

Sears

## USE & CARE MANUAL

MODEL NO.  
99721

### KNOW YOUR UNIT

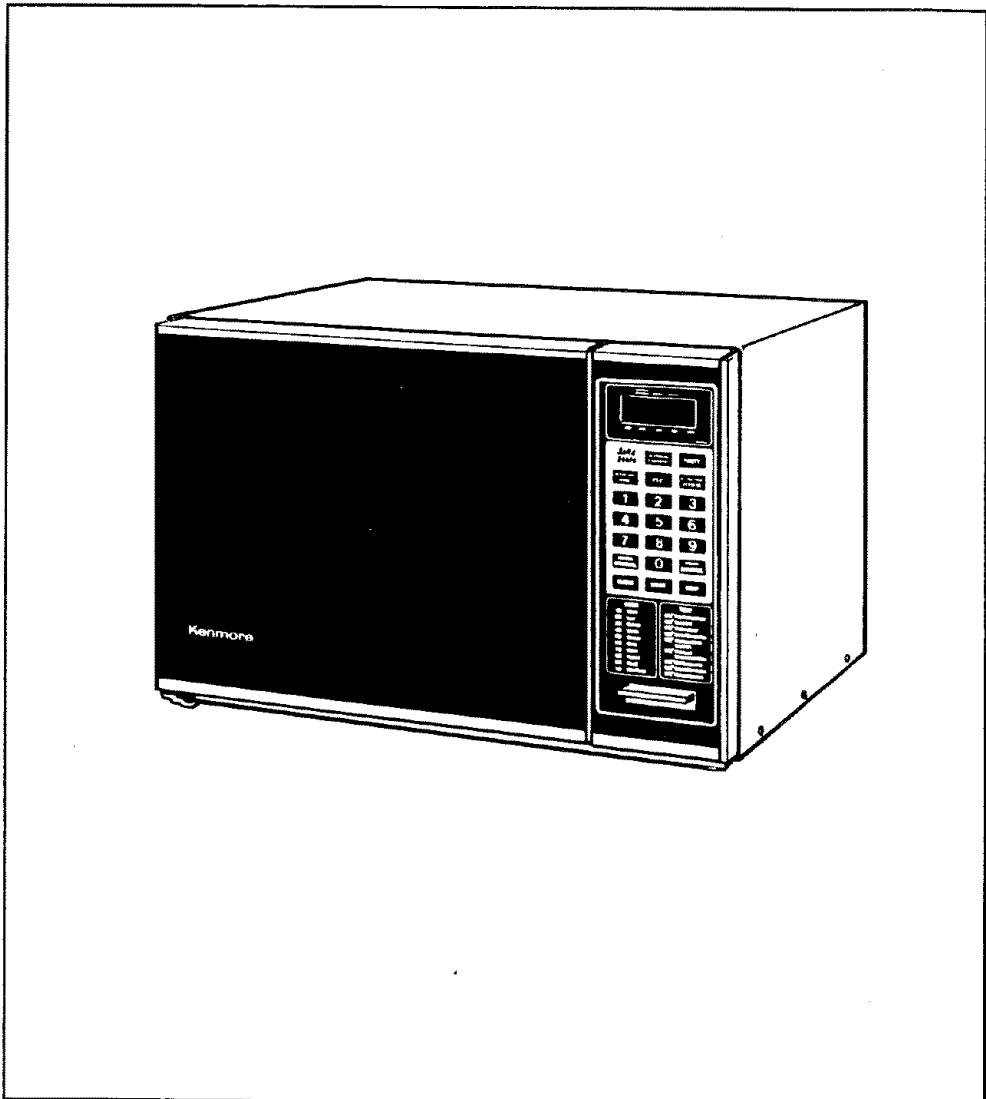
Read this booklet so you will be able to enjoy all the features in your Kenmore Microwave Oven.

Record in space provided below the Model No. and the Serial No. found on the label on the cabinet back.

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

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

Retain this information for future reference.



# Kenmore

## MICROWAVE OVEN

### Use and Care

# YOUR SAFETY FIRST

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

## 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 closes 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.

Oven must be level.

Glass tray must be in oven during cooking.

Remove metal rack from oven when rack is not used for cooking.

If this oven is dropped or damaged, do not use it until it is thoroughly checked by a trained service technician.

Electrical power cord must be kept dry and must not be pinched or crushed in any way.

The MICROWAVE OVEN has several hidden safety switches to make sure the power remains off when the door is open. Do not try to defeat them.

## DON'T

Do not try to use this microwave oven with the door open.

Do not run the oven empty without the foods.

Do not run the oven empty with the Metal Rack in it.

Do not use browning dishes on Metal Rack.

Do not run the oven empty with the Temperature Probe plugged in.

Do not let the Temperature Probe Sensor touch the sides, bottom and door of oven when in use.

Do not use the Temperature Probe in a regular oven.

Do not store burnable material, such as food, in a Microwave Oven.

Do not use this microwave oven for commercial purposes.

This Microwave Oven is made for household use only.

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## SAFETY CERTIFICATION

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*The Kenmore Microwave 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.*

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Sears  
USE AND CARE MANUAL  
MICROWAVE OVEN  
USE INSTRUCTIONS

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

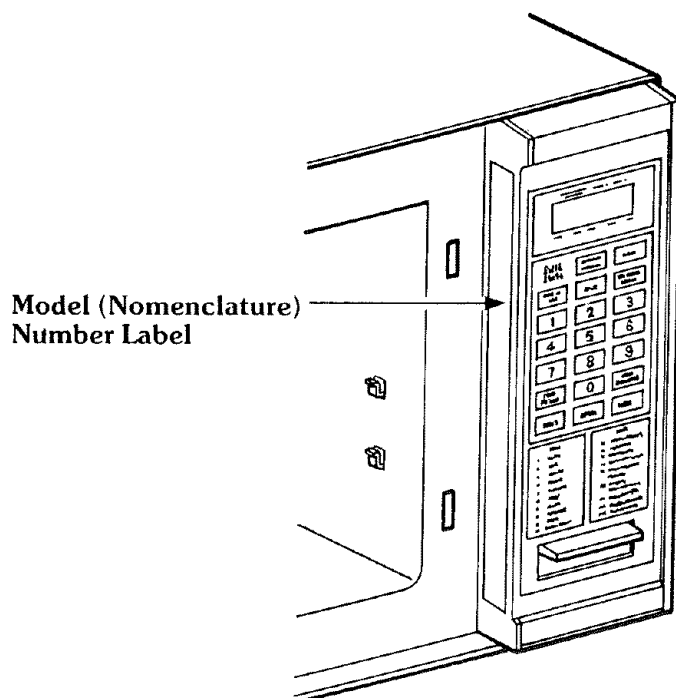
Advice on the use and care of Sears appliances is always available at your nearest Sears store. When seeking information, be sure to get the complete model number located on the plastic label. See below for its location.

**MODEL NUMBER**

Any request for service, replacement of parts, or information needs the complete model number (Nomenclature Number) of your microwave oven. The number is on the left side of the control panel.

The model number is also located on the back of the cabinet.

The number will look like this: 564.9000000.



# IMPORTANT-Electrical Grounding Instructions

This microwave oven has a three-prong (grounding) plug. Where a two-prong wall outlet is available, it is the responsibility of the customer to contact a qualified electrician and have it replaced with a properly grounded three-prong wall outlet in accordance with the national electrical code (see illustration below).

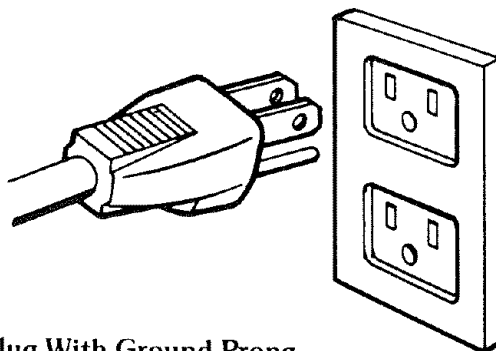
Do not cut or remove round grounding prong from this plug.

This oven is made to use on a properly grounded outlet.

This oven has a short power supply cord. Extension cords may be used if you are careful in their use. If an extension cord is used, it must be a type S, with 3 number 16 wires and have a 3-prong grounded plug. The extension cord should not drape over the countertop where it can be pulled on or tripped over accidentally.

Electrical power cord must be kept dry and must not be pinched or crushed in any way.

## PROPERLY POLARIZED AND GROUNDED OUTLET



Plug With Ground Prong

# INSTALLATION

Install your oven by following these four simple steps:

**Step 1:** Remove all packing material and accessories.

**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 to make sure of proper ventilation.

Top of the oven should be kept clear and the plastic feet must be kept on oven so there is air flow for ventilation. An exhaust outlet is at the rear of the oven and blocking the outlet can damage the oven.

