

SEARS

**USE & CARE
MANUAL**

**STOCK NOS.
87447/87448**

KNOW YOUR UNIT

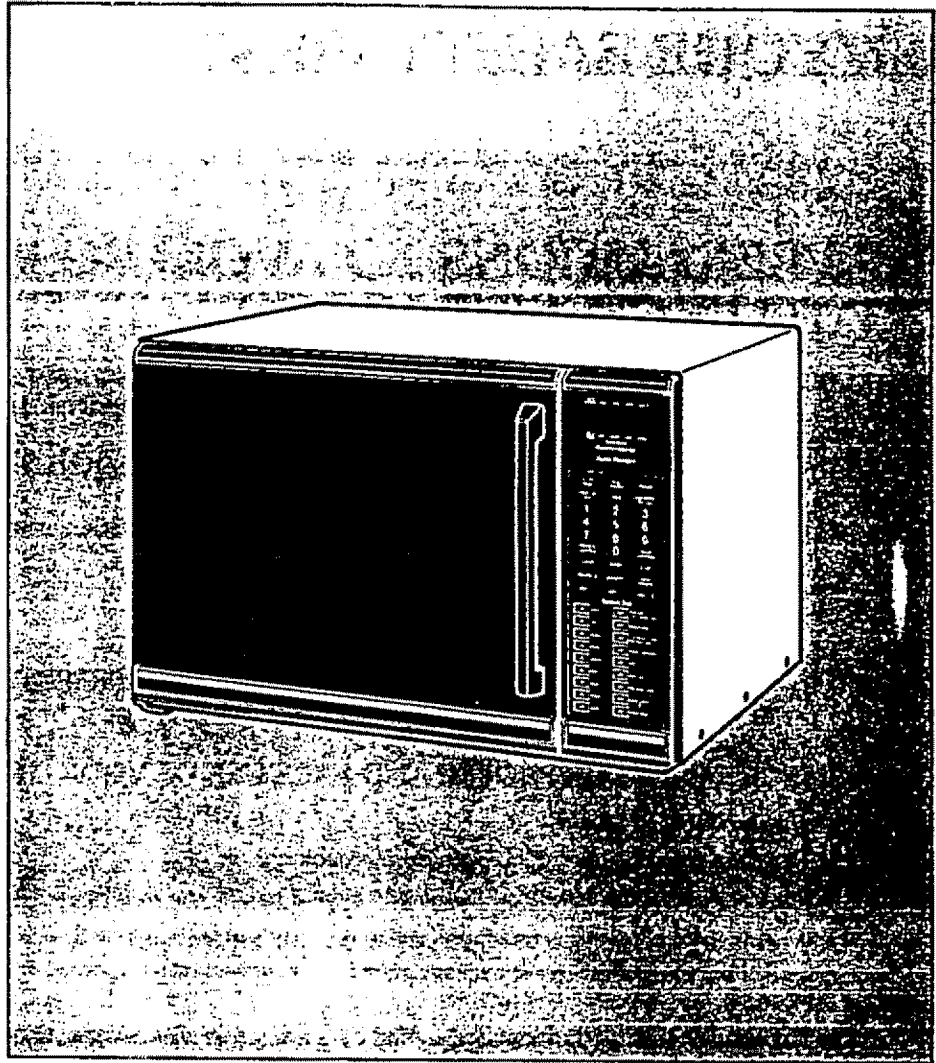
Read this booklet so you will be able to enjoy all the features in your Kenmore Microwave Oven.

Record in space provided below the Model No. and the Serial No. found on the labels on the inner left side of control panel.

Model No. _____

Serial No. _____

Retain this information for future reference.



Kenmore MICROWAVE OVEN Use and Care

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.
- Place the cookware gently on the glass tray and handle the tray carefully to avoid possible breakage.
- When a browning dish is used, the browning dish bottom must be at least 3/16 in. above cooking 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 heat any types of baby bottles or baby food. Uneven heating may occur and possibly cause personal injury.
- DO NOT heat small-necked containers, such as syrup bottles, in the microwave oven.
- 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. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.

NOTE: If a fire should start:

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

- a. Do NOT grossly overcook foods. As many grossly overcooked foods will cause fires in the oven cavity, carefully attend the oven; especially, if paper, plastic, or other combustibles are placed inside the oven.
 - b. Do NOT store combustible items such as, bread, cookies, etc. inside the oven because if lightning strikes the power lines it may cause the oven to turn ON.
 - c. Do not use wire twist-ties in the oven. Be sure to inspect purchased items for wire twist-ties and remove them before the item is placed in the oven.
4. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on Page 6.

5. Install or locate this appliance only in accordance with the provided installation instructions.
6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars for example may explode and should not be heated in this oven.
7. Use this appliance only for its intended use as described in this manual.
8. As with any appliance, close supervision is necessary when used by children.
9. 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.
10. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
11. Do not cover or block any openings on the appliance.
12. Do not use outdoors.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. When cleaning surfaces of door and oven that come 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 31.)

SAVE THESE INSTRUCTIONS

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

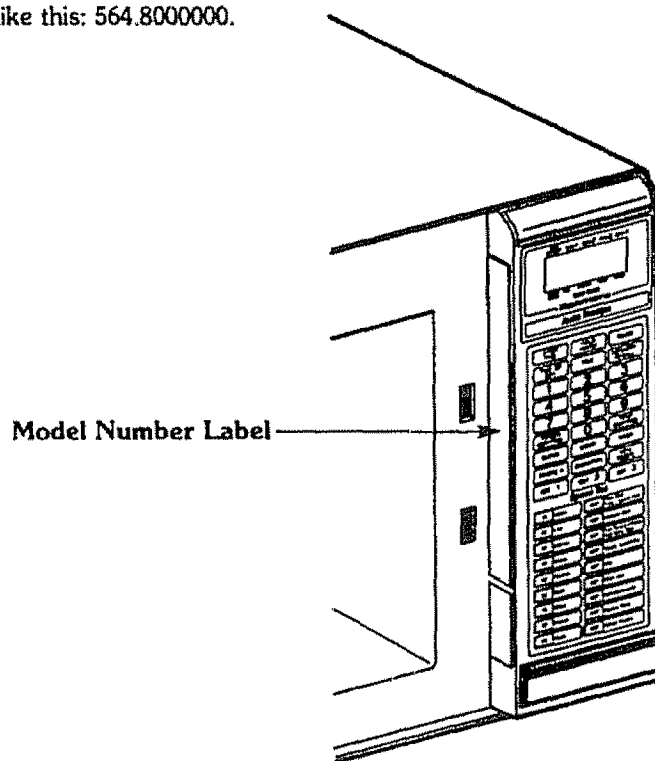
Enjoy a new cooking experience from Sears. Please read this booklet. It takes only a few minutes — time well spent to learn how to use all of the features.

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 number will look like this: 564.8000000.



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.

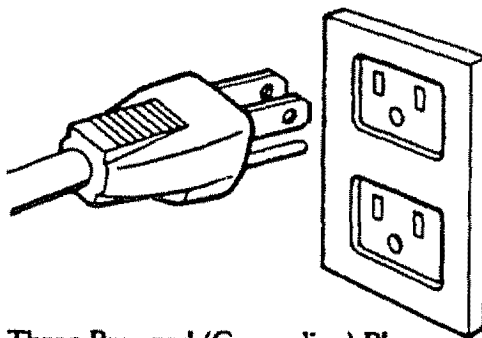
Consult a qualified electrician or Sears Service Department if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over 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.

