

SEARS

**USE & CARE
MANUAL**

**STOCK NO.
88963**

KNOW YOUR UNIT

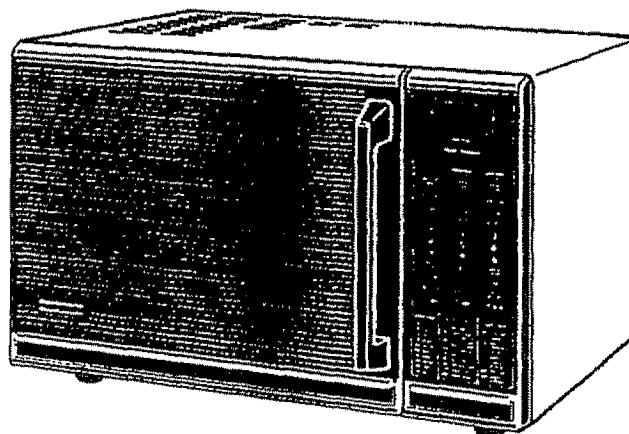
Read this booklet so you will be able to enjoy all the features in your Kenmore Micro/Convection Oven.

Record in space provided below the Model No. and the Serial No. found on the labels on the inner left side of control panel.

Model No. _____

Serial No. _____

Retain this information for future reference.



Kenmore

**MICRO/CONVECTION
OVEN**

Use and Care

YOUR SAFETY FIRST

The Sears Kenmore Microwave/Convection Oven, though simple to use, is not a toy. Respect it as an electric cooking appliance. Become familiar with microwave energy, its uses, and limitations.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) DO NOT ATTEMPT to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) DO NOT PLACE any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) DO NOT OPERATE the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - (1) DOOR (bent)
 - (2) HINGES AND LATCHES (broken or loosened)
 - (3) DOOR SEALS AND SEALING SURFACES:
- (d) THE OVEN SHOULD NOT BE ADJUSTED OR REPAIRED BY ANYONE EXCEPT PROPERLY QUALIFIED SERVICE PERSONNEL.

IMPORTANT—FOR PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The electrical power cord must be kept dry and must not be pinched or crushed in any way.
- The ceramic tray must be in the oven for the microwave or micro/convec cooking. However, the ceramic tray must be removed from oven for the convection cooking. (See Page 8 for detailed instructions.)
- The metal rack must be removed from oven when rack is not used for cooking.
- Place the cookware gently on the ceramic tray and handle the tray carefully to avoid breakage.
- When a browning dish is used, the browning dish bottom must be at least 3/16 in. above cooking tray. Carefully read and follow the instructions for the browning dish. Incorrect usage may cause the ceramic tray to break.
- The oven should be thoroughly checked by a trained service technician, should it be dropped or damaged, before it is operated again.
- The oven has several built-in safety switches to make sure the power remains off when the door is open. DO NOT try to defeat these switches.

DON'TS

- DO NOT attempt to operate this oven with the door open.
- DO NOT run the oven empty without food in it.
- DO NOT operate the oven empty with the temperature probe plugged in.
- DO NOT let the temperature probe touch the side walls, ceramic tray or door of the cavity when in use.
- DO NOT plug the pointed end of the temperature probe into the socket inside the cavity.
- DO NOT use the temperature probe in a regular oven. This probe is designed for microwave/convection oven only.
- DO NOT use metal baking pan for microwave or micro/convec cooking.
- DO NOT cook bacon directly on the ceramic tray to avoid excessive local heating on the ceramic tray.
- DO NOT store burnable material, such as food, in your microwave/convection oven.
- DO NOT heat any types of baby bottles or baby food. Uneven heating may occur and possibly cause personal injury.
- DO NOT heat small-necked containers, such as syrup bottles, in the microwave oven.
- DO NOT use this microwave/convection oven for commercial purposes. This Sears Kenmore Microwave/Convection Oven is made for household use only.

SAFETY CERTIFICATION

The Sears Kenmore Microwave/Convection Oven is designed and thoroughly tested to meet exacting safety standards. It meets UL and FCC requirements and complies with safety performance standards of the U.S. Department of Health and Human Services.

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:

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.
3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.

NOTE: If a fire should start:
*KEEP THE OVEN DOOR CLOSED
*TURN THE OVEN OFF
*AND DISCONNECT THE POWER CORD OR SHUT OFF POWER AT THE FUSE OR CIRCUIT BREAKER PANEL.
 - a. Do NOT grossly overcook foods. As many grossly overcooked foods will cause fires in the oven cavity, carefully attend the oven; especially, if paper, plastic, or other combustibles are placed inside the oven.
 - b. Do NOT store combustible items such as, bread, cookies, etc. inside the oven because if lightening strikes the power lines it may cause the oven to turn ON.
 - c. Do NOT use wire twist-ties in the oven. Be sure to inspect purchased items for wire twist-ties and remove them before the item is placed in the oven.
4. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 6.

5. Install or locate this appliance only in accordance with the provided installation instructions.
6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars for example may explode and should not be heated in this oven.
7. Use this appliance only for its intended use as described in this manual.
8. As with any appliance, close supervision is necessary when used by children.
9. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
10. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
11. Do not cover or block any openings on the appliance.
12. Do not use outdoors.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth. (See "Care and Cleaning" instructions on page 47.)

SAVE THESE INSTRUCTIONS

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**SEARS KENMORE MICROWAVE/CONVECTION OVEN
USE AND CARE MANUAL—
MICROWAVE/CONVECTION OVEN USE INSTRUCTIONS**

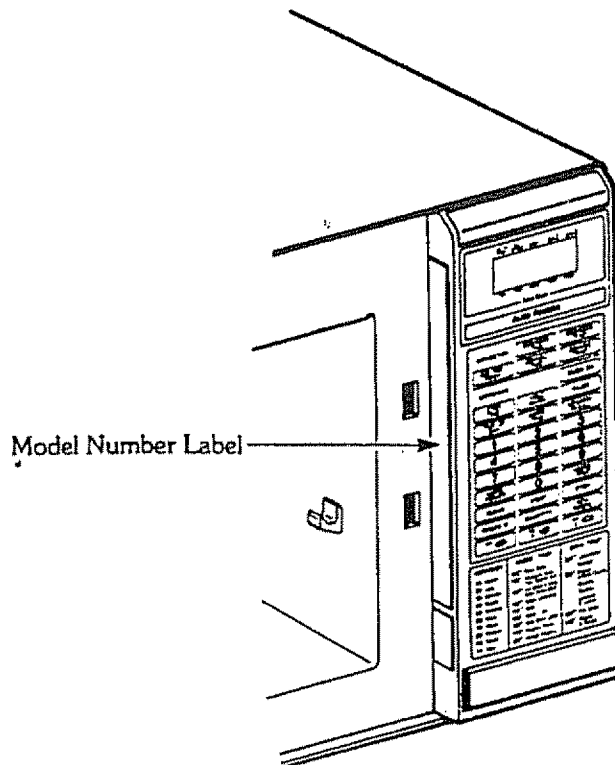
Enjoy a new cooking experience from Sears. Please read this booklet. It takes only a few minutes — time well spent to learn how to use all of the features.

Advice on the use and care of Sears appliances is always available at your nearest Sears store. When seeking information, be sure you have the complete model number which is located on the plastic label. See below for its location.

MODEL NUMBER

To make a request for service, information or replacement of parts, Sears will require the complete model number of your microwave/convection oven. The number is on the inner left side of the control panel. (You must open the door to see the number).

The number will look like this: 564 8000000.



IMPORTANT— ELECTRICAL GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a 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 Sears Service Department if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

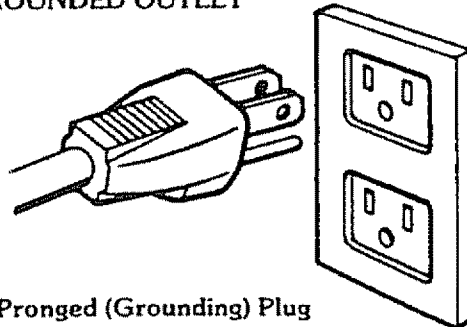
A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer cord sets or extension cords are available and may be used if care is exercised in their use.

If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance*, (2) the extension cord must be a grounding-type 3 wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally. The electrical power cord must be kept dry and must not be pinched or crushed in any way.

*NOTE: This oven draws a 13.8-ampere electrical current on 120 volts.

PROPERLY POLARIZED AND
GROUNDED OUTLET



Three-Pronged (Grounding) Plug

INSTALLATION

Install your oven by following these four simple steps:

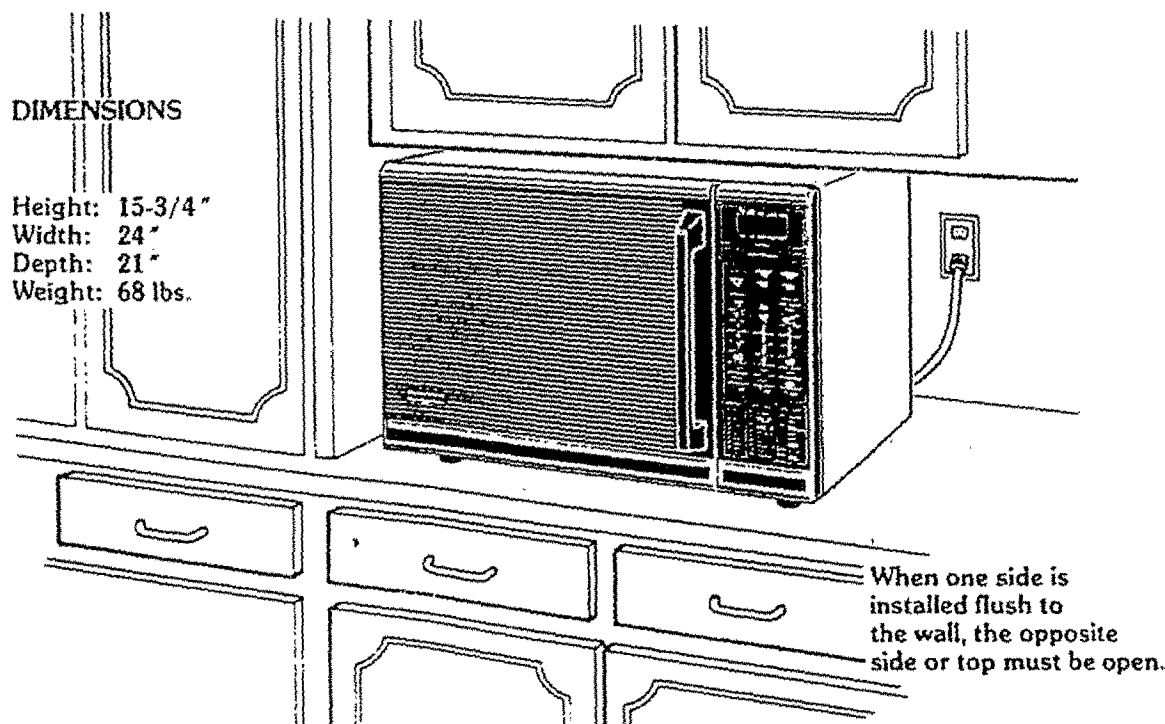
- Step 1:** Remove all packing material and accessories. Then remove the protection sheet on wrapper.
- Step 2:** Place the oven in the level location of your choice, but make sure there is at least one inch of space on the top and at the rear for proper ventilation. Top of the oven should be kept clear and the plastic feet must be kept on the oven so there is air flow ventilation. The exhaust vents are at the rear and top of the oven. **"DO NOT place any objects such as books, papers, or cooking accessories over the top of the exhaust vents."** Blocking the vents can damage the oven.
- Step 3:** Plug your oven into a Standard 120 volt household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave/convection oven is the only appliance on the circuit.
- Step 4:** When your microwave/convection oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display window will show "0:00" plus the hours and minutes that have elapsed since the oven was plugged in or the power was restored. This means that the TIME OF DAY clock must be set. Refer to "Setting Time of Day" below.

NOTE: If your oven does not operate properly, unplug the oven from the 120-volt household outlet and then plug it back in.
This unit is not designed for 50 Hz or any circuit other than a 120 volt/60 Hz AC circuit.

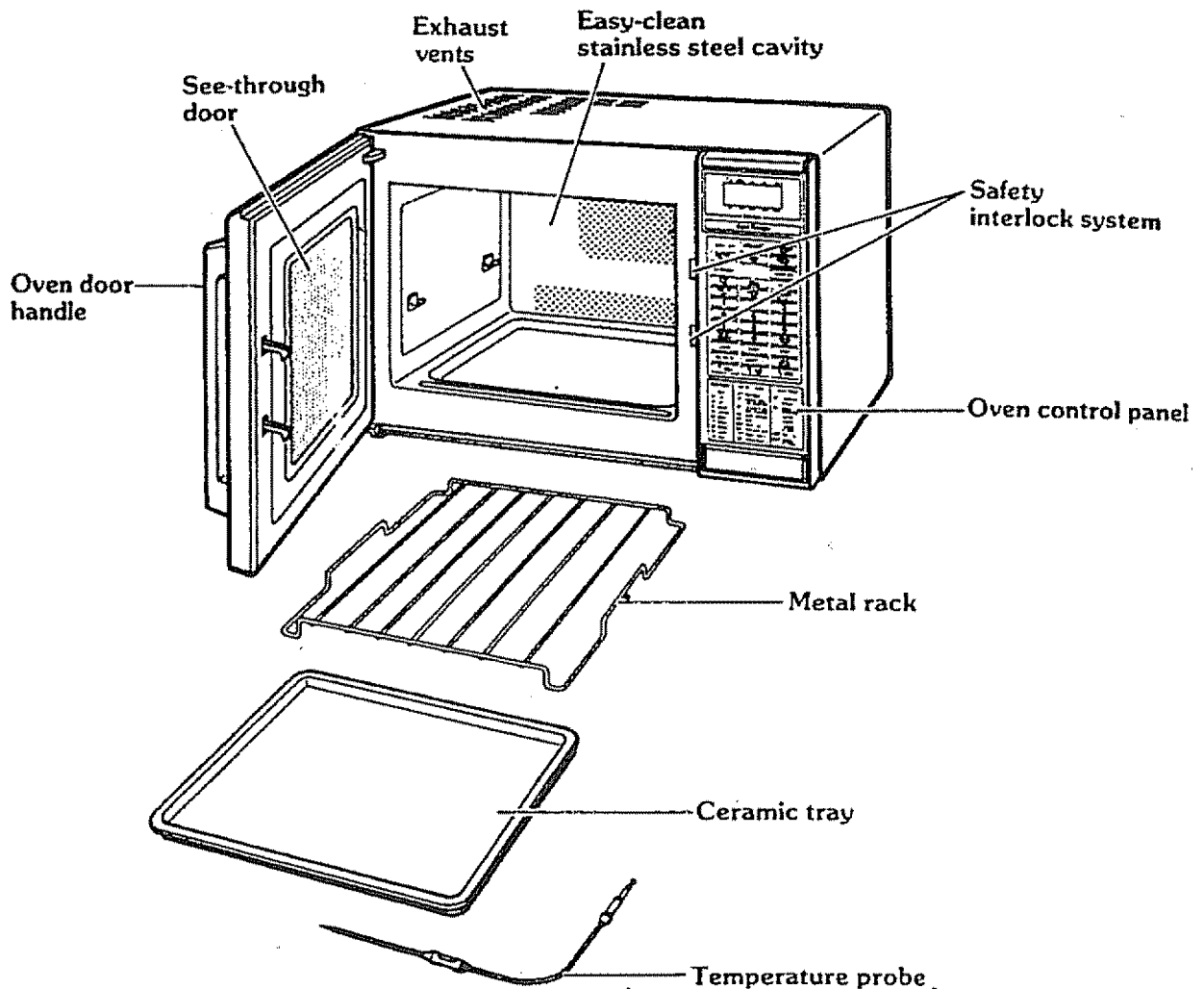
SETTING TIME OF DAY

- Touch CLEAR.
- Touch TIME OF DAY.
- Touch numbers indicating the correct time.
- Touch TIME OF DAY.

(This is also explained in the "Easy Use Chart" Time of Day Section on Page 12.)



