

Amana[®] **Microwave Oven Owner's Manual**

**CE76T
CW76T**

Keep these instructions for future reference. If microwave oven changes ownership, be sure this manual accompanies microwave oven.

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Model Identification

Complete enclosed registration card and promptly return. If registration card is missing, call Consumer Affairs Department at 1-800-843-0304 inside U.S.A. 1-319-622-5511 outside U.S.A.

When contacting Amana Refrigeration, Inc., provide product information. Product information is located on oven serial plate. Record following information:

Model Number: _____
Manufacturing Number: _____
Serial or S/N Number: _____
Date of purchase: _____
Dealer's name and address: _____

Keep a copy of sales receipt for future reference or in case warranty service is required. For questions call Consumer Affairs Department at 1-800-843-0304 inside U.S.A. 319-622-5511 outside U.S.A. To locate an authorized servicer, call 1-800-628-5782. Warranty service must be performed by an authorized servicer. Amana Refrigeration, Inc. also recommends contacting an authorized servicer if service is required after warranty expires.

Microwave Power

Models CW76T and CE76T deliver 700 watts I.E.C. 705 of microwave power to oven cavity.

Asure™ Extended Service Plan

Amana is pleased to offer long-term service protection on this new microwave oven. Asure™ Extended Service Plan is specially designed to supplement Amana's strong warranty. Asure™ provides budget-protecting coverage on microwave oven for up to 3 full years and includes parts, labor, and travel charges. For details, call 1-800-528-2682.

IMPORTANT SAFETY INSTRUCTIONS



Recognize this symbol as a SAFETY message



Warning

WHEN USING ELECTRICAL EQUIPMENT, BASIC SAFETY PRECAUTIONS SHOULD BE FOLLOWED TO REDUCE THE RISK OF BURNS, ELECTRICAL SHOCK, FIRE, INJURY TO PERSONS, OR EXPOSURE TO EXCESSIVE MICROWAVE ENERGY:

1. **READ** all instructions before using oven.
2. **READ AND FOLLOW** the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** on page 4.
3. This oven **MUST BE GROUNDED**. Connect only to properly grounded outlet. See **GROUNING INSTRUCTIONS** on page 5.
4. Install or locate this oven **ONLY** in accordance with the installation instructions in this manual.
5. Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and **SHOULD NOT** be **HEATED** in this oven.
6. Use this oven **ONLY** for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this oven. This type of oven is specifically designed to heat or cook. It is not designed for industrial or laboratory use.
7. As with any oven, **CLOSE SUPERVISION** is necessary when used by **CHILDREN**.
8. **DO NOT** operate this oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This oven should be serviced **ONLY** by qualified service personnel. Contact nearest authorized service facility for examination, repair, or adjustment.
10. **DO NOT** cover or block any openings on the oven.
11. **DO NOT** store this oven outdoors. **DO NOT** use this product near water—for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. **DO NOT** immerse cord or plug in water.
13. Keep cord **AWAY** from **HEATED** surfaces.
14. **DO NOT** let cord hang over edge of table or counter.
15. See door cleaning instructions in *Care and Cleaning* section of manual under *General Cleaning*.



Caution

TO REDUCE THE RISK OF FIRE IN THE OVEN CAVITY:

- a. **DO NOT** overcook food. Carefully attend oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
- c. **KEEP** oven **DOOR CLOSED**, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel, if materials inside the oven should ignite. Fire may spread if door is opened.
- d. **DO NOT** use the cavity for storage purposes. **DO NOT** leave paper products, cooking utensils, or food in the cavity when not in use.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS



Caution

TO AVOID PERSONAL INJURY OR PROPERTY DAMAGE, OBSERVE THE FOLLOWING:

1. Briskly stir or pour liquids before heating with microwave energy to prevent spontaneous boiling or eruption. Do not overheat. If air is not mixed into a liquid, liquid can erupt in oven or after removal from oven.
2. Do not deep fat fry in oven. Fat could overheat and be hazardous to handle.
3. Do not cook or reheat eggs in shell or with an unbroken yolk using microwave energy. Pressure may build up and erupt. Pierce yolk with fork or knife before cooking.
4. Pierce skin of potatoes, tomatoes, and similar foods before cooking with microwave energy. When skin is pierced, steam escapes evenly.
5. Use only popcorn in packages designed and labeled for microwave use. Popping time varies depending on oven wattage. Do not continue to heat after popping has stopped. Popcorn will scorch or burn. Do not leave oven unattended.
6. Do not use regular cooking thermometers in oven. Most cooking thermometers contain mercury and may cause an electrical arc, malfunction, or damage to oven.
7. Do not heat baby bottles in oven.
8. Do not use metal utensils in oven except when recommended by microwave food manufacturers.
9. Never use paper, plastic, or other combustible materials that are not intended for cooking.
10. When cooking with paper, plastic, or other combustible materials, follow manufacturer's recommendations on product use.
11. Do not use paper towels which contain nylon or other synthetic fibers. Heated synthetics could melt and cause paper to ignite.
12. Do not heat sealed containers or plastic bags in oven. Food or liquid could expand quickly and cause container or bag to break. Pierce or open container or bag before heating.

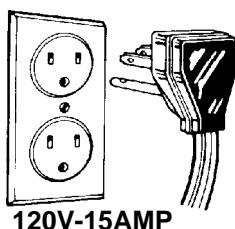
PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- 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 the oven door close properly and 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.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

DO NOT UNDER ANY CIRCUMSTANCES CUT OR REMOVE THE ROUND GROUNDING PRONG FROM THE PLUG OR BEND THE POWER PRONGS TO FIT A RECEPTACLE OTHER THAN THE ONE SHOWN FOR YOUR OVEN. SUCH ABUSE OF THE PLUG CAN RESULT IN ELECTRICAL SHOCKS OR OVERHEATING.



⚠ WARNING
IMPROPER USE OF THE GROUNDING PLUG CAN RESULT IN A RISK OF ELECTRIC SHOCK OR DEATH.

This 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. This 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. **DO NOT** use a two-prong adapter.

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

Do not use an extension cord. If the product power cord is too short, have a qualified electrician install a three-slot receptacle. This oven should be plugged into a separate 60 hertz circuit with the electrical rating as shown in the appropriate drawing at left. When a microwave oven is on a circuit with other appliances, an increase in cooking times may be required and fuses can be blown.

Unpacking Oven

- Remove all materials from oven interior.
- Inspect microwave oven for damage such as dents in door or dents inside oven cavity.
- Report any dents or breakage to source of purchase immediately. Do not attempt to use oven if damaged.
- If oven has been stored in extremely cold area, wait a few hours before plugging in.

Oven Placement

- Do not install microwave oven next to or above source of heat, such as an range or deep fat fryer. This could cause microwave oven to operate improperly and could shorten life of electrical parts.
- Allow air flow around oven. At least 1 inch of clearance is required at top and sides of microwave oven to provide proper ventilation. With restricted air flow, oven does not operate properly and life of electrical parts will shorten.

Radio Interference

Microwave operation may cause interference to radio, television, or similar equipment. Reduce or eliminate interference by doing following:

- Clean door according to door cleaning instructions in *Care and Cleaning* section of manual under *General Cleaning*.
- Place radio, television, etc. as far as possible from oven.
- Use a properly installed antenna on radio, television, etc. to obtain stronger signal reception.

Features

Display

- Shows time of day when not cooking.
- Displays remaining time when cooking by time or using timer.

+ONE MINUTE

- Use *+ONE MINUTE* pad to add one minute of cooking time on high power.
- Convenient one press programming.

INSTANT COOK

- Use *POPCORN*, *FRESH VEGETABLE*, or *FROZEN DINNER* pad to cook commonly microwaved items.

AUTO SELECT

- Use *AUTO ACCU-THAW* pad to defrost meat, poultry, or fish by weight.
- Use *AUTO REHEAT* pad to cook by food item and number of servings.

Timed Cooking

- Use numbered pads to enter custom cooking or defrosting times.
- Programs up to 99 minutes and 99 seconds cycle time.

COOKMATIC LEVEL

- Use to change cooking power levels.

CLOCK/DELAY START

- Use to set time of day.
- Use to set oven to start at desired time of day.

HOLD/TIMER

- Use as a separate timer with no microwave cooking power.
- Use when defrosting and cooking. For example, after defrosting, hold food with oven off for preset hold time. After preset hold time elapses, oven turns on and cooks.