*NOTE: Electrical Rating of the Oven; 1580 Watts, 14 Amperes

**PROPERLY POLARIZED AND
GROUNDED OUTLET**



Three-Pronged (Grounding) Plug

INSTALLATION

Install your oven by following these four simple steps:

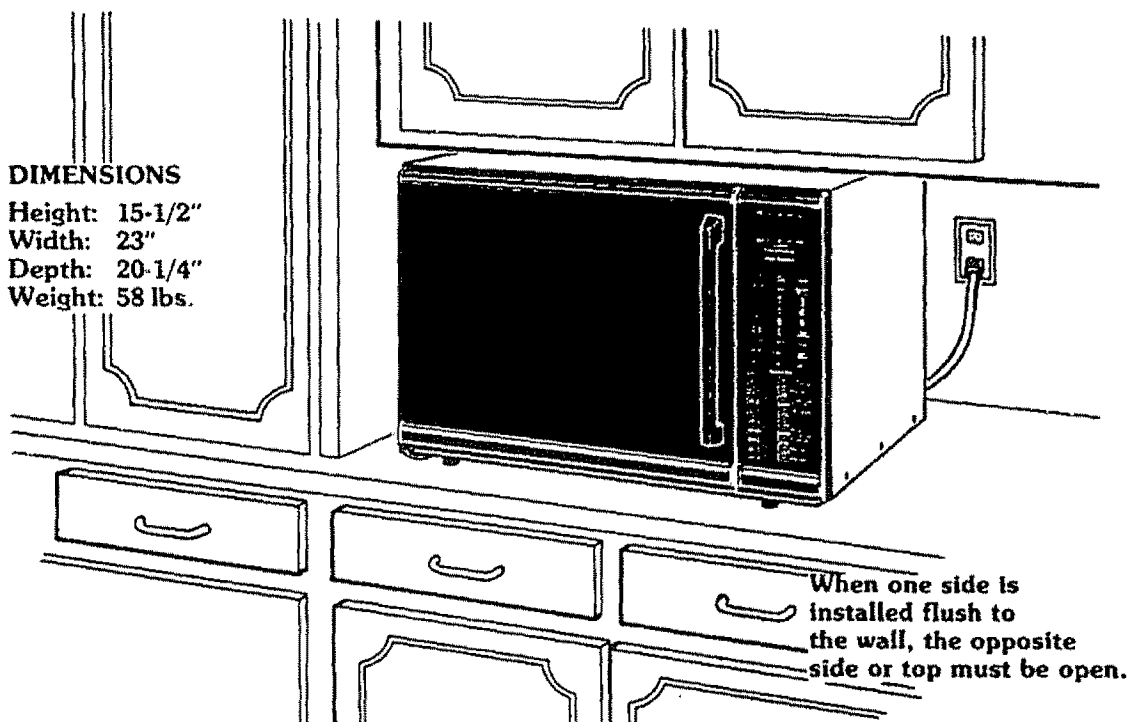
- Step 1:** Remove all packing material and accessories.
- Step 2:** Place the oven in the level location of your choice, but make sure there is at least one inch of space on the top and at the rear for proper ventilation. The top of the oven should be kept clear and the plastic feet must be kept on 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/60 Hz household outlet. Be sure the electrical circuit is at least 15 amp and that your microwave oven is the only appliance on the circuit.
- Step 4:** When your microwave oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display window will show "0:00" plus the hours and minutes that have elapsed since the oven was plugged in or the power was restored. This means that the TIME OF DAY clock must be set. Refer to "Setting Time of Day" below.

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

SETTING TIME OF DAY

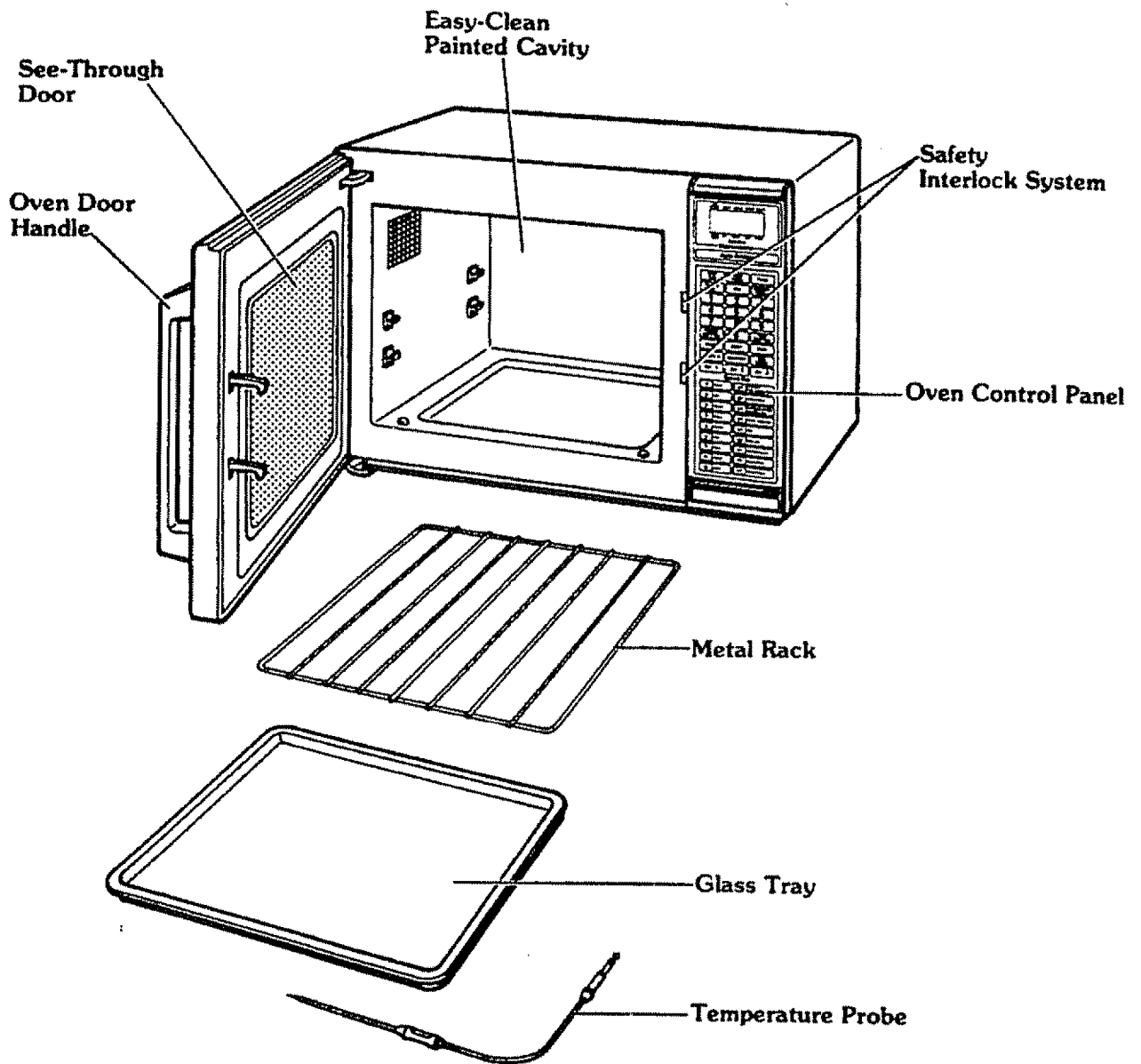
- Touch CLEAR.
- Touch TIME OF DAY.
- Touch numbers indicating the correct time.
- Touch TIME OF DAY.

(This is also explained in the "Easy Use Chart" Time of Day Section on Page 10.)



NOTE: If you want this microwave oven "Built-in", either by itself or over Sears Kenmore electric built-in oven models 42151, 42158, 42159, 4214X, 42209, 42249, 4228X, 42359, 4233X, 4238X, 42489, 42549 and 4258X (where X may be 2, 4, 6, 8 or 9) Sears Kenmore Built-in Trim Kit Model 22-84192 is available. Contact your nearest Sears Store or the catalog.

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 materials:

Glass Tray	1 Each
Metal Rack	1 Each
Temperature Probe	1 Each
Cookbook	1 Each
"Use and Care Manual"	1 Each
"Easy Use Chart" Card	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

Stage Lights—When cooking stages are set, lights will go on indicating the stage in which your oven is cooking.

Indicator Lights—Time, Power, Temp, Delay Start and Auto Defrost lights indicate which cooking operation is being used.

Hold Warm—Used in setting a Hold Warm. Cooked food can be kept warm.

Stop Time—Used in setting a Delay Start cooking. Cooking can be finished at the preset stop time.

Time of Day—Used in setting time of day.

Time—Used in setting cooking time.

Number—Used to enter the:

- Time of day.
- Delay start times.
- Cooking times.
- Cooking powers.
- Cooking temperatures.
- Food weight

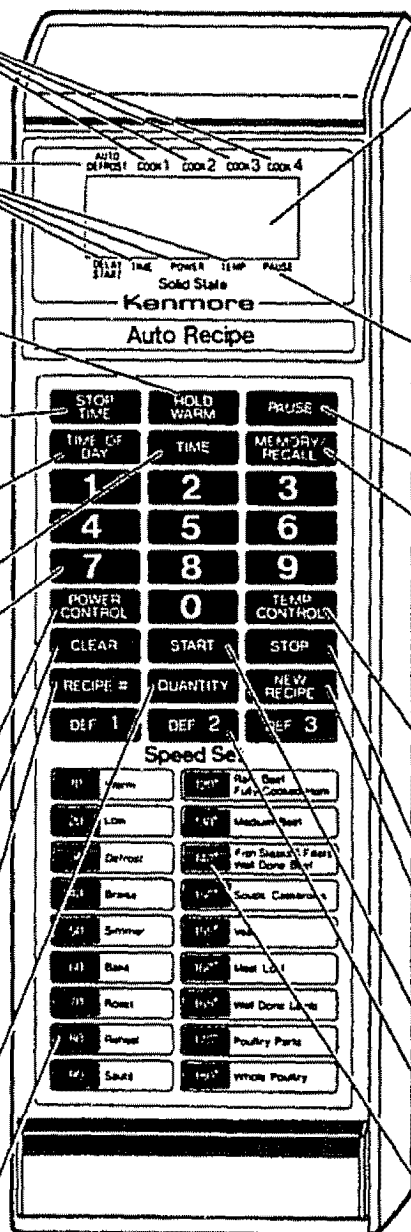
Power Control—Used to select cooking power levels.

