



VELOS

g²CONVECT
with TruCapture
ventilation

SPEEDCOOK APPLIANCE WITH CONVECTION

Use & Care Guide

For questions about features, operation/performance
parts, accessories or service, call: **1-800-253-1301**.

or visit our website at...
www.whirlpool.com

Table of Contents	2
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Model GH7208XR

TABLE OF CONTENTS

MICROWAVE OVEN SAFETY	3	MANUAL COOKING	18
Electrical Requirements	5	Add 30 Seconds	18
PARTS AND FEATURES	6	MWO Time/Power Cooking	18
Oven Cavity Coating	6	Convection Time/Temp Cooking	18
Microwave System – ACCUWAVE® Technology	6	Time/Temp/Power Cooking	18
Grill Element	7	Raising (Proofing) Bread	19
Convection Element and Fan	7	Warm Hold	19
ACCESSORIES	7	Cooking in Stages	20
Turntable	7	PROGRAMMED COOKING	20
Sizzle Pan and Handle	8	Convection Cooking	20
Grill Rack	8	Combination Cooking	20
Convection Rack	8	Sensor Cooking	20
Steamer Vessel	8	Preheating	21
OVEN CONTROL	9	Doneness	21
Control Panel	9	Quick Touch Menu	21
Interactive Touch Display	9	Popcorn Sensor	21
Main Menu	10	Using Cook Method	21
Settings & Info	12	Using Food Type	21
Most Used Menu	12	Reheat	22
Display Backlight	12	Defrost	22
Display Contrast	12	Cook	22
Start	12	Convection - Bake	22
Cancel	13	Convection - Roast	23
Clear	13	Melt	23
Cooking Animation	13	Soften	23
Progress Bar	13	Broil	23
Child Lock	13	Simmer Cook	24
Clock	13	Sizzle Pan	24
Date	14	Steam Cook	24
Timer	14	Kids Menu	24
Learning Mode	14	Food Type Chart	25
Demo Mode	14	Cook Method Chart	27
Tones	15	OVEN CARE	30
Vent Fan	15	General Cleaning	30
Cooktop Light	15	Replacing Filters	31
Night Light	15	Replacing Cooktop Light	31
OVEN USE	15	Replacing Oven Light	32
Food Characteristics	16	TROUBLESHOOTING	33
Cooking Guidelines	16	ASSISTANCE OR SERVICE	34
Cookware and Dinnerware	16	Replacement Parts	34
Aluminum Foil and Metal	17	WARRANTY	36
Cooking Power	17		

MICROWAVE OVEN SAFETY

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word “DANGER” or “WARNING.” These words mean:

⚠ DANGER

You can be killed or seriously injured if you don't immediately follow instructions.

⚠ WARNING

You can be killed or seriously injured if you don't follow instructions.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

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

- Read all instructions before using the microwave oven.
- Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY” found in this section.
- The microwave oven must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” found in this section and in the provided Installation Instructions.
- Install or locate the microwave oven only in accordance with the provided Installation Instructions.
- Some products such as whole eggs in the shell and sealed containers – for example, closed glass jars – are able to explode and should not be heated in the microwave oven.
- Use the microwave oven only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in the microwave oven. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate the microwave oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
- The microwave oven should be serviced only by qualified service personnel. Call an authorized service company for examination, repair, or adjustment.
- See door surface cleaning instructions in the “Microwave Oven Care” section.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend the microwave oven when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing bags in oven.
 - If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

- 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.
- Suitable for use above both gas and electric cooking equipment.
- Intended to be used above ranges with maximum width of 36" (91.44 cm).
- Clean Ventilating Hoods Frequently - Grease should not be allowed to accumulate on hood or filter.
- Oversized foods or oversized metal utensils should not be inserted in the microwave oven as they may create a fire or risk of electric shock.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
- Do not use paper products when appliance is operated in the "PAN BROWN" mode (on models with this feature).
- Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
- Do not store anything directly on top of the microwave oven when the microwave oven is in operation.
- When flaming foods under the hood, turn the fan on.
- Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.
- Do not cover or block any openings on the microwave oven.
- Do not store this microwave oven outdoors. Do not use the microwave oven near water - for example, near a kitchen sink, in a wet basement, or near a swimming pool, or similar locations.
- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- Do not mount over a sink.
- Do not cover racks or any other part of the oven with metal foil. This will cause overheating of the oven.

SAVE THESE INSTRUCTIONS

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.

Electrical Requirements

⚠ WARNING



Electrical Shock Hazard

Plug into a grounded 3 prong outlet.

Do not remove ground prong.

Do not use an adapter.

Do not use an extension cord.

Failure to follow these instructions can result in death, fire, or electrical shock.

Observe all governing codes and ordinances. A 120 Volt, 60 Hz, AC only, 15- or 20-amp fused electrical supply (or circuit breaker) is required. (A time-delay fuse or circuit breaker is recommended.) It is recommended that a separate circuit serving only this appliance be provided.

GROUNDING INSTRUCTIONS

■ **For all cord connected appliances:**

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

WARNING: Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the microwave oven is properly grounded.

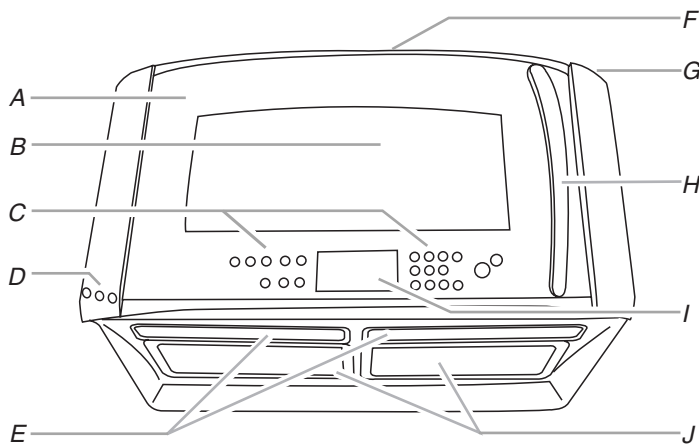
Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the microwave oven.

SAVE THESE INSTRUCTIONS

This device complies with Part 18 of the FCC Rules.

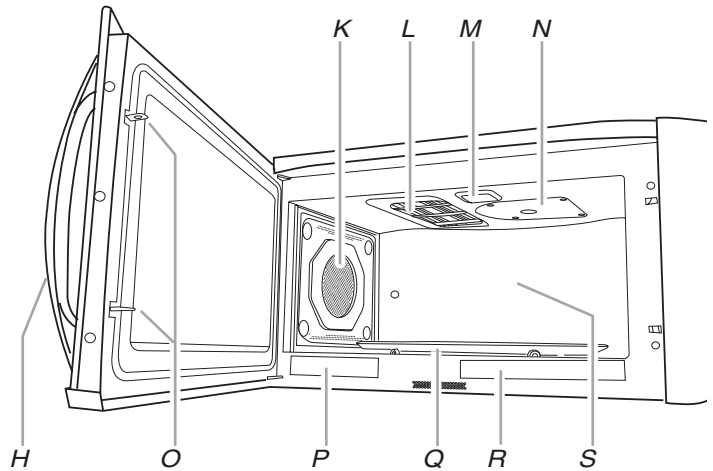
PARTS AND FEATURES

This manual may cover several different models. The model you have purchased may have some or all of the features shown here. The appearance of your particular model may differ slightly from the illustrations in this manual.



- A. Oven door
- B. Metal-shielded window
- C. Control panel
- D. Fan, Light and Night Light buttons
- E. Halogen cooktop lights (2)

- F. Exhaust vent (top surface of oven)
- G. Intake vents (2, top surface of oven)
- H. Door handle
- I. Interactive touch display
- J. Grease and charcoal filters (2 each)



- K. Convection element and fan (behind screen)
- L. Grill element
- M. Oven light
- N. Microwave inlet cover
- O. Door safety lock system
- P. Model and serial number plate
- Q. Turntable
- R. Cooking guide label
- S. Cavity recess

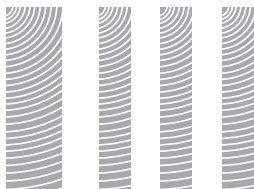
Oven Cavity Coating

The oven has a durable, nonstick coating that resists soil buildup by making cleaning easier than in conventional microwave ovens. For cleaning information, see "General Cleaning" section.

Microwave System – ACCUWAVE® Technology

The microwave system delivers a constant stream of microwave power – true high, medium and low power.

Typically, microwave ovens operate on HIGH power only. For example, to achieve a 50% power level ("medium") in a typical microwave oven, the oven operates 50% of the time at HIGH power and 50% of the time OFF.



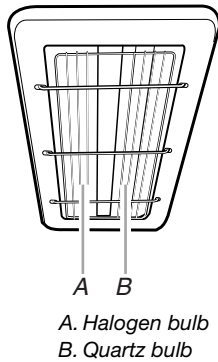
In contrast, ovens utilizing this microwave system deliver the selected power level continuously. This constant stream of microwave power helps to minimize overcooking of foods and messy food spatters.



Sensor Cooking

The microwave system features the 6th SENSE™ cooking system. A humidity sensor in the oven cavity detects moisture and humidity emitted from food as it heats. The sensor adjusts cooking times to various types and amounts of food. Sensor cooking takes the guesswork out of microwave cooking.

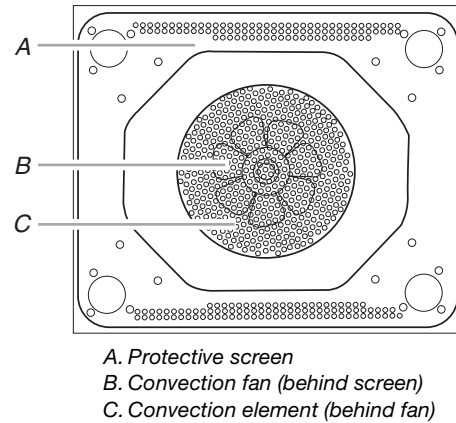
Grill Element



The oven uses a 1,000-watt halogen bulb with a 500-watt quartz bulb to serve as the grill element for various cooking functions.

When the element is in use, the halogen bulb glows very brightly, while the glow of the quartz bulb is barely—if at all—visible. (See “Troubleshooting” for quartz bulb testing.) The oven cavity and door will become hot. The use of oven mitts is recommended.

Convection Element and Fan

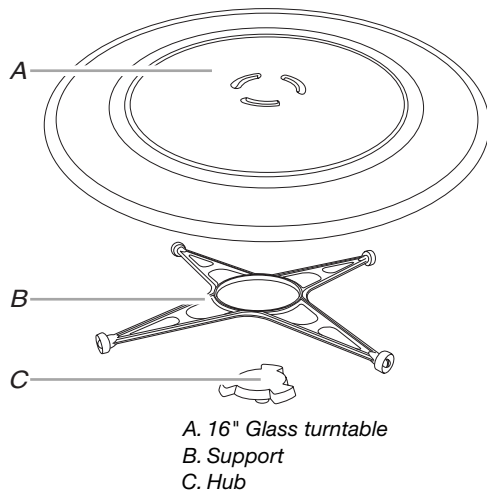


The oven’s convection system is composed of a thermal electronic element, which heats in conjunction with the convection fan for true convection cooking. The convection system is embedded in the wall of the oven cavity, behind the protective screen. See “Parts and Features.”

ACCESSORIES

The following accessories have been provided with your new oven. Any of the parts may be ordered for replacement.

Turntable



The turntable can rotate in either direction to help cook food more evenly. Do not operate the oven without having the turntable in place. See “Assistance or Service” to reorder any of the parts.

To Install:

1. Remove tape from the hub.
2. Place the support on the oven cavity bottom.
3. Place the turntable on the support.

Fit the raised, curved lines in the center of the turntable bottom between the three spokes of the hub. The rollers on the support should fit inside the turntable bottom ridge.

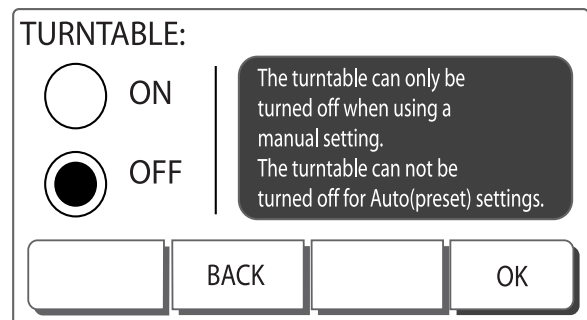
Turning Off the Turntable

The turntable can be turned off for manual cooking cycles only. This is helpful when cooking with plates that are larger than the turntable, or when cooking with two plates that are side by side. When the turntable is turned off, it will not rotate during manual cooking cycles, but it will still rotate during automatic cooking functions.

To Turn On/Off:

1. Touch TURNTABLE ON/OFF.

The display shows the Turntable On/Off screen.

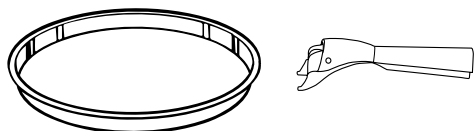


2. Select “Off,” then touch “OK.”

The turntable off indicator will appear on the display.

Repeat to turn the turntable back on.

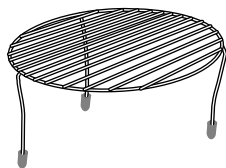
Sizzle Pan and Handle



The Sizzle Pan, with its nonstick surface and detachable handle, has been specially designed for microwave use, and is ideal for pan-frying (pan-browning) foods in the oven. The Sizzle Pan is also used as a drip pan for grilling.

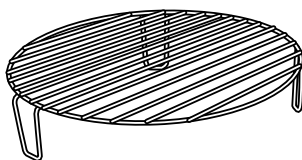
Use the handle to grasp the pan. Place gripping end on the edge of pan, squeeze handle and lift pan. See “Assistance or Service” to order replacement parts. See “General Cleaning” for cleaning instructions.

Grill Rack



The grill rack is designed for grilling in the oven. Place the grill rack securely on Sizzle Pan, the Sizzle Pan on the turntable, and position food on grill rack. See “Assistance or Service” to order replacement parts. See “General Cleaning” for cleaning instructions.

