



Microwave Hood Combination

Use & Care Guide

Models 721.62752
721.62759

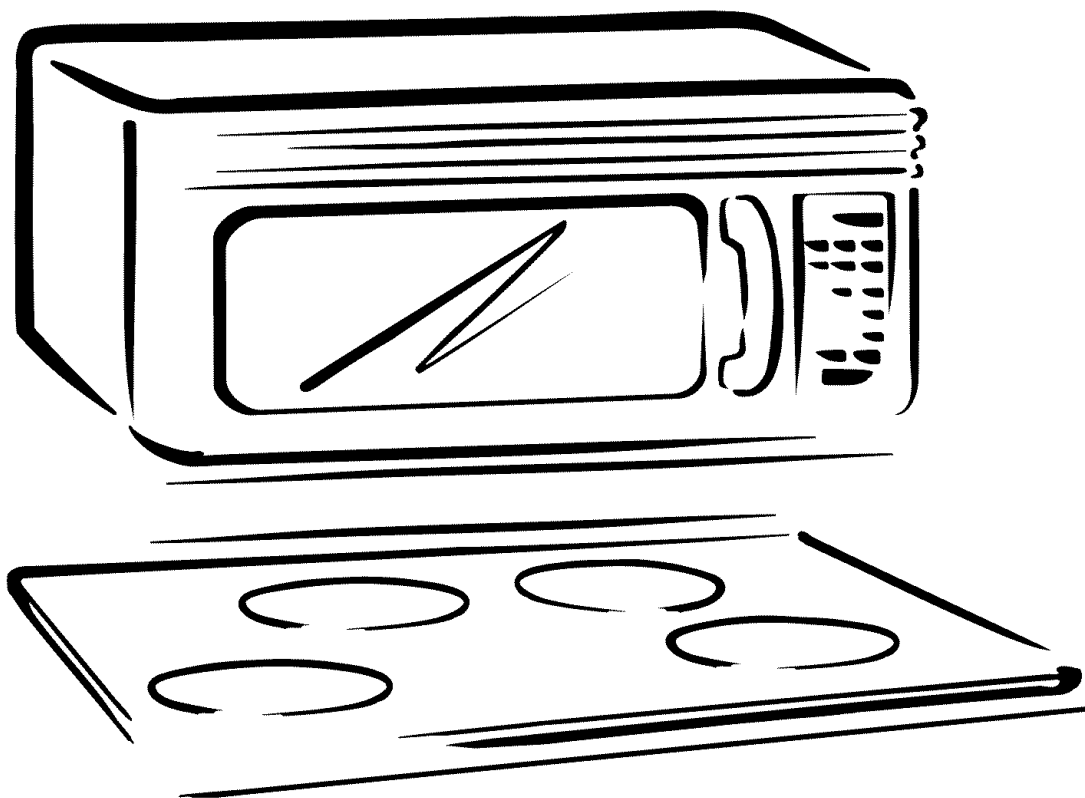


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Microwave Oven Warranty

FULL ONE-YEAR WARRANTY ON MICROWAVE OVEN

For one year from the date of purchase, if this Kenmore Microwave Oven fails due to a defect in material or workmanship, Sears will repair it free of charge.

FULL FIVE-YEAR WARRANTY ON THE MAGNETRON

For five years from the date of purchase, if the magnetron in this Kenmore Microwave Oven fails due to a defect in material or workmanship, Sears will repair it free of charge.

The above warranty coverage applies only to Microwave Ovens which are used for private household purposes.

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

This warranty applies only while this product is in use in the United States.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**Sears, Roebuck and Co.,
Dept. 817WA,
Hoffman Estates, IL 60179**

**For service call:
1-800-4-MY-HOMESM
(1-800-469-4663)**

Please record your model's information.

Whenever you call to request service for your appliance, you need to know your complete model number and serial number. You can find this information on the model and serial number label/plate (see "Microwave oven features" in the "Getting to Know Your Microwave Oven" section). Also, record the other information shown below.

Model Number _____
Serial Number _____
Purchase Date _____

Sears Service

"We service what we sell"

"We service what we sell" is our assurance to you that you can depend on Sears for service because Sears Service is nationwide.

Your Sears Kenmore Microwave Oven has added value when you consider that Sears has a service unit near you, staffed by Sears Trained Technicians – professional technicians specifically trained on Sears Kenmore Microwave Ovens, having the parts, tools and equipment to insure that we meet our pledge to you – "We service what we sell!"

To further add to the value of your microwave oven, buy a Sears Maintenance Agreement.

Sears Kenmore Microwave Ovens are designed, manufactured and tested for years of dependable operation. Yet, any modern appliance may require service from time to time. A Sears Maintenance Agreement is more than an extension of the Warranty. It provides complete protection from unexpected repair bills and undue inconvenience. It assures you of maximum efficiency from your Microwave Oven. Here's a comparative Warranty and Maintenance Agreement chart showing you the benefits of a Sears Microwave Oven Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1ST YR.	2ND YR. THRU 5TH YR.
Replacement of defective parts other than magnetron	W	MA
Replacement of magnetron	W	W
Annual preventative maintenance check at your request	MA	MA

W – WARRANTY

MA – MAINTENANCE AGREEMENT

Contact your Sears salesperson or local Sears Service Center today and purchase a Sears Maintenance Agreement.

Keep this book and the sales slip together in a safe place for future reference.

Microwave Oven Safety

Your safety and the safety of others are very important.

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



This is the safety alert symbol.

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

All safety messages will be preceded by the safety alert symbol and the word “DANGER” or “WARNING.” These words mean:

 **DANGER**

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

 **WARNING**

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

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

IMPORTANT SAFETY INSTRUCTIONS

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

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

- Read all instructions before using the microwave oven.
- Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY” found in this section.
- The microwave oven must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” found at the end of this section.
- Install or locate the microwave oven only in accordance with the provided installation instructions.
- Some products such as whole eggs in the shell and sealed containers – for example, closed glass jars – may explode and should not be heated in the microwave oven.
- Use the microwave oven only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in the microwave oven. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate the microwave oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

- The microwave oven should be serviced only by qualified service personnel. Call an authorized service company for examination, repair, or adjustment.
- See door surface cleaning instructions in the “Caring for Your Microwave Oven” section.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend the microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing bags in oven.
 - If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- Suitable for use above both gas and electric cooking equipment.
- Intended to be used above ranges with maximum width of 36 inches (91 cm).
- Clean Ventilating Hoods Frequently -Grease should not be allowed to accumulate on hood or filter.
- When flaming foods under the hood, turn the fan on.
- Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.
- Oversized foods or oversized metal utensils should not be inserted in the microwave oven as they may create a fire or risk of electric shock.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
- Do not store anything directly on top of the microwave oven when the microwave oven is in operation.
- Do not cover or block any openings on the microwave oven.
- Do not store this microwave oven outdoors. Do not use the microwave oven near water - for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- Do not mount over a sink.
- Do not cover racks or any other part of the oven with metal foil. This will cause overheating of the oven.