Clear—Clears all entries except TIME OF DAY. Once cooking has begun, however, CLEAR will function only after STOP has been touched.

Recipe #—Used in Preset Recipe Cooking.

Quantity—Used in multiplying base quantity of Preset Recipes 1 thru 19. (See page 23.)

Speed Set Power—Used in setting Cooking Power Levels quickly and directly.



Display Window—Used to show:

- Time of day.
- Cooking time.
- Cooking power level.
- Cooking temperature.
- Recipe#, Quantity#.
- Hold, End, PAUS (Pause), Prob (Probe).
- Auto Defrost (dEF1, dEF2, dEF3).

It also functions as countdown timer or temperature indicator when cooking.

Pause Light—Shows oven has been set to pause between two cooking stages.

Pause—Used to stop oven between two cooking stages.

Memory/Recall—For Multi-Stage cooking, MEMORY/RECALL is used in setting:

- Cooking time.
- Power level.
- Temperature.

Also it is used to recall each memory stage in a multi-stage cooking program.

Temp Control—Used in setting the desired food temperature. "Temperature Controlled" cooking can be done only when the temperature probe is plugged into the socket inside the oven.

Stop—Stops the oven.

New Recipe—Used in programming new recipes.

Start—Starts the oven.

Auto Defrost Selection—Used in setting Auto Defrost.

Speed Set Temp—Used in setting Desired Food Temperature quickly and directly.

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

EASY USE CHART

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

TIME OF DAY	TIMER	"HI-POWER"/"MULTI-POWER" COOKING
<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME OF DAY. 3. Touch Numbers for Correct Time of Day. 4. Touch TIME OF DAY*. <p>*This "locks" in the time and starts the clock running.</p>	<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME. 3. Touch Correct Numbers for the Time. 4. Touch POWER CONTROL. 5. Touch "0" (power level 0). 6. Touch START. <p>(See Page 12 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 Speed Set Power for Cooking Power level. 5. Touch START. <p>NOTE: It is not necessary to touch Speed Set Power or POWER CONTROL when cooking with the highest power ("HI"). To set "HI-POWER" Cooking, skip step 4 above.</p> <p>(See Page 14 for more detailed instructions.)</p>
<p>TEMPERATURE CONTROLLED "HI-POWER"/"MULTI-POWER" COOKING</p> <p>To set:</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe. 2. Touch CLEAR. 3. Touch Speed Set Temp for Desired Food Temperature. 4. Touch Speed Set Power for Cooking Power level. 5. Touch START. <p>NOTE: It is not necessary to touch Speed Set Power or POWER CONTROL when cooking with the highest power ("HI"). To set "HI-POWER" Cooking, skip step 4 above.</p> <p>(See Page 18 for more detailed instructions.)</p>	<p>AUTOMATIC DEFROST</p> <p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch DEF1, DEF2 or DEF3 to select the appropriate Auto Defrosting Sequence. 3. Enter the weight of your food in decimal increments from 0.1 to 9.9 pounds. 4. Touch START. 5. At pause, turn food over by following the instructions in the cookbook. 6. After turning over, touch START to resume defrosting. <p>(See pages 19 and 20 for more detailed instructions.)</p>	
<p>MULTI-STAGE COOKING</p>	<p>DELAY START COOKING</p>	<p>PRESET RECIPE COOKING</p> <p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch RECIPE #. 3. Touch Numbers for Preset Recipe #. 4. Touch START. <p>(See Page 24 for more instructions.)</p>
<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME or Speed Set Temp for Desired Food Temperature. 3. Touch Numbers for Cooking Time. 4. Touch Speed Set Power for Cooking Power level. 5. Touch MEMORY/RECALL or PAUSE. 6. Touch TIME or Speed Set Temp for Desired Food Temperature. 7. Touch Numbers for Cooking Time. 8. Touch Speed Set Power for Cooking Power level. 9. Repeat steps 5—8 to set 3rd Cooking Stage. 10. Repeat steps 5—8 to set 4th Cooking Stage. 11. Touch START. <p>(See Pages 21 and 22 for more detailed instructions.)</p>	<p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch STOP TIME. 3. Touch Numbers for Time of Day to finish Cooking. *4. Touch TIME. 5. Touch Numbers for Cooking Time. 6. Touch Speed Set Power for Cooking Power level. 7. Touch START. <p>*Multi-Stage Cooking can be used with Delay Start. After step 3 above, follow instructions numbered 2—11 for Multi-Stage Cooking.</p> <p>(See Page 22 for more detailed instructions.)</p>	<p>PROGRAMMING NEW RECIPES</p> <p>To set:</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch NEW RECIPE. 3. Touch RECIPE #. 4. Touch Numbers for New Recipe #. 5. Program Recipe following suitable operating instructions. 6. Touch NEW RECIPE. <p>NOTE:</p> <p>1-stage cooking should be stored in Recipe #26—40. 2-stage cooking should be stored in Recipe #41—70. 3-stage cooking should be stored in Recipe #71—80.</p> <p>(See page 26 for more instructions.)</p>

RECALL AND CHANGE OF SETTINGS

To Recall a Setting

To recall (check) a setting **before you start the oven**, follow the directions below.

- To check the setting for a given stage, touch MEMORY/RECALL one or more times until the correct stage light and indicator light turns on. The set TIME or TEMP CONTROL for that stage will show in the display window
- To check the cooking power level, touch POWER CONTROL.

To recall (check) a setting **while the oven is operating**, follow the directions below.

- To check settings while the oven is operating, touch the desired pad to recall the setting for the operating stage.
- To recall a future stage, touch STOP, follow the directions above for recalling (checking) a setting before starting the oven, and then touch START to continue cooking.
- To recall TIME OF DAY while the oven is running, touch TIME OF DAY. It will show momentarily in the display window.
- To recall Recipe number (s) while the oven is running, touch RECIPE #, and it will show momentarily in the display window

To Change a Setting

Recall the setting to be changed by following the directions above and make the change as follows:

- Touch STOP The oven will stop cooking.
- Touch TIME Then touch "0" until only one "0" shows in the display window. Set the cooking time.
- Touch TEMP CONTROL Set food temperature.
- Touch POWER CONTROL Set cooking power level. To reset to "HI", set "99", maximum power.

PAUSE BETWEEN STAGES

Some recipes require stirring, turning and adding or removing of foods between stages. To set the oven to stop between stages, touch PAUSE rather than MEMORY/RECALL when setting the oven. If pause is set, the oven will automatically stop and the word "PAUS" will flash in the display window. After the pause, to restart the oven, touch START.

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 time.
4. Touch POWER 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.

"HOLD WARM"

Your oven has a "Hold Warm" feature that keeps the food warm after the cooking is done.

To use the "Hold Warm" feature:

1. Touch CLEAR.
2. Set the desired cooking cycle following suitable operating instructions on pages 13 through 23 in this manual.
3. Touch HOLD WARM.
4. Touch START. When the cooking cycle is over, 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. The "Hold Warm" will continue for up to 100 minutes or until the door has been opened or STOP has been touched.

If you want to keep your cooked food warm, the "Hold Warm" feature can be used independently without setting the cooking cycle.

To use the "Hold Warm" feature independently:

1. Touch CLEAR.
2. Touch HOLD WARM.
3. Touch START.

The oven will begin to keep the food warm with power level 1 for up to 100 minutes or until the door has been opened or STOP has been touched.

