

Sears

USE & CARE

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

control panel.

Model No. and the Serial No. found on the label on the left side of the

Model No. ____

Serial No.

Retain this information for future reference.

Kenmore **MICROWAVE OVEN** Use and Care

Sears, Roebuck and Co., Chicago, IL. 60684. U.S.A.

YOUR SAFETY FIRST

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.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) DO NOT ATTEMPT to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) DO NOT PLACE any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) DO NOT OPERATE the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - (1) DOOR (bent)
 - (2) HINGES AND LATCHES (broken or loosened)
 - (3) DOOR SEALS AND SEALING SURFACES.
- (d) THE OVEN SHOULD NOT BE ADJUSTED OR REPAIRED BY ANYONE EXCEPT PROPERLY QUALIFIED SERVICE PERSONNEL.

IMPORTANT-FOR PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The glass tray must be in the oven during cooking.
- The metal rack must be removed from the oven when the rack is not used for cooking.
- The oven should be thoroughly checked by a trained service technician, should it be dropped or damaged, before it is operated again.
- The electrical power cord must be kept dry and must not be pinched or crushed in any way.
- The oven has several built-in safety switches to make sure the power remains off when the door is open. DO NOT try to defeat these switches.
- Place the cookware gently on the glass tray and handle the tray carefully to avoid possible breakage.
- Use only Sears Browning dish on the glass tray. Carefully read and follow the instructions for the browning dish. Incorrect usage may cause the glass tray to break.

DON'TS

- DO NOT attempt to operate this oven with the door open.
- DO NOT run the oven empty without food in it.
- DO NOT cook bacon directly on the glass tray to avoid excessive local heating on the glass tray.
- DO NOT leave the temperature probe unplugged in the cavity operating the oven.
- DO NOT let the temperature probe touch the side walls, glass tray or door of the cavity when in use.
- DO NOT plug the pointed end of the temperature probe into the socket inside the cavity.
- DO NOT use the temperature probe in a regulator oven. This probe is designed for microwave oven only.
- DO NOT store burnable material, such as food, in your microwave oven.
- DO NOT use this microwave oven for commercial purposes. This Sears Kenmore Microwave Oven is made for household use only.

- SAFETY CERTIFICATION -

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.

IMPORTANT SAFETY INSTRUCTIONS

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

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

- 1. Read all instructions before using the appliance.
- 2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EX-CESSIVE MICROWAVE ENERGY" found on Page 2.
- 3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUND-ING INSTRUCTIONS" found on Page 3 of Installation Instruction manual.
- 4. Install or locate this appliance only in accordance with the provided installation instructions.
- 5. Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
- 6. Use this appliance only for its intended use as described in this manual.
- 7. As with any appliance, close supervision is necessary when used by children.
- 8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
- 9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

- 10. Do not cover or block any openings on the appliance.
- 11. Do not use outdoors.
- 12. Do not immerse cord or plug in water.
- 13. Keep cord away from heated surfaces.
- 14. Do not let cord hang over edge of table or counter.
- 15. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth. (See "Care and Cleaning" instructions on Page 21 through 23.)
- 16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

SAVE THESE INSTRUCTIONS

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SEARS KENMORE MICROWAVE OVEN "USE AND CARE MANUAL"— MICROWAVE OVEN USE INSTRUCTIONS

Enjoy a new cooking experience from Sears. Please read this booklet. It takes just a few minutes—time well spent to learn how to use all of the features.

Advice on the use and care of Sears appliances is always available at your nearest Sears store. When seeking information, be sure to get the complete model number located on the plastic label. See below for its location.

MODEL NUMBER

To make a request for service, information or replacement of parts, Sears will require the complete model number of your microwave oven. The number is on the inner left side of the control panel. (You must open the door to see the number).

The number will look like this: 564.8000000.



INSTALLATION

Complete Installation Instructions are included in the separate instruction manual.

If you have any question on installation, please contact your Sears sales person or local Sears Service Center.

A mounting space of 33["] or more from the surface of cooktop to the bottom of kitchen top cabinet, and at least 30["] wide is required to mount the oven.

If your oven does not operate properly, unplug the oven from the 120-volt household outlet and then plug it back in.



NAMES OF OVEN PARTS



Temperature probe

Please read "Requirements For Installation" section in Installation Manual before you remove the rest of contents from carton.

Your Oven will come with the following items:

Glass Tray1 each
Metal Rack
Temperature Probe
Cookbook 1 each
Use and Care Manual1 each
Installation Instruction Manual
Top Cabinet Template
Wall Template
Hardware Package
Damper/duct Connector

Do not use this Sears Kenmore Microwave Oven for commercial purposes. This Microwave Oven is made for household use only.

OVEN CONTROL PANEL



NOTE: A "beep tone" sounds when a "pad" on the control panel is touched, to indicate a setting has been entered.