NAMES OF OVEN PARTS



Remove your Sears Kenmore Microwave/Convection Oven and all items from the shipping carton. Your oven will be packed with the following items:

Ceramic Tray	1 each
Metal Rack	1 each
Temperature Probe	1 each
"Use and Care Manual"	1 each
"Easy Use Chart" Card	1 each
Cook Book	1 each

* The ceramic tray should always be in the oven when either the microwave or micro/convec cooking is used. Microwaves pass through the tray and are reflected by the oven bottom back up to the underside of the food. As a result, the food receives microwave energy on the bottom, top, and sides all at the same time. However, the tray should be removed for convection cooking to allow for the most even heating.

* Do not use this Sears Kenmore Microwave/Convection Oven for commercial purposes. This microwave/convection oven is made for household use only.

OVEN CONTROL PANEL

Indicator Light—Time, Temp. Micro, Convec, Delay Start and Auto Defrost lights indicate which cooking operation is being used.

Stage Lights—When cooking stages are set, lights will go on indicating the stage in which your oven is cooking.

Display Window—Used to show:

- Time of Day
- Cooking Time
- Microwave Cooking Power Level
- Cooking Probe Temperature.
- Oven Temperature
- Auto Defrost (dEF1, dEF2, dEF3)
- Recipe #, Quantity #
- Hold, End, PAUS (Pause), Prob (Probe).

It also functions as countdown timer or temperature indicator when cooking.

Recipe #—Used in preset recipe cooking.

Pause Light—Shows Oven has been set to pause between the Cooking Stages.

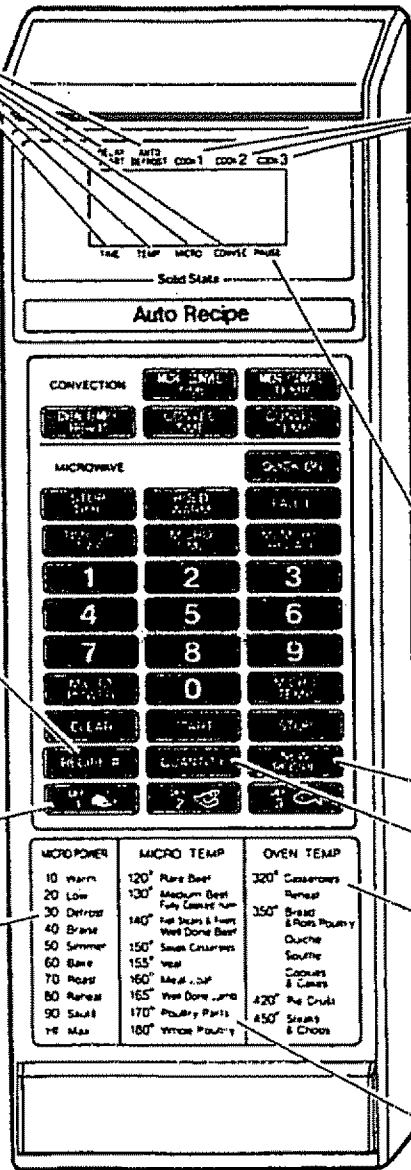
Auto-Defrost Selection—Used in setting auto defrost.

New Recipe—Used in programming new recipes.

Micro Power Guide—Lists the Types of Cooking that most often occur at these Microwave Cooking Power Levels.

Quantity—Use in multiplying base quantity of preset recipes.

Oven Temp Guide—Lists examples of Oven Temperature for Convection Cooking.



Micro Temp Guide—Lists examples of food that are best cooked to these Microwave Cooking Temperatures with Temperature Probe.

OVEN CONTROL PANEL

Convec Time—Used in setting Convection Cooking Time.

Oven Temp/Preheat—Used in setting the desired Oven Temperature or Preheat Temperature.

Stop Time—Used in setting a Delay Start Cooking. Cooking can be finished at a preset stop time.

Time of Day—Used in setting Time of Day and Child Lock-Out.

Micro Time—Used in setting Microwave Cooking Time.

Numbers—Used to enter the Time of Day, Delay Start Time, Cooking Times, Cooking Powers and Cooking Temperatures.

Micro Power—Used in setting Microwave Cooking Power Levels.

Clear—Clears all entries except Time of Day. Once cooking has begun, however, CLEAR will function only after STOP has been touched.

Micro/Convec Time—Used in setting Micro/Convec Cooking Time.

Micro/Convec Temp—Used in setting the desired probe temperature during Micro/Convec Cooking.

Convec Temp—Used in setting the desired probe temperature during Convection Cooking.

Quick-On—Used in setting first start cooking at high power.

Pause—Used to stop Oven between the Cooking Stages.

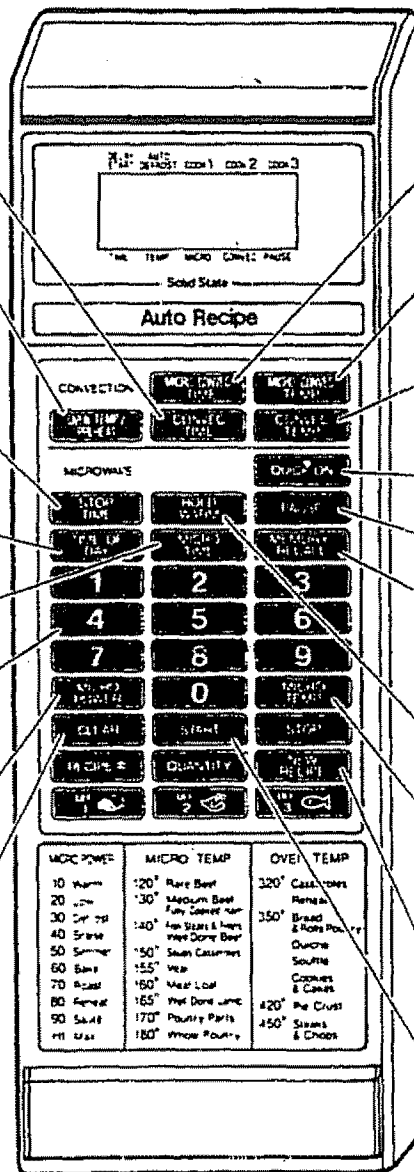
Memory/Recall—Used in setting Cooking Time, Power Level and Temperature for Multi-Stage Cooking. Also used to recall each memory stage in a multiple stage program.

Hold Warm—Used in setting a Hold Warm. Cooked food can be kept warm.

Micro Temp—Used in setting the desired probe temperature during Microwave Cooking. Temperature Controlled Cooking can be done only when the Temperature Probe is plugged into the socket inside the oven.

Stop—Stops Oven.

Start—Starts Oven.

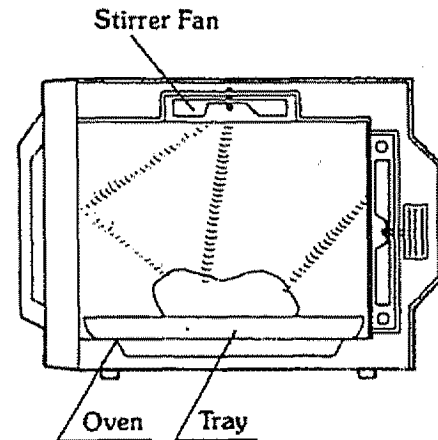


NOTE: A "beep tone" sounds when a "pad" on the control panel is touched, to indicate a setting has been entered.

HOW THE MICROWAVE/CONVECTION OVEN WORKS

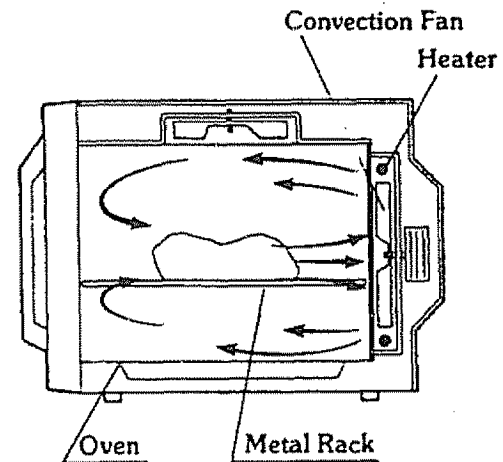
Microwave Cooking

Using the energy of microwaves only, food is cooked quickly without altering the color or shape. Microwaves generated by a magnetron are uniformly distributed by the fan so that the food in the oven heats and is cooked. Microwave power in 99 steps implies it takes 99 steps, enabling the various kinds of foods to cook at the most desirable cooking power for the best results.



Convection Cooking

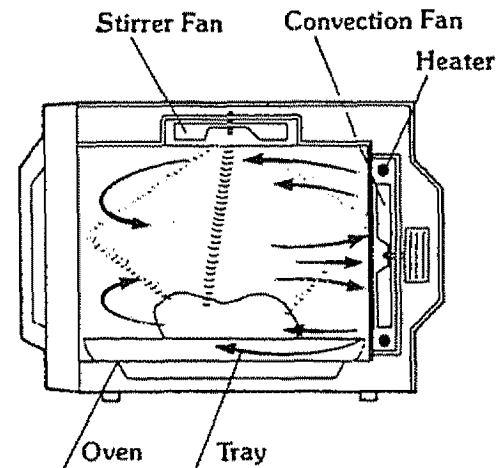
A way of cooking with hot air alone that heats and cooks food from the outside. This method allows food to be browned evenly without losing any of the juices. Air heated by the heater is uniformly circulated in the oven by a fan to enable the heating and cooking of food. Since hot air remains in the oven as it circulates, cooking is very efficient. The temperature inside the oven can be controlled according to the type of food being cooked.



Micro/Convec Cooking

With both microwave energy and hot air utilized, this method cooks food much more quickly than any conventional method. The solid state control alternates cooking energy between microwave and hot air cycles to provide efficient cooking fully utilizing the advantages of both microwave and hot air cooking systems.

When foods with high moisture content are cooked by the micro/convec method, beads of water may accumulate on the top and/or sides of the oven door, but will dissipate after use.



MICROWAVE

EASY USE CHART—MICROWAVE COOKING

Your new Solid State Control allows you to use your microwave/convection oven in many ways.

TIME OF DAY	TIMER	"HI-POWER"/"MULTI-POWER" COOKING
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME OF DAY. 3. Touch numbers for correct time of day. 4. Touch TIME OF DAY.* <p>*This "locks" in the time and starts the clock running.</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch MICRO TIME. 3. Touch correct numbers for the time. 4. Touch MICRO POWER. 5. Touch "0" (power level 0). 6. Touch START. <p>(See Page 16 for more detailed instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch MICRO TIME. 3. Touch numbers for desired cooking time. 4. Touch MICRO POWER. 5. Touch numbers for desired cooking power level. 6. Touch START. <p>NOTE: It is not necessary to touch MICRO POWER when cooking with the highest power ("HI"). To set "HI-POWER" Cooking, skip steps 4 and 5 above.</p> <p>(See Page 20 for more detailed instructions.)</p>
TEMPERATURE CONTROLLED "HI-POWER"/"MULTI-POWER" COOKING	MULTI-STAGE COOKING	QUICK-START COOKING
<p>To Set</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe. 2. Touch CLEAR. 3. Touch MICRO TEMP. 4. Touch numbers for desired food temperature. 5. Touch MICRO POWER. 6. Touch numbers for desired cooking power level. 7. Touch START. <p>NOTE: It is not necessary to touch MICRO POWER when cooking with the highest power ("HI"). To set "HI-POWER" Cooking, skip steps 5 and 6 above.</p> <p>(See Page 24 for more detailed instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch MICRO TIME or MICRO TEMP. 3. Touch numbers for desired cooking time or temperature. 4. Touch MICRO POWER. 5. Touch numbers for desired cooking power level. 6. Touch MEMORY/RECALL or PAUSE and repeat steps 2-5 to set 2nd cooking stage. 7. Touch MEMORY/RECALL or PAUSE and repeat steps 2-5 to set 3rd cooking stage. 8. Touch START. <p>(See Pages 27 and 28 for more detailed instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch QUICK-ON. 3. Touch number (single digit, 1-9) for desired cooking time. <p>(See Pages 17 and 18 for more detailed instructions.)</p>
AUTOMATIC DEFROST	CHILD LOCK-OUT	
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch DEF1, DEF2, or DEF3 to select the appropriate Auto Defrosting Sequence. 3. Enter the weight of your food in decimal increments from 0.1 to 9.9 pounds. 4. Touch START. 5. At pause, follow the cookbook instructions for rearranging, turning food over, etc. 6. To resume defrosting, touch START. <p>(See Pages 25 and 26 for more detailed instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME OF DAY. 3. Touch "9" four times. 4. Touch START. <p>To Clear</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch TIME OF DAY. 3. Touch "7" four times. 4. Touch START. <p>(Time of Day will return to the display window)</p> <p>(See Page 16 for more detailed instructions.)</p>	

EASY USE CHART—CONVECTION COOKING

CONVECTION COOKING	AUTOMATIC PREHEAT	TEMPERATURE PROBE CONVECTION COOKING
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch OVEN TEMP/PREHEAT. 3. Touch numbers for desired oven temperature. 4. Touch PAUSE. 5. Touch CONVEC TIME 6. Touch numbers for desired cooking time. 7. Touch START. <p>(See Page 31 for more detailed instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch OVEN TEMP/PREHEAT. 3. Touch numbers for desired oven temperature. 4. Touch START. <p>(See Page 31 for more detailed instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe. 2. Touch CLEAR. 3. Touch OVEN TEMP/PREHEAT. 4. Touch numbers for desired oven temperature. 5. Touch CONVEC TEMP. 6. Touch numbers for desired food temperature. 7. Touch START. <p>(See Page 33 for more detailed instructions.)</p>
MICRO/CONVEC COOKING	TEMPERATURE PROBE MICRO/CONVEC COOKING	MULTI-STAGE COOKING
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch OVEN TEMP/PREHEAT. 3. Touch numbers for desired oven temperature. 4. Touch MICRO/CONVEC TIME 5. Touch numbers for desired cooking time. 6. Touch START. <p>(See Page 34 for more detailed instructions)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Plug in Temperature Probe. 2. Touch CLEAR. 3. Touch OVEN TEMP/PREHEAT. 4. Touch numbers for desired oven temperature. 5. Touch MICRO/CONVEC TEMP. 6. Touch numbers for desired food temperature. 7. Touch START. <p>(See Page 36 for more detailed instructions)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch OVEN TEMP/PREHEAT. 3. Touch numbers for desired oven temperature. 4. Touch PAUSE. 5. Touch CONVEC TIME. 6. Touch numbers for desired cooking time. 7. Touch PAUSE. 8. Touch MICRO/CONVEC TIME. 9. Touch numbers for desired cooking time. 10. Touch START. <p>NOTE: Any combination is possible in multi-stage cooking. During convection cooking, the oven keeps the same temperature in second stage as for preheating. If, however, third stage is used, and a temperature other than 350°F is desired, the oven temperature must be set in third stage.</p> <p>(See Pages 37 and 38 for more detailed instructions.)</p>

DELAY START COOKING

For those times when you must be away from the kitchen, but want dinner ready when you return, cooking can be started and finished at the time of day selected. The directions below show Microwave Cooking only. Also Convection and Micro/Convec Cooking can be set in Delay Start Cooking. See page 39 for detailed directions.

EASY USE CHART

DELAY START COOKING
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch STOP TIME. 3. Touch numbers for time of day to finish cooking. *4. Touch MICRO TIME. 5. Touch numbers for desired cooking time. 6. Touch MICRO POWER. 7. Touch numbers for desired cooking power level. 8. Touch START. <p>* Multi-Stage Cooking can be used with Delay Start. After step 3 above, follow instructions for Multi-Stage Cooking beginning with step 2. (See Page 39 for more detailed instructions)</p>

PRESET RECIPE COOKING

You can set the oven to cook 28 recipes automatically. Recipes 1-25 are preprogrammed, and recipes 26-28 can be programmed by you for 55 of your favorite recipes. Simply touch RECIPE #, the numbers corresponding with the desired preset recipes, then START.
See pages 40 thru 42 for detailed directions.

