puncture the yolk before cooking eggs.
4. Avoid canning in your microwave oven.
5. Do not heat oil or fat for deep fat frying.
6. Pierce the "skin" of potatoes, whole squash, apples or any fruit or vegetable with a skin covering before cooking.
7. Popcorn should be cooked only in special microwave poppers carefully following manufacturer's recommendations. Do not pop popcorn in paper bags or glass utensils. Microwave popped corn produces a lower yield than conventional popping; there will be a number of unpopped kernels. Do not use oil unless specified by the manufacturer. Do not remove the turntable while oven is in use or heat longer than recommended on instructions.
8. Do not use plastic or styrofoam utensils for microwave cooking if the oven is hot from convection cooking. The utensils may melt.
9. Do not use paper towels, plates or other utensils made from recycled paper for microwave cooking. Recycled paper products may contain certain impurities which could cause the paper to ignite during microwave cooking.
10. Unlike microwave-only ovens, all microwave-convection ovens have a tendency to become hot on the cabinet and oven door, as do conventional ovens and convection-only ovens. Be careful when touching parts other than the handle or control panel during or immediately following convection cooking.

## REMINDERS

### Door Seal :

The door seal is designed to prevent leakage of microwave energy during cooking. Occasionally moisture may appear around the oven door. This is not abnormal and does not necessarily indicate the oven is leaking microwave energy.

### Arcing:

Some metal baking utensils may cause arcing when they come in contact with the turntable, oven walls or accessory racks. DO NOT use metal utensils for microwave cooking alone unless directions specify, and metal utensils should not come in contact with oven walls. Please refer to page 8 in your Cookbook for more specific information.

# CONVECTION COOKING GUIDELINES

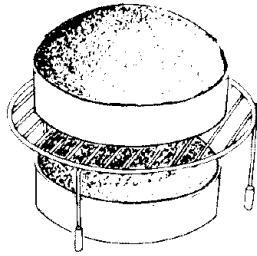


# CONVECTION COOKING GUIDELINES

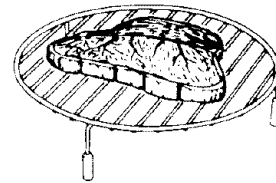
This section of the operation manual is intended as a guide for the best cooking results using Convection heating alone and combination cooking. Please use it as a guide along with your new Microwave-Convection Cookbook.

## ACCESSORIES

The following accessories are designed especially for use in the Microwave-Convection Oven. The racks are for convection or combination cooking only; do not use for microwave cooking alone. Do not substitute similar types of racks for these specially designed ones.



**Baking Rack** — This rack is used for two-level cooking, such as layer cakes, muffins, cookies.



**Broiling Trivet** — Used for roasting or broiling, such as steak or hamburgers.

## **CONVECTION HEATING**

Some foods are best when cooked using convection heat alone. These are foods which often have a cooking time of 15 minutes or less and usually need quick crisping and browning.

These include:

- Appetizers – frozen, pastry-type, or other
- Biscuits and rolls – dairy case, brown n’serve, your recipe
- Brownies – mix, your recipe
- Cookies – mix, slice n’bake, frozen, your recipe
- Cream puffs, puff pastry, turnovers, etc.
- Fish sticks – frozen, breaded
- Muffins – mix, your recipe
- Pie crust – frozen, mix, your recipe
- Pizza – fresh, frozen, your recipe
- Soufflés

### **Basic Convection Heating Procedure:**

1. Consult recipe or package directions for temperature and time.
2. Preheat oven if required by package directions or recipe.
3. Food may be cooked directly on turntable if appropriate, or on two levels using baking rack and appropriate baking vessel. Example: Fish sticks may be cooked directly on turntable. Muffins may be cooked on 2 levels using the baking rack and two 6-muffin baking pans.
4. Check for doneness at the end of cooking time.

### **Helpful Hints:**

1. Do not cover turntable or baking rack with aluminum foil. It interferes with the flow of air that cooks food.
2. If food is not done when checked after cooking time, let stand in oven one or two minutes to complete cooking.
3. Round pizza pans are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.