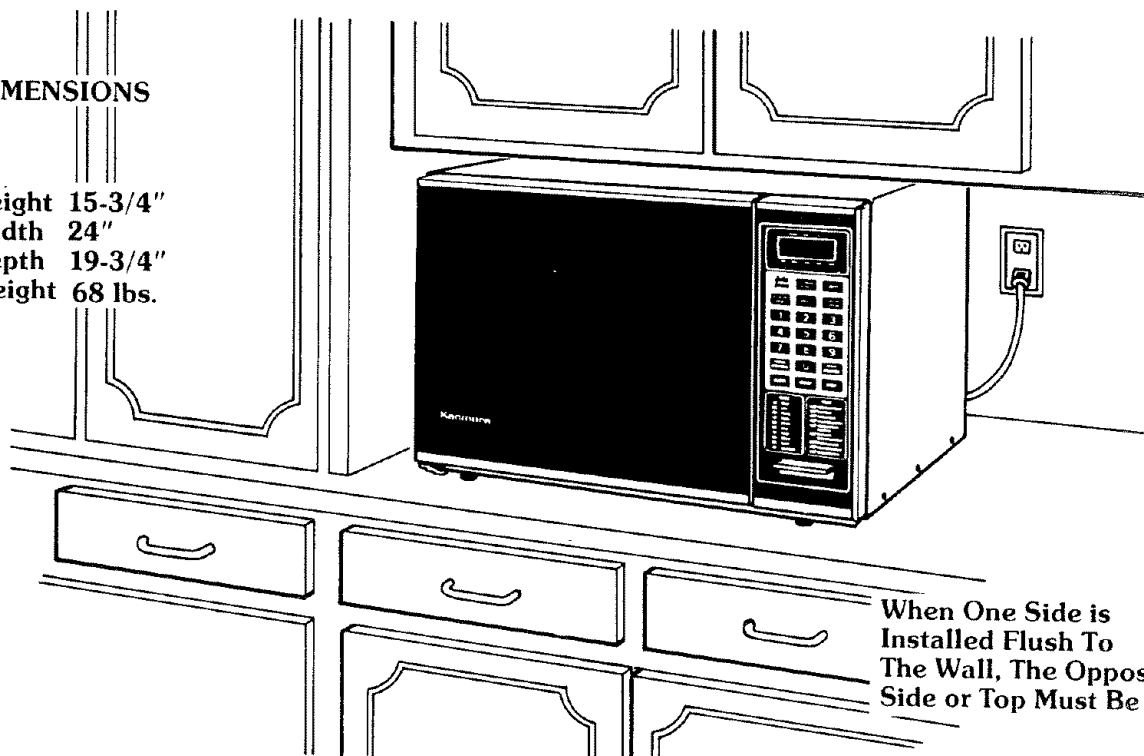
**Step 3:** Plug your oven into a standard 120 volt household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.

**Step 4:** To set Time of Day, touch CLEAR; then touch TIME OF DAY; touch numbers for correct time; then touch TIME OF DAY.

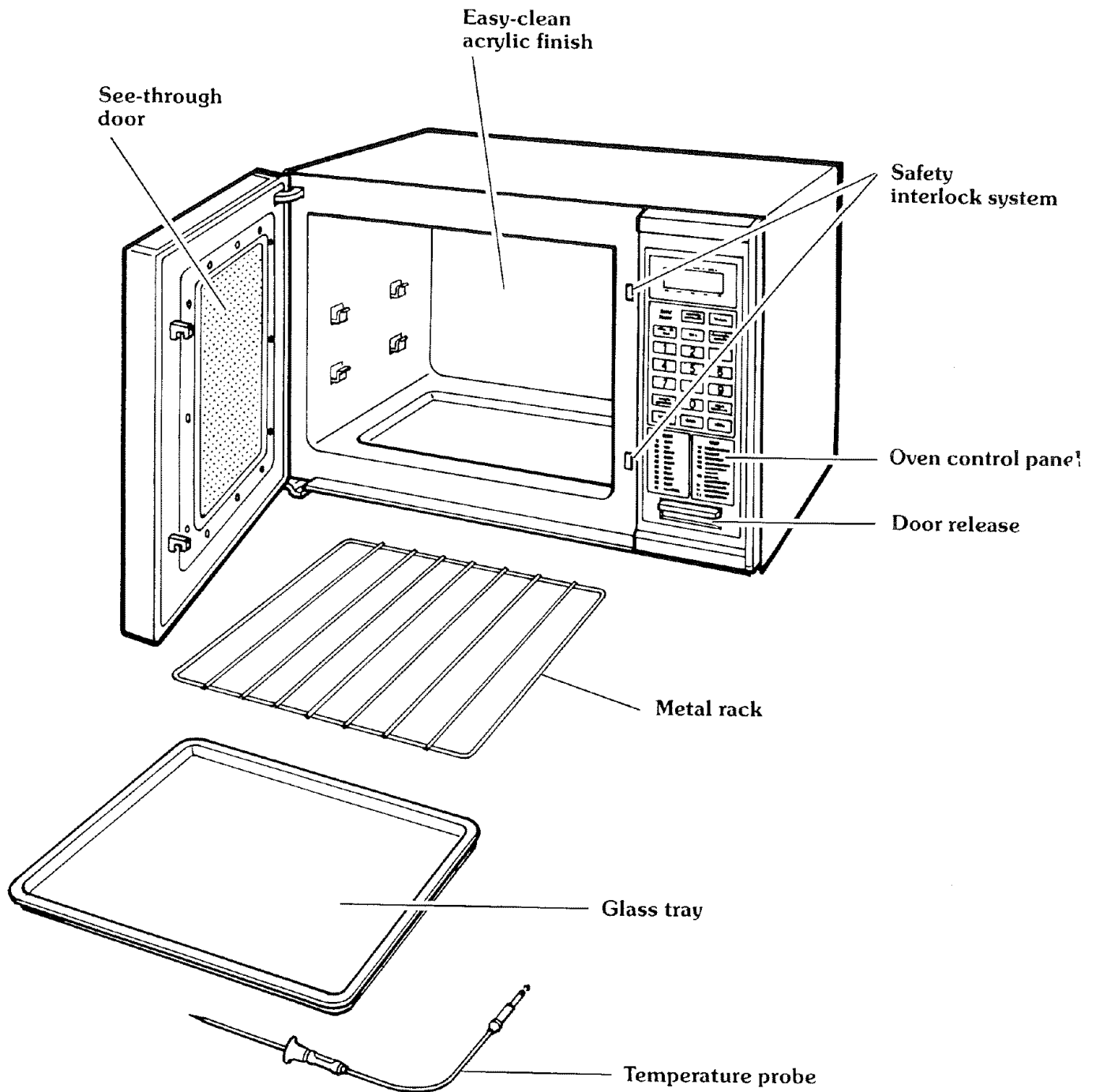
**Note:** If you want to "build-in" this microwave oven, either by itself or over Sears Kenmore electric built-in oven models 42209, 4228X, 4238X, 42489, and 4258X, (X may be 2, 4, 6, 8 or 9), Sears Kenmore Built-in Trim Kit Model 22-40191 is available. Contact your nearest Sears store or the catalog.

## DIMENSIONS

Height 15-3/4"  
Width 24"  
Depth 19-3/4"  
Weight 68 lbs.



# NAMES OF OVEN PARTS



Remove your Oven and all material from the shipping carton. Your Oven will come with the following material:

Glass Tray . . . . .	1 each
Metal Rack . . . . .	1 each
Temperature Probe . . . . .	1 each
Cookbook . . . . .	1 each
Use and Care Manual . . . . .	1 each
Easy Use Chart Card . . . . .	1 each

Do not use this Microwave Oven for commercial purposes. This Microwave Oven is made for household use only.

# OVEN CONTROL PANEL

**Stage Lights** – When cooking stages are set, Lights will go on indicating which Stage your Oven is cooking in.

**Indicator Lights** – Time, Cook, Temp and Programmed Defrost lights indicate which cooking operation is being used.

**Programmed Defrost** – Used in setting Programmed Defrost.

**Time of Day** – Used in setting Time of Day.

**Time** – Used in setting Cooking Time.

**Numbers** – Used to enter the Time of Day, Cooking Times, Cooking Powers and Cooking Temperatures.

**Cook Control** – Used to select 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.

**Cook Guide** – Lists the Types of Cooking that most often occur at these Cooking Power Levels.

**Display Window** – Shows Time of Day, Cooking Time, Cooking Power Level, Cooking Temperature and Hold. Acts as Countdown Timer or Temperature Indicator when Cooking.

**Probe Light** – Flashes to warn that Temperature Probe is not plugged into the socket inside the Oven for Temperature Control Cooking.

**Pause Light** – Shows Oven has been set to pause between the first and second Cooking Stages.

**Pause** – Used to stop Oven between Cooking Stages.

**Memory/Recall** – Used in setting Cooking Time, Power Level and Temperature for Two-Stage Cooking. Also used to recall each memory stage in a two-stage program.

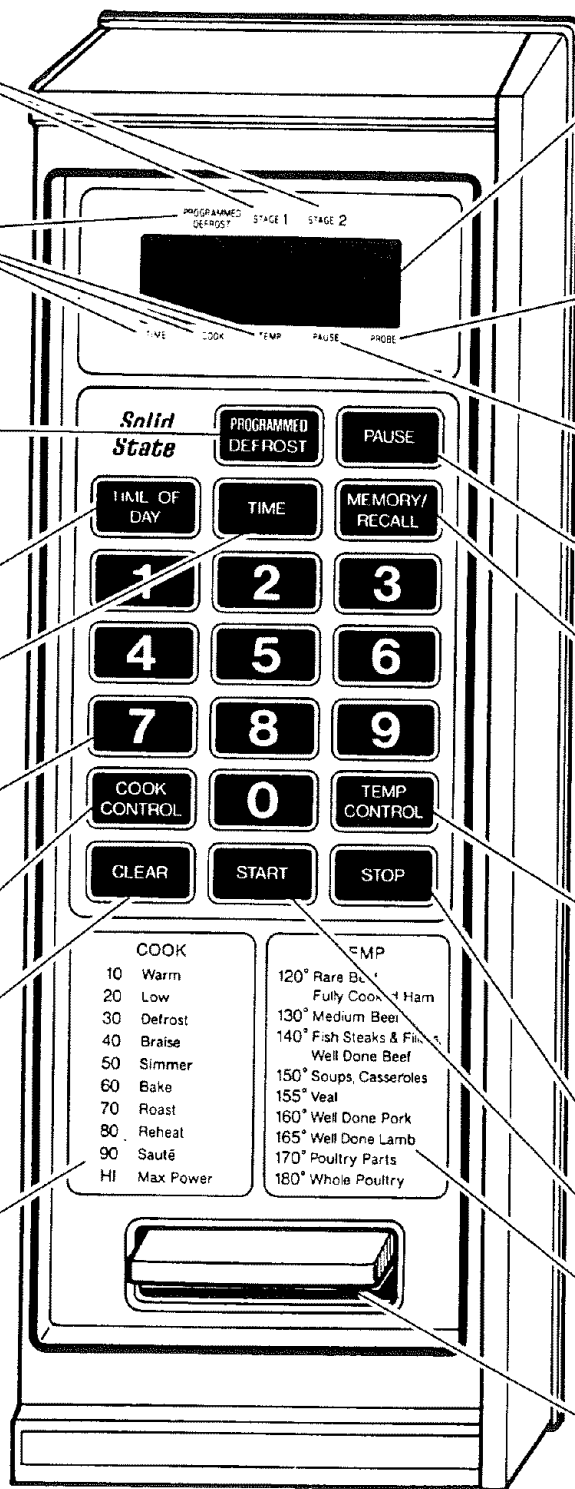
**Temp Control** – Used in setting the desired Cooking Temperature. Temperature Control Cooking can be done only when the Temperature Probe is plugged into the socket inside the Oven.