USE INSTRUCTIONS – COOKING GUIDE

"HI-POWER" COOKING

"HI" gives the highest power cooking possible with your microwave oven. It is a recommended setting for cooking foods with a high moisture content or for cooking foods that need fast cooking to maintain their natural flavor and texture. Your Kenmore Microwave Cooking cookbook will tell you which foods are cooked best using the highest microwave cooking power ("HI"). For detailed directions on "HI" (maximum power) cooking, see Page 11.

"MULTI-POWER" COOKING

Many foods need slower cooking (at less than full power) in order to give the best results. In addition to "HI", there are ninety-nine "multi-power" settings. Detailed directions for "multi-power" cooking are on Page 13.

TEMPERATURE CONTROLLED "HI-POWER" COOKING

"HI-Power" with TEMP CONTROL allows you to cook food to a preset temperature using maximum speed. Follow the directions on Page 17 and you will be able to preset the temperature you desire with the aid of the "Temperature Controlled" cooking guide.

TEMPERATURE CONTROLLED "MULTI-POWER" COOKING

"Multi-Power" with TEMP CONTROL allows you to cook more sensitive foods to a preset temperature by using slower microwave cooking speeds. See Page 18 for detailed directions.

AUTOMATIC "HOLD WARM"

After reaching the set temperature, the oven switches into "Hold Warm" to keep the food warm.

"Hold" will show in the display window and will continue to show for up to sixty minutes or until the door has been opened or STOP has been touched. See Pages 17 and 18.

WHOLE MEAL COOKING

The Metal Rack increases the oven cooking space. To cook two or more different foods at one time, choose their proper places inside the oven by following the cookbook directions. See Page 19.

AUTOMATIC HOOD FAN CONTROL

The two-speed fan can be turned on by pressing the Fan Control Buttons. It will also automatically run at high speed by a heat sensing device. The sensing device detects overheating conditions from the cooking surface below and turns on the fan to prevent damage to the oven. Once it is turned on by the sensing device, it can not be defeated by the FAN Control (Low/Off) Buttons. It will continue to run until the temperature of the Oven drops to a safe level.

EASY USE CHART

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

"HI-POWER" COOKING	"MULTI-POWER" COOKING	HOOD FAN CONTROL
Indext CookingMolifi-Power CookingTo set:1. Touch CLEAR.1. Touch CLEAR.1. Touch CLEAR.2. Touch TIME.2. Touch TIME.3. Touch numbers for desired cooking time.3. Touch numbers for desired cooking time.4. Touch START.4. Touch START.(See Page 11 for more detailed instructions.)4. Touch START.(See Page 11 for more detailed instructions.)5. Touch numbers for desired cooking power level.(See Page 13 for more detailed instructions.)6. Touch START.		 To set: 1. Press the Fan Control Button (High or Low) for desired fan speed. 2. Press the OFF Button to turn the Fan off. * If over-heating of the Oven occurs, the fan will run by itself until the temperature of the Oven drops to a safe level.
TEMPERATURE CONTROLLED "HI-POWER" COOKING	TEMPERATURE CONTROLLED "MULTI-POWER" COOKING	
 To set: 1. Plug in temperature probe. 2. Touch CLEAR. 3. Touch TEMP CONTROL. 4. Touch numbers for desired cooking temperature. 5. Touch START. (See Page 17 for more detailed instructions.) 	 To set: Plug in temperature probe. Touch CLEAR. Touch TEMP CONTROL. Touch numbers for desired cooking temperature. Touch COOK CONTROL. Touch numbers for desired cooking power level. Touch START. (See Page 18 for more detailed 	
	instructions.)	

REGULAR TIMER

Your oven also has a timer that can be used for noncooking functions. When used as a regular timer, the oven is not running. The timer is simply counting down in seconds. For detailed instructions on using this timer, see below. To use the regular timer feature:

1. Touch CLEAR.

- 1. Touch CLEAN
- 2. Touch TIME.
- 3. Touch correct numbers for the time.
- 4. Touch COOK CONTROL.
- 5. Touch "0" (power level 0).

6. Touch START.

The time will begin counting down in the display window with no cooking or heating in the oven. A tone will sound and the word "End" will show in the display window for 2 seconds when the time is over.

TO CHANGE OR CHECK A SETTING

- To change setting, touch STOP and repeat "To set" steps.
- To check power setting, touch COOK CONTROL. Cooking power level will show in the display window.
- To check temperature setting, touch TEMP CON-TROL. The setting temperature will show in the display window.

"HI-POWER" COOKING

- 1. Touch CLEAR, and a beep tone will be heard. The CLEAR erases all previous settings.
- 2. Touch TIME. "0" will show in the display window.
- **3.** Touch the correct numbers on the control panel to set the cooking time. The time set will show in the display window at the top of the control panel. For example:
 - To set 30 seconds, you would touch "3" and then "0".
 - To set 3 minutes, touch "3", "0" and "0".
 - To set 3¹/₂ minutes, touch "3", "3" and "0".