SAVE THESE INSTRUCTIONS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - (1) Door (bent),
 - (2) Hinges and latches (broken or loosened),
 - (3) Door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Electrical requirements

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

WARNING



Electrical Shock Hazard

Plug into a grounded 3 prong outlet.
Do not remove ground prong.
Do not use an adapter.
Do not use an extension cord.
Failure to follow these instructions can result in death, fire, or electrical shock.

GROUNDING INSTRUCTIONS

• **For all cord connected appliances:**
The microwave oven must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. The microwave oven is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

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

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the microwave oven is properly grounded.

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

• **For a permanently connected appliance:**
The microwave oven must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the microwave oven.

SAVE THESE INSTRUCTIONS

Getting to Know Your Microwave Oven

This section discusses the concepts behind microwave cooking. It also shows you the basics you need to know to operate your microwave oven. Please read this information before you use your oven.

How your microwave oven works

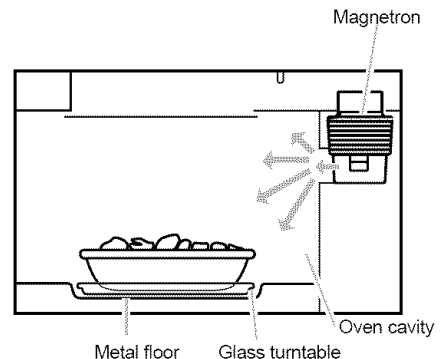
Microwave ovens are safe. Microwave energy is not hot. It causes food to make its own heat, and it's this heat that cooks the food.

Microwaves are like TV waves, radio waves, or light waves. You cannot see them, but you can see what they do.

A magnetron in the microwave oven produces microwaves. The microwaves move into the oven where they contact food as it turns on the turntable.

The glass turntable of your microwave oven lets microwaves pass through. Then they bounce off a metal floor, back through the glass turntable, and are absorbed by the food.

Microwaves pass through most glass, paper, and plastics without heating them so food absorbs the energy. Microwaves bounce off metal containers so food does not absorb the energy.



Radio interference

Using your microwave oven may cause interference to your radio, TV, or similar equipment. When there is interference, you can reduce it or remove it by:

- **Cleaning** the door and sealing surfaces of the oven.
- **Adjusting** the receiving antenna of the radio or television.
- **Moving** the receiver away from the microwave oven.
- **Plugging** the microwave oven into a different outlet so that the microwave oven and receiver are on different branch circuits.

For the best cooking results

- **Always cook food** for the shortest cooking time recommended. Check to see how the food is cooking. If needed, touch ADD MINUTE while the oven is operating or after the cooking cycle is over (see the "Using add minute" section).
- **Stir, turn over, or rearrange** the food being cooked about halfway through the cooking time for all recipes. This will help make sure the food is evenly cooked.
- **If you do not have a cover for a dish**, use wax paper, or microwave-approved paper towels or plastic wrap. Remember to turn back a corner of the plastic wrap to vent steam during cooking.

Testing your microwave oven

To test the oven put about 1 cup of cold water in a glass container in the oven. Close the door. Make sure it latches. Cook at 100% power for 2 minutes. When the time is up, the water should be heated.

Testing your dinnerware or cookware

Test dinnerware or cookware before using. To test a dish for safe use, put it into the oven with a cup of water beside it. Cook at 100% cook power for one minute. **If the dish gets hot and water stays cool, do not use it.** Some dishes (melamine, some ceramic dinnerware, etc.) absorb microwave energy, becoming too hot to handle and slowing cooking times. Cooking in metal containers not designed for microwave use could damage the oven, as could containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).

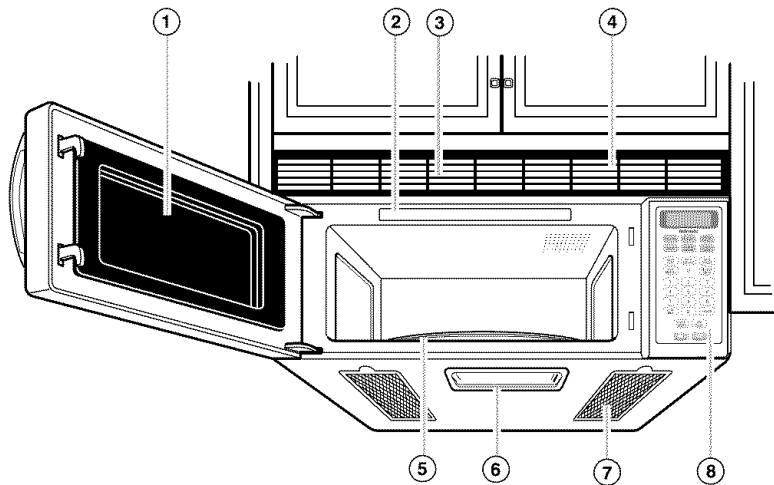
Operating safety precautions

- **Never** lean on the door or allow a child to swing on it when the door is open.
- **Use hot pads.** Microwave energy does not heat containers, but the heat from the food can make the container hot.
- **Do not** use newspaper or other printed paper in the oven.
- **Do not** dry flowers, fruit, herbs, wood, paper, gourds, or clothes in the oven.
- **Do not** start a microwave oven when it is empty. Product life may be shortened. If you practice programming the oven, **put** a container of water in the oven. It is normal for the oven door to look wavy after the oven has been running for a while.
- **Do not** try to melt paraffin wax in the oven. Paraffin wax will not melt in a microwave oven because it allows microwaves to pass through it.
- **Do not** operate the microwave oven unless the glass turntable is securely in place and can rotate freely. The turntable can rotate in either direction. **Make sure** the turntable is correct-side up in the oven. **Handle your turntable with care** when removing it from the oven to avoid possibly breaking it. If your turntable cracks or breaks, contact your dealer for a replacement.
- **When you use a browning dish**, the browning dish bottom must be at least 3/16 inch above the turntable. Follow the directions supplied with the browning dish.
- **Never cook or reheat a whole egg inside the shell.** Steam buildup in whole eggs may cause them to burst, and possibly damage the oven. **Slice** hard-boiled eggs before heating. In rare cases, poached eggs have been known to explode. **Cover** poached eggs and **allow** a standing time of one minute before cutting into them.
- **For best results, stir any liquid several times during heating or reheating.** Liquids heated in certain containers (especially containers shaped like cylinders) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (coffee granules, tea bags, etc.). This can harm the oven.
- **Microwaves** may not reach the center of a roast. The heat spreads to the center from the outer, cooked areas just as in regular oven cooking. This is one of the reasons for letting some foods (for example, roasts or baked potatoes) stand for a while after cooking, or for stirring some foods during the cooking time.
- **Do not deep fry in the oven.** Microwavable utensils are not suitable and it is difficult to maintain appropriate deep-frying temperatures.
- **Do not overcook potatoes.** At the end of the recommended cooking time, potatoes should be slightly firm because they will continue cooking during standing time. **After microwaving, let** potatoes stand for 5 minutes. They will finish cooking while standing.