To store the desired recipes in the oven, follow these steps:

EASY USE CHART

PRESET RECIPE COOKING	PROGRAMMING NEW RECIPES
<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch Recipe #. 3. Touch numbers for correct Preset Recipe #. 4. Touch START. <p>(See Pages 40 and 41 for more detailed instructions)</p>	<p>To Set</p> <ol style="list-style-type: none"> 1. Touch CLEAR. 2. Touch NEW RECIPE. 3. Touch RECIPE #. 4. Touch numbers for New Recipe #. 5. Program Recipe following suitable operating instructions. 6. Touch NEW RECIPE. <p>(See Page 42 for more detailed instructions.)</p>

RECALL AND CHANGE OF SETTINGS

To Recall a Setting

To recall (check) a setting **before you start the oven**, follow the directions below.

- To check the Setting for a given stage, touch MEMORY/RECALL once or more until the correct Stage Light and Indicator Light turn on. The set Time, Temperature or Oven Temperature for that stage will show in the display window.
- To check the Microwave Cooking Power level, touch MICRO POWER.
- To check the Oven Temperature, touch OVEN TEMP/PREHEAT.
- To check Probe Temperature, touch Micro Temp, Convec Temp and Micro/Convec Temp.
- To check TIME, touch Micro Time, Convec Time, and Micro/Convec Time.

To recall (check) a setting **while the oven is operating**, follow the directions below.

- To check settings while the oven is operating, touch the desired pad to recall the setting for the operating stage.
- To recall a future stage, touch STOP, follow the directions above for recalling (checking) a setting before starting the oven, and then touch START to continue cooking.
- To recall TIME OF DAY while the oven is running, touch TIME OF DAY. It will show momentarily in the display window.
- To recall Recipe number(s) while the oven is running, touch RECIPE #, and it will show momentarily in the display window.
- To check the cooking power level during cooking, touch MICRO POWER. Power level will show momentarily in the display window.

To Change a Setting

Recall the Setting to be changed by following directions above and make the change as follows:

TIME (MICRO TIME, CONVEC TIME, MICRO/CONVEC TIME)	Touch "0" until only one "0" shows in the Display Window. Set Cooking Time.
TEMPERATURE CONTROL (MICRO TEMP, CONVEC TEMP, MICRO/CONVEC TEMP)	Set Cooking Probe Temperature.
MICRO POWER	Set Microwave Cooking Power Level. To reset to "HI", set "99".
OVEN TEMP/PREHEAT	Set Oven Temperature.

PAUSE BETWEEN STAGES

Some recipes require separating, turning and adding or removing foods between stages. To set the oven to stop between stages, touch PAUSE rather than MEMORY/RECALL when setting the oven. If pause is set, the oven will automatically stop and the word "PAUS" will flash in the display window. To restart the oven after the pause, touch START.

REGULAR TIMER

Your Oven also has a timer that can be used for non-cooking functions. When used as a regular timer, the Oven is not running. The timer is simply counting down in seconds. For detailed instructions on using this timer, see below.

To use the Regular Timer feature:

1. Touch CLEAR.
2. Touch MICRO TIME.
3. Touch numbers for the time.
4. Touch MICRO POWER.
5. Touch "0" (power level 0)
6. Touch START. The time will begin counting down in the display window with no cooking or heating in the oven.
A tone will sound and the word "End" will show in the display window for 2 seconds when the time is over.

"HOLD WARM"

Your oven has "Hold Warm" feature that keeps food warm after the cooking is done.

To use the "Hold Warm" feature:

1. Touch CLEAR.
2. Touch HOLD WARM.
3. Set the desired cooking cycle following suitable operating instructions on pages 17 through 42 in this manual.
4. Touch START.
When the cooking cycle is over, the oven will switch into "Hold Warm" to keep the food warm. "Hold" will show in the display window. The cook control setting changes to Power Level 1.
The "Hold Warm" will continue for up to 100 minutes or until the door has been opened or STOP has been touched.

If you want to keep your cooked food warm, the "Hold Warm" feature can be used independently without setting the cooking cycle.

To use the "Hold Warm" feature independently:

1. Touch CLEAR.
2. Touch HOLD WARM.
3. Touch START.

The oven will begin to keep the food warm with microwave power level 1 for up to 100 minutes or until the door has been opened or STOP has been touched.

NOTE: Do not use metal utensils when operating with "Hold Warm" feature since arcing may happen and damage to the oven may result.

CHILD LOCK-OUT

Your oven has a "Child Lock-Out" feature to prevent a playful or accidental running of the oven by a child.

After this feature is set, the display will return to the Time of Day. If the oven is accidentally programmed to cook, the oven may appear to be cooking, but no cooking can occur after this feature is set.

To set:

1. Touch CLEAR.
2. Touch TIME OF DAY.
3. Touch "9" four times.
4. Touch START.

(Time of Day will return to the display window)

To clear:

1. Touch CLEAR.
2. Touch TIME OF DAY.
3. Touch "7" four times.
4. Touch START.

(Time of Day will return to the display window.)

QUICK-START COOKING (HI-power only)

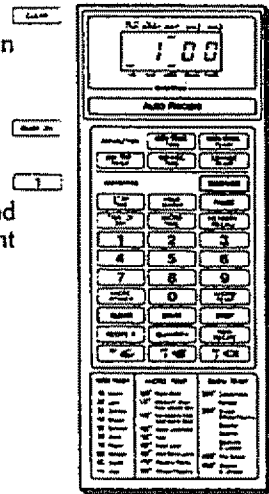
This feature was designed for simple setting of the oven with convenience cooking and/or reheating in mind. To set, simply touch the "QUICK-ON" pad, and touch a number pad from 1 to 9. The oven starts instantly.

1. Touch CLEAR, and a beep tone will sound. The CLEAR erases all previous settings. Place food in oven, then close the door.
2. Touch QUICK-ON.
The lights above TIME and below COOK 1 will go on. ("0" will show in the display window.)
3. Touch a number (single digit, 1-9) for desired cooking time in minutes.
The oven will begin to cook on HI-power and the display window will show the time counting down in minutes and seconds.
4. A tone will sound and the word "End" will show in the display window for two seconds when the cooking time is completed. The oven will automatically shut off.

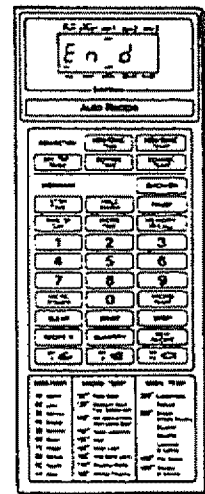
NOTE: To stir or rearrange food during cooking, simply open the door; stir or rearrange and close the door. Touch "START".
The oven will automatically continue to count down the remaining amount of time left in the display window.

EXAMPLE: To reheat 1 cup of coffee, you would use HI-power for 1 minute.
To do this, follow these steps:

1. Touch CLEAR.
Place coffee in oven, then close the door.
2. Touch QUICK-ON.
3. Touch "1".
The oven begins to cook and the time will begin to count down in the display window.



4. A tone will sound and the word "End" will show in the display window for two seconds when the 1 minute is over. The oven will automatically shut off.



QUICK-START REHEATING GUIDE

This guide shows the food items and some special notes for reheating with "Quick-start" feature. Touch CLEAR, touch QUICK-ON, touch numbers from 1 to 9 for minutes of heating.

Food	Amount	Time	Special Notes
BEVERAGES			
Water Based	1 cup	1-2 min	Heat uncovered. Use 6-8 ounce cup.
	2 cups	3-4 min	
Milk Based	1 cup	2 min	
	2 cups	3 min	
Broth-based soups	10¾ oz. can	3-4 min	Use 1½-quart casserole. Cover.
Cream-based soups	10¾ oz. can	4-5 min	Use 1½-quart casserole. Cover.
Sandwich	1-2	1 min	Place on paper plate or towels.
Cooked pizza, 10 inches, cut in 8 portions	2 wedges	2 min	Place on paper towels or paper plate or leave in uncovered cardboard box, points toward center.
	4 wedges	2-3 min	
	whole	4-5 min	
Casseroles	1 qt. (4 cups)	5-7 min	Cover. Stir once.
MEAT			
Sliced thin	3-5 oz.	1 min	Heat on microproof plate, covered with waxed paper.
Sliced thick	½"-1" thick	2 min	
Barbecued beef, chili, stews, hash, etc.	16 oz. can	4-5 min	Place in microproof dish. Cover. Stir half-way through cooking time.
Hamburgers, Meat loaf slices, Sausage patties	1 serving	1 min	Place on microproof plate. Cover with paper towel. Turn over once.
	2 servings	2-3 min	
	4 servings	4-5 min	
POULTRY			
Chicken pieces	1	1 min	Heat on microproof plate. Cover with waxed paper. If fried, cover with paper towel.
	2	1-2 min	
	4	2-3 min	
	6	4-6 min	
Creamed chicken	10½ oz. can	3-4 min	Cover. Stir once.
Chicken, turkey, sliced	3-5 oz.	1-2 min	Heat on microproof plate. Cover with waxed paper.
SEAFOOD			
Shrimp, crab, or scallops in sauce, frozen	6½ oz.	4-6 min	Slit pouch and place on microproof plate. Flex pouch to mix halfway through cooking time.
Seafood or fish casseroles, frozen	16 oz.	5-7 min	Remove from package to 1-quart microproof casserole. Cover. Stir once during cooking.
SIDE DISHES			
Rice, Pasta	¾ cup	1 min	Heat in microproof casserole, covered tightly with plastic wrap.
	1-2 cups	2 min	
Vegetables, frozen in pouch	10-12 oz.	5-8 min	Slit pouch. Place on microproof plate. Flex half way through cooking time to mix.
Mashed potatoes, instant	4 servings (3½ oz. packet)	5-7 min	Follow package directions. Reduce liquid by 1 tablespoon.
Canned vegetables	8 oz.	1-2 min	Use 4-cup microproof casserole, covered. Stir once.
	15 oz.	2-3 min	
	17 oz.	3-4 min	
Pudding and pie filling mix	3¾ oz.	6-7 min	Follow package directions. Stir once. Use 4-cup glass measure.

MICROWAVE

COOKING GUIDE FOR "MULTI-POWER" SETTINGS

The "Multi-Power" feature lets you cook at the best power level for the food being cooked. Cooking directions can be found in the cookbook.

POWER LEVEL	POWER SETTINGS	EXAMPLES	MICROWAVE OUTPUT POWER*
10	WARM	<ul style="list-style-type: none"> Softening cream cheese. Keeping casseroles and main dishes warm. 	165
20	LOW	<ul style="list-style-type: none"> Softening chocolate. Heating breads, rolls, pancakes, tacos, tortillas and French toast. Clarifying butter. Taking the chill out of fruit. Heating small amounts of food. 	230
30	DEFROST MED LOW	<ul style="list-style-type: none"> Thawing meat, poultry and seafood. Completing the cooking cycle of casseroles, stews and some sauces. Cooking small quantities of food. 	295
40	BRAISE	<ul style="list-style-type: none"> Cooking less tender cuts of meat in liquid or slow cooking dishes. Completing the cooking cycle of less tender roasts. 	360
50	SIMMER	<ul style="list-style-type: none"> Cooking stews and soups after bringing to a boil. Cooking baked custards and pasta. 	425
60	BAKE	<ul style="list-style-type: none"> Cooking scrambled eggs. Cooking cakes. 	490
70	ROAST MED HIGH	<ul style="list-style-type: none"> Cooking rump roast, ham, veal and lamb. Cooking cheese dishes. Cooking eggs and milk. Cooking quick breads and cereal products. 	555
80	REHEAT	<ul style="list-style-type: none"> Reheating precooked or prepared food quickly. Heating sandwiches. 	620
90	SAUTÉ	<ul style="list-style-type: none"> Cooking onions, celery and green peppers quickly. Reheating meat slices quickly. 	685
100 (HI)	MAX POWER HIGH	<ul style="list-style-type: none"> Cooking tender cuts of meat. Cooking poultry, fish, vegetables and most casseroles. Preheating the browning dish. Boiling water. Thickening some sauces. 	750

* Approximate watts as measured by 2-liter method.

As you get to know your microwave oven, you may find that a particular setting is too low or too high for the results you desire.

Multiple-power control gives you the means to obtain greater precision in setting power levels. For instance, if you want a power level between ROAST and REHEAT, you would set the time as usual: touch MICRO POWER, and then touch "7" and "5". The display window will show "75", indicating that your oven is set to run at power level 75—halfway between ROAST and REHEAT.

FAST DEFROST

Your oven is equipped with an Auto Defrost system which is the best defrost method for this oven. FAST DEFROST is explained in order to show other defrosting possibilities.

To speed up the defrosting of dense food items over 1 lb., start on "HI", then reduce to the 30 (DEFROST) setting.

1. Microwave on "HI" for 1-2 minutes per pound of dense food items.
2. Then Microwave on 30 (DEFROST) for 3 minutes per pound or until food is thawed. Defrosting time will be greatly reduced.

“HI-POWER”/“MULTI-POWER” COOKING

“HI” gives the highest cooking power possible with your oven. It is the recommended setting for cooking foods with high moisture content or for cooking foods that need fast cooking to maintain their natural flavor and texture. Many foods need slower cooking (at less than full power) in order to give you the best results. In addition to “HI” there are ninety-nine multi-power settings. The cookbook tells you which power setting is recommended for the food being cooked.

To Cook

(Remove metal rack, place ceramic tray in oven.)

1. Touch CLEAR, and a beep tone will be heard. The CLEAR erases all previous settings. Place food in oven, then close the door.
2. Touch MICRO TIME. The lights above TIME and MICRO, below COOK 1 will go on. (“0” will show in the display window.)
3. Touch the correct numbers on the control panel to set the cooking time. The time set will show in the display window at the top of the control panel. For example:
 - To set 30 seconds, you would touch “3” and then “0”.
 - To set 3 minutes, touch “3”, “0” and “0”.
 - To set 3-1/2 minutes, touch “3”, “3” and “0”.

Remember, the timer is a digital clock that is divided into 60 seconds. Therefore, 1/2 minute is equal to 30 seconds. Touch 30 and not 50 (as with a calculator) to indicate 1/2.

4. Touch MICRO POWER. The lights above MICRO and below COOK 1 will go on. Also, the word “HI” will show in the display window until a lower setting is entered. This is to tell you that the oven will be operating on “HI” unless a different power setting is chosen.
5. Touch numbers for desired cooking power level. For example, if the recipe calls for cooking at the “20 (LOW)” setting, you would touch “2” and “0”. The display window will show “20”. This means that in the LOW setting, the oven is cooking at power level 20.

NOTE: It is not necessary to touch MICRO POWER when cooking with the highest power (“HI”). To set “HI-POWER” cooking, skip steps 4 and 5 above. However, if MICRO POWER is touched, the light above MICRO will go on and the word “HI” will show in the display window. This is to let you know that the oven will be operating on “HI” power unless a different power setting is chosen.

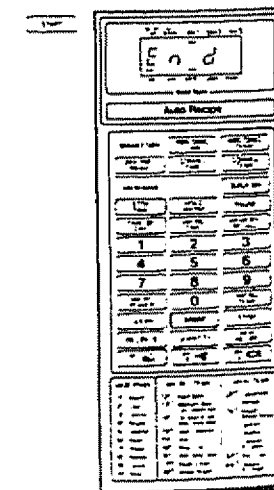
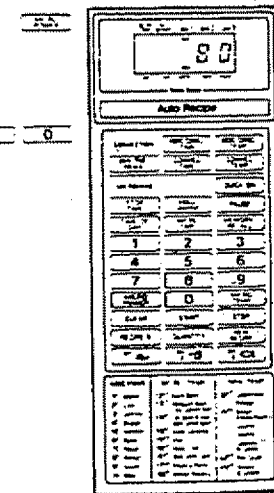
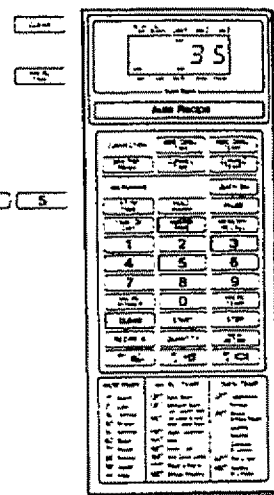
6. Touch START. The oven begins to cook and the display window will show the time counting down. A tone will sound and the word “End” will show in the display window for two seconds when the cooking time is completed. Then the oven will shut itself off.

