

Sears

USE & CARE MANUAL

STOCK NO.
87451

KNOW YOUR UNIT

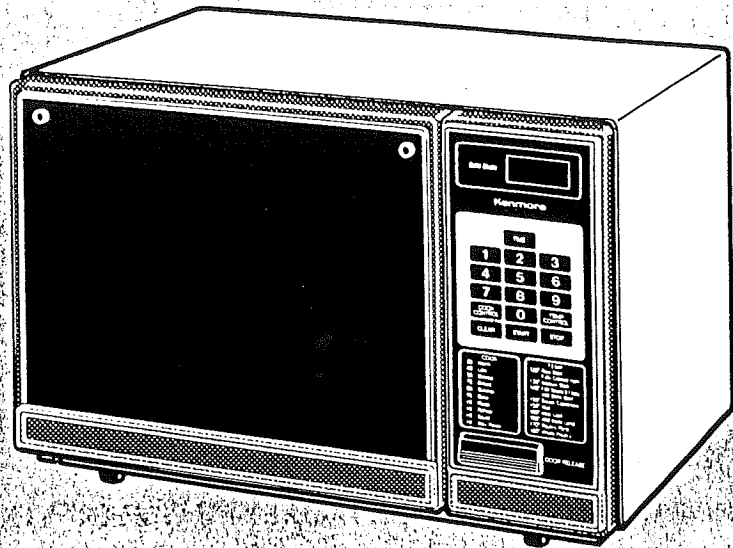
Read this booklet so you will be able to enjoy all the features in your Kenmore Microwave Oven.

Record in space provided below the Model No. and the Serial No. found on the label on cabinet back.

Model No. _____

Serial No. _____

Retain this information for future reference.



Kenmore

MICROWAVE OVEN

Use and Care

12719

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 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.

IMPORTANT-FOR PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The glass tray must be in the oven during cooking.
- 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.
- 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.

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 of the glass tray.
- 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.
- 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 EXCESSIVE MICROWAVE ENERGY" found on Page 2.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on Page 6.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual.
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 19.)
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

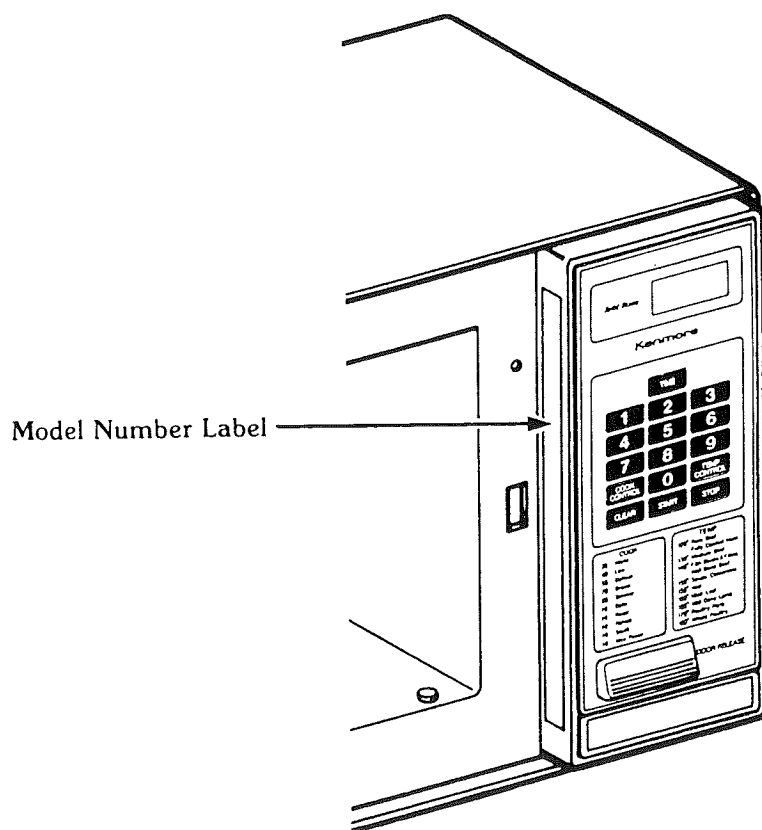
Enjoy a new cooking experience from Sears. Please read this booklet. It takes only a few minutes—time well spent to learn how to use all of the features.

Advice on the use and care of Sears appliances is always available at your nearest Sears store. When seeking information, be sure you have the complete model number which is 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 model number is also located on the back of the cabinet.

The number will look like this: 565.8000000



IMPORTANT— ELECTRICAL GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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

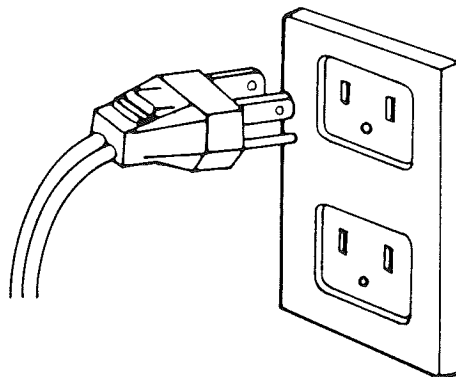
Consult a qualified electrician or Sears Service Department if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer cord sets or extension cords are available and may be used if care is exercised in their use.