**Stop** – Stops Oven.

**Start** – Starts Oven.

**Temp Guide** – Lists examples of food that are best cooked to these Temperatures.

**Door Release** – Opens Oven Door.



**Note:** A Beep Tone sounds when a Pad on the Control Panel is touched, so you can tell that a Setting has been entered.



# USE INSTRUCTIONS

## “HI”POWER COOKING

“HI” gives highest power and is a recommended setting for cooking foods with high moisture content or for foods that need fast cooking to keep natural flavor and texture. Your Kenmore Microwave Cookbook will tell you which foods are cooked best using highest microwave power or “HI”. For detailed directions on “HI” (max power) cooking, see page 12.

## MULTI-POWER COOKING

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. Detailed directions for multi-power cooking are on pages 13 and 14.

## TEMPERATURE CONTROLLED HI POWER COOKING

“HI” power with Temperature Control lets you cook food to a preset temperature using maximum speed. Follow the directions on page 18 and you will be able to preset the temperature you desire with the aid of the Temperature Control Cooking Guide.

## TEMPERATURE CONTROLLED MULTI-POWER COOKING

Multi-power with Temperature Control allows you to cook more sensitive foods to a preset temperature using slower microwave speeds. See page 19 for detailed directions.

## AUTOMATIC HOLD WARM

After reaching the set temperature the Oven switches into Hold Warm to keep the food at the chosen temperature. “Hold” will show in the Display Window and continue for up to 60 minutes or until the Door is opened or STOP is touched. See pages 18 and 19.

## TWO-STAGE COOKING

Some recipes need more than one cooking stage. Many foods will cook better when done for a period of time at one power setting and then cook for another period at a different power setting. With a cake, for example, the Cookbook may recommend cooking at the 60 (BAKE) setting followed by a period of cooking at the “HI” setting. BAKE allows the cake to rise gently and then “HI” finishes the cooking. You can set both stages at the beginning, start the oven, and the oven will change into the second stage at the preset time. Two-Stage cooking with both Time and Temperature control can also be set. For detailed directions on Two-Stage Cooking, see pages 20 and 21.

## WHOLE MEAL COOKING

The Metal Rack increases the oven cooking space. To cook two or more different foods at one time, choose their proper places inside the oven by following the Cookbook directions. See page 21.

## PROGRAMMED DEFROST

Power level will automatically change for proper thawing of dense food items. See pages 22 thru 26 for detailed directions.

# EASY USE CHART

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

TIME OF DAY	HI POWER COOKING	MULTI-POWER COOKING
<p>To Set</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR</li> <li>2. Touch TIME OF DAY</li> <li>3. Touch Numbers for Correct Time</li> <li>4. Touch TIME OF DAY</li> </ol>	<p>To Set</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR</li> <li>2. Touch TIME</li> <li>3. Touch Numbers for Cooking Time</li> <li>4. Touch START</li> </ol> <p>(See page 12 for more instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR</li> <li>2. Touch TIME</li> <li>3. Touch Numbers for Cooking Time</li> <li>4. Touch COOK CONTROL</li> <li>5. Touch Numbers for Cooking Power level</li> <li>6. Touch START</li> </ol> <p>(See page 14 for more instructions.)</p>
TEMPERATURE CONTROLLED HI POWER COOKING	TEMPERATURE CONTROLLED MULTI-POWER COOKING	TWO-STAGE COOKING
<p>To Set</p> <ol style="list-style-type: none"> <li>1. Plug in Temperature Probe</li> <li>2. Touch CLEAR</li> <li>3. Touch TEMP CONTROL</li> <li>4. Touch Numbers for Cooking Temperature</li> <li>5. Touch START</li> </ol> <p>(See page 18 for more instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> <li>1. Plug in Temperature Probe</li> <li>2. Touch CLEAR</li> <li>3. Touch TEMP CONTROL</li> <li>4. Touch Numbers for Cooking Temperature</li> <li>5. Touch COOK CONTROL</li> <li>6. Touch Numbers for Cooking Power level</li> <li>7. Touch START</li> </ol> <p>(See page 19 for more instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR</li> <li>2. Touch TIME or TEMP CONTROL</li> <li>3. Touch Numbers for Cooking Time or Temperature</li> <li>4. Touch COOK CONTROL</li> <li>5. Touch Numbers for Cooking Power level</li> <li>6. Touch MEMORY/RECALL or PAUSE</li> <li>7. Touch TIME or TEMP CONTROL</li> <li>8. Touch Numbers for cooking Time or Temperature</li> <li>9. Touch COOK CONTROL</li> <li>10. Touch numbers for Cooking Power level</li> <li>11. Touch START</li> </ol> <p>(See pages 20 and 21 for more instructions.)</p>
DELAY START COOKING	PROGRAMMED DEFROST	
<p>To Set</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR</li> <li>2. Touch TIME</li> <li>3. Touch numbers for Delay Time</li> <li>4. Touch COOK CONTROL</li> <li>5. Touch "0"</li> <li>6. Touch MEMORY/RECALL</li> <li>7. Touch TIME or TEMP CONTROL</li> <li>8. Touch Numbers for Cooking Time or Temperature</li> <li>9. Touch COOK CONTROL</li> <li>10. Touch Numbers for Cooking Power level</li> <li>11. Touch START</li> </ol> <p>(See page 21 for more instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> <li>1. Touch CLEAR</li> <li>2. Touch PROGRAMMED DEFROST</li> <li>3. Touch Numbers for Defrost Time</li> <li>4. Touch START</li> </ol> <p>(See page 22 for more instructions.)</p>	

# RECALL AND CHANGE OF SETTINGS

## To Recall a Setting

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 or Temperature for that stage will show in the Display Window. To check the Cooking Power level, touch COOK CONTROL. To check Settings while the Oven is running, touch desired pad to recall setting for operating stage. To recall a future stage, touch STOP, follow directions above, and touch START to continue cooking. To recall Time of Day during cooking, touch TIME OF DAY, and it will show 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 . . . . . Touch "0" until only one "0" shows in the Display Window.  
Set Cooking Time.
- TEMPERATURE CONTROL . . . . . Set Cooking Temperature.
- COOK CONTROL . . . . . Set Cooking Power level. To reset to "HI", set "99"

# PAUSE BETWEEN STAGES

Some recipes need stirring, turning, adding or removing of foods between stages. To set the Oven to stop between stages, touch PAUSE rather than MEMORY/RECALL when setting the Oven. After the pause, to restart the Oven, 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. For detailed instructions on using this timer, see below.

To use the Regular Timer feature:

1. Touch CLEAR.
2. Touch TIME.
3. Touch numbers for the time.
4. Touch COOK CONTROL.
5. Touch "0" (0% of cooking power).
6. Touch START. The Timer will begin counting down in the Display Window with no cooking or heating in the oven.  
A tone will sound when the time is over.

# HI POWER COOKING

1. Touch CLEAR, and a beep tone will be heard. The CLEAR erases all previous settings.
2. Touch TIME. The Lights above TIME and below STAGE 1 will go on. ("0" will show in the Display Window.)
3. Touch Numbers for Cooking Time. Set the cook time by touching the suitable numbers on the Control Panel. For example, to set 30 seconds, you would touch "3" and then "0". For 3 minutes, touch "3" and then touch "0" twice. For 3½ minutes, touch "3", "3" and "0". (Note: Remember, the timer is a digital clock that is divided into 60 seconds. So ½ minute is equal to 30 seconds. Touch-30 not 50 as with a calculator.) The time set will show in the Display Window at the top of the Control Panel.

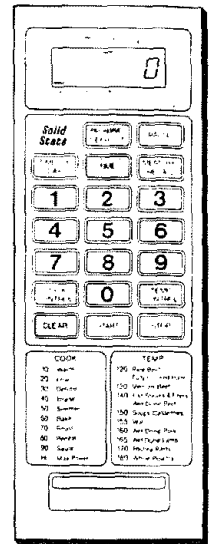
**Note:** It is not necessary to touch COOK CONTROL when cooking with highest power ("HI"). However, if COOK CONTROL is touched, the Light above COOK will go on and the word "HI" will show in the Display Window. This is to tell you that the oven will be running on "HI" power unless a different power setting is chosen.

4. Touch START. The oven will begin cooking, and the Display Window will show the time counting down by seconds. A tone sounds for two seconds when the time is up, and the oven shuts itself off.

