

# SEARS

## USE & CARE MANUAL

STOCK NO.  
89950  
89951  
89952

### KNOW YOUR OVEN

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

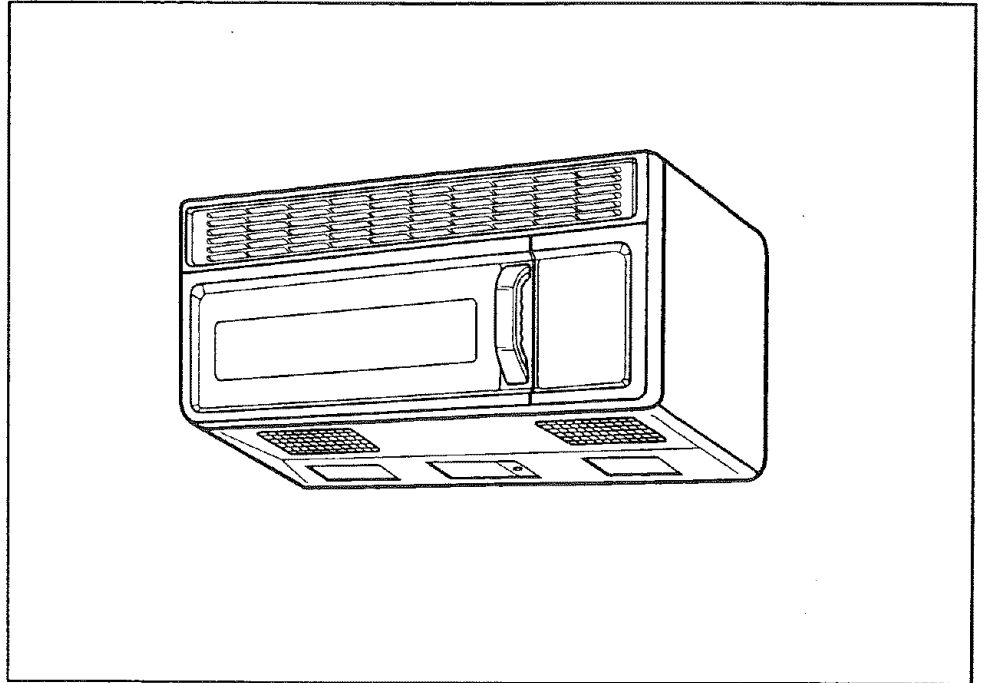
Record the Model No. and the Serial No. (found on the label on the left side of control panel) in the space below.

Model No. \_\_\_\_\_

Serial No. \_\_\_\_\_

Keep this manual for future reference.

3874W500863



# Kenmore

## MICROWAVE-CONVECTION OVEN

### Use and Care Manual

# IMPORTANT SAFETY INSTRUCTIONS

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. The safety instructions below will tell you how to use your oven to avoid harm to yourself and/or damage to your oven. **READ ALL THE INSTRUCTIONS BEFORE USING YOUR OVEN.**  
**DO NOT ALLOW CHILDREN TO USE THIS OVEN WITHOUT CLOSE SUPERVISION!**

## ▲ WARNING! YOUR SAFETY FIRST! ▲

### PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- 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.
- 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:
  - door (bent),
  - hinges and latches (broken or loosened),
  - door seals and sealing surfaces.
- DO NOT PLACE ANY OBJECT BETWEEN THE OVEN FRONT FACE AND THE DOOR, or allow soil or cleaner residue to accumulate on sealing surfaces.
- THE OVEN SHOULD NOT BE ADJUSTED OR REPAIRED by anyone except properly qualified service personnel.

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

- Do not use corrosive chemicals or vapors, such as sulfide and chloride, in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
- Do not use or store this appliance outdoors. Do not use this product near water - for example, near a kitchen sink, in a wet basement, or near a swimming pool.
- Do not use the oven for storage purposes. Do not leave paper products, cooking utensils, or food in the oven when not in use.
- Clean the ventilating hood frequently. Do not allow grease to accumulate on the hood or the filters.
- When flaming foods under the hood, turn the fan off. The fan, if operating, may spread the flame.
- Suitable for use above both gas and electric cooking equipment 36 inches or less wide.
- Use care when cleaning the vent hood filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filters.

# IMPORTANT SAFETY INSTRUCTIONS

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- WHEN CLEANING THE DOOR AND THE SURFACES THAT TOUCH THE DOOR, USE ONLY MILD, NON-ABRASIVE SOAPS OR DETERGENTS AND A SPONGE OR SOFT CLOTH.
- DO NOT TAMPER WITH THE BUILT-IN SAFETY SWITCHES ON THE OVEN DOOR!  
The oven has several built-in safety switches to make sure the power is off when the door is open.
- IF YOUR OVEN IS DROPPED OR DAMAGED, HAVE IT THOROUGHLY CHECKED BY A QUALIFIED SERVICE TECHNICIAN BEFORE USING IT AGAIN.

## TO AVOID A FIRE HAZARD:

- DO NOT SEVERELY OVERCOOK FOODS. Severely overcooked foods can start a fire in the oven. Watch the oven carefully, especially if you have paper, plastic, or other combustibles in the oven.
- DO NOT STORE COMBUSTIBLE ITEMS (bread, cookies, etc.) IN THE OVEN, because if lightning strikes the power lines, it may cause the oven to turn on.
- DO NOT USE WIRE TWIST-TIES IN THE OVEN. Be sure to inspect purchased items for wire twist-ties and remove them before placing the item in the oven.

## IF A FIRE SHOULD START:

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

## TO AVOID ELECTRIC SHOCK:

- THIS APPLIANCE MUST BE GROUNDED! Connect it only to a properly grounded outlet.  
See the ELECTRICAL GROUNDING INSTRUCTIONS on page 6.
- 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.
- DO NOT IMMERSE THE ELECTRICAL CORD OR PLUG IN WATER.
- KEEP THE CORD AWAY FROM HEATED SURFACES.

## TO AVOID IMPROPERLY COOKING SOME FOODS,

Some foods or containers should not be used with this microwave oven. Personal injury could result.

- DO NOT HEAT ANY TYPES OF BABY BOTTLES OR BABY FOOD IN THIS OVEN. Uneven heating may occur and possibly cause personal injury.
- DO NOT HEAT SMALL-NECKED CONTAINERS, such as syrup bottles, in this microwave oven.
- DO NOT DEEP-FAT FRY IN YOUR MICROWAVE OVEN. This is not a safe procedure in a confined cavity.
- DO NOT ATTEMPT HOME CANNING IN YOUR MICROWAVE OVEN. It is impossible to be sure all areas of the jar have reached boiling temperature for the proper processing time.
- DO NOT HEAT THE FOLLOWING ITEMS IN THE MICROWAVE OVEN: whole eggs in the shell; water with oil or fat; sealed containers or closed glass jars. These items may explode.

# IMPORTANT SAFETY INSTRUCTIONS

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## CAUTION

TAKE GOOD CARE OF YOUR OVEN TO KEEP IT TROUBLE-FREE.

### IN GENERAL:

- DO NOT USE THIS OVEN FOR COMMERCIAL PURPOSES. It is made for household use only.
- Install or locate your oven according to the instructions in this manual. Be sure the oven is level.
- Use your oven only for the operations described in this manual.
- Do not cover or block any openings in the oven.
- Do not run the oven empty, without food in it.

### PRESERVE THE OVEN FLOOR:

- DO NOT HEAT THE OVEN FLOOR EXCESSIVELY.
- Do not allow the gray film on special microwave-cooking packages (Example: french fries) to touch the oven floor. Put the package on a microwave-safe dish.
- Do not cook anything directly on the oven floor. Use a microwave-safe dish.
- Keep a browning dish at least 3/16 inch above the oven floor. Carefully read and follow the instructions for the browning dish. If you use a browning dish incorrectly, you could damage the oven floor.

### PRESERVE THE TEMPERATURE PROBE:

- Do not leave the temperature probe unplugged in the cavity when you operate the oven.
- Keep the temperature probe at least one inch away from the walls, top and bottom of the oven cavity.
- 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. The probe is designed for this microwave oven only.
- Remove the temperature probe from the socket after each use. Use a pot holder, because the wire, plug and sensor sections may be hot.

### PRESERVE THE METAL RACK:

- Remove the metal rack from the oven when you are not using it.
- Do not use the oven empty with the metal rack in it.
- The metal rack may get hot while cooking. Use pot holders to remove it after cooking.
- Do not use foil or metal containers on the metal rack when using the oven in the microwave mode.

## SAVE THESE INSTRUCTIONS!

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# IMPORTANT INFORMATION ABOUT YOUR OVEN

Enjoy a new cooking experience from Sears. PLEASE READ THIS MANUAL.

It will tell you how to use all the fine features of this microwave oven, including Automatic Defrost, Multi-Stage Cooking, Temperature Controlled Cooking, Automatic Cook, Sensor Cook, Convection/Combination Cooking, Popcorn, the Child Lock, and Quick On. You can Hold food at WARM while you finish the rest of your meal. With the touch of one keypad, you can cook foods automatically and prepare roasts to desired temperature doneness.

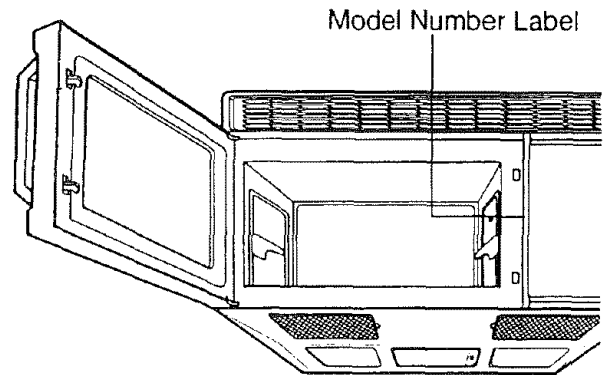
Advice on the use and care of Sears appliances is always available at your nearest Sears store.

## LOCATION OF MODEL NUMBER

To request service, information or replacement parts, Sears will require the complete model number of your microwave oven. The number is on the control panel side as shown in the illustration below. It looks like this: 721.8000000.

## OVEN SPECIFICATIONS

Output Power	850W (IEC 705 Rating Standard) 1350W (Heater)
Outer Dimensions	29-7/8" x 14" x 16-3/16"
Cavity Volume	1.1 Cu.Ft
Net Weight	69 lbs



## ELECTRICAL RATING

- \* Electrical Rating of the Oven: 120 V AC. 60 Hz.
- \* 1300Watts 12 Amperes (Microwave oven only)
- \* 1500Watts 13 Amperes (Microwave oven + Cooktop Lamps + Ventilation Fan.)

## ELECTRICAL REQUIREMENTS

The oven is designed to operate on a Standard 120 volt/60 Hz household outlet. Be sure the circuit is at least 15 amperes and the microwave oven is the only appliance on the circuit. It is also not designed for 50 Hz or any circuit other than 120 volt/60 Hz circuit.

## ELECTRICAL GROUNDING INSTRUCTIONS

**This appliance must be grounded.** If an electrical short circuit occurs, grounding reduces the risk of electric shock by providing an escape wire for the electric current. The cord for this appliance has a grounding wire with a grounding plug. Put the plug into an outlet that is properly installed and grounded.

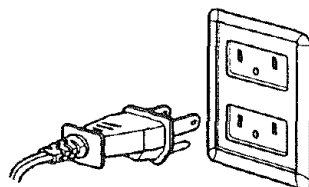
### ▲ WARNING! ▲

**If you use the grounding plug improperly, you risk electric shock.**

Ask a qualified electrician or the Sears Service Department if you do not understand the grounding instructions or if you wonder whether the appliance is properly grounded.