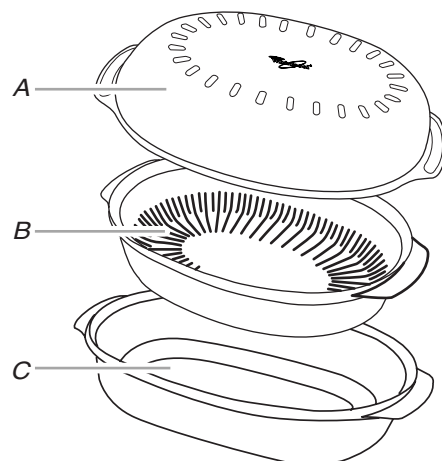
Convection Rack



The convection rack is designed to be used with the convection element and fan for true convection cooking. Place the convection rack on the turntable, and position food on the rack. See “Assistance or Service” to order replacement parts. See “General Cleaning” for cleaning instructions.

Steamer Vessel

Use the steamer vessel with the Steam Cook feature to steam foods. See “Steam Cook” section.



A. Cooking cover
B. Colander
C. Dish

- The steamer vessel will become hot. Always use oven mitts or pot holders when handling.
- Do not use in a conventional- or combination-type oven, with “Crisp” or “Grill” functions or on electric or gas burners.
- To avoid scratching, use plastic utensils.
- Do not overfill. One-half full is recommended.

Cooking Cover: Always use when cooking. Place directly over the colander and dish or just the dish.

Colander: Use for foods such as fish, vegetables and potatoes. Do not use with foods such as rice, pasta and white beans. When using, place directly over the dish.

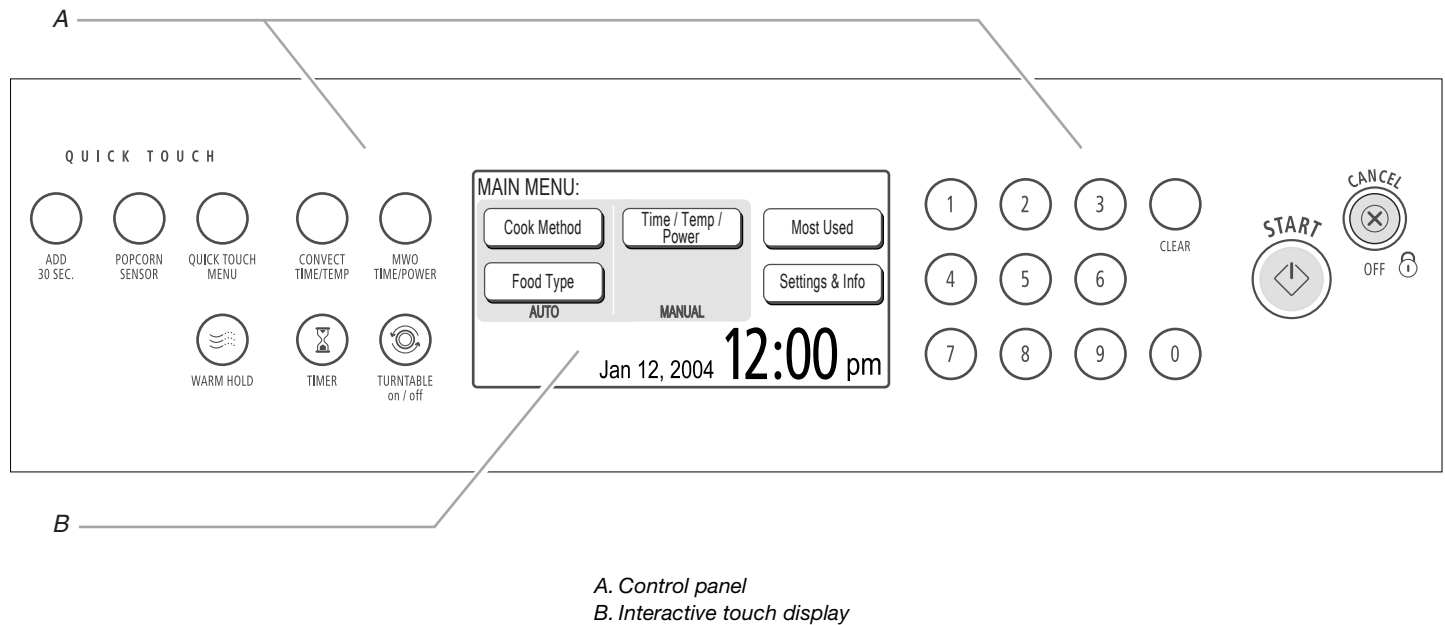
Dish: Use for foods such as rice and pasta.

See “General Cleaning” section for cleaning information.

OVEN CONTROL

The oven's controls are accessed through its touch panel and interactive touch display.

NOTE: Due to the sensitivity of the control panel, we have provided special instructions for cleaning the panel as well as the touch screen display. See "General Cleaning" section for cleaning instructions.



Control Panel

The control panel houses basic controls and Quick touch controls. The control pads are very sensitive, and require only a light touch to activate.

For more information about the individual controls, see their respective sections in this manual.

Interactive Touch Display

The display area functions as both a display and an interactive, menu-driven touch control. It is designed to be easily navigable, guiding you through the menus, offering multiple selections, accepting your input and executing your commands. It also provides instructions, tips, and displays.

Display

When power is first supplied to the oven, the welcome screen appears, asking whether you would like to set the clock. Touch "Yes" and set the clock (see "Clock" section), or touch "No" and the time will default to 12:00 p.m. If the welcome screen appears at any other time, a power failure has occurred. Reset the clock if needed.

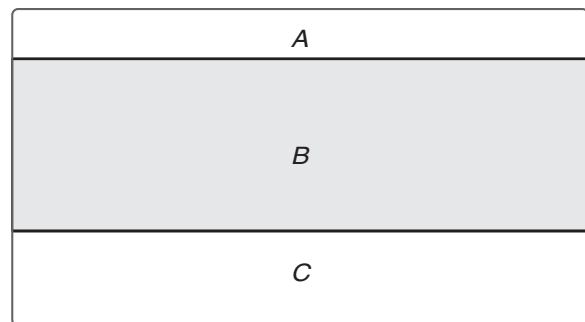
When the oven is not in use (in standby mode), the display shows the Main Menu and the date and time of day, if they are set to be displayed. See "Clock" and "Date" sections.

During programming, the display shows menus, servings and weights, cooking time/power/temperature settings, preheating instructions, and/or cookware and preparation instructions.

During a cooking cycle, the display shows progress bar (sensor functions only, see "Progress Bar" section), cooking animation (see "Cooking Animation" section), and the countdown of cook time remaining. The display will also give prompts to tend to the food during certain automatic cycles.

Touch Screen

The LCD touch screen is used to make menu selections, adjust settings and input commands.



A. Title/description region

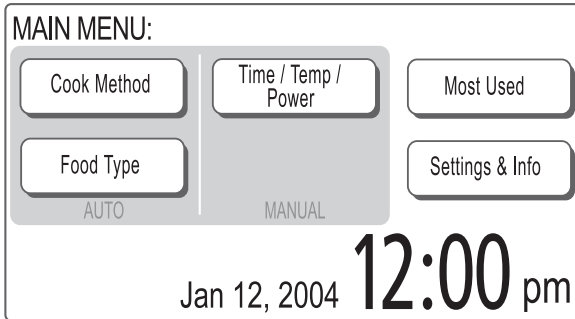
B. Menu and selection/settings input region

C. Command input region

Menu selections and input adjustments are made in the center portion of the screen, and the command inputs (start, continue, back, cancel, etc.) are made in the bottom portion of the screen. Screen titles and descriptions are displayed in the top portion of the screen, which accepts no input. A light- to medium-pressure touch of the fingertip will activate the menu choice. However, sensitivity of the touch screen may vary, and using the tips or backs of fingernails may provide more accuracy when inputting commands.

Main Menu

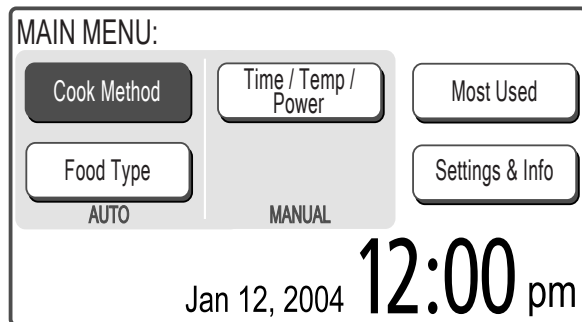
The Main Menu is displayed on the default screen.



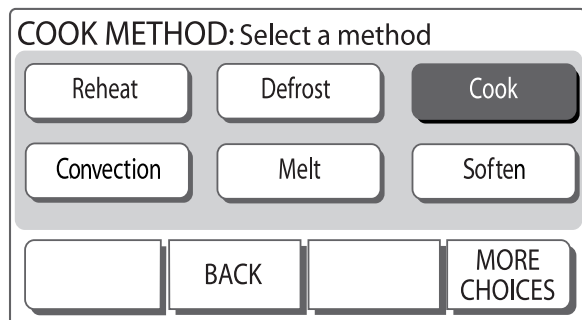
From the Main Menu, all automatic cooking programs (except Popcorn) can be activated; all manual cooking can be programmed; settings can be adjusted; and instructions, preparation, tips and even diagnostics can be accessed.

The following demonstrates how to pan brown 2 boneless chicken breasts, using the Cook Method menus, starting from the Main Menu:

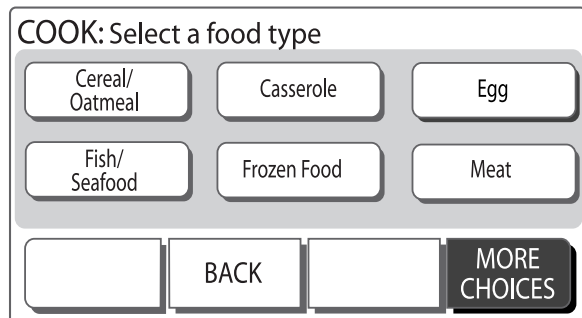
1. On Main Menu, touch "Cook Method."



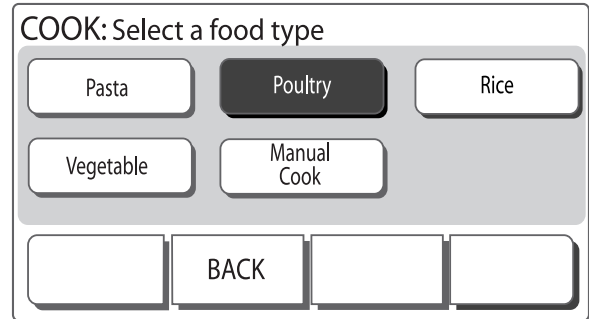
2. On Cook Method screen, touch "Cook."



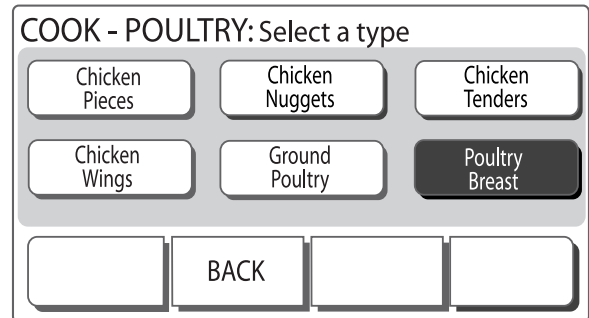
3. On Cook screen, touch "More Choices."



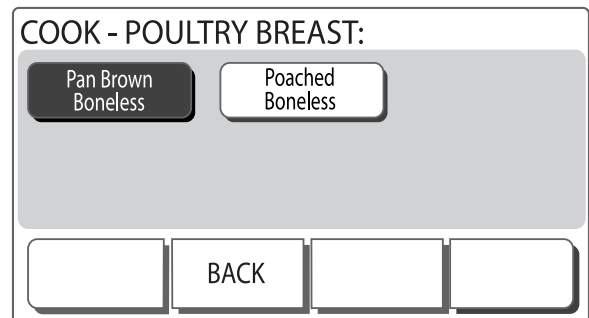
4. On second Cook screen, touch "Poultry."



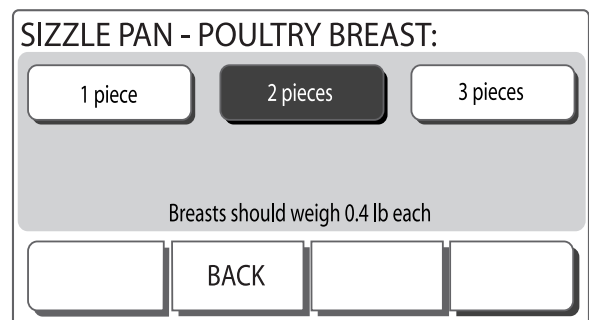
5. On Cook-Poultry screen, touch "Poultry Breast."



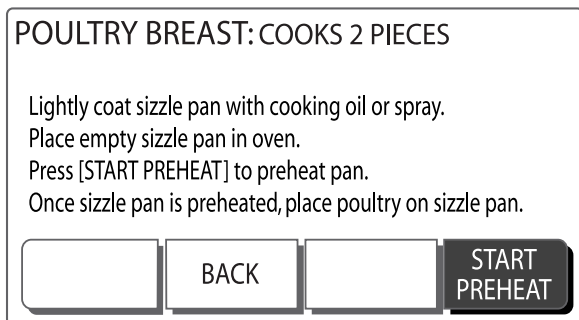
6. On Cook-Poultry Breast screen, touch "Pan Brown Boneless."



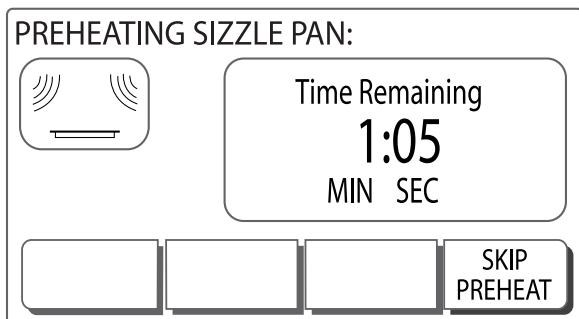
7. On Sizzle Pan-Poultry Breast screen, touch "2 pieces." Weight guidelines appear below the quantity selections.



