

Microwave Oven

with Dual Element Browner

Safety Information2-6

Operating Instructions

Browning Features16, 17

Convenience Features14, 15

Grilling Features18, 19

Microwave Terms22

Other Features20, 21

Oven Features7, 8

Power Levels9

Timed Features10-13

Care and Cleaning23

Troubleshooting Tips24

Things That Are Normal24

Owner's Manual

AOG-1M0T

Write the model and serial numbers here:

Model # _____

Serial # _____

You can find them on a label inside the oven.

IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

⚠ WARNING! For your safety, the information in this manual must be followed to minimize the risk of fire or explosion, electric shock, or to prevent property damage, personal injury, or loss of life.

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 SAFETY INSTRUCTIONS.

When using electrical appliances basic safety precautions should be followed, including the following. Use this appliance only for its intended purpose as described in this Owner's Manual.

- Read and follow the specific precautions in the *Precautions to Avoid Possible Exposure to Excessive Microwave Energy* section above.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the *Grounding Instructions* section on page 4.
- Install or locate this appliance only in accordance with the provided installation instructions.
- This oven must be located at least 3 ft. above floor level.
- Be certain to place the front surface of the door 3" or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- Do not mount this appliance over a sink.
- Do not mount the microwave oven over or near any portion of a heating or cooking appliance.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly or if it has been damaged or dropped. If the power cord is damaged, it must be replaced by General Electric Service or an authorized service agent using a power cord available from General Electric.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- This microwave oven is not approved or tested for marine use.
- 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.
- Do not let power cord hang over edge of table or counter.
- 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 the 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.
- See door surface cleaning instructions in the *Care and cleaning of the microwave oven* section 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.

SAVE THESE INSTRUCTIONS

⚠ **WARNING!**



ARCING

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

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

- 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

- When microwaving, place all foods and containers on the glass microwave turntable.
- **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.
- 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.
- 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. The container may feel cooler than the formula really is. Always test the formula 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.

IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

⚠ **WARNING!**



MICROWAVE-SAFE COOKWARE

Make sure to use suitable cookware during microwave cooking. 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.”

- Place food or microwavable container directly on the glass turntable to cook your food.
- Use of the black metal tray during microwave cooking will result in inferior cooking performance.
- 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.

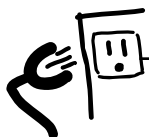
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “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.
- Use foil only as directed in this guide. TV dinners may be microwaved in foil trays less than 3/4” high; remove the top foil cover and return the tray to the box. 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.

BROWNING AND GRILLING SAFETY

- Use the black metal tray when browning or grilling. Use the tray in the same way you would use a shallow baking pan or baking tray. Place food, oven-safe cookware or the browner rack directly on the black metal tray when cooking.
- Use of the glass turntable when browning or grilling will result in inferior cooking performance.
- Do not cover the black metal tray with metal foil. This will cause arcing in the oven.
- Any non-metal, oven-safe dish can be used when browning or grilling in the oven.
- The oven and door will get hot when browning or grilling.
- Cookware will become hot when browning or grilling. Pot holders or oven mitts will be needed to handle the cookware.
- Do not use paper towels or coverings, containers or cooking/roasting bags made of foil or other reflective material, plastic, wax or paper when browning or grilling.
- Do not place food directly against the top or bottom heating elements.
- Use of the browner rack:
 - Place the dish directly on the rack.
 - Remove the rack from the oven when not in use.
 - Use pot holders or oven mitts when handling the rack. It may be hot.
 - Be sure that the rack is positioned properly inside the oven to prevent product damage.
 - Do not cover the rack or any part of the oven with metal foil. This will cause overheating of the oven.
- During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the top heating element or guard. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.
- Remove cookware completely from the oven before turning food.
- Make sure food is cooked all the way through before browning.



GROUNDING INSTRUCTIONS

▲ WARNING: *Improper use of the grounding plug can result in a risk of electric shock.*

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 power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

We do not recommend using an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance. (See *EXTENSION CORDS* section.)

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

IMPORTANT SAFETY INSTRUCTIONS.

READ ALL INSTRUCTIONS BEFORE USING.



ADAPTER PLUGS

Usage situations where appliance's power cord will be disconnected infrequently.

