



Changing the Power Level

The power level may be entered or changed immediately after entering the feature time for **Cook Time** or **Express Cook**. the power level may also be changed during the cooking.

1. Press **Cook Time** and enter cooking time.
2. Press **Power Level** and select power level 1-10.
3. Press **Start/Pause**.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. **Power level 7** is microwave energy 70% of the time. **Power level 3** is energy 30% of the time. Most cooking will be done on HI which gives you 100% power.

Power Level 10 will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food.

Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

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

Here are some examples of uses for various power levels:

Power Level 10: Fish, bacon, vegetables, boiling liquids.

Power Level 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

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

Power Level 3: Defrosting; simmering; delicate sauces.

Power Level 1: Keeping food warm; softening butter.

About the time features.



Cook Time I

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

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

1. Press **Cook Time**.
2. Enter cooking time.
3. Change power level if you don't want full power. (Press **Power Level**. Select a desired power level 1–10.)

4. Press **Start/Pause**.

You may open the door during Cook Time to check the food. Close the door and press **Start/Pause** to resume cooking.

Cook Time II

Lets you change power levels automatically during cooking. Here's how to do it:

1. Press **Cook Time**.
2. Enter the first cook time.
3. Change the power level if you don't want full power. (Press **Power Level**. Select a desired power level 1–10.)
4. Press **Cook Time** again.
5. Enter the second cook time.
6. Change the power level if you don't want full power. (Press **Power Level**. Select a desired power level 1–10.)
7. Press **Start/Pause**.

At the end of Cook Time I, Cook Time II counts down.

Cooking Guide for Cook Time

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

Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb.	5 to 8 min., Med-High (7)	In 1½-qt. oblong glass baking dish, place ¼ cup water. Rotate dish after half of time.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
Beans (fresh green)	1 lb. cut in half	10 to 14 min.	In 1½-qt. casserole, place ½ cup water.
(frozen green)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place ¼ cup water.
Beets (fresh, whole)	1 bunch	16 to 21 min.	In 2-qt. casserole, place ½ cup water.
Broccoli (fresh cut)	1 bunch (1¼ to 1½ lbs.)	5 to 9 min.	In 2-qt. casserole, place ½ cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. oblong glass baking dish, place ¼ cup water. Rotate dish after half of time.
(frozen, chopped)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage (fresh)	1 medium head (about 2 lbs.)	6 to 9 min.	In 1½- or 2-qt. casserole, place ¼ cup water.
(wedges)		5 to 9 min.	In 2- or 3-qt. casserole, place ¼ cup water.
Carrots (fresh, sliced)	1 lb.	4 to 8 min.	In 1½-qt. casserole, place ¼ cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower (flowerets)	1 medium head	7 to 10 min.	In 2-qt. casserole, place ½ cup water.
(fresh, whole)	1 medium head	7 to 14 min.	In 2-qt. casserole, place ½ cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn (frozen kernel)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	2-1/4 to 4 min. per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add ¼ cup water. Rearrange after half of time.
(frozen)	1 ear	3 to 6 min.	Place in 2-qt. oblong glass baking dish.
	2 to 6 ears	2 to 3 min. per ear	Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables (frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	7 to 9 min.	In 1-qt. casserole, place ¼ cup water.
(frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (8 oz. each)	9 to 11 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with ½ cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (8 oz.)	2 to 4 min.	Pierce with cooking fork. Place in the oven, 1 inch apart, in circular arrangement. Let stand 5 minutes.
	2 (8 oz. each)	6 to 7 min.	
	3	8 to 9 min.	
	4	11 to 12 min.	
Spinach (fresh)	10 to 16 oz.	3 to 6 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	3 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer and yellow)	1 lb. sliced	3 to 5 min.	In 1½-qt. casserole, place ¼ cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	5 to 9 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

About the time features.



Time Defrost allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times. (Weight Defrost is explained in the Auto Feature section.)