Because this appliance fits under the cabinet, it has a short power-supply cord. See the separate Installation Instructions for directions on properly placing the cord. Keep the electrical power cord dry and do not pinch or crush it in any way.

1. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance or,
2. Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.



PROPERLY POLARIZED  
AND GROUNDED OUTLET

Three-Pronged (Grounding) Plug

# INSTALLATION INSTRUCTIONS

USE THE SEPARATE INSTALLATION INSTRUCTION MANUAL to install this oven over your range. If you have any questions about the installation, contact your local Sears salesperson or your local Sears Service Center.

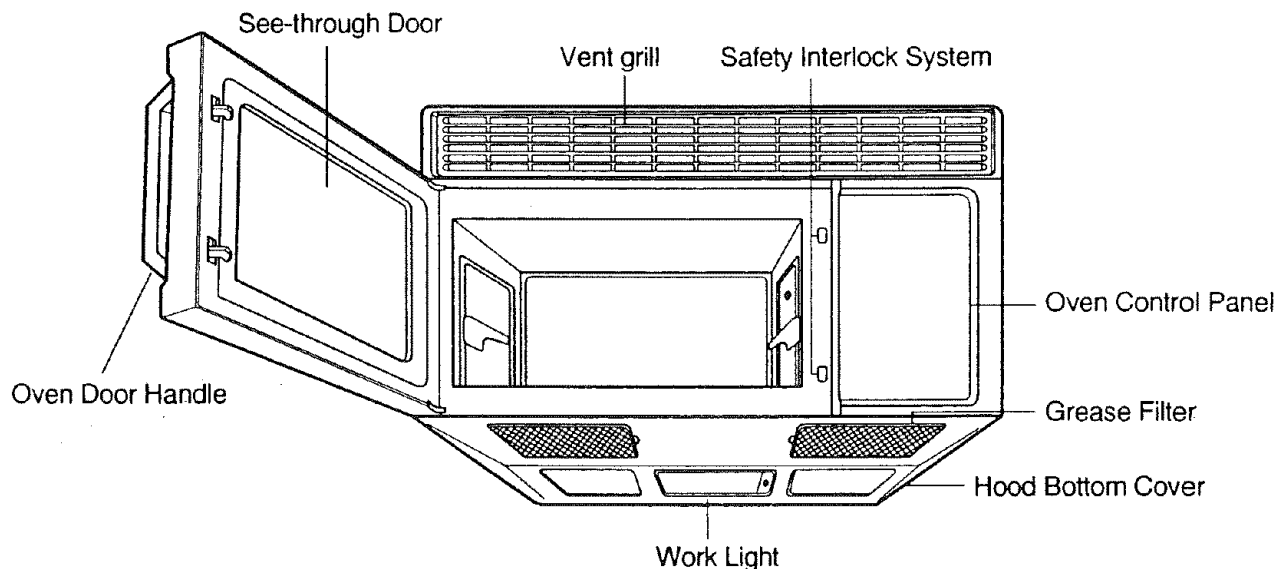
## Packed With Your Oven Are The Following Items (One each) :

Metal Rack	Top Cabinet Template
Temperature Probe	Wall Template
Cookbook	Hardware Package
Use and Care Manual	Damper/Duct connector
Installation Instruction Manual	Grease Filters (2)
Charcoal filter (pre-assembled in the oven)	

Only the Metal Rack, the Grease Filter, and the Temperature Probe appear in the illustration below. The Hardware Package and Damper/duct connector are used to install the oven. Keep the Cookbook, Use and Care Manual, and Installation Instruction Manual for future reference.

If you do not have all of these items, contact your local Sears Salesperson or Sears Service Center.

## OVEN PARTS



# INSTALLATION INSTRUCTIONS

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## SET THE TIME OF DAY

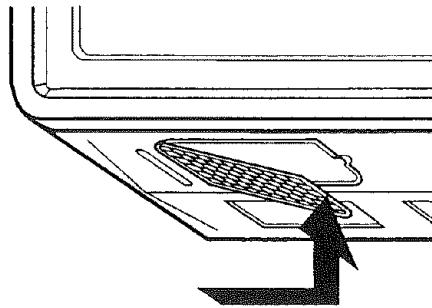
**NOTE:** You will need to set the Time of Day when you first plug in your oven and when the power comes on after a power interruption. (See also the "Quick Reference Chart" for Time of Day setting instructions.)

Touch STOP/CLEAR.  
Touch TIME OF DAY.  
Touch the numbers for the time.  
Touch TIME OF DAY.

## INSERT THE GREASE FILTERS

After your oven is installed, you will need to insert the two grease filters. The filters are identical.

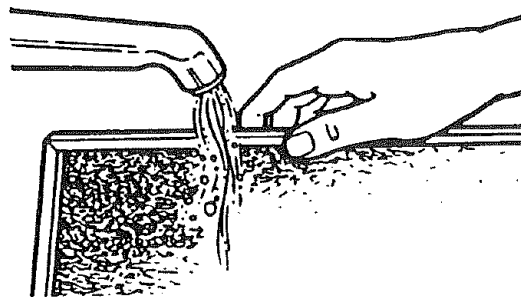
1. Grasp the filter by the metal tab. The tab end should face the center of the oven as shown in the illustration.
2. Slide the filter in the groove toward the side of the oven and push it up.
3. Slide the filter toward the oven center to anchor it in place.



## CLEAN THE GREASE FILTERS

1. Grasp the filter by the metal tab at the end.
2. Slide the filter toward the side of the oven and pull down.
3. Slide the filter back and out of the groove.

For complete instructions on cleaning the filters, see the Care and Cleaning section of this manual.





# OVEN CONTROL PANEL

When you first plug in your oven, "0" will appear in the display window.

**Temp-**  
Used for temperature probe cooking.

**Time-**  
Used in setting cooking time.

**Numbers-**  
Used to enter the:  
• Time of day  
• Cooking Time  
• Cooking Powers  
• Food temperatures

**Hold Warm-**  
Used to keep hot, cooked foods safely warm in your microwave oven up to 60 minutes.

**Time of day-**  
Used in setting time of day.

**Memory-**  
Used for memory entry and memory recall of a cooking program.

**Stop/Clear-**  
Used to stop the oven or clear all entries except time of day.

**Auto Cook-**  
Used to cook common foods without needing to program times and cook powers.

**Auto Defrost-**  
Used to thaw frozen meat, poultry, and fish.

**Fan Control Pad-**  
Used to turn on the fan at high speed or low speed and turn off the fan.

**Work Light Pad-**  
Used to turn the work light on/off in either the high or night modes.

**Display-**  
Used to show time of day, cooking time, cooking power level, cooking temperature, and miscellaneous indicators during cooking functions.

**Quick-on-**  
Used to select and cook from 1 to 9 minutes automatically at 100% power.

**Popcorn-**  
Used to pop popcorn.

**Cook-**  
Used to sensor cooking.

**Room Temp-**  
Used to reheat foods at room temperature.

**Frozen Temp-**  
Used to reheat frozen foods.

**Convection-**  
Used in setting convection cooking or preheat.

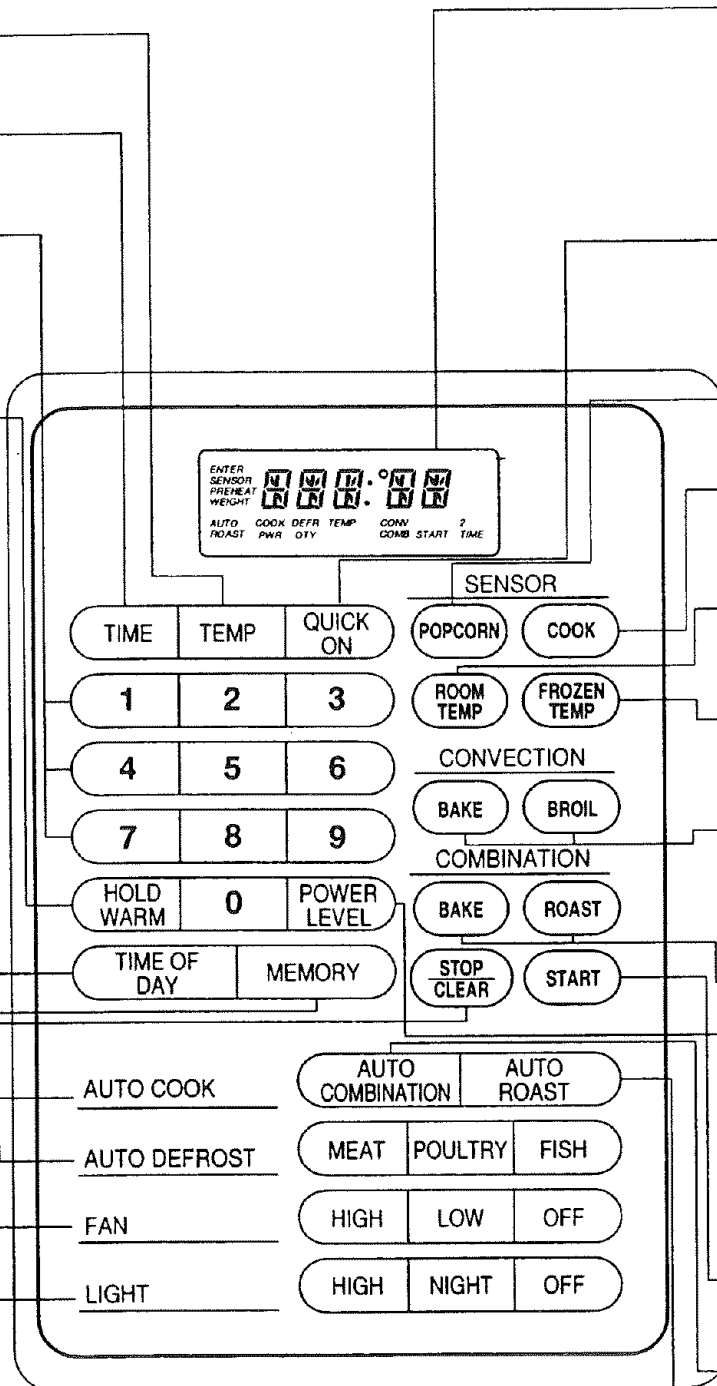
**Combination-**  
Used in setting combination cooking or preheat.

**Power Level-**  
Used to select cooking power levels.

**Start-**  
Starts the oven.

**Auto Combination-**  
Used in setting weight combination cooking.

**Auto Roast-**  
Used to roast with the temperature probe.



# INTRODUCTION TO MICROWAVE COOKING

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To get the best results from your microwave oven, read and follow the guidelines below.

Microwave cooking distributes heat differently from stove or oven cooking. In microwave cooking, food on the outside of the dish absorbs more energy (and cooks more quickly) than food at the center. Arrange the food to allow for even exposure to the microwave energy. Because foods are different, you need to arrange and cook them differently.