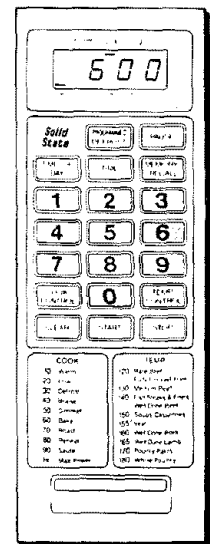
**Note:** To stir food during cooking, open oven door, stir or turn food, close oven door and touch START. Oven will count down the amount of time left on the timer.

**Example:** Fresh fish can be quick-cooked on "HI" (max power) for 6 minutes. Here is the procedure:

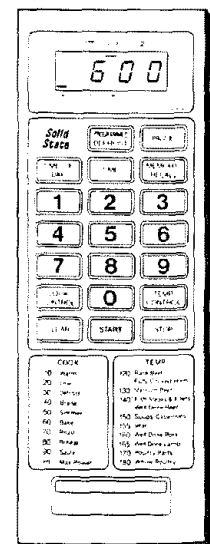
1. Touch CLEAR.
2. Touch TIME.



3. Set 6 minutes by touching "6", then "0" twice. "600" will show in the Display Window.



4. Touch START. The oven begins cooking and the time shows counting down in the Display Window. A tone sounds for two seconds when the 6 minutes are up, and the oven shuts itself off.



# 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	POWER SETTINGS	EXAMPLES
10%	WARM	Softening cream cheese; keeping casseroles and main dishes warm.
20%	LOW	Softening chocolate; heating breads, rolls, pancakes, tacos, tortillas, and French toast; clarifying butter, taking chill out of fruit; heating small amounts of food.
30%	DEFROST	Thawing meat, poultry and seafood; finish cooking casseroles, stews, and some sauces; cooking small quantities of most food.
40%	BRAISE	Cooking less tender cuts of meat in liquid and slow cooking dishes; finish cooking less tender roasts.
50%	SIMMER	Cooking stews and soups after bringing to a boil; cooking baked custards and pasta.
60%	BAKE	Cooking scrambled eggs; cakes.
70%	ROAST	Cooking rump roast, ham, veal, and lamb; cooking cheese dishes; cooking eggs, and milk; cooking quick breads and cereal products.
80%	REHEAT	Quickly reheating precooked or prepared food; heating sandwiches.
90%	SAUTE	Quickly cooking onions, celery, and green peppers; reheating meat slices quickly.
100% (HI)	MAX POWER	Cooking tender cuts of meat; cooking poultry, fish, vegetables, and most casseroles; preheating the browning dish; boiling water, thickening some sauces.

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 COOK CONTROL, and then touch "7" and "5." The Display Window will show "75," indicating that your oven is set to run at a 75% power level-halfway between ROAST and REHEAT.

# MULTI-POWER COOKING

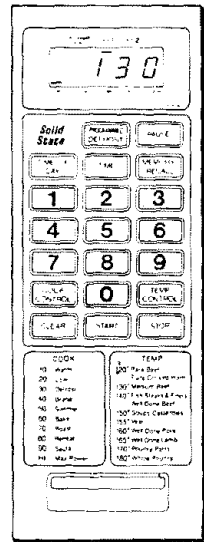
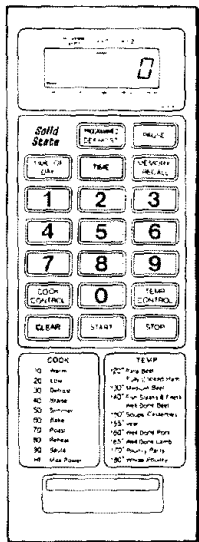
The Cookbook tells you which power setting is recommended for the food being cooked.

## To Cook with Multi-Power

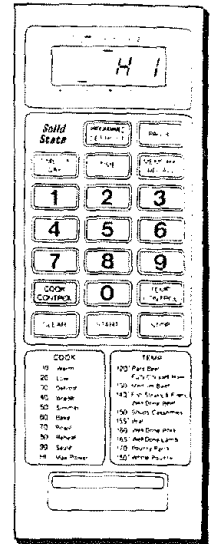
1. Touch CLEAR.
2. Touch TIME. The Lights above TIME and below STAGE 1 will go on. ("0" will show in the Display Window.)
3. Touch Numbers for Cooking Time. Set the cook time by touching the suitable numbers. The time set will show in the Display Window.
4. Touch COOK CONTROL. The Light above COOK will go on. Also the word "HI" will show in the Display Window until a lower power setting is entered. This tells that the Oven will always run at highest power unless a lower power is set.
5. Touch Numbers for Cooking Power level. Choose the cook control setting desired and touch numbers corresponding to it. For example, if the recipe calls for cooking at the 20 (LOW) setting, you would touch "2" then "0" (the number that is next to LOW on the Cook Guide). When you touch "20", the Display Window will read "20". This means that in the LOW setting, the Oven is at a 20% power level.
6. Touch START. The Oven begins cooking, and the Display Window will show the time counting down. A tone will sound for two seconds when time is up and the Oven shuts itself off.

**Example:** To Warm 6 doughnuts you would microwave on 80 (REHEAT) for 1½ minutes. Follow the steps below:

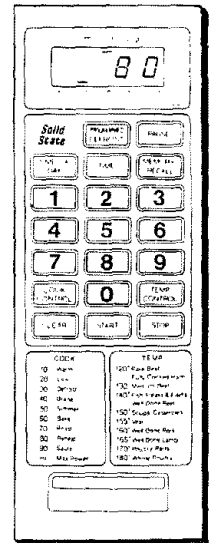
1. Touch CLEAR.
2. Touch TIME.
3. Set 1½ minutes by touching "1" then "3", and then "0". "130" will show in the Display Window.



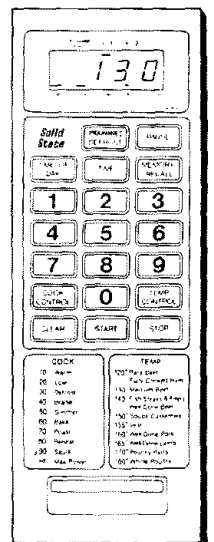
4. Touch COOK CONTROL. "HI" will show in the Display Window.



5. Choose the 80 (REHEAT) setting by touching the number "8" then "0" (the number next to REHEAT on the Cook Guide). The Display Window will read "80", meaning the Oven is at an 80% power level.



6. Touch START. The Oven begins cooking and the time shows counting down in the Display Window. A tone sounds for two seconds when the 1 minute, 30 seconds are up and the Oven shuts itself off.

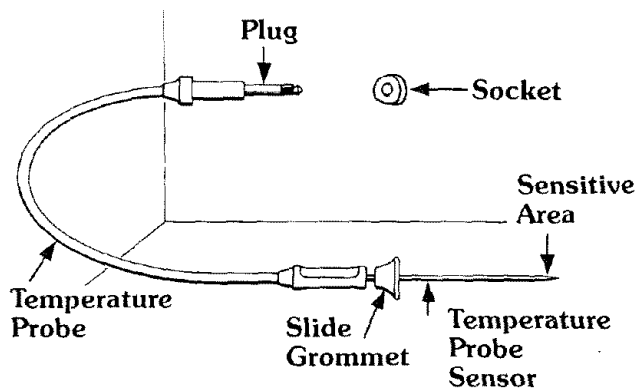


# TEMPERATURE CONTROL COOKING

The Temperature Probe is used to judge doneness when cooking or reheating food. Set the desired food temperature with the TEMP CONTROL and power level with COOK CONTROL. When the food reaches that temperature, the Oven will hold the food at that temperature for up to one hour.

## TEMPERATURE SETTING & DISPLAY TEMPERATURE

Temperatures from 115°F to 185°F can be chosen and set in the oven. Temperature should be set in five-degree increments, and the Display 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 rise from 115°F to 120°F and to 125°F.



## DEFINITIONS

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

**SENSITIVE AREA OF SENSOR:** First inch, or tip, of Temperature Probe Sensor.

**PLUG:** End of Temperature Probe that is plugged into oven socket.

**SOCKET:** Outlet on oven side wall.

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

**SLIDE GROMMET:** Adjust the length of Temperature Probe by sliding the Grommet, so that the Sensitive Area of the Probe can always be placed in the center of meat.

**DISPLAY WINDOW:** Shows the Cooking Temperature rising as the food is cooking. Chosen temperature may be seen during cooking by touching TEMP CONTROL. When chosen temperature is reached the Display will show "Hold" for 60 minutes or until Door is opened or STOP is touched.

## meats

- Choose only fresh completely thawed meat.
- Place meat, fat side down, on microwave roasting rack in glass baking dish.
- Microwave on first multi-power setting for half of the total cooking time. (See Cooking Guide on page 16.)
- Turn meat, fat side up, and

1. Place Temperature Probe Sensor in meat with the first inch of Sensor in center of meat. Sensor should not touch bone or fat pocket. Sensor should be put in from side or front; Sensor should not be put in from top of meat.
2. Plug Temperature Probe into socket on side of oven wall.
3. Choose doneness temperature from chart on page 16; set temperature with the TEMP CONTROL.
4. Microwave meat on second multi-power setting. The microwave oven will turn itself off when preset temperature is reached. Take out the food from the oven as soon as Display Window reads "Hold."
5. Remove Temperature Probe Sensor. Let meat stand, covered with foil, about 10 minutes before serving. Temperature will rise about 15° during standing time.

**Note:** It is normal for meats to become slightly over-cooked in a small circular area in the immediate vicinity of the hole made by the meat probe.

# TEMPERATURE CONTROL DO'S AND DON'TS

## DO

- Place Temperature Probe Sensor in thickest part of meat or in center of food to reheat. Avoid touching bone or fat.
- Check that the first inch of Sensor is in the denser part of food to cook.
- Remove Temperature Probe from oven after use.