If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3 wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally. The electrical power cord must be kept dry and must not be pinched or crushed in any way.

**PROPERLY POLARIZED AND
GROUNDED OUTLET**



Three-Pronged (Grounding) Plug

INSTALLATION

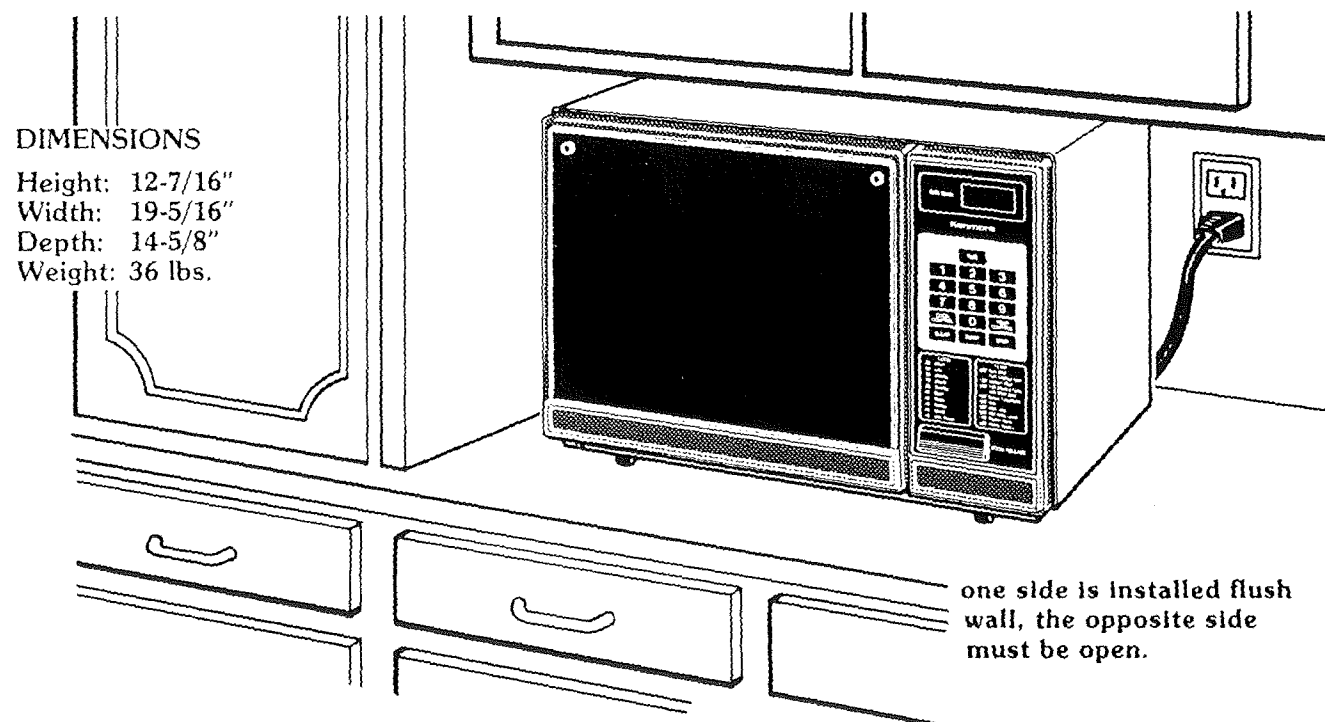
Install your oven by following these three simple steps:

Step 1: Remove all packing material and accessories.

Step 2: Place the oven in the level location of your choice, but make sure there is at least one inch of space on the top and at the rear for proper ventilation. The top of the oven should be kept clear and the plastic feet must be kept on the oven so there is air flow for ventilation. An exhaust outlet is at the rear of the oven. Blocking the outlet can damage the oven.