EXAMPLE: To warm 4 doughnuts, you would cook at power level 80 or “80 (REHEAT)” for 35 seconds. To do this, follow these six steps.

1. Touch CLEAR.
2. Touch MICRO TIME. Place doughnuts in oven, then close the door.
3. Set 35 seconds by touching “3” and then “5”. “35” will show in the display window.
4. Touch MICRO POWER. The display window will show “HI”.
5. Choose the “80 (REHEAT)” setting by touching the numbers “8” and “0”. The display window will show “80”. This means the oven is cooking at power level 80.

6. Touch START. The oven begins to cook and the time will begin to count down in the display window. A tone will sound and the word “End” will show in the display window for 2 seconds when the 1-1/2 minutes are over. Then the oven will shut itself off.

NOTE: If you want to keep the food warm after finishing the cooking, you can use “Hold Warm” feature. For detailed instructions on using “Hold Warm” feature, see page 16.



“TEMPERATURE CONTROLLED” COOKING

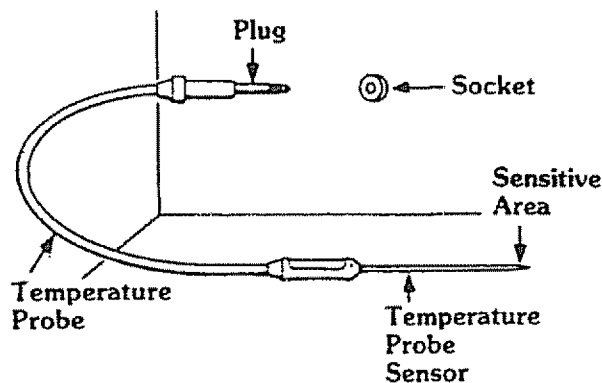
The temperature probe is used to judge doneness when cooking or reheating food. Set the desired food temperature with the MICRO TEMP, and the desired power level with the MICRO POWER.

When “Hold Warm” is set, after completing the cooking cycle the oven will hold the food warm up to 100 minutes.

TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperatures from 115°F to 185°F can be chosen and set in the oven. The temperature should be set in five-degree increments. The display window will show the rise in food temperature in five-degree increments.

For example, when a temperature of 125°F is set, the display window will show the temperature as it rises from 115°F to 120°F and then to 125°F. The lowest temperature number that can be displayed is 115°F. Therefore, even though the food may be less than 115°F, the display will remain at 115°F until the food is heated to above 115°F.



DEFINITIONS

TEMPERATURE PROBE SENSOR: The pointed metal portion of the probe which is placed into the food.

SENSITIVE AREA OF SENSOR: The first inch, or tip, of the temperature probe sensor.

PLUG: The end of the temperature probe that is plugged into the oven socket.

SOCKET: The outlet on the side of the oven wall.

CAUTION: Do not plug the pointed end of the temperature probe into the socket.

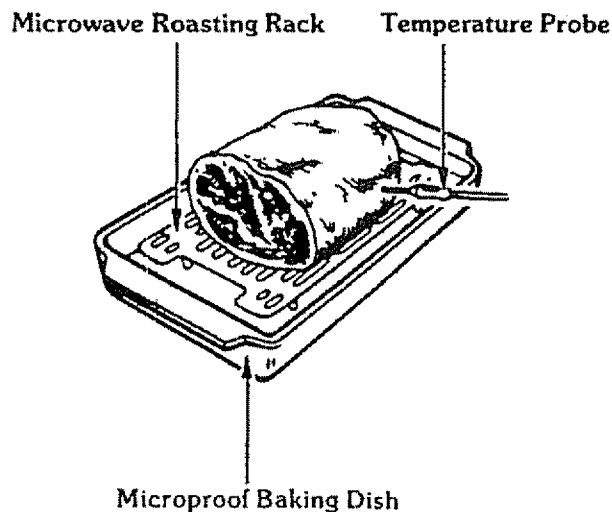
DISPLAY WINDOW: Shows the cooking temperature rising as the food is cooking. Chosen temperature may be seen during cooking by touching MICRO TEMP. When “Hold Warm” is set, after the cycle has been completed the display will show “Hold” for 100 minutes or until the door is opened or STOP is touched.

MEATS

- Choose only fresh, completely thawed meat.
- Place meat fat side down on the microwave roasting rack in a microproof baking dish.
- Microwave cook on the first “multi-power” setting for half of the total cooking time. (See “Temperature Controlled” Meat Cooking Guide on Page 22.)
- Turn meat to fat side up and:

1. Place the temperature probe sensor into the meat with the first inch of the sensor in the center of the meat. The sensor should not touch the bone or fat pocket. The sensor should be put in from the side or from the front — it should not be put in from the top of the meat.
2. Plug the temperature probe into the socket on the side of the oven wall.
3. Choose the doneness temperature from the chart on Page 22. Set the temperature with the MICRO TEMP.
4. Microwave cook the meat on the second “multi-power” setting. The microwave oven will turn itself off when the preset temperature is reached. Take the food out of the oven as soon as the display window shows “End”.
5. Remove the temperature probe sensor. Let the meat stand, covered with foil for about 10 minutes before serving. The temperature will rise about 15° F during standing time. Wash probe immediately for easy clean-up.

NOTE: It is normal for meats to become slightly overcooked in a small circular area in the immediate vicinity of the hole made by the meat probe.



"TEMPERATURE CONTROL" POINTS TO REMEMBER

DO

- Place the temperature probe sensor into the thickest part of the meat or in the center of the food to be reheated. Avoid touching bone or fat.
- Check that the first inch of the sensor is in the densest part of the food to be cooked.
- Remove the temperature probe from the oven after use.
- Be sure to turn meat between first and second settings.
- Refer to cookbook for other information.

DO NOT

- Do not operate the oven empty with the temperature probe plugged in.
- Do not leave the temperature probe unplugged in the cavity when operating the oven.
- Do not let the temperature probe touch the side walls, ceramic tray or door of the cavity when in use.
- Do not plug the pointed end of the temperature probe into the socket inside the cavity.
- Do not use the temperature probe in a regular oven. This probe is designed for micro/convection oven only.

"TEMPERATURE CONTROLLED" MEAT COOKING GUIDE

Refer to "Meats" section on Page 21.

MEAT	FIRST SETTING	SECOND SETTING		STANDING TIME
	TIME	TIME	OR TEMPERATURE PROBE	
BEEF				
Meat Loaf 2 lbs.	HI (Max. Power) 12—14 min.		HI (Max. Power) 160°F	5—10 min.
Rib Roast, boneless	HI (Max. Power) Rare 4—5 min. per lb. Medium 5—6 min. per lb.	70 (Roast) Rare 3—4 min. per lb. Medium 5—6 min. per lb.	70 (Roast) 120°F 130°F	10 min. 10 min.
Rib Roast, with bone	HI (Max. Power) Rare 3—4 min. per lb. Medium 4—5 min. per lb. Well done 5—6 min. per lb.	70 (Roast) Rare 3—4 min. per lb. Medium 3—5 min. per lb. Well done 5—6 min. per lb.	70 (Roast) 120°F 130°F 140°F	10 min. 10 min. 10 min.
POULTRY				
Chicken, whole 3-1/2—5 lbs.	HI (Max. Power) 3—4 min. per lb.	HI (Max. Power) 4—5 min. per lb.	HI (Max. Power) 180°F	5 min.
Chicken, pieces 2-1/2—4 lbs.	HI (Max. Power) 10 min.	HI (Max. Power) 4—5 min. per lb.	HI (Max. Power) 170°F	5 min.
Duckling 4—5 lbs.	70 (Roast) 4 min. per lb.	70 (Roast) 4 min. per lb.	70 (Roast) 170°F	8—10 min.
Turkey, whole 10—12 lbs.	HI (Max. Power) 5—6 min. per lb.	70 (Roast) 4 min. per lb.	70 (Roast) 170°F	10—15 min.
Turkey breast 3—4 lbs.	HI (Max. Power) 7 min. per lb.	70 (Roast) 5 min. per lb.	70 (Roast) 170°	
PORK				
Pork Loin Roast, boneless 4—5 lbs.	HI (Max. Power) 5—7 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 165°F	10—15 min.
Pork Loin, center cut 4—5 lbs.	HI (Max. Power) 5—7 min. per lb.	70 (Roast) 4—5 min. per lb.	70 (Roast) 165°F	10—15 min.
Ham, boneless, precooked	70 (Roast) 5—6 min. per lb.	70 (Roast) 5—7 min. per lb.	70 (Roast) 130°F	5—10 min.
Center Cut Ham Slice 1—1-1/2 lbs.	70 (Roast) 4—5 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 130°F	5 min.
Canned Ham 3—5 lbs.	70 (Roast) 5—6 min. per lb.	70 (Roast) 5—6 min. per lb.	70 (Roast) 130°F	10 min.

MICROWAVE

REHEATING FOODS

- Place the temperature probe sensor into the food to be reheated with the first inch of the sensor in the center of the food.
- Plug the temperature probe into the socket on the side of the oven wall.
- Cover the food if desired.
- Set the temperature of the desired doneness. (See chart below.)
- Select "multi-power" setting as shown below.
- The microwave oven will stop cooking when the set temperature is reached and then it will "Hold Warm", when "Hold Warm" is set.
- Remove the temperature probe from the oven after use.

"TEMPERATURE CONTROLLED" REHEATING GUIDE

FOOD	SETTING	DONENESS	INSTRUCTIONS
Beverages	HI (MAX POWER)	150°F	Place the temperature probe sensor in the center of the beverage glass.
Soups	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the soup. Cover with casserole lid, waxed paper, or plastic wrap.
Precooked Casseroles	80 (REHEAT)	150°F	Place the temperature probe sensor in the center of the food. Cover with a casserole lid, waxed paper, or plastic wrap.
Canned Vegetables	80 (REHEAT)	150°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Leftovers	80 (REHEAT)	150°F	Place the temperature probe sensor in the densest or largest amount of food.
Meat Sandwiches (Thick)	80 (REHEAT)	120°F	Place the temperature probe sensor into the thickest part of the sandwich to be warmed. The sensitive area of the sensor should be located in the sandwich filling.
Baked Foods	80 (REHEAT)	120°F	Place the temperature probe sensor into the center of the food to be reheated. The sensitive area of the sensor should rest in the middle of the food.
Syrup	70 (ROAST)	150°F	Place the temperature probe sensor into the center of the container.

CAUTION: From time to time, the same kind of foods may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the temperature controlled settings for thin food items or for foods that

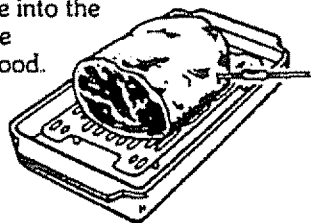
require tenderizing by simmering. Also, in some cases the microwave oven may shut off prematurely. This means that either the temperature probe is not placed properly or that it should not be used with this type of food.

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

The "Temperature Controlled Meat Cooking Guide" and "Reheating Guide" on Pages 22 and 23 will show you which multi-power setting and temperature setting are recommended for the food you are cooking. When cooking with the temperature control settings, the timer is not used.

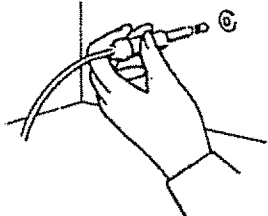
1. Place the temperature probe into the food with the first inch of the sensor in the center of the food.

The probe should be in a level direction or on an angle as shown. It should **NOT** be put in from the top.



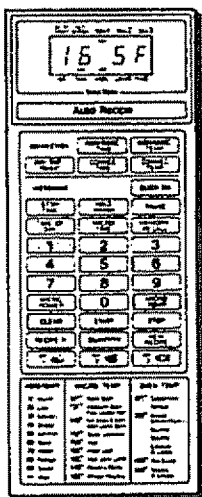
2. Plug the temperature probe into the socket on the side of the oven.

CAUTION: Do not plug the pointed end of the temperature probe into the socket.



3. Touch CLEAR.

4. Touch MICRO TEMP. The lights above TEMP and MICRO, below COOK 1 will go on, and "F" will show in the display window.

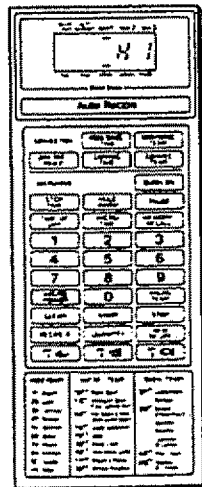


5. Choose the food temperature and touch the corresponding numbers. For example, if the recipe calls for doneness at 165°F, you would touch numbers "1" "6" and "5". When you touch "165", the display window will show "165F". If the temperature probe is not plugged into the socket, the word "Prob" will flash and the oven will not work.



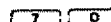
NOTE: The highest temperature that can be set is 185°F.

6. Touch MICRO POWER. The word "HI" will show in the display window until you enter a lower power setting. This is to remind you that the oven will always operate at full power unless you set a lower power.



7. Choose the power control setting you desire and touch the corresponding numbers. For example, if the recipe should call for cooking at the "70 (ROAST)" setting, you would touch numbers "7" and "0".

When you touch "7" and "0", the display window will show "70". This means that in the "70 (ROAST)" setting, the oven is at power level 70.

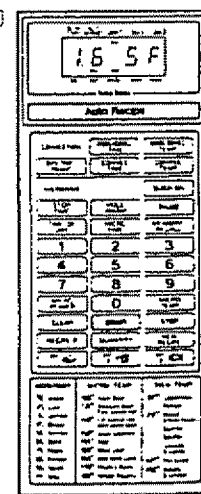
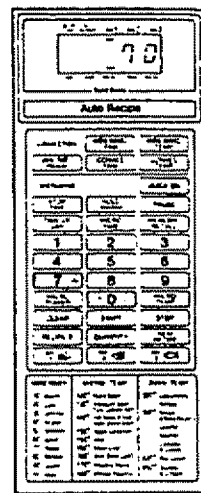


NOTE: You do not need to touch MICRO POWER when you are cooking with HI (max power). To set "HI-POWER" Cooking, skip steps 6 and 7 above. However, if MICRO POWER is touched, the light above MICRO will go on and the word "HI" will show in the display window. This is to tell you that the oven will work at HI (highest microwave power) unless a different power setting is chosen.

8. Touch START. The oven will begin to cook and you will be able to see the temperature of the food rising in the display window.



9. A tone will sound and the word "End" will show in the display window for 2 seconds when the desired temperature is reached.



NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature, see page 16.

AUTOMATIC DEFROST

Three defrosting sequences are preset in the oven. The "Auto Defrost" feature provides you with the best defrosting method for most frozen foods.

The cookbook will show you which defrost sequence is recommended for the food you are defrosting

AUTO DEFROST SEQUENCE LIST

SEQUENCE #	FOOD	BASE QTY	DEFROST TIME PER BASE QTY	MIN./MAX. QUANTITY
DEFROST 1 (DEF 1) MEAT	• BEEF Ground beef, Round steak, Rib roast (rolled), Rump roast, Chuck roast, Stew beef	1 lb	9-1/4 min.	0.1/3.9 lbs.
	• LAMB Cubed for stew, Ground lamb, Chops, Leg		14-1/4 min.	4.0/9.9 lbs.
DEFROST 2 (DEF 2) POULTRY	• PORK Chops, Spareribs, Country-style ribs, Sausage, Roast	1 lb	15 min.	0.1/6.9 lbs.
	• VEAL Chops, Roast			
	• VARIETY MEAT Liver slices, Tongue			
	• CHICKEN Whole or Cut up			
DEFROST 3 (DEF 3) FISH	• CORNISH HENS Whole	1 lb	11 min.	7.0/9.9 lbs.
	• DUCKLING Whole			
	• TURKEY Whole, Breast, Drumsticks, Roast (boneless)			
DEFROST 3 (DEF 3) FISH	• FISH Fish fillets, Fish steak, Whole fish	1 lb	14 min.	0.1/9.9 lbs.
	• SEAFOOD Lobster tails, Crabmeat, Shrimp			

(Remove metal rack, place ceramic tray in oven.)