Electrical connection

If your electric power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.

Microwave oven features



Your microwave oven is designed to make your cooking experience as enjoyable and productive as possible. To get you up and running quickly, the following is a list of the oven's basic features:

1. **Metal Shielded Window** The shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
2. **Model and Serial Number Plate & Cooking Guide Label**
3. **Charcoal Filter** (behind Vent Grille)

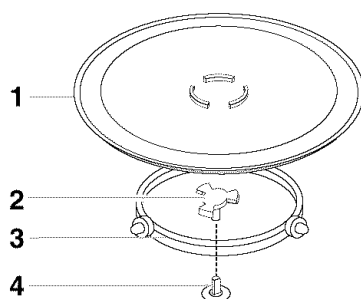
4. Vent Grille

5. **Turntable.** The turntable turns food as it cooks for more even cooking. It must be in the oven during operation for best cooking results.

6. Cooktop Light

7. **Grease Filters.** See "Caring for the filters" section.

8. **Control Panel.** Touch the pads on this panel to perform all functions.



1. Turntable
2. Hub
3. Support
4. Shaft

The turntable rotates in both directions to help cook food more evenly. Do not operate the microwave oven without the turntable in place.

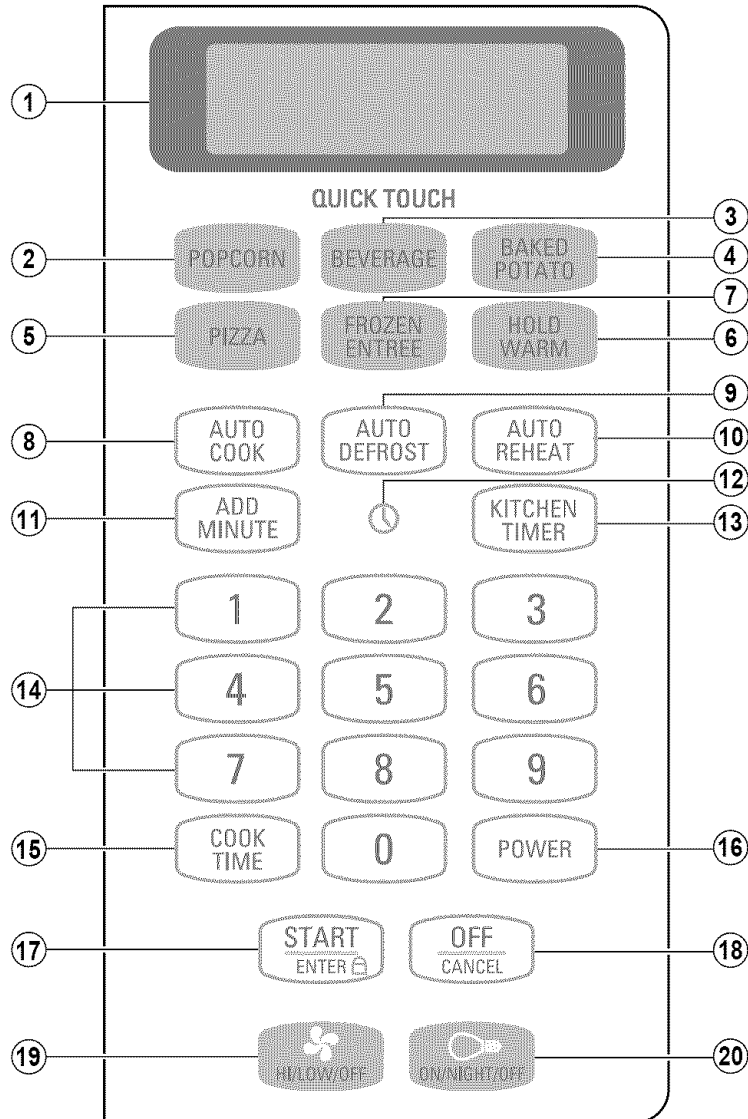
To Install:

1. Place the support on the oven cavity bottom.
2. Place the turntable on the support.

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

Control panel features

Your microwave oven control panel lets you select the desired cooking function quickly and easily. All you have to do is touch the necessary Command Pad. The following is a list of all the Command and Number Pads located on the control panel. **For more information on these features, see “Using your microwave oven” section.**



1. DISPLAY. The display includes a clock and indicators to tell you time of day, cooking time settings, cook powers, quantities, weights and cooking functions selected.

2. POPCORN. Touch this pad to pop one of 3 bag sizes of popcorn, without entering a cook power or time.

3. **BEVERAGE.** Touch this pad to heat 1 or 2 8-ounce (237 ml) cups of a beverage, without entering a cook time or power.
4. **BAKED POTATO.** Touch this pad to cook potatoes.
5. **PIZZA.** Touch this pad to reheat one or several slices of pizza.
6. **HOLD WARM.** Touch this pad to keep hot, cooked foods safely warm in your oven for up to 99 minutes, 99 seconds. HOLD WARM can be used by itself, or it can automatically follow a cooking cycle.
7. **FROZEN ENTREE.** Touch this pad to cook a 10 - to 20 - ounce (284 to 567 g) frozen entree, without entering a cook power or time.
8. **AUTO COOK.** Touch this pad to cook microwavable foods without entering times and cook powers.
9. **AUTO DEFROST.** Touch this pad followed by Number Pads to thaw frozen meat by weight.
10. **AUTO REHEAT.** Touch this pad to reheat microwavable foods without entering times and cook powers.
11. **ADD MINUTE.** Touch this pad to cook for 1 minute, at 100% Cook Power, or to add an extra minute, at the set Cook Power to your cooking cycle.
12. **🕒 (CLOCK).** Touch this pad to enter the correct time of day.
13. **KITCHEN TIMER.** Touch this pad to set or cancel the Kitchen Timer.
14. **Number Pads.** Touch Number Pads to enter cooking times, Cook Powers, quantities, weights, or food categories.
15. **COOK TIME.** Touch this pad followed by Number Pads to set a cooking time.
16. **POWER.** Touch this pad after the cook time has been set, followed by a Number Pad to set the amount of microwave energy released to cook the food. The higher the number, the higher the microwave power or "cooking speed."
17. **START/ENTER.** Touch this pad to start a function. If you open the door after the oven begins to cook, retouch START/ENTER.
18. **OFF/CANCEL.** Touch this pad to erase an incorrect command, cancel a program during cooking, or to clear the Display.
19. **FAN.** Touch this pad to turn the fan on or off.
20. **LIGHT.** Touch this pad to turn on the cooktop/countertop light.