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	MICROWAVE OUTPUT POWER *
10	WARM	<ul style="list-style-type: none"> • Softening cream cheese. • Keeping casseroles and main dishes warm. 	165
20	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. 	230
30	DEFROST MED LOW	<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. 	295
40	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. 	360
50	SIMMER	<ul style="list-style-type: none"> • Cooking stews and soups after bringing to a boil. • Cooking baked custards and pasta. 	425
60	BAKE	<ul style="list-style-type: none"> • Cooking scrambled eggs. • Cooking cakes. 	490
70	ROAST MED HIGH	<ul style="list-style-type: none"> • Cooking rump roast, ham, veal and lamb. • Cooking cheese dishes. • Cooking eggs and milk. • Cooking quick breads and cereal products. 	555
80	REHEAT	<ul style="list-style-type: none"> • Reheating precooked or prepared food quickly. • Heating sandwiches. 	620
90	SAUTÉ	<ul style="list-style-type: none"> • Cooking onions, celery and green peppers quickly. • Reheating meat slices quickly. 	685
100 (HI)	MAX POWER HIGH	<ul style="list-style-type: none"> • Cooking tender cuts of meat. • Cooking poultry, fish, vegetables and most casseroles. • Preheating the browning dish. • Boiling water. • Thickening some sauces. 	750

* Approximate watts as measured by 2-liter method.

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 POWER 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.

"HI-POWER"/"MULTI-POWER" COOKING

"HI" gives the highest power cooking possible with your microwave oven. It is the recommended setting for cooking foods with high moisture content or for cooking foods that need fast cooking to maintain their natural flavor and texture. 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

1. Touch CLEAR, and a beep tone will be heard. The CLEAR erases all previous settings.
2. Touch TIME. The lights above TIME and below COOK 1, will go on. ("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 3-1/2 minutes, touch "3", "3" and "0".

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

4. Touch Speed Set Power for Cooking Power level. For example, if the recipe calls for cooking at the "80 (REHEAT)" setting, you would touch "80" on the left end (next to Reheat) of the Speed Set Power Strip. The Display window will show "80". This means that in the REHEAT setting, the oven is cooking at power level 80.

NOTE: It is not necessary to touch Speed Set Power or POWER CONTROL when cooking with the highest power ("HI"). To set "HI-POWER" cooking, skip step 4 above. However, if POWER CONTROL is touched, the light above POWER will go on and 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.

5. Touch START. The oven begins to cook 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.

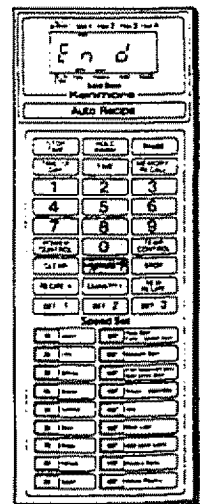
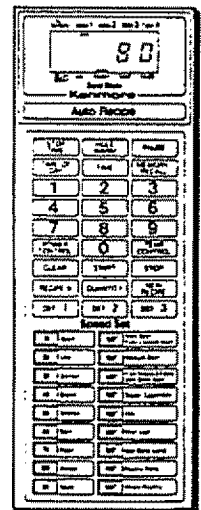
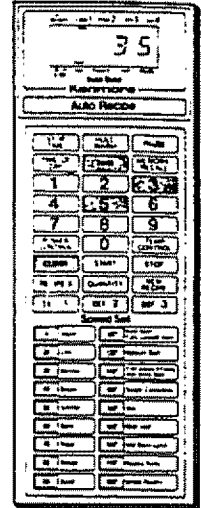
EXAMPLE: To warm 4 doughnuts, you would cook at power level "80 (REHEAT)" for 35 seconds. To do this, follow these six steps:

1. Touch CLEAR.
2. Touch TIME.
3. Set 35 seconds by touching "3" and then "5". "35" will show in the display window.
4. Touch "80" on the left end (next to Reheat) of the Speed Set Power Strip. The Display Window will read "80", meaning the Oven is at power level 80.

NOTE: To choose a power level that is not included in the Speed Set Power, for example, to set the oven at "46" power level, touch POWER CONTROL, then touch "4" and "6". "46" will show in the Display Window.

5. 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 35 seconds are over. The oven will then shut itself off.

NOTE: If you want to keep the food warm after finishing the cooking cycle, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature, see page 12.

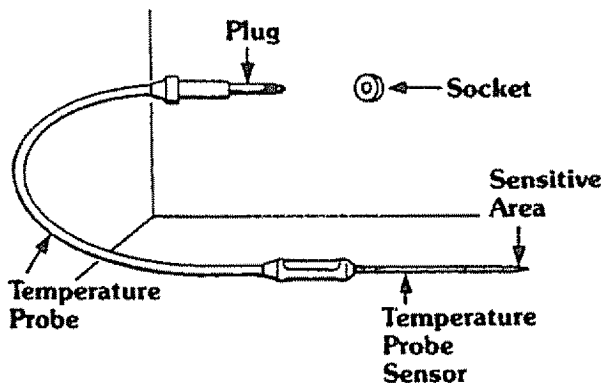


"TEMPERATURE CONTROLLED" COOKING

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 POWER CONTROL. When "Hold Warm" is set, after completing the cooking cycle the oven will hold the food warm up to 100 minutes.

TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperatures from 90° F to 200° F can be chosen and set in the oven. Temperature can be set in one-degree increments, and the Display will show the rise in food temperature in one-degree increments. Display Window will not accurately show food temperature below 90° 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.

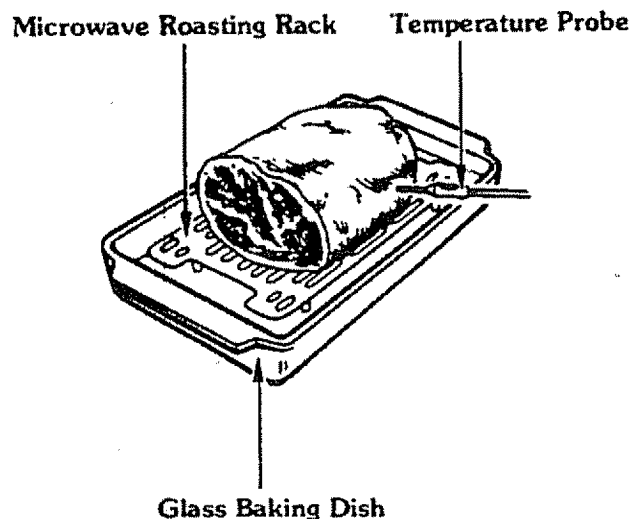
DISPLAY WINDOW: Shows the cooking temperature rising as the food is cooking. Chosen temperature may be seen during cooking by touching TEMP CONTROL.

When "Hold Warm" is set, after completing the cooking the Display will show "Hold" for 100 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 16.)
- 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 16. Set the temperature with the TEMP CONTROL.
 4. Microwave cook the meat on the second "multi-power" 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 "End".
 5. Remove the temperature 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.
- Be sure to turn meat between first and second settings.
- Refer to cookbook for other information.

DO NOT

- Do not operate the oven empty with the temperature probe plugged in.
- 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	SECOND SETTING		STANDING TIME
	TIME	TIME	OR TEMPERATURE PROBE	
BEEF Meat Loaf 2 lbs.	HI (Max. Power) 12—14 min.		HI (Max. Power) 160°F	5—10 min.
Rib Roast, boneless	HI (Max. Power) Rare 4—5 min. per lb. Medium 5—6 min. per lb.	70 (Roast) Rare 3—4 min. per lb. Medium 5—6 min. per lb.	70 (Roast) 120°F 130°F	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.
POULTRY Chicken, whole 3-1/2—5 lbs.	HI (Max. Power) 3—4 min. per lb.	HI (Max. Power) 4—5 min. per lb.	HI (Max. Power) 180°F	5 min.
Chicken, pieces 2-1/2—4 lbs.	HI (Max. Power) 10 min.	HI (Max. Power) 4—5 min. per lb.	HI (Max. Power) 170°F	5 min.
Duckling 4—5 lbs.	70 (Roast) 4 min. per lb.	70 (Roast) 4 min. per lb.	70 (Roast) 170°F	8—10 min.
Turkey, whole 10—12 lbs.	HI (Max. Power) 5—6 min. per lb.	70 (Roast) 4 min. per lb.	70 (Roast) 170°F	10—15 min.
Turkey breast 3—4 lbs.	HI (Max. Power) 7 min. per lb.	HI (Max. Power) 5 min. per lb.	HI (Max. Power) 170°F	
PORK Pork Loin Roast, boneless 4—5 lbs.	HI (Max. Power) 5—7 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 165°F	10—15 min.
Pork Loin, center cut 4—5 lbs.	HI (Max. Power) 5—7 min. per lb.	70 (Roast) 4—5 min. per lb.	70 (Roast) 165°F	10—15 min.
Ham, boneless, precooked	70 (Roast) 5—6 min. per lb.	70 (Roast) 5—7 min. per lb.	70 (Roast) 120°F	5—10 min.
Center Cut Ham Slice 1—1-1/2 lbs.	70 (Roast) 4—5 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 120°F	5 min.
Canned Ham 3—5 lbs.	70 (Roast) 5—6 min. per lb.	70 (Roast) 5—6 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 be "Hold Warm" when "Hold Warm" is set.
- 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 the 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	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.

