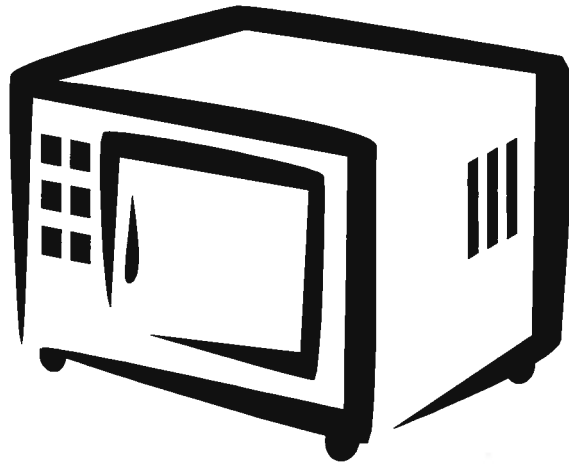


Microwave Guide



Your model may or may not have all features shown in this guide.



IMPORTANT SAFETY INFORMATION

READ ALL SAFETY INFORMATION BEFORE USING

- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.
 - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
 - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
 - If materials inside oven ignite, 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. If the door is opened, the fire may spread.
 - Do not use the Sensor Features twice in succession on the same food portion. If food is under cooked after the first countdown, use **Time Cook** for additional cooking time.
- See door surface cleaning instructions in the Care and Cleaning section(s) of this manual.
- This appliance must only be serviced by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.

4 **SAVE THESE INSTRUCTIONS**



SPECIAL NOTES ABOUT MICROWAVING

ARCING

If you see arcing, press the CLEAR/OFF pad and correct the problem.

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- The metal shelf (if included) not installed correctly so it touches the microwave wall.
- The temperature probe (if included) in the microwave but not inserted in the food.
- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Some products such as whole eggs and sealed containers—for example, closed jars—are able to explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.



IMPORTANT SAFETY INFORMATION

SPECIAL NOTES ABOUT MICROWAVING

SAFETY FACT

SUPERHEATED WATER

Liquids, such as water, coffee or tea, are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.

To reduce the risk of injury to persons:

- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks.
- After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.



MICROWAVE-SAFE COOKWARE

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled “suitable for microwaving.”



How to test for a microwave-safe dish.

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 30–45 seconds at high. If the dish heats, it should not be used for microwaving.
- If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.



IMPORTANT SAFETY INFORMATION

SPECIAL NOTES ABOUT MICROWAVING

- Use foil only as directed in this manual. When using foil in the microwave oven, keep the foil at least 1" away from the sides of the oven.
 - Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.
- Follow these guidelines:
- 1** Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
 - 2** Do not microwave empty containers.
 - 3** Do not permit children to use plastic cookware without complete supervision.

THE VENT FAN

The fan will operate automatically under certain conditions (see Automatic Fan feature). Take care to prevent the starting and spreading of accidental cooking fires while the vent fan is in use.

- Clean the underside of the microwave often. Do not allow grease to build up on the microwave or the fan filter.
- In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan on the surface unit by covering the pan completely with a lid, a cookie sheet or a flat tray.
- Use care when cleaning the vent fan filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.
- When preparing flaming foods under the microwave, turn the vent fan on.
- Never leave surface units beneath your microwave oven unattended at high heat settings. Boilovers cause smoking and greasy spillovers that may ignite and spread if the microwave vent fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat on surface units only when necessary.

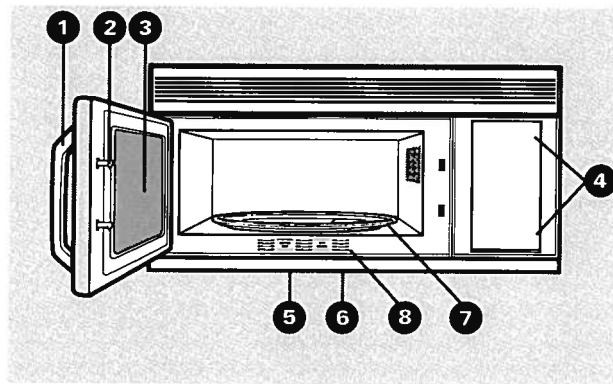
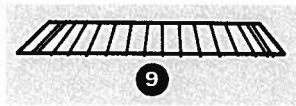
Operating Instructions

Features of Your Microwave

(Throughout this manual, features and appearance may vary from your model.)



Features



1 Door Handle. Pull to open the door. The door must be securely latched for the microwave to operate.

2 Door Latches.

3 Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.

4 Touch Control Panel.

5 Cooktop Light.

6 Grease Filter.

7 Removable Turntable.

Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.

8 Convenience Guide.

NOTE: Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.

9 Shelf (on some models).

Lets you microwave several foods at once. Food microwaves best when placed directly on the turntable.

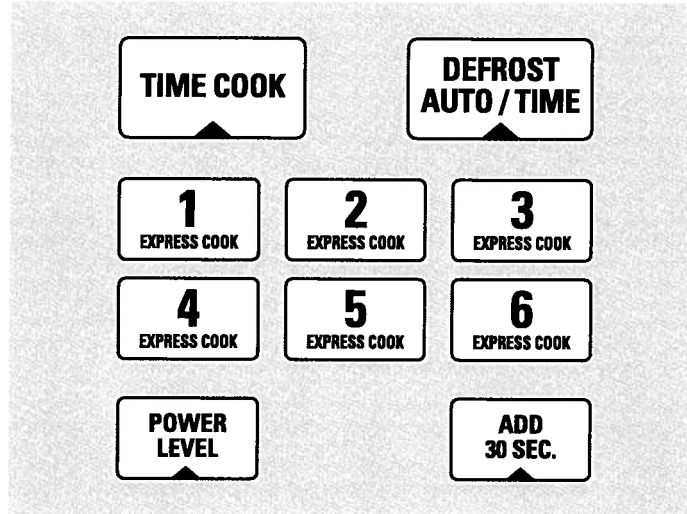


Quick Start

The Controls on Your Microwave Oven

(Throughout this manual, features and appearance may vary from your model.)