## DON'T

- Do not run the oven empty with the Temperature Probe plugged in.
- Do not let the Temperature Probe Sensor touch the sides, bottom and door of oven when in use.
- Do not use the Temperature Probe in a regular oven.

## TEMPERATURE CONTROL MEAT COOKING GUIDE

Refer to meats section on page 13.

MEAT	FIRST SETTING AND TIME	SECOND SETTING AND TIME	TEMPERATURE PROBE AND COOK CONTROL SETTING	STANDING TIME
<b>BEEF</b> 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-rare 5 min. per lb. medium 5-6 min. per lb. medium-well 6 min. per lb. well done 6-7 min. per lb.	70 (Roast) rare 3-4 min. per lb. medium-rare 4 min. per lb. medium 5-6 min. per lb. medium-well 6 min. per lb. well done 6-7 min. per lb.	70 (Roast) 120°F 125°F 130°F 135°F 140°F	10 min. 10 min. 10 min. 10 min. 10 min.
Rib Roast, Bone in	HI (Max. Power) rare 3-4 min. per lb. medium-rare 4 min. per lb. medium 4-5 min. per lb. medium-well 5 min. per lb. well done 5-6 min. per lb.	70 (Roast) rare 3-4 min. per lb. medium-rare 3 min. per lb. medium 3-5 min. per lb. medium-well 4 min. per lb. well done 5-6 min. per lb.	70 (Roast) rare 120°F medium-rare 125°F medium 130°F medium-well 135°F well done 140°F	10 min. 10 min. 10 min. 10 min. 10 min.
<b>LAMB</b> Lamb Leg or Shoulder Roast, Bone in	70 (Roast) medium 4-5 min. per lb. well done 5-6 min. per lb.	70 (Roast) medium 4-5 min. per lb. well done 5-6 min. per lb.	70 (Roast) medium 145°F well done 165°F	5 min. 10 min.
Lamb Roast, Boneless	70 (Roast) 5-6 min. per lb.	70 (Roast) 5-6 min. per lb.	70 (Roast) 150°F	10 min.
<b>VEAL</b> Shoulder or Rump Roast, Boneless 2-5 lbs.	70 (Roast) 9 min. per lb.	70 (Roast) 9-10 min. per lb.	70 (Roast) 155°F	10 min.
<b>PORK</b> Pork Loin Roast, Boneless 3-5 lbs.	HI (Max. Power) 6 min. per lb.	70 (Roast) 5-6 min. per lb.	70 (Roast) 155°F	10 min.
Pork Loin, Center Cut 4-5 lbs.	HI (Max. Power) 5-6 min. per lb.	70 (Roast) 4-5 min. per lb.	70 (Roast) 155°F	10 min.
Ham, Boneless, Precooked	70 (Roast) 5-7 min. per lb.	70 (Roast) 5-7 min. per lb.	70 (Roast) 120°F	10 min.
Center Cut Ham Slice 1-1½ lbs.	70 (Roast) 5 min. per lb.	70 (Roast) 5-6 min. per lb.	70 (Roast) 120°F	10 min.
Smoked Ham Shank	70 (Roast) 4-5 min. per lb.	70 (Roast) 4-5 min. per lb.	70 (Roast) 120°F	10 min.
Canned Ham 3 lbs.	70 (Roast) 5-6 min. per lb.	70 (Roast) 5-6 min. per lb.	70 (Roast) 120°F	10 min.
5 lbs.	70 (Roast) 4-5 min. per lb.	70 (Roast) 4-5 min. per lb.	70 (Roast) 120°F	10 min.

- Turn meat between first and second settings.
- See Cookbook for other information.



## reheating foods

- Place Temperature Probe Sensor in food to be reheated. with the first inch of sensor in the center of the food.
- Plug Temperature Probe into socket on side of oven wall.
- Cover food if desired.
- Set temperature of desired doneness. (See chart below.)
- Select multi-power setting as shown below.
- Microwave oven will stop cooking when set temperature is reached and hold warm.
- Remove Temperature Probe from Oven after use.

## TEMPERATURE CONTROL REHEATING GUIDE

FOOD	SETTING	DONENESS	SPECIAL HELP
Beverages	HI (MAX POWER)	150°F	Place Temperature Probe Sensor in center of beverage glass.
Soups	80 (REHEAT)	150°F	Place the Temperature Probe Sensor in the center of the soup. Cover with casserole lid, waxed paper, or plastic wrap.
Precooked Casseroles	80 (REHEAT)	150°F	Place Temperature Probe Sensor in center of food. Cover with casserole lid, waxed paper, or plastic wrap.
Meat Sandwiches (thick)	80 (REHEAT)	120°F	Place the Temperature Probe Sensor in the thickest part of the sandwich to be warmed. The sensitive area of the Sensor should be located in the sandwich filling.
Leftovers	80 (REHEAT)	150°F	Place Temperature Probe Sensor in the most dense or largest amount of food.
Canned Vegetables	80 (REHEAT)	150°F	Place Temperature Probe Sensor in center of food to be reheated. Sensitive area of Sensor should rest in middle of food.
Baked Goods	80 (REHEAT)	120°F	
Syrup	70 (ROAST)	150°F	Place Temperature Probe Sensor in center of the container.

## Caution

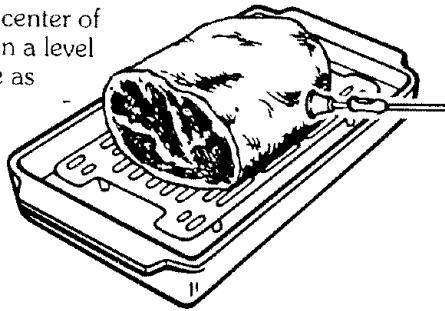
At times the same kinds of foods may vary in shape, form and density, and, therefore will not produce the same results each time. For this reason, we do not recommend using the Temperature Control for thin food items and foods that require tenderizing by simmering.

In some cases the microwave oven may shut off prematurely. This means either that the Temperature Probe is not placed properly or that it should not be used with this type of food.

# TEMPERATURE CONTROLLED HI POWER COOKING AND AUTOMATIC HOLD WARM

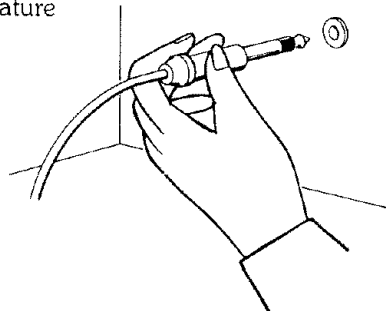
The Temperature Control Meat Cooking Guide and Reheating Guide on pages 16 and 17 will tell you which multi-power setting and doneness Temperature are recommended for the food you re cooking. When cooking with Temperature control, the Timer is not used.

1. Place Temperature Probe in food, with the first inch of Sensor in center of food. Adjust the length of Temperature Probe by sliding the Grommet, so that the Sensitive Area of the Probe can always be placed in the center of meat. Probe should be in a level direction or on an angle as shown.



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

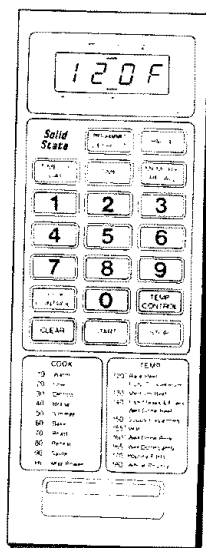
**Caution:** Do not plug the Pointed End of the Temperature Probe into the socket.



3. Touch CLEAR.

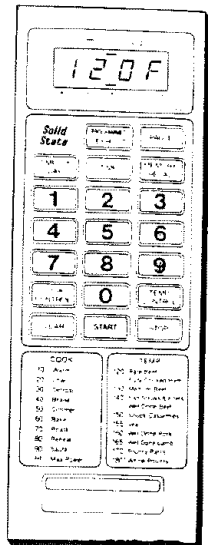
4. Touch TEMP CONTROL. The Lights above TEMP and below STAGE 1 will go on, and "F" will show in the Display Window.

5. Choose the food temperature and touch the corresponding Numbers. For example, if the recipe calls for doneness at 120°F, you would touch numbers "1", "2" and "0" (the temperature next to Rare Beef on the Temperature Guide). When you touch "120", the Display Window will read "120F". If the Temperature Probe is not plugged into the socket, the Probe Light will flash and the Oven will not work.



**Note:** You do not need to touch COOK CONTROL when you are cooking with HI (max power). However, you may touch COOK CONTROL. The Light above COOK 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.

6. Touch START. The Oven begins cooking, and you will be able to see the temperature of the food rising in the Display Window. A Tone will sound for one second when the temperature is reached. The Oven will switch into Hold Warm to keep the food at the set temperature. The Cook Control Setting changes to 10 (WARM). To be sure the correct temperature is being held, touch TEMP CONTROL. The "holding" temperature will show in the Display Window. The Hold Warm will continue for 60 minutes after the food reaches the chosen temperature, or until the Door is opened or STOP is touched.



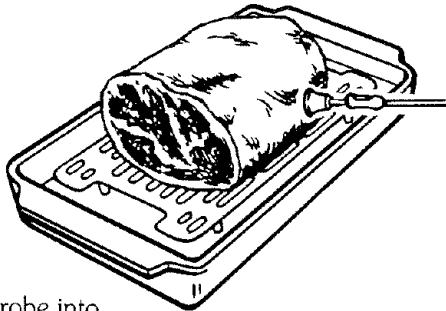
If Door is opened, the Hold Warm will stop. To reset, simply touch TEMP CONTROL and corresponding Numbers.