MORE/LESS

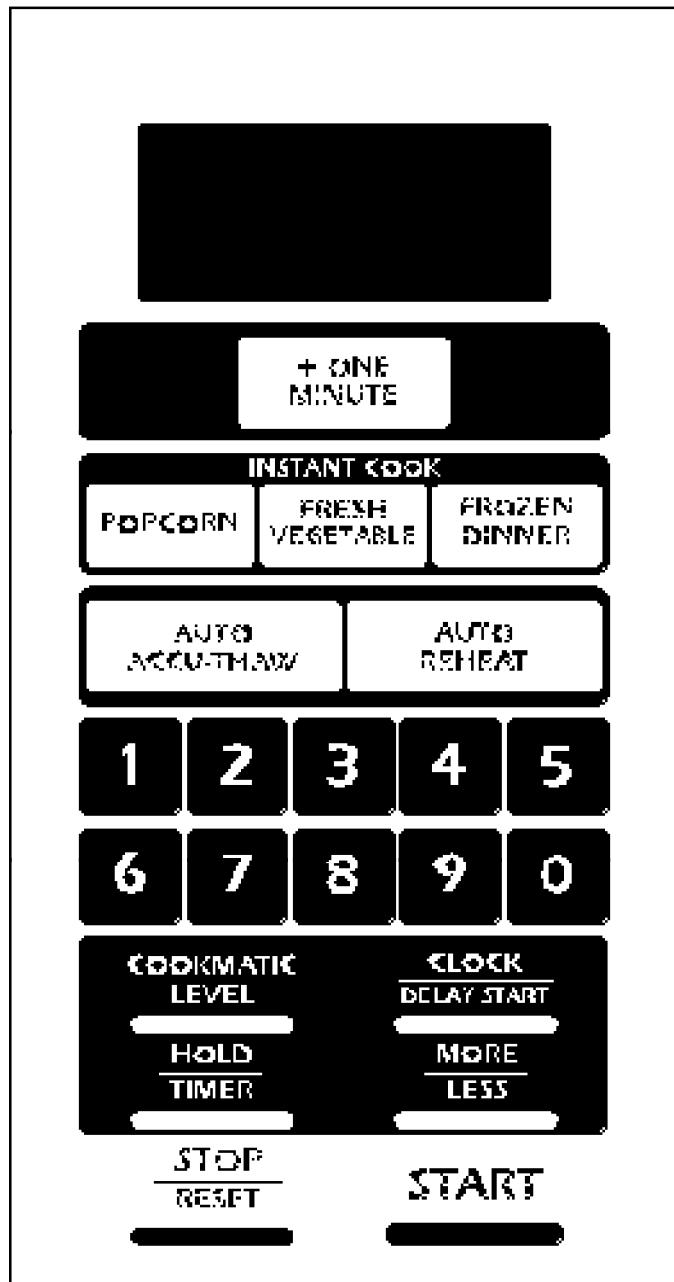
- Use when cooking with *INSTANT COOK* pads and *AUTO REHEAT* pad.
- *MORE/LESS* pad increases and decreases cooking times.

STOP/RESET

- Stops oven operation.
- Cancels programming.
- Erases mistakes during programming.
- Cancels minute timer.
- Pauses oven temporarily during cooking.

START

- Begins oven operation.



Usage

Setting Clock

1. Press *CLOCK/DELAY START* pad.
 - “TIME” flashes in display.
2. Press numbers in order to enter time of day.
 - For example, 10:35 (A.M. or P.M..) press number pads 1,0,3,5.
3. Press *CLOCK/DELAY START* pad again.
 - Clock is set.
 - If oven power is interrupted all programming instructions erase.

Stop and Reset

Pressing *STOP/RESET* pad once pauses oven operation or clears programming to make changes. Pressing *STOP/RESET* pad again cancels programming.

- To correct a mistake while programming, press *STOP/RESET* pad once. Make correction.
- To change program after oven is operating, press *STOP/RESET* pad twice and cancel program. Enter new program.
- To pause cooking and check food, press *STOP/RESET* pad. After checking food, press *START* pad to resume cooking.
- To pause cooking and cancel programming, press *STOP/RESET* pad twice.
- To cancel timer, press *STOP/RESET* pad once.

Timed Cooking

1. Place food in oven and close door.
2. Press numbered pads to enter cooking time.
 - To enter 1 minute and 30 seconds, press 1,3, and 0 pads in order.



3. Press *COOKMATIC LEVEL* pad and pads 1-0 to enter power level if necessary.
 - 0 pad sets oven to high power.
 - Oven automatically cooks using full power if power level is not set and *START* pad pressed.
 - See *Cookmatic Level pad* section for explanation of power levels.
4. Press *START* pad to begin cooking.
5. Oven signals and flashes “END” when time elapses.