NOTE: If you try to enter incorrect instructions, you will not hear any tones. Touch CANCEL/OFF and re-enter the instructions.

Audible signals

Audible signals are available to guide you when setting and using your oven:

- **A programming tone will sound** each time you touch a pad.
- **Seven tones** signal the end of a Kitchen Timer countdown.

- **Four tones** signal the end of a cooking cycle.
- **Three tones** sound once every minute after an End-of-Cooking signal as a reminder if food has not been removed from oven.

Interrupting cooking

You can stop the oven during a cycle by opening the door. The oven stops heating and the fan stops, but the light stays on.

To restart cooking, close the door and Touch START/ENTER

If you do not want to continue cooking:

- **Close** the door and the light goes off.
- OR**
- **Touch OFF/CANCEL**

Using Your Microwave Oven

This section gives you instructions for operating each function. Please read these instructions carefully.

Using the safety lock

The safety lock prevents unwanted use of the microwave oven by disabling the control panel Command Pads.

To lock or deactivate the control panel:

Touch and hold START/ENTER for 4 seconds. Two tones will sound and LOCKED will appear on the display.

To cancel the safety lock:

Touch and hold START/ENTER for 4 seconds. Two tones will sound and LOCKED will be cleared from the display.

Using the fan

The Fan pad on the bottom right of the control panel controls the 2-speed Fan.

1. Touch FAN
(once for HIGH, twice for LOW)

NOTE: If the temperature gets too hot around the microwave oven, the fan in the vent hood will automatically turn on at the

LOW setting to protect the oven. It may stay on up to an hour to cool the oven. When this occurs, the FAN pad will not turn the fan off.

2. Turn off fan when desired.
Touch FAN
(twice if on HIGH, once if on LOW)


Using the cooktop/countertop light

The pad on the bottom center of the control panel controls the cooktop/countertop light.


1. Touch LIGHT.
(once for high, twice for low [night light]).

2. Turn off light when desired.
Touch LIGHT.
(twice if on HIGH, once if on LOW)

Setting the clock

When your microwave oven is first plugged in or after a power failure, the Display will show "PLEASE SET TIME OF DAY". If a time of day is not set, ":" will show on the Display until you touch .


NOTES:

- If you enter in an incorrect time and touch , you cannot set time of day. Enter the correct time.
- If you touch OFF/CANCEL while setting the clock, the Display will show the last time of day set or ":" if no time of day has been set.

To set time:

1. Touch .


2. Enter time of day.

Example for 3:25: Touch "3 2 5".
Then touch  or START/ENTER.

Using the Kitchen Timer

You can use your microwave oven as a kitchen timer. Use the Kitchen Timer for timing up to 99 minutes, 99 seconds.

NOTES:

- The oven can operate while the Kitchen Timer is in use. To see the Kitchen Timer while the oven is cooking, touch KITCHEN TIMER. The Display will return to the cooking time countdown while touching.
- To see the time of day while the timer is counting down, touch .
- If you want to use other command pads while the timer is counting down, touch OFF/CANCEL to cancel the Kitchen Timer.

1. Touch KITCHEN TIMER.

2. Enter time to be counted down.

Example for 3 minutes: Touch "3 0 0".

3. Touch START/ENTER

(display counts down set time)

At the end of countdown, "END" will be displayed and seven tones will sound. To restore time of day, touch OFF/CANCEL.

Cooking at high cook power

1. Put food in oven and close the door.

2. Touch COOK TIME

ENTER COOKING TIME scrolls across display.

Example for 1 minute, 30 seconds:

Touch "1 3 0".

TOUCH START OR POWER scrolls across display.

3. Touch START/ENTER.

(display counts down cooking time)

At end of cooking time, "END" will be displayed and four tones will sound. The display will show the time of day after you open the door or touch OFF/CANCEL.

Cooking at different cook powers

For best results, some recipes call for different cook powers. The lower the cook power, the slower the cooking. Each number from 1 to 10 stands for a different percentage of cook power.

The following chart gives the percentage of cook power each number pad stands for, and the cook power name usually used.

It also tells you when to use each cook power. Follow recipe or food package instructions if available.

NOTE: Refer to a reliable cookbook for cooking times based on the 1000 Watt cook power of your microwave oven.

COOK POWER	NAME	WHEN TO USE IT
Automatic 100% of full power	High	<ul style="list-style-type: none"> • Quick heating many convenience foods and foods with high water content, such as soups and beverages. • Cooking tender cuts of meat, ground meat,
9 = 90% of full power		<ul style="list-style-type: none"> • Heating cream soups
8 = 80% of full power		<ul style="list-style-type: none"> • Heating rice, pasta, or casseroles
7 = 70% of full power	Medium-High	<ul style="list-style-type: none"> • Cooking and heating foods that need a Cook Power lower than high (for example, whole fish and meat loaf) or when food is cooking too fast • Reheating a single serving of food
6 = 60% of full power		<ul style="list-style-type: none"> • Cooking requiring special care, such as cheese and egg dishes, pudding, and custards • Finishing cooking casseroles
5 = 50% of full power	Medium	<ul style="list-style-type: none"> • Cooking ham, whole poultry, and pot roasts • Simmering stews
4 = 40% of full power		<ul style="list-style-type: none"> • Melting chocolate • Heating pastries
3 = 30% of full power	Medium-Low, Defrost	<ul style="list-style-type: none"> • Defrosting foods, such as bread, fish, meats, poultry, and precooked foods
2 = 20% of full power		<ul style="list-style-type: none"> • Softening butter, cheese, and ice cream
1 = 10% of full power	Low	<ul style="list-style-type: none"> • Keeping food warm • Taking chill out of fruit

NOTE: Once cook time has been entered, you can also use the Cook Power pad as a second Kitchen Timer by entering "0" for the Cook Power. The oven will count down the cooking time you set without cooking.

Cooking at different cook powers (cont.)

1. Put food in oven and close the door.

2. Touch **COOK TIME**.

ENTER COOKING TIME scrolls across display.

Example for 7 minute, 30 seconds:

Touch "7 3 0".

3. Touch **POWER**.

ENTER POWER LEVEL 1 TO 10 scrolls across display.

Example for 50% cook power: Touch "5".