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

# TEMPERATURE CONTROLLED MULTI-POWER COOKING AND AUTOMATIC HOLD WARM

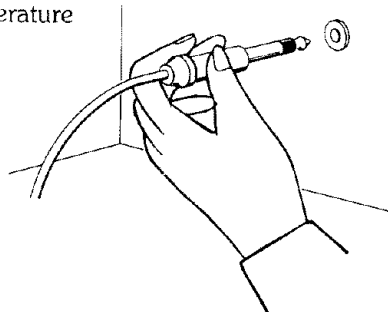
Temperature Control Meat Cooking Guide and Reheating Guide on pages 16 and 17 will tell you which multi-power setting and temperature setting are recommended for the food you're cooking.

1. Place Temperature Probe in food. with the first inch of Sensor in center of food. Adjust the length of Temperature Probe by sliding the Grommet, so that the Sensitive Area of the Probe can always be placed in the center of meat. Probe should be in a level direction or on an angle as shown.



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

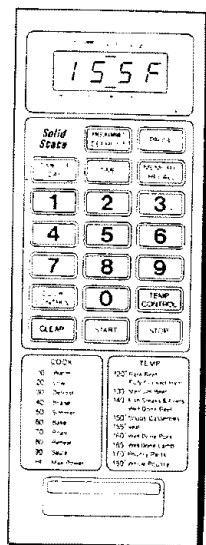
**Caution:** Do not plug the Pointed End of the Temperature Probe into the socket.



3. Touch CLEAR.

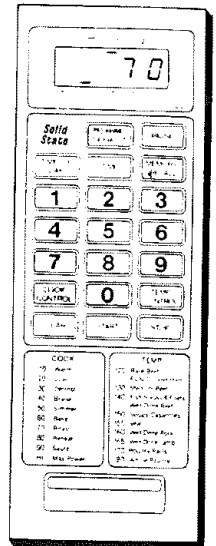
4. Touch TEMP CONTROL. The Lights above TEMP and below STAGE 1 will go on, and "F" will show in the Display Window.

5. Choose the food temperature and touch the corresponding Numbers. For example, if the recipe calls for doneness at 155°F, you would touch numbers "1", "5" and "5" (the temperature next to Veal Roast on the Temperature Guide). When you touch "1", "5" and "5", the Display Window will read "155F". If the Temperature Probe is not plugged into the socket, the Probe Light will flash and the Oven will not work.



6. Touch COOK CONTROL. The Light above COOK will go on. Also 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 work at full power unless you set a lower power.

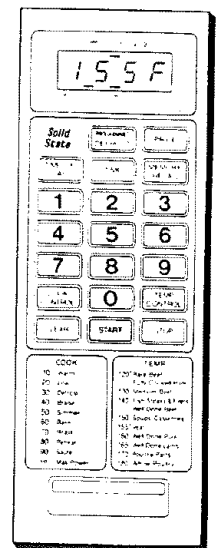
7. Choose the cook control setting you desire and touch the corresponding Numbers. For example, if the recipe calls for cooking at the 70 (ROAST) setting, you would touch numbers "7" and "0" (the number next to ROAST on the Cook Guide). When you touch "7" and "0", the Display Window will read "70". This means that in the ROAST setting, the Oven is at a 70% power level.



8. Touch START. The Oven begins cooking, and you will be able to see the temperature of the food rising in the Display Window. A tone will sound for one second when the temperature is reached. The Oven will switch into Hold Warm to keep the food at the set temperature. The Cook Control Setting changes to 10 (WARM). To be sure the correct temperature is being held, touch TEMP CONTROL. The "holding" temperature will show in the Display Window. The Hold Warm will continue for 60 minutes after the food reaches the chosen temperature, or until the Door is opened or STOP is touched.

If Door is opened, the Hold Warm will stop. To reset, simply touch TEMP CONTROL and corresponding Numbers.

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



# TWO-STAGE COOKING

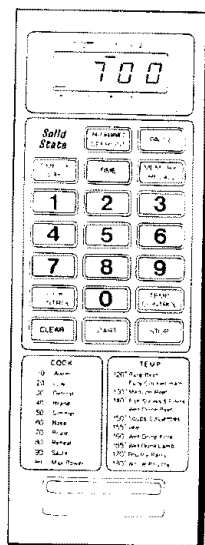
Two-stage cooking lets you cook in one stage at a certain power level for a chosen time or temperature and then in a second stage at a different power level for a chosen time or temperature. To set both stages before starting the oven, simply follow these steps:

1. Touch CLEAR.
2. Touch TIME or TEMP CONTROL. Lights above TIME or TEMP and below STAGE 1 go on. Display Window will read "0" or "F".
3. Touch Numbers for time or temperature of the first cooking stage.
4. Touch COOK CONTROL. Light above COOK goes on. Display Window will read "HI".
5. Touch Numbers for the Cooking Power level of the first cooking stage (if other than "HI").
6. Touch MEMORY/RECALL or PAUSE. Light below STAGE 2 goes on. Display Window will read "0".
7. Touch TIME or TEMP CONTROL.
8. Touch Numbers for time or temperature of the second cooking stage.
9. Touch COOK CONTROL. Display Window will read "HI".
10. Touch Numbers for the Cooking Power level in the second cooking stage (if other than "HI").
11. Touch START.

**Example:** In preparing a cake mix, the Cookbook calls for a first stage of 7 minutes at the 50 (SIMMER) power level followed by a second stage of 3 minutes at 'HI'. Here's how to set the oven:

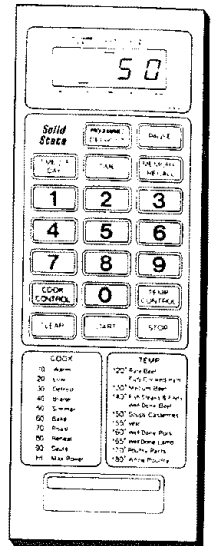
First Stage (7 minutes; 50% SIMMER)

1. Touch CLEAR.
2. Touch TIME.
3. Set 7 minutes by touching "7", then "0", and then "0". "700" will show in the Display Window.



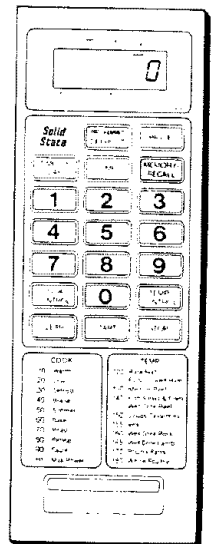
4. Touch COOK CONTROL. "HI" will show in the Display Window to remind you that the Oven will work at highest power unless you enter a lower power setting.

5. Touch numbers "5" then "0". "50" will show in the Display Window (telling that you have set the oven to run at a 50% power level). The first stage has been set.



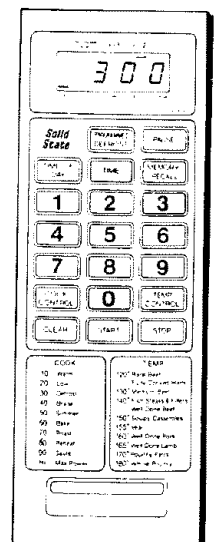
Second Stage (3 minutes; "HI")

6. Touch MEMORY/RECALL. Light below STAGE 2 will go on. Display Window will read "0".



7. Touch TIME.

8. Set 3 minutes by touching "3" then "0" twice, and "300" will show in the Display Window. (Power is on "HI".)

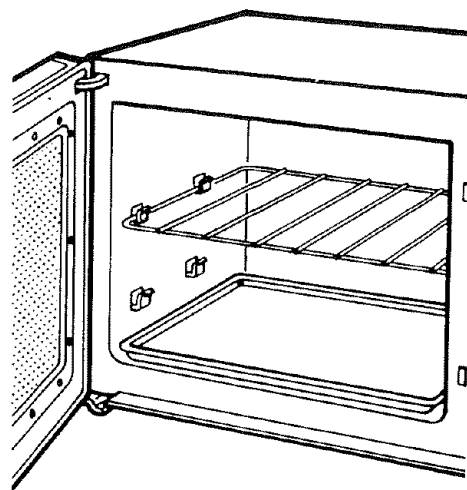


# WHOLE MEAL COOKING

## (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.

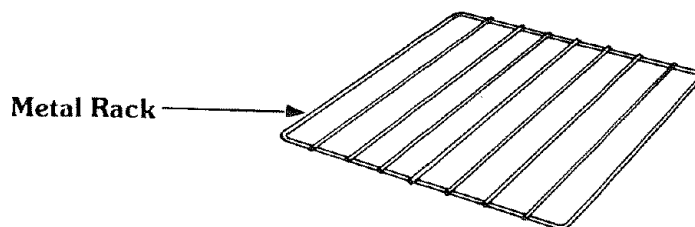
1. Place the Metal Rack in the Oven. Be sure the shelf bracings are on the top as shown below. The Rack is generally placed in top guides but may be set lower to accommodate a higher cooking utensil, if desired.



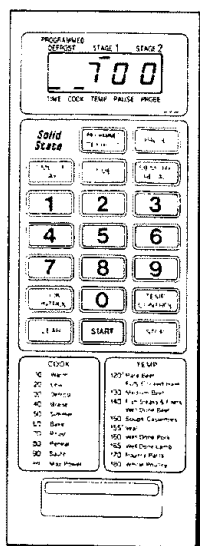
2. Place food into the Oven.
3. Set the Oven following the instructions given in the cookbook.

## METAL RACK

- Remove Metal Rack from Oven when not being used for cooking.
- Do not use the Oven empty with the Metal Rack in it.
- 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.



9. Touch START. The first stage will begin. "700" will show in the Display Window. The Oven will begin cooking at 50 (SIMMER) and the time will be counting down in the Display Window. When the 7 minutes are up, a tone will sound and the Oven will change itself into the second stage. The Oven will begin cooking at HI. When the 3 minutes are up, a tone will sound and the Oven will shut itself off. The Oven has finished both stages.