Because of potential safety hazards under certain conditions, **we strongly recommend against the use of an adapter plug.** However, if you still elect to use an adapter, where local codes permit, a **TEMPORARY CONNECTION** may be made to a properly grounded 2-prong wall receptacle by the use of a UL listed adapter which is available at most local hardware stores.

The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

▲ CAUTION: *Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.*

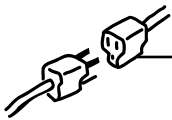
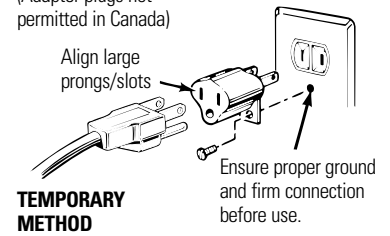
You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to break with repeated use. Should this happen, **DO NOT USE** the appliance until a proper ground has again been established.

Usage situations where appliance's power cord will be disconnected frequently.

Do not use an adapter plug in these situations because frequent disconnection of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the 2-prong wall receptacle replaced with a 3-prong (grounding) receptacle by a qualified electrician before using the appliance.

(Adapter plugs not permitted in Canada)



EXTENSION CORDS

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

Extension cords may be used if you are careful in using them.

If an extension cord is used—

- 1** The marked electrical rating of the 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 it must be plugged into a 3-slot outlet;
- 3** The extension 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 unintentionally.

If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.



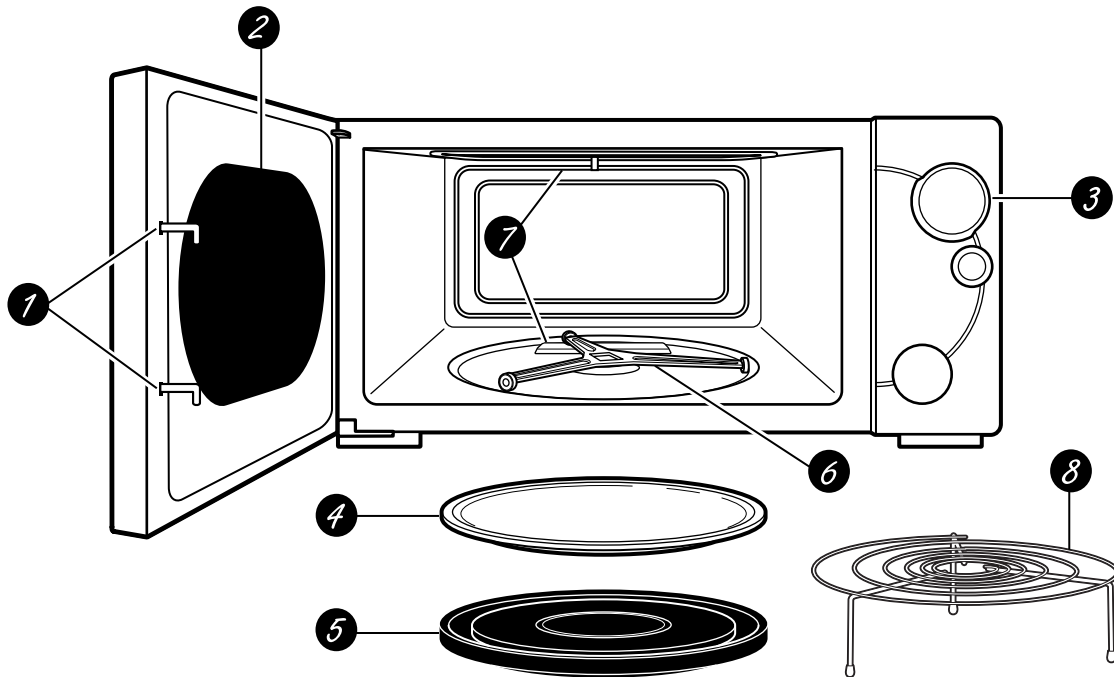
READ AND FOLLOW THIS SAFETY INFORMATION CAREFULLY.

SAVE THESE INSTRUCTIONS

About the features of your oven.

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

1000 Watts



Features of the Oven

1 Door Latches

2 Window with Metal Shield

Screen allows cooking to be viewed while keeping microwaves confined in the oven.

3 Control Panel and Selector Dial

First turn, then press the dial to make selections.