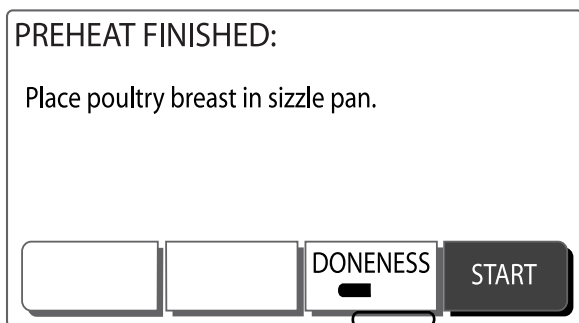
8. On Poultry Breast screen, follow the instructions, then touch “Start Preheat.”



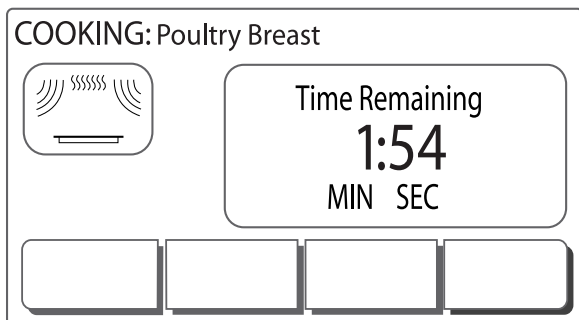
While the Sizzle Pan preheats, the cooking animation and countdown are active in the display.



9. When preheating is finished, follow the instructions on the Preheat Finished screen, then touch “Start.”



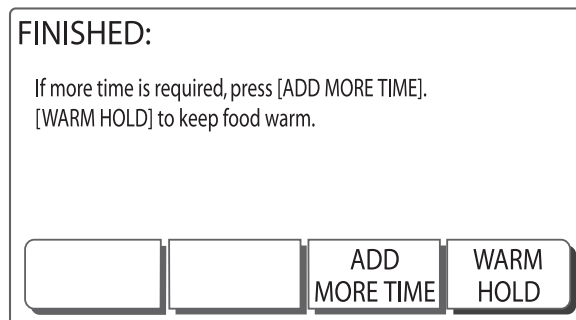
While the poultry breasts are being pan browned, the cooking animation and countdown are active in the display.



About halfway through the cycle, the oven will stop, and the display will direct you to turn over the poultry breasts.

10. Touch “Continue” to resume pan browning.

When the cycle is over, the Finished screen appears.



If you would like to either add more time or keep the food warm, you may do so at this time.

11. If the doneness is satisfactory, touch CANCEL on the control panel to return to the default screen.

The same cooking can also be accomplished using the “Food Type” menus instead of the “Cook Method” menu.

1. On Main Menu, touch “Food Type.”
2. Touch “More Choices.”
3. Touch “Poultry.”
4. Touch “More Choices.”
5. Touch “Poultry Breast Boneless.”
6. Touch “Pan Brown.”

This takes you to the same Sizzle Pan-Poultry Breast screen as in the Cook Method sequence.

7. Follow steps 7-11 in Cook Method sequence.

See “Learning Mode” section to see how to practice navigating through the menus without turning on the microwave generator.

Settings & Info

Oven features may be activated and/or changed, and display characteristics may be adjusted using the “Settings & Info” menu. Following is a brief description of each option.

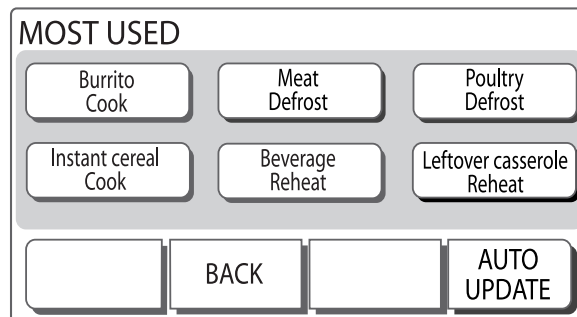
OPTION	SETTING
Clock	■ Choose format: 12 hours or 24 hours. ■ Turn Daylight Savings on or off. ■ Adjust time: set or hide clock. See “Clock” section.
Contact Info	■ Find contact information: toll-free number and website.
Date	■ Set date: month and day. ■ Adjust year. ■ Hide date. See “Date” section.
Demo Mode	■ View sales demonstration. See “Demo Mode” section.
Display Backlight	■ Set backlight brightness: always on, reduce after 2 minutes or turn off after 2 minutes. See “Display Backlight” section.
Display Contrast	■ Set level of contrast between zero lines (minimum) and 10 lines (maximum) using “+” and “-” controls. See “Display Contrast” section
Hints	View comprehensive lists of hints for general operation and care of oven: ■ Cleaning: cavity, control panel, odors and turntable. ■ Cookware: covers, depth, materials and shape. ■ Convection Temp Conversion: baking and roasting. ■ Food: eggs, moisture, quantity and shape. ■ Methods: arranging, covering, defrosting, standing and proofing dough. ■ Power levels: list of microwave power levels and sample foods for each.
Learning Mode	■ Turn on or off. See “Learning Mode” section.
Volume	■ Set tone volume using “+” and “-” controls. See “Tones” section.
Test Mode	■ View oven diagnostic feedback.

1. On Main Menu, touch “Settings & Info.”
2. Touch desired option (touch “More Choices” for more categories), then follow the instructions on the screen to select and/or adjust settings.

Most Used Menu

The Most Used menu displays the 6 most used automatic cooking programs. This provides you with your own customized menu, which is easily accessible from the Main Menu. It is updated by touching “Auto Update.”

The programs are shown in alphabetical order by food type. The food type is shown first on the selection pad, followed on the next line by the cook method. Following is a sample Most Used menu screen:



The default Most Used menu lineup is: Reheat Casserole, Defrost Chicken Breast, Defrost Ground Beef, Cook French Fries, Cook Popcorn and a 2-minute cycle at 100% cook power.

Display Backlight

Display backlight may be set to stay on, or to reduce brightness or turn off after 2 minutes of inactivity.

To Set Display Backlight:

1. On Main Menu, touch “Settings & Info.”
2. Touch “Display Backlight.”
3. Select setting: always on, reduce after 2 minutes or off after 2 minutes.
4. Touch “OK.”

Display Contrast

Display contrast has 11 settings, ranging from zero lines (minimum) to 10 lines (maximum).

To Set Display Contrast:

1. On Main Menu, touch “Settings & Info.”
2. Touch “Display Contrast.”
3. Using “+” and “-” controls, increase or decrease the contrast.
4. Touch “OK.”

Start

The START control will start any function.

If non-sensor cooking is interrupted, touching the START control pad will resume the preset cycle.

For added convenience, the “Start” touch pad is also available on some display screens, and provides the same function as the START control pad.

Cancel

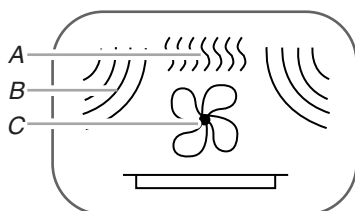
The CANCEL control stops all functions except for the Timer and Learning Mode, and cancels programming in progress.

The oven will also turn off when the door is opened. Close the door and touch START control or "Continue" on the touch screen to resume the cycle. A sensor cooking cycle may not be resumed if interrupted by opening the door.

Clear

During manual cooking programming the CLEAR control changes the programming values (minutes, seconds, cook power, etc.) that are active in the display to their default value. For example, while entering a cook time, touching CLEAR will change the time you have already entered to "0:00." The CLEAR control is only available during manual cooking programming, and gives an invalid signal (See "Tones" section) if touched during cooking.

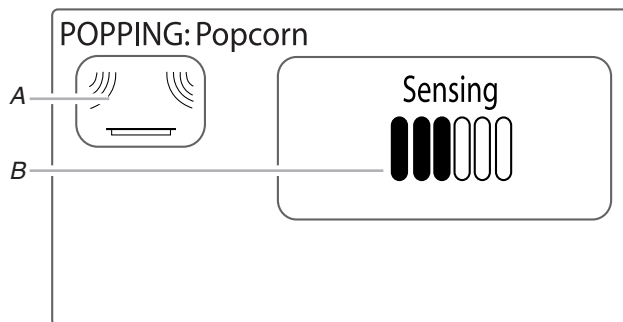
Cooking Animation



A. Cooking with grill element
B. Cooking with microwaves
C. Cooking with convection

The cooking animation appears during any cooking cycle, whether automatic or manual. The animation shows what type of cooking is taking place.

Progress Bar



A. Cooking animation
B. Progress bar

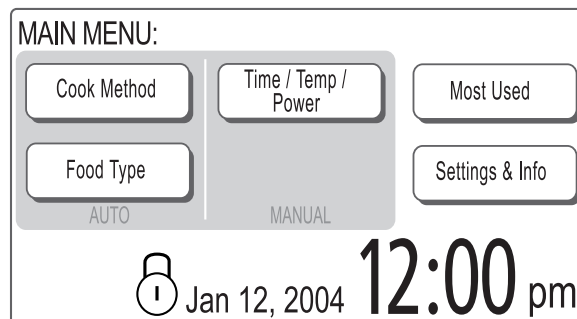
The progress bar is a visual picture of the estimated running time of a cooking cycle. It will appear during sensor cooking functions. Lines appear below the word "Sensing," and show progress by the darkening of the lines left to right. After the sensor is finished sensing, the remaining cook time replaces the word "Sensing" at the top of the display, but the progress bar continues to be displayed until the end of the cycle.

Child Lock

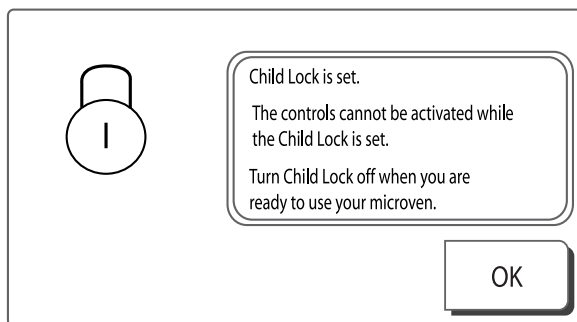
The Child Lock disables all controls to prevent unintended use of the oven. The only control that will function while the Child Lock is active is the CANCEL pad on the control panel.

Child Lock activation is only possible when the oven is not in use.

To Activate Child Lock: Touch and hold the CANCEL control for 5 seconds. Two tones will sound, and the display will show the padlock icon.



If any controls are touched while the Child Lock is active, the "Child Lock is set" reminder screen appears for 5 seconds.



To Deactivate Child Lock: Touch and hold the CANCEL control for 5 seconds. Two tones will sound, and the padlock icon will be removed from the display.

Clock

This is a 12-hour clock, showing a.m. and p.m., or a 24-hour clock. When power is first supplied to the oven, or after a power failure, the "Welcome" screen will appear, asking whether you would like to set the clock. If you choose to set the clock at that time, the display will take you directly to the Clock screen. If you choose not to set the clock, the time of day will default to 12:00 p.m., and the clock will be displayed and continue to keep time. The clock format defaults to 12-hour, and to Daylight Savings.

To Set Clock:

1. On Main Menu, touch "Settings & Info."
2. On Settings & Info screen, touch "Clock."
3. On Clock screen, touch "Adjust Time," and follow the instructions to set the time of day.

To Change Format/Daylight Savings Settings: On Clock screen, select either "12 Hour Format" or "24 Hour Format," and/or select "Daylight Savings ON" or "Daylight Savings OFF," then touch "OK."

To Hide Clock: On Clock screen, touch "Adjust Time," and then touch "Hide Clock." The display will immediately return to the Main Menu.

Date

The date may be set and displayed on the Main Menu screen. The default setting is Jan. 1 of the current year; however, it is not displayed.

To Set Date:

1. On Main Menu, touch "Settings & Info."
2. On Settings & Info screen, touch "Date."
3. On Date screen, use Month "+" or "-" and Day "+" or "-" controls to set the month and day.
4. Touch "Adjust Year," and change the year, if desired.

To Display/Hide Date: On Date screen, touch "Display Date."

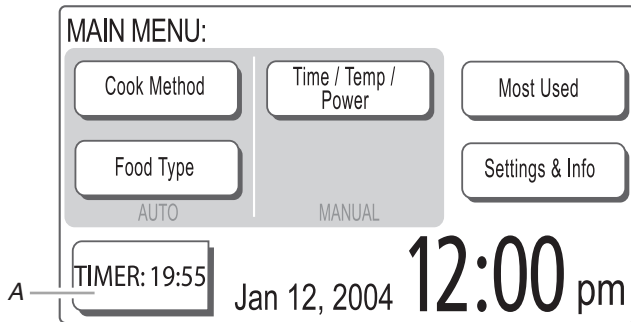
The display will immediately return to the Main Menu. Repeat to hide the date.

Timer

The Timer can be set in minutes and seconds, up to 99 minutes, 59 seconds, and counts down the set time.

NOTE: The Timer does not start or stop the oven.

The Timer countdown can be seen in full screen or in minimized view. In minimized view, the countdown is visible on the Main Menu and during programming of a cook function.



A. Minimized Timer countdown

While the Timer is in use, the oven can still operate. During an oven operation, the Timer countdown will remain in the background (not visible). If the Timer ends while oven is still operating, the end-of-Timer tones will sound, and the set operating mode will remain active on the screen.

To Set Timer:

1. Touch TIMER control.
2. Using the "+" and "-" controls or the number pads, enter desired time in minutes and seconds, and then touch "Start Timer."

The countdown will be in full screen view.

3. Touch "OK" to minimize the countdown.

To see the countdown in full screen view, touch TIMER control.

The time can be reset during the countdown by touching TIMER, entering a new time, then touching "OK," or the START control.

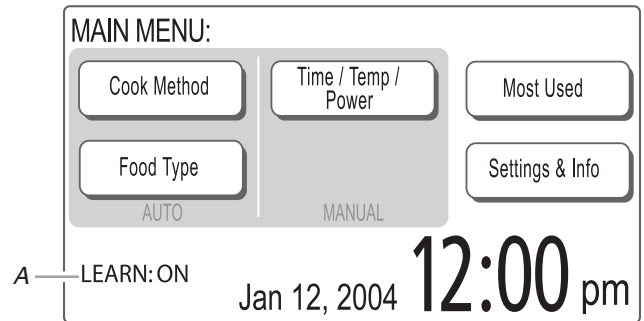
To Cancel: Touch TIMER control, then touch "Cancel Timer."