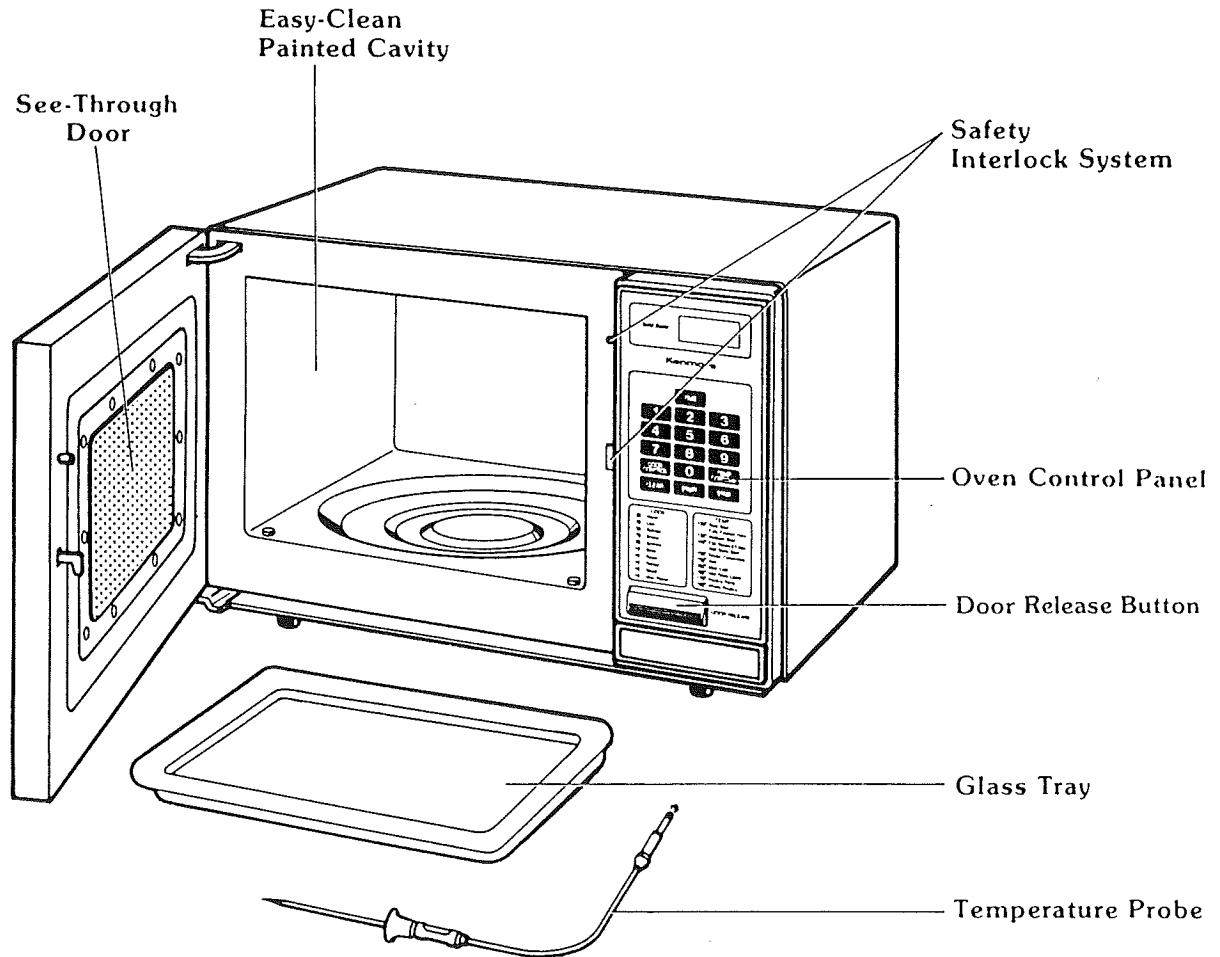
Step 3: Plug your oven into a Standard 120 volt household outlet. Be sure the electrical circuit is at least 15 amp and that your microwave oven is the only appliance on the circuit.

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



Note: This oven is not designed for a built-in use.