1. Touch CLEAR. Place food in oven, then close the door.
2. Touch DEF1, DEF2, or DEF3 to select the appropriate defrosting sequence. The light below AUTO DEFROST will go on and the sequence selected (dEF1, dEF2, or dEF3) will be displayed.
3. Enter the weight of your food in decimal increments from 0.1 pounds to 9.9 pounds. Remember to convert ounces to tenths of a pound. For example to defrost 2 pounds 8 ounces, touch number keys "2" and "5" for 2.5 pounds. The display window will show "2.5".

NOTE: It is not necessary to enter the food weight when defrosting one pound of food. Unless changed, the Auto Defrost feature is automatically set for one pound.

4. Touch START. The oven will begin the defrosting sequence you selected and the display window will show the time of the first segment as it "counts down". The oven will stop automatically at the end of the first time segment and "PAUS" will appear in the display window.

5. At the pause, follow the cookbook instructions for separating, rearranging, covering and turning over.

NOTE: If the oven door is not opened during the pause time segment, the oven will restart automatically after 5 minutes. Because turning, separating, etc. are usually necessary for proper defrosting and cooking, follow steps 1 thru 6 for best results.

6. After turning over, separating the food, etc., touch START. The oven will resume defrosting and the display window will show the time remaining. At the end of the required time, a tone will sound and "End" will appear in the display window for 2 seconds. The oven shuts off automatically.

NOTE: Standing time is calculated as a part of Auto Defrost sequence in the oven.

AUTOMATIC DEFROST (Cont'd)

EXAMPLE: To defrost 2 pounds of Ground Beef

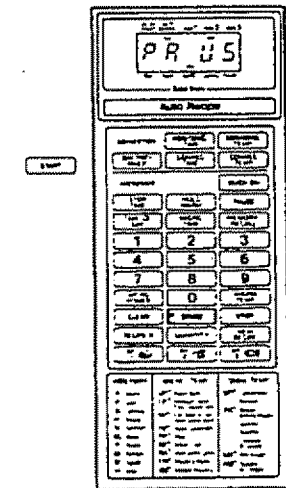
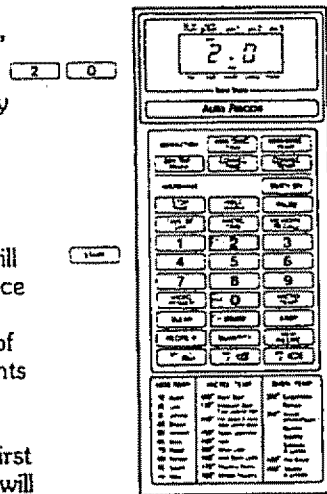
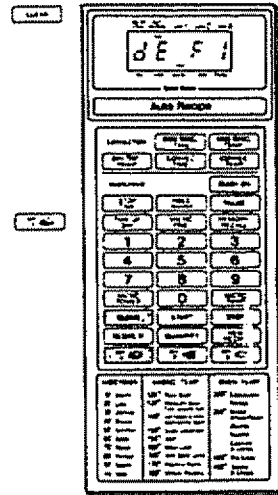
1. Touch CLEAR.
Place beef in oven, then close the door.

2. Touch "DEF 1". The lights below AUTO DEFROST and above MICRO will go on and "DEF1" will show in the display window.

3. Enter the weight of the ground beef by touching "2" and then "0".
"2.0" will show in the display window.

4. Touch START. The oven will begin the defrosting sequence you selected and display window will show the time of the first segment as it "counts down".
The oven will stop automatically at the end of the first time segment and "PAUS" will appear in the display window.

5. At the pause, follow the cookbook instructions for separating, rearranging, covering and turning food over
6. After turning over, separating etc., touch START. The oven will resume defrosting and the display window will show the time remaining. At the end of the required time, a tone will sound and "End" will appear in the display window for 2 seconds.
The oven shuts off automatically.



AUTO DEFROSTING INSTRUCTIONS.

- The benefit of this Auto Defrost feature is automatic setting and control of defrosting, but just like conventional defrosting, you must check the foods during the defrosting time.
To check the foods "Pause" is preset in this Auto Defrosting cycle.
Turn over, separate or rearrange food items per cookbook instructions when the word "PAUS" appears in the display window.
- For best results, remove fish/seafood/meat/poultry from its original paper or plastic closed package (wrapper).
Otherwise, the wrap will hold steam and juice close to the foods which can cause the outer surface of the foods to cook.
- When it is difficult to remove the wrap from the foods, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Remove the foods from the oven and remove the wrap from foods.
- Place foods in a shallow microproof baking dish or microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.

IMPORTANT NOTE: The defrost power setting (power level 30 DEFROST) should not be confused with this "Auto Defrost" feature. The defrost cooking level is a low-energy setting used to cook foods that need slow, gentle cooking. Also use the defrost cooking level to thaw small ground beef patties, bacon and bread items.

MULTI-STAGE COOKING

Multi-Stage cooking allows you to set the oven to cook in one stage at a certain power level for a chosen time or temperature and then in a second and a third stage at a different power level for a chosen time or temperature. The cooking process can be set for four memory stages when Auto Defrost is included as the first stage. The stage are set before cooking and will follow automatically when oven is started.

(Remove metal rack, place ceramic tray in oven.)

1. Touch CLEAR. Place food in oven, then close the door.
 2. Touch MICRO TIME or MICRO TEMP. The lights above TIME or TEMP and MICRO, below COOK 1 will go on. The display window will show "0" or "F".
 3. Touch the correct numbers for the time or temperature of the first cooking stage.
 4. Touch MICRO POWER. The lights above MICRO and below COOK 1 will go on. The display window will show "HI".
 5. Touch the correct numbers for the cooking power level of the first cooking stage (if other than "HI").
 6. Touch MEMORY/RECALL or PAUSE. The light below COOK 2 will go on. The display window will show "0".
 7. Touch MICRO TIME or MICRO TEMP.
 8. Touch the correct numbers for the time or temperature of the second cooking stage.
 9. Touch MICRO POWER. The display window will show "HI".
 10. Touch the correct numbers for the cooking power level in the second cooking stage (if other than "HI").
 - 11A. Touch START for two-stage cooking.
 - 11B. If three-stage cooking is desired, touch MEMORY/RECALL or PAUSE. The light below COOK 3 will go on. The display window will show "0".
- Repeat steps 7-10 above to set the third cooking stage at the same or a different power level for a chosen time or temperature.
12. Touch START for three-stage cooking.

MULTI-STAGE COOKING WITH AUTO DEFROST

If you want to cook after using the Auto Defrost cycle, first set the Auto Defrost and touch MEMORY/RECALL or PAUSE, then follow the above instructions numbered 2-12. The cooking process can be set up to four stages when Auto Defrost is one of the stages. See pages 25 and 26 for the detailed instructions on Auto Defrost.

- To pause between stages
To set the oven to stop between stages, touch PAUSE when setting the oven. See page 15 for more detailed information.
NOTE: If you touch MEMORY/RECALL instead of PAUSE, the oven will not stop but will remember the next stage and continue cooking.

EXAMPLE: (Three-stage cooking)
English Beef Rib Broth
(30 minutes, power level HI) (PAUSE)
(60 minutes, power level 50) (MEMORY/RECALL)
(15 minutes, power level 20)
The following steps explain how to set the oven.

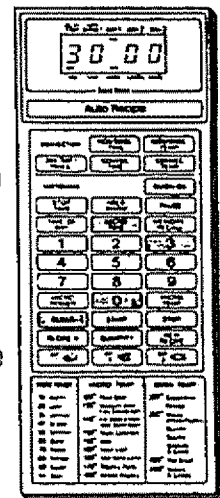
First Stage

(30 minutes; Power level "HI")

1. Touch CLEAR. Place English Beef Rib Broth in oven, then close the door.
2. Touch MICRO TIME.
3. Set 30 minutes by touching "3", "0" then "0" twice. "3000" will show in the display window. (Power is on HI.)

3 0 0 0

The first stage has been set.

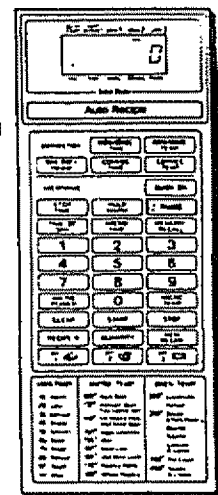


Second Stage

(60 minutes; Power level 50 SIMMER)

4. Touch PAUSE. The light below COOK 2 will go on. The display window will show "0".

PAUSE

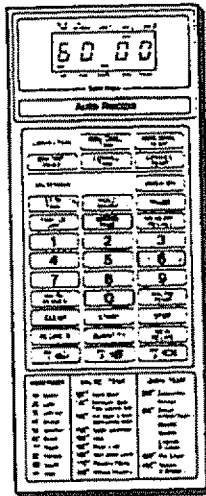


MULTI-STAGE COOKING (Cont'd)

5. Touch MICRO TIME.

6. Set 60 minutes by touching "6" then "0" then "0" twice. "6000" will show in the display window.

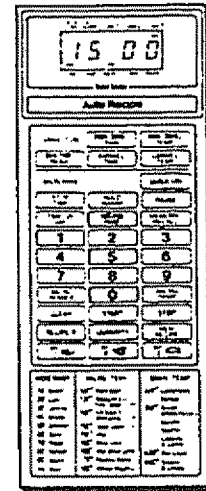
6 0 0 0



10. Touch MICRO TIME.

11. Set 15 minutes by touching "1" "5" then "0" twice. "1500" will show in the display window.

1 5 0 0



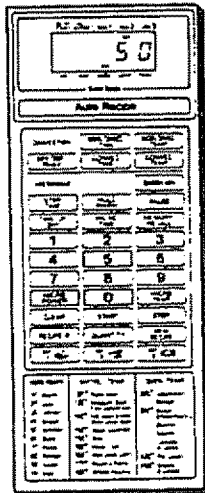
7. Touch MICRO POWER.

"HI" will show in the display window to remind you that the oven will operate at highest power unless you enter a lower power setting.

8. Touch numbers "5" and "0". "50" will show in the display window (indicating that you have set the oven to operate at power level 50).

5 0

The second stage has been set.

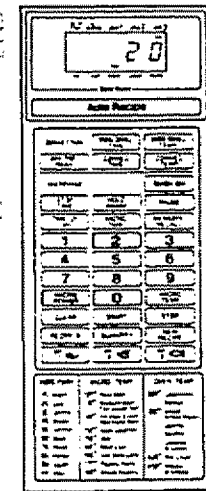


12. Touch MICRO POWER and numbers "2" and "0".

2 0

"20" will show in the display window. The third stage has been set.

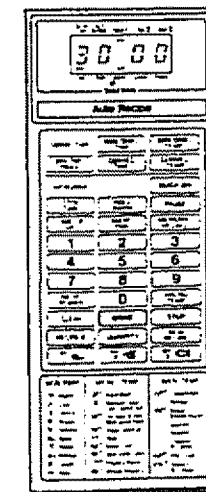
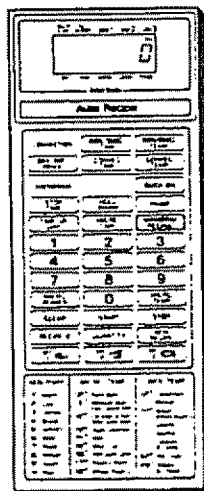
13. Touch START. The first stage will begin. "3000" will show in the display window. The oven will begin to cook (power level HI) and the time can be seen counting down in the display window. When the 30 minutes are up, a tone will sound and the oven will stop automatically at the end of the first stage and "PAUS" will appear in the display window. At the pause, stir the food and touch START again. The oven will proceed into the second stage. The oven will begin cooking at "50" power level and the time will be counting down in the display window. When the 60 minutes are up, a tone will sound and the oven will proceed into the third stage. When the 15 minutes are over, a tone will sound and the word "End" will show in the display window and the oven will automatically shut off. The oven will have finished all stages.



Third Stage

(15 minutes; Power level 20 LOW)

9. Touch MEMORY/RECALL. The light below COOK 3 will go on. The display window will show "0".



NOTE: If you want to keep the food warm after finishing the cooking cycle, you can use "Hold Warm" feature. For detailed instructions on using "Hold Warm" feature, see page 16.

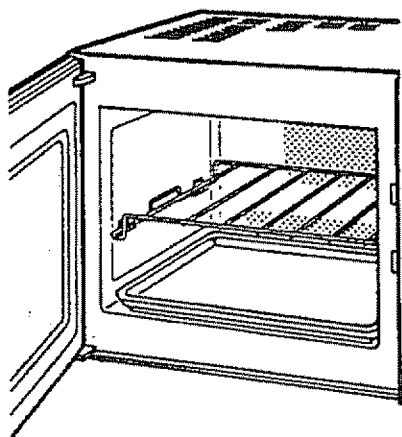
WHOLE MEAL COOKING

(See Cookbook for detailed explanation)

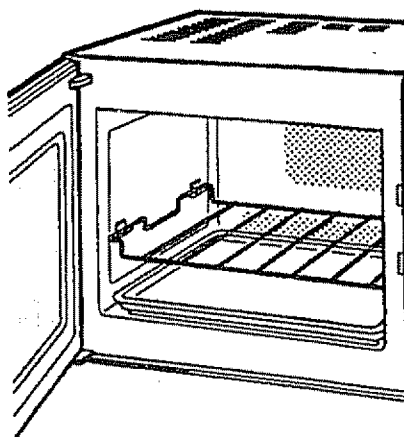
Whole Meal cooking lets you cook two or more different foods at the same time. Foods need not be placed in the oven at the same time, nor be removed at the same time, unless needed. By using PAUSE rather than MEMORY/RECALL, the oven will stop between stages for time to add or remove food.

1. Place the Metal Rack in guides on the side wall of oven cavity as shown.
To change rack from lower to upper position, simply turn it over.
2. Place food into the oven.
3. Set the oven following the instructions given in the cookbook.

Metal Rack at Upper Position



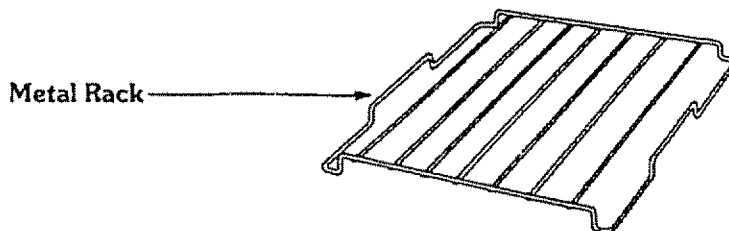
Metal Rack at Lower Position



The ceramic tray should always be in the oven for the Microwave or Micro/Convec methods.

METAL RACK CARE

- Remove Metal Rack from oven when not being used for whole meal cooking.
- Do not run the oven empty with the Metal Rack in it excepting for Preheat.
- Do not place the Metal Rack directly on the oven floor when using the Microwave or Micro/Convec methods for cooking.
- The Metal Rack may get hot during cooking. Pot holders may be needed to remove Rack after cooking.
- Do not use browning dishes on Metal Rack.
- Do not use foil or metal containers on the Metal Rack when using the Microwave or Micro/Convec methods for cooking.



CONVECTION COOKING

The convection cooking will be best used for items like souffles, breads, angel food cakes, pizza, and also for meat and fish.

No special techniques are required to adapt your favorite oven recipes to convection cooking. You may need to use lower temperatures by 25°F – 35°F than in a conventional oven, because the convection cooking method is identical to a conventional oven except for the increased efficiency of fan-circulated hot air.

When baking cakes, cookies, breads, rolls or other baked foods, most recipes call for preheating. Preheat the empty oven just as you do the conventional oven. Heavier dense foods such as meats, casseroles, poultry can be started without preheating.

All heatproof cookware or metal utensils may be used in convection cooking.

CERAMIC TRAY

The ceramic tray should be removed from oven prior to convection cooking to allow for the most even heating.