Multiple Stage Cooking

This microwave oven can be programmed to cook up to 3 cooking cycles (stages) in a row.

1. Set time and power level according to *Timed Cooking* section through step 3.
 - Do not press *START* pad.
2. Set time and power level according to *Timed Cooking* section for second stage.
 - If only 2 stages are desired press *START* pad.
3. Set time and power level according to *Timed Cooking* section for third stage.
4. Press *START* pad to begin cooking.
5. Oven signals and flashes “END” when time elapses.

+ONE MINUTE Pad

Use pad to cook for 1 minute or add cooking time in 1 minute increments while cooking.

1. Place food in oven and close door.
2. Press *+ONE MINUTE* pad.
 - “POWER”, “TIME,” and “COOK” show in display.
 - Oven starts automatically and cooks at full power for time selected. Cooking time counts down in display.
 - To increase time by one minute increments, touch *+ONE MINUTE* pad repeatedly.
3. Oven signals and flashes “END” when time elapses.

POPCORN Pad

Use pad to cook packages of popcorn. Follow manufactures’ recommendations for popping popcorn. Because different brands of popcorn pop at different rates, use *MORE/LESS* pad to produce desired results. See *MORE/LESS* pad section.

1. Place package of popcorn in oven and close door.
2. Press *POPCORN* pad.
 - Press *POPCORN* pad once to cook regular 3.5 oz. package. “REG” shows in display.
 - Press *POPCORN* pad twice to cook a light 3.0-3.5 oz. package. “L-REG” shows in display.
 - Press *POPCORN* pad three times to cook single 1.75 oz. package. “SNG” shows in display.
 - Press *POPCORN* pad four times to cook a light single 1.5-1.75 oz. package. “L-SNG” shows in display.
3. Oven automatically begins cooking in approximately 2 seconds.
 - “POP” shows in display while oven cooks.
 - To see remaining cooking time, press and hold *POPCORN* pad.
4. Oven signals and flashes “END” when time elapses.
 - Use caution when opening popcorn bag. Steam from bag opening can burn.

FRESH VEGETABLE Pad

Use *FRESH VEGETABLE* pad to cook vegetables measured in cups. Because different vegetables cook at different rates, use *MORE/LESS* pad to produce desired results. See *MORE/LESS* pad section.

1. Place vegetables in microwave safe utensil into oven and close door.
2. Press *FRESH VEGETABLE* pad.
 - Press *FRESH VEGETABLE* pad once to cook 1 cup of vegetables. "1 CUP" shows in display.
 - Press *FRESH VEGETABLE* pad twice to cook 2 cups of vegetables. "2 CUP" shows in display.
 - Press *FRESH VEGETABLE* pad three times to cook 3 cups of vegetables. "3 CUP" shows in display.
 - Press *FRESH VEGETABLE* pad four times to cook 4 cups of vegetables. "4 CUP" appears in display.
3. Oven automatically begins cooking in approximately 2 seconds.
 - To see remaining cooking time, press *FRESH VEGETABLE* pad.
4. Oven signals and flashes "END" when time elapses.

FROZEN DINNER Pad

Use *FROZEN DINNER* pad to cook commercially prepared frozen dinners. Follow instructions concerning preparation and covering of frozen dinner. Place frozen dinner in center of oven for best cooking results. Because different frozen dinners cook at different rates, use *MORE/LESS* pad to produce desired results. See *MORE/LESS* pad section.

1. Place frozen dinner in oven and close door.
2. Press *FROZEN DINNER* pad.
 - Press *FROZEN DINNER* pad once to cook 7-10 oz. dinner. "7-10 oz." shows in display.
 - Press *FROZEN DINNER* pad twice to cook 10-12 oz. dinner. "10-12 oz." shows in display.
3. Oven automatically begins cooking in approximately 2 seconds.
 - To see remaining cooking time, press *FROZEN DINNER* pad.
4. Oven signals and flashes "END" when time elapses.

AUTO ACCU-THAW Pad

Use *AUTO ACCU-THAW* pad to thaw frozen food according to weight of food. After food weight is entered, oven automatically sets time, power level, and standing time. Oven accepts weight in (.5) ½ pound up to 6 pounds. For best defrosting results, do not defrost items that exceed maximum defrosting weight. Because foods defrost at different rates, *AUTO ACCU-THAW* pad may not produce desired results. For additional defrosting information and defrosting times, see *Defrosting Guide* section.