NAMES OF OVEN PARTS

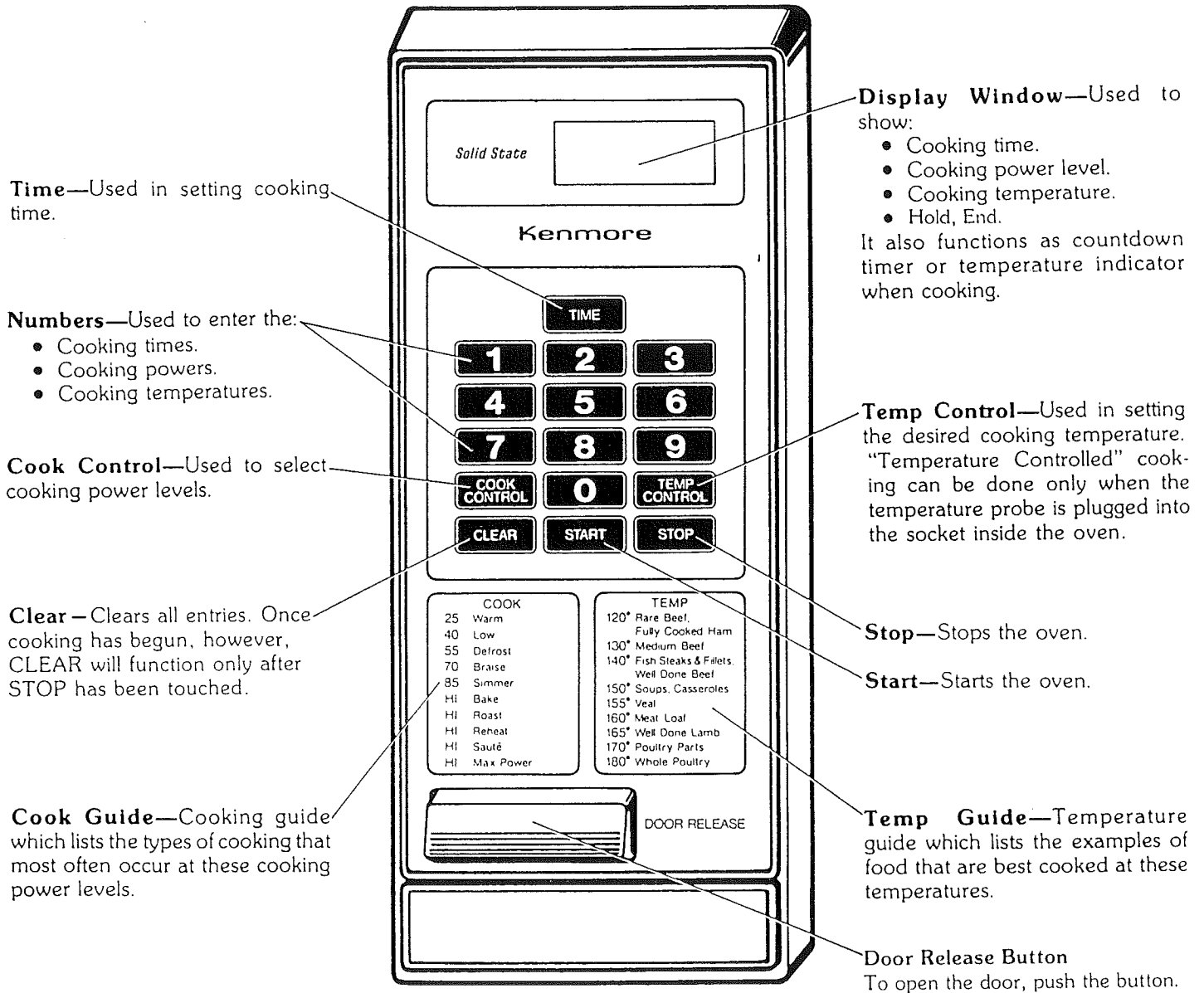


Remove your Sears Kenmore Microwave Oven and all material from the shipping carton. Your oven will be packed with the following items:

Glass Tray	1 Each
Temperature Probe	1 Each
Cookbook	1 Each
"Use and Care Manual"	1 Each

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.

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.

TEMPERATURE CONTROLLED “HI-POWER” AND “MULTI-POWER” COOKING

“Hi-Power and/or Multi-Power” with TEMP CONTROL allows you to cook food to a preset temperature using maximum or slower microwave cooking 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.

EASY USE CHART

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

“HI-POWER” COOKING	“MULTI-POWER” COOKING
<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME. 3. Touch numbers for desired cooking time. 4. Touch START. <p>(See Page 11 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME. 3. Touch numbers for desired cooking time. 4. Touch COOK CONTROL. 5. Touch numbers for desired cooking power level. 6. Touch START. <p>(See Page 13 for more detailed instructions.)</p>
<p>TEMPERATURE CONTROLLED “HI-POWER” AND “MULTI-POWER” COOKING</p>	
<p>To set:</p> <ol style="list-style-type: none"> 1. Plug in temperature probe. 2. Touch CLEAR. 3. Touch TEMP CONTROL. 4. Touch numbers for desired cooking temperature. 5. Touch START. <p>NOTE: If a lower power is desired, touch cook control and the desired power setting. (See Page 17 for more detailed instructions.)</p>	

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.
2. Touch TIME.
3. Touch correct numbers for the time.
4. Touch COOK CONTROL.
5. Touch “0” (power level 0).
6. Touch START. The Timer 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 timer 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 CONTROL. The set 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 3½ minutes, touch “3”, “3” and “0”.

Remember, the timer is a digital clock that is divided into 60 seconds. Therefore, ½ minute is equal to 30 seconds. Touch 30 and not 50 as with a calculator to indicate ½.

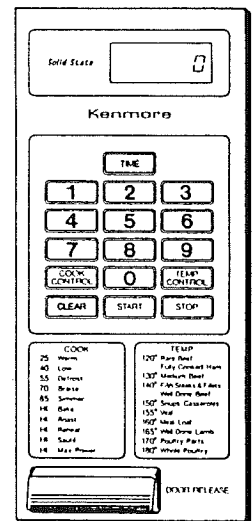
NOTE: It is not necessary to touch COOK CONTROL when cooking with the highest power (“HI”). However, if COOK CONTROL is touched, the word “HI” will show in the display window. This is to let you know that the oven will be operating on “HI” power unless a different power setting is chosen.

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.

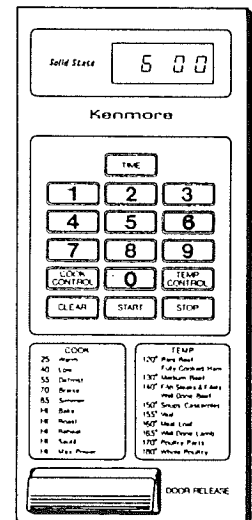
NOTE: To stir food during cooking: open the oven door; stir or turn the food; close the oven door; and touch START. The oven will automatically continue to count down the amount of time left on the timer.