P-50 TOUCH START scrolls across display.

4. Touch **START/ENTER**.

(display counts down cooking time)

At end of cooking time, "END" will be displayed and four tones will sound. The display will show the time of day after you open the door or touch **OFF/CANCEL**.

Cooking with more than one cook cycle

For best results, some recipes call for one Cook Power for a certain length of time, and another Cook Power for another length of time. Your oven can be set to change from one to another automatically, for up to three cycles (including Auto Defrost).

1. Put food in oven and close the door.

2. Set cooking time for first cycle.

Touch **COOK TIME**

Example for 7 minute, 30 seconds: Touch "7 3 0".

3. Set cook power for first cycle.

Touch **POWER**

Example for 50% cook power: Touch "5".

P-50 TOUCH START scrolls across display.

4. Repeat Steps 2 and 3 to set the cook time and cook power for the second cycle.

5. Touch **START/ENTER**.

After the first cycle is over, 2 tones will sound and the next cycle(s) will count down.

At end of the cooking time, "END" will be displayed and four tones will sound. The display will show the time of day after you open the door or touch **OFF/CANCEL**.

Using AUTO DEFROST

You can defrost food by choosing a category and setting a weight. AUTO DEFROST has preset times and cook powers for 3 categories: Meat, Poultry, and Fish.

NOTES:

- To defrost items not listed in the “Auto defrost chart,” use 30% cook power. Refer to a reliable cookbook for defrosting information.
- During defrosting, the display will ask you to turn food over. After you do so, close the door and touch START to continue defrosting.

To use AUTO DEFROST, follow the steps below:

- 1. Touch AUTO DEFROST.**
MEAT TOUCH 1, POULTRY TOUCH 2, FISH TOUCH 3, scrolls across display.
- 2. Touch Number pad for type of food.**
ENTER WEIGHT scrolls across display.
- 3. Touch Number pad(s) to enter the weight.**
(1=.1 lb, 11=1.1 lb, etc.)
- 4. START/ENTER.**

At end of the defrosting time, “END” will be displayed and four tones will sound.

The display will show the time of day after you open the door or touch OFF/CANCEL.

This chart shows you how to choose a type of food and the weights you can set for each type. For best results, loosen or remove covering on food.

FOOD	TOUCH DEFROST, THEN TOUCH	WEIGHTS YOU CAN SET (tenths of a pound)
Meat	1	.1 to 6.0
Poultry	2	.1 to 6.0
Fish	3	.1 to 6.0

Weight conversion chart

You are probably used to food weights as being in pounds and ounces that are fractions of a pound (for example, 4 ounces equals 1/4 pound). However, in order to enter food weight in AUTO DEFROST, you must specify pounds and tenths of a pound.

If the weight on the food package is in fractions of a pound, you can use the following chart to convert the weight to decimals.

Equivalent Weight		
OUNCES	DECIMAL WEIGHT	
1.6	.10	
3.2	.20	
4.0	.25	One-Quarter Pound
4.8	.30	
6.4	.40	
8.0	.50	One-Half Pound
9.6	.60	
11.2	.70	
12.0	.75	Three-Quarters Pound
12.8	.80	
14.4	.90	
16.0	1.00	One Pound

Defrosting tips

- **When using AUTO DEFROST**, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- **Before starting**, make sure you have removed any of the metal twist-ties which often come with frozen food bags, and replace them with strings or elastic bands.
- **Open containers** such as cartons before they are placed in the oven.
- **Always slit** or pierce plastic pouches or packaging.
- **If food is foil wrapped**, remove foil and place it in a suitable container.
- **Slit** the skins, if any, of frozen food such as sausage.
- **Bend** plastic pouches of food to ensure even defrosting.
- **Always underestimate** defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting.
- **The length** of defrosting time varies according to how solidly the food is frozen.
- **The shape of the package** affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- **As food begins to defrost**, separate the pieces. Separated pieces defrost more easily.
- **Use small pieces of aluminum foil** to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- **For better results**, let food stand after defrosting. (For more information on standing time, see "Microwave cooking tips" in the "Cooking Guide" section.)
- **Turn over** food during defrosting or standing time. Break apart and remove food as required.

Using HOLD WARM

You can safely keep hot, cooked food warm in your microwave oven for up to 99 minutes, 99 seconds (about 1 hour, 40 minutes). You can use HOLD WARM by itself, or to auto-matically follow a cooking cycle.

1. Put hot, cooked food in oven and close the door.

2. Touch HOLD WARM.

WARM HOLD TOUCH START scrolls across display.

3. Touch START/ENTER.

At end of the hold warm, "END" will be displayed and four tones will sound.

The display will show the time of day after you open the door or touch OFF/CANCEL.

To make WARM HOLD automatically follow another cycle:

- **While you are touching in cooking instructions**, touch HOLD WARM before touching START/ENTER.
- **When the last cooking cycle is over**, you will hear two tones. "WARM" will come on while the oven continues to run.
- You can set HOLD WARM to follow AUTO DEFROST, COOK, or multi-cycle cooking.

NOTES:

- **HOLD WARM** operates for up to 99 minutes, 99 seconds.
- **Opening** the oven door cancels HOLD WARM. Close the door and touch HOLD WARM, then touch START/ENTER if additional HOLD WARM time is desired.
- **Food cooked covered** should be covered during HOLD WARM.
- **Pastry items** (pies, turnovers, etc.) should be uncovered during HOLD WARM.
- Complete meals kept warm on a dinner plate should be covered during HOLD WARM.
- **Do not use** more than one complete HOLD WARM cycle (about 1 hour, 40 minutes). The quality of some foods will suffer with extended time.

Using AUTO COOK

Auto cook provides three preset categories for cooking.

Example: To cook 2 cups of rice.

1. Touch OFF/CANCEL.

2. Touch AUTO COOK.

3. Choose food category.

CATEGORY	TOUCH AND NUMBER
Fresh vegetable	1
Frozen vegetable	2
Casserole	3

4. Enter quantity servings.

CATEGORY	NUMBER OF CUPS
Fresh vegetable	1 ~ 4 cups
Frozen vegetable	1 ~ 4 cups
Casserole	1 ~ 4 cups

When the cook time is over, you will hear four beeps and **END** will display.