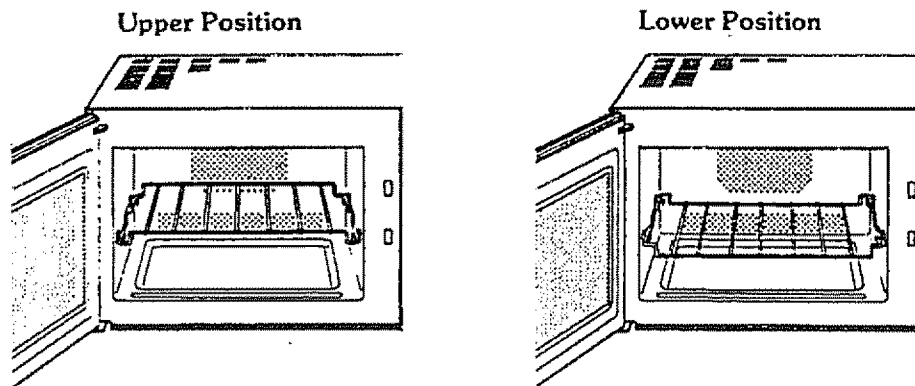
METAL RACK

The metal rack has two positions; upper and lower. As conventional cooking, the distance of the food from heat source affects cooking results. Always consider the cooking method and desired results when deciding which cooking position to use.

There is no standard rule for rack position for every food type, therefore, please refer to your cookbook food charts in each chapter of the book. Also, finding a similar recipe in the cookbook index and referring to the recipe's suggested position will be helpful.

Cooking Position	Recipe
Upper	Steak, Hamburger Patty, Pork Chops, Chicken Pieces, Cookies, Brownies, Biscuits
Lower	Beef Roast, Leg of Lamb, Whole Chicken, Pie Crust, Angel Food Cake, Apple Pie, Souffle

To change Metal Rack from upper to lower position, simply turn it over. The ceramic tray must always be removed for convection cooking.



NOTE: The ceramic tray must always be in the oven for microwave or micro/convec cooking.

BAKING PAN/METAL UTENSILS

Any Baking Pan less than 13" x 13" can be used with this oven. The Baking Pan or metal utensils should be placed on the Metal Rack for convection cooking.

METAL UTENSILS should only be used in convection cooking. Metal utensils should be placed on the metal rack or oven floor. Never use metal utensils for microwave or micro/convec cooking.

CONVECTION COOKING WITH AUTOMATIC PREHEAT

An Automatic preheating temperature of 350°F for convection cooking has been factory set into the oven. (See step 3 below.)

1. Remove ceramic tray from oven. Set the metal rack in the desired cooking position; upper or lower.

2. Touch CLEAR then touch OVEN TEMP/PREHEAT. The light below COOK 1 will go on and "F" shows in the display window.

3. If you do not touch the numbers for the oven temperature, the oven starts preheating to the 350°F when START is touched.

If you want to preheat the oven to the temperature other than the 350°F, touch the desired numbers. For example, to preheat the oven to 400°F, touch 4, 0 and 0. The "400F" will show in the display window.

4. Touch PAUSE. Light below COOK 2 will go on and "0" shows in the display window.

5. Touch CONVEC TIME. Lights above TIME and CONVEC will go on and "0" shows in the display window.

6. Set the convection cooking time by touching the corresponding numbers as instructed in the Cookbook. For example, set 45 minutes by touching the numbers for "4", "5", "0" and "0". Then "4500" shows in the display window.

4 5 0 0

NOTE: During convection cooking, the oven keeps the same temperature in second stage as for preheating. If, however, third stage is used, and a temperature other than 350°F is desired, the oven temperature must be set in third stage.

7. Touch START. The oven is working when the oven light is on. Lights below COOK 1, above PAUSE and CONVEC will go on, and "200F" is shown in the display window.

As the oven temperature rises above 200°F, the display temperature increase in 10°F step (210F, 220F, 230F etc.)

When the temperature in the oven reaches the preheat temperature, "350F" or the set temperature is displayed and a pulsating beep tone will sound to tell that the preheating is over.

8. **WARNING:** The temperature in the oven is quite high. Never touch the metal rack or oven walls with bare hands. Open the door, the beep sound will stop and the temperature display will change to "PAUS". Place the food inside the oven as quickly as possible. While the door is open, the heated air will escape from the oven and the oven temperature will drop.

9. Touch START again. The oven restarts, the oven light and the lights below COOK 2, above TIME and CONVEC are on. The "PAUS" display switches to the time display. The time in the display window counts down.

A tone will sound and the word "End" will show in the display window for 2 seconds when the 45 minutes are over. Then the oven will automatically shut off.

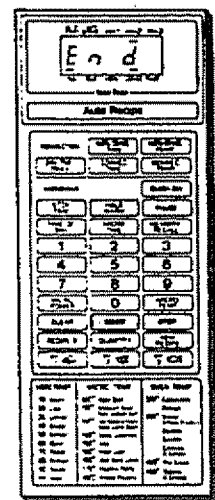
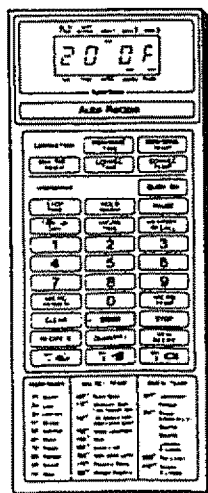
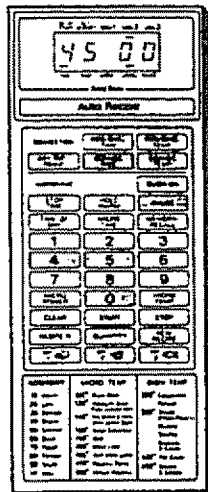
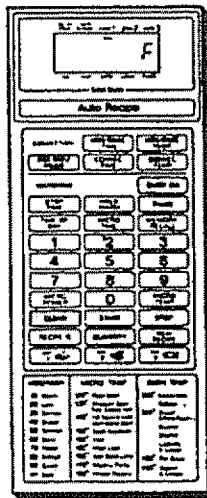
NOTES: To display the temperature of the oven during cooking, touch OVEN TEMP/PREHEAT.

After preheating is over, the beep tone will sound until either the door is opened or 30 minutes have elapsed.

The oven temperature should be chosen in ten-degree steps. For example, if a temperature of 325°F is programmed, the oven will stop at the temperature of 320°F.

Avoid opening the door often during cooking. Hot air will escape from the oven and the oven temperature will drop very quickly, adversely affecting the cooking results.

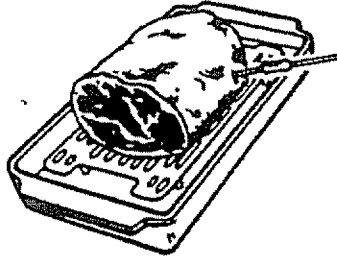
Use Pot holders to remove the Metal Rack after cooking as the Rack will be hot during cooking.



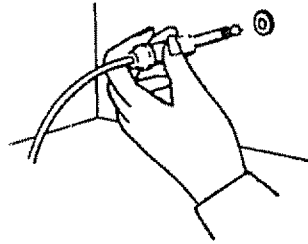
TEMPERATURE PROBE CONVECTION COOKING

Before starting Temperature Probe Convection Cooking, choose the correct temperature by consulting with the "Cooking Guide" on page 33 in this manual or in the Cookbook. The following directions show "One-Stage Cooking" only.

1. Remove ceramic tray.
Set the metal rack in the desired positions; upper or lower.
Before placing the food into the oven, put the Temperature Probe in food, with the first inch of the Sensor in center of food. Probe should be in a level direction or an angle as shown. Place food on the metal rack.

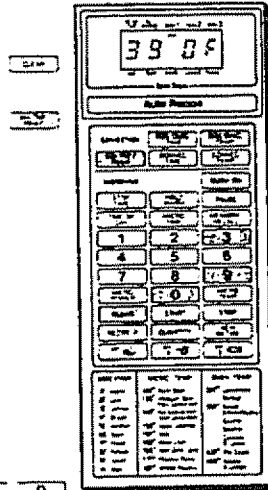


2. Plug Temperature Probe into socket on side of oven.



CAUTION: Do not plug the Pointed End of the Temperature Probe into the socket.

3. Touch CLEAR.

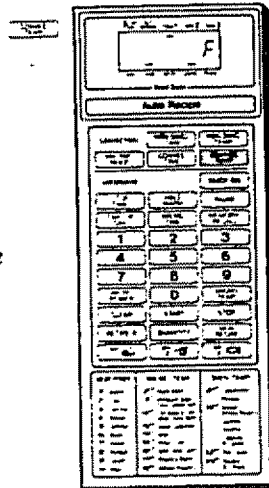


4. Touch OVEN TEMP/PREHEAT.
The light below COOK 1 will go on and "F" shows in the display window.

5. Set the oven temperature by touching the corresponding numbers.
For example 390° is set by touching the numbers for "3", "9" and "0", "390F" then shows in the display window.

3 9 0

6. Touch CONVEC TEMP.
Lights below COOK 1, above TEMP and CONVEC will go on and "F" shows in the display window.



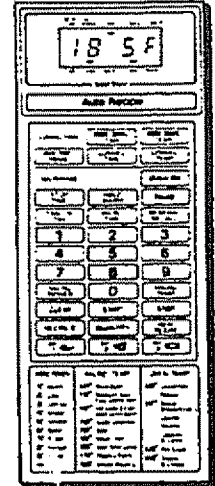
NOTES: CONVEC TEMP means that the cooking is done by measuring and controlling the internal food temperature with the Temperature Probe.

OVEN TEMP means that the cooking is done by controlling the interior oven temperature.

7. Set the desired food temperature for Temperature Probe by touching the corresponding numbers.

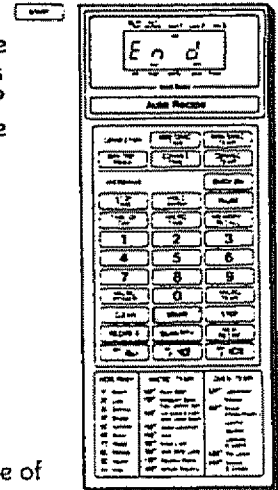
For instance, if 185°F is desired touch the numbers "1", "8" and "5".

"185F" then shows in the display window. 1 8 5



8. Touch START.

The oven is working when the oven light is on, and the lights below COOK 1, above TEMP and CONVEC will go on. The temperature of the food will be shown in the display window. When the temperature of the food reaches 185°F a tone will sound and the word "End" will show in the display window for 2 seconds and the cooking is over.



NOTES: The oven temperature of 350°F is memorized in the oven.

This means that if the desired oven temperature is 350°F, you need not touch OVEN TEMP/PREHEAT or the numbers to set an oven temperature. Skip steps 4 and 5.

Avoid opening the door often during cooking. Hot air will escape from the oven and the oven temperature will drop very quickly, adversely affecting the cooking results.

"Preheating" can be set according to the directions on page 31. Follow the instructions numbered 1—4 on page 31, then follow the instructions beginning with step 4 on this page. During pause after preheating, place food in the oven and plug temperature probe in as shown steps 1 and 2 above, then touch START again.

(Be careful to plug temperature probe in, because the oven interior is hot.)

"Multi-Stage Cooking" can be set according to the directions on pages 37 and 38.

Use Pot holders to remove the Metal Rack or Probe after cooking as the Rack and/or Probe will be hot during cooking.

COOKING GUIDE FOR CONVECTION COOKING

FOOD	OVEN TEMP	FIRST STAGE	SECOND STAGE		SPECIAL NOTES
		TIME	TIME	or PROBE TEMP	
BEEF Ground beef patties, 1-4, 4 oz, each	450°F	Rare: 6 min. Med: 7 min. Well: 8 min.	2-3 min. 3-4 min. 4-5 min.		Remove ceramic tray. Upper position. Preheat. Use broiling pan or aluminum tray.
Tenderloin roast, 2-3 lbs.	450°F	5 min. per lb. Turn over	5-10 min. per lb.	Rare: 120°F Med: 130°F Well: 140°F	Remove ceramic tray. Upper position. Preheat. In heatproof shallow baking dish. Let stand 5 min.
Rib eye or strip steak 1 in thick	450°F	Rare: 4 min. Med: 5 min. Well: 6 min. Turn over	3-6 min. 4-7 min. 5-8 min.		Remove ceramic tray. Upper position. Preheat. Metal pan or foil tray.
LAMB Lamb chops, 3/4" thick	450°F	Rare: 4 min. Med: 5 min. Well: 7 min. Turn over	3-5 min. 4-6 min. 4-6 min.		Remove ceramic tray. Upper position. Preheat. Metal pan or foil tray.
VEAL Veal chops 1/2 in. thick	450°F	4 min. Turn over	3-4 min.		Remove ceramic tray. Upper position. Preheat. Metal pan or foil tray.
PORK Pork chops 1/2-3/4 in. thick	450°F	Med: 7 min. Well: 9 min. Turn over	4-6 min. 5-7 min.		Remove ceramic tray. Upper position. Preheat. Metal pan or foil tray.
BAKERY Angel food cake	350°F	35-40 min.			Remove ceramic tray. Place on oven bottom. 10 inch metal tube pan. Let cake cool completely before removing from pan
Cake Mix 18 oz.	350°F	28-30 min.			Remove ceramic tray. Place metal rack in upper position. Preheat. Use two 8-inch round baking pans. Rotate halfway through cooking time. Repeat with second layer.
Refrigerated crescent, Butterflake rolls 8 oz	380°F	10-13 min.			Remove ceramic tray. Place metal rack in upper position. Preheat. Cookie sheet or foil tray.

MICRO/CONVEC COOKING

Cooking is done by both microwave and hot air. Micro/Convec cooking is fast and efficient. The following directions show "One-Stage Cooking" only.

(Place ceramic tray in oven.)

1. Touch CLEAR.

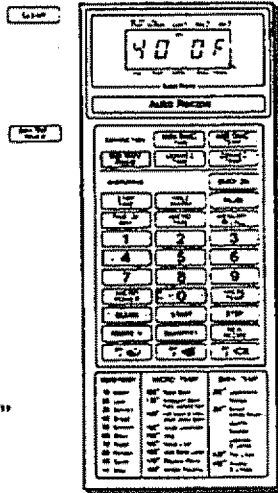
Place food in oven, then close the door.

2. Touch OVEN TEMP/PREHEAT.

The light below COOK 1 will go on and "F" shows in the display window.

3. Set the desired oven temperature by touching the corresponding numbers. For example, 400°F is set by touching the numbers "4", "0" and "0". "400F" will then show in the display window.

4 0 0

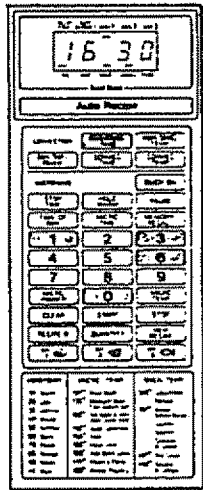


4. Touch MICRO/CONVEC TIME.

Lights below COOK 1, above TIME and MICRO and CONVEC will go on, and "0" shows in the display window.

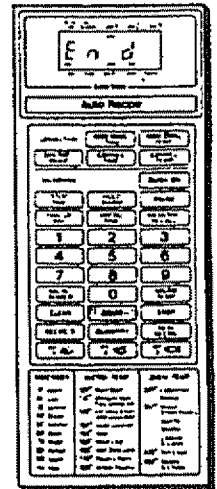
5. Set the desired cooking time by touching the corresponding numbers. For example, to set 16 minutes and 30 seconds, touch numbers "1", "6", "3" and "0". "1630" then shows in the display window.

1 6 3 0



6. Touch START.

The oven is working when the oven light is on and the time in the display window begins counting down. When the figure in the display window counts down to "0" while the oven temperature is programmed for 400°F a tone will sound and the word "End" will show in the display window for 2 seconds and the cooking is over.



NOTES: The oven temperature of 350°F is memorized in the oven. This means that if the desired oven temperature is 350°F, you need not touch OVEN TEMP/PREHEAT or the numbers to set an oven temperature. Skip steps 4 and 5.

Avoid opening the door often during cooking. Hot air will escape from the oven and the oven temperature will drop very quickly, adversely affecting the cooking results.

"Preheating" can be set according to the directions on page 31. Follow the instructions numbered 1—4 on page 31, then follow the instructions beginning with step 2 on this page. During pause after preheating, place food in the oven, then touch START again.

"Multi-Stage Cooking" can be set according to the directions on pages 37 and 38.

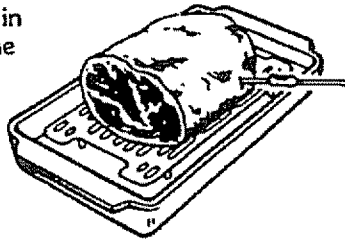
Use Pot holders to remove the Metal Rack after cooking as the Rack will be hot during cooking.