Learning Mode

The Learning Mode is ideal for learning how to use the oven. When set, functions can be entered, with real displays and tones, without actually turning on the microwave generator (magnetron), grill element or convection element. While functions are operating in the Learning Mode, the oven light will come on, the fan will run, and the turntable will rotate (if set ON).

While the Learning Mode is active, the Learn indicator is visible in the lower, left command area. The indicator is visible while the oven is inactive (Main Menu screen), during programming, and during Settings & Info menu navigation. It is not visible during a cooking cycle.

The Learning indicator shares the lower, left command area with the Timer countdown if both are in operation.



A. Learning mode indicator

To Activate Learning Mode:

The oven must be off.

1. On the Main Menu, touch "Settings & Info."
 2. On Settings & Info screen, touch "More Choices."
 3. Touch "Learning Mode."
 4. Touch "On" or "Off" to set.
 5. Touch "OK."
-

Demo Mode

The Demo Mode highlights the features and capabilities of the oven in a slide show on the display.

To Activate Demo Mode:

1. On the Main Menu, touch "Settings & Info."
 2. On Settings & Info screen, touch "Demo Mode."
- The demonstration immediately begins. You can move forward or back in the demonstration by touching "Next Page" or "Back," or wait for the screen to advance. When the demonstration is over, it automatically loops back to the beginning and starts again.
3. Touch "Cancel Demo" on the touch screen, or touch CANCEL control to cancel Demo Mode and return the display to the Main Menu.
-

Tones

Tones are audible signals, indicating the following:

One Tone

- Valid entry (short tone)

Two Tones

- Between stages (short tones)
- Hidden feature entered or exited (very short, quick tones)

Three Tones

- Invalid entry (very short, quick tones)
- Reminder (1 short tone, followed by 2 longer tones), repeat each minute for 10 minutes after the end-of-cycle tones
- Interruption, tend to food (short tones)

Four Tones

- End of cycle (2 short tones, followed by 2 longer tones)

Five Tones

- End of Timer countdown (4 short tones, followed by 1 long tone)

To Adjust Tone Volume:

1. On Main Menu, touch "Settings & Info."
2. On Settings & Info screen, touch "More Choices."
3. Touch "Volume."
4. Using "+" and "-" controls, increase or decrease the volume setting.
5. Touch "OK."

The tones cannot be turned off.

Vent Fan

The vent fan has 4 speeds: low, medium, high and boost.

To protect the oven, the vent fan will automatically turn on at high speed if the temperature from the range or cooktop below gets too hot. It may stay on for up to 1 hour to cool the oven. When this occurs, the vent fan cannot be turned off. If the Fan button is pressed, a reminder will appear in the display, explaining the automatic fan activation.

To Operate Vent Fan: Press FAN repeatedly to cycle through the settings: low, medium, high, boost and off.

Cooktop Light

The cooktop light has 3 brightness settings: low, medium and high.

To Turn Light On/Off: Press LIGHT button repeatedly to cycle through the settings: low, medium, high and off.

Night Light

The Night Light control button turns on the cooktop light at the lowest setting. While the Night Light is on, the Light control may still be used to brighten the cooktop. When the cooktop light is turned off, the Night Light will still be on. The Night Light can only be turned on or off with the Night Light button.

OVEN USE

A magnetron in the oven produces microwaves which reflect off the metal floor, walls and ceiling and pass through the turntable and appropriate cookware to the food. Microwaves are attracted to and absorbed by fat, sugar and water molecules in the food, causing them to move, producing friction and heat which cooks the food.

- Do not lean on or allow children to swing on the oven door.
- Do not operate oven when it is empty.
- The turntable must be in place and correct side up when oven is in use. Do not use if turntable is chipped or broken. See "Assistance or Service" section to reorder.
- Baby bottles and baby food jars should not be heated in oven.
- Clothes, flowers, fruit, herbs, wood, gourds, paper, including brown paper bags and newspaper, should not be dried in oven.

- Do not use the oven for canning, sterilizing or deep frying. The oven cannot maintain appropriate temperatures.
- Paraffin wax will not melt in the oven because it does not absorb microwaves.
- Use oven mitts or pot holders when removing containers from oven.
- Do not overcook potatoes. At the end of the recommended cook time, potatoes should be slightly firm. Let potatoes stand for 5 minutes. They will finish cooking while standing.
- Do not cook or reheat whole eggs inside the shell. Steam buildup in whole eggs may cause them to burst. Cover poached eggs and allow a standing time.

Food Characteristics

When microwave cooking, the amount, size and shape, starting temperature, composition and density of the food affect cooking results.

Amount of Food

The more food heated at once, the longer the cook time. Check for doneness and add small increments of time if necessary.

Size and Shape

Smaller pieces of food will cook more quickly than larger pieces, and uniformly shaped foods cook more evenly than irregularly shaped food.

Starting Temperature

Room temperature foods will heat faster than refrigerated foods, and refrigerated foods will heat faster than frozen foods.

Composition and Density

Foods high in fat and sugar will reach a higher temperature, and will heat faster than other foods. Heavy, dense foods, such as meat and potatoes, require a longer cook time than the same size of a light, porous food, such as cake.

Cooking Guidelines

Covering

Covering food helps retain moisture, shorten cook time and reduce spattering. Use the lid supplied with cookware. If a lid is not available, wax paper, paper towels or plastic wrap approved for microwave ovens may be used. Plastic wrap should be turned back at one corner to provide an opening to vent steam. Condensation on the door and cavity surfaces is normal during heavy cooking.

Stirring and Turning

Stirring and turning redistribute heat evenly to avoid overcooking the outer edges of food. Stir from outside to center. If possible, turn food over from bottom to top.

Arranging

If heating irregularly shaped or different sized foods, arrange the thinner parts and smaller sized items toward the center. If cooking several items of the same size and shape, place them in a ring pattern, leaving the center of the ring empty.

Piercing

Before heating, use a fork or small knife to pierce or prick foods that have a skin or membrane, such as potatoes, egg yolks, chicken livers, hot dogs, and sausage. Prick in several places to allow steam to vent.

Shielding

Use small, flat pieces of aluminum foil to shield the thin pieces of irregularly shaped foods, bones and foods such as chicken wings, leg tips and fish tail. See "Aluminum Foil and Metal" first.

Standing Time

Food will continue to cook by the natural conduction of heat even after the microwave cooking cycle ends. The length of standing time depends on the volume and density of the food.

Cookware and Dinnerware

Cookware and dinnerware must fit on the turntable. Always use oven mitts or pot holders when handling because any dish may become hot from heat transferred from the food. Do not use cookware and dinnerware with gold or silver trim. Use the following chart as a guide, then test before using.

MATERIAL	RECOMMENDATIONS
Aluminum Foil, Metal	See "Aluminum Foil and Metal" section.
Browning Dish	Bottom must be at least 3/16" (5 mm) above the turntable. Follow manufacturer's recommendations.
Ceramic Glass, Glass	Acceptable for use.
China, Earthenware	Follow manufacturer's recommendations.
Melamine	Follow manufacturer's recommendations.
Paper: Towels, Dinnerware, Napkins	Use nonrecycled and those approved by the manufacturer for microwave oven use.
Plastic: Wraps, Bags, Covers, Dinnerware, Containers	Use those approved by the manufacturer for microwave oven use.
Pottery and Clay	Follow manufacturer's recommendations.
Styrofoam*	Do not use in oven.
Straw, Wicker, Wooden Containers	Do not use in oven.
Wax Paper	Acceptable for use.

To Test Cookware or Dinnerware for Microwave Use:

1. Place cookware or dinnerware in oven with 1 cup (250 mL) of water beside it.
2. Cook at 100% cooking power for 1 minute.

Do not use cookware or dinnerware if it becomes hot and the water stays cool.

Aluminum Foil and Metal

Always use oven mitts or pot holders when removing dishes from the oven.

Aluminum foil and some metal can be used in the oven. If not used properly, arcing (a blue flash of light) can occur and cause damage to the oven.

OK for Use

Racks and bakeware supplied with the oven (on some models), aluminum foil for shielding, and approved meat thermometers may be used with the following guidelines:

- Do not allow aluminum foil or metal to touch the inside cavity walls, ceiling or floor.
- Always use the turntable.
- Do not allow contact with another metal object during cooking.

Do Not Use

Metal cookware and bakeware, gold, silver, pewter, non-approved meat thermometers, skewers, twist ties, foil liners such as sandwich wrappers, staples and objects with gold or silver trim or a metallic glaze should not be used in the oven.

For Use with Convection System

Metal bakeware may be used only in automatic Bake or Manual Bake cycles. Follow guidelines in "OK for Use," and follow instructions on the oven display during Bake programming.

- Use only ovenproof cookware for all convection cycles.
- Do not use metal bakeware during stage cooking. See "Cooking in Stages" section.
- Do not use metal bakeware during combination cycles. Some automatic Cook and Roast programs use combination cooking. Manual Roast may also be programmed for combination cooking.
- Use only microwavable, ovenproof cookware for all non-Bake convection or combination cycles.

For Use with Grill Element

Use only microwavable, ovenproof cookware, such as glass or ceramic glass, for automatic Broil and Manual Broil cycles.

Cooking Power

Many recipes for microwave cooking specify which cooking power to use by percent, name or number. For example, 70%=7=Medium-High.

Use the following chart as a general guide for the suggested cooking power of specific foods.

PERCENT/ NAME	NUMBER	USE
100%, High (default setting)	10	Quick heating convenience foods and foods with high water content, such as soups, beverages and most vegetables.
90%	9	Cooking small tender pieces of meat, ground meat and poultry pieces. Heating cream soups.
80%	8	Heating rice, pasta or casseroles. Cooking and heating foods that need a cook power lower than high, such as meat loaf.
70%, Medium-High	7	Reheating a single serving of food. Cooking fish fillets.
60%	6	Cooking sensitive foods such as cheese and egg dishes, pudding and custards. Cooking non-stirrabable casseroles, such as lasagna.
50%, Medium	5	Cooking ham, whole poultry, whole fish and pot roasts. Simmering stews.
40%	4	Heating bread, rolls and pastries.
30%, Medium-Low, Defrost	3	Defrosting bread, fish, meats, poultry and precooked foods. Melting chocolate, butter and marshmallows.
20%	2	Softening ice cream, butter and cheese.
10%, Low	1	Taking chill out of fruit.

MANUAL COOKING

Add 30 Seconds

The ADD 30 SEC. control programs the oven for cooking at 100% power for 30 seconds, and adds 30 seconds of cook time with each additional touch of the control. After the ADD 30 SEC. control is touched, the manual cooking programming screen appears. Time may be added in 30-second increments by touching ADD 30 SEC., or by minutes and seconds using the interactive touch screen display. Cook power or cook time may be changed after touching "Start" by using the "Adjust Settings" control. While settings are being adjusted, the countdown freezes, and then resumes when adjustments are made.

MWO Time/Power Cooking

The MWO TIME/POWER control is for manual microwave-only cooking.

To Use MWO TIME/POWER:

1. Touch MWO TIME/POWER control pad.
2. Touch "+" or "-" controls, or use number pads to enter the cook time.
If using 100% cooking power, skip Step 3.
3. Touch "Cook Power: 100%," and then use "+" or "-" controls, or use number pad to the power level.
4. Touch "Start" on the touch screen, or START control.

The display will count down the cook time.

During the countdown, cook time and/or cooking power may be changed by touching "Adjust Settings" on the touch screen, and following the prompts.

When the cycle ends, the end-of-cycle tones will sound, followed by reminder tones.

5. Touch CANCEL control or open the door to stop reminder tones. The display will return to the Main Menu after CANCEL control is touched.

Convect Time/Temp Cooking

The CONVECT TIME/TEMP control is for manual convection or combination cooking. There are 10 convection temperatures available with this control. Use the following chart as a guide.

PAD	TEMPERATURE	PAD	TEMPERATURE
1	100°F (38°C)	6	350°F (177°C)
2	150°F (66°C)	7	375°F (191°C)
3	275°F (135°C)	8	400°F (204°C)
4	300°F (149°C)	9	425°F (218°C)
5	325°F (163°C)	0	450°F (232°C)

NOTE: The microwave cooking power may be set to 0%, 10%, 20% or 30%. The default power is 20%.

To Use:

1. Touch CONVECT TIME/TEMP control.
2. Follow instructions on the display to program cooking time.
3. Touch "Temp: 350°," and then use "+" or "-" controls, or touch a number pad to set temperature, if cooking at a temperature other than the default 350°F (177°C).
4. Touch "Cook Power: 20%," and then use "+" or "-" controls, or touch a number pad to set microwave cooking power, if cooking at a power level other than 20% (0%, 10% or 30%).
5. Touch "Start" on the touch screen, or START control.

The display will count down the cook time.

During the countdown, cook time and/or cooking power may be changed by touching "Adjust Settings" on the touch screen, and adjusting the remaining time and/or the cooking power.

When the cycle ends, the end-of-cycle tones will sound, followed by reminder tones.

6. Touch CANCEL control or open the door to stop reminder tones. The display will return to the Main Menu after CANCEL control is touched.

Time/Temp/Power Cooking

The Time/Temp Power control on the Main Menu is for manual cooking by cooking method. There are 12 methods from which to choose. Some of the methods have set power levels that cannot be changed. Use the following chart as a guide.

METHOD	COOK WITH	COOKWARE	SETTINGS
Reheat	Microwaves only	Microwavable	10-100%; 80% default
Defrost	Microwaves only	Microwavable	30% only
Cook	Microwaves only	Microwavable	10-100%; 80% default
Bake	Convection only	Ovenproof, convection rack	100°F (38°C)-450°F (232°C); 350°F (177°C) default
Broil	Grill and microwaves	Ovenproof, microwavable, grill rack, Sizzle Pan	0-40%; 0% default
Melt	Microwaves only	Microwavable	30% only
Roast	Convection, microwaves	Ovenproof, microwavable, convection rack, Sizzle Pan	100°F (38°C)-450°F (232°C); 350°F (177°C) default 0-30%; 20% default
Simmer Cook	Microwaves only	Microwavable; steamer vessel	80% only

METHOD	COOK WITH	COOKWARE	SETTINGS
Sizzle Pan	Microwaves only	Sizzle Pan	80% only
Soften	Microwaves only	Microwavable	20% only
Steam Cook	Microwaves only	Microwavable	80% only
Warm Hold	Microwaves only	Microwavable	10% only

To Use:

1. Touch "Time/Temp/Power" on the Main Menu.
2. Select a method from the chart.
3. Follow instructions on the display to program cooking time, temperature and/or cooking power.
4. Touch "Start" on the touch screen, or START control.
The display will count down the cook time.