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

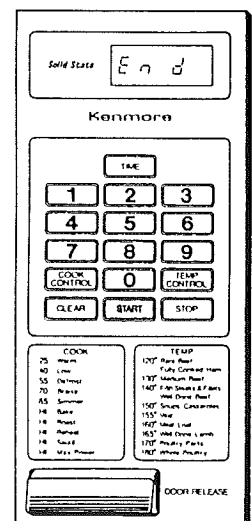
1. Touch CLEAR.
2. Touch TIME.



3. 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 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 6 minutes are over. Then the oven will shut itself off.



COOKING GUIDE 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
25	WARM	<ul style="list-style-type: none"> • Softening cream cheese. • Keeping casseroles and main dishes warm.
40	LOW	<ul style="list-style-type: none"> • Softening chocolate. • Heating breads, rolls, pancakes, tacos, tortillas and French toast. • Clarifying butter. • Taking the chill out of fruit. • Heating small amounts of food.
55	DEFROST	<ul style="list-style-type: none"> • Thawing meat, poultry and seafood. • Completing the cooking cycle of casseroles, stews and some sauces. • Cooking small quantities of most food.
70	BRAISE	<ul style="list-style-type: none"> • Cooking less tender cuts of meat in liquid or slow cooking dishes. • Completing the cooking cycle of less tender roasts.
85	SIMMER	<ul style="list-style-type: none"> • Cooking stews and soups after bringing to a boil. • Cooking baked custards and pasta.
100 (HI)	MAX POWER BAKE/ROAST REHEAT/SAUTÉ	<ul style="list-style-type: none"> • Cooking scrambled eggs. • Cooking cakes. • Cooking rump roast, ham, veal, and lamb. • Cooking cheese dishes. • Reheating precooked or prepared food quickly. • Cooking onions, celery and green peppers quickly. • Cooking poultry, fish, vegetables and most casseroles. • Preheating the browning dish.

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 BRAISE and SIMMER, 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—between BRAISE and SIMMER.

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 55 (DEFROST) setting.

1. Microwave on “HI” for 2 minutes per pound of dense food items.
2. Then Microwave on 55 (DEFROST) for 3 minutes per pound or until food is thawed.
Defrosting time will be greatly reduced.

“MULTI-POWER” COOKING

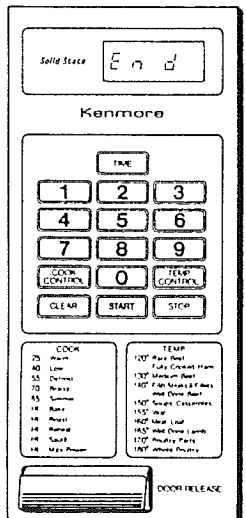
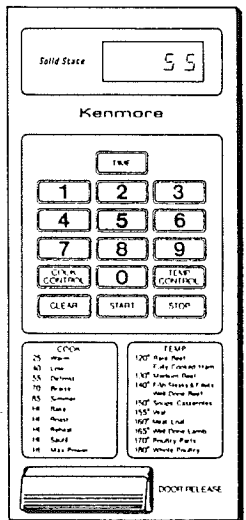
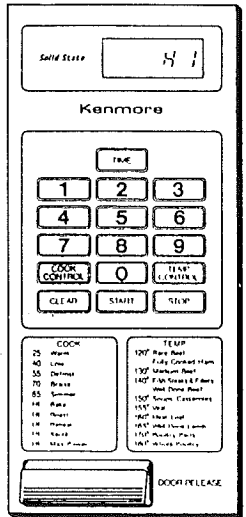
Many foods need slower cooking (at less than full power) in order to give you the best results. In addition to “HI” there are ninety-nine multi-power settings. The cookbook tells you which power setting is recommended for the food being cooked.

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 “40 (LOW)” setting, you would touch “4” and “0”. The display window will show “40”. This means that in the LOW setting, the oven is cooking at power level 40.
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.

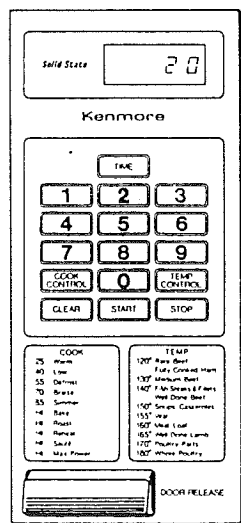
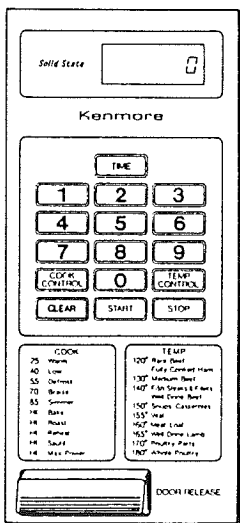
EXAMPLE: To defrost 1 slice frozen bread, you would defrost at power level 55 (DEFROST) for 20 seconds. To do this, follow these six steps:

1. Touch CLEAR.
2. Touch TIME.
3. Set 20 seconds by touching “2” and then “0”. “20” will show in the display window.



5. Choose the “55 (DEFROST)” setting by touching the numbers “5” and “5”. The display window will show “55”. This means the oven is cooking at power level 55.