- **STORAGE TEMPERATURE:** Foods taken from the freezer or refrigerator take longer to cook than the same foods at room temperature. The time for recipes in this book is based on the normal storage temperature of the food.
- **SIZE:** Small pieces of food cook faster than large ones; pieces similar in size and shape cook more evenly. For even cooking, reduce the power when cooking large pieces of food.
- **QUANTITY:** Small amounts of food usually take less time than large amounts.
- **SHAPE:** Thin areas and corners cook faster. Round shapes and rings cook more evenly because microwaves penetrate foods to about 1 inch from the top, bottom, and sides.
- **TEXTURE:** Dense foods, such as potatoes, take longer to cook or heat than light, porous foods, such as bread, rolls, or a piece of cake. Cook foods with a delicate texture at lower power levels to avoid toughening.
- **NATURAL MOISTURE:** Very moist foods cook more evenly because microwave energy is attracted to water molecules.
- **TURN OVER** foods like pork chops, baking potatoes, roasts, or whole cauliflower halfway through the cooking time to expose all sides to equal amounts of microwave energy.
- **STIR** foods such as casseroles and vegetables from the outside to the center to distribute the heat evenly and speed cooking. Constant stirring is not necessary.
- **ARRANGE** unevenly shaped foods, such as chicken pieces or salmon steaks, with the thicker, meatier parts toward the outside of the dish.
- **SHIELD**, with **SMALL** pieces of aluminum foil, parts of food that may cook quickly, such as wing tips and leg ends of poultry.
- **PLACE** delicate areas of foods, such as asparagus tips, toward the center of the dish.
- **COVER AND LET STAND** those foods uneven in moisture so heat can spread evenly.
- **LET IT STAND:** After you remove the food from the microwave, cover food with foil or casserole lid and let it stand to finish cooking in the center and avoid overcooking the outer edges. The length of standing time depends on the density and surface area of the food.

Check the Questions and Answers section on pages 39-40 for more tips on cooking successfully with your microwave oven.

# QUICK REFERENCE GUIDE

TIME OF DAY	COMBINATION	TIMER
<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME OF DAY.</li> <li>3. Touch numbers for correct time of day.</li> <li>4. Touch TIME OF DAY*. * You "lock" in the time and start the clock running. (See page 8 for more detailed instructions.)</li> </ol>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch BAKE or ROAST. If preheating is required, touch "BAKE" or "ROAST" twice. Enter desired preheat/cooking temperature between 150°F and 450°F.</li> <li>3. Touch numbers for desired cooking time.</li> <li>4. Touch START. (See page 33 for more detailed instructions.)</li> </ol>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch correct numbers for time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch "0" (power level 0).</li> <li>6. Touch START. (See page 12 for more detailed instructions.)</li> </ol>
MULTI-STAGE COOKING	QUICK ON COOKING	CONVECTION
<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for first cooking time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch number for first cooking power level.</li> <li>6. Touch TIME.</li> <li>7. Touch numbers for second cooking time.</li> <li>8. Touch POWER LEVEL.</li> <li>9. Touch number for second cooking power level.</li> <li>10. Touch START. (See page 18 for more detailed instructions.)</li> </ol>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch QUICK ON.</li> <li>3. Touch number for desired cooking time from 1 to 9 minutes. (Cooking is on HI-POWER.)</li> </ol> <p><b>NOTE:</b> This function starts only after touching STOP/CLEAR. (See page 12 for more detailed instructions.)</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch BAKE or BROIL. If preheating is required for BAKE, touch "BAKE" twice. Enter desired preheat/cooking temperature between 150°F and 450°F.</li> <li>3. Touch numbers for desired cooking time.</li> <li>4. Touch START. (See page 28 for more detailed instructions.)</li> </ol>
SENSOR	"HI-POWER" / "MULTI-POWER"	MEMORY
<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch POPCORN, ROOM TEMP, FROZEN TEMP or COOK.</li> <li>3. For the COOK sensor program, touch code number from 1 to 7 to select appropriate COOK sequence. (Others will start automatically.)</li> </ol> <p><b>NOTE:</b> You do not need to touch START. 3 seconds after touching the pad the oven begins cooking automatically. (See page 15 for more detailed instructions)</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for cooking time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch number for cooking power level.</li> <li>6. Touch START. (See page 19 for more detailed instructions.)</li> </ol>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Set the cooking program you wish to put into memory.</li> <li>3. Touch MEMORY for more than 2 seconds.</li> </ol> <p>For MEMORY recall</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch MEMORY.</li> <li>3. Touch START. (See page 13 for more detailed instructions.)</li> </ol>
AUTO DEFROST	HOOD FAN CONTROL	AUTO COOK
<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch MEAT, POULTRY or FISH to select the appropriate Auto Defrosting Sequence.</li> <li>3. Enter the weight of your food in decimals from 0.1 to 9.9 pounds.</li> <li>4. Touch START.</li> <li>5. At the beeps, turn food over by following the instructions in the cookbook.</li> <li>6. After turning food over, touch START to resume defrosting. (See pages 23 and 24 for more detailed instructions.)</li> </ol>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch the HIGH or LOW pad. * Fan runs at HIGH or LOW speeds. * Touch the HIGH or LOW pad to change the fan speed.</li> <li>2. Touch the OFF pad to turn off the fan. * If the oven over-heats, the fan will run by itself until the temperature of the oven drops to a safe level. (See page 13 for more detailed instructions.)</li> </ol>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch AUTO COMBINATION or AUTO ROAST.</li> <li>3. Enter code number from 1 to 6 to select appropriate AUTO COMBINATION or AUTO ROAST sequence.</li> <li>4. For AUTO COMBINATION, enter the weight or quantity of your food. (AUTO ROAST will start automatically after step 3.)</li> <li>5. Touch START. (See page 17 or 33 for more detailed instructions.)</li> </ol>
CHILD LOCK	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch "0" for more than 2 seconds.</li> </ol> <p>To cancel:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch "0" for more than 2 seconds. (See page 12 for more detailed instructions.)</li> </ol>	

# SPECIAL FEATURES/FUNCTIONS

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## CHILD LOCK

Your oven has a "CHILD LOCK" feature that protects children from the oven.

### To set the Child Lock:

1. Touch STOP/CLEAR.
2. Touch and hold "0" more than 2 seconds.  
LOCK will appear in the display window with one beep.

### To Cancel the Child Lock:

1. Touch STOP/CLEAR.
2. Touch "0" more than 2 seconds or until the "LOCK" disappears and you hear 1 beep. At this time, the oven is ready to use.

## QUICK ON

Your oven has a QUICK ON feature that starts the oven simply. The oven automatically cooks at HI-POWER for up to 9 minutes.

1. Touch STOP/CLEAR.
2. Touch QUICK ON. "QUICK" will display.
3. Touch the number for the cooking time in minutes (1-9).  
When the oven has finished cooking, "End" will display and you will hear two short and one long beeps.

## TIMER

Your oven has a timer that you can use when not cooking. The oven does not run and the timer just counts down in seconds.

1. Touch STOP/CLEAR.
2. Touch TIME.
3. Touch the numbers for the time you want to measure.
4. Touch POWER LEVEL.
5. Touch "0" (power level 0).
6. Touch START. The time will count down in the display window but the oven will not heat. When the time is over you will hear two short and one long beeps and "END" will display.
7. Touch STOP/CLEAR to return to the TIME OF DAY display.

## HOLD WARM

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

### To use the "HOLD WARM" feature :

1. Touch STOP/CLEAR.
2. Set the desired cooking cycle following suitable operating instructions on pages 12 through 38 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 cooking control setting changes to Power Level 1. The "HOLD WARM" will continue for up to 60:00 minutes or until the door has been opened or STOP/CLEAR 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 STOP/CLEAR.
2. Touch HOLD WARM.
3. Touch START.

The oven will begin to keep the food warm with power level 1 for up to 60:00 minutes or until the door has been opened or STOP/CLEAR has been touched.

# SPECIAL FEATURES/FUNCTIONS

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## MEMORY

Your oven has a MEMORY feature that allows you to program one single or multi-stage cooking program.

### To memorize a cooking program:

1. Touch STOP/CLEAR.
2. Set the single or multi-stage program you wish to put into memory (set as you would normally).
3. Touch MEMORY for more than 3 seconds ENTER will display.  
When you touch MEMORY, no beep will be heard until ENTER is displayed.

### To recall the memory :

1. Touch STOP/CLEAR.
2. Touch MEMORY. CALL will display.
3. Touch START.

## TEMP

Your oven has a "Temp" feature that allows you to keep food warm after cooking is finished.

### To use the "TEMP" feature :

1. Plug in the Temperature Probe.
2. Touch STOP/CLEAR.
3. Touch TEMP.
4. Touch the numbers for food temperature.
5. Touch POWER LEVEL.
6. Touch the number for cooking power level.
7. Touch HOLD WARM.
8. Touch START.

**NOTE:** You do not need to touch POWER LEVEL when cooking with the highest power ("HI").  
To set "HI-POWER" Cooking, skip steps 5 and 6 above.

## FAN

Your oven has a "FAN" feature that allows you to ventilate during electric or gas oven cooking.

### To use the "FAN" feature:

1. Choose fan speed.
2. Turn off fan when desired.

**NOTE:** If the temperature gets too hot around the microwave oven, the exhaust fan in the vent hood will automatically turn on at the LOW setting to protect the oven.  
It may stay on up to an hour to cool the oven. When this occurs, the FAN OFF pad will not turn the fan off.

## LIGHT

Your oven has a "LIGHT" feature that allows you to illuminate on the electric or gas oven.

### To use the "LIGHT" feature:

1. Choose light.
2. Turn off light when desired.

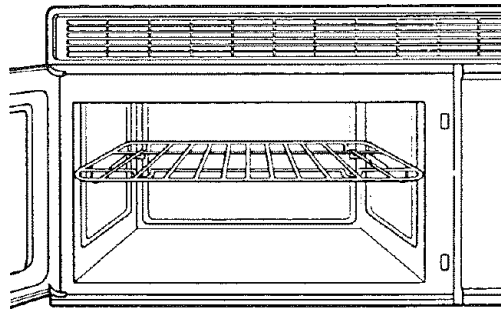
# USING THE METAL RACK

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The Metal Rack gives you extra space when cooking in more than one container at the same time. The metal rack must not be turned upside-down on the bottom of the oven. You can also use the metal rack for convection cooking.

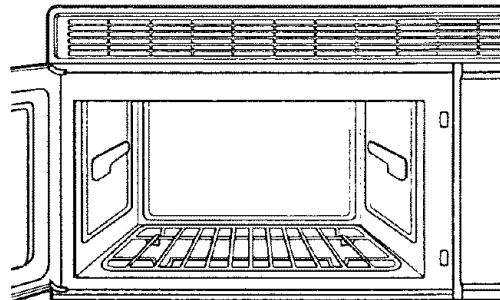
## INSERTING THE RACK

**NORMAL POSITION**



**Normal position:** Insert the rack securely on the rack guides on the side walls of the oven.

**BOTTOM POSITION**



**Bottom position:** Insert the rack securely on the bottom of the oven.

- Use hot pads when removing rack from oven after cooking to prevent burns. Rack may be hot.
- Do not store the metal rack in the oven.  
Arcing and damage to the oven could result if someone accidentally starts the oven.
- Use rack only in the microwave oven.
- Do not use rack with browning dish.
- Do not let food container on rack touch the top or sides of the oven.
- Do not cook foods directly on rack without putting them in containers first.
- Do not place a metal cooking container on rack when microwave cooking or combination cooking. Place a microwave-safe plate under container.

# DIRECTIONS FOR MICROWAVE COOKING

## SENSOR COOK

SENSOR COOK lets you cook common microwave-prepared foods without needing to program times and Cook Powers. A sensor in your oven detects the vapor released by the food, and the amount of vapor detected tells the oven how long to cook your food. SENSOR COOK has preset Cook Powers for seven categories: Beverage, Baked Potato, Frozen Entree, Casserole, Baked Goods, Fresh Vegetables, and Frozen Vegetables. All you do is touch the Number Pad assigned to the desired category (see chart below) and you do not need to touch START. 3 seconds after touching the pad, the oven begins cooking automatically.