1. Press **Defrost** twice.
2. Enter defrosting time.
3. Press **Start/Pause**.

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

Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

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

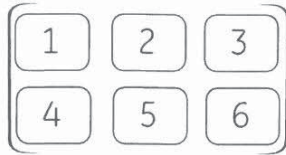
Defrosting Tips

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

Defrosting Guide

Food	Time	Comments
Breads, Cakes Bread, buns or rolls (1 piece) Sweet rolls (approx. 12 oz.)	1/4 min. 2 to 4 min.	Rearrange after half of time.
Fish and Seafood Fillets, frozen (1 lb.) Shellfish, small pieces (1 lb.)	6 to 9 min. 3 to 7 min.	Place block in casserole. Turn over and break up after first half of time.
Fruit Plastic pouch—1 or 2 (10-oz. package)	1 to 5 min.	
Meat Bacon (1 lb.) Franks (1 lb.) Ground meat (1 lb.) Roast: beef, lamb, veal, pork Steaks, chops and cutlets	2 to 5 min. 2 to 5 min. 4 to 6 min. 9 to 12 min. per lb. 4 to 8 min. per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after first half of time. Use power level Warm (1). Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Poultry Chicken, broiler-fryer, cut up (2 ¹ / ₂ to 3 lbs.) Chicken, whole (2 ¹ / ₂ to 3 lbs.) Cornish hen Turkey breast (4 to 6 lbs.)	14 to 19 min. 20 to 24 min. 7 to 12 min. per lb. 3 to 8 min. per lb.	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting. Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed. Place unwrapped hen in oven breast-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed. Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

About the time features.



Express Cook

This is a quick way to set cooking time from 1-6 minutes.

Press one of the **Express Cook** pads (from 1-6) for 1-6 minutes of cooking at **power level 10**. For example, press the **2** pad for 2 minutes of cooking time.

The power level can be changed as time is counting down. Press **Power Level** and enter 1-10.

NOTE: Express Cook function pertains to pads 1-6 only.

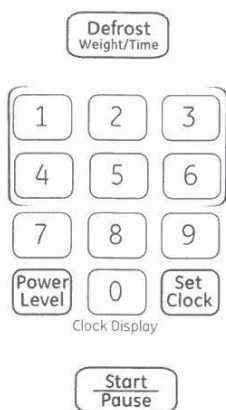


Add 30 Sec

It will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 99 seconds.

The oven will start immediately when pressed.

About the auto features.



Weight Defrost

Weight defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to six pounds.

1. Press **Defrost**.
2. Using the conversion guide, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
3. Press **Start/Pause**.

(Time Defrost is explained in the Time Features section.)

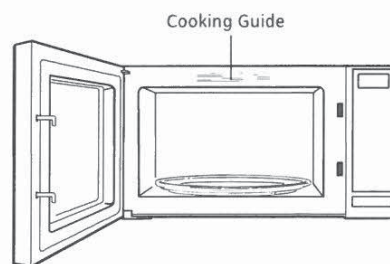
There is a cooking guide located on the inside front of the oven.

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

Conversion Guide

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

Ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9



About the sensor features.



Covered



Vented



Dry off dishes so they don't mislead the sensor.

The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Do not use the Sensor Features twice in succession on the same food portion—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

If food is undercooked after the countdown, use **Cook Time** for additional cooking time.

- The proper containers and covers are essential for best sensor cooking.

- **Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight-sealing plastic covers—** they can prevent steam from escaping and cause food to overcook.

- **Be sure the outside of the cooking container and the inside of the microwave oven are dry** before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

Popcorn

NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the Popcorn feature:

1. Follow package instructions, using Cook Time if the package is less than 3.0 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
2. Press **Popcorn**. The oven starts immediately.

If you open the door while "POPCORN" is displayed, "SENSOR ERROR" will appear. It will scroll until **Cancel/Off** is pressed.