6. Touch START. The oven begins to cook and the time will be the count down in the display window. A tone will sound and the word “End” will show in the display window for 2 seconds after the 20 seconds are over. Then the oven will shut itself off.



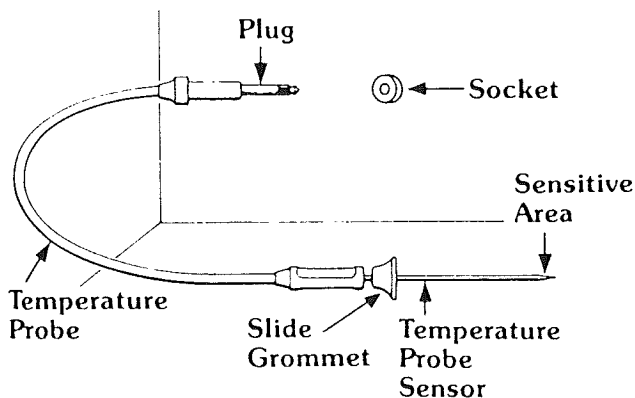
“TEMPERATURE CONTROLLED” COOKING

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.

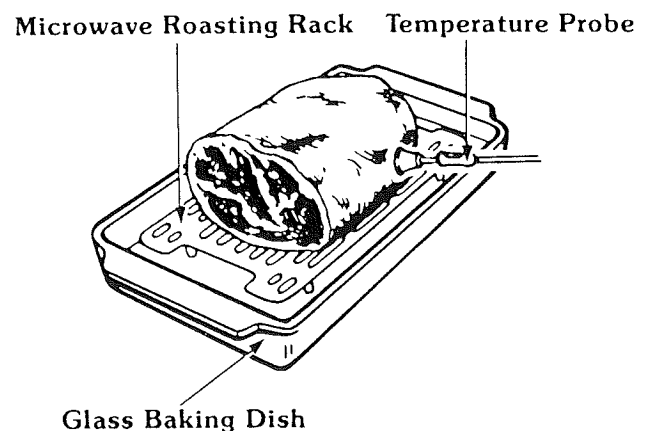
When chosen temperature is reached the display will show "Hold" for 60 minutes or until the door is opened or STOP is touched.

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 power setting and 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 power setting and time. 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.



“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.
- Refer to cookbook for other information.
- Be sure to turn meat between first and second settings.

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) 16—20 min.		HI (Max. Power) 160°F	5—10 min.
Rib Roast, boneless	HI (Max. Power) Rare 5-1/2—6 min. per lb. Medium 6-1/2—8 min. per lb. Well done 8—9-1/2 min. per lb.	HI (Max. Power) Rare 4—5 min. per lb. Medium 6—6-1/2 min. per lb. Well done 7—8 min. per lb.	HI (Max. Power) 120°F 130°F 140°F	10 min. 10 min. 10 min.
Rib Roast, with bone	HI (Max. Power) Rare 4—5-1/2 min. per lb. Medium 6-1/2—8 min. per lb. Well done 8—9-1/2 min. per lb.	HI (Max. Power) Rare 4—5 min. per lb. Medium 4—6 min. per lb. Well done 6—7 min. per lb.	HI (Max. Power) 120°F 130°F 140°F	10 min. 10 min. 10 min.
LAMB Lamb Leg or Shoulder Roast, with bone	HI (Max. Power) Medium 4—5 min. per lb. Well done 5—6 min. per lb.	HI (Max. Power) Medium 4—5 min. per lb. Well done 5—6 min. per lb.	HI (Max. Power) 145°F 165°F	5 min. 10 min.
Lamb Roast, Boneless	HI (Max. Power) 6—7 min. per lb.	HI (Max. Power) 6—7 min. per lb.	HI (Max. Power) 150°F	10 min.
VEAL Shoulder or Rump Roast, boneless 2—5 lbs.	HI (Max. Power) 9 min. per lb.	HI (Max. Power) 10—12 min. per lb.	HI (Max. Power) 155°F	10 min.
PORK Pork Loin Roast, boneless 3—5 lbs.	HI (Max. Power) 8 min. per lb.	HI (Max. Power) 6—7 min. per lb.	HI (Max. Power) 160°F	10 min.
Pork Loin, center cut 4—5 lbs.	HI (Max. Power) 6-1/2—8 min. per lb.	HI (Max. Power) 4—6 min. per lb.	HI (Max. Power) 160°F	10 min.
Ham, boneless, precooked	HI (Max. Power) 6—8 min. per lb.	HI (Max. Power) 6—8 min. per lb.	HI (Max. Power) 120°F	10 min.
Center Cut Ham Slice 1—1½ lbs.	HI (Max. Power) 6 min. per lb.	HI (Max. Power) 6—7 min. per lb.	HI (Max. Power) 120°F	10 min.
Smoked Ham Shank	HI (Max. Power) 4—6 min. per lb.	HI (Max. Power) 4—6 min. per lb.	HI (Max. Power) 120°F	10 min.
Canned Ham 3 lbs.	HI (Max. Power) 6—7 min. per lb.	HI (Max. Power) 6—7 min. per lb.	HI (Max. Power) 120°F	10 min.
5 lbs.	HI (Max. Power) 4—6 min. per lb.	HI (Max. Power) 4—6 min. per lb.	HI (Max. Power) 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 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	HI (Max. Power)	150°F	Place the temperature probe sensor into the center of the soup. Cover with casserole lid, waxed paper, or plastic wrap.
Precooked Casseroles	HI (Max. Power)	150°F	Place temperature probe sensor into the center of the food. Cover with a casserole lid, waxed paper, or plastic wrap.
Canned Vegetables	HI (Max. Power)	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	HI (Max. Power)	150°F	Place the temperature probe sensor in the densest or largest amount of food.
Meat Sandwiches (Thick)	HI (Max. Power)	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	HI (Max. Power)	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	HI (Max. Power)	150°F	Place the temperature probe sensor into the center of the container.