### To use the "SENSOR" feature:

1. Touch STOP/CLEAR.
2. Touch COOK.
3. Touch the number for food category. Example for setting 1 (Beverage).

## COOKING GUIDE FOR "SENSOR COOK"

CODE	CATEGORY	DIRECTION
1	BEVERAGE	No cover. Use uncovered microproof cup(s) or mug(s). Stir after reheating.
2	BAKED POTATO	Wash and scrub well. Pierce with fork. Place on paper towel in a circle 1" apart. Let stand 3 to 5 minutes after cooking.
3	FROZEN ENTREE	Use the original package of frozen entree, and follow the package directions. But if the cover is film, perforate the film instead of removing it. (Don't remove the cover wholly.)
4	CASSEROLE	Place the food in microproof bowl or glass casserole. Cover tightly with plastic wrap.
5	BAKED GOODS	Use microwave safe paper plate or towels. One serving is 1 to 2 doughnuts, 1 roll, 1 muffin, etc. Place on a paper towel. No cover.
6	FRESH VEGETABLES	Use small bowl. Cover with microwave safe plastic wrap.
7	FROZEN VEGETABLES	Place frozen vegetable in microproof bowl or glass casserole. Add water and cover with plastic wrap.  <b>NOTE:</b> Most vegetables improve with 2 to 3 minutes standing time after cooking.

# DIRECTIONS FOR MICROWAVE COOKING

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## ADDING OR SUBTRACTING COOK TIME

(SENSOR COOK, POPCORN and AUTO REHEAT)

If the preset cooking time is too long or too short you can increase or decrease cooking time by 10% after choosing one of the following functions.

1. To increase time by 10%.
    - Touch "9", then "MORE" will blink.
  2. To decrease time by 10%.
    - Touch "7", then "LESS" will blink.
  3. To reset to the original cook time.
    - Touch "8", then "NORMAL" will blink.
- You can only increase or decrease cooking time before cooking starts.
  - You do not need to touch "START". 3 seconds after touching the pad the oven begins cooking automatically.

## POPCORN

Your oven has a "POPCORN" feature that allows you to cook POPCORN by simply touching the POPCORN pad.

**To use the "POPCORN" feature.**

1. Touch STOP/CLEAR.
  2. Touch POPCORN. A sensor in your oven detects the vapor released by the popcorn, and the amount of vapor detected tells the oven how long to cook.
- You do not need to touch START. 3 seconds after touching the pad, the oven begins cooking automatically.
  - Use popcorn packages made especially for microwave cooking. Pop only one 1.75 oz. or 3.5 oz. bag at a time. Do not double the quantity.
  - Place the popcorn bag on the bottom of the oven.
  - Do not place the bag on paper or plastic cookware or on turntables which are not an original part of the oven.
  - Do not leave the oven unattended while popping corn.
  - Remove the bag from the oven carefully. The popcorn and steam are extremely hot. Open the bag carefully by pulling the top diagonal corners.
  - Do not reheat unpopped kernels or re-use the bag.
  - Never pop corn in a brown paper bag.
  - When using Jumbo prepackaged popcorn bags, follow the manufacturer's directions. Do not use the POPCORN pad.
  - Cooking performance may vary with brand. Try several brands to decide which gives best popping results. For best results, use fresh bags of popcorn.

## AUTO REHEAT (ROOM TEMP. or FROZEN TEMP.)

Most microwave ovens require the selection of the power level and time for cooking or reheating. Your new oven makes reheating foods more convenient. A sensor in your oven detects the vapor released by the food, and the amount of vapor detected tells the oven how long to heat your food. To reheat food that is at room temperature, touch ROOM TEMP. To reheat food that is frozen, touch FROZEN TEMP.

**To reheat foods, simply follow the steps below:**

1. Touch STOP/CLEAR.
2. Touch ROOM TEMP or FROZEN TEMP pad.
3. The oven will begin heating, automatically. ROOM (or FROZEN) will display and the remaining time will begin counting down.



# DIRECTIONS FOR MICROWAVE COOKING

## AUTO ROAST

This function allows you to roast food with the Temperature Probe, without needing to enter a final food temperature. The probe will turn the oven off when it senses the preprogrammed final food temperature for the food category you chose.

To roast foods, simply follow the steps below:

1. Touch STOP/CLEAR.
2. Touch AUTO ROAST. Code will display.
3. Enter code number from 1 to 6 to select the desired category.

You do not need to touch START. 3 seconds after touching the pad the oven begins cooking automatically.

## COOKING GUIDE FOR "AUTO ROAST"

CODE	CATEGORY	DIRECTION
1	Roast Beef (rare)	Put tip of probe in center of largest muscle, but not touching fat or bone. Shield top of roast with aluminum foil, sauce or vegetables. Cover roast with foil after cooking and let stand a few minutes.
2	Roast Beef (medium)	Put tip of probe in center of largest muscle, but not touching fat or bone. Shield top of roast with aluminum foil, sauce or vegetables. Cover roast with foil after cooking and let stand a few minutes.
3	Roast Beef (well)	Put tip of probe in center of largest muscle, but not touching fat or bone. Shield top of roast with aluminum foil, sauce or vegetables. Cover roast with foil after cooking and let stand a few minutes.
4	Roast Pork (well)	Put tip of probe in center of largest muscle, but not touching fat or bone. Shield top of roast with aluminum foil, sauce or vegetables. Cover roast with foil after cooking and let stand a few minutes.
5	Poultry	Shield the wing tips with aluminum foil. Put tip of probe in the thickest muscle, not touching fat or bone. Check with thermometer in 2-3 places to ensure adequate doneness.
6	Casserole	Make casseroles from precooked foods. Position tip of probe in center of food. Stir before serving.

# DIRECTIONS FOR MICROWAVE COOKING

## MULTI-STAGE COOKING

Multi-Stage cooking allows you to set the oven to cook in two stages at different power levels for a specific time or temperature.

**Example:** We are multi-cooking for two-stages. First stage: 4 min. at "HI" power Second Stage: 10min. at "6" Power.

	WHAT YOU DO	WHAT THE OVEN DOES	COMMENTS/NOTES
STAGE 1	1. Touch STOP/CLEAR.	Erases all previous settings.	This begins the First Stage.
	2. Touch TIME.	The "ENTER" "COOK" and "TIME" will blink. The display window will show "0".	
	3. Touch 4-0-0 to set the time. (Example: Cooking Rice)	"4:00" displays (4 minutes) The "ENTER" and "START" will blink.	
	4. Touch POWER LEVEL.	"P-HI" displays. The "ENTER", "PWR" and "COOK" will blink.	
	5. Touch the number for the cooking power level.	The number you selected displays. (HI for the first stage.)	You have just set the First Stage.
STAGE 2	1. Touch TIME.	The "ENTER" "COOK" and "TIME" will blink. The display window will show "0".	Begin Second Stage.
	2. Touch 1-0-0-0 to set the time. (Example: Cooking Rice)	"10:00" displays (10 minutes) The "ENTER" and "START" will blink.	"P-60" displays. The "ENTER" and "START" will blink.
	3. Touch POWER LEVEL.	"P-HI" displays. The "ENTER", "PWR" and "COOK" will blink.	The oven operates at HI power unless you set it lower.
	4. Touch number 6 to set the power level.	"P-60" displays. The "ENTER" and "START" will blink.	You have just set the Second Stage.
	5. Touch START.	The oven begins to cook. "4:00" displays.	When the 4 minutes are over, 2 short beeps will sound. The oven changes to the Second Stage.

# DIRECTIONS FOR MICROWAVE COOKING

## HI-POWER/MULTI-POWER COOKING

"HI" is the highest cooking power possible with your microwave oven. It is the best setting for cooking foods that have high water content, such as coffee, or soups or foods that need fast cooking to maintain their natural flavor and texture, like fish, vegetables, and most casseroles.

But "HI" power cooking does not always give you the best results with foods that need slow cooking, such as roasts, baked goods, or custards. Your oven has 9 power settings in addition to "HI". The cookbook tells you which power setting to use for the food you are cooking. In addition, the Cooking Guide for Multi-Power Settings gives you some examples of foods that you would cook at each power level. Follow the directions below to cook at any power level.

**Example:** You are warming 6 doughnuts at power level "8" for 1-1/2 minutes.

WHAT YOU DO	WHAT THE OVEN DOES	COMMENTS/NOTES
1. Touch STOP/CLEAR.	The oven beeps and all previous settings are erased.	The oven always retains the TIME OF DAY unless you unplug the oven or the power is interrupted.
2. Touch TIME.	"0" displays and "ENTER", "COOK" and "TIME" blink.	The oven is ready for the cooking time setting.
3. Touch the numbers for the cooking time you want. Example: For six doughnuts at 1-1/2 minutes, touch "1-3-0".	The cooking time displays, and "ENTER" and "START" blink in display.	The timer is a digital clock divided into 60 sec., 1/2 min. = 30 sec., not .5 as on a calculator.
<b>NOTE:</b> If you want to cook at HI-POWER, go to Step 5. Unless you want to change the POWER LEVEL, the oven always cooks at HI-POWER.		
4. Touch POWER LEVEL.	"P-HI" is displayed. The "ENTER", "PWR" and "COOK" blink.	The oven is ready for your power setting.
5. Touch the number for the power level you want. Example: To warm the doughnuts at 80% of power, touch "8".	"P-80" is displayed. The "ENTER" and "START" blink.	If you want to change the power level, touch POWER LEVEL again and select another power level.
6. Touch START.	The oven begins cooking, counting down the cooking time in seconds, alternating with "P-80" power level in the display. When cooking is finished, you hear two short and one long beeps and "End" displays. The oven shuts itself off.	
<b>NOTE:</b> To stir or turn the food during cooking, open the oven door and stir or turn the food. Close the oven door and touch START. The oven will count down the time left.		

# DIRECTIONS FOR MICROWAVE COOKING

## TABLE OF MULTI-POWER SETTINGS

The nine power levels in addition to "HI" allow you to choose the best power level for the food you are cooking. Below are listed all the power levels, examples of foods best cooked at each level, and the amount of microwave power you are using. Check your cookbook for detailed directions.

POWER LEVEL	MICROWAVE OUTPUT	USE
10 "HI"	100%	<ul style="list-style-type: none"> <li>• Boil water.</li> <li>• Cook ground beef.</li> <li>• Make candy.</li> <li>• Cook fresh fruits and vegetables.</li> <li>• Cook fish, and poultry.</li> <li>• Preheat browning dish.</li> </ul>
9	90%	<ul style="list-style-type: none"> <li>• Reheat meat slices quickly.</li> <li>• Saute onions, celery, and green pepper.</li> </ul>
8	80%	<ul style="list-style-type: none"> <li>• All reheating.</li> <li>• Cooking scrambled eggs.</li> </ul>
7	70%	<ul style="list-style-type: none"> <li>• Cook quickly breads and cereal products..</li> <li>• Cook cheese dishes,veal.</li> <li>• Cook cakes,muffins,brownies,cup cakes.</li> </ul>
6	60%	<ul style="list-style-type: none"> <li>• Cook pasta.</li> </ul>
5	50%	<ul style="list-style-type: none"> <li>• Cook meats,whole poultry.</li> <li>• Cook custard.</li> <li>• Cook whole chicken,turkey,spare ribs,rib roast,sirloin roast.</li> </ul>
4	40%	<ul style="list-style-type: none"> <li>• Cook less tender cuts of meat.</li> <li>• Reheat frozen convenience foods..</li> </ul>
3	30%	<ul style="list-style-type: none"> <li>• Thawing meat,poultry,and seafood.</li> <li>• Cooking small quantities of food.</li> <li>• Finish cooking casserole,stew,and some sauces.</li> </ul>
2	20%	<ul style="list-style-type: none"> <li>• Soften butter and cream cheese.</li> <li>• Heating small amounts of food.</li> </ul>
1	10%	<ul style="list-style-type: none"> <li>• Soften ice cream.</li> <li>• Raise yeast dough.</li> </ul>
0		<ul style="list-style-type: none"> <li>• Standing time.</li> <li>• Independent timer.</li> </ul>

# DIRECTIONS FOR MICROWAVE COOKING

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

When you do temperature controlled cooking, you do not set the time, but set the TEMP to cook the food to the desired temperature. The temperature you set is the TEMPERATURE OF THE FOOD, not the temperature of the oven as in conventional cooking. You use the temperature probe to measure the internal temperature of the food. However, you do not have to cook the food at HI-POWER, but may set the POWER LEVEL appropriate to the kind of food, according to the recipes in your cookbook.