During the countdown, cook time and some cooking powers and/or temperatures may be changed by touching "Adjust Settings" on the touch screen, and adjusting the remaining time, cooking power and/or temperature.

When the cycle ends, the end-of-cycle tones will sound, followed by reminder tones.
5. Touch CANCEL control or open the door to stop reminder tones. The display will return to the Main Menu after CANCEL control is touched.

Raising (Proofing) Bread

This oven can be used to proof bread. Only the convection system is used for bread proofing.

First Proofing:

Place dough in a lightly-greased ovenproof bowl, and cover loosely with shortening-coated wax paper.

1. Place ovenproof container filled with 2 cups (500 mL) boiling water on the turntable.
2. Place the convection rack on the turntable, and then place the bowl of dough on the convection rack and close the door.
3. Touch "Time/Temp/Power" on the Main Menu, then select "Bake."
4. Follow instructions on the display to program the proofing time.
5. Touch "Temp 350°," and then set a temperature of 100°F (38°C) using the "-" control or by touching 1 on the control panel.
6. Touch "Start" on the touch screen, or START control.
The display will count down the proofing (baking) time.

Check dough after 20 to 25 minutes. Let dough rise until nearly doubled in size. Proofing time may vary depending on the type and quantity of dough. Proofing time may be changed during the countdown by touching "Adjust Settings," and then following the instructions on the display.

When the cycle ends, the end-of-cycle tones will sound, followed by reminder tones.

When proofing is done, remove bowl of bread dough and water container.
7. Touch CANCEL to return the display to the Main Menu.

Second Proofing:

Shape dough, place in baking pan(s), and then cover loosely with plastic wrap sprayed with cooking spray.

1. Place ovenproof container filled with 2 cups (500 mL) boiling water on the turntable.
2. Place bread pan(s) on the convection rack and close the door.
3. Follow steps 3 through 7 outlined in "First Proofing."
When proofing is done, remove the bread dough and water container.

Reset microwave oven to preheat for baking bread. Before baking, remove plastic wrap from bread dough.

Warm Hold

⚠ WARNING

Food Poisoning Hazard

Do not let food sit in oven more than one hour before or after cooking.

Doing so can result in food poisoning or sickness.

Hot cooked food can be kept warm in the oven. Warm Hold can be used by itself, or it can be programmed to follow a cooking cycle. See "Cooking in Stages" section.

- Cover plates of food.
- Cover foods that were covered while being cooked.
- Do not cover baked goods such as pastries, pies, turnovers, etc.

To Use:

1. Place hot cooked food on the turntable, and close the oven door.
2. Touch WARM HOLD control.
3. Adjust warm time, if desired.
4. Touch "Start" on the touch screen, or START control.
The display will count down the warm time.

During the countdown, warm time may be changed by touching "Adjust Settings" on the touch screen, and adjusting the remaining time.

When the cycle ends, the end-of-cycle tones will sound, followed by reminder tones.

5. Touch CANCEL control or open the door to stop reminder tones. The display will return to the Main Menu after CANCEL control is touched.

Cooking in Stages

Manual cooking may be done in stages (or cycles), up to 4 stages total. The first stage can be programmed with any of the manual controls, but the 2nd through 4th steps can be programmed only by cook method, just as in Time/Temp/Power cooking.

NOTE: Manual Defrost can be programmed only as the 1st stage, and is not available for subsequent stage programming.

To Cook in Stages:

1. Follow steps 1-3 in “MWO Time/Power Cooking,”
or
follow steps 1-4 in “Convection Time/Temp Cooking,”
or
follow steps 1-3 in “Time/Temp/Power Cooking.”
2. Touch “Add A Step” on the touch screen.
3. Program additional stages.

4. Touch “Start” on the touch screen, or START control.
The display will show all of the stages’ cook times, cooking powers and/or temperatures, and will count down each step.
During the countdown, cook time and/or cooking power for the cycling stage may be changed by touching “Adjust Settings” on the touch screen, and following the prompts.
Each stage will immediately follow the previous stage, and between cycle tones will sound when each new stage begins.
When the cycle ends, the end-of-cycle tones will sound, followed by reminder tones.
5. Touch CANCEL control or open the door to stop reminder tones. The display will return to the Main Menu after CANCEL control is touched.

PROGRAMMED COOKING

Convection Cooking

During convection cycles, hot air is circulated through the oven cavity with the convection fan. The constantly moving air surrounds the food to heat the outer portion quickly. The convection element is also used for many of the convection cycles.

See “Food Type Chart” for automatic convection cycles (Bake, Roast or Cook with convection).

Convection cooking may also be done manually. Use convection cooking for items such as soufflés, breads, cookies, angel food cakes, pizza, and most meats and fish. See “Manual Cooking” section for instructions.

Manual convection cooking may be used to proof bread. See “Proofing Bread” section for instructions.

NOTES:

- Use the provided convection rack.
- Do not cover the turntable or convection rack with foil, as it interferes with the circulation of hot air.
- Do not use light plastic containers, plastic wrap or paper products. All ovenproof cookware or metal utensils can be used in convection cooking. (Round pizza pans are excellent cooking utensils for many convection-only items.) Metal utensils cannot be used in microwave or combination cooking.
- No special techniques are needed to adapt standard oven recipes to convection cooking, although some temperatures might need to be reduced, and some cooking times might need to be shortened.
- This oven may be preheated in the same way that a standard oven is preheated. (Most recipes for baked goods call for preheating.)

Combination Cooking

Combination cooking uses microwaves in addition to the convection system to cook or roast foods more quickly than with convection alone.

Combination cooking may also be done manually. Use combination cooking for items such as meat roasts, meat loaf, lasagna, casseroles and chicken wings. See “Time/Temp/Power Cooking” section for instructions.

NOTES:

- Do not use metal cookware or utensils during combination cooking.
- Meats may be roasted directly on the convection rack. Use the drip pan to catch drippings.
- Less tender cuts of beef can be roasted and tenderized using oven cooking bags.
- Check for doneness after the cycle has ended. If the food is not completely done, let it stand in the oven for a few minutes to finish cooking.
- During any automatic or manual combination cycle, no more than 40% microwave power is used.

Sensor Cooking

Some automatic cycles are sensor cycles. See “Cook Method Chart.” A sensor in the oven detects humidity released from the food as it heats, and adjusts the cook time accordingly.

Many sensor cycles require the covering of foods. The provided steamer vessel has a loose-fitting lid, which allows enough steam to escape to be detected by the sensor. When covering foods with plastic wrap, be sure to leave a large enough vent opening to allow the steam to escape.

NOTES:

- The oven should be plugged in for at least 2 minutes.
- The oven cavity and the exterior of the cooking container should be dry.
- The room temperature should not exceed 95°F (35°C).

Preheating

Preheating is programmed in some automatic convection and/or combination cycles. Preheating may be skipped after it has started by touching “Skip Preheat” on the touch screen. However, for optimum results, we recommend completing the preheating phase of each cycle in which preheating is programmed.

Doneness

Doneness for food items may be adjusted for most automatic cycles. Before starting a cycle, touch “Doneness” on the touch screen, and adjust the doneness with “+” (more done) or “-” (less done) controls. The “+” control adds to, and the “-” control subtracts from the recommended default cook time.

The more done and less done settings in most foods for which doneness may be adjusted are equal. That is, the same amount of time may be added to or subtracted from the cycle. Meat cycles have fewer less done settings than more done settings.

Quick Touch Menu

The Quick Touch Menu is a shortcut to 10 common program cycles. Unlike the Most Used menu, this list of preset cycles cannot be updated. These programs are microwave-only cycles.

Menu programs

Baked Potato (sensor)	Canned Vegetable
Beverage	Fresh Vegetable (sensor)
Leftover Casserole	Frozen Vegetable (sensor)
Dinner Plate (sensor)	Spaghetti (sensor)
Frozen Entrée (sensor)	White Rice Instant (sensor)
Pizza Leftover	

To Use Quick Touch Menu: Touch QUICK TOUCH MENU control, and then follow the screen prompts.

Popcorn Sensor

Popcorn is a sensor function. The sensor determines the appropriate popping time of commercially packaged microwavable popcorn.

The sensor will determine accurate popping times for bag sizes: Regular (3.0-3.5 oz [85-99 g]) and Snack (1.5-1.75 oz [43-50 g]).

- Do not place bag on convection rack or grill rack.
- Do not use regular paper bags or glassware.
- Pop only 1 package of popcorn at a time.
- Follow manufacturer’s instructions when using a microwave popcorn popper.
- Listen for popping to slow to 1 pop every 1 to 2 seconds, then stop the cycle. Do not try to pop unpopped kernels.
- Use fresh bags of popcorn for optimal results.
- Cooking results may vary by brand and fat content.

To Use Popcorn Sensor:

1. Place popcorn bag on the turntable and close the door.

2. Touch POPCORN SENSOR control.

The oven will start automatically. The display will show when the oven is sensing, and will start counting down the time when sensing has finished.

When the cycle ends, the end-of-cycle tones will sound, followed by reminder tones.

3. Touch CANCEL control or open the door to stop reminder tones. The display will return to the Main Menu after CANCEL control is touched.
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Using Cook Method

The Cook Method menu has 12 methods from which to choose.

Reheat	Bake	Roast	Soften
Defrost	Broil	Simmer Cook	Steam Cook
Cook	Melt	Sizzle Pan	Kids Menu

This menu allows you to start with the type of cooking you want, and then choose your specific food item. All food items are available through this menu.

See each method’s respective section in this manual for method details.

See “Cook Method Chart” for all of the programmed cycles.

See “Main Menu” section for an example of how using the Cook Method menu works.

To Use: Touch “Cook Method” on Main Menu, select your desired method, and then follow the screen prompts to select your food item and to start the cycle.

Using Food Type

The Food Type menu has 12 methods from which to choose.

Beverage & Soup	Dessert	Meat
Bread	Fish/Seafood	Poultry
Breakfast Food	Frozen Food	Vegetables
Casserole	Grains/Pasta/Rice	Miscellaneous

This menu allows you to choose what specific food item you want to cook, and then choose how you would like to cook it. All cook methods are available through this menu.

See “Food Type Chart” in this manual, or review your Quick Reference Guide for all of the food items and programmed cycles.

See “Main Menu” section for an example of how using the Food Type menu works.

To Use: Touch “Food Type” on Main Menu, select your food category, and then follow the screen prompts to select your specific food item and cook method, and to start the cycle.

Reheat

The Reheat menu has 8 food categories, plus a shortcut to Manual Reheat (see “Time/Temp/Power Cooking” section).

Beverage	Muffin
Casserole Leftover	Roll
Dinner Plate	Sauce
Pizza Leftover	Soup

Reheat uses only microwaves to heat the food.

See “Cook Method Chart” for food item details, such as sensor functions and amounts.

To Use: Touch “Cook Method” on Main Menu, then touch “Reheat,” and then follow screen prompts to make your selections, and to start the cycle.

Defrost

The Defrost menu has 4 food categories, plus a shortcut to Manual Defrost (see “Time/Temp/Power Cooking” section).

Bread	Fish/Seafood	Meat	Poultry
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Defrost uses only microwaves to defrost the food.

Defrost should not be used for food left out of the freezer for more than 20 minutes, or for frozen ready-made food.

- Food should be 0°F (-18°C) or colder at the time the cycle is started for optimal results. How foods are stored can affect results.
- Unwrap foods and remove lids (for example, from fruit juice containers) before defrosting.
- Shallow packages will defrost more quickly than thick blocks.
- Separate food pieces as soon as possible during or at the end of the cycle for more even defrosting.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips and fish tails. See “Aluminum Foil and Metal” first.

See “Cook Method Chart” for food item details.

To Use: Touch “Cook Method” on Main Menu, then touch “Defrost,” and then follow screen prompts to make your selections, and to start the cycle.

Defrost programs are set by the weight of the food item. If the weight is not known, touch “Weight Unknown” on the touch screen, and follow the prompts. Preparation instructions for each food item will be displayed while you are programming the cycle.

Cook

The Cook menu has 10 food categories, plus a shortcut to manual Cook (see “Time/Temp/Power Cooking” section)

Cereal/Oatmeal	Meat
Casserole	Pasta
Egg	Poultry
Fish/Seafood	Rice
Frozen Food	Vegetable

Cook may use microwaves, convection system and/or grill elements, as well as special cookware for various programs.

See “Cook Method Chart” for food item details, such as sensor functions, convection functions and amounts.

To Use: Touch “Cook Method” on Main Menu, then touch “Cook,” and then follow screen prompts to make your selections, prepare your food and/or oven for cooking, and start the cycle.

Convection - Bake

The Convection - Bake menu has 11 food categories, plus a shortcut to Manual Bake (see “Time/Temp/Power Cooking” section).

Angel Food Cake	Cookies	Pot Pie
Biscuit, Refrigerated	Quiche	Roll, Frozen
Bread	Muffin	Roll, Refrigerated
Brownies	Pie	

Bake uses only the convection system to bake your food.

See “Cook Method Chart” for food item details.

You will need to use your provided convection rack, and in some cases, you may also need your Sizzle Pan. Standard metal bakeware may be used during any of the Bake cycles. See “Cookware and Dinnerware” section.

- The oven cavity and door will become hot during the Bake cycle. The use of oven mitts is recommended.
- The convection rack and any cookware or bakeware will become very hot. Use oven mitts to remove the hot rack and cookware from the oven.
- While the convection system is in use, the cooling fan turns on and stays on for up to 10 minutes after the cycle is over.

To Use: Touch “Cook Method” on Main Menu, then touch “Bake,” and then follow screen prompts to make your selections, prepare your food and/or oven for baking, and start the cycle.

Convection - Roast

The Convection - Roast menu has 7 food categories, plus a shortcut to Manual Roast (see “Time/Temp/Power Cooking” section).

Beef Roast	Steak
Chops	Turkey Breast, Bone-In
Pork Roast	Whole Chicken
Shrimp	

Roast uses microwaves, convection and the Sizzle Pan to roast your food.

See “Cook Method Chart” for food item details.