Cooking guide for AUTO COOK

CODE	CATEGORY	QUANTITY	DIRECTIONS
1	FRESH VEGETABLE	1 cup Vegetables and 2 tbsp water	Place in a microwavable bowl or casserole. Add water according to the quantity. Cover with plastic wrap and vent. Let stand 5 minutes.
		2 cups Vegetables and 1/4 cup of water	
		3 cups Vegetables and 1/3 cup of water	
		4 cups Vegetables and 1/2 cup of water	
2	FROZEN VEGETABLE	1 cup	Place in a microwavable bowl or casserole. Cover with plastic wrap and vent. Let stand 5 minutes.
		2 cups	
		3 cups	
		4 cups	
3	CASSEROLE	1 cup	Place in a microwavable bowl or casserole. Cover with plastic wrap and vent.
		2 cups	
		3 cups	
		4 cups	

Using BAKED POTATO

You can cook 1 to 4 potatoes with preset times and cook powers.

1. Touch BAKED POTATO.

2. Touch Number pad for number of potatoes.

3. At end of cooking time:

Display will show "END" and four tones will sound.

NOTES:

- Cooking times are based on an average 10-ounce potato.
- Before baking, pierce potato with a fork several times.
- After baking, let stand for 5 minutes.

Using POPCORN

POPCORN lets you pop 1.75, 3.0, and 3.5 ounce bags of commercially packaged microwave popcorn. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions.

1. Touch POPCORN.

2. Touch Number pad for bag size.

- 1 = 1.75 oz.
 - 2 = 3.0 oz.
 - 3 = 3.5 oz.
-

3. At end of popping time:

Display will show "END" and four tones will sound.

Using PIZZA

You can reheat up to 3 slices (5 ozs. each) of pizza.

1. Touch PIZZA.

2. Touch Number pad for number of slices.

3. At end of reheating time:

Display will show "END" and four tones will sound.

Using BEVERAGE

You can heat up 1 to 2 8-ounce cups of beverages.

1. Touch BEVERAGE.

2. Touch Number pad for number of cups.

3. At end of heating time:

Display will show "END" and four tones will sound.

NOTE: Beverage may be very hot; remove from oven with care.

Using FROZEN ENTREE

You can cook frozen entrees by choosing one of 2 preset weights.

1. Touch FROZEN ENTREE

2. Touch Number pad for specific weight.

1 = 10 ozs.

2 = 20 ozs.

3. At end of cooking time:

Display will show "END" and four tones will sound.

Using ADD MINUTE

ADD MINUTE lets you cook food for 1 minute at 100% Cook Power or add an extra minute to your cooking cycle. You can also use it to extend cooking time in multiples of 1 minute, up to 99 minutes.

NOTES:

- **To extend** cooking time in multiples of 1 minute, touch ADD MINUTE repeatedly during cooking.
- **You can enter** ADD MINUTE only after closing the door, after touching OFF/CANCEL, or during cooking.
- **If you touch** ADD MINUTE during cooking, the oven will cook at the currently selected Cook Power. If you touch ADD MINUTE after cooking is over, the oven will cook at 100% Cook Power.

1. Put food in oven and close door.

2. Touch ADD MINUTE.

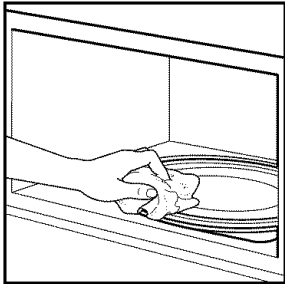
Example for cooking for 3 minutes: **Touch** ADD MINUTE three times.

At end of cooking time, "END" will be displayed and four tones will sound. The display will show the time of day after you open the door or **touch** OFF/CANCEL.

Caring for Your Microwave Oven

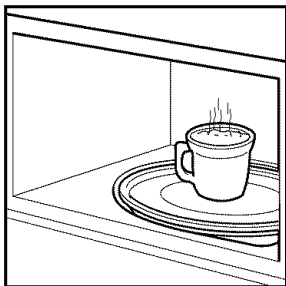
To make sure your microwave oven looks good and works well for a long time, you should maintain it properly. For proper care, please follow these instructions carefully.

For interior surfaces: Wash often with warm, sudsy water and a sponge or soft cloth. Use only mild, nonabrasive soaps or a mild detergent. **Be sure to keep the areas clean where the door and oven frame touch when closed.** Wipe well with clean water.

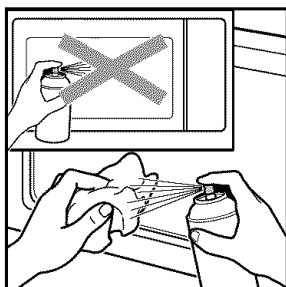


Over time, stains can occur on the surfaces as the result of food particles spattering during cooking. This is normal.

For stubborn soil, boil a cup of water in the oven for 2 to 3 minutes. Steam will soften the soil. To get rid of odors inside the oven, boil a cup of water with some lemon juice or vinegar in it.

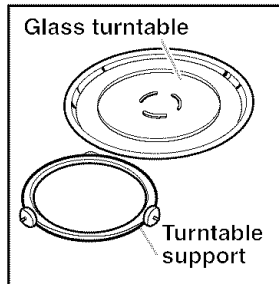


For exterior surfaces and control panel: Use a soft cloth with spray glass cleaner. Apply the spray glass cleaner to the soft cloth; do not spray directly on the oven.



NOTE: Abrasive cleansers, steel wool pads, gritty wash cloths, some paper towels, etc., can damage the control panel and the interior and exterior oven surfaces.

To clean turntable and turntable support, wash in mild, sudsy water; for heavily soiled areas use a mild cleanser and scouring sponge. The turntable and turntable support are dishwasher safe.

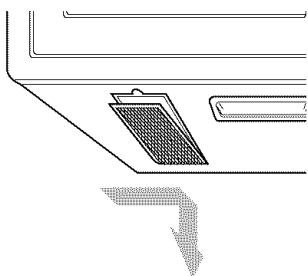


CARING FOR THE FILTERS

The grease filters should be removed and cleaned often, at least once a month.

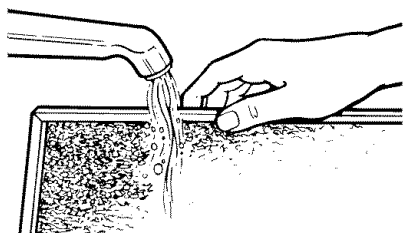
NOTE: If your microwave hood combination is installed to recirculate air, the charcoal filter (available from your Sears Service Center. The charcoal filter cannot be cleaned and should be replaced every 6 to 12 months.

Grease filters:

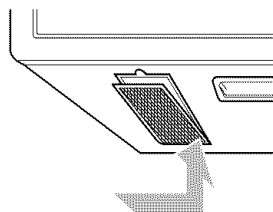


1. Unplug microwave oven or disconnect power.

2. To remove grease filters, slide each filter to the side. Pull filters downward and push to the other side. The filter will drop out.