You may set temperatures from 100°F to 200°F, one degree at a time. The oven will show rise in temperatures by degrees, beginning at 100°F. If the food temperature measures less than 100°F, "COOL" will display until the food reaches 100°F.

## TEMPERATURE PROBE

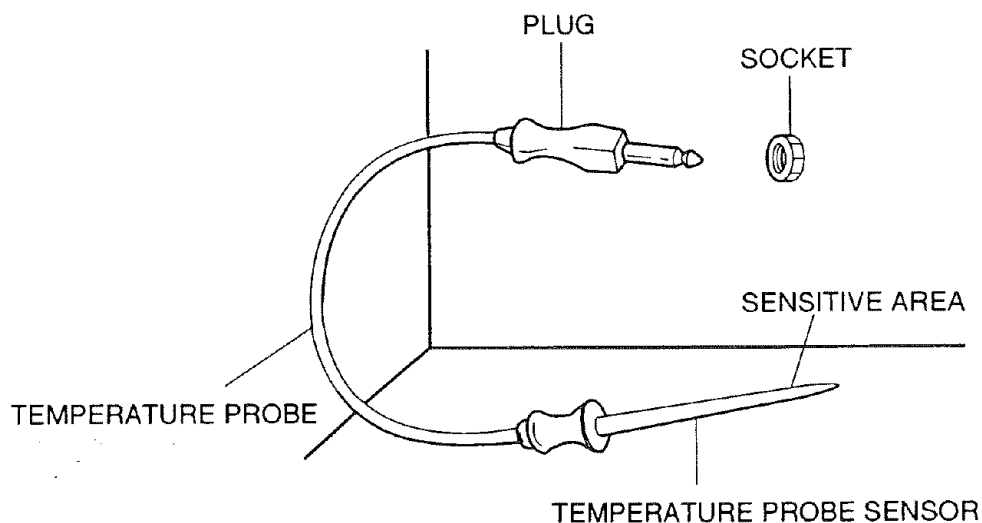
See the illustration below for the parts of the temperature probe.

**Temperature Probe Sensor** - the pointed end of the probe that you plug into the food.

**Sensitive Area of the Sensor** - the first inch, or tip, of the temperature probe sensor.

**Plug** - the blunt end of the temperature probe that you plug into the socket in the oven right wall.

**Socket** - the outlet in the right wall of the oven.



## "TEMPERATURE CONTROLLED" 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.
- Place the first inch of the sensor in the densest part of the food to be cooked.
- Turn meat between first and second settings.
- Remove the temperature probe from the oven after use.
- Use a hot pad. The temperature probe will be hot.
- Refer to the cookbook for other information.

### DO NOT

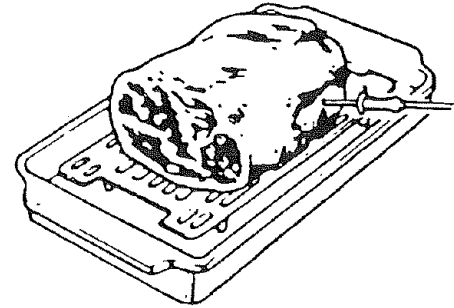
- Do not operate the oven empty with the temperature probe plugged in.
- Do not leave the temperature probe unplugged in the cavity while operating the oven.
- Do not let the temperature probe touch the side walls, ceramic plate, or door of the cavity during cooking.
- Do not plug the pointed end of the temperature probe into the socket inside the cavity.
- Do not use the temperature probe in a regular oven. The probe was designed for the microwave oven only.

# DIRECTIONS FOR MICROWAVE COOKING

## TEMPERATURE CONTROLLED COOKING

### General Instructions:

1. Place the first inch of the temperature probe into the side of the food. Keep the probe level or on an angle, as shown. DO NOT put the temperature probe in from the top.
2. Plug the temperature probe plug into the socket on the right wall of the oven.



**NOTE:** Be sure the entire metal end is in the socket.

### CAUTION

**Do not plug the pointed end of the temperature probe into the socket!**

Continue with Steps 3-7 in the table below.

WHAT YOU DO	WHAT THE OVEN DOES	COMMENTS/NOTES
3. Touch STOP/CLEAR.	The oven beeps.	The oven is clear of all previous settings.
4. Touch TEMP.	The "°F" display and "ENTER", "COOK" and "TEMP" blink.	The oven is ready for your temperature setting for Stage 1 (if you are doing multi-stage cooking.)
5. Touch the numbers to set the food doneness temperature. Example: touch "1-2-0".	The numbers display with "°F". "120°F" displays. "ENTER" and "START" blink.	You are cooking at "HI-POWER" until you set the power level.
<b>NOTE:</b> If you want to cook at "HI-POWER", you do not need to touch POWER LEVEL. Go to step 7.		
6. Touch POWER LEVEL and the number for desired power level. Example: Touch "8" to set power.	The "P-80" displays and "ENTER" and "START" blink.	The oven has accepted your power setting . The power level of the oven is 80%.
7. Touch START.	The oven begins to cook and as soon as the temperature rises above 100°F, you will see the temperature of the food rising in the display window. The display window will show "COOL" until the temperature rises above 100°F.	
<b>NOTE:</b> If you do not plug the temperature probe into the socket and then try to start temperature controlled cooking, "PROBE" will display and disappear with two short beeps. Plug the probe into the socket and go back to Step 3. When the food reaches the temperature you have set, you will hear two short beeps and one long beep.		
<b>NOTE:</b> The highest temperature you can set is 200°F .		

### CAUTION

**When you remove the temperature probe, use a pot holder because the wire, plug, and sensor sections may be hot.**

# AUTO DEFROST

Your microwave oven is preset with three defrost sequences. The Auto Defrost method is the best way to defrost frozen foods. The Auto Defrost Sequence Table below provides some basic guidelines for using the three defrost sequences. The cookbook will give you the specific recommended defrost sequence for the food you are defrosting.

## AUTO DEFROST SEQUENCE TABLE

SEQUENCE	FOOD	BASE QTY.	MIN./MAX. FOOD
MEAT	<ul style="list-style-type: none"> <li>• BEEF ..... Ground beef (bulk), Round steak, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast. Stew Beef, Ground beef (Patties)</li> <li>• LAMB ..... Chops (1-inch, thick), Rolled roast Cubes for stew</li> <li>• PORK ..... Chops (1/2-inch thick), Spareribs, Country-style ribs. Rolled roast, Sausage (links), Hot dogs</li> <li>• VEAL ..... Cutlets (lbs., 1/2-inch thick)</li> </ul>	1 lb.	0.1/9.9 lbs.
POULTRY	<ul style="list-style-type: none"> <li>• CHICKEN ..... Whole (under 4 lbs.), Breast (boneless) Cut up.</li> <li>• CORNISH HENS ..... Whole</li> <li>• TURKEY ..... Breast (under 6 lbs.)</li> </ul>	1 lb.	0.1/9.9 lbs.
FISH	<ul style="list-style-type: none"> <li>• FISH ..... Fish fillets, Fish steak, whole fish</li> <li>• SHELL FISH ..... Lobster tails, Crab meat, Shrimp, Scallops</li> </ul>	1 lb.	0.1/9.9 lbs.

## GENERAL GUIDELINES

The benefit of this AUTO DEFROST feature is automatic setting and control of defrosting. But, just as in conventional defrosting, you must check the food during the defrosting time. Here are some important tips to remember about defrosting.

### For best results when defrosting, remember :

- Do not defrost less than 1/4 lb. of ground beef.
- Freeze ground beef in a doughnut shape.
- Press down the center of ground beef patties before freezing.
- Meats, fish or poultry up to 6 lbs. defrost best.
- To reduce moisture loss, defrost meats just before cooking.
- To defrost convenience foods, follow package directions.

### To prepare the item for defrosting, remember :

Remove the packaging.

**NOTE :** If the package is microwavable, pierce the package several times.

- Note the weight of the item on the package.
- When you calculate the weight of the item, round it to the nearest lower decimal.  
(Example : 4 oz.=.2 lb.; 8 oz=.5 lb.; 12 oz=.7 lb.; 16 oz=1 lb.)
- Remove metal twist ties from the packaging.
- For best results, remove meat, poultry, and fish from the original wrapper. The wrapper can hold steam and juice close to the food and cause the outer surface to cook.
- If removing the wrapper is difficult, defrost the wrapped food for about 1/4 of the defrosting time (displayed at the beginning of the defrost cycle). Then remove the food from the oven and remove the wrapping.  
Return the food to the oven and touch START.

# AUTO DEFROST

## Prepare the food for defrosting.

- Place the food in a flat, shallow baking dish or use a microwave roasting rack in the dish to catch drippings.
- Pierce meats with a casing, such as hot dogs and sausage, to allow steam to escape.
- Cover fatty or thin areas of meat with a small amount of foil before defrosting to prevent them from cooking.

## During the defrosting cycle, remember:

- Check the food. If items often cook at the edges when defrosting, reduce the weight you set.
- Be sure to turn, stir or rotate the food as directed.

## After defrosting, remember:

- Be sure all areas of the food item are totally defrosted.
- Pierce dense roasts with a skewer to check whether defrosting is complete.
- Rinse poultry and seafood in cold water.
- Remove the giblets from poultry and rinse ice crystals out of the cavity.
- Food should still be some what icy in the center when you remove it from the oven.

**NOTE :** Do not confuse Power Level 3, used to thaw or reheat convenient foods or small bread items, with AUTO DEFROST. Power Level 3 is a low-energy setting used to cook foods that need slow or gentle cooking.

## AUTO DEFROST INSTRUCTIONS

Follow the steps below to set your oven for Auto Defrost. Here we use 2 lbs. 8 oz. of ground beef as an example.

WHAT YOU DO	WHAT THE OVEN DOES	NOTES/COMMENTS
1. Touch STOP/CLEAR.	Erases all previous settings.	
2. Touch MEAT.	The "ENTER" and "WEIGHT" will blink, "MEAT" "AUTO" and "DEFR" light will show.	
3. Enter the weight of your food in decimal increments from 0.1 to 9.9 lbs. Convert ounces to the closest tenth of a pound. Example : 2 lbs. 8oz. = 2.5 lbs.	2.5 LBS displays. The "ENTER" and "START" will be blink.	4 oz.=.2 lb.;8 oz.= .5 lb.; 12 oz.=.7 lb.;16 oz.=1 lb.
4. Touch START.	Counts down the time of the first stage. Five long beeps sound at the end of the first stage.	The oven controls three power levels automatically.
5. Open the door to separate, rearrange, cover or turn over the food.	The oven stops.	Follow recipe directions.
6. Touch START to continue.	Time remaining displays.	Standing time is included in the Auto Defrost sequence.
At the end of the sequence, two short beeps and one long beep will sound and "END" displays. The oven shuts off automatically.		