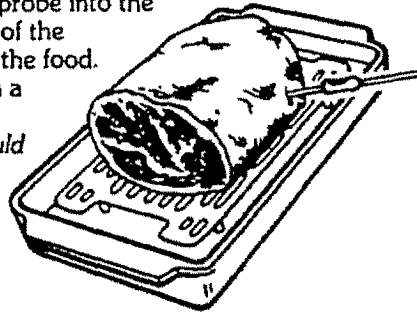
CAUTION: From time to time, the same kind of foods may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the temperature controlled settings for thin food items or for foods that require

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.

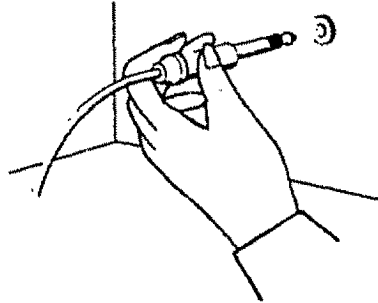
TEMPERATURE CONTROLLED "HI-POWER"/ "MULTI-POWER" COOKING

The "Temperature Controlled Meat Cooking Guide" and "Reheating Guide" on Pages 16 and 17 will show you which multi-power setting and temperature setting are recommended for the food you are cooking. When cooking with the temperature control 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. The probe should be in a level direction or on an angle as shown. It should NOT be put in from the top.

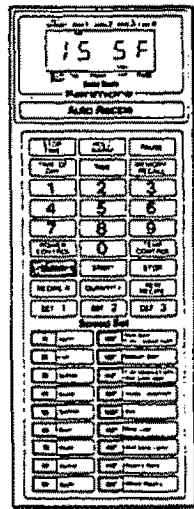


- Plug the temperature probe into the socket on the side of the oven. **CAUTION:** Do not plug the pointed end of the temperature probe into the socket.



- Touch CLEAR.

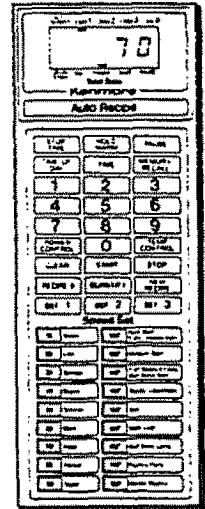
- Touch Speed Set Temp for Desired Food Temperature. For example, if the recipe calls for cooking of Veal Roast, you would touch "155°" on the left end (next to Veal) of the Speed Set Temp Strip. When you touch "155°" the Display Window will read "155F" and the Lights above TEMP and below Cook 1 will go on. If the Temperature Probe is not plugged into the socket, the word "Prob" will flash and the Oven will not work.



NOTE: To choose a temperature that is not included in the Speed Set Temp, for example, to set the oven at 125°F, touch TEMP CONTROL, then touch "1", "2" and "5". "125F" will show in the Display Window.

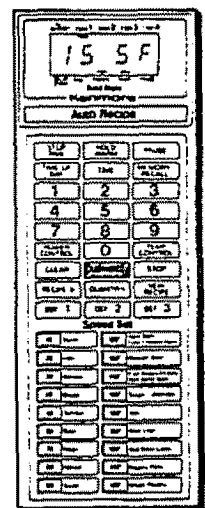
If the Temperature Probe is not plugged into the socket, the word "Prob" will flash and the Oven will not work.

- Touch Speed Set Power for Cooking Power level. For example, to set the oven at 70 (ROAST) power level, touch "70" on the left end (next to Roast) of the Speed Set Power Strip. When you touch "70", the Display Window will read "70" and the Light above POWER will go on. This means that in the ROAST setting, the Oven is cooking at power level 70.



NOTE: You do not need to touch Speed Set Power or POWER CONTROL when you are cooking with HI (max power). To set "HI-POWER" Cooking, skip step 5 above. However, if POWER CONTROL is touched, the light above POWER will go on and the word "HI" will show in the Display window. This is to tell you that the Oven will work at HI (highest microwave 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.
- A tone will sound and the word "End" will show in the Display Window for 2 seconds when the desired temperature is reached.



NOTE: If you want to keep the food warm after finishing the cooking cycle, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature, see page 12.

The highest temperature that can be set is 200°F. The temperature is displayed in 1°F increment.

AUTOMATIC DEFROST

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

The cookbook will show you which defrost sequence is recommended for the food you are defrosting.

AUTO DEFROST SEQUENCE LIST

SEQUENCE #	FOOD	BASE QTY	BASE QTY DEFROST TIME	MIN./MAX. FOOD
DEFROST 1 (DEF 1)	<ul style="list-style-type: none"> •BEEF Ground beef, Round steak, Flank steak, Tenderloin steak, Chuck roast, Stew beef •LAMB Cubed for stew, Ground lamb, Chops, 1 in. thick •PORK Chops, 1.2 in. thick, Spareribs, Country-style ribs, Sausage (bulk), Sausage (links) •VEAL Chops, 1/2 in. thick •VARIETY MEAT .. Liver slices •CHICKEN Whole or parts •CORNISH HENS .. Whole 	1 lb	9-1/2 min.	0.1/9.9 lbs.
DEFROST 2 (DEF 2)	<ul style="list-style-type: none"> •BEEF Rib roast (rolled), Rump roast, Sirloin tip roast •LAMB Leg •PORK Roast •VEAL Roast •VARIETY MEAT .. Tongue (whole) •TURKEY Whole, Breast, Drumsticks, Roast (boneless) 	1 lb	15 min.	0.1/9.9 lbs.
DEFROST 3 (DEF 3)	<ul style="list-style-type: none"> •FISH Fish fillets, Fish steak, Whole fish •SEAFOOD Lobster tails, Crabmeat, Shrimp 	1 lb	14 min.	0.1/9.9 lbs.

1. Touch CLEAR.
2. Touch DEF1, DEF2, or DEF3 to select the appropriate defrosting sequence. The light below AUTO DEFROST will go on and the sequence selected (dEF1, dEF2, or dEF3) will be displayed.
3. Enter the weight of your food in decimal increments from 0.1 pounds to 9.9 pounds.
Remember to convert ounces to tenths of a pound.
For example to defrost 2 pounds 8 ounces, touch number keys "2" and "5" for 2.5 pounds.
The display window will show "2.5".

NOTE: It is not necessary to enter the food weight when defrosting one pound of food. Unless changed, the Auto Defrost feature is automatically set for one pound.

4. Touch START. The oven will begin the defrosting sequence you selected and display window will show the time of the first segment as it "count down".
The oven will stop automatically at the end of the first time segment and "PAUS" will appear in the display window.

5. At the pause, follow the cookbook instructions for stirring, covering, turning over and/or rotating.

NOTE: If the oven door is not opened during the pause time segment, the oven will restart automatically after 5 minutes. Because turning, rotating, etc. are usually necessary for proper defrosting and cooking, follow steps 1 thru 6 for best results.

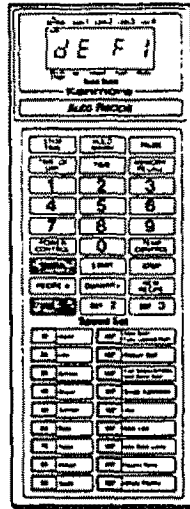
6. After turning over, rotating, etc., touch START. The oven will resume defrosting and the display window will show the time remaining.
At the end of the required time, a tone will sound and "End" will appear in the display window for 2 seconds.
The oven shuts off automatically.

NOTE: You can set your oven to begin cooking automatically following the AUTO DEFROST CYCLE. After entering AUTO DEFROST information as described above, touch MEMORY/RECALL. Then set the time, power levels, and pause as necessary for up to 5-stage cooking.