- The oven cavity and door will become hot during the Roast cycle. The use of oven mitts is recommended.
- The convection rack and Sizzle Pan will become very hot. Use oven mitts to remove the hot rack and Sizzle Pan from the oven. Do not place Sizzle Pan directly on heat-sensitive surfaces. Damage may occur.
- Do not use metal cookware during the Roast cycle.
- Use the provided convection rack and Sizzle Pan.
- Use the Sizzle Pan to catch the drippings from the convection rack.
- While the convection system is in use, the cooling fan turns on and stays on for up to 10 minutes after the cycle is over.

To Use: Touch “Cook Method” on Main Menu, then touch “More Choices,” and then touch “Roast.” Follow screen prompts to make your selections, prepare your food and/or oven for roasting, and start the cycle.

Melt

The Melt menu has 5 food categories, plus a shortcut to Manual Melt (see “Time/Temp/Power Cooking” section).

Butter	Chocolate
Caramel	Marshmallow
Cheese	

Melt uses only microwaves to melt your food, and has a controlled power level of 30%, which cannot be changed.

See “Cook Method Chart” for food item details.

To Use: Touch “Cook Method” on Main Menu, then touch “Melt,” and then follow screen prompts to make your selections, and to start the cycle.

Soften

The Soften menu has 5 food categories, plus a shortcut to Manual Soften (see “Time/Temp/Power Cooking” section).

Butter	Frozen Juice
Caramel Dip	Ice Cream
Cream Cheese	

Soften uses only microwaves to soften your food, and has a controlled power level of 20%, which cannot be changed.

See “Cook Method Chart” for food item details.

To Use: Touch “Cook Method” on Main Menu, then touch “More Choices,” and then “Soften.” Follow screen prompts to make your selections, and to start the cycle.

Broil

The Broil menu has 8 food categories, plus a shortcut to Manual Broil (see “Time/Temp/Power Cooking” section).

Chicken Pieces - Bone-In	Kebabs
Pork Chops	Shrimp
Fish Steak	Steak
Hamburger Patty	Vegetable

Broil uses the grill element and microwaves to broil your food.

See “Cook Method Chart” for food item details.

- Oven cavity and door will become very hot during the Broil cycle. The use of oven mitts is recommended.
- The grill rack and Sizzle Pan will become very hot. Use oven mitts to grasp and remove the pan from the oven. Do not place hot Sizzle Pan directly on heat-sensitive surfaces. Damage may occur.
- Use the grill rack to place food closer to the grill element for faster broiling.
- Use the Sizzle Pan to catch drippings. Do not place the Sizzle Pan on the grill rack.
- Place grill rack securely on Sizzle Pan, and place both on the turntable. Then position food on rack.
- The turntable must be turned on when using the grill rack.
- For best results, apply light amount of cooking oil to grill rack.
- When the grill element is in use, the cooling fan turns on and stays on until the cycle is over.

To Use: Touch “Cook Method” on Main Menu, then touch “Broil,” and then follow screen prompts to make your selections, prepare your food for broiling, and start the cycle.

After Broiling

The food, grill rack, Sizzle Pan, oven cavity and door will be very hot. Using oven mitts, grasp the Sizzle Pan securely with both hands, and remove it with the grill rack and food still in place.

Use the detachable handle when handling the hot Sizzle Pan. Use oven mitts when handling the hot grill rack.

Simmer Cook

The Simmer Cook menu has 4 food categories, plus a shortcut to Manual Simmer Cook (see “Time/Temp/Power Cooking” section).

Dried Pasta	Brown Rice
Fresh Pasta	White Rice

Simmer Cook is a sensor function, and uses only microwaves to simmer your food.

See “Cook Method Chart” for food item details.

- Follow recommended water and food amounts that appear on the display.
- Use the provided steamer vessel dish and lid, or a microwavable dish with a loose-fitting lid.
- Do not use plastic wrap as a cover during the Simmer Cook cycle.
- Do not remove the lid while the dish is still in the oven, as the rush of steam will disrupt the sensor readings.

To Use: Touch “Cook Method” on Main Menu, then touch “More Choices,” and then “Simmer Cook.” Follow screen prompts to make your selections, prepare your food for simmering, and start the cycle.

Simmering Pasta

The water will need to boil before adding the pasta. Place the dish of water, covered, in the oven and begin the cycle. When the water boils, the oven will stop and prompt you to add the pasta.

Using oven mitts, gently remove the covered dish of boiling water, add the pasta, recover, place the dish back in the oven and continue the cycle.

Simmering Rice

The sensor determines when the water starts to boil, and figures the simmer time, which will begin counting down in the display.

Sizzle Pan

The Sizzle Pan menu has 11 food categories, plus a shortcut to Manual Sizzle Pan (see “Time/Temp/Power Cooking” section).

Cheese Sticks	Fish	Pizza
Egg	Hash Brown	Potato Nuggets
French Fries	Meat	Poultry
French Toast	Nuts	

Sizzle Pan function uses microwaves and the grill element. Microwaves quickly heat the pan, while the grill element browns (or crisps) the food from above.

For best results, the Sizzle Pan should be preheated. The Sizzle Pan cycles are programmed to preheat the pan for 3 minutes before cooking begins. When the preheating cycle is complete, the oven will stop and prompt you to add the food to the Sizzle Pan.

See “Cook Method Chart” for food item details.

- Oven cavity and door will become very hot during the Broil cycle. The use of oven mitts is recommended.
- The Sizzle Pan will become very hot. Use oven mitts to grasp and remove the pan from the oven. Do not place hot Sizzle Pan directly on heat-sensitive surfaces. Damage may occur.
- Use detachable handle when handling hot Sizzle Pan.

- Do not use plastic utensils on the Sizzle Pan, as it becomes very hot quickly and could melt the utensils.
- Do not use metal utensils, as they can scratch the pan.
- Do not use the Sizzle Pan in any other microwave oven or in a standard thermal oven.
- Do not place the Sizzle Pan on the grill rack or the convection rack. Always use the turntable as a support for the pan.
- For best results, coat the Sizzle Pan lightly with cooking oil to make removing food and cleaning the pan easier.
- When the grill element is in use, the cooling fan turns on and stays on until the cycle is over.

To Use: Touch “Cook Method” on Main Menu, then touch “More Choices,” and then “Sizzle Pan.” Follow screen prompts to make your selections, prepare the food and/or Sizzle Pan for cooking, and start the cycle.

Steam Cook

The Steam Cook menu has 4 food categories, plus a shortcut to Manual Steam Cook (see “Time/Temp/Power Cooking” section).

Fish Fillet	Frozen Vegetable
Fresh Vegetable	Shrimp

Steam Cook is a sensor function, and uses only microwaves to steam your food.

See “Cook Method Chart” for food item details.

- Use the provided steamer vessel and its lid.
- Do not remove the lid while the vessel is inside the oven, as the rush of steam will disrupt the sensor readings.
- The steamer vessel will become hot. Always use oven mitts or pot holders when handling.
- To avoid scratching, use plastic utensils.
- Do not overfill. One-half full is recommended.
- Follow directions on the display.

To Use: Touch “Cook Method” on Main Menu, then touch “More Choices,” and then “Steam Cook.” Follow screen prompts to make your selections, prepare the food for steaming, and start the cycle.

Kids Menu

The Kids Menu menu has 9 food items

Burrito	Hot Chocolate Beverage
Canned Pasta	Instant Cereal
Chicken Nuggets	Instant Macaroni & Cheese
Frozen Kids Meal	Snack Pocket
Frozen Pizza 5"	

Kids Menu cycles uses only microwaves to cook the food.

See “Cook Method Chart” for serving sizes.

To Use: Touch “Cook Method” on Main Menu, then touch “More Choices,” and then “Kids Menu.” Follow screen prompts to select serving size, and to start the cycle.

Food Type Chart

BEVERAGE & SOUP

- Beverage: Reheat
 - Reheat or Kids Menu
- Frozen Juice: Soften
- Soup, Frozen: Reheat
- Soup, Thick: Reheat
- Soup, Thin: Reheat

BREAD

- Bagel: Defrost
 - Small, Medium or Large
- Loaf Bread
 - Frozen: Defrost
 - Garlic Bread: Bake
 - Quick: Bake or Defrost
 - Yeast: Bake or Defrost
- Biscuit, Refrigerated: Bake
 - Regular or Large
- French Toast: Sizzle Pan
- Muffin
 - Fresh: Bake or Reheat
 - Frozen: Reheat or Defrost
- Roll
 - Fresh: Bake
 - Leftover: Reheat
 - Frozen: Reheat, Defrost or Bake
 - Regular Refrigerated: Bake
 - Large Refrigerated: Bake

BREAKFAST FOOD

- Bacon: Cook
- Instant Cereal: Cook
 - Cook or Kids Menu
- Grits: Cook
 - Quick or Regular
- Hot Wheat: Cook
- Oatmeal: Cook
 - Instant or Quick
- Egg
 - Fried Egg: Sizzle Pan
 - Omelet: Sizzle Pan
 - Poached: Cook
 - Scrambled Egg: Cook
- French Toast: Sizzle Pan
- Hash Brown: Sizzle Pan

- Muffin
 - Fresh: Bake or Reheat
 - Frozen: Defrost or Reheat
- Quiche: Bake
- Sausage (fully cooked links): Sizzle Pan

CASSEROLE

- Lasagna: Cook with Convection
- Casserole, Leftover: Reheat
- Pasta: Cook
- Potato: Cook
- Vegetable: Cook

DESSERT

- Angel Food Cake: Bake
- Brownies: Bake
- Caramel: Melt
- Caramel Dip: Soften
- Chocolate: Melt
- Cookies: Bake
- Ice Cream: Soften
- Nuts: Sizzle Pan
- Pie: Bake
 - Fresh or Frozen

FISH/SEAFOOD

- Fillet
 - Fresh: Cook or Steam
 - Frozen, Breaded: Sizzle Pan
 - Frozen, Non-Breaded: Cook or Defrost
- Fish Steak: Broil, Cook or Defrost
- Fish Stick, Frozen: Sizzle Pan
- Shrimp: Broil, Roast, Steam or Defrost
- Scallops: Defrost

FROZEN FOOD

- Frozen Entrée: Cook
 - Regular, Large, Family Size or Stouffer's/Lean Cuisine
- Pizza
 - Kids Pizza
 - Rising Crust: Cook with convection
 - Thin Crust: Cook with convection
 - Pizza Roll: Sizzle Pan
- Vegetable: Cook or Steam Cook
- Poultry
 - Chicken Nuggets: Cook (Sizzle Pan) or Kids Menu (Cook)
 - Chicken Tenders: Sizzle Pan
 - Chicken Wings: Cook with convection

- Snacks
 - Burrito: Cook
 - Cheese Sticks: Cook
 - French Fries: Cook
 - Potato Nuggets: Sizzle Pan
 - Snack Pocket: Cook
- Hash Brown: Sizzle Pan
- Fish
 - Fillet, Breaded: Sizzle Pan
 - Fillet, Non-Breaded: Defrost or Cook
 - Fish Stick: Sizzle Pan
- French Toast: Sizzle Pan
- Pie: Bake
- Soup: Reheat
- Garlic Bread: Bake
- Pot Pie: Bake

GRAINS: PASTA/RICE

- Canned Pasta: Cook (Kids Menu)
- Grits: Cook
 - Quick or Regular
- Instant Macaroni & Cheese: Cook (Kids Menu)
- Pasta: Simmer Cook
 - Dried Pasta: Fettuccine, Macaroni, Penne, Rotini or Spaghetti
 - Fresh Pasta: Linguine, Ravioli or Tortellini
- Rice: Simmer Cook
 - Brown Rice: Instant or Long Grain
 - White Rice: Instant, Long Grain or Short Grain

MEAT

- Beef
 - Ground Beef: Cook
 - Hamburger Patty: Cook or Sizzle Pan
 - Meatballs: Cook or Sizzle Pan
 - Meat Loaf: Cook with convection
 - Beef Roast: Cook or Roast
 - Steak: Broil or Roast
- Hot Dog: Cook
- Kebabs: Broil
- Lamb Chops: Cook with convection
- Pork
 - Bacon: Sizzle Pan
 - Ham Slice: Cook or Sizzle Pan
 - Ham Steak: Cook or Sizzle Pan
 - Pork Chops: Broil or Roast
 - Pork Roast: Roast
- Sausage (fully cooked links): Sizzle Pan

POULTRY

- Boneless Breast Pan Brown: Sizzle Pan
- Boneless Breast Poached: Cook
- Chicken Nuggets: Sizzle Pan
- Chicken Pieces Bone-In: Cook
- Chicken Pieces Boneless: Cook
- Chicken Tenders: Cook or Sizzle Pan
- Chicken Wings: Cook
- Ground Poultry: Cook
- Turkey Breast Bone-In: Roast
- Whole Chicken: Roast

VEGETABLES

- Canned Vegetable: Cook
- Frozen Vegetable: Cook
- Fresh Vegetable
 - Asparagus: Cook or Steam Cook
 - Broccoli: Cook or Steam Cook
 - Carrots: Cook or Steam Cook
 - Cauliflower: Cook or Steam Cook
 - Corn on the Cob: Cook or Steam Cook
 - Green Beans: Cook or Steam Cook
 - Leafy Vegetable: Cook or Steam Cook
 - Mushroom: Cook or Broil
 - Onion: Broil
 - Pepper: Broil
 - Potato, Baked/Sweet: Cook or Steam Cook
 - Spinach: Cook or Steam Cook
 - Summer Squash/Zucchini: Cook, Steam Cook or Broil
 - Tomato: Broil
 - Winter Squash: Cook or Steam Cook

MISCELLANEOUS

- Butter: Melt or Soften
- Cheese: Melt
- Cream Cheese: Soften
- Dinner Plate: Reheat
- Marshmallows: Melt
- Pizza, Leftover: Reheat
- Sauce, Thick: Reheat
- Sauce, Thin: Reheat

Cook Method Chart

REHEAT

- Beverage: 1 or 2 cups (250-500 mL)
- Casserole, Leftover: 1-4 cups (250 mL-1 L)
- Dinner Plate: 1-4 plates
- Pizza, Leftover: 1-3 slices
- Muffin: 1-6 pieces
 - Fresh
 - Frozen
- Roll: 1-6 pieces
 - Fresh
 - Frozen
- Sauce: sensor
 - Thick
 - Thin
- Soup: sensor
 - Thick
 - Thin
 - Frozen
- Manual Reheat