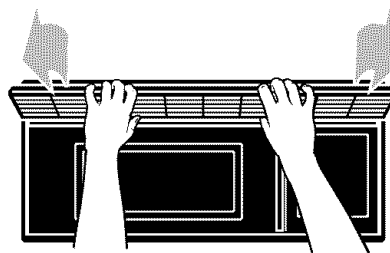
3. Soak grease filters in hot water and a mild detergent. Scrub and swish to remove embedded dirt and grease. Rinse well and shake to dry. Do not clean filters with ammonia, corrosive cleaning agents such as lye-based oven cleaners, or place them in a dishwasher. The filters will turn black or could be damaged.



4. To replace grease filters, slide filter in the frame slot on one side of the opening. Push filter upward and push to the other side to lock into place.

5. Plug in microwave oven or reconnect power.

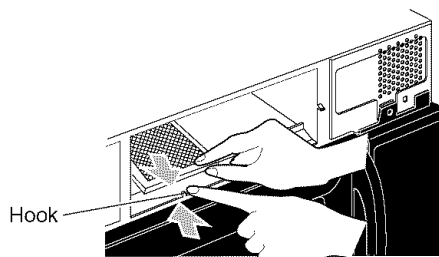
Charcoal filter:



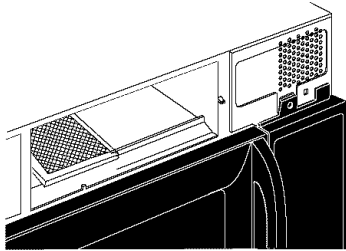
1. Unplug microwave oven or disconnect power.

2. Remove the vent grille mounting screws.

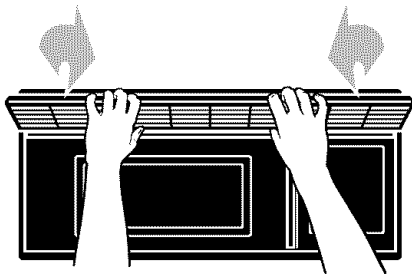
3. Tip the grille forward, then lift out to remove.



4. Lift the back of the charcoal filter. Slide the filter straight out.



- Slide a new charcoal filter into place. The filter should rest at the angle shown.



- Slide the bottom of the vent grille into place. Push the top until it snaps into place. Replace the mounting screws.

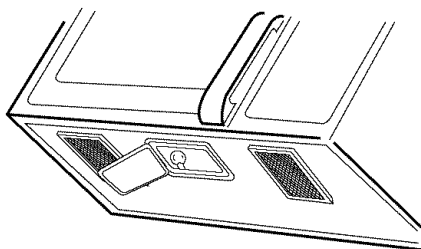
- Plug in microwave oven or reconnect power.

NOTE: Do not operate the hood without the grease filters in place.

Replacing the cooktop and oven lights

The cooktop light

- Unplug microwave oven or disconnect power.

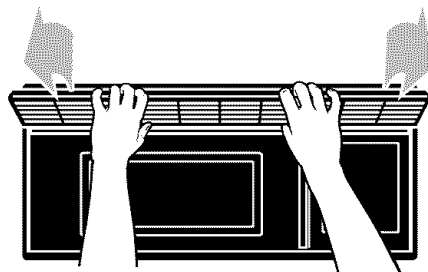


- Remove the bulb cover mounting screws.

- We recommend replacing bulb(s) with candelabra-base 30-watt bulb(s) available from your Sears Service Center. Make sure to have your model number when ordering.

- Plug in microwave oven or reconnect power.

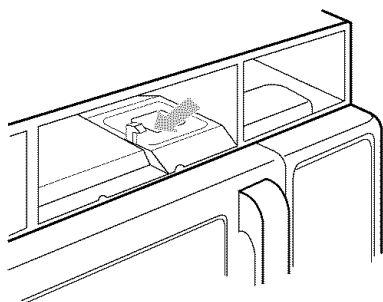
The oven light



- Unplug microwave oven or disconnect power.

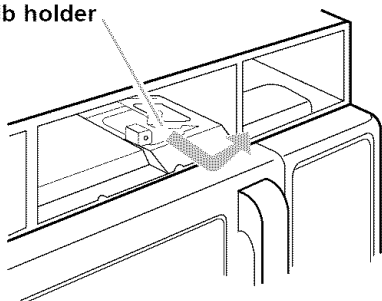
- Remove the vent grille mounting screws.

- Tip the grille forward, then lift out to remove.



4. Lift up the bulb holder.

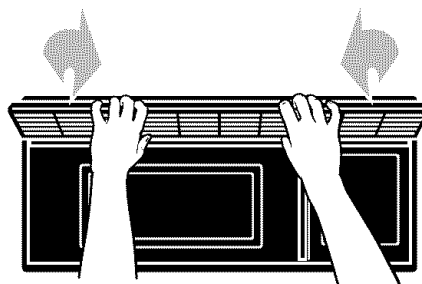
Bulb holder



5. Replace the bulb.

6. We recommend replacing the bulb with a candelabra-base 30-watt bulb available from your Sears Service Center. Make sure to have your model number when ordering.

7. Replace the bulb holder, if damaged. Bulb holder



8. Slide the top of the vent grille into place. Push the bottom until it snaps into place. Replace the mounting screws.

9. Plug in microwave oven or reconnect power.

Cooking Guide

MICROWAVE COOKING TIPS

Amount of food

- If you increase or decrease the amount of food you prepare, the time it takes to cook that food will also change. For example, if you double a recipe, add a little more than half the original cooking time. Check for doneness and, if necessary, add more time in small increments.

Starting temperature of food

- The lower the temperature of the food being put into the microwave oven, the longer it takes to cook. Food at room temperature will be re-heated more quickly than food at refrigerator temperature.

Composition of food

- Food with a lot of fat and sugar will be heated faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water in the cooking process.
- The more dense the food, the longer it takes to heat. "Very dense" food like meat takes longer to reheat than lighter, more porous food like sponge cakes.

Size and shape

- Smaller pieces of food will cook faster than larger pieces. Also, same shaped pieces cook more evenly than different-shaped pieces.
- With foods that have different thicknesses, the thinner parts will cook faster than the thicker parts. Place the thinner parts of chicken wings and legs in the center of the dish.

Stirring, turning foods

- Stirring and turning foods spreads heat quickly to the center of the dish and avoids overcooking at the outer edges of the food.

Covering food

Cover food to:

- Reduce splattering
- Shorten cooking times
- Keep food moist

You can use any covering that lets microwaves pass through. See "Getting to Know Your Microwave Oven" for materials that microwaves will pass through. If you are using the Sensor function, be sure to vent.

Releasing pressure in foods

- Several foods (for example: baked potatoes, sausages, egg yolks, and some fruits) are tightly covered by a skin or membrane. Steam can build up under the membrane during cooking, causing the food to burst. To relieve the pressure and to prevent bursting, pierce these foods before cooking with a fork, cocktail pick, or toothpick.