Remember, the timer is a digital clock that is divided into 60 seconds. Therefore, $\frac{1}{2}$ minute is equal to 30 seconds. Touch 30 and not 50 as with a calculator to indicate $\frac{1}{2}$.

NOTE: It is not necessary to touch COOK CONTROL when cooking with the highest power ("HI"). However, if COOK CONTROL is touched, the word "HI" will show in the display window. This is to let you know that the oven will be operating on "HI" power unless a different power setting is chosen.

4. Touch START. The oven will begin cooking, and the display window will show the time counting down in seconds.

A tone will sound and the word "End" will show in the display window for two seconds when the cooking time is completed. Then the oven will shut itself off.

NOTE: To stir food during cooking: open the oven door; stir or turn the food; close the oven door; and touch START. The oven will automatically continue to count down the amount of time left on the timer.

EXAMPLE: Fresh fish can be cooked quickly on "HI" (maximum power) for 6 minutes. To do this, follow these 4 simple steps:

- 1. Touch CLEAR.
- 2. Touch TIME.



 Set 6 minutes by touching "6", "0" and "0". "600" will show in the display window.



4. Touch START. The oven will begin to cook, and the time will count down in the display window.

A tone will sound and the word "End" will show in the display window for 2 seconds when the 6 minutes are over. Then the oven will shut itself off.



COOKING CUIDE FOR "MULTI-POWER" SETTINGS

The "Multi-Power" feature lets you cook at the best power level for the food being cooked. Cooking directions can be found in the cookbook.

POWER LEVEL	POWER SETTINGS	EXAMPLES
10	WARM	Softening cream cheese.Keeping casseroles and main dishes warm.
20	LOW	 Softening chocolate. Heating breads, rolls, pancakes, tacos, tortillas and French toast. Clarifying butter. Taking the chill out of fruit. Heating small amounts of food.
30	DEFROST MED LOW	 Thawing meat, poultry and seafood. Completing the cooking cycle of casseroles, stews and some sauces. Cooking small quantities of most food.
40	BRAISE	 Cooking less tender cuts of meat in liquid or slow cooking dishes. Completing the cooking cycle of less tender roasts.
50	SIMMER	 Cooking stews and soups after bringing to a boil. Cooking baked custards and pasta.
60	BAKE	Cooking scrambled eggs.Cooking cakes.
70	ROAST MED HIGH	 Cooking rump roast, ham, veal, and lamb. Cooking cheese dishes. Cooking eggs and milk. Cooking quick breads and cereal products.
80	REHEAT	Reheating precooked or prepared food quickly.Heating sandwiches.
90	SAUTÉ	 Cooking onions, celery and green peppers quickly. Reheating meat slices quickly.
100 (HI)	Max Power High	 Cooking tender cuts of meat. Cooking poultry, fish, vegetables and most casseroles. Preheating the browning dish. Boiling water. Thickening some sauces.

As you get to know your microwave oven, you may find that a particular setting is too low or too high for the results you desire.

Multiple-power control gives you the means to obtain greater precision in setting power levels. For instance, if you want a power level between ROAST and REHEAT, you would set the time as usual: touch COOK CONTROL, and then touch "7" and "5". The display window will show "75", indicating that your oven is set to run at power level 75—halfway between ROAST and REHEAT.

FAST DEFROST

The single step method of defrosting meats and poultry on one power setting, as described in the Cookbook is the most satisfactory method.

To speed up the defrosting of dense food items over 1 lb., start on "HI", then reduce to the 30 (DEFROST) setting.

...

- 1. Microwave on "HI" for 2 minutes per pound of dense food items.
- **2.** Then Microwave on 30 (DEFROST) for 3 minutes per pound or until food is thawed. Defrosting time will be greatly reduced.

"MULTI-POWER" COOKING

Many foods need slower cooking (at less than full power) in order to give you the best results. In addition to "HI" there are ninety-nine multi-power settings. The cookbook tells you which power setting is recommended for the food being cooked.

To Cook with "Multi-Power"

- 1. Touch CLEAR.
- 2. Touch TIME. "0" will show in the display window.
- **3.** Touch numbers for the desired cooking time. The time set will show in the display window.
- **4.** Touch COOK CONTROL. The word "HI" will show in the display window until a lower setting is entered. This is to tell you that the oven will be operating on "HI" power unless a different power setting is chosen.
- **5.** Touch numbers for desired cooking power level. For example, if the recipe calls for cooking at the "20 (LOW)" setting, you would touch "2" and "0". The display window will show "20". This means that in the LOW setting, the oven is cooking at power level 20.
- 6. Touch START. The oven begins to cook and the display window will show the time counting down. A tone will sound and the word "End" will show in the display window for two seconds when the cooking time is completed. Then the oven will shut itself off.