If food is undercooked after the countdown, use **Cook Time** for additional cooking time.

Beverage

NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the Beverage feature:

Press **Beverage** to heat an 8-10 oz. cup of coffee or other beverage.

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

If food is undercooked after the countdown, use **Cook Time** for additional cooking time.

Reheat

NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the Reheat feature:

The Reheat feature reheats 4-36 ounces of previously cooked foods or a plate of leftovers.

1. Place covered food in the oven. Press **Reheat**. The oven starts immediately.
2. The oven signals when steam is sensed and the time remaining begins counting down.

Do not open the door while "REHEAT" is displayed, "SENSOR ERROR" will appear. It will scroll until **Cancel/Off** is pressed.

After removing food from the oven, stir, if possible, to even out the temperature. If

the food is not hot enough, use Cook Time to reheat for more time. Reheated foods may have wide variations in temperature. Some areas may be extremely hot. Some Foods Not Recommended for Use With Reheat

It is best to use Cook Time for these foods:

- Bread products.
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.

About the sensor features.



NOTE: Do not use this feature twice in succession—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.



To use the MyPlate feature:

Use MYPLATE feature to cook healthy food choices by servings or with sensor.

1. Place food in the oven and press **MyPlate** pad.
2. Enter the food code. See *Cooking Guide for MyPlate* below for codes.
3. Enter the number of servings (1-4) for codes 1-3.

For Code 4-10, the oven can start with no serving selection needed.

4. Press **Start/Pause** pad.

If you open the door while the food name of MYPLATE feature is displayed, "SENSOR ERROR" will appear. It will scroll until **Cancel/Off** is pressed.

ChooseMyPlate.gov is one of core projects by The Center for Nutrition Policy and Promotion (CNPP), an organization of the U.S. Department of Agriculture. For more details, please visit www.ChooseMyPlate.gov.

Cooking Guide for MyPlate Feature

Note: Use power level 10 unless otherwise noted.

Enter Code	Food Choice	Weight Setting
1	Rice	1-4 Servings (Power Level 7 for 1 Serving)
2	Oatmeal	1-4 Servings
3	Pasta	1-4 Servings
4	Asparagus	Sensor Menu
5	Broccoli	Sensor Menu
6	Green Beans	Sensor Menu
7	Carrots	Sensor Menu
8	Green Peas	Sensor Menu
9	Spinach	Sensor Menu
10	Potato	Sensor Menu

Potato

NOTE: Do not use this feature twice in succession—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the Potato feature:

The Potato feature cooks 1 to 2 (8 oz. each) potatoes.

1. Pierce skin with fork and place potatoes on the turntable. If cooking three or more potatoes, arrange in a star pattern.
2. Press **Potato**. The oven starts immediately. The oven signals when steam is sensed and the time remaining begins counting down.

If you open the door while POTATO is displayed, SENSOR ERROR will appear. It will scroll until Cancel/Off is pressed.

If food is undercooked after the countdown, use Cook Time for additional cooking time.

Vegetable

NOTE: Do not use this feature twice in succession—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

To use the Vegetable feature:

Use the Vegetable feature to cook 4-16 ounces of fresh, frozen or canned vegetables.

1. For fresh vegetables, add 2 tablespoons of water per serving. For frozen vegetables, follow package instructions for adding water. Cover with lid or plastic wrap. Place vegetables in the oven.
2. Press **Vegetable** once for fresh vegetables, twice for frozen vegetables or three times for canned vegetables. The oven starts immediately. The oven signals when steam is sensed and time remaining is counting down.

If you open the door while FRSH-VG, FRZ-VEG, or CAN-VEG is displayed, SENSOR ERROR will appear. It will scroll until Cancel/Off is pressed.

If food is undercooked after the countdown, use Cook Time for additional cooking time.

About other features.

Help

The **Help** pad displays information and helpful hints. Press **Help**, then select a feature pad.