When entering cooking time using the dial, time will add or subtract in 15-second increments up to 6 minutes. For cooking times of 6–15 minutes, time will add or subtract in 30-second increments. When entering cooking times of 15–30 minutes, time will add or subtract in 1-minute increments. For times over 30 minutes, time will add or subtract in 5-minute increments.

4 Glass Turntable

Center the tray on the turntable support when using the microwave features. Place food or microwave-safe cookware directly on the glass turntable.

5 Black Metal Tray

Put food or appropriate cookware directly on the black metal tray and place on the turntable support when using browning or grilling features.

6 Removable Turntable Support

The turntable support must be in place when using the oven.

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

7 Heating Elements

Allows you to cook frozen convenience foods, brown already cooked foods quickly on top, or grill foods on the top and bottom.

8 Browner Rack

Center the rack on the black metal tray when using the browning or grilling features only.

About the features of your oven.

You can microwave by time, or with the convenience features, or cook using the browning and grilling features.

GRILL



BROWN



MICRO



DEFROST



REHEAT



POWER



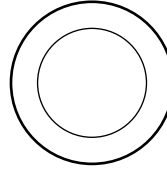
POPCORN



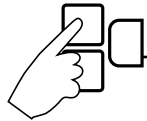
EXPRESS



BEVERAGE



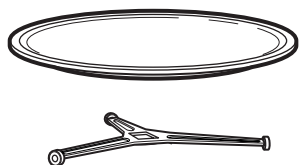
Selector Dial—Turn to make selections and press to enter.



Cooking Controls

Press	Enter	Option
MICRO	Amount of cooking time	more/less time
DEFROST Turn dial to AUTO Turn dial to TIME	Food weight Amount of defrosting time	
POWER	Power level 1–10	
EXPRESS	Starts immediately!	
BROWN	Food type, serving size	more/less time
REHEAT	Food type, serving size	
GRILL	Food type, serving size	more/less time
POPCORN	3.5 oz. or 3 oz.	
BEVERAGE	4, 8, or 12 oz.	

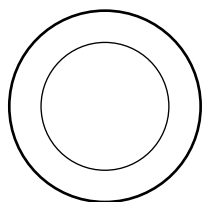
Using the microwave features.



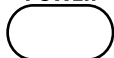
Make sure the turntable support and glass turntable are in place when microwaving.

- Place food or microwavable container directly on the glass turntable to cook your food.
- Center the glass turntable on the turntable support.
- Make sure that cookware is suitable for microwaving.

MICRO



POWER



START/PAUSE



Changing the Microwave Power Level

The power level may be entered or changed after entering the time for **Micro Cook** or **Express**.

- 1 Press **MICRO** or **EXPRESS**.
- 2 For **Micro Cook**, turn the dial to set the cook time and press the dial to enter.
- 3 Press **POWER**.
- 4 Turn the dial to set the power level and press the dial to enter.
- 5 Press the dial or **START** to begin cooking.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. **Power level 7** is microwave energy 70% of the time. **Power level 3** is energy 30% of the time. Most cooking will be done on **High (power level 10)** which gives you 100% power. **Power level 10** will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with **power level 3**—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

High 10: Fish, bacon, vegetables, boiling liquids.

Med-High 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

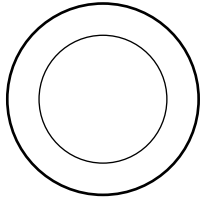
Medium 5: Slow cooking and tenderizing for stews and less tender cuts of meat.

Low 2 or 3: Defrosting; simmering; delicate sauces.

Warm 1: Keeping food warm; softening butter.

About the timed microwave features.

MICRO



POWER



START/PAUSE



Micro Cook

Allows you to microwave for any time up to 99 minutes.

High power level (10) is automatically set, but you may change it for more flexibility.

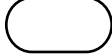
Make sure the turntable support and glass turntable are in place when microwaving.

- 1** Press **MICRO**.
- 2** Turn the dial to set the cook time and press the dial to enter.
- 3** Change the power level if you don't want full power. (Press **POWER**; turn the dial to set the power level and press the dial to enter.)
- 4** Press the dial or **START** to begin cooking.

You may open the door during **Micro Cook** to check the food. Close the door and press **START** to resume cooking.

Turn the dial to add or subtract 5 seconds of cooking time during countdown.