EXAMPLE: To warm 6 doughnuts, you would cook at power level 80 or "80 (REHEAT)" for 1-1/2 minutes. To do this, follow these six steps:

1. Touch CLEAR.

2. Touch TIME.

 Set 1-1/2 minutes by touching "1". "3", and then "0". "130" will show in the display window.





 Touch COOK CONTROL. The display window will show "HI".



5. Choose the "80 (REHEAT)" setting by touching the numbers "8" and "0". The display window will show "80". This means the oven is cooking at power level 80.



6. Touch START. The oven begins to cook and the time will begin to count down in the display window.

A tone will sound and the word "End" will show in the display window for 2 seconds when the 1-1/2 minutes are over.

Then the oven will shut itself off.



"TEMPERATURE CONTROLLED" COOKING

The temperature probe is used to judge doneness when cooking or reheating food. Set the desired food temperature with the TEMP CONTROL and the desired power level with the COOK CONTROL. When the food reaches the desired temperature, the oven will hold the food at the desired temperature up to one hour.

TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperatures from 115°F to 185°F can be chosen and set in the oven. The temperature should be set in five-degree increments. The display window will show the rise in food temperature in five-degree increments.

For example, when a temperature of 125°F is set, the display window will show the temperature as it rises from 115°F to 120°F and then to 125°F. The lowest temperature number that can be displayed is 115°F. Therefore, even though the food may be less than 115°F, the display will remain at 115°F until the food is heated to above 115°F.



DEFINITIONS

TEMPERATURE PROBE SENSOR: The pointed metal portion of the probe which is placed into the food.

SENSITIVE AREA OF SENSOR: The first inch, or tip, of the temperature probe sensor.

PLUG: The end of the temperature probe that is plugged into the oven socket.

SOCKET: The outlet on the side of the oven wall. CAUTION: Do not plug the pointed end of the temperature probe into the socket.

SLIDE GROMMET: Adjust the length of the temperature probe by sliding the grommet before inserting it into food so that the sensitive area of the probe can always be placed in the center of the food.

DISPLAY WINDOW: Shows the cooking temperature rising as the food is cooking. Chosen temperature may be seen during cooking by touching TEMP CONTROL.

When chosen temperature is reached, the display will show "Hold" for 60 minutes or until the door is opened or STOP is touched.

MEATS

- Choose only fresh, completely thawed meat.
- Place meat fat side down on the microwave roasting rack in a glass baking dish.
- Microwave cook on the first "multi-power" setting for half of the total cooking time. (See "Temperature Controlled" Meat Cooking Guide on Page 15.)
- Turn meat to fat side up and:
- 1. Place the temperature probe sensor into the meat with the first inch of the sensor in the center of the meat. The sensor should not touch the bone or fat pocket. The sensor should be put in from the side or from the front—it should not be put in from the top of the meat.
- **2.** Plug the temperature probe into the socket on the side of the oven wall.
- **3.** Choose the doneness temperature from the chart on Page 15. Set the temperature with the TEMP CONTROL.
- **4.** Microwave cook the meat on the second "multipower" setting. The microwave oven will turn itself off when the preset temperature is reached. Take the food out of the oven as soon as the display window shows "Hold".
- 5. Remove the temperature probe sensor. Let the meat stand, covered with foil for about 10 minutes before serving. The temperature will rise about 15°F during standing time.

NOTE: It is normal for meats to become slightly overcooked in a small circular area in the immediate vicinity of the hole made by the meat probe.

Microwave Roasting Rack Temperature Probe



Glass Baking Dish

"TEMPERATURE CONTROL" POINTS TO REMEMBER

DO

- Place the temperature probe sensor into the thickest part of the meat or in the center of the food to be reheated. Avoid touching bone or fat.
- Check that the first inch of the sensor is in the densest part of the food to be cooked.
- Remove the temperature probe from the oven after use.
- Be sure to turn meat between first and second settings.
- Refer to cookbook for other information.

DO NOT

- Do not operate the oven with the temperature probe plugged in while it is empty.
- Do not leave the temperature probe unplugged in the cavity when operating the oven.
- Do not let the temperature probe touch the side walls, glass tray or door of the cavity when in use.
- Do not plug the pointed end of the temperature probe into the socket inside the cavity.
- Do not use the temperature probe in a regular oven. This probe is designed for microwave oven only.

"TEMPERATURE CONTROLLED" MEAT COOKING GUIDE

Refer to "Meats" section on Page 14.