Ceramic tray should always be in the oven for micro/convec cooking

TEMPERATURE PROBE MICRO/CONVEC COOKING

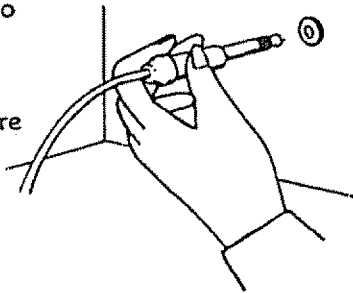
Consult the "Temperature controlled Cooking Guide" on page 36 before you start Temperature Probe Micro/Convec Cooking. The following directions show "One-Stage Cooking" only.

1. Put the Temperature Probe in food, with the first inch of the Sensor in center of food. Probe should be in a level direction or on an angle as shown.



2. Plug Temperature Probe into socket on side of oven.

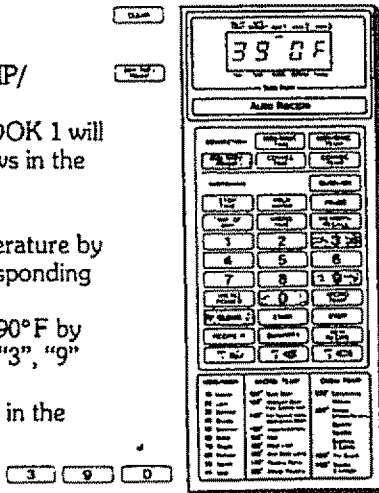
CAUTION: Do not plug the Pointed End of the Temperature Probe into the socket.



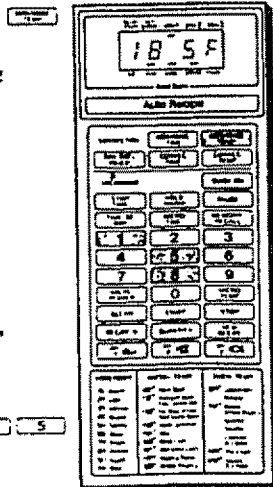
3. Touch CLEAR.
4. Touch OVEN TEMP/PREHEAT.

The light below COOK 1 will go on and "F" shows in the display window.

5. Set the oven temperature by touching the corresponding numbers. For example, set 390°F by touching numbers "3", "9" and "0". "390F" then shows in the display window.



6. Touch MICRO/CONVEC TEMP.
- Lights below COOK 1, above TEMP and MICRO and CONVEC will go on and "F" shows in the display window.

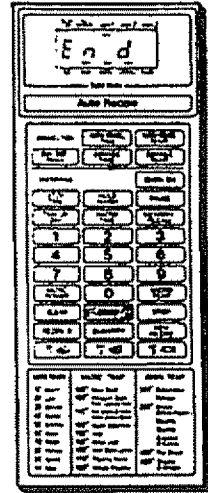


7. Set the desired food temperature for Temperature Probe by touching the corresponding numbers. If 185°F is desired, for example, touch numbers "1", "8" and "5". "185F" will show in the display window.



8. Touch START.

The oven is working when the oven light is on. Lights below COOK 1, above TEMP and MICRO and CONVEC will go on and the food temperature is shown in the display window. When the temperature of the food reaches 185°F while the oven temperature is programmed for 390°F, a tone will sound and the word "End" will show in the display window for 2 seconds and the cooking is over.



NOTES: The oven temperature of 350°F is memorized in the oven. This means that if the desired oven temperature is 350°F, you need not touch OVEN TEMP/PREHEAT or the numbers to set an oven temperature. Skip steps 4 and 5.

Avoid opening the door often during cooking. Hot air will escape from the oven and the oven temperature will drop very quickly, adversely affecting the cooking results.

"Preheating" can be set according to the directions on page 31. Follow the instructions numbered 1-4 on page 31, then follow the instructions beginning with step 4 on this page. During pause after preheating, place food in the oven and plug temperature probe in as shown steps 1 and 2 above, then touch START again. (Be careful to plug temperature probe in, because the oven interior is hot.)

"Multi-Stage Cooking" can be set according to the directions on pages 37 and 38.

Use Pot holders to remove the Metal Rack or Probe after cooking as the Rack and/or Probe will be hot during cooking.

Ceramic tray should always be in the oven for micro/convec cooking.

TEMPERATURE CONTROLLED COOKING GUIDE FOR MICRO/CONVEC COOKING

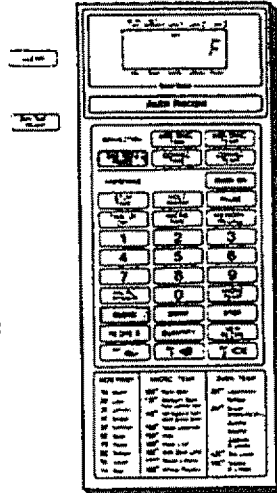
FOOD	OVEN TEMP	FIRST STAGE	SECOND STAGE		SPECIAL NOTES
		TIME	TIME	or PROBE TEMP	
BEEF Meat Loaf 1-1/2—1-3/4 lbs.	400°F	25 min. or Probe Temp. 160°F			Lower Position. Preheat. Let stand 5—10 min.
Beef rib roast, boneless	330°F	6 min. per lb. Turn over	6 min. per lb.	Rare: 120°F Med: 130°F	Lower position. In micro-proof and heatproof dish with trivet.
Beef rib roast, bone in. 5 lbs.	330°F	8 min. per lb. Fat side down Turn over	8 min. per lb.	Rare: 120°F Med: 130°F Well: 140°F	Lower position. In micro-proof and heatproof dish.
Beef round, rump, or chuck. boneless. 3 lbs.	330°F	7 min. per lb. Turn over	7 min. per lb. *	Med: 130°F Well: 140°F	Lower position. Casserole with tight cover or cooking bag.
LAMB Lamb leg or shoulder roast, bone in. 6-1/2 lbs.	330°F	3 min. per lb. Fat side down Turn over	5—6 min. per lb.	Rare: 145°F Med: 155°F Well: 165°F	Lower position. In micro-proof and heatproof dish with trivet.
Lamb roast, boneless. 3—4 lbs.	330°F	4 min. per lb. Fat side down Turn over	4—5 min. per lb.	150°F	Lower position. In micro-proof and heatproof dish with trivet.
VEAL Shoulder or rump roast, boneless, 3—3-1/2 lbs.	330°F	3—5 min. per lb. Turn over	4—5 min. per lb.	155°F	Lower position. In micro-proof and heatproof baking dish with trivet.
PORK Pork loin roast, boneless. 4—5 lbs.	320°F	5—7 min. per lb. Turn over	5—7 min. per lb.	165°F	Lower position. In micro-proof and heatproof baking dish.
Pork loin, center cut, 4—5 lbs.	320°F	5—7 min. per lb. Turn over	5—7 min. per lb.	165°F	Lower position. In micro-proof and heatproof baking dish.
POULTRY Chicken. Whole, 3—4 lbs.	400°F	5—6 min. per lb. Breast down Turn over	6 min. per lb.	180°F	Lower position. In micro-proof and heatproof baking dish with trivet.
Cornish Hens 1—1-1/2 lbs.	350°F	10 min. per lb. Breast up Turn over	6—9 min.	180°F	Lower position. In micro-proof and heatproof baking dish.
Turkey Breast 3—4 lbs.	350°F	4 min. per lb. Skin down Turn over	3-1/2—4-1/2 min. per lb.	170°F	Lower position. Preheat. In microproof and heat-proof baking dish.

MULTI-STAGE COOKING

In three-stage cooking, different modes of cooking can be combined for sequential cooking. To make Party Cake, for example, Preheating is the 1st stage, Convection Cooking is the 2nd stage and Micro/Convec Cooking is the 3rd stage.

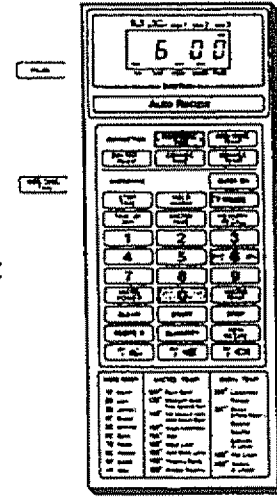
First Stage

1. Touch CLEAR.
2. Touch OVEN TEMP/PREHEAT. Light below COOK 1 will go on and "F" shows in the display window.
NOTE: Since the oven temperature is 350°F in this case, the temperature need not be pre-set since this temperature is memorized in the oven.



Third Stage

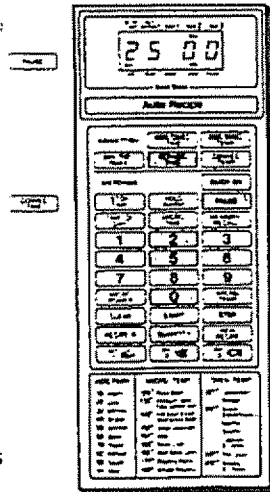
6. Touch PAUSE. Light below COOK 3 and "0" shows in the display window.
7. Touch MICRO/CONVEC TIME. Lights below COOK3, above TIME, MICRO and CONVEC will go on and "0" shows in the display window.
8. Set the desired time for 3rd stage cooking, 6 minutes, by touching numbers "6", "0" and "0", "600" will shows in the display window.



6 0 0

Second Stage

3. Touch PAUSE. Light below COOK 2 will go on and "0" shows in the display window.
4. Touch CONVEC TIME. Light below COOK 2, above TIME and CONVEC will go on and "0" shows in the display window.
5. Set the desired time for 2nd stage cooking, 25 minutes, by touching numbers "2", "5", "0" and "0". "2500" will shows in the display window.



2 5 0 0

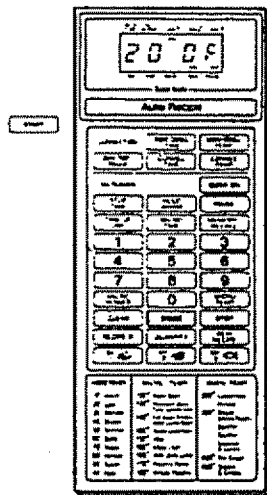
NOTE: During convection cooking, the oven keeps the same temperature in second stage as for preheating. If, however, third stage is used, and a temperature other than 350°F is desired, the oven temperature must be set in third stage.

MULTI-STAGE COOKING (Cont'd)

9. Remove ceramic tray from oven. Place the metal rack in the desired cooking position; upper or lower. Touch START.

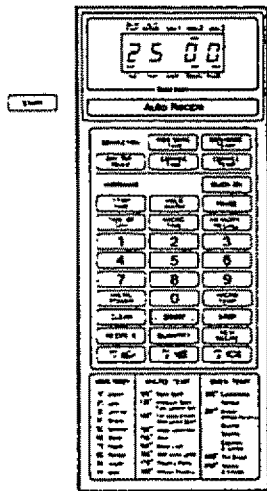
The oven is working when the oven light is on.

Lights below COOK 1, above PAUSE and CONVEC will go on and the oven temperature is shown in the display window. As the oven temperature rises, the increasing temperature will be shown in the display window. When the temperature reaches 350°F, "350F" shows in the display window and a beep tone will sound to indicate that the preheating time is over.

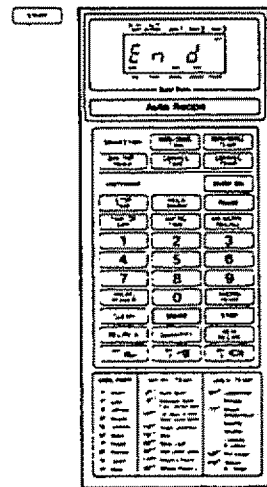


10. The beep sound stops when the door is opened. Place the food in the oven and close the door quickly. The word "PAUS" flashes in the display window.

11. Touch START. The oven starts working when the oven light is on. Lights below COOK 2, above TIME and CONVEC and PAUSE will go on and the time in the display window counts down to "0" and the 2nd cooking stage is over. The beep tone sounds then the oven will stop and the word "PAUS" will flash in the display window. At pause, place the ceramic tray into the oven.



12. Touch START. Lights below COOK 3, above TIME and MICRO and CONVEC will go on and the time in the display window counts to "0" and the 3rd stage of cooking is over. The beep tone will sound and the word "End" will show in the display window for 2 seconds. The oven will have finished three stages.



NOTE: If you want to keep the food warm after finishing the set cooking, you can use "Hold Warm" feature. Metal utensils can not be used for "Hold Warm" operation since arcing may happen and damage to the oven may result. For detailed instructions on using "Hold Warm" features, See page 16.

When Auto Defrost is used in the 1st stage, up to 4 stage cooking is possible.

Use Pot holders to remove the food and/or the Metal Rack after cooking as the utensil and the Rack may get hot during cooking.

"Standing time" allows the food to finish cooking and the heat to be uniform throughout. See the cookbook for detailed explanation.

IMPORTANT NOTE:

The ceramic tray should be always in the oven when either the microwave or micro/convec cooking is used, even when you are planning to place the food on the metal rack.

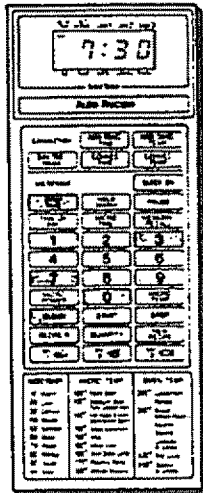
Microwaves pass through the tray and are reflected by the oven bottom back up to the under-side of the food. As a result, the food receives microwave energy on the bottom, top, and sides all at the same time. However, remove the tray for convection cooking.

DELAY START COOKING

Delay Start cooking can be programmed to start the cooking automatically and finish at a preset delay time. Choose cooking time for Microwave, Convection and Micro/Convec or any combination cooking.

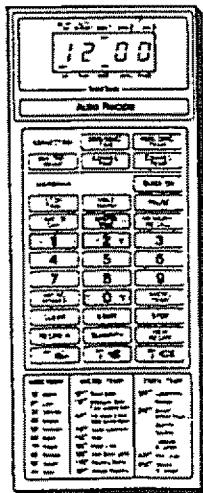
1. Touch CLEAR.
2. Touch STOP TIME.
The light below DELAY START goes on. A display window will read "0:00".
3. Touch numbers for the time of day to finish cooking. For example, touch numbers "7", "3" then "0" for the cooking to be finished at "7:30". "7:30" will show in the display window.

7 3 0



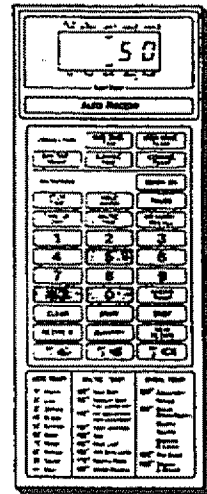
4. Touch MICRO TIME.
5. Touch numbers for cooking time.
For example, set 12 minutes by touching "1" and "2" then "0" twice. "12:00" will show in the display window.

1 2 0 0



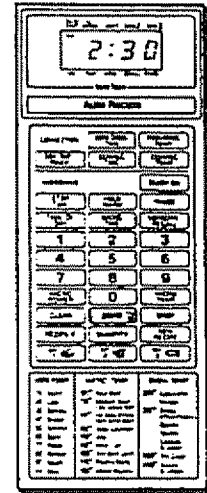
6. Touch MICRO POWER.
7. Touch numbers for cooking power level.
For example, touch numbers "5" then "0", "50" will show in the display window.

5 0



8. Touch START.
The time of day will show in the display window and the light below DELAY START goes on. As soon as the clock shows the Cook-Start Time which has been subtracted from the Cook-Finish Time, the oven will start cooking. The cooking time counts down in the display window. When the Cook-Finish Time (or "7:30") arrives, the oven will shut itself off.

STOP



NOTE: A preset delay time must be no more than 12 hours

*Multi-Stage Cooking can be used with Delay Start. After step 3 above, follow instructions for Multi-Stage Cooking beginning with step 2.

The display shows the time of day.
For example:
a half past two.

*The Delay Start cooking is controlled by time. When "Temperature Controlled" cooking is set in a stage, cooking may be finished at the stop time with a slight time difference.

*Fresh food should not stand at room temperature over four hours prior to cooking.

*Auto Defrost cooking cannot be used with Delay Start.