COOKING COMPLETE reminder

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

Cancel Off

Lock Controls
Hold 3 Sec

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

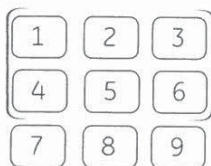
To lock or unlock the controls, press and hold **Cancel/Off** for about three seconds. When the control panel is locked, **LOCKED** will appear in the display.

0

Clock Display

To turn the clock display on or off, press and hold **0** for about 3 seconds. the Display On/Off feature cannot be used while a cooking feature is in use.

Set Clock



Clock Display

Start Pause

Press to enter the time of day or to check the time of day while microwaving.

1. Press **Set Clock**.
2. Enter time of day.
3. Press **Start** or **Set Clock**.

Start Pause

In addition to starting many functions, **Start/Pause** allows you to stop cooking without opening the door or clearing the display. Press **Start/Pause** again to restart the oven.

Timer On/Off

Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

1. Press **Timer On/Off**.
2. Enter the amount of time you want to count down.

3. Press **Timer On/Off** to start.

When the time is up, the oven will signal. To turn off the timer signal, press **Timer On/Off**.

Note: The timer indicator will be it while the timer is operating.

Sound

The beeper sound can be adjusted. Press **Sound**. Choose 0-1 for mute or normal.

Microwave terms.

Arcing

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

- Metal or foil touching the side of the oven.
- Foil that is not molded to food (upturned edges act like antennas).

- Metal such as twist-ties, poultry pins, gold-rimmed dishes.
 - Recycled paper towels containing small metal pieces.
-

Covering

Covers hold in moisture, allow for more even heating and reduce cooking time.

Venting plastic wrap or covering with wax paper allows excess steam to escape.

Shielding

In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.

Standing Time

When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set.

Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.

Venting

After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Care and cleaning of the microwave oven.



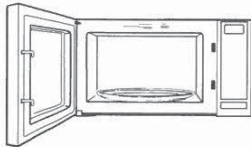
Helpful Hints

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

Unplug the cord before cleaning any part of this oven.

How to Clean the Inside

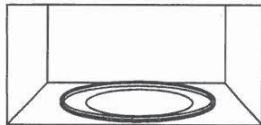
Walls, Floor, Inside Window, Metal and Plastic Parts on the Door



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

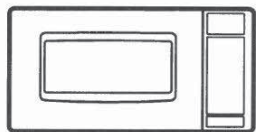
To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

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



Removable Turntable and Turntable Support

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



How to Clean the Outside

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

Case

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

Control Panel and Door

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

Door Surface

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

Power Cord

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

Stainless Steel (on some models)

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

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

Troubleshooting Tips.

PROBLEM	POSSIBLE CAUSE
OVEN WILL NOT COME ON	• A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker. • Unplug your microwave oven, then plug it back in. • Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	• Door not securely closed. • Start/Pause must be pressed after entering cooking selection. • Another selection entered already in oven and Cancel/Off not pressed to cancel it. • Make sure you have entered cooking time after pressing Cook Time. • Cancel/Off was pressed accidentally. Reset cooking program and press Start/Pause. • Make sure you entered food weight after pressing Defrost Weight. • Oven was paused accidentally. Press Start/Pause to restart the cooking program.
"SENSOR ERROR" APPEARS ON DISPLAY	• During a Sensor Cooking program, the door was opened before steam could be detected. SENSOR ERROR will scroll until Cancel/Off is pressed. • Steam was not detected in maximum time. Use Cook Time to heat for more time.
"LOCKED" APPEARS ON DISPLAY	• The control panel has been locked. (When the control panel is locked, an "L" will be displayed.) Press and hold Cancel/Off for about 3 seconds to unlock the control panel.
FOOD AMOUNT TOO LARGE FOR SENSOR REHEAT	• Sensor Reheat is for single servings of recommended foods. Use Cook Time for large amounts of food.

Things That Are Normal With Your Microwave Oven

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