DEFROST

- Bread
 - By weight: 0.1-2.0 lbs (45-900 g)
 - Bagel: small (1-8 pieces), medium or large (1-6 pieces)
 - Roll: 1-6 pieces
 - Muffin: 1-6 pieces
- Fish/Seafood
 - By weight: 0.1-4.5 lbs (45 g-2 kg)
 - Fillet: 1-6 pieces
 - Shrimp: 1-4 cups (250 mL-1 L)
 - Scallops: 1-4 cups (250 mL-1 L)
 - Steak: 1-4 pieces
- Meat
 - By weight: 0.1-6.5 lbs (45 g-2.9 kg)
 - Ground: 1-4 cups (250 mL-1 L)
 - Chops: small, medium (1-6 pieces) or large (1-4 pieces)
 - Steak: small (1-6 pieces), medium (1-4 pieces) or large (1 or 2 pieces)
- Poultry
 - By weight: 0.1-6.5 lbs (45 g-2.9 kg)
 - Breast: 1-6 pieces
 - Ground: 1-4 cups (250 mL-1 L)
 - Pieces: small (1-6 pieces), medium or large (1-4 pieces)
- Manual Defrost

COOK

- Cereal/Oatmeal
 - Hot Wheat: 1-4 servings
 - Grits: sensor
Quick or Regular
 - Instant Cereal: 1-4 servings
 - Oatmeal
Instant: 1 or 2 servings
Quick: 1-4 servings
- Casserole
 - Pasta: 1.5-2.0 qts (1.4-1.9 L)
 - Potato: 2-4 eggs
 - Vegetable: 1.5-2.0 qts (1.4-1.9 L)
- Egg
 - Fried: 1-4 eggs
 - Omelet: 2-4 eggs
 - Poached: 1-4 eggs
 - Scrambled: 1-4 eggs
- Fish/Seafood
 - Fillet
Fresh: sensor
Frozen-breaded: 1-4 servings
Frozen-non-breaded: 1-6 pieces
 - Fish Steak: 0.5-1.0 lbs (225-450 g)
 - Fish Stick, Frozen: 6-18 pieces
- Frozen Food
 - Burrito: 1 or 2 burritos
 - Cheese Sticks: 1-4 servings
 - French Fries: 1-3 servings
 - French Toast: 1-4 pieces
 - Frozen Entrée: sensor
Regular, Large, Family or Stouffer's/Lean Cuisine
 - Frozen Fish
Fillet-breaded: 1-4 servings
Fillet-non-breaded: 1-6 pieces
Fish Stick: 6-18 pieces
 - Frozen Pizza
Rising Crust: 6"-12" (15.2-30.5 cm)
Thin Crust: 6"-12" (15.2-30.5 cm)
Pizza Roll: 1-4 servings
 - Frozen Vegetable: sensor
 - Hash Brown (pre-browned): 1-4 patties
 - Snack Pocket: 1 or 2 servings

■ Meat

- Bacon: 2-3 slices
- Beef Roast: 1.0-2.0 lbs (450-900 g)
- Ground Beef: 0.5-2.0 lbs (225-900 g)
- Ham Slice: 1-4 slices
- Ham Steak (fully cooked): 4-8 oz (113-225 g)
- Hamburger Patty: 1-4 patties
- Hot Dog: 1-4 pieces
- Lamb Chops: 1-4 chops
- Meatballs: 8-16 meatballs
- Meat Loaf: 1.0-2.0 lbs (450-900 g)
- Sausage (fully cooked links): 2-10 links

■ Pasta

- Canned: 1-4 servings
- Dried: sensor
Fettuccine, Macaroni, Penne, Rotini or Spaghetti
- Fresh: sensor
Linguine, Ravioli or Tortellini
- Instant Macaroni & Cheese: 1-2 servings
- Lasagna: 8"x8" (20.3 x 20.3 cm) or 9"x13" (22.9 x 33.0 cm)
- Pasta Casserole: 1.5-2.0 qts (1.4-1.9 L)

■ Poultry

- Pieces
Bone-In: 0.5-3.5 lbs (225 g-1.5 kg)
Boneless: 0.2-2.0 lbs (90-900 g)
- Nuggets: 4-16 pieces
- Tenders: 1-4 servings
- Wings: 1-4 servings
- Ground: 0.5-2.0 lbs (225-900 g)
- Breast
Pan Brown Boneless: 1-3 pieces
Poached Boneless: 0.5-1.5 lbs (225-680 g)

■ Rice: sensor

- Brown, Instant
- Brown, Long Grain
- White, Instant
- White, Long Grain
- White, Short Grain

■ Vegetables

- Canned: 8-32 oz (225-900 mL)
- Fresh
Asparagus: sensor
Broccoli: sensor
Carrots: sensor
Cauliflower: sensor
Corn on the Cob: sensor
Green Beans: sensor
Leafy Vegetable: 1-4 cups (250 mL-1 L)
Mushroom: 1-4 cups (250 mL-1 L)
Potato, Baked/Sweet: sensor
Spinach: sensor
Summer Squash/Zucchini: sensor
Winter Squash: 1 or 2 halves
- Frozen: sensor
- Vegetable Casserole: 1.5-2.0 qts (1.4-1.9 L)

■ Manual Cook

CONVECTION - BAKE

- Angel Food Cake
- Biscuit, Refrigerated
 - Regular: 5-10 pieces
 - Large: 5-8 pieces
- Bread
 - Quick: 1 or 2 loaves
 - Yeast: 1 or 2 loaves
 - Garlic Bread
- Brownies
- Cookies
- Quiche
- Muffin: 6 muffins
- Pie
 - Fresh or Frozen
- Pot Pies: 1 or 2 pies
- Roll, Frozen
- Roll, Refrigerated
 - Regular: 5-6 pieces
 - Large: 4-8 pieces
- Manual Bake

CONVECTION - ROAST

- Beef Roast: 2.0-5.0 lbs (0.9-2.3 kg)
- Chops: 1 or 2 chops
- Pork Roast: 2.0-5.0 lbs (0.9-2.3 kg)
- Shrimp: 5-8 oz (142-225 oz)
- Steak
- Turkey Breast, Bone-In: 3.0-6.0 lbs (1.4-2.7 kg)
- Whole Chicken: 2.0-6.0 lbs (0.9-2.7 kg)
- Manual Roast

SIMMER COOK

- Dried Pasta: sensor
 - Fettuccine, Macaroni, Penne, Rotini or Spaghetti
- Fresh Pasta: sensor
 - Linguine, Ravioli or Tortellini
- Macaroni & Cheese, Instant
- Brown Rice: sensor
 - Instant or Long Grain
- White Rice: sensor
 - Instant, Long Grain or Short Grain
- Manual Simmer Cook

SIZZLE PAN

- Cheese Sticks: 1-4 servings
- Egg
 - Fried: 1-4 eggs
 - Omelet: 2-4 eggs
- French Fries: 1-3 servings
- French Toast: 1-3 pieces
- Fish
 - Fillet, Frozen, Breaded: 1-4 servings
 - Fish Stick, Frozen: 6-18 pieces
- Hash Brown (pre-browned): 1-4 patties
- Meat
 - Bacon: 2-4 slices
 - Ham Slice: 1-4 slices
 - Ham Steak: 4-7 oz (113-199 g)
 - Hamburger Patty: 1-4 patties
 - Meatballs: 0.5-1.0 lbs (225-450 g)
 - Sausage (fully cooked links): 2-10 links
- Nuts: 0.5-2 cups (125-500 mL)
- Pizza
 - Rising Crust, Frozen: 6"-12" (15.2-30.5 cm)
 - Thin Crust, Frozen: 6"-12" (15.2-30.5 cm)
 - Pizza Roll: 1-4 servings
- Potato Nuggets: 1-4 servings
- Poultry
 - Breast, Boneless: 1-3 pieces
 - Nuggets: 4-16 pieces
 - Tenders: 1-4 servings
- Manual Sizzle Pan

BROIL

- Chicken Pieces, Bone-In: 1 or 2 pieces
- Pork Chops
- Fish Steak: 1 or 2 pieces
- Hamburger Patty: 1-4 patties
- Kebabs: 1-4 servings
- Lamb Chops
- Shrimp: 5-8 oz (140-225 g)
- Steak
- Vegetables
 - Mushroom: 1-3 servings
 - Onion: 1 or 2 servings
 - Pepper: 1 or 2 servings
 - Summer Squash: 1 or 2 servings
 - Tomato: 2 or 4 halves
- Manual Broil

MELT

- Butter: 0.5-2 sticks
- Caramel: 7 or 14 oz (199 or 397 g)
- Cheese: 8 or 16 oz (225 or 450 g)
- Chocolate: 1-12 oz (28-340 g)
- Marshmallows: 5 or 10 oz (142-283 g)
- Manual Melt

SOFTEN

- Butter: 0.5-2.0 sticks
- Caramel Dip
- Cream Cheese: 3 or 8 oz (85 or 225 g)
- Frozen Juice: 6, 12 or 16 oz (170, 340 or 455 mL)
- Ice Cream: 16, 32 or 64 oz (455, 910 or 1820 mL)
- Manual Soften

STEAM COOK

- Fresh Vegetable
 - Asparagus: sensor
 - Broccoli: sensor
 - Carrots: sensor
 - Cauliflower: sensor
 - Corn on the Cob: sensor
 - Green Beans: sensor
 - Leafy Vegetable: 1-4 cups (250 mL-1 L)
 - Red Potato, New: sensor
 - Spinach: sensor
 - Summer Squash/Zucchini: sensor
 - Winter Squash: 1 or 2 halves
- Frozen Vegetable
- Fish Fillet
- Shrimp: 5-8 oz (140-225 g)
- Manual Steam Cook

KIDS MENU

- Burrito: 1 or 2 burritos
- Canned Pasta: 1-4 servings
- Chicken Nuggets: 1 or 2 servings
- Frozen Kids Meal: 8, 10 or 12 oz (225, 283 or 340 g)
- Frozen Pizza: 5" (12.7 cm)
- Instant Cereal: 1 or 2 servings
- Hot Dogs: 1-4 pieces
- Hot Chocolate: 1 or 2 cups (250 or 500 mL)
- Instant Macaroni & Cheese: 1 or 2 servings
- Snack Pocket: 1 or 2 servings

OVEN CARE

General Cleaning

IMPORTANT: Before cleaning, make sure all controls are off and the oven is cool. Always follow label instructions on cleaning products. Soap, water and a soft cloth or sponge are suggested first unless otherwise noted.

GREASE FILTERS

Do not use ammonia or corrosive cleaning agents such as lye-based oven cleaners.

- Hot water and mild detergent:
Soak filters, then scrub and swish to remove embedded dirt and grease. Rinse well and shake to dry.
- Dishwasher:
Wash separately, not with dirty dishes, because food can be trapped in the filters.

OVEN CAVITY

The gray finish inside the oven cavity is a durable, nonstick coating that makes soils easier to remove.

Do not use metal or sharp utensils or scrapers, soap-filled scouring pads, abrasive cleaners, steel-wool pads, gritty washcloths or some recycled paper towels. Damage may occur.

The area where the oven door and frame touch when closed should be kept clean.

Average soil

- Mild, nonabrasive soaps and detergents:
Rinse with clean water and dry with soft, lint-free cloth.

Heavy soil

- Mild, nonabrasive soaps and detergents:
Heat 1 cup (250 mL) of water for 2 to 5 minutes in oven. Steam will soften soil. Rinse with clean water and dry with soft, lint-free cloth.

Odors

- Lemon juice or vinegar:
Heat 1 cup (250 mL) of water with 1 tbs (15 mL) of either lemon juice or vinegar for 2 to 5 minutes in oven.

Microwave Inlet Cover

The microwave inlet cover (see “Parts and Features”) should be kept clean to avoid arcing and oven damage.

- Wipe with wet cloth.

Grill Element

- Wipe with wet cloth.

Convection Screen

- Wipe with wet cloth.

CONTROL PANEL

Unplug oven or disconnect power to avoid touch screen activation during cleaning.

Do not use abrasive cleaners, steel-wool pads or gritty washcloths. Damage may occur.

Use gentle pressure when wiping the touch screen.

- Glass cleaner and soft cloth:
Apply glass cleaner to soft cloth, not directly on panel.
- Mild soap, water and soft washcloth

OVEN DOOR AND EXTERIOR

The area where the oven door and frame touch when closed should be kept clean.

- Mild, nonabrasive soaps and detergents:
Rinse with clean water and dry with soft, lint-free cloth.
- Glass cleaner and paper towels or nonabrasive plastic scrubbing pad:
Apply glass cleaner to towel, not directly to surface.

Stainless Steel (on some models)

Do not use soap-filled scouring pads, abrasive cleaners, steel-wool pads, gritty washcloths or some paper towels. Damage may occur.

Rub in direction of grain to avoid damaging.

- Stainless Steel Cleaner & Polish (not included):
See “Assistance or Service” section to order.
- Liquid detergent or all-purpose cleaner:
Rinse with clean water and dry with soft, lint-free cloth.
- Vinegar for hard water spots

STEAMER VESSEL

- Soft brush, if necessary, to clean holes.
- Dishwasher

Stubborn Stains

To remove stains such as tomato sauce, use a nonabrasive cleanser, a no-scratch pad, or a solution of dishwasher detergent and water (1/4 cup [60 mL] detergent to 1 cup [250 mL] warm water).

TURNTABLE

Replace turntable immediately after cleaning. Do not operate the microwave oven without the turntable in place.

- Mild cleanser and scouring pad
- Dishwasher

SIZZLE PAN

Do not use abrasive cleansers or scrubbers.

- Mild cleanser, water and washcloth
- Dishwasher

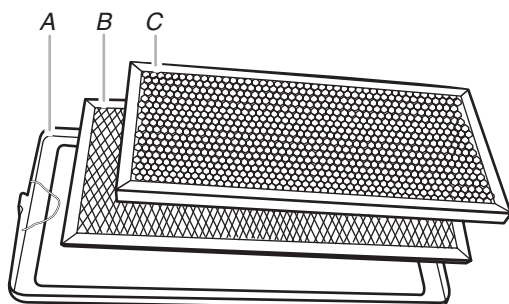
CONVECTION and GRILL RACKS

Dishwasher cleaning is not recommended. Do not use abrasive cleansers or scrubbers.