**Note:** When Temperature Control Cooking is set in the second stage, the Oven will switch into Hold Warm after cooking. The Hold Warm will continue for 60 minutes after the food reaches the chosen temperature, or until the Door is opened or STOP is touched.

## DELAY START COOKING

Delayed cooking can be done by using the TWO-STAGE COOKING feature. After counting down the preset delay time, the oven will cook for the chosen cooking time.

1. Touch CLEAR.
2. Touch TIME.
3. Touch numbers for Delay Time.
4. Touch COOK CONTROL.
5. Touch "0" (0% of cooking power).
6. Touch MEMORY/RECALL.
7. Touch TIME or TEMP CONTROL.
8. Touch numbers for Cooking Time or Temperature.
9. Touch COOK CONTROL.
10. Touch numbers for Cooking Power level.
11. Touch START.

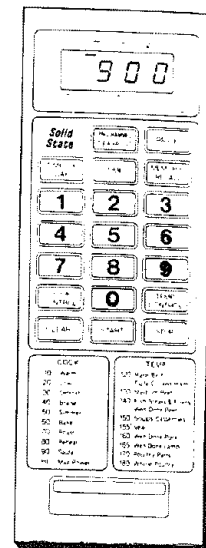
# PROGRAMMED DEFROST

Power levels for defrosting are predetermined and programmed into this oven. The oven will defrost at "HI" power for the beginning of the chosen time and at 30% power for the remaining period of time.

1. Touch CLEAR.
2. Touch PROGRAMMED DEFROST.  
Light below PROGRAMMED DEFROST will go on and "0" will show in the Display Window.
3. Set Defrosting Time by following the Programmed Defrost Chart on pages 23 through 26.
4. Touch START.  
The oven begins, and you will see the time counting down in the Display Window. A tone will sound when time is up and the oven shuts itself off.

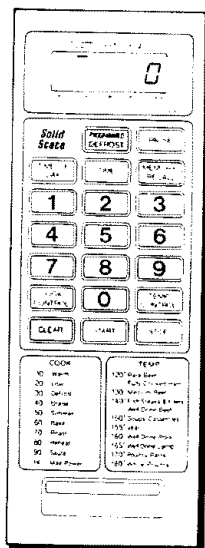
**Note:** If you want to cook after Programmed Defrosting, touch MEMORY/RECALL, then set Time and Power level for cooking the thawed food. The cooking process can be set for up to three stages, when Programmed Defrost is used.

3. Set 9 minutes by touching "9", then "0" twice. "900" will show in the Display Window.

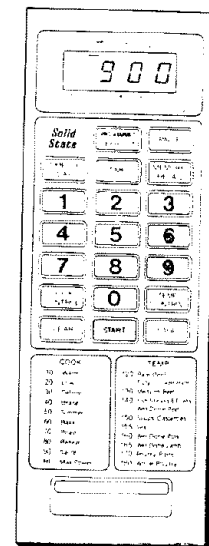


**Example:** To defrost two pound of Ground Beef, use Programmed Defrost for 9 minutes.

1. Touch CLEAR.
2. Touch PROGRAMMED DEFROST. Light below PROGRAMMED DEFROST will go on. Display Window will read "0".



4. Touch START.  
The oven begins and you can see the time counting down in the Display Window. A tone will sound when time is up and the oven shuts itself off.



## PROGRAMMED DEFROST CHART

The defrost times in this Chart have been made available specifically for use with Programmed Defrost.

### Programmed Defrost Instructions:

- Fish, seafood, meat or poultry can be thawed in their original closed package.
- Metal clip and pop-up timers may be left in poultry. Twisters must be removed from bags and may be replaced with rubber bands.
- Place food in a flat glass baking dish to catch dripping.
- Use Programmed Defrost setting to thaw fish, seafood, meat and poultry, according to times in the Chart below. Thaw completely before cooking.
- Food should still be somewhat icy in the center when removed from the oven.
- The Chart gives you standing time and standing technique needed to complete thawing.

**IMPORTANT NOTE:** The defrost power setting (a 30% cook control level) should not be confused with this Programmed Defrost. The Defrost Cook level is a low energy setting used to cook foods that need slow, gentle cooking. Use the Defrost Cook level to reheat many frozen convenience foods and also to defrost small bread items.

CUT AND WEIGHT	PROGRAMMED DEFROST TIME	STANDING TIME	DIRECTIONS
<b>FISH AND SEAFOOD</b>			
FISH Fish fillets 1 lb. 2 lbs.	4 to 5 min. 5 to 6 min.	5 min. 5 min.	Defrost in package on dish. Carefully separate fillets under cold water. Turn over once.*
Fish steaks 1 lb.	4 to 5 min.	5 min.	Defrost in package on dish. Carefully separate steaks under cold running water.
Whole fish 8 to 10 oz. 1½ to 2 lbs.	3 to 5 min. 4 to 6 min.	5 min. 5 min.	Shallow dish; shape of fish determines size. Should be icy when removed. Finish at room temperature. Cover head with aluminum foil. Turn over once.*
Lobster tails 8 oz. pkg.	4 to 6 min.	5 min.	Remove from package to baking dish.
Crab legs 8-10 oz.	4 to 6 min.	5 min.	Glass baking dish. Break apart and turn once.*
Crabmeat 6 oz.	3 to 4 min.	5 min.	Defrost in package on dish. Break apart. Turn once.*
Shrimp 1 lb.	2 to 3 min.	5 min.	Remove from package to dish. Spread loosely in baking dish and rearrange during thawing as necessary.

Note: \*Turning or Stirring should be done in middle of defrosting.

CUT AND WEIGHT	PROGRAMMED DEFROST TIME	STANDING TIME	DIRECTIONS
Scallops 1 lb.	7 to 9 min.	5min.	Defrost in package, if in block; spread out on baking dish if in pieces. Turn over and rearrange during thawing as necessary.
Oysters 12 oz.	2 to 3 min.	5 min.	Remove from package to dish. Turn over and rearrange during thawing as necessary.
<b>MEAT</b>			
<b>BEEF</b> Ground beef 1 lb. 2 lbs.	4 to 4½ min. 8 to 9 min.	5 min. 5 min.	Turn over once.* Remove thawed portions with fork. Return remainder. Freeze in doughnut shape.
Pot roast, chuck under 4 lbs.	3 to 4 min. per lb.	10 min.	Turn over once.*
Rib roast, rolled 3 to 4 lbs.	5 to 7 min. per lb.	30—45 min.	Turn over once.*
Rump roast 3 to 4 lbs.	3 to 4 min. per lb.	30 min.	Turn over once.*
Round steak	3 to 4 min. per lb.	5—10 min.	Turn over once.*
Flank steak	3 to 4 min. per lb.	5—10 min.	Turn over once.*
Sirloin steak ½ inch thick	3 to 4 min. per lb.	5—10 min.	Turn over once.*
Tenderloin steak	4 to 5 min. per lb.	10 min.	Turn over once.*
Stew beef 2 lbs.	3 to 4 min. per lb.	8—10 min.	Turn over once.* Separate.
<b>LAMB</b> Cubed for stew Ground lamb under 4 lbs.	6 to 7 min. per lb. 3 to 4 min. per lb.	5 min. 30—45 min.	Turn over once.* Separate. Turn over once.*
Chops 1 inch thick	4 to 6 min. per lb.	15 min.	Turn over twice.*
Leg 5 to 8 lbs.	3 to 4 min. per lb.	15—20 min.	Turn over twice.*

Note: \*Turning or Stirring should be done in middle of defrosting.



CUT AND WEIGHT	PROGRAMMED DEFROST TIME	STANDING TIME	DIRECTIONS
<b>MEAT</b>			
PORK Chops ½ inch thick 1 inch thick	4 to 5 min. per lb. 5 to 6 min. per lb.	5–10 min. 10 min.	Separate chops halfway through defrosting time.
Spareribs. Country-style ribs 2 to 3 lbs.	4 to 6 min. per lb.	10min.	Turn over once.*
Roast under 4 lbs.	3 to 4 min. per lb.	30–45 min.	Turn over once.*
Bacon 1 lb.	1½ to 2½ min.	3–5 min.	Defrost until strips separate.
Sausage, bulk 1 lb.	1½ to 2 min.	3–5 min.	Turn over once.* Remove thawed portions with fork. Return remainder.
Sausage, links 1 lb.	2 to 4 min.	4–6 min.	Turn over once.* Defrost until pieces can be separated.
Hot dogs 1 lb.	4 to 5 min.	5 min.	—
VEAL Roast 3 to 4 lbs.	4 to 6 min. per lb.	30 min.	Turn over once.*
Chops ½ inch thick	3 to 5 min. per lb.	20 min.	Turn over once.* Separate chops and continue defrosting.
VARIETY MEAT Liver 1 lb.	4 to 5 min.	10 min.	Turn over once.*
Tongue 1 lb.	6 to 7 min.	10 min.	Turn over once.*

Note: \*Turning or Stirring should be done in middle of defrosting.