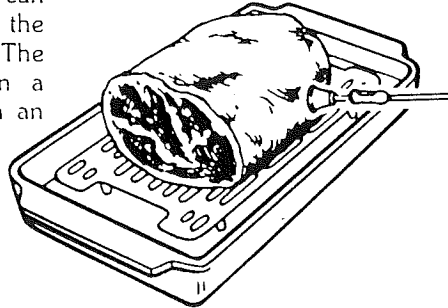
CAUTION: From time to time, the same kind of foods may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the temperature controlled settings for this food items or for foods that require

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.

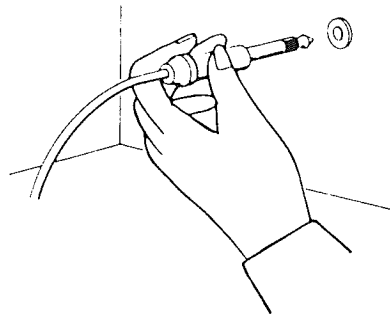
TEMPERATURE CONTROLLED "HI-POWER" AND "MULTI-POWER" COOKING AND AUTOMATIC "HOLD WARM"

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

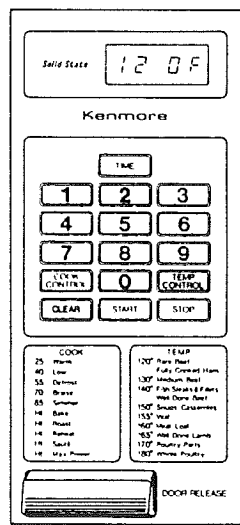
- Place the temperature probe into the food with the first inch of the sensor in the center of the food. Adjust the length of the temperature probe by sliding the grommet before inserting it into food so that the sensitive area of the probe can always be placed in the center of the meat. The probe should be in a level direction or on an angle as shown. *It should not be put in from the top.*



- 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.

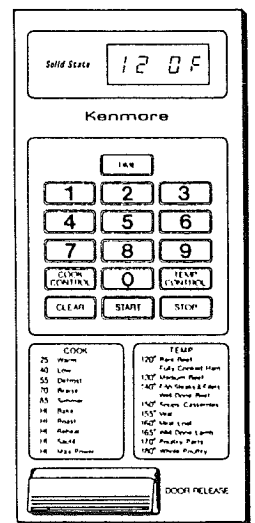


- Touch CLEAR.
- Touch TEMP CONTROL. "F" will show in the display window.
- Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 120°F, you would touch the numbers "1", "2" and "0". When you touch "120" the display window will show "120F".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

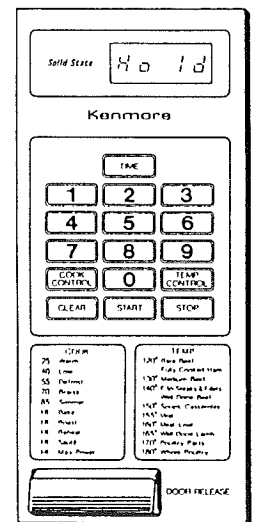


NOTE: It is not necessary to touch COOK CONTROL when you are cooking with "HI (MAX POWER)". However, if a lower power is desired, touch COOK CONTROL. The word "HI" will show in the display window. Touch the desired power setting. For example, if the recipe calls for cooking at the "70" (BRAISE) setting, touch "7" and "0". The display window will show "70".

- 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.



- 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.

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 (½ 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 before 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[®] tableware or Corelle[®] 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.*

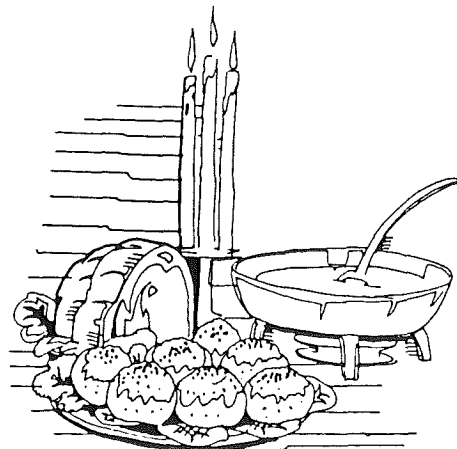
WOOD

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 with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done on a weekly basis—more often if needed. *Never use rough powders or pads.*