You can microwave by time, temperature, or with the convenience features.



1 Time Features

Time Cooking

Press	Enter
TIME COOK I & II (Press once or twice)	Amount of cooking time.
DEFROST AUTO/TIME (Press twice)	Amount of defrosting time.
EXPRESS COOK	Starts immediately!
POWER LEVEL	Power level 1-10.
ADD 30 SEC	Starts immediately!



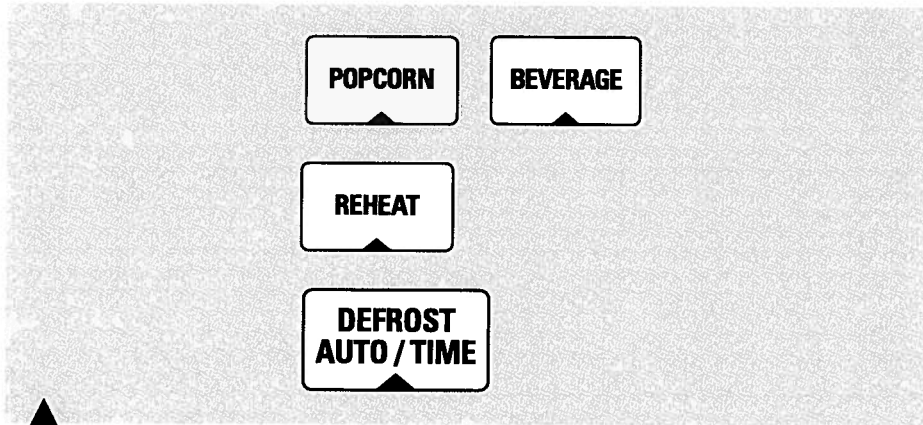
Quick Start

HELP (on some models)
Press this pad and any feature pad for usage instructions and tips.

GUIDE ON MICROWAVE
Before you begin, check the guide located on the inside front of the oven when you open the door.

GUIDES IN BOOK

- Cooking
- Time Defrost
- Reheat



2

Convenience Features

<i>Press</i>	<i>Enter</i>	<i>Option</i>
POPCORN	Starts immediately!	more/less time serving size
BEVERAGE	Starts immediately!	serving size
REHEAT	(See Reheat Guide)	serving size
DEFROST AUTO/TIME (Press once)	Food weight	



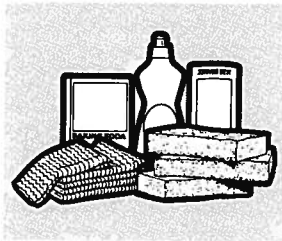
Helpful Information

Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: <ul style="list-style-type: none">• the metal shelf being installed incorrectly and touching the microwave walls.• metal or foil touching the side of the oven.• foil that is not molded to food (upturned edges act like antennas).• metal such as twist ties, poultry pins, gold-rimmed dishes.• recycled paper towels containing small metal pieces.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.



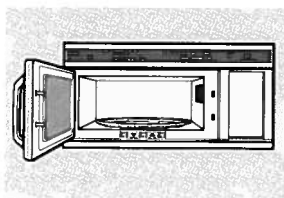
Helpful Hints



An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

NOTE: Be certain the power is off before cleaning any part of this oven.

How to Clean the Inside



Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls. **Never use a commercial oven cleaner on any part of your microwave.**

Temperature Probe (if included)

Clean immediately after using. To clean, wipe with a sudsy cloth, then rub lightly with a plastic scouring ball if necessary. Rinse and dry. The probe can also be washed in the dishwasher.

Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

Shelf (if included)

Clean with mild soap and water or in the dishwasher. **Do not clean in a self-cleaning oven.**



Helpful Information

Care and Cleaning

How to Clean the Outside

We recommend against using cleaners with ammonia or alcohol, as they can damage the appearance of the microwave oven. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.

Case

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.

Control Panel

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

Door Panel

Before cleaning the front door panel, make sure you know what type of panel you have. Refer to the eighth digit of the model number. "S" is stainless steel, "G" is Graphite, "L" is CleanSteel and "B", "W" or "C" are plastic colors.

Stainless Steel

The stainless steel panel can be cleaned with Stainless Steel Magic or a similar product using a clean, soft cloth. Apply stainless cleaner carefully to avoid the surrounding plastic parts. Do not use appliance wax, polish,

bleach or products containing chlorine on Stainless Steel finishes.

CleanSteel or Graphite

Use a clean, soft, light and lightly dampened cloth, then dry thoroughly. Do not use appliance wax, polish, bleach or products containing any chemical agent on the CleanSteel or Graphite surfaces.

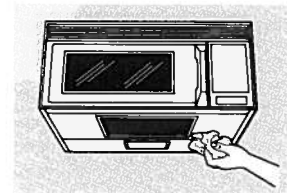
Plastic Color Panels

Use a clean, soft, lightly dampened cloth, then dry thoroughly.

Door Seal

It's important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Bottom



Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.