PRESET RECIPE COOKING

You can set the oven for cooking 80 recipes by simply touching RECIPE #, the numbers corresponding with the desired preset recipe, then START.

The preset control system in the oven contains 25 recipes that have been preset. The Times or Temperatures and Power Levels for these recipes cannot be changed. However the amount of food cooked in preset recipes #1 through 17 can be increased up to 5.9 times the preset quantity, and up to 2.9 times in recipes #18 and 19. To increase the quantity in these recipes, follow the direction on this page. Refer to the cookbook for detailed instructions on the 25 preset recipes.

To cook one of the 25 preset recipes, simply follow the steps below.

1. Touch CLEAR.
2. Touch RECIPE #.
"0" will show in the display window.
3. Touch number(s) for Preset Recipes. Refer to Preset Recipes List on page 41.
EXAMPLE: When you cook Brownie Mix of Recipe #19, touch "1" then "9". "19" will show in the display window.
4. Touch START.
Time of the first cooking stage will show in the display window and you can see the time counting down. As soon as the first cooking stage is over, the second cooking stage begins. When the second cooking stage is over, a tone will sound and the oven will automatically shut off.

You can program favorite recipes often used. These can be assigned as Recipes #26—80.

- 1 stage recipes should be stored in #26—40.
- 2 stage recipes should be stored in #41—70.
- 3 stage recipes should be stored in #71—80.

Directions for programming new recipes are on page 42.

If you have not stored a recipe in Recipe #26 to Recipe #80, the display window will flash and tell you that no preset recipe has been stored in the oven for that recipe number.

USE OF QUANTITY KEY

To Increase Quantity of Recipes #1—#19

1. Touch CLEAR.
2. Touch RECIPE #.
3. Touch numbers for the Preset Recipe.
4. Touch QUANTITY.
"0.0" will show in the display window.
5. Touch numbers for the multiplication factor.
To double the recipe, touch "2" and "0".
To triple the recipe, touch "3" and "0".
6. Touch START.

NOTES: The range of multiplication is 1.1 times to 5.9 times (Recipes #1—17) and to 2.9 times (Recipes #18 and 19) of the Base Quantity which is preset in the oven. The increments within the above range is 0.1. Multiplication can be used in Recipes #1—19. When you set the multiplication of Base Quantity beyond the range of 1.1—5.9 (Recipes #1—17) or 1.1—2.9 (Recipes #18 and 19), the oven will not start even if you touch START.

EXAMPLE: To cook three hot dogs per Recipe #4.

1. Touch CLEAR.
2. Touch RECIPE #.
3. Touch "4".
4. Touch QUANTITY.
5. Touch "3" and "0".
6. Touch START.

PRESET RECIPES LIST (RECIPES #1—#25)

25 recipes have been stored in this oven.

To cook one of the 25 preset recipes, touch the recipe number corresponding to preset recipe. These 25 recipes have been preset, so you can not erase or substitute them.

Refer to the cookbook for detailed instructions on the 25 preset recipes.

Recipe#	Ingredients	Base Q'ty	Directions
1.	Cup of Coffee	1 cup (8 oz.)	
2.	Bacon	2 slices (2 oz.)	
3.	Baked Potato	1 potato (6 oz.)	Turn Potatoes over at Pause.
4.	Hot Dog	1 hot dog (3 oz.)	Place Hot Dog in bun at Pause.
5.	Scrambled Eggs	2 eggs (5-1/2 oz.)	Stir Eggs at Pause.
6.	Fresh Corn-on-The Cob	1 ear (7 oz.)	
7.	Basic White Rice (long grain)	1/2 cup	
8.	Frozen Vegetables	10 oz. pkg	
9.	Defrosting Ground Beef	1 lb.	Removed thawed portions. Return unthawed portions at Pause.
10.	Melted Butter	2 tablespoons	
11.	Hamburger Patty	1 patty (1/4 lbs.)	Turn Patty over at Pause.
12.	Fish Steaks	2 steaks, (8 oz. each)	Turn Fish over at Pause.
13.	Chicken Pieces	1/2 lb.	Rearrange Pieces at Pause.
14.	Pork Chop, 3/4" thick	1 chop (8 oz.)	Turn Chops over at Pause.
15.	Scalloped Potatoes	5-1/4 oz. pkg (2 lbs.)	Combine package ingredients with wet and dry ingredients listed on box. At pause, stir or follow package directions.
16.	Basic White Sauce	1 cup (10 oz.)	Melt butter. At 1st pause, stir flour into butter, blending well. Add pepper and nutmeg, whisk in Milk. At 2nd pause, stir until smooth.
17.	Pudding Mix	3-1/4 oz. pkg (21 oz.)	Stir Pudding Mix at Pause.
18.	Cake Mix	1 layer, 9 oz. pkg. (19 oz.)	Rotate 1/4 turn at Pause.
19.	Brownie Mix	16 oz. pkg. (1-1/3 lbs.)	Rotate 1/4 turn at Pause.
20.	Muffins	6 muffins	Repeat three times to cook 18 muffins.
21.	Canned Entrée	1 can, 16 oz.	Plug in Temperature Probe.
22.	Canned Soup	1 can (10 3/4 oz.)	Plug in Temperature Probe.
23.	Meat Loaf	1-1/2 lb. ground beef (3 lbs.)	Plug in Temperature Probe.
24.	Precooked Ham	3—5 lbs.	Plug in Temperature Probe. Turn Ham over at Pause.
25.	Reheating Casserole	4—6 servings	Plug in Temperature Probe.

() shows total weight including all ingredients in the recipe.

NOTE: Temperature affects cooking time. The preset recipe times are based on food at its normal storage temperature. For example, meats and dairy products are refrigerator temperature. Canned goods are room temperature.

PROGRAMMING NEW RECIPES

In addition to the 25 preset recipes, you can program 55 more favorite recipes. To store the desired recipes in the oven, follow these steps:

1. Touch CLEAR.
2. Touch NEW RECIPE.
The display window reads "0".
3. Touch RECIPE #.
4. Touch suitable number from 26 to 80 according to the number of cooking stages of your recipe as shown below:
 - Store One-stage Cooking between RECIPE #26 and 40.
 - Store Two-stage Cooking between RECIPE #41 and 70.
 - Store Three-stage Cooking between RECIPE #71 and 80.

EXAMPLE: Touch "7" then "3".
The display window reads "73".
5. Program your new recipe cooking instructions.
6. Touch NEW RECIPE.
New recipe is now programmed and Time of Day will appear in the display window.

NOTES: A recipe which has been stored in this manner can be changed to a new recipe. If you want to change to a new recipe, the previously stored recipe is erased when a new recipe is entered over the old recipe.

The Back-up Energizer (Capacitor) built into this oven protects the customer Programmed Recipes for about 24 hours. If power failure lasts longer than 24 hours, the 55 customer Programmed Recipes may be erased.

Make a list of the recipe numbers and their recipes which are stored in this manner so that you can have easy reference for a later time.

Pages 43—45 are printed for this purpose.

NEW RECIPES

Recipe #	Name	Directions	Recipe #	Name	Directions
26			36		
27			37		
28			38		
29			39		
30			40		
31			41		
32			42		
33			43		
34			44		
35			45		

NEW RECIPES

Recipe #	Name	Directions	Recipe #	Name	Directions
46			56		
47			57		
48			58		
49			59		
50			60		
51			61		
52			62		
53			63		
54			64		
55			65		

NEW RECIPES

Recipe #	Name	Directions	Recipe #	Name	Directions
66			76		
67			77		
68			78		
69			79		
70			80		
71					
72					
73					
74					
75					

OVEN UTENSILS GUIDE

A variety of Utensils and Materials may be used for cooking in your microwave/convection oven. For your safety and to prevent damaging utensils and your oven, choose appropriate utensils and materials for each cooking method. The list below is a general guide for you to select utensils and materials.

Material	Utensils	Microwave Cooking	Micro/Convec Cooking	Convection Cooking
Ceramic & Glass	*Kenmore Ceramic Tray	OK	OK	NO
	Corning Ware	OK	OK	OK
	Heat resistant Glass Ware	OK	OK	OK
	Glass Ware with metal decoration	NO	NO	NO
	Lead Glass	NO	NO	NO
China	Without metal decoration	OK	OK	OK
Pottery		OK	OK	OK
Plastic	Regular Oven Heat-proof Ware	OK	OK	OK
	Plastic Wrap	OK	NO	NO
Metal	Metal Baking Pan	NO	**OK	OK
	Aluminum Foil	***OK	OK	OK
Paper	Cups, Plates, Towels	* OK	NO	NO
Waxed Paper		OK	NO	NO
Wood		NO	NO	NO

OK: Utensils to use
NO: Utensils to avoid

NOTE: METAL RACK is provided for Whole Meal, Convection or Micro/Convec cooking. Remove Metal Rack from oven when not being used for cooking.

- * Ceramic Tray
The ceramic tray should be removed for Convection cooking. only. However the tray should always be in the oven when either the Microwave or Micro/Convec cooking is used.
- ** Metal Baking Pan
Limited use on the ceramic tray only for Micro/Convec cooking.
- *** Aluminum Foil
For shielding purposes only when Microwave cooking is used

CARE AND CLEANING

The oven cavity is made of stainless steel and should be cleaned with a detergent specially formulated for stainless steel.

After convection cooking in particular, the interior of the oven tends to be stained with spattered oil. It is recommended that the oven be cleaned each time after use before the oil spatters harden and become difficult to remove.

For best performance and safety, the inner door panel should be free of food or grease build-up. Wipe often with a mild detergent, rinse, and wipe dry. Never use rough powders or pads.

After cleaning the control panel, touch CLEAR. This will clear any entries that might have been entered accidentally while cleaning the panel.

REMOVABLE PARTS

After each use of the Temperature Probe, it must be removed from the socket. Use pot holder, as the wire, plug and sensor sections may be hot. Wipe food or liquid from sensor with damp cloth.

The Ceramic Tray and Metal Rack can be removed for cleaning at the sink. Wipe up spillovers with paper towel or cloth before removal the tray.

Wash in warm soapy water and wipe dry. Do not use rough cleaning powders, steel wool, or rough cleaning pads.

The fan cover (inside oven top) can be gently wiped in place or removed for washing with detergent in a sink. Handle with care when washing in a sink. The fan cover can be removed by taking out the screw used to hold it in place, then slide the cover carefully to the right.

Avoid hitting or bending the metal stirrer blade, as this may cause uneven cooking or microwave power loss. To replace, set the cover in the tab at the top of the oven and secure it using the screw at right.

CAUTION:

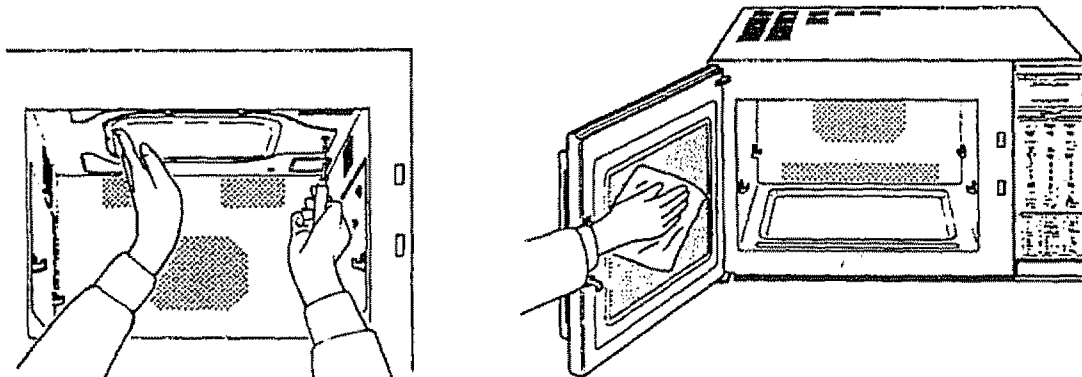
The fan cover is coated with Teflon® for easy cleaning. Do not apply abrasive powders, metal or nylon wash pads, nor any metal objects such as knives and forks to the fan cover. Hard objects and abrasive cleaners may scratch the coating. To clean, use only a foam sponge or wash cloth with a mild kitchen cleaner.

NOTE: Should the Teflon® coating be scratched off, the oven function will not be affected.

SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease build-up. Wipe both often with a mild detergent. Then rinse and wipe dry. *Never use rough powders or pads.*

After cleaning the control panel, touch CLEAR. This will clear any entries that might have been entered accidentally while cleaning the panel.



QUESTIONS AND ANSWERS

OPERATION

Q. What is wrong when the oven light will not glow during cooking or when the oven door is open?

- A. There may be several reasons why the oven light will not glow. Perhaps:
- Door is not closed and locked. Push door firmly to be sure that door is locked properly.
 - The light bulb has burned out.
-

Q. Why does steam come out of the air exhaust vent?

- A. Steam is normally produced during cooking. The microwave/convection oven has been designed to vent this steam out of the rear and top vent.
-

Q. Why does the oven not work or stop during cooking?

- A. Objects that block the exhaust vents cause the oven thermostat to shut off the oven power until the interior components have cooled.
DO NOT PLACE ANY OBJECTS SUCH AS BOOKS, PAPER, OR COOKING ACCESSORIES OVER THE TOP OF THE EXHAUST VENTS.
-

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

- A. Yes. Never run it empty and without the ceramic tray for microwave or micro/convec cooking.
-

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

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

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

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

Q. Why does the Display Window flash?

- A. Flashing numbers indicate there has been a loss of electrical power to the Oven and the Time of Day must be reset.
Prolonged loss of power can also result in loss of programmable recipes. Be sure they are recorded.
-

Q. Why does smoke come out of the exhaust vent at the top and back of the oven?

- A. It is normal for smoke to come out of the vent during convection cooking.
The smoke will be produced when the food is over-cooked, and will be through the vent.
-

Q. Why does it take so long to preheat sometimes?

- A. When the oven door is opened during the preheating, the hot air will escape from the oven and the oven temperature will drop, making the preheating time longer.
Avoid opening the oven door during preheating, convection cooking or micro/convec cooking, whenever possible.
-

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

- A. This light is from the oven light which is located outside the oven cavity.
-

Q. Is the moisture accumulation on the top and/or sides of the oven door normal when cooking using the Micro/Convection method?

- A. Yes, when foods with high moisture content are cooked, water beads may form on the top and/or sides of the oven door, but will dissipate after use.
-

Q. Why does my oven show time counting down in the display window but no cooking is occurring?

- A. The microcomputer in your oven has caused this. Simply unplug the oven and then plug it back in.
-

QUESTIONS AND ANSWERS (Cont'd)

FOODS

Q. What is wrong when baked foods have a hard, dry, brown spot?

A. A hard, dry, brown spot shows overcooking. Shorten the cooking or reheating time.

Q. Why do eggs sometimes pop?

A. When baking, frying or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking it.

CAUTION: Never microwave cook eggs in the shell.

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

A. Eggs dry out if they are overcooked. Though the same recipe is used each time, one may need to vary the cooking time for one of these reasons:

- Eggs vary in size.
 - Eggs are at room temperature one time and at refrigerator temperature another time.
 - The shapes of utensils vary, thereby making it necessary to vary the cooking time.
 - Eggs continue cooking during standing time.
-

Q. Is it possible to pop corn in a microwave oven?

A. Yes, if using one of the two methods described below.

- (1) Microwave-popping devices designed specifically for this type of microwave cooking or
- (2) Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

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

IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING.

OVERCOOKING COULD RESULT IN AN OVEN FIRE.

CAUTION: NEVER USE A BROWN PAPER BAG FOR POPPING CORN.

Q. What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?

A. The fourth potato may be slightly heavier than the others and should be cooked 30 to 60 seconds longer. Remember to allow space around each potato when baking. Also, for more even cooking, put potatoes in a circle.

Q. Why do baked apples sometimes burst during cooking?

A. The peeling has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in regular cooking methods, the interior of the apple expands during the cooking process.

Q. How are boil-overs avoided?

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

Q. Why is a standing time recommended after microwave cooking is over?

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

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

A. As in conventional cooking, the initial temperature of food affects total cooking time. More time is needed to cook food just taken out of a refrigerator versus food at a room temperature.

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1. Replacement of defective parts other than magnetron	W	MA
2. Replacement of magnetron	W	W
3. Annual preventative maintenance check at your request	MA	MA

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