MEAT	FIRST SETTING AND TIME	SECOND SETTING AND TIME	TEMPERATURE PROBE AND COOK CONTROL SETTING	STANDING TIME	
BEEF Meat Loaf 2 lbs.	HI (Max. Power) 12 - 14 min.		HI (Max. Power) 160°F	5–10 min.	
Rib Roast, boneless	Roast, bonelessHI (Max. Power)70 (Roast)Rare 4 – 5 min. per lb.Rare 3 – 4 min. per lb.Medium 5 – 6 min. per lb.Medium 5 – 6 min. per lb.Well done 6 – 7 min. per lb.Well done 6 – 7 min. per lb.		70 (Roast) 120°F 130°F 140°F	10 min. 10 min. 10 min.	
Rib Roast, with bone	HI (Max. Power) Rare 3 – 4 min. per lb. Medium 4 – 5 min. per lb. Well done 5 – 6 min. per lb.	70 (Roast) Rare 3 – 4 min. per lb. Medium 3 – 5 min. per lb. Well done 5 – 6 min. per lb.	70 (Roast) 120°F 130°F 140°F	10 min. 10 min. 10 min.	
LAMB Lamb Leg or Shoulder Roast, with bone	70 (Roast) Medium 4 – 5 min. per lb. Well done 5 – 6 min. per lb.	70 (Roast) Medium 4 – 5 min. per Ib. Well done 5 – 6 min. per Ib.	70 (Roast) 145°F 165°F	5 min. 10 min.	
Lamb Roast, Boneless	70 (Roast) 5 – 6 min. per lb.			10 min.	
VEAL Shoulder or Rump Roast, boneless 2 - 5 lbs. VEAL 70 (Roast) 9 min. per lb. 9 - 10 min. per		70 (Roast) 9 – 10 min. per lb.	70 (Roast) 155°F	10 min.	
PORK Pork Loin Roast, boneless 3–5 lbs.	HI (Max. Power) 6 min. per lb.	70 (Roast) 5–6 min. per lb	70 (Roast) 160°F	10 min.	
Pork Loin, center cut 4 – 5 lbs.	HI (Max. Power) 5–6 min. per lb.	70 (Roast) 4 – 5 min. per lb.	70 (Roast) 160°F	10 min.	
Ham, boneless, precooked	70 (Roast) 5 – 7 min. per lb.	70 (Roast) 5–7 min. per lb.	70 (Roast) 120°F	10 min.	
Center Cut Ham Slice $1-1^{1}2$ lbs.	70 (Roast) 5 min. per lb.	70 (Roast) 5–6 min. per lb.	70 (Roast) 120°F	10 min.	
Smoked Ham Shank	70 (Roast) 4 – 5 min. per lb.	70 (Roast) 4–5 min. per lb.	70 (Roast) 120°F	10 min.	
Canned Ham 3 lbs.	70 (Roast)	70 (Roast)	70 (Roast) 120°F	10 min.	
5 lbs.	5-6 min. per lb. 5-6 min. per lb bs. 70 (Roast) 70 (Roast) 4-5 min. per lb. 4-5 min. per lb		70 (Roast) 120°F	10 min.	

REHEATING FOODS

- Place the temperature probe sensor into the food to be reheated with the first inch of the sensor in the center of the food.
- Plug the temperature probe into the socket on the side of the oven wall.
- Cover the food if desired.
- Set the temperature of the desired doneness. (See chart below.)

- Select "multi-power" setting as shown below.
- The microwave oven will stop cooking when the set temperature is reached and then it will "Hold Warm".
- Remove the temperature probe from the oven after use.

"TEMPERATURE CONTROLLED" REHEATING GUIDE

FOOD	SETTING	DONENESS	INSTRUCTIONS
Beverages	HI (MAX POWER)	150°F	Place the temperature probe sensor in the center of the beverage glass.
Soups	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the soup. Cover with casserole lid, waxed paper, or plastic wrap.
Precooked Casseroles	80 (REHEAT)	150°F	Place temperature probe sensor into the center of the food. Cover with a casserole lid, waxed paper, or plastic wrap.
Canned Vegetables	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Leftovers	80 (REHEAT)	150°F	Place the temperature probe sensor in the densest or largest amount of food.
Meat Sandwiches (Thick)	80 (REHEAT)	120°F	Place the temperature probe sensor into the thickest part of the sandwich to be warmed. The sensitive area of the sensor should be located in the sandwich filling.
Baked Foods	80 (REHEAT)	120°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Syrup	70 (ROAST)	150°F	Place the temperature probe sensor into the center of the container.

CAUTION: From time to time, the same kind of food may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the temperature controlled settings for thin food items or for foods that require tenderizing by simmering. Also, in some cases the microwave oven may shut off prematurely. This means that either the temperature probe is not placed properly or that it should not be used with this type of food.

TEMPERATURE CONTROLLED "HI-POWER" COOKING AND AUTOMATIC "HOLD WARM"

The "Temperature Controlled Meat Cooking Guide" and "Reheating Guide" on Pages 15 and 16 will show you which multi-power setting and doneness temperature are recommended for the food you are cooking. When cooking with the temperature controlled settings, the timer is not used.