# AUTO DEFROST CHART

The defrosting categories in this chart have been made specifically for use with the "AUTO DEFROST" feature

## AUTOMATIC DEFROST GUIDE - MEAT

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>BEEF</b>			Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence.
Ground beef (bulk)	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than 1/4 lb. Freeze in doughnut shape.
Ground beef (patties)	MEAT	Separate and rearrange.	Do not defrost less than two 4 oz.patties. Depress center when freezing.
Round steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Tenderloin steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Stew beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place on a microwavable roast rack.
Pot roast, chuck roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Rib roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Rolled rump roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
<b>LAMB</b>			
Cubes for stew	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwavable baking dish.
Chops (1-inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
<b>PORK</b>			
Chops (1/2-inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Hot dogs	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Spareribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Country-style ribs	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Sausage, links	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Sausage, bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwavable baking dish.
Loin roast, boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.

# AUTO DEFROST CHART

## AUTOMATIC DEFROST GUIDE - POULTRY

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>CHICKEN</b> Whole (under 4 lbs.)  Cut-up	POULTRY	Turn over. Finish defrosting breast-side down. Cover warm areas with aluminum foil.  Turn over. Cover warm areas with aluminum foil. Separate pieces and rearrange.	Place chicken breast-side-up on a microwavable roast rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.  Place on a microwavable roast rack. Finish defrosting by immersing in cold water.
<b>CORNISH - HENS</b> Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack. Finish defrosting by immersing in cold water.
<b>TURKEY</b> Breast (under 6 lbs.)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack. Finish defrosting by immersing in cold water.

## AUTOMATIC DEFROST GUIDE - FISH AND SHELLFISH

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>FISH</b> Fillets	FISH	Turn over. Separate fillets when partially thawed if possible.	Place in a microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Turn Over.	Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave . Finish defrosting by immersing in cold water.
<b>SHELLFISH</b> Crabmeat	FISH	Break apart. Turn Over.	Place in a microwavable baking dish.
Lobster tails	FISH	Turn Over and rearrange.	Place in a microwavable baking dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwavable baking dish.
Scallops	FISH	Separate and rearrange.	Place in a microwavable baking dish.

# INTRODUCTION TO CONVECTION COOKING

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Convection ovens are not new. They have been a favorite of professional bakers for many years. Both conventional and convection ovens cook food with heat generated by gas or electricity. In a conventional oven, air remains stationary; the heat rises to the top of the oven and is not evenly distributed throughout the oven interior. In a convection oven, a fan circulates the warm air. The continuous flow of warm air around food in a convection oven causes it to be cooked more evenly and somewhat faster than it can be cooked by motionless air in a conventional oven. Convection cooking, with its circulating hot, dry air, is a superb cooking method for baked goods, roasts, poultry and other foods that require a crisp, browned surface.

Your oven uses convection cooking whenever you use the Convection Command Pads.

- **Do not cover** baking rack with aluminum foil. It interferes with the flow of air that cooks the food.
- **Round pizza pans** are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
- **Use convection cooking** for items like souffles, breads, cookies, angel food cakes, pizza, and for some meat and fish cooking.
- **You do not need to use** any special techniques to adapt your favorite oven recipes to convection cooking; however, you may need to lower some temperatures or reduce some cooking times from the convection oven cooking directions. See examples in your Cookbook and in the charts in this section.
- **When baking** cakes, cookies, breads, rolls or other baked foods, most recipes call for preheating. Preheat the empty oven just as you do a regular oven. You can start heavier dense foods such as meats, casseroles, and poultry without preheating.
- **All heatproof** cookware or metal utensils can be used in convection cooking.
- **As in conventional cooking**, the distance of the food from the heat source affects cooking results. Follow Cookbook recipes and refer to the charts in this Use and Care Guide. It is also helpful to find a similar recipe in the Cookbook index and to refer to the recipe's suggested techniques.
- **Use metal utensils** only for convection cooking. Never use for microwave or combination cooking since arcing and damage to the oven may occur.
- **After preheating**, if you do not open the door, the oven will automatically hold at the preheated temperature for 30 minutes.
- **You can set up to three convection cycles.**  
(Example for two crust pies: you can set the oven to preheat for baking at 425°F and to finish baking at 350°F.)

# INTRODUCTION TO CONVECTION COOKING

---

## CONVECTION BAKING WITHOUT PREHEATING (meats, casseroles and poultry)

1. Touch STOP/CLEAR.
  2. Touch BAKE.
  3. Touch numbers for the baking temperature (optional).  
You can enter a temperature between 150°F and 450°F. Example for 325°F: Touch "3-2-5".
- NOTE:** To clear the temperature you entered, touch CONVECTION BAKE before entering a bake time.  
You can then reenter the cooking temperature, if desired.
4. Touch numbers for cooking time.  
You can enter a time up to 99 minutes, 99 seconds. Example for 20 minutes: Touch "2-0-0-0".
  5. Touch START.  
You can see the cooking temperature anytime during cooking by touching CONVECTION BAKE. The cooking temperature will show for two seconds.

## CONVECTION BAKING WITH PREHEATING.

Many food can be cooked using this method. Convection cooking temperatures range from 150°F to 450°F. The oven is usually preheated before cooking.

1. Touch STOP/CLEAR.
2. Touch BAKE twice.
3. Touch numbers for the Preheat/Cooking temperature.  
You can enter a temperature between 150°F and 450°F. Example for 325°F: Touch "3-2-5".
4. Touch numbers for cooking time.  
You can enter a time up to 99 minutes, 99 seconds. Example for 20 minutes: Touch "2-0-0-0".
5. Touch START.  
After preheating, open the door, put food in oven and close the door.

### NOTES:

- If you open the door or touch STOP/CLEAR during preheating, preheating will stop.  
To resume preheating, close the door and touch START.
  - When the oven reaches the set preheat temperature, four tones will sound and the oven will automatically hold that temperature for 30 minutes.
6. Touch START.  
You can see the cooking temperature anytime during cooking by touching CONVECTION BAKE. The cooking temperature will show for two seconds.

## CONVECTION BROILING

1. Touch STOP/CLEAR.
2. Touch BROIL.
3. Touch numbers for cooking time.  
You can enter a time up to 99 minutes, 99 seconds. Example for 20 minutes: Touch "2-0-0-0".
4. Touch START.  
After preheating, open the door, put food in oven and close the door.

### NOTES:

- Oven will preheat to 450°F.
  - If you open the door or touch STOP/CLEAR during preheating, preheating will stop.  
To resume preheating, close the door and touch START.
  - When the oven reaches the set preheat temperature, four tones will sound and the oven will automatically hold that temperature for 30 minutes.
5. Touch START.  
You can see the cooking temperature anytime during cooking by touching CONVECTION BROIL. The cooking temperature will show for two seconds.

# DIRECTIONS FOR CONVECTION COOKING

## CONVENIENCE FOODS COOKING CHART

Convection cooking of convenience foods is similar to cooking in a conventional oven. Select items that fit conveniently on the turntable, such as an 8 1/2-inch frozen pizza. Convection preheat to the desired temperature, and use metal or ovenproof glass cooking utensils. When cooking or baking these convenience foods, follow package directions for preparation and selecting the correct container. Because of the great variety of foods available, times given here are approximate. It is advisable to always check food about five minutes before the minimum recommended time, and cook longer only if needed. Use oven mitts to insert or remove items from the oven.

FOOD	SIZE/WT	COOKING MODE	COOKING TIME	SPECIAL INSTRUCTIONS
<b>Pizza (frozen)</b>	13 ounces (8 1/2 inch)	CONVECTION 400°F (preheated)	14-16 minutes	Bake in ovenproof pan on Metal Rack for crisper crust.
<b>Brownies</b>	20 ounces	CONVECTION 350°F (preheated)	23-26 minutes	Bake in 9-inch square pan on Metal Rack.
<b>Frozen Double Crust Pie</b>	26 ounces	CONVECTION 425°F (preheated) then 350°F	30 minutes 30-35 minutes	Bake in metal or ovenproof pan on Metal Rack.
<b>Cake Layers</b>	18-25 ounces	CONVECTION 325°F (preheated)	45 minutes	Bake one layer at a time on Metal Rack.
<b>Apple Sauce Cake</b>	18-25 ounces	CONVECTION 350°F (preheated)	30-35 minutes	Use metal 10-cup fluted tube pan on Metal Rack.
<b>Date Nut Bread</b>	17 ounces	CONVECTION 350°F (preheated)	40 minutes	Bake in 9x5-inch metal loaf pan on Metal Rack.
<b>Frozen Bread Dough</b>	16 ounces	CONVECTION 375°F (preheated)	25-30 minutes	Follow package directions for thawing and proofing dough. Bake in metal greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan on Metal Rack.
<b>Refrigerated Cookies</b>	20 ounces	CONVECTION 350°F (preheated)	8-9 1/2 minutes	Bake six at a time on metal round cookie sheet on Metal Rack.

**NOTE:** Use the normal position when cooking with the Metal Rack.

# DIRECTIONS FOR CONVECTION COOKING

## CONVECTION COOKING WITH THE TEMPERATURE PROBE

The Temperature Probe helps take the guesswork out of cooking roasts and larger casseroles. The probe is designed to turn off the oven when it senses the temperature you chose (between 100°F and 200°F). See your Cookbook for helpful information on cooking different types of food.

### NOTES:

- If you have not plugged in the Temperature Probe properly or if probe is defective, "PROBE" will appear on the Display, three tones will sound, and the oven will not turn on.
  - For correct probe temperatures for different foods, see the "Temperature probe convection cooking chart" on pages 30~31.
1. Insert probe into food.
  2. Place food in oven and plug probe into socket on oven wall.
  3. Touch STOP/CLEAR.
  4. Touch TEMP.
  5. Touch the number for food temperature.  
You can enter a temperature between 100°F and 200°F. Example for 160°F: Touch "1-6-0".
  6. Touch BAKE.
  7. Touch the number for cooking temperature.  
You can enter a temperature between 150°F and 450°F. Example for 325°F: Touch "3-2-5".
  8. Touch START.

## TEMPERATURE PROBE CONVECTION COOKING CHART

FOOD	OVEN TEMP	FIRST STAGE	SECOND STAGE		SPECIAL NOTES
		TIME	TIME	OR PROBE TEMP	
<b>Veal</b> Shoulder or Rump Roast, boneless (3-3 1/2 lbs)	325°F	4-5 min per lb Turn over	4-6 min per lb	155°F	Cook in microwaveproof and heatproof dish with Metal Rack. Let stand 10 min after cooking (covered).
<b>Pork</b> Pork Loin Roast, Boneless (4-5 lbs)	350°F	5-7 min per lb Turn over	6-8 min per lb	165°F	Cook in microwaveproof and heatproof baking dish. Let stand 10 min after cooking (covered).
Pork Loin, center cut (4-5 lbs)	350°F	5-7 min per lb Turn over	6-8 min per lb	165°F	Cook in microwaveproof and heatproof baking dish. Let stand 10 min after cooking (covered).