EXPRESS



Express

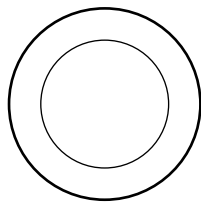
This is a quick way to set cooking time for 30 seconds at Power Level 10.

Make sure the turntable support and glass turntable are in place when microwaving.

The oven will start immediately. It will add 30 seconds to the time counting down each time the button is pressed.

The power level can be changed as time is counting down. Press **POWER** and turn the dial to select 1–10. Press the dial to enter.

DEFROST



Sequence Programming

The oven allows you to automatically begin microwave cooking after defrosting.

Make sure the turntable support and glass turntable are in place when microwaving.

- 1** Press **DEFROST**.
- 2** Turn the dial to select either Auto Defrost or Time Defrost and press the dial to enter.
- 3** Turn the dial to enter the food weight or defrosting time and press the dial to enter.
- 4** Press **MICRO**.
- 5** Turn the dial to select the cook time and press the dial to enter.
- 6** Change the power level if you don't want full power. (Press **POWER LEVEL**; turn the dial to set the power level and press the dial to enter.)
- 7** Press the dial or **START** to begin defrosting. After defrosting, Micro Cook will automatically count down.

MICRO



POWER



START/PAUSE

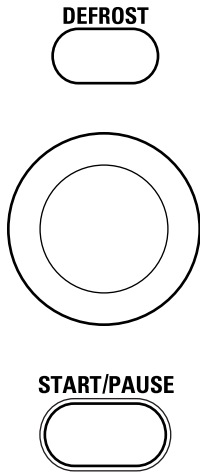


Cooking Guide for Micro Cook

NOTE: Use **High power level (10)** unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb.	6 to 9 min., Med-High (7)	In 1½-qt. casserole, place 1/4 cup water.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
Beans (fresh green)	1 lb. cut in half	9 to 11 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets (fresh, whole)	1 bunch	17 to 21 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli (fresh cut)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	9 to 13 min.	In 2-qt. casserole, place 1/4 cup water.
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage (fresh)	1 medium head (about 2 lbs.)	8 to 11 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		7 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots (fresh, sliced)	1 lb.	7 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower (flowerets)	1 medium head	9 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	10 to 17 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn (frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	5 to 6 min. 3 to 4 min. per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables (frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1-inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	3 to 4 min.	Pierce with cooking fork. Place in the oven, 1" apart, in circular arrangement. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

About the timed microwave features.



Time Defrost

Allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times. (**Auto Defrost** explained in the *About the convenience microwave features* section.)

Make sure the turntable support and glass turntable are in place when microwaving.

- 1** Press **DEFROST**.
- 2** Turn the dial to **TIME** and press the dial to enter.
- 3** Turn the dial to enter defrosting time and press the dial to enter.
- 4** Press the dial or **START**.
- 5** Turn the food over when the oven signals.
- 6** Press the dial or **START**.

When the oven signals, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil. The oven will continue to defrost if you don't open the door and turn the food.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at **High** power.

Defrosting Tips

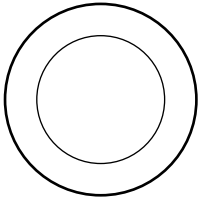
- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented **AFTER** food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as roasts, use **Auto Defrost**. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave oven very briefly, or let it stand a few minutes.

Defrosting Guide

Food	Time	Comments
Breads, Cakes <i>Bread, buns or rolls (1 piece)</i> <i>Sweet rolls (approx. 12 oz.)</i>	1 min. 3 to 5 min.	Rearrange after half the time.
Fish and Seafood <i>Filletts, frozen (1 lb.)</i> <i>Shellfish, small pieces (1 lb.)</i>	6 to 8 min. 5 to 7 min.	Place block in casserole. Turn over and break up after half the time.
Fruit <i>Plastic pouch—1 or 2 (10-oz. package)</i>	3 to 6 min.	
Meat <i>Bacon (1 lb.)</i> <i>Franks (1 lb.)</i> <i>Ground meat (1 lb.)</i> <i>Roast: beef, lamb, veal, pork</i> <i>Steaks, chops and cutlets</i>	2 to 5 min. 2 to 5 min. 5 to 7 min. 12 to 16 min. per lb. 5 to 7 min. per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after first half of time. Use power level 10 . Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Poultry <i>Chicken, broiler-fryer, cut up (2½ to 3 lbs.)</i> <i>Chicken, whole (2½ to 3 lbs.)</i> <i>Cornish hen</i> <i>Turkey breast (4 to 6 lbs.)</i>	15 to 19 min. 17 to 21 min. 7 to 13 min. per lb. 5 to 9 min. per lb.	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting. Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cold water in the cavity until giblets can be removed. Place unwrapped hen in the oven breast-side-up. Turn over after first half of time. Run cool water in the cavity until giblets can be removed. Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

About the convenience microwave features.