1. Place the temperature probe into the food with the first inch of the sensor in the center of the food. Adjust the length of the temperature probe by sliding the grommet before inserting it into food so that the sensitive

area of the probe can always be placed in the center of the meat. The probe should be in a level direction or on an angle as shown. It should not be put in from the top.



2. Plug the temperature probe into the socket on the side of the oven.

CAUTION: Do not plug the pointed end of the temperature probe into the socket.

- 3. Touch CLEAR.
- Touch TEMP CONTROL.
 "F" will show in the display window.
- 5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 120°F, you would touch the numbers "1", "2" and "0". When you touch "120" the display window will show "120F". If the temperature probe is not plugged into the socket, the oven will not start.



- **NOTE:** It is not necessary to touch COOK CONTROL when you are cooking with "HI (MAX POWER)". However, if you touch COOK CONTROL the word "HI" will show in the display window. This is to remind you that the oven will work at "HI (MAX POWER)" unless a different power setting is chosen.
- Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window once it exceeds 115°F. A tone will sound for one second when the desired temperature is reached.



7. The oven will switch into "Hold Warm" to keep the food warm. "Hold" will show in the display window. The cook control setting changes to "Power level 1". To check the temperature being held, touch TEMP CONTROL. The "holding" temperature will show in the display window. The "Hold Warm' will continue for 60 minutes after the food reaches the chosen temperature or until the door has been opened or until STOP has been touched. If the door is opened, the "Hold Warm" will stop. To reset, simply touch TEMP CONTROL, the corresponding numbers and START.

NOTE: The highest temperature to which the food may be set is 185°F. The temperature is displayed in 5°F increments.



TEMPERATURE CONTROLLED "MULTI-POWER" COOKING AND AUTOMATIC "HOLD WARM"

The "Temperature Controlled Meat Cooking Guide" and "Reheating Guide" on Pages 15 and 16 will show you which multi-power setting and doneness temperature are recommended for the food you are cooking.

- 1. Place the temperatue probe into the food with the first inch of the sensor in the center of the food. See step 1 on page 17.
- Plug the temperature probe into the soket on the side of the oven. See step 2 on page 17.
 CAUTION: Do not plug the pointed end of the temperatue probe into the socket.
- 8. Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window once it exceeds 115°F.



- **3.** Touch CLEAR.
- Touch TEMP CONTROL. "F" will show in the display window.
- Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 155°F, you would touch numbers "1" "5" and "5". When you touch "155", the display window will show "155F". If the temperature probe is not plugged into the socket, the oven will not start.
- 6. Touch COOK CONTROL. The word "HI" will show in the display window until you enter a lower power setting. This is to remind you that the oven will always operate at full power unless you set a lower power.
- 7. Choose the cook control setting you desire and touch the corresponding numbers. For example, if the recipe should call for cooking at the "70 (ROAST)" setting, you would touch numbers "7" and "0", When you touch "7" and "0", the display window will show "70". This means that in the "70 (ROAST)" setting, the oven is at power level 70.



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9. A tone will sound for one second when the temperature is reached. The oven will switch into "Hold Warm" to keep the food warm. The cook control setting automatically changes to "Power level 1". The display window will show "Hold".



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10. To be sure the correct temperature is being held, you may touch TEMP CON-TROL. The "holding" temperature will show in the display window. The ''Hold Warm'' will continue for 60 minutes after the food reaches the chosen temperature or until the door has been opened or until STOP has been touched. If the door has been opened, the "Hold Warm'' will stop. To reset, simply touch TEMP CON-TROL, the corresponding numbers and START.

NOTE: The highest temperature that can be set is 185°F. The temperature is displayed in 5°F increments.



WHOLE MEAL COOKING

(See Cookbook for detailed explanation)

Whole Meal cooking lets you cook two or more different foods at the same time. Foods need not be placed in the oven at the same time. nor be removed at the same time, unless needed.

- **1.** Place the Metal Rack in the guides on the side walls of oven cavity as shown.
- 2. Place food into the oven.
- **3.** Set the oven following the instructions given in the cookbook.

METAL RACK

Remove Metal Rack from oven when not being used for whole meal cooking.

- Do not use the oven empty with the Metal Rack in it.
- The Metal Rack may get hot during cooking. Pot holders may be needed to remove Rack after cooking.
- Do not use browning dishes on Metal Rack.
- Do not use foil or metal containers on the Metal Rack.



UTENSILS

MATERIALS TO USE IN YOUR MICROWAVE OVEN

OVENPROOF GLASS

Ovenware (treated for high-intensity heat), such as utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trimming.

CHINA

Bowls, cups, serving pieces, plates and platters without metallic trimming.

POTTERY

Dishes, cups, mugs and serving pieces without metallic trimming.