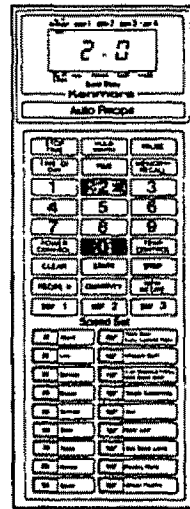
AUTOMATIC DEFROST (Cont'd)

EXAMPLE: To defrost 2 pounds of Ground Beef

1. Touch CLEAR.
2. Touch "DEF 1". The light below AUTO DEFROST will go on and "dEF1" will show in the display window.



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



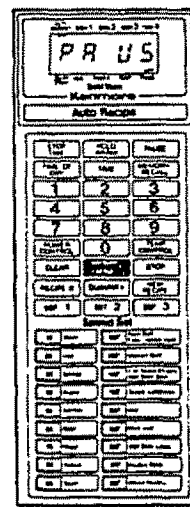
4. Touch START. The oven will begin the defrosting sequence you selected and the display window will show the time of the first segment as it "count down".

The oven will stop automatically at the end of the first time segment and "PAUS" will appear in the display window.

5. At the pause, follow the cookbook instructions for stirring, covering, turning over and/or rotating.

6. After turning over, rotating etc., touch START. The oven will resume defrosting and the display window will show the time remaining. At the end of the required time, a tone will sound and "End" will appear in the display window for 2 seconds.

The oven shuts off automatically.



AUTO DEFROSTING INSTRUCTIONS

- The benefit of this Auto Defrost feature is automatic setting and control of defrosting, but just like conventional defrosting you must check the foods on the way through the defrosting time. To check the foods "Pause" is preset in this Auto Defrosting cycle. Turn over, separate or rearrange as recommended per cookbook instructions when the word "PAUS" appears in the display window.
- For best results, remove fish/seafood/meat/poultry from its original paper or plastic closed package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods which can cause the outer surface of the foods to cook.
- When it is difficult to remove the wrap from the foods, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Remove the foods from oven and remove the wrap from foods.
- Place foods in a flat glass baking dish or microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.

IMPORTANT NOTE: The defrosting power setting (power level 30 DEFROST) should not be confused with this "Auto Defrost" feature. The defrost cooking level is a low-energy setting used to cook foods that need slow, gentle cooking. Use the defrost cooking level to reheat many frozen convenience foods and also to defrost small bread items.

MULTI-STAGE COOKING

Multi-Stage cooking allows you to set the oven to cook in one stage at a certain power level for a chosen time or temperature and then in a second, a third and a fourth stages at a different power level for a chosen time or temperature. The cooking process can be set for five memory stages when Auto Defrost is included as the first stage. The stages are set before cooking and will follow automatically when oven is started.

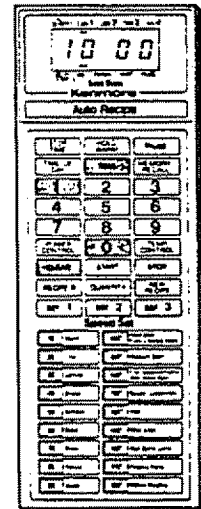
1. Touch CLEAR.
2. Touch TIME or Speed Set Temp for Cooking Temperature. Lights above TIME or TEMP and below COOK 1 go on.
When you touch TIME, "0" will show in the Display Window.
Touch Numbers for time of the first cooking stage.
3. Touch Speed Set Power for Cooking Power level.
4. Touch MEMORY/RECALL or PAUSE. Light below COOK 2 goes on. Display Window will read "0".
5. Touch TIME or Speed Set Temp for Desired Food Temperature.
6. Touch Numbers for time of the second cooking stage.
7. Touch Speed Set Power for Cooking Power level in the second cooking stage (if other than "HI").
- 8A. Touch START for two-stage cooking.
- 8B. If three-stage or four-stage cooking is desired, touch MEMORY/RECALL or PAUSE. The light below COOK 3 will go on. The display window will show "0". Repeat steps 5-7 above to set the third cooking stage at the same or a different power level for a chosen time or temperature.
- 9A. Touch START for three-stage cooking.
- 9B. If four-stage cooking is desired, touch MEMORY/RECALL or PAUSE. The light below COOK 4 will go on. The display window will show "0". Repeat steps 5-7 above to set the fourth cooking stage at the same or a different power level for a chosen time or temperature.
10. Touch START.

EXAMPLE: (Four-stage cooking)
 All-American Meat Balls
 (10 minutes, power level 70) (PAUSE)
 (3 minutes, power level 70) (PAUSE)
 (2 minutes, power level 70)
 (MEMORY/RECALL)
 (5 minutes, power level 0)

The following steps explain how to set the oven.

First Stage (10 minutes: power level 70)

1. Touch CLEAR.
2. Touch TIME.
3. Set 10 minutes by touching "1", "0", "0" and "0". "1000" will show in the display window.



MULTI-STAGE COOKING WITH AUTO DEFROST

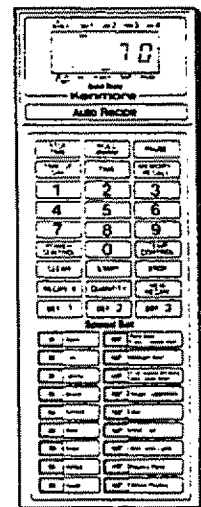
If you want to cook after using the Auto Defrost, before setting the above multi-stage cooking, set the Auto Defrost and touch MEMORY/RECALL, then follow the above instructions numbered 2-10. See pages 19 and 20 for the detailed instructions of Auto Defrost. The cooking process can be set up to five stages when Auto Defrost is one of the stages.

- **To pause between stages**

To set the oven to stop between stages, touch PAUSE when setting the oven. See page 11 for more detailed directions.

NOTE: If you touch MEMORY/RECALL instead of PAUSE, the oven will not stop but will remember the next stage and continue working.

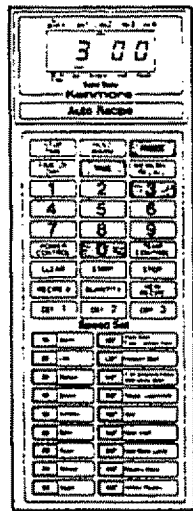
4. Touch "70" on the left end (next to Roast) of the Speed Set Power Strip. "70" will show in the Display Window. The first stage has been set.



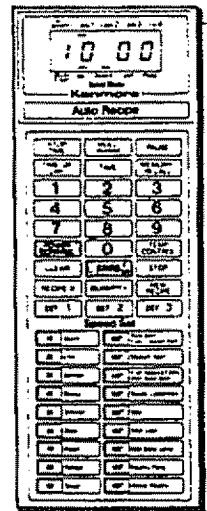
MULTI-STAGE COOKING (Cont'd)

Second Stage (3 minutes; power level 70)

5. Touch PAUSE. The light below COOK 2 will go on. The display window will show "0".
6. Touch TIME.
7. Set 3 minutes by touching "3", "0" and "0". "300" will show in the display window.
8. Touch "70" on the left end (next to Roast) of the Speed Set Power Strip. "70" will show in the Display Window. The second stage has been set.



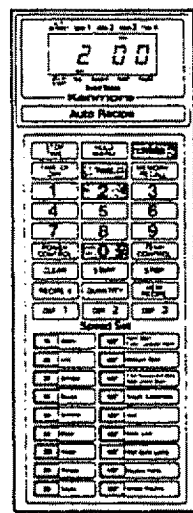
16. Touch POWER CONTROL and number "0". "0" will show in the display window. The fourth stage has been set.



17. Touch START. The first stage will begin cooking. "1000" will show in the display window. The oven will begin to cook at a power level 70 and the time will begin to count down in the display window. When the 10 minutes are over, a tone will sound and the oven will stop. "PAUS" will flash in the display window.

Third Stage (2 minutes; power level 70)

9. Touch PAUSE. The light below COOK 3 will go on. The display window will show "0".
10. Touch TIME.
11. Set 2 minutes by touching "2", "0" and "0". "200" will show in the display window.
12. Touch "70" on the left end (next to Roast) of the Speed Set Power Strip. "70" will show in the Display Window. The third stage has been set.

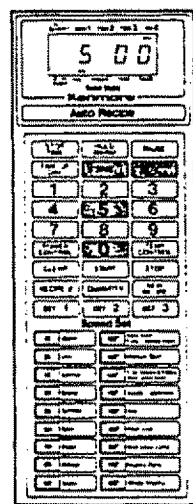


After the pause, to restart the oven, touch START for second cooking stage. "300" will show in the display window. The oven will begin to cook at "70" power level. When the 3 minutes are over, a tone will sound and the oven will stop. "PAUS" will flash in the display window.

After the pause, to restart the oven, touch START for third cooking stage. "200" will show in the display window. The oven will begin to cook at "70" power level. When 2 minutes are over, a tone will sound and the oven will change itself into the fourth stage. "500" will show the display window. When 5 minutes as "Standing time" are over, a tone will sound and the word "End" will show in the display window for 2 seconds. The oven would have finished all stages.