POPCORN



START/PAUSE



Use only with prepackaged microwave popcorn weighing 3.0 to 3.5 ounces.

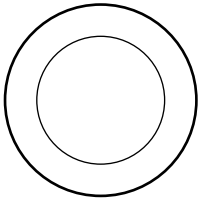
Popcorn

Make sure the turntable support and glass turntable are in place when microwaving.

To use the **Popcorn** feature:

- 1** Follow package instructions, using **Micro Cook** if the package is less than 3.0 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
- 2** Press **POPCORN**.
- 3** Turn the dial to select 3.5 or 3.0 ounce package of popcorn. Press the dial to enter.
- 4** Press the dial or **START** to begin cooking.

BEVERAGE



START/PAUSE



Beverage

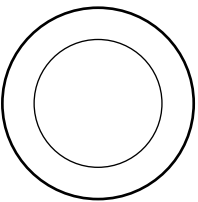
Make sure the turntable support and glass turntable are in place when microwaving.

To use the **Beverage** feature:

- 1** Press **BEVERAGE**.
- 2** Turn the dial to select 4, 8, or 12 ounces. Press the dial to enter.
- 3** Press the dial or **START** to begin cooking.

Drinks heated with the Beverage feature may be very hot. Remove the container with care.

REHEAT



START/PAUSE



Reheat

Make sure the turntable support and glass turntable are in place when microwaving.

The **Reheat** feature reheats 1–3 servings of many previously cooked foods.

- 1** Press **REHEAT**.
- 2** Turn the dial to select the food type and press the dial to enter.
- 3** Turn the dial to select the serving size and press the dial to enter.
- 4** Press the dial or **START** to begin cooking.

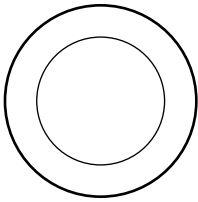
- 3** Turn the dial to select the serving size and press the dial to enter.
- 4** Press the dial or **START** to begin cooking.

NOTE: Serving size for a plate of leftovers cannot be changed.

Reheat Guide

Food Type	Comments
Meats	Cover with lid or vented plastic wrap.
Pasta	Cover with lid or vented plastic wrap.
Pizza slices	Do not cover.
Plate of leftovers	Cover with lid or vented plastic wrap.
Vegetables	Cover with lid or vented plastic wrap.

DEFROST



START/PAUSE



Auto Defrost

Use **Auto Defrost** for meat, poultry and fish weighing up to 6.0 pounds. Use **Time Defrost** for most other frozen foods.

Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

Make sure the turntable support and glass turntable are in place when microwaving.

- 1** Press **DEFROST**.
- 2** Turn the dial to **AUTO** and press the dial to enter.
- 3** Using the *Conversion Guide* below, turn the dial to enter food weight and press the dial to enter.
- 4** Press the dial or **START** to begin defrosting.

(**Time Defrost** is explained in the *About the time microwave features* section.)

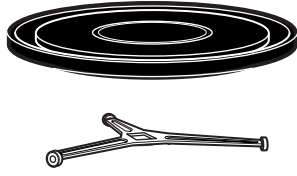
- Remove meat from package and place on microwave-safe dish.
- When the oven signals, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

Using the browning features.



Make sure the turntable support and black metal tray are in place when browning.

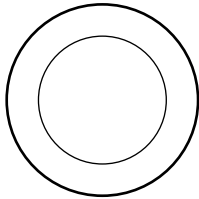
The browning features use a combination of microwaves and heat from the top and bottom elements to cook food evenly throughout while browning on top. Some foods cook best when using the browner rack.

▲ CAUTION: *When using the browning features, remember that the oven, door and dishes will be very hot!*

- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food, oven-safe cookware or the browner rack directly on the black metal tray when cooking.
- Make sure food is cooked all the way through before browning.