PLASTIC

Plastic wrap may be used as a cover. Lay the plastic wrap loosely over the dish and press it to the sides. The dish should be deep enough so that plastic wrap will not touch the food. As the food heats, it may cause the wrap to melt wherever it touches the food. Plastic dishes, cups, semirigid freezer containers and plastic bags are usable for short-time cooking. Use with care as some softening of the plastic may occur with heat from the food.

PAPER

Paper towels, waxed paper, paper napkins and paper plates are usable.

UTENSIL TEST: A simple way to find out if a utensil can be used for microwave cooking is to place it empty on the cooking tray. Close the door and set the time to 30 seconds ($\frac{1}{2}$ minute). Then touch START. If the utensil is warm to the touch at the end of this time, it should not be used for microwave cooking.

CAUTION: Always make sure that closed utensils are opened and plastic pouches of vegetables (or other food items) are pierced béfore cooking. Tightly closed utensils could explode.

MATERIALS TO AVOID USING IN YOUR MICROWAVE OVEN

METAL UTENSILS

Metal utensils are not recommended because the metal shields the food from microwave energy on the bottom and on the sides, causing uneven cooking results. *Metal utensils will also cause arcing and can damage the microwave oven*.

METAL DECORATION

Metal-trimmed or metal-banded dinnerware, casserole dishes, etc., should not be used. The metal trim interferes with normal cooking and may damage the dish.

CENTURA* TABLEWARE

Corning Glass does not recommend the use of its Centura $^{\Re}$ tableware or Corelle $^{\tilde{\pi}}$ closed handle cups for microwave cooking.

ALUMINUM FOIL

Large sheets or pieces of aluminum foil should be avoided because they will hinder cooking and may cause harmful arcing. However, smaller pieces may be used to cover areas such as poultry legs and wings. Any aluminum foil used should be at least 1 inch from the side walls of oven.

WOOD

Wooden bowls and boards will dry out when used in the microwave oven and may split or crack.

OTHER

Avoid using brown paper and cracked, flawed or chipped utensils, including ovenproof glassware.

CAUTION: Do not use metal ties on any paper or plastic bags; the ties become hot and could cause a fire.



CARE AND CLEANING

Wipe the microwave inside and out, and the hood bottom cover outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. Use a chrome cleaner and polish on chrome, metal and aluminum surface. This should be done on a weekly basis-more often if needed. Never use rough cleaning powders or pads.



REMOVABLE PARTS

Temperature probe

After each use of the Temperature Probe, it must be removed from the socket. Use pot holder, as the wire, plug and sensor sections may be hot. Wipe food or liquid from sensor with damp cloth.

Glass tray and Metal rack

The glass tray and metal rack can be removed for cleaning at the sink. Wipe up spillovers with paper towel or cloth before removal of tray.

Be careful not to chip or scratch the edges of the tray as this may cause the tray to break during use.

Stirrer shield

The oven inside top (stirrer shield) can be gently wiped in place or removed for washing at the sink. Excessive oil spatters on the inside top (stirrer shield) will make them difficult to remove, if left for many days. Wipe them with a wet paper towel especially after cooking chicken or bacon.

The stirrer shield sets in slots along the sides and in the rear of the oven and is held by three tabs in front. Carefully pull the front edge down and forward to remove. Wash only in warm (not hot) detergent water, rinse and wipe dry. Avoid hitting or bending the metal stirrer blade, as this could cause uneven cooking or microwave power loss. To replace shield, slide it into the side and rear slots with cut-off at left rear corner, and carefully fit the front edge of the shield with three tabs.



Exhaust filters

The two mesh exhaust filters on the hood bottom cover can be removed for washing in a sink. The filters are held by metal springs in the center of the hood bottom cover. To remove it, place a finger in the finger recess of the hood bottom cover and push it toward the center and pull down. Wash only in warm detergent water, rinse and wipe dry.

Do not use ammonia for aluminum mesh filters.

Do not run the hood fan without the filters.



Charcoal filter replacement (Required when unit is not vented to outside)

The hood ventilation filters the air and discharges it back into kitchen through the Charcoal Filter. Stock No. 84126 which may be ordered at a Sears retail store or Sears catalog. if the exhaust air is not vented to the outside of house.

The Charcoal Filter behind the grillwork should be replaced every 6 to 12 months — more often if needed.

To replace the Charcoal Filter, open the door, grasp the grillwork and pull it forward to remove. Slide the filter out from the filter bracket.

The used filter must be replaced with new one.



Work light replacement

Be sure the power is disconnected at the house circuit breaker, or by unplugging the power cord. To replace the cooktop fluorescent lamp, the hood bottom cover must be removed. Remove 7 screws from the front edge and the both side edges of the hood bottom cover. To remove the lamp, hold the lamp ends, turn it about 1/4 turn and then pull it down. The same wattage and size of the fluorescent lamp must be used for replacement. To replace the lamp, put the lamp prongs into each socket and turn the lamp about 1/4 turn. Put back the hood bottom cover by sliding it into the rear slots of the hood bottom cover and fastening 7 screws.