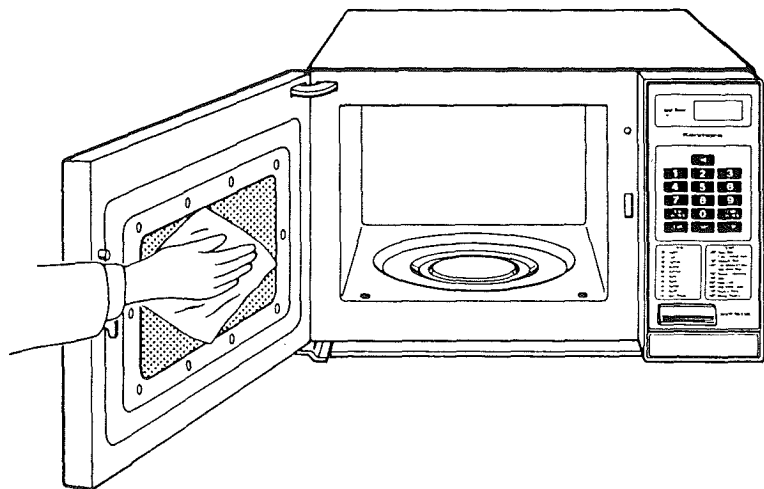
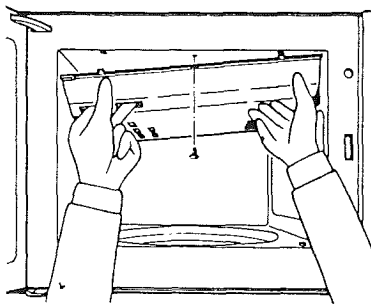
REMOVABLE PARTS

- The following removable parts may be removed as described. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. *Never use rough cleaning powders, steel wool or rough cleaning pads.*
- 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 the sensor with a soft damp cloth.
- The *glass tray* may be removed for cleaning at the sink. Wipe up spillovers with a paper towel or cloth before removal of the tray. Be careful not to chip or scratch the edges of the tray as this may cause the tray to break during use.
- 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 is held in the inside top of oven cavity by one plastic pin at the front and four shield tabs fitting into the slots at the rear and the front. To remove it, pull the shield down while you are pushing it backward. Be careful not to lose the plastic pin during removal. Wash only in warm (not hot) detergent water, rinse, and wipe dry. Avoid hitting or bending the metal stirrer blades, as this could cause uneven cooking or microwave power loss. To replace the shield, position it in the top of the oven cavity and retain it with the plastic pin in front.

SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe both often with a mild detergent. Then rinse and wipe dry. *Never use rough powders or pads.*

After cleaning the control panel, touch CLEAR. This will clear any entries that might have been entered accidentally while cleaning the panel.



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 air exhaust vent?

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

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 back the energy to 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.*

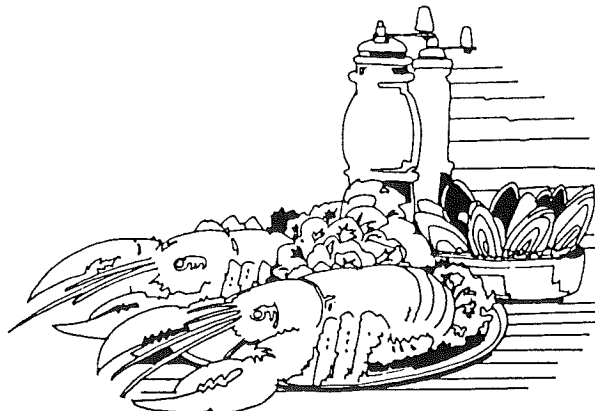
Q. When the oven is plugged into a wall outlet for the first time, it might not work properly. What is wrong?

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 corn 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 corn.

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	X	X						
Unevenly Cooked Foods					X			X	X	X			
Overcooked Foods						X					X	X	
Undercooked Foods					X	X				X	X	X	X
Improper Defrosting					X			X	X		X		

SOLUTION

Is power cord plugged in? —

Is door closed? —

Cooking time not set. —

Temperature not set or probe not properly plugged in. —

Use approved cookware only. —

Properly position temperature probe. —

Do not operate with oven empty. —

Supplied glass tray must be used. —

Turn or stir food. —

Completely defrost food. —

Use correct Time/Cook Control setting. —

Use correct Temp Control setting. —

Check to see that oven ventilation ports are not restricted. —

SEARS SERVICE

"WE SERVICE WHAT WE SELL"

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

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

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

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

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

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

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

W—WARRANTY
MA—MAINTENANCE AGREEMENT

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

Sears

USE & CARE
MANUAL

STOCK NO.
87451

Kenmore

MICROWAVE OVEN

WARRANTY

FULL ONE YEAR WARRANTY ON MICROWAVE OVEN

FOR ONE YEAR FROM THE DATE OF PURCHASE, IF THIS KENMORE MICROWAVE OVEN FAILS DUE TO A DEFECT IN MATERIAL OR WORKMANSHIP, SEARS WILL REPAIR IT, FREE OF CHARGE.

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**

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