- Use the black metal tray in the same way you would use a shallow baking pan or baking tray.
- In addition to the cookware provided, you can use non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the black metal tray or browner rack.
- Be sure to select a size that will rotate easily.
- Place the black metal tray directly on the turntable support.
- Do not use cookware or coverings made of paper, plastic or foil when using the browning features.

BROWN



START/PAUSE



Setting a Browning Program

Make sure the turntable support and black metal tray are in place when browning.

See the *Browning Guide* on the next page for cooking suggestions.

- 1** Press **BROWN**.
- 2** Turn the dial to select the food type and press the dial to enter.
- 3** Turn the dial to select the specific food and press the dial to enter.
- 4** Turn the dial to enter the serving size and press the dial to enter.
- 5** Press the dial or **START** to begin cooking.

When the oven stops, use oven mitts to carefully remove the dish, black metal tray and browner rack (if used). They may be very hot.

During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the cooking elements. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.

Remove cookware completely from the oven before turning food.

Manual Browning

Make sure the turntable support and black metal tray are in place when browning.

The Manual browning features allow you to adjust the amount of microwave and heater power used for browning.

- 1** Press **BROWN**.
- 2** Turn the dial to **MANUAL** and press the dial to enter.
- 3** Turn the dial to select one of the manual browning modes and press the dial to enter.
- 4** Turn the dial to enter cook time and press the dial to enter.

5 Change the microwave power level if you don't want full power. (Press **POWER**; turn the dial to set the power level and press the dial to enter.)

6 Press the dial or **START** to begin cooking.

COMBI 1 and **COMBI 2** utilize more top element power, browning food faster on top.

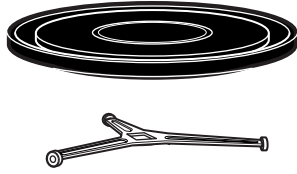
COMBI 3 uses equal parts top element and microwave power for less browning on top.

COMBI 4 utilizes top element, bottom element and microwave power for even browning on all sides.

Browning Guide

Food Type	Serving Size	Comments
Frozen Chicken <i>Nuggets, breaded</i> <i>Patties, breaded</i> <i>Tenders, breaded</i>	1 to 4 1 to 4 1 to 4	
Frozen Fish <i>Fillets, breaded</i> <i>Fish sticks, breaded</i> <i>Shrimp, breaded</i>	1 to 4 1 to 4 1 to 4	
Frozen Fries <i>Coated fries</i> <i>Crinkle fries</i> <i>Potato nuggets</i> <i>Regular fries</i> <i>Steak fries</i> <i>Waffle fries</i>	1 to 4 1 to 4 1 to 4 1 to 4 1 to 4 1 to 4	
Pizza <i>Deep dish single</i> <i>Filled pizza shell</i> <i>Regular crust</i> <i>Rising crust</i>	1 to 2 pizzas 12" 6 to 12" 6 to 12"	Check the food when the oven signals. Check the food when the oven signals.
Snacks <i>Cheese sticks</i> <i>Chicken wings</i> <i>Jalapeño poppers</i> <i>Egg rolls, mini</i> <i>Nachos, mini</i> <i>Onion rings</i> <i>Pizza rolls</i> <i>Snacks or bagels</i>	2 to 4 1 to 4 1 to 4 1 to 4 1 to 4 1 to 4 1 to 4 1 to 4	Place food on the browner rack. Place food on the browner rack.
Manual Cook <i>COMBI 1</i> <i>COMBI 2</i> <i>COMBI 3</i> <i>COMBI 4</i>		Utilizes more top element power, browning food faster on top. Utilizes less top element power. Utilizes equal parts top element and microwave power for less browning on top. Utilizes top element, bottom element and microwave power. Use for packaged foods such as au gratin potatoes or stuffing. Place dish on the browner rack and follow package directions.

Using the grilling features.



Make sure the turntable support and black metal tray are in place when grilling.

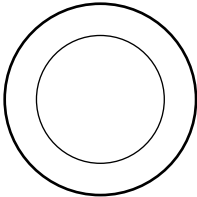
The grilling features use direct heat from the top and bottom elements to cook fresh and frozen foods.