Fourth Stage (5 minutes; power level 0)

13. Touch MEMORY/RECALL. The light below COOK 4 will go on. The display window will show "0".
14. Touch TIME.
15. Set 5 minutes by touching "5", "0" and "0". "500" will show in the display window.



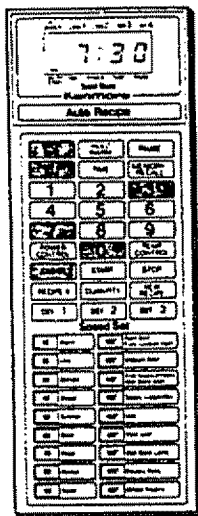
*"Standing time" allows the food to finish cooking and the heat to be uniform throughout. See the cookbook for detailed explanation.

NOTE: If you want to keep the food warm after finishing the cooking, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature, see page 12.

DELAY START COOKING

Delay Start Cooking lets you start and finish the cooking at a preset time.

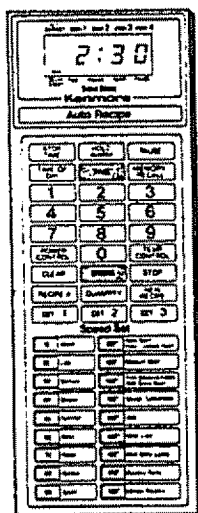
1. Touch CLEAR.
2. Touch STOP TIME.
Light below DELAY START goes on. Display Window will read "0:00".
3. Touch numbers for the Time of Day to finish cooking. For example, touch numbers "7", "3" then "0" for the cooking to be finished at "7:30", and "7:30" will show in the Display Window.



4. Touch TIME.
5. Touch numbers for Cooking Time.
6. Touch Speed Set Power for Cooking Power level.
7. Touch START.

The Time of Day will show in the Display Window and Light below DELAY START goes on. As soon as the clock shows the Cook Start Time which has been subtracted from the Cook Finish Time, the Oven will start cooking and the cooking time counts down in the Display Window. When the Cook Finish Time (or "7:30") comes, the Oven will shut itself off.

NOTE: A preset delay time must be less than 12 hours.



The display shows the time of day. For example: a half past two.

*Multi-Stage Cooking can be used with Delay Start. After Step 3 above, follow instructions numbered 2-10 for Multi-Stage Cooking.

*The Delay Start cooking is controlled by time. When "Temperature Controlled" cooking is set in a stage, cooking may be finished at the setting time with a slight time difference.

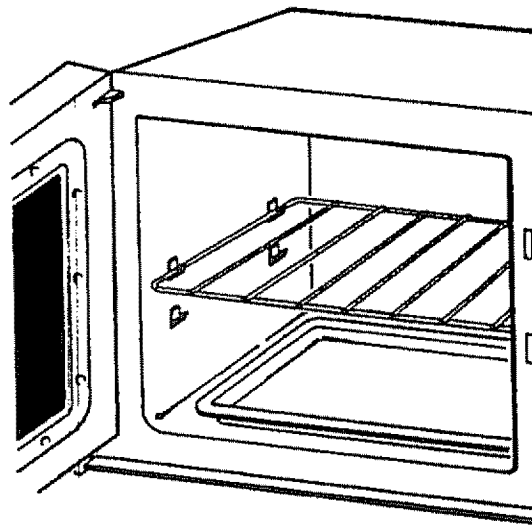
*Fresh food should not stand at room temperature over four hours prior to cooking.

*Auto Defrost cooking can not be used with Delay Start.

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. By using PAUSE rather than MEMORY/RECALL, the oven will stop between stages for time to add or remove food.

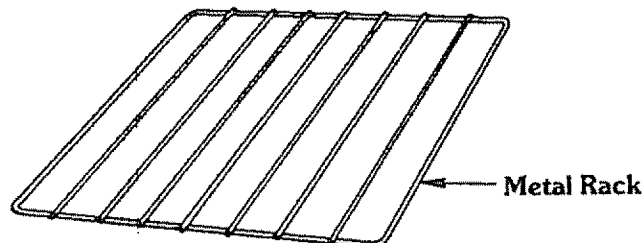
1. Place the Metal Rack in the oven. The Rack is generally placed in top guides but may be set lower to accommodate a higher cooking utensil, if desired.



2. Place food into the oven.
3. Set the oven following the instructions given in the cook book.

METAL RACK CARE

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



PRESET RECIPE COOKING

You can set the oven for cooking 80 recipes by simply touching RECIPE #, the numbers corresponding with the desired preset recipe, then START.

The preset control system in the oven contains 25 recipes that have been preset. The Times or Temperatures and Power Levels for these recipes cannot be changed. However the amount of food cooked in preset recipes #1 through 17 can be increased up to 5.9 times the preset quantity, and up to 2.9 times in recipes #18 and 19. To increase the quantity in these recipes, follow the direction on this page. Refer to the cookbook for detailed instructions on the 25 preset recipes.

You can preset favorite recipes often used. These can be assigned as Recipes #26—80.

- 1 stage recipes should be stored in #26—40.
- 2 stage recipes should be stored in #41—70.
- 3 stage recipes should be stored in #71—80.

Directions for setting new recipes is on page 26.

To cook one of these preset recipes, simply follow the steps below.

1. Touch CLEAR.
2. Touch RECIPE #.
"0" will show in the Display Window.
3. Touch Number(s) for Preset Recipes, by following Preset Recipes List on the cookbook.
EXAMPLE: If you cook Brownie Mix of Recipe #19, touch "1" then "9". "19" will show in the display window.
4. Touch START.
Time of the first cooking stage will show in the Display Window and you can see the time counting down. As soon as the first cooking stage is over, the second cooking stage begins. When the second cooking stage is over, a tone will sound and the oven will shut itself off.

USE OF QUANTITY KEY

To Increase Quantity of Recipes #1—#19

1. Touch CLEAR.
2. Touch RECIPE #.
3. Touch Numbers for the Preset Recipe.
4. Touch QUANTITY.
"0.0" will show in the Display Window.
5. Touch numbers for the multiplication factor.
To double the recipe, touch "2" and "0".
To triple the recipe, touch "3" and "0".
6. Touch START.

NOTES: The range of multiplication is 1.1 times to 5.9 times (Recipes #1—17) and to 2.9 times (Recipes #18 and 19) of the Base Quantity which is preset in the oven. Increment within the above range is 0.1. Multiplication can be used in Recipes #1—19. When you set the multiplication of Base Quantity beyond the range of 1.1—5.9 (Recipes #1—17) or 1.1—2.9 (Recipes #18 and 19), the oven will not start even if you touch START.

EXAMPLE: To cook three hot dogs per Recipe #4.

1. Touch CLEAR.
2. Touch RECIPE #.
3. Touch "4".
4. Touch QUANTITY.
5. Touch "3" and "0".
6. Touch START.

If you have not stored a recipe in Recipe #26 to Recipe #80, the Display Window will flash and tells you that no preset recipe has been stored in the oven for that recipe number.

PRESET RECIPES LIST (RECIPES #1—#25)

25 recipes have been stored in this oven.

By touching the recipe number corresponding to preset recipe, cooking can be done. These 25 recipes have been preset, so you can not erase or substitute them.

Refer to the cookbook for detailed instructions on the 25 preset recipes.

Recipe#	Ingredients	Base Q'ty	Directions
1.	Cup of Coffee	1 cup (8 oz.)	
2.	Bacon	2 slices (2 oz.)	
3.	Baked Potato	1 potato (6 oz.)	Turn Potatoes over at Pause.
4.	Hot Dog	1 hot dog (3 oz.)	Place Hot Dog in bun at Pause.
5.	Scrambled Eggs	2 eggs (5-1/2 oz.)	Stir Eggs at Pause.
6.	Fresh Corn-on-The Cob	1 ear (7 oz.)	
7.	Basic White Rice	1/2 cup (3/4 lb.)	
8.	Frozen Vegetables	10 oz. pkg	
9.	Defrosting Ground Beef	1 lb.	Removed thawed portions. Return unthawed portions at Pause.
10.	Melted Butter	2 tablespoons	
11.	Hamburger Patty	1 patty (1/4 lb.)	Turn Patty over at Pause.
12.	Fish Steaks	2 steaks, 8 oz. each (1 lb.)	Turn Fish over at Pause.
13.	Chicken Pieces	8 oz.	Rearrange Pieces at Pause.
14.	Pork Chop, 3/4" thick	1 chop (8 oz.)	Turn Chops over at Pause.
15.	Scalloped Potatoes	7 oz. pkg (2 lbs.)	
16.	Basic White Sauce	1 cup (10 oz.)	Stir Flour into butter until well blended at 1st Pause. Whisk in milk, pepper and nutmeg at 2nd Pause.
17.	Pudding Mix	3-1/4 oz. pkg (21 oz.)	Stir Pudding Mix at pause.
18.	Cake Mix	1 layer, 9 oz. pkg. (19 oz.)	Rotate 1/4 turn at pause.
19.	Brownie Mix	16 oz. pkg. (1-1/3 lb.)	Rotate 1/4 turn at pause.
20.	Muffins	6 muffins	Repeat three times to cook 18 muffins.
21.	Canned Entrée	16 oz.	Plug in Temperature Probe.
22.	Canned Soup	1 can (1 lb.—1-1/2 lbs.)	Plug in Temperature Probe.
23.	Meat Loaf	1-1/2 lb. ground beef (3 lbs.)	Plug in Temperature Probe.
24.	Precooked Ham	3—5 lbs.	Plug in Temperature Probe. Turn Ham over at Pause.
25.	Reheating Casserole	4—6 servings	Plug in Temperature Probe.