# DIRECTIONS FOR CONVECTION COOKING

## TEMPERATURE PROBE CONVECTION COOKING CHART

FOOD	OVEN TEMP	FIRST STAGE	SECOND STAGE		SPECIAL NOTES
		TIME	TIME	OR PROBE TEMP	
<b>Beef</b> Meat Loaf (1 1/2-1 3/4 lbs)	350°F		35 min	160°F	Preheat. Let stand 5-10 min.
Beef Rib Roast, boneless	350°F	5 min per lb Turn over	6 min per lb	Rare:120°F Med:130°F	Cook in microwaveproof and heatproof dish with Metal Rack. Let stand 10 min after cooking (covered.).
Beef Rib Roast, with bone (5 lbs)	350°F	7 min per lb Fat-side down Turn over	8-10 min per lb	Rare:120°F Med:130°F Well:140°F	Cook in microwaveproof and heatproof dish. Let stand 10 min after cooking (covered).
Beef Pot Roast, boneless (3 lbs)	350°F	7 min per lb Turn over	8-10 min per lb	Med:130°F Well:140°F	Cook in covered microwaveproof and heatproof casserole or cooking bag.
<b>Lamb</b> Lamb Leg or Shoulder Roast, with bone (6 1/2 lbs)	350°F	4 min per lb Fat-side down Turn over	5-7 min per lb	Rare:145°F Med:155°F Well:165°F	Cook in microwaveproof and heatproof dish with Metal Rack. Let stand 10 min after cooking (covered).
Lamb Roast, boneless (3-4 lbs)	350°F	5 min per lb Fat-side down Turn over	4-6 min per lb	150°F	Cook in microwaveproof and heatproof dish with Metal Rack. Let stand 10 min after cooking (covered).

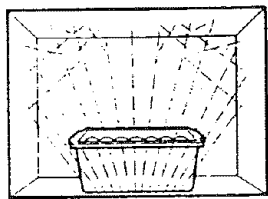
**NOTE:** Use the normal position when cooking with the Metal Rack.

# INTRODUCTION TO COMBINATION COOKING

Some foods benefit from the combination of cooking by microwave energy and convection heat. This combination method allows you to take advantage of the speed moisture retention of microwave cooking and the crisping and browning effect of hot, dry air. For example, microwave energy will speed cooking and keep meat and poultry moist on the inside while convection heat crisps and browns the surface.

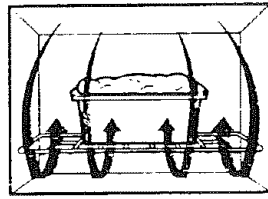
When you use the micro/convection method, your oven will alternate automatically back and forth between both cooking methods and the results will delight and amaze you.

Your oven has two preprogrammed settings that make it easy to cook with both convection heat and microwave energy automatically.



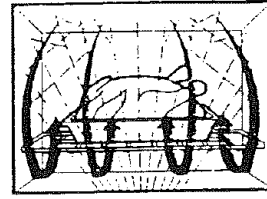
MICROWAVE

+



CONVECTION

=



COMBINATION (MICROWAVE/CONVECTION)

All utensils used for micro/convection cooking must be BOTH microwaveproof and heatproof. Oven-tempered heatproof glass, china, and pottery that do not have metal trim or glaze are the best choice. THE METAL RACK MAY BE USED IN COMBINATION COOKING ONLY WHEN SPECIFICALLY INDICATED IN A RECIPE.

However, METAL PANS MUST NEVER BE PLACED ON THE METAL RACK IN COMBINATION COOKING. If any metal touches the metal rack during a microwave cycle, arcing may occur and your oven may be damaged.

- Meats may be roasted directly on the Metal Rack or in a shallow roasting pan placed on the rack. When using the Metal Rack. Please check your Cookbook for information on proper use.
- Less tender cuts of beef can be roasted and tenderized using oven cooking bags.
- When baking, check for doneness after cooking time is up. If not completely done, let stand in oven for a few minutes to complete cooking.

**NOTE:** During combination baking, some baking utensils may cause arcing when they come in contact with the oven walls or metal racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal. If arcing occurs, place a heatproof dish between the pan and the Metal Rack. If arcing occurs with other baking utensils, stop using them for combination cooking.



# INTRODUCTION TO COMBINATION COOKING

## COMBINATION BAKING/ROASTING WITHOUT PREHEATING

1. Touch STOP/CLEAR.
2. Touch BAKE or ROAST.
3. Touch numbers for food temperature.  
You can enter a temperature between 150°F and 450°F. Example for 325°F: Touch "3-2-5".
4. Touch numbers for cooking time.  
You can enter a time up to 99 minutes, 99 seconds. Example for 20 minutes: Touch "2-0-0-0".
5. Touch START.  
You can see the cooking temperature anytime during cooking by touching COMBINATION BAKE (when baking) or COMBINATION ROAST (when roasting). The cooking temperature will show for two seconds.

## COMBINATION BAKING/ROASTING WITH PREHEATING

1. Touch STOP/CLEAR.
2. Touch BAKE or ROAST twice.
3. Touch numbers for preheat/cooking temperature.  
You can enter a temperature between 150°F and 450°F. Example for 325°F: Touch "3-2-5".
4. Touch numbers for cooking time.  
You can enter a time up to 99 minutes, 99 seconds. Example for 20 minutes: Touch "2-0-0-0".
5. Touch START.  
After preheating, open the door, put food in oven and close the door.

### NOTES:

- If you open the door or touch STOP/CLEAR during preheating, preheating will stop. To resume preheating, close the door and touch START.
  - When the oven reaches the set preheat temperature, four tones will sound and the oven will automatically hold that temperature for 30 minutes.
6. Touch START.  
You can see the cooking temperature anytime during cooking by touching COMBINATION BAKE (when baking) or COMBINATION ROAST (when roasting). The cooking temperature will show for two seconds.

## AUTO COMBINATION

AUTO COMBINATION lets you cook with both microwaves and convection heat, without needing to set a cooking time or Cook Power. All you do is choose the category of the food you are cooking and enter the weight or quantity. See the "Auto combination chart" on the this page for the settings available to you.

1. Touch STOP/CLEAR.
2. Touch AUTO COMBINATION.
3. Touch the number for food category.  
Example for setting 1. (hamburger)
4. Touch numbers for food weight or quantity.
5. Touch START.  
After preheating, open the door, put food in oven and close the door.
6. Touch START.  
At beep(five tones) open the door, turn over the food and close the door.
7. Touch START to continue.

## AUTO COMBINATION CHART

SETTING	FOOD	QUANTITY/WEIGHT YOU CAN COOK
1	Hamburger	0.3 - 2.0 lbs
2	Chicken Piece	0.5 - 3.0 lbs
3	Whole Chicken	2.0 - 3.5 lbs
4	Turkey	4.0 - 9.0 lbs
5	Cake	1 layer/ 2 layers
6	Bread	1 loaf/ 2 loaves

# DIRECTIONS FOR COMBINATION COOKING

## COMBINATION COOKING WITH THE TEMPERATURE PROBE

The Temperature Probe helps take the guesswork out of cooking roasts and larger casseroles. The probe is designed to turn off the oven when it senses the temperature you chose (between 100°F and 200°F) has been reached.

See your Cookbook for helpful information on cooking different types of food.

### NOTES:

- If you have not plugged in the Temperature Probe properly or if the probe is defective, "PROBE" will appear on the Display, three tones will sound, and the oven will not turn on.
  - For correct probe temperatures for different foods, see the "Temperature probe combination cooking chart" on page 34~35.
1. Insert probe into food.
  2. Place food in oven and plug probe into socket on oven wall.
  3. Touch STOP/CLEAR.
  4. Touch TEMP.
  5. Touch numbers for food temperature.  
You can enter a temperature between 100°F and 200°F. Example for 160°F : Touch "1-6-0".
  6. Touch BAKE or ROAST.
  7. Touch numbers for cooking temperature.  
You can enter a temperature between 150°F and 450°F. Example for 325°F : Touch "3-2-5".
  8. Touch START.

## TEMPERATURE PROBE COMBINATION COOKING CHART

FOOD	OVEN TEMP	FIRST STAGE	SECOND STAGE		SPECIAL NOTES
		TIME	TIME	OR PROBE TEMP	
<b>Beef</b> Meat Loaf (1½-1¾ lbs)	350°F		35 min	160°F	Preheat. Let stand 5-10 min.
Beef Rib Roast, boneless	350°F	5 min per lb Turn over	6 min per lb	Rare:120°F Med:130°F	Cook in microwaveproof and heatproof dish with Metal Rack. Let stand 10 min after cooking (covered.).
Beef Rib Roast, with bone (5 lbs)	350°F	7 min per lb Fat-side down Turn over	8-10 min per lb	Rare:120°F Med:130°F Well:140°F	Cook in microwaveproof and heatproof dish. Let stand 10 min after cooking (covered).
Beef Pot Roast, boneless (3 lbs)	350°F	7 min per lb Turn over	8-10 min per lb	Med:130°F Well:140°F	Cook in covered microwaveproof and heatproof casserole or cooking bag.

# DIRECTIONS FOR COMBINATION COOKING

## TEMPERATURE PROBE COMBINATION COOKING CHART

FOOD	OVEN TEMP	FIRST STAGE	SECOND STAGE		SPECIAL NOTES
		TIME	TIME	OR PROBE TEMP	
<b>Lamb</b> Lamb Leg or Shoulder Roast, with bone (6½ lbs)	350°F	4 min per lb Fat-side down Turn over	5-7 min per lb	Rare:145°F Med:155°F Well:165°F	Cook in microwaveproof and heatproof dish with Metal Rack. Let stand 10 min after cooking (covered).
Lamb Roast, boneless (3-4 lbs)	350°F	5 min per lb Fat-side down Turn over	4-6 min per lb	150°F	Cook in microwaveproof and heatproof dish with Metal Rack. Let stand 10 min after cooking (covered).
<b>Veal</b> Shoulder or Rump Roast, boneless (3-3½ lbs)	325°F	4-5 min per lb Turn over	4-6 min per lb	155°F	Cook in microwaveproof and heatproof dish with Metal Rack. Let stand 10 min after cooking (covered).
<b>Pork</b> Port Loin Roast, boneless (4-5 lbs)	350°F	5-7 min per lb Turn over	6-8 min per lb	165°F	Cook in microwaveproof and heatproof baking dish. Let stand 10 min after cooking (covered).
Pork Loin, center cut (4-5 lbs)	350°F	5-7 min per lb Turn over	6-8 min per lb	165°F	Cook in microwaveproof and heatproof baking dish. Let stand 10 min after cooking (covered).

# UTENSIL GUIDE

You can use a variety of utensils and materials in your microwave-convection oven. For your safety and to prevent damage to utensils and your oven, choose appropriate utensils and materials for each cooking method. The list below is a general guide to help you select the correct utensils and materials.

MATERIAL	UTENSILS	MICROWAVE COOKING	COMBINATION COOKING	CONVECTION COOKING
<b>Ceramic &amp; Glass</b>	Ceramic	YES	YES	YES
	Ovenproof, Heat-Tempered, Microwave-Safe Glassware	YES	YES	YES
	Glassware with Metal Decoration	NO	NO	YES
	Lead Glass	NO	NO	YES
<b>China</b>	Without Metal Decoration (Ovenproof and Heat-Tempered)	YES	YES	YES
<b>Pottery</b>		YES	YES	YES
<b>Plastic</b>	Regular Ovenproof	YES	YES	YES
	Heat-Tempered Ware	YES	NO	NO
<b>Metal</b>	Bake/Roast Rack	NO	NO	YES
	Metal Baking Pan	NO	NO	YES
<b>Aluminum Foil</b>		*	*	YES
<b>Paper</b>	Cups, Plates, Towels	YES	NO	NO
<b>Straw, Wicker, Wood</b>		YES	NO	NO
<b>Wax Paper</b>		YES	NO	NO
<b>Plastic Wrap</b>		YES	NO	NO

YES: Utensils to use  
NO: Utensils to avoid

\* Refer to "Introduction to microwave cooking" on page 10 and "Question And Answers" on page 39 for proper use.