QUESTIONS AND ANSWERS

OPERATION

- Q. What is wrong when the oven light will not glow during cooking or when the oven door is open?
- A. There may be several reasons why the oven light will not glow. Perhaps:
 - TIME has not been set.
 - The light bulb has burned out.
 - START has not been touched.

Q. Why does steam come out of the grill work?

- A. Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the grill work.
- Q. Will the microwave oven be damaged if it operates empty?

A. Yes. Never operate the oven empty or without the glass tray.

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

- A. No. The metal screen bounces the energy back into the oven cavity. The holes (or ports) are made to allow light to pass through. They do not let microwave energy pass through.
- Q. Why does the "beep tone" sound when a "pad" on the control panel is touched?
- A. The "beep tone" sounds to assure that the setting is being 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 of destruction which may result in the food creating smoke and even possible fire damage to the inside of the oven. It is always best to attend the oven while it is in the cooking process.
- Q. When the oven is plugged into a wall outlet for the first time, it might not work properly. What is wrong?
- A. Only when the oven is plugged in for the first time or when power resumes after a power interruption, the microcomputer used in the oven control assembly may temporarily become scrambled and fail to function as programmed.

Unplug the oven from the 120-volt household outlet and then plug it back in. The microcomputer will be reset for proper function thereafter.

- Q. Why do I see light reflection around the outer case?
- A. This light is from the oven light which is located outside the oven cavity.



QUESTIONS AND ANSWERS (Cont'd)

FOODS

- Q. What is wrong when baked foods have a hard, dry, brown spot?
- A. A hard, dry, brown spot shows 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 toothpick before cooking it.

CAUTION: Never microwave cook 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, one may need to vary the cooking time 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. Popping com in a microwave oven is not recommended. Microwaves pop too few kernels to make the technique successful. Longer cooking does not yield more popped corn. It can cause fire or cause the cooking dish to become too hot to handle or to break.

Microwave-popping devices are available. While safe to use, they usually do not give results equal to regular popping methods. If they are used, carefully follow the instructions which come with the popping device and never leave the oven unattended while popping com.

CAUTION: Never use a paper bag for popping corn.

- Q. What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?
- A. The fourth potato may be slightly heavier than the others and should be cooked 30 to 60 seconds longer. Remember to allow space around each potato when baking. Also, for more even cooking, put potatoes in a circle.
- 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 regular cooking methods, the interior of the apple expands during the cooking process.
- Q. How are boil-overs avoided?
- A. When cooking foods that tend to boil over, use a larger utensil than usual for cooking. If you open the oven door or touch STOP, the food will stop boiling. (Remember to touch START again after closing the door to restart the cooking cycle.)
- Q. Why is a standing time recommended after microwave cooking is over?
- A. Standing time is recommended after microwave cooking is over. This is to allow foods to continue cooking evenly throughout for a few moments after the actual microwave oven cooking cycle. The amount of standing time depends upon the density of the food.
- Q. Why is an additional time required for cooking food stored in refrigerator?
- A. As in conventional cooking, the initial temperature of food affects total cooking time. More time is needed to cook the food just taken out of a refrigerator than food at a room temperature.

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 chart below and try the solutions marked 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	X	X	X	X									
Arcing or Sparking					x	х	х						
Unevenly Cooked Foods					x			x	X	х			
Overcooked Foods						X					X	X	
Undercooked Foods					X	х				x	X	X	x
Improper Defrosting			[X			X	x		x		
SOLUTION													
Is power cord plugged in? Is door cl													
Cooking													
Temperature not set or plugged in.	probe	not pi	roperly										
Use a	pprov	ed co	okwar	e only									
Properl	y posi	tion te	empera	ature	probe.								
	Do	not oj	perate	with	oven e	empty							
		Sup	plied g	glass t	ray m	ust be	used						
						Turn	or stir	food.					
					C	Compl	etely (defrost	t food				
-				Use	corre	ct Tin	ne/Co	ok Co	ntrol s	etting			
						Use	correc	ct Terr	np Coi	ntrol s	etting.		
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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.
 Replacement of defective parts other than magnetron 	w	MA
2. Replacement of magnetron	w	w
 Annual preventative maintenance check at your request 	MA	МА

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W—WARRANTY
MA—MAINTENANCE AGREEMENT
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Contact your Sears salesperson or local Sears Service Center today and purchase a Sears Maintenance Agreement.



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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.

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.

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

WARRANTY SERVICE IS AVAILABLE BY SIMPLY CONTACTING THE NEAREST SEARS STORE OR SERVICE CENTER IN THE UNITED STATES.

THIS 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.698/731A, SEARS TOWER, CHICAGO, IL. 60684