⚠ CAUTION: *When using the grilling features, remember that the oven, door and dishes will be very hot!*

- Cookware will become hot. Oven mitts will be needed to handle the cookware.
- Place food, oven-safe cookware or the broiler rack directly on the black metal tray when cooking.
- Use the black metal tray in the same way you would use a shallow baking pan or baking tray.

- In addition to the cookware provided, you can use non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the black metal tray or broiler rack.
- Be sure to select a size that will rotate easily.
- Place the black metal tray directly on the turntable support.
- Do not use cookware or coverings made of paper, plastic or foil when using the grilling features.

GRILL



START/PAUSE



Setting a Grilling Program

Make sure the turntable support and black metal tray are in place when grilling.

See the *Grilling Guide* on the next page for cooking suggestions.

- 1** Press **GRILL**.
- 2** Turn the dial to select the food type and press the dial to enter.
- 3** Turn the dial to select the specific food and press the dial to enter.
- 4** Depending on your selection, turn the dial to enter the serving size or cook time and press the dial to enter.
- 5** Press the dial or **START** to begin cooking.

When the oven stops, use oven mitts to carefully remove the dish, black metal tray and broiler rack (if used). They may be very hot.

During and after use, do not touch, or let clothing, pot holders or other flammable materials contact the cooking elements. These surfaces may be hot enough to burn even though they are dark in color. Allow sufficient time for cooling first.

Remove cookware completely from the oven before turning food.

Manual Grilling

Make sure the turntable support and black metal tray are in place when grilling.

The Manual grilling features allow you to choose which heating elements are used when grilling and set the cooking time.

- 1** Press **GRILL**.
- 2** Turn the dial to **MANUAL** and press the dial to enter.
- 3** Turn the dial to select **GRILL 1** or **GRILL 2**.

4 Turn the dial to enter cook time and press the dial to enter.

5 Press the dial or **START** to begin cooking.

GRILL 1 uses the top heating element only for browning on top.

GRILL 2 utilizes both the top and bottom elements for even browning on all sides.

Grilling Guide

Food Type	Serving Size	Comments
Entrée		
<i>Burritos, frozen</i>	1 to 4	Arrange 3 or more in a star pattern.
<i>Grilled cheese</i>	1 to 4	Turn food over when the oven signals.
<i>Egg rolls, large</i>	1 to 4	Arrange 3 or more in a star pattern.
<i>Corn dogs, mini frozen</i>	1 to 4	
<i>Pocket sandwich, frozen</i>	1 to 4	Arrange 3 or more in a star pattern.
<i>Corn dogs, regular frozen</i>	1 to 4	
Meats		
<i>Chickens breast</i>	1 to 4	Turn food over when the oven signals.
<i>Filet mignon</i>	1 to 2	Turn food over when the oven signals.
<i>Pork chop</i>	1	Turn food over when the oven signals.
Seafood		
<i>Salmon fillets</i>	1 to 2	Check food when the oven signals.
<i>Shrimp</i>	1 lb.	Shrimp should be thawed and peeled.
Manual Cook		
<i>Grill 1</i>		Uses the top heating element only.
<i>Grill 2</i>		Uses both the top and bottom heating elements. Use for frozen breakfast items such as French toast or waffles.

About the other features.

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display **FOOD IS READY** and beep once a minute until you either open the oven door or press **CLEAR/OFF**.

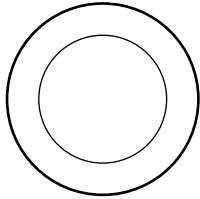
OPTIONS



Clock

Press to enter the time of day.

- 1** Press **OPTIONS**.
- 2** Turn the dial to **CLOCK** and press the dial to enter.
- 3** Turn the dial to enter the hour and press the dial to enter.
- 4** Turn the dial to enter the minutes and press the dial to enter.



START/PAUSE



Start/Pause

In addition to cancelling selections, **START/PAUSE** allows you to stop cooking without opening the door or clearing the display. Press **START/PAUSE** to restart the oven.

CLEAR/OFF



Child Lock-Out

You may lock the control panel to prevent the microwave oven from being accidentally started or used by children.

To lock or unlock the controls, press and hold **CLEAR/OFF** for about 3 seconds. When the control panel is locked, **L** will be in the display.