*() shows total weight including all ingredients in the recipe.

NOTE: Temperature affects cooking time. The preset recipe times are based on that food at its normal storage temperature. For example, meats and dairy products are refrigerator temperature. Canned goods are room temperature.

PROGRAMMING NEW RECIPES

In addition to the 25 preset recipes, you can program 55 more favorite recipes. To store the desired recipes in the oven, follow these steps:

1. Touch CLEAR.
2. Touch NEW RECIPE.
The Display Window reads "0".
3. Touch RECIPE #.
4. Touch suitable number from 26 to 80 according to cooking method of your recipe as shown below.

- Store One-stage Cooking between RECIPE #26 and 40.

- Store Two-stage Cooking between RECIPE #41 and 70.

- Store Three-stage Cooking between RECIPE #71 and 80.

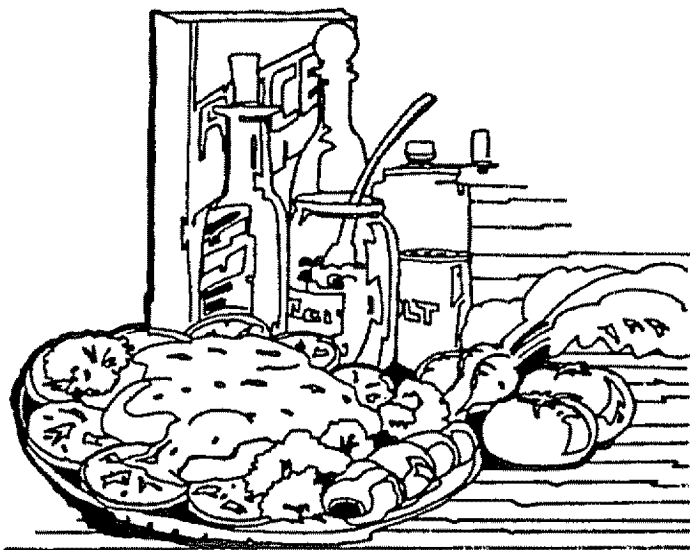
EXAMPLE: Touch "7" then "3".
The Display Window reads "73".

5. Program your new recipe following use instructions.
6. Touch NEW RECIPE.
New recipe is now programmed and Time of Day will appear in the Display Window.

NOTES: A recipe which has been stored in this manner can be changed to a new recipe. If you want to change to a new recipe, the previously stored recipe is erased when a new recipe is entered over the old recipe.

The Back-up Energizer (Capacitor) built into this oven protects the Programmed Recipes for about 24 hours. If power failure lasts longer than 24 hours, the 55 customer Programmed Recipes may be erased.

Make a list of the recipe numbers and their recipes which are stored in this manner so that you can have easy reference for a later time. Pages 27-29 are printed for this purpose.



NEW RECIPES

Recipe #	Name	Directions	Recipe #	Name	Directions
26			36		
27			37		
28			38		
29			39		
30			40		
31			41		
32			42		
33			43		
34			44		
35			45		

NEW RECIPES

Recipe #	Name	Directions	Recipe #	Name	Directions
46			56		
47			57		
48			58		
49			59		
50			60		
51			61		
52			62		
53			63		
54			64		
55			65		

NEW RECIPES

Recipe #	Name	Directions	Recipe #	Name	Directions
66			76		
67			77		
68			78		
69			79		
70			80		
71					
72					
73					
74					
75					

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 (1/2 minute). Then touch **START**. If the utensil is warm 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.*

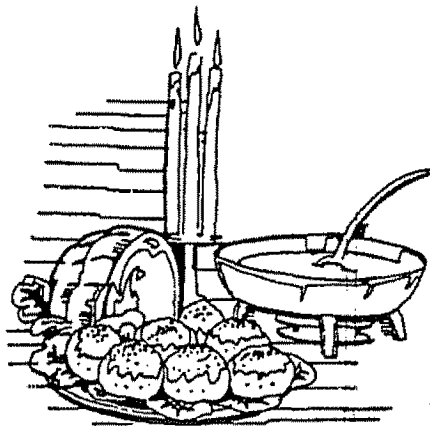
WOOD

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

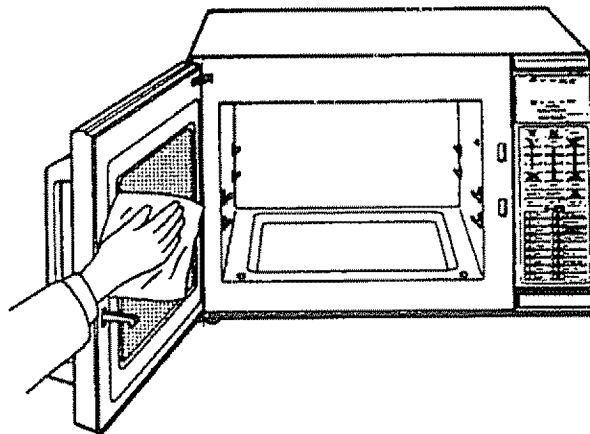
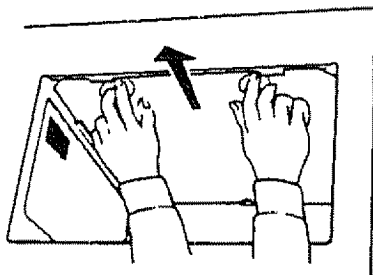
REMOVABLE PARTS

- 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 sets in slots along the sides and in the rear of the oven and is held by three tabs in front. 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, and fit the front edge of the shield with the three tabs. After replacing it, make sure that it fits securely in place.

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:

- Door is not closed and locked. Push door firmly to be sure that door is locked properly.
 - The light bulb has burned out.
-

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

A. Steam is normally produced during cooking. The microwave oven has been designed to vent this steam 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. Why does the display show "0:00"?

A. This indicates that there has been a temporary loss of electrical power to the oven, and the TIME OF DAY must be reset. Prolonged loss of power can also result in loss of programmable recipes. Be sure they are properly recorded, so that they can be reentered.

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. See "Important Safety Instructions" on Page 3.

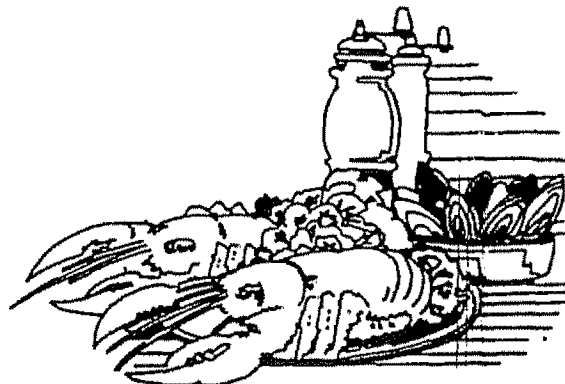
Q. When the oven is plugged into a wall outlet for the first time, it might not work properly. What is wrong?

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

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

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN POPPING PRODUCT AND DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED.

IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN AN OVEN FIRE.

CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN.

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												
Time of Day Incorrect								X											
Probe Light Flashes									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 plugged in. —

Use approved cookware only. —

Properly position temperature probe. —

Do not operate with oven empty. —

Reset time of day. —

Is temperature probe properly plugged in? —

Supplied glass tray must be used. —

Turn or stir food. —

Completely defrost food. —

Use correct Time/Power 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 preventive 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 NOS.
87447/87448**

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 OF 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.