### **Recommended Cooking Utensils:**

- Metal turntable
- Baking Rack
- Metal baking pans
- Ovenable paperboard containers
- Aluminum foil containers
- Heat resistant glass
- Corning Ware®



## **CONVECTION BROILING**

Your Microwave-Convection Oven will broil meats, fresh or frozen to perfection! As in conventional cooking, broiling time will vary with thickness as well as weight. For best results use the directions that follow:

### **Basic Convection Broiling Procedure:**

1. Preheat oven 15 minutes at 450° F.
2. Prepare and season meat on both sides, as desired.
3. Place meat on broiling trivet or turntable.
4. Consult broiling chart in your Cookbook; set time for correct cooking time.
5. Turning meat over is not necessary.
6. Test for doneness; slit center of meat, check for desired color; red – rare, pink – medium, gray – well done.

### **Helpful Hints:**

1. Do not cover broiling trivet with aluminum foil. It interferes with the flow of air that cooks food.
2. For faster clean-up spray trivet and turntable with non-stick vegetable spray.
3. To eliminate excess fat in broiling, use broiling trivet.
4. Broiling may be done ahead of time, then individual portions sliced and reheated with microwave power (MEDIUM setting) as needed.
5. Hot dogs cooked on the broiling trivet may be turned over to give an even, grilled appearance.

### **Recommended Broiling Utensils:**

Use only the metal turntable and the broiling trivet that are included with the oven.

## **COMBINATION COOKING**

With the exception of those foods that cook best by convection heating alone, most foods are well suited to combination cooking; that is convection heating combined with microwave cooking.

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

## **COMBINATION ROASTING**

Combination roasting in your oven is a simple task when you follow the instructions given below. The results are juicy, crisp browned meats done to your liking.

### **Basic Roasting Procedure:**

1. Place meat directly on turntable or on the metal broiling trivet, or in a shallow roasting pan on the turntable, as you prefer.
2. Season, as desired.
3. Consult chart in your Cookbook for roasting temperature and timing.
4. Program oven for appropriate cooking time and mix setting. Change temperature if recipe requires.
5. Check for desired doneness using a meat thermometer. If desired, a dual safe microwave/conventional thermometer may be inserted in the meat at the beginning of cooktime.\*
6. Let meat stand tented with aluminum foil 5 to 10 minutes before slicing.

\* A dual safe thermometer is specially designed to withstand high temperature and can safely be used with heat or microwaves. Do not use conventional meat thermometers for combination cooking and do not use microwave only thermometers for combination cooking.

### **Helpful Hints:**

1. If roasting frozen meat, insert dual safe meat thermometer halfway through cooking time.
2. Thin sections of meat and wingtips and legs of birds that may overcook can be shielded with small pieces of aluminum foil.
3. Less tender cuts of beef can be roasted and tenderized using oven cooking bags.
4. For true roasting, and fewer calories, use broiling trivet to hold meat out of its juices.
5. If gravy is desired, roast in glass utility dish, remove meat to carving board, then microwave gravy.

### **Recommended Roasting Utensils:**

Metal turntable  
Broiling Trivet  
Shallow metal roasting pans  
Aluminum foil containers  
Heat resistant glass  
Corning Ware®

## **COMBINATION BAKING**

Baking with the Microwave-Convection Oven is fast and simple. Convection heat gives baked goods their structure and, of course, their browned appearance and microwaves shorten the cooking time.

### **Basic Microwave-Convection Baking Procedure:**

1. Consult Microwave-Convection Baking and Desserts section in your Cookbook for baking techniques.
2. Preheat oven if recipe directs.
3. Program oven for appropriate cooking time and mix setting. Change temperature if recipe requires.
4. Check for doneness after baking time has elapsed. If not completely done, let stand in oven a few minutes to complete cooking.

### **Recommended Baking Utensils:**

Metal turntable	Aluminum foil containers
Baking Rack	Heat resistant glass
Broiling Trivet	Corning Ware®
Metal baking pans	
Ovenable paperboard containers	

### **NOTE:**

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

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