CUT AND WEIGHT	PROGRAMMED DEFROST TIME	STANDING TIME	DIRECTIONS
<b>POULTRY</b>			
<b>CHICKEN</b> Whole 2 to 3 lbs.	5 to 7 min. per lb.	25–30 min.	Turn over once.* Immerse in cold water for standing time.
Cut up 2 to 3 lbs.	4 to 5 min. per lb.	10–15 min.	Turn over twice.* Separate pieces when partially thawed.
<b>TURKEY</b> Whole under 8 lbs.	3 to 4 min. per lb.	60 min.	Turn over once.* Immerse in cold water for standing time.
Breast under 4 lbs.	3 to 4 min. per lb.	20 min.	Turn over once.*
Drumsticks 1 to 1½ lbs.	4 to 5 min. per lb.	15–20 min.	Turn over once.* Separate pieces when partially thawed.
Roast, boneless 2 to 4 lbs.	2½ to 3 min. per lb.	10 min.	Remove from foil pan. Cover with waxed paper.
<b>CORNISH HENS</b> Whole 1. 1 to 1½ lbs. 2. 1 to 1½ lbs. ea.	10 to 11 min. per lb. 9 to 10 min. per lb.	20 min. 20 min.	Turn over once.* Turn over once.*

Note: \*Turning or Stirring should be done in middle of defrosting.

# UTENSILS

## Materials to use

### OVENPROOF GLASS

Ovenware (treated for high-intensity heat), such as utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles, and bowls *without metallic trimming*.

### CHINA

Bowls, cups, serving pieces, plates, and platters *without metallic trimming*.

### POTTERY

Dishes, cups, mugs, and bowls.

### PLASTIC

Plastic wrap may be used as a cover. Lay the plastic wrap loosely over the dish and press it to the sides. The dish should be deep enough so that plastic wrap will not touch the food. As the food heats, it may cause the wrap to melt wherever it touches the food. Plastic dishes, cups, Semi-Rigid freezer containers, and plastic bags are usable for short time cooking. Use with care as some softening of the plastic can occur with heat from the food.

### PAPER

Paper towels, waxed paper, paper napkins, and paper plates are usable.

**UTENSIL TEST:** A simple way to find out if a utensil can be used for microwave cooking is to place it, empty, on the Cooking Tray, close the door and set time to 30 seconds (1/2 minute) and touch **START**.

If the utensil is warm to the touch at the end of this time, it should not be used for microwave cooking.

**CAUTION:** Always make sure that closed utensils are opened and plastic pouches of vegetables are pierced before cooking. Tightly closed utensils could explode.

## Materials to avoid

### METAL UTENSILS

Metal utensils are not recommended because the metal shields the food from microwave energy on the bottom and sides, causing uneven cooking results. Metal utensils will also cause arcing and can damage the microwave oven.

### METAL DECORATION

Metal-trimmed or-banded dinnerware, casseroles, etc., should not be used. The metal trim interferes with normal cooking and may damage the dish.

### CENTURA® TABLEWARE

Corning Glass does not recommend the use of its Centura tableware or Corelle<sup>®</sup> closed handle cups for microwave cooking.

### ALUMINUM FOIL

Large sheets or pieces of aluminum foil should be avoided because they will hinder cooking and may cause harmful arcing. However, smaller pieces may be used to cover areas such as poultry legs and wings. Any aluminum foil used *should be at least 1 inch from side walls of oven*.

### WOOD

Wooden bowls and boards will dry out when used in the microwave oven and may split or crack.

### OTHER

Avoid using brown paper, cracked, flawed, or chipped utensils, including ovenproof glassware.

**CAUTION:** Do not use metal ties on any paper or plastic bags; the ties become hot and could cause a fire.

# CARE AND CLEANING

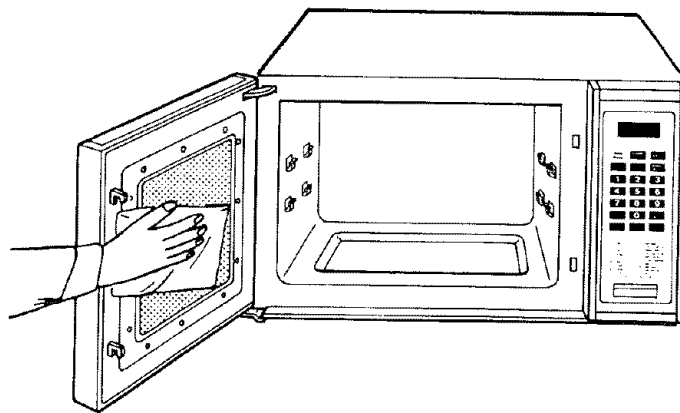
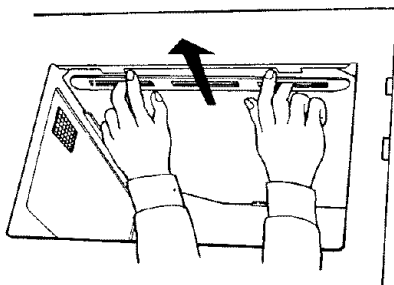
Wipe the microwave inside and out with a mild detergent solution, rinse, and wipe dry. This should be done on a weekly basis-more often if needed. *Never* use rough powders or pads.

## 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 glass tray and metal rack can be removed for cleaning at the sink. Wipe up spillovers with paper towel or cloth before removal of tray.
- The oven inside top (stirrer shield) can be gently wiped in place or removed for washing at the sink. It rests in slots along the sides and in the rear of the oven and is held by two tabs in front. Pull the front edge down and forward to remove. Wash only in warm (not hot) detergent water, rinse, and wipe dry. Avoid hitting or bending the metal stirrer blades, as this could cause uneven cooking or damage to the oven.  
To replace shield, slide it into the side and rear slots with cut-off at left rear corner, and fit the front edge of the shield with the two tabs.
- Wash in warm soapy water and dry.  
Do not use rough cleaning powders, steel wool, or rough cleaning pads.

## SPECIAL CARE

For best performance and safety, the inner door panel and oven front frame should be free of food or grease buildup. Wipe both 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.



# QUESTIONS AND ANSWERS

## OPERATION

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

A. *There may be several reasons why the oven light will not glow.*

■ *Time has not been set.*

■ *Light bulb is burned out.*

■ *START has not been touched.*

---

Q. Why is steam coming out of the air exhaust vent?

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

---

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

A. *Yes. Never run it empty and without the glass tray.*

---

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

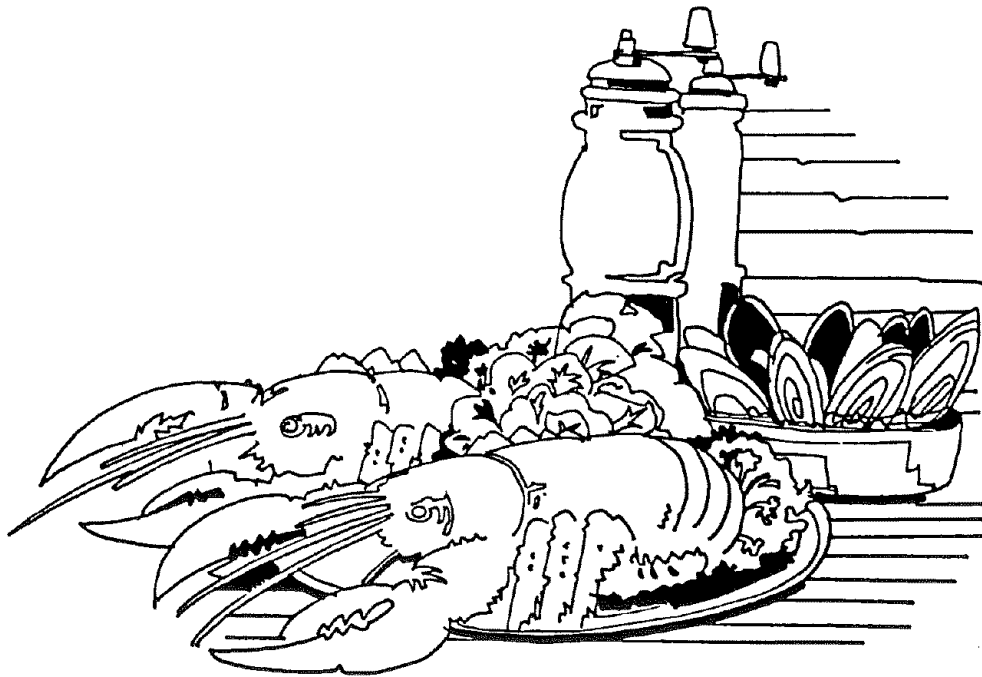
A. *No. The metal screen bounces back the energy to the oven cavity. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.*

---

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.*

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## FOODS

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

A. A brown, hard 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 built up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking.

*Never microwave cook eggs in the shell.*

---

Q. Why are scrambled eggs sometimes a little dry?

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

■ Eggs vary in size.

■ Eggs are at room temperature one time and refrigerator temperature another.

■ The shapes of utensils vary, which makes it necessary to vary the cooking time.

■ Eggs keep on cooking during standing time.

---

Q. Can I cook popcorn in my microwave oven?

A. Cooking popcorn in a microwave oven is not recommended.

*Microwaves pop too few kernels to make the technique successful. Longer cooking does not yield more popped corn, but can cause fire or make the cooking dish too hot to handle and even break.*

*Microwave popping devices are available. While safe to use, they usually do not give results equal to regular popping methods. If used, carefully follow the instructions which come with the popping product and never leave the oven unattended while popping corn.*

*Never pop corn in a paper bag.*

---

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

A. The fourth potato may be slightly heavier than the others and will need to cook 30 to 60 seconds longer. Remember to allow space around each potato when baking.

*For more even cooking, put potatoes in a circle.*

---

Q. Why do baked apples sometimes burst during cooking?

A. The peel should be removed from the top half of each apple to allow for expansion of the interior of the apple during cooking, as in regular cooking.

---

Q. How are boilovers avoided?

A. For foods that tend to boil over, use a larger utensil. 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 cooking.)

---

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

A. After microwave cooking is finished, foods keep on cooking during standing time.

*This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.*

---

# 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.

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1. Replacement of defective parts other than magnetron	W	MA
2. Replacement of magnetron	W	W
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W – WARRANTY  
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