# CARE AND CLEANING

## GENERAL

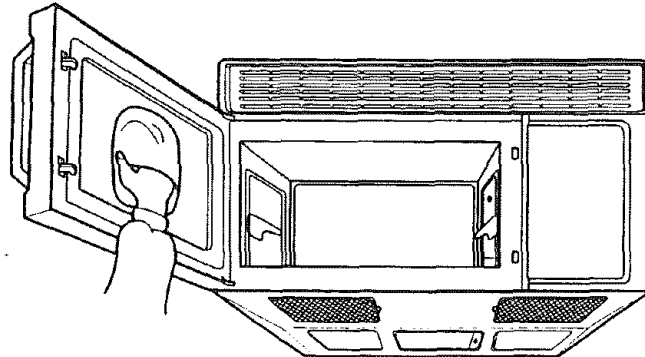
For best performance and safety, keep the oven clean inside and outside. Take special care to keep the inner door panel and the oven front frame free of food or grease build-up.

**NEVER USE ROUGH POWDERS OR PADS.** Wipe the microwave oven inside and out, including the hood bottom cover, with a soft cloth and a warm (not hot) mild detergent solution. Then rinse and wipe dry.

Use a chrome cleaner and polish on chrome, metal and aluminum surfaces.

Wipe spatters immediately with a wet paper towel, especially after cooking chicken or bacon.

Clean your oven weekly or more often, if needed.



## Temperature Probe

Remove the temperature probe from the socket after each use.

### CAUTION

**Use a pot holder because the wire, plug, and sensor sections may be hot.**

Clean the probe with a mild detergent solution. Then rinse and wipe dry.

Clean the sensor with a soft, damp cloth. Dry before using again.

## Metal Rack

Remove the metal rack to clean it at the sink.

Use a mild detergent solution. Then rinse and wipe dry.

## Grease Filters

Remove the metal mesh grease filters on the hood bottom cover for washing at the sink. To remove each filter :

1. Grasp the tab at the end of the filter, as shown.
2. Slide the filter toward each side of the oven.
3. Pull it downward and out.

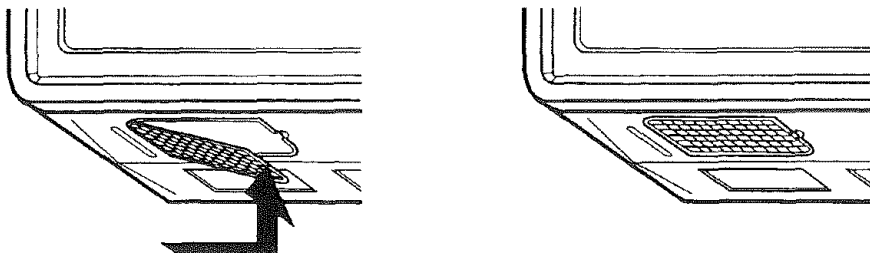
Use a warm detergent solution, rinse and wipe dry.

**DO NOT USE AMMONIA** to clean an aluminum mesh filter.

Do not run the hood fan without the filter.

To reinstall the filter, slide it into the side slot, then push up and toward oven center to lock.

The filter should be completely dry before reinstalling into the oven.



# CARE AND CLEANING

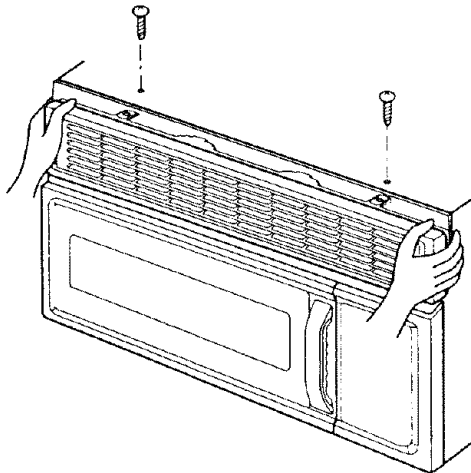
## Charcoal Filter Replacement

If your oven is vented inside, the charcoal filter needs replacing every 6 to 12 months, and more often if necessary. The charcoal filter removes odors and smoke from the vented air. If you start smelling cooking odors or see some smoke, you need to replace the charcoal filter. Here's how:

1. To order a new charcoal filter, contact the Parts Department at your nearest Sears Store or Service Center or call 1-800-FON-PART(1-800-366-7278).

Specify the model number of your oven (found on the model number plate on the left side of control panel) and order replacement part #507269.

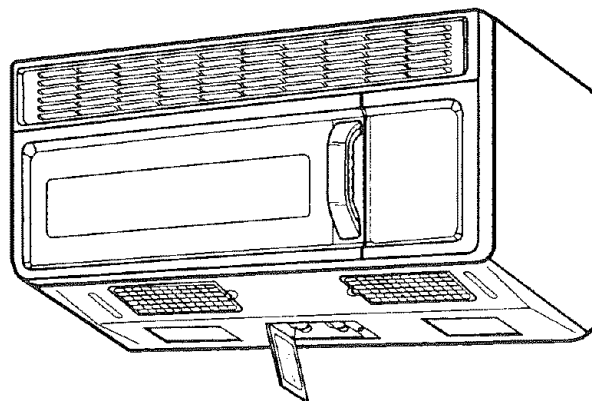
2. Remove the two vent grille mounting screws.  
If the screws are not accessible, remove the oven from the wall.
3. Tip the grille forward, then lift it out.
4. Lift the back of the charcoal filter and slide it toward you.
5. Slide a new charcoal filter into place.
6. Put the grille back on with the mounting screws.



## Work Light Replacement

When either bulb in the work light burns out, you will need to replace it with a 30 watt appliance bulb.

1. Disconnect the power at the circuit breaker or unplug the power cord.
2. Remove the phillips head screw from the work light cover. Right side will drop.
3. Unhook tab at left side.
4. Unscrew the burned out bulb and replace with one of the same size and wattage (30 watts).
5. Replace the work light cover and the screw.
6. Reconnect the power.
7. Set the Time of Day (see Page 8).



# QUESTIONS AND ANSWERS

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## 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:*

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

**Q. Why does steam come out of the vent grill?**

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

**Q. Will the microwave oven be damaged if it operates empty?**

A. *Yes. Never operate the oven empty.*

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

A. *No. The metal screen bounces back the energy to the oven cavity. The holes (or ports) are made to allow light to pass through. They do not let microwave energy pass through.*

**Q. Why does the "beep" tone sound when a "pad" on the control panel is touched?**

A. *The "beep" tone sounds to assure that the setting is being properly entered.*

**Q. Can my microwave oven be damaged if food is cooked for too long a period of time?**

A. *Like any other cooking appliance, it is possible to destroy food by overcooking, which may result in smoke and even possible fire damage to the inside of the oven. It is always best to stay with the oven while it is cooking. See the "Safety Instructions" on pages 2, 3, and 4.*

**Q. Why does the hood fan start when I have not pushed the Fan Control Button?**

A. *The hood fan starts automatically to prevent the oven from overheating.*

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

A. *Only when the oven is plugged in for the first time or when power starts again after a power outage, the microcomputer in the oven may become scrambled and not work as it was programmed to work. Unplug the oven from the 120V household outlet and then plug it back in. The microcomputer will reset and work properly afterward.*

**Q. Why do I see light reflection around the outer case?**

A. *This light is from the oven light located outside the cavity.*

**Q. How can I be sure the oven is turned off when the hood fan is running?**

A. *The hood fan may be louder than the oven. If you are not sure the oven is off, turn off the hood fan and check to see if the oven is operating. The oven is designed to turn off automatically when you open the door. If, for some reason, you are still not satisfied, have your oven checked.*

## 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 build-up, simply pierce the yolk with a toothpick before cooking it.*

# QUESTIONS AND ANSWERS

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## CAUTION

Never microwave eggs in the shell.

**Q. Why are scrambled eggs sometimes a little dry after cooking?**

A. Eggs dry out if they are overcooked. Though you use the same recipe each time, you 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 shape of utensils vary, making cooking time vary also.
- 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 for microwave cooking
2. Prepackaged commercial microwave popcorn that suggests specific times and power outputs needed for an acceptable final product.

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

IF THE 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 the 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 the interior of the apple expands during cooking.

**Q. How do you avoid boilovers?**

A. When cooking foods that tend to boil over, use a larger utensil than usual for cooking. If you open door or press STOP, the food will stop boiling. (Remember to press START again after closing the the door to restart the cooking cycle.)

**Q. Why is standing time necessary after microwave cooking is over?**

A. Standing time allows foods to continue cooking evenly throughout for a few moments after the actual microwave oven cooking cycle. The amount of standing time depends on the density of the food.

**Q. Why is additional time required for cooking food stored in the refrigerator?**

A. As in conventional cooking, the initial temperature of food affects total cooking time.

*Refrigerated foods take more time to cook than foods stored at room temperature.*



# BEFORE CALLING FOR SERVICE

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You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the list below and try the solutions listed for each problem.

If the microwave oven still does not work properly, contact the nearest Sears Service Center by calling 1-800-4-REPAIR (1-800-473-7247). Sears Service Centers are fully equipped to handle your service requirements.

## **PROBLEM :**

### **Oven will not start**

- Is the power cord plugged in?
- Is the door closed?
- Is the cooking time set?
- Is the temperature set or probe plugged in?

### **Arcing or Sparking**

- Are you using the approved cookware?
- Is the temperature probe properly positioned?
- Is the oven empty?

### **Incorrect time of day**

- Have you tried to reset?

### **Probe Light Flashes**

- Is the temperature probe properly plugged in?

### **Unevenly Cooked Foods**

- Are you using the approved cookware?
- Were the foods turned or stirred?
- Were the foods completely defrosted?
- Was the time/cooking power level correct?

### **Overcooked Foods**

- Is the temperature probe properly positioned?
- Was the time/cooking power level correct?
- Was the temperature setting correct?

### **Undercooked Foods**

- Are you using the approved cookware?
- Is the temperature probe properly positioned?
- Were the foods completely defrosted?
- Was the time/cooking power level correct?
- Was the temperature control setting correct?
- Are the ventilation ports clear?

### **Improper Defrosting**

- Are you using the approved cookware?
- Were the foods turned or stirred?
- Was the time/cooking power level correct?
- Did you use the metal rack?

# 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 to give you 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.

### FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT ( U.S.A. ONLY)

#### WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Reorient the receiving antenna of the radio or television.
- Relocate the Microwave Oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

THE MANUFACTURER is not responsible for any radio or TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.

# SEARS

**USE & CARE  
MANUAL**

**STOCK NO.  
89950  
89951  
89952**

# Kenmore

## **MICROWAVE-CONVECTION OVEN**

### **WARRANTY**

**FULL ONE YEAR WARRANTY ON MICROWAVE OVEN**

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

**FULL FIVE YEAR WARRANTY ON THE MAGNETRON**

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

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

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

THIS WARRANTY APPLIES ONLY WHILE THIS PRODUCT IS IN USE IN THE UNITED STATES.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

**Sears, Roebuck and Co., Dept.  
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