Using standing time

- Always allow food to stand after cooking. Standing time after defrosting and cooking allows the temperature to evenly spread throughout the food, improving the cooking results.
- The length of the standing time depends on how much food you are cooking and how dense it is. Sometimes it can be as short as the time it takes you to remove the food from the oven and take it to the serving table. However, with larger, denser food, the standing time may be as long as 10 minutes.

Arranging food

For best results, place food evenly on the plate. You can do this in several ways:

- If you are cooking several items of the same food, such as baked potatoes, place them in a ring pattern for uniform cooking.
- When cooking foods of uneven shapes or thickness, such as chicken breasts, place the smaller or thinner area of the food towards the center of the dish where it will be heated last.
- Layer thin slices of meat on top of each other.
- When you cook or reheat whole fish, score the skin – this prevents cracking.
- Do not let food or a container touch the top or sides of the oven. This will prevent possible arcing.

Using aluminum foil

Metal containers should not be used in a microwave oven. There are, however, some exceptions. If you have purchased food which is prepackaged in an aluminum foil container, refer to the instructions on the package. When using aluminum foil containers, cooking times may be longer because microwaves will only penetrate the top of the food. If you use aluminum containers without package instructions, follow these guidelines:

MICROWAVE COOKING TIPS (CONT.)

Using aluminum foil (cont.)

- **Place** the container in a glass bowl and add some water so that it covers the bottom of the container, not more than 1/4 in. (.64 cm) high. This ensures even heating of the container bottom.
- **Always remove** the lid to avoid damage to the oven.
- **Use only** undamaged containers.
- **Do not use** containers taller than 3/4 in. (1.9 cm).
- **Container must be** at least half filled.
- **To avoid arcing**, there must be a minimum 1/4 in. (.64 cm) between the aluminum container and the walls of the oven and also between two aluminum containers.
- **Always place** the container on the turntable.

- **Reheating food** in aluminum foil containers usually takes up to double the time compared to reheating in plastic, glass, china, or paper containers. The time when food is ready will vary depending upon the type of container you use.

- **Let food stand** for 2 to 3 minutes after heating so that heat is spread evenly throughout container.

Cooking you should not do in your microwave oven

- **Do not** do canning of foods in the oven. Closed glass jars may explode, resulting in damage to the oven.
- **Do not** use the microwave oven to sterilize objects (baby bottles, etc.). It is difficult to keep the oven at the high temperature needed for sterilization.

Questions and Answers

QUESTIONS	ANSWERS
Can I operate my microwave oven without the turntable or turn the turntable over to hold a large dish?	No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable.
Can I use either metal or aluminum pans in my microwave oven?	You can use aluminum foil for shielding (use small, flat pieces), small skewers, and shallow foil trays (if tray is not taller than 3/4 in. [1.9 cm] deep and half filled with food to absorb microwave energy). Never allow metal to touch walls or door.
Is it normal for the turntable to turn in either direction?	Yes. The turntable rotates clockwise or counter-clockwise, depending on the rotation of the motor when the cooking cycle begins.
Sometimes the door of my microwave oven appears wavy. Is this normal?	This appearance is normal and does not affect the operation of your oven.
What are the humming noises that I hear when my microwave oven is operating?	You may hear the sound of the transformer when the magnetron tube cycles on.
Why does the dish become hot when I microwave food in it? I thought that this should not happen.	As the food becomes hot it will conduct the heat to the dish. Be prepared to use hot pads to remove food after cooking.
What does "standing time" mean?	"Standing time" means that food should be removed from the oven and covered for additional time to allow it to finish cooking. This frees the oven for other cooking.
Why does steam come out of the air exhaust vent?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the vents.
Can I pop popcorn in my microwave oven? How do I get the best results?	Yes. Pop packaged microwave popcorn following manufacturer's guidelines. Do not use regular paper bags. Use the "listening test" by stopping the oven as soon as the popping slows to a "pop" every 1 to 2 seconds. Do not repop unpopped kernels. Do not pop popcorn in glass cookware.

Troubleshooting

Most cooking problems often are caused by little things you can find and fix without tools of any kind. Check the lists below and on the next page before calling for assistance or service. If you still need help, see the Sears toll-free numbers on the back cover.

MICROWAVE OVEN DOES NOT WORK

PROBLEM	CAUSE
Nothing works.	<ul style="list-style-type: none">• The power supply cord is not plugged into a grounded 3 prong outlet. (See the electrical requirements" section on page 6 and the "Electrical connection" section on Page 8.)• A household fuse has blown or a circuit breaker has tripped.• The electric company has had a power failure.
The microwave oven will not run.	<ul style="list-style-type: none">• You are using the oven as a timer. Touch OFF/CANCEL to cancel the Kitchen Timer.• The door is not firmly closed and latched.• You did not touch START/ENTER.• You did not follow directions exactly.• An operation that you set earlier is still running. Touch OFF/CANCEL to cancel that operation.

COOKING TIMES

PROBLEM	CAUSE
Food is not cooked enough.	<ul style="list-style-type: none">• The electric supply to your home or wall outlets is low or lower than normal. Your electric company can tell you if the line voltage is low. Your electrician or service technician can tell you if the outlet voltage is low.• The cook power is not at the recommended setting. Check the chart on Page 15.
The display shows a time counting down but the oven is not cooking.	<ul style="list-style-type: none">• You have not allowed enough cooking time for the amount of food being cooked. Larger amounts of food need longer cooking times.• The oven door is not closed completely.• You have set the controls as a kitchen timer. Touch OFF/CANCEL to cancel the Kitchen Timer.

TURNTABLE

PROBLEM	CAUSE
The turntable will not turn.	<ul style="list-style-type: none"> • The turntable is not correctly in place. It should be correct-side up and sitting firmly on the center shaft. • The support is not operating correctly. Remove the turntable and restart the oven. If the support still does not move, call an authorized service technician for repair. Cooking without the turntable can give you poor results.

TONES

PROBLEM	CAUSE
You do not hear the programming or end-of-cycle tone.	<ul style="list-style-type: none"> • You have not entered the correct command.

DISPLAY MESSAGES

PROBLEM	CAUSE
The display is flashing “ : ”.	<ul style="list-style-type: none"> • There has been a power interruption. Reset the clock. (See the “Setting the clock” section on Page 14.)

If none of these items are causing your problem, see the “Sears Toll-Free Numbers” section on Back Cover.

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7 a.m. – 5p.m., CST, Mon. – Sat.

1-800-361-6665 (Canada)

9 a.m. – 8p.m., EST, M – F, 4 p.m. Sat.

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