TIMER



Timer

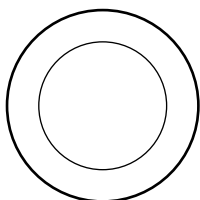
Timer operates as a minute timer when the oven is not operating.

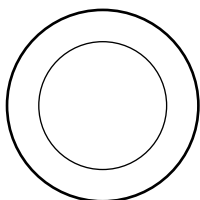
- 1** Press **TIMER**.
- 2** Turn the dial to enter the minutes and press the dial to enter.
- 3** Turn the dial to enter the seconds and press the dial to enter.
- 4** Press **TIMER**.

When time is up, the oven will signal.

Press **TIMER** to cancel the timer.

NOTE: The Timer indicator will be lit while the timer is operating.

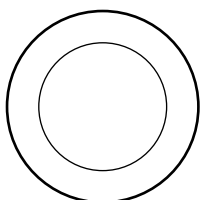


OPTIONS**Beeper On/Off**

The button beep can be turned on or off.

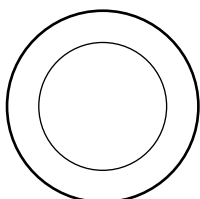
- 1 Press **OPTIONS**.
- 2 Turn the dial to **BEEPER** and press the dial to enter.
- 3 Turn the dial to select **ON** or **OFF** and press the dial to enter.

NOTE: The **MUTE** indicator will be lit when the button beep is turned **OFF**.

OPTIONS**Display On/Off**

To turn the clock display on or off:

- 1 Press **OPTIONS**.
- 2 Turn the dial to **DISPLAY ON/OFF** and press the dial to enter.
- 3 Turn the dial to select **ON** or **OFF** and press the dial to enter.

OPTIONS**Scroll Speed**

The scroll speed of the display can be changed.

- 1 Press **OPTIONS**.
- 2 Turn the dial to **SCROLL SPEED** and press the dial to enter.
- 3 Turn the dial to select 1–5 for slow to fast scroll speed and press the dial to enter.

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"> ■ 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.

Care and cleaning of the microwave oven.

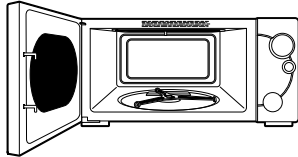


Helpful Hints

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

Unplug the cord before cleaning any part of this oven.

How to Clean the Inside



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

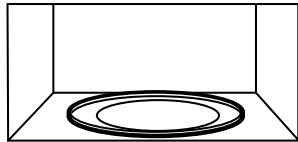
Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

Never use a commercial oven cleaner on any part of your microwave oven.

The heating elements cannot be removed.

Glass Microwave Turntable, Black Metal Tray and Turntable Support

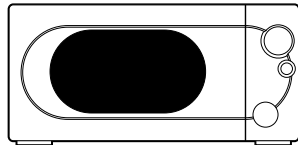


To prevent breakage, allow the glass microwave turntable and black metal tray to cool completely before cleaning. Wash carefully in warm, sudsy water or in the dishwasher.

A soap-filled scouring pad can also be used to clean the black metal tray. Do not use abrasives, as they may damage the finish.

Browner Rack

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



How to Clean the Outside

Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave oven.

Case

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

Control Panel and Door

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 Surface

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

Power Cord

If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

Stainless Steel (on some models)

Do not use a steel-wood pad; it will scratch the surface.

To clean the stainless steel surface, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.

Troubleshooting tips.

<i>Problem</i>	<i>Possible Causes</i>	<i>What To Do</i>
<i>Oven will not start</i>	A fuse in your home may be blown or the circuit breaker tripped.	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	• Open the door and close securely.
<i>Control panel lighted, yet oven will not start</i>	Door not securely closed.	• Open the door and close securely.
	START not pressed after entering cooking selection.	• Press START .
	Another selection entered already in oven and CLEAR/OFF not pressed to cancel it.	• Press CLEAR/OFF .
	CLEAR/OFF was pressed accidentally.	• Press START .
	Food weight not entered after selecting AUTO DEFROST .	• Make sure you have entered food weight after selecting AUTO DEFROST .
<i>Microwave oven controls will not work</i>	The control has been locked. (When the control panel is locked, L will be in the display.)	• Press and hold CLEAR/OFF for about 3 seconds to unlock the control.

Things That Are Normal With Your Microwave Oven

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.