- Mild soap, water and washcloth

Replacing Filters

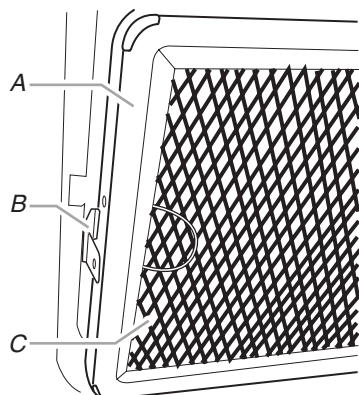
The grease filters should be removed and cleaned at least once a month. The charcoal filters cannot be washed and should be replaced every 6 to 12 months. Do not operate the oven without the filters in place. See "Replacement Parts" section in "Assistance or Service" to reorder filters. See "General Cleaning" for cleaning instructions.



A. Filter frame
B. Grease filter
C. Charcoal filter

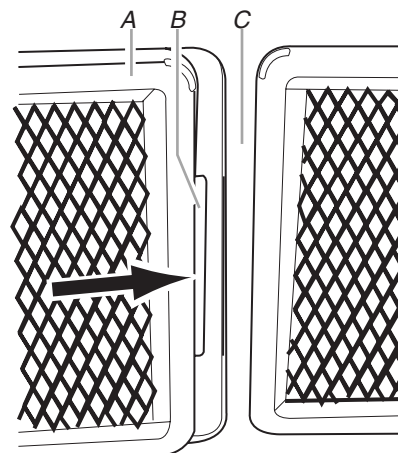
To Remove/Replace:

1. Squeeze the small tab on the outer edge of the filter frame inward, and pull down until the frame and filters drop out.



A. Filter frame
B. Small tab
C. Grease filter

2. Replace the filters by inserting the long tab of the filter frame into the inner portion of the filter housing, then swinging the outside of the frame up until it fits into place.



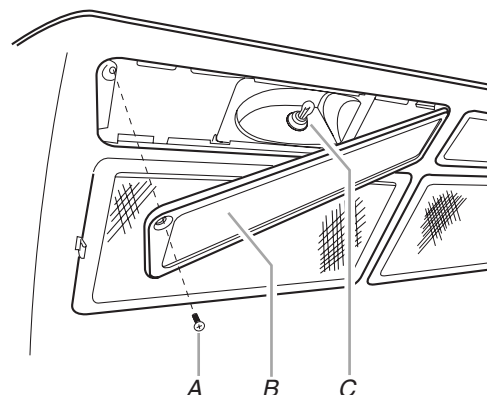
A. Filter frame
B. Long tab
C. Microwave oven bottom

Replacing Cooktop Light

The cooktop light consists of two 10W low-voltage halogen capsule bulbs. See "Assistance or Service" section to reorder. You will need a TORX®† T10 screwdriver to remove the bulb cover mounting screw.

To Replace:

1. Unplug oven or disconnect power.
2. Remove bulb cover mounting screw, and gently open cover.



A. Mounting screw
B. Bulb cover lens
C. Halogen bulb

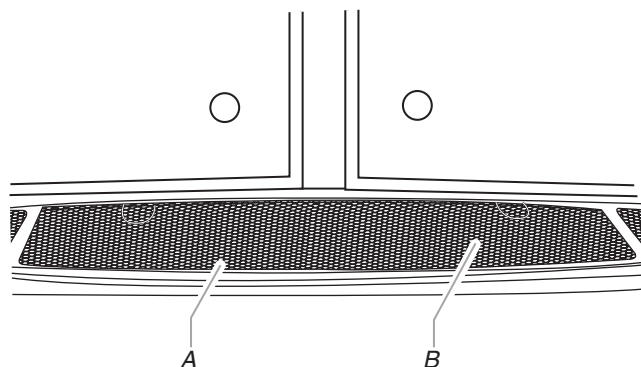
3. Remove the burned-out bulb.
4. Replace bulb, using a tissue or wearing cotton gloves to handle the bulb. Do not touch bulb with bare fingers.
5. Close bulb cover and replace mounting screw.
6. Plug in oven or reconnect power.

Replacing Oven Light

The microwave oven light is a 10W low-voltage halogen capsule bulb. It will automatically come on when the door is opened and when the oven is operating. See "Assistance or Service" section to reorder. You will need a TORX T10[†] screwdriver to remove the bulb cover.

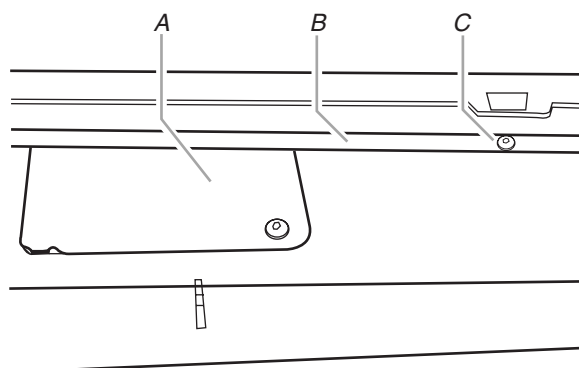
To Replace:

1. Unplug microwave oven or disconnect power.
2. Lift the screen off the exhaust vent at the top of the oven.
If using recirculating exhaust venting, skip Step 3.



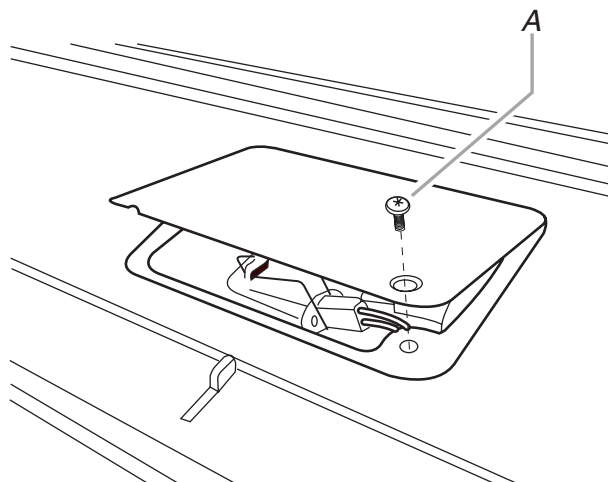
A. Vent screen
B. Bulb cover (under screen)

3. For wall or roof venting, remove the metal bracket by removing the mounting screws (1 from each end), and lifting out the bracket.



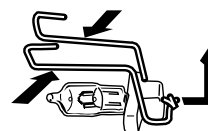
A. Bulb cover
B. Metal bracket
C. Metal bracket mounting screw

4. Remove the bulb cover mounting screw, then lift cover..



A. Bulb cover mounting screw

5. Remove the burned-out bulb by squeezing the wire clip together, pulling to the right and lifting.



6. Replace bulb, using tissue or wearing cotton gloves to handle bulb. Do not touch bulb with bare fingers.
7. Close bulb cover, and fasten with screw.
If using recirculating exhaust venting, skip Step 8.
8. For wall or roof venting, replace the metal bracket removed in Step 3.
9. Plug in microwave oven or reconnect power.

[†]TORX is a registered trademark of Textron Innovations Inc.

TROUBLESHOOTING

Try the solutions suggested here first in order to avoid the cost of an unnecessary service call.

Nothing will operate

- **Has a household fuse blown, or has a circuit breaker tripped?**
Replace the fuse or reset the circuit breaker. If the problem continues, call an electrician.
- **Is the appliance wired properly?**
See Installation Instructions provided with your microwave oven.

Oven will not operate

- **Is the door completely closed?**
Firmly close door.
- **Is a spacer (on some models) attached to the inside of the door?**
Remove spacer, then firmly close door.
- **Is the electronic oven control set correctly?**
See "Oven Control" section.
- **Is the Child Lock set?**
See "Child Lock" section.
- **Is the Learning Mode activated?**
See "Learning Mode" section.
- **Is the magnetron working properly?**
Try to heat 1 cup (250 mL) of cold water for 2 minutes at 100% cooking power. If water does not heat, call for service. See "Assistance or Service" section.

Touch screen does not take command, or takes wrong command

- Try using fingertip or fingernail. See "Interactive Touch Display" section.

Oven door looks wavy

- This is normal and will not affect performance.

Turntable will not operate

- **Is the turntable properly in place?**
Make sure turntable is correct side up and is sitting securely on the turntable support.
- **Is the turntable support operating properly?**
Remove turntable. Remove and replace turntable support. Replace turntable. Place 1 cup (250 mL) of water on turntable, then restart oven. If it still is not working, call for service. See "Assistance or Service" section. Do not operate the oven without turntable and turntable support working properly.

Turntable rotates both directions

- This is normal and depends on motor rotation at the beginning of the cycle.

Display shows time countdown, but is not operating

- **Is the Timer in use?**
See "Timer" section.
- **Is the Learning Mode in use?**
See "Learning Mode" section.

Steam is coming from the vent screen

- Some steam is normal.

Fan running after cooking is finished

- This is normal for convection and grill use. The fan may run for up to 10 minutes after the cycle ends to cool the oven.

Fan running slower than usual

- **Has the oven been stored in a cold area?**
The fan will run slower until the oven warms up to normal room temperature.

Cooking times seem too long

- **Is the cooking power set properly?**
See "Cooking Power" section.
- **Are large amounts of food being heated?**
Larger amounts of food need longer cooking times.
- **Is the incoming voltage less than specified in "Microwave Oven Safety?"**
Have a qualified electrician check the electrical system in the home.

Quartz bulb does not appear to be on

- This is not unusual. See "Grill Element" section.
- **Is the element still working properly?**
Place 2 slices of bread on the circular grill rack, place the rack on the turntable and close the door. Program the oven using Manual Broil—without microwaves—for 4 minutes (see "Time/Temp/Power Cooking" section). The bread should toast dark brown. If the bread does not toast, call for service. See "Assistance or Service" section.

Radio, TV or cordless phone interference

- **Is the oven plugged into the same outlet?**
Try a different outlet.
- **Is the radio or TV receiver near the oven?**
Move the receiver away from the oven, or adjust the radio or TV antenna.
- **Are the oven door and sealing surfaces clean?**
Make sure these areas are clean.
- **Is the cordless phone frequency 2.4 GHz?**
Some 2.4 GHz-based cordless phones and home wireless networks may experience static or noise while the oven is on. Use a corded phone or a different frequency cordless phone, or avoid using these items during oven operation.

ASSISTANCE OR SERVICE

Before calling for assistance or service, please check "Troubleshooting." It may save you the cost of a service call. If you still need help, follow the instructions below.

When calling, please know the purchase date and the complete model and serial number of your appliance. This information will help us to better respond to your request.

If you need replacement parts

If you need to order replacement parts, we recommend that you use only FSP® replacement parts. FSP® replacement parts will fit right and work right because they are made with the same precision used to build every new WHIRLPOOL® appliance.

To locate FSP® replacement parts in your area, call us or your nearest Whirlpool designated service center.

In the U.S.A.

Call the Whirlpool Customer eXperience Center toll free: **1-800-253-1301**.

Our consultants provide assistance with:

- Features and specifications on our full line of appliances.
- Installation information.
- Use and maintenance procedures.
- Accessory and repair parts sales.
- Specialized customer assistance (Spanish speaking, hearing impaired, limited vision, etc.).
- Referrals to local dealers, repair parts distributors, and service companies. Whirlpool designated service technicians are trained to fulfill the product warranty and provide after-warranty service, anywhere in the United States.

To locate the Whirlpool designated service company in your area, you can also look in your telephone directory Yellow Pages.

For further assistance

If you need further assistance, you can write to Whirlpool Corporation with any questions or concerns at:

Whirlpool Brand Home Appliances
Customer eXperience Center
553 Benson Road
Benton Harbor, MI 49022-2692

Please include a daytime phone number in your correspondence.

Replacement Parts

Turntable Part Number	Skillet Pan Part Number 8204983
Turntable Support and Rollers Part Number	Skillet Pan Handle Part Number 8204652
Turntable Hub Part Number	Grease Filters Part Number
Grill Rack Part Number 8184052	Charcoal Filter Part Number
Convection Rack Part Number	Cooktop and Microwave Oven Light Part Number 8185188
Steamer Vessel Part Number 8204727	Stainless Steel Cleaner & Polish Part Number 8171420

WHIRLPOOL® MICROWAVE HOOD COMBINATION WARRANTY

ONE-YEAR FULL WARRANTY

For one year from the date of purchase, when this appliance is operated and maintained according to instructions attached to or furnished with the product, Whirlpool Corporation will pay for FSP® replacement parts and repair labor costs to correct defects in materials or workmanship. Service must be provided by a Whirlpool designated service company.

SECOND THROUGH FIFTH YEAR LIMITED WARRANTY ON MAGNETRON TUBE AND ELECTRIC OVEN ELEMENT

In the second through fifth years from the date of purchase, when this appliance has been operated and maintained according to instructions attached to or furnished with this product, Whirlpool Corporation will pay for FSP® replacement parts for the microwave magnetron tube and any electric oven element to correct defects in materials or workmanship.

Whirlpool Corporation will not pay for:

1. Service calls to correct the installation of your appliance, to instruct you how to use your appliance, to replace house fuses or correct house wiring, or to replace owner-accessible light bulbs and filters.
2. Repairs when your appliance is used in other than normal, single-family household use.
3. Pickup and delivery. Your appliance is designed to be repaired in the home.
4. Damage resulting from accident, alteration, misuse, abuse, fire, flood, improper installation, acts of God or use of products not approved by Whirlpool Corporation.
5. Repairs to parts or systems resulting from unauthorized modifications made to the appliance.
6. Replacement parts or repair labor costs for units operated outside the United States.
7. Any labor costs during the limited warranty period.

WHIRLPOOL CORPORATION SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion or limitation may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

Outside the 50 United States, this warranty does not apply. Contact your authorized Whirlpool dealer to determine if another warranty applies.

If you need service, first see the "Troubleshooting" section of this book. After checking "Troubleshooting," additional help can be found by checking the "Assistance or Service" section or by calling the Whirlpool Customer eXperience Center, **1-800-253-1301** (toll-free), from anywhere in the U.S.A.

4/05

Keep this book and your sales slip together for future reference. You must provide proof of purchase or installation date for in-warranty service.

Write down the following information about your appliance to better help you obtain assistance or service if you ever need it. You will need to know your complete model number and serial number. You can find this information on the model and serial number label/plate, located on your appliance as shown in the "Parts and Features" section.

Dealer name _____

Address _____

Phone number _____

Model number _____

Serial number _____

Purchase date _____