Food Item	Maximum Recommended Weight
Roasts Whole Chickens Turkey Breasts	6 lbs.
Chops Steaks Ribs Chicken Pieces Turkey Pieces	4 lbs.
Ground Meat Stew Meat Cornish Hens Shrimp Scallops Whole Fish Fish Fillets Fish Steaks	3 lbs.

1. Place food in oven and close door.
2. Press *AUTO ACCU-THAW* pad.
 - Press pad until correct food weight shows in display. Food weight increases in increments of .5 lbs. each time *AUTO ACCU-THAW* pad is pressed.
3. Oven automatically begins cooking in approximately 2 seconds.
4. Oven signals and flashes "END" when time elapses.

AUTO REHEAT Pad

Use *AUTO REHEAT* pad to cook or warm food items according to food type and servings. After food type and servings are entered, oven automatically sets time and power level.

1. Place food in oven and close door.
2. Press *AUTO REHEAT* pad.
 - Press *AUTO REHEAT* pad once for plate of food. "FOOD" shows in display.
 - Press *AUTO REHEAT* pad twice for casserole. "CASS" shows in display.
 - Press *AUTO REHEAT* pad three time for soups and sauces. "SOUPS" shows in display.
 - Press *AUTO REHEAT* pad four times for vegetables. "VEG" shows in display.
3. Press number pad (1-4) to select number of servings for casseroles, soups, or vegetables.
 - When "PLATE" is selected, serving size automatically sets to "1".
4. Press *START* pad to begin cooking.
5. Oven signals and flashes "END" when time elapses.

Cookmatic Level Pad

Use to change cooking power levels. See table below.

Power Level	Description	Power Level	Description
1	Warm	6	Simmer
2	Low	7	Medium High
3	Defrost	8	Reheat
4	Medium Low	9	Saute
5	Medium	10	High

Hold Pad

Use *HOLD* pad to hold food in the microwave, before cooking. Hold food up to 99 minutes 99 seconds. Do not allow unfrozen foods to stand at room temperature for more than 2 hours. Foods containing milk, eggs, cooked meat, poultry, fish, uncooked yeast, baking soda, and items that spoil quickly should be cooked immediately. Use foods that require little stirring. Cooked vegetables are safest foods to cook using *HOLD* pad.

1. Place food in oven and close door.
2. Set hold time. For example, if food should set 20 minutes before cooking, press 2,0,0,and 0 pad.
3. Press *HOLD/TIMER* pad.
4. Set cooking times and power levels according to *Timed Cooking and Multiple Stage Cooking* sections.
 - After pressing *START* pad, oven light turns on and oven fan operates. "HOLD TIME" shows in display.
 - Oven does not produce microwave energy while "HOLD TIME" shows.

Timer Pad

Use oven as a timer.

1. Set time. For example, to set 15 minutes, press 1,5,0,and 0 pad.
2. Press *HOLD/TIMER* pad.
 - "HOLD TIME" shows in display.
3. Press *START* pad.
 - Oven counts down time, signals, and flashes "END" when time elapses.

Delay Start Pad

Use *DELAY START* pad to begin cooking food up to 12 hours ahead of present time. Do not allow unfrozen foods to stand at room temperature for more than 2 hours. Foods containing milk, eggs, cooked meat, poultry, fish, uncooked yeast, baking soda, and items that spoil quickly should be cooked immediately. Use foods that require little stirring. Cooked vegetables are safest foods to cook using *DELAY START* pad.

1. Verify oven shows correct time of day.
 - See *Setting Clock* section if display shows incorrect time.
2. Place food in oven and close door.
3. Set cooking times and power levels according to *Timed Cooking and Multiple Stage Cooking* sections.
 - Do not press *START* pad.
4. Press *CLOCK/DELAY START* pad.
5. Enter desired start time using numbered pads.
 - For example, 10:35 (A.M. or P.M.) press number pads 1,0,3,5.
6. Press *START* pad.
 - Clock returns to current time of day.

More/Less Pad

Use when cooking with *INSTANT COOK* pads and *AUTO REHEAT* pad. *MORE/LESS* pad increases or decreases cooking times by 15 seconds.

1. Press *INSTANT COOK* pads or *AUTO REHEAT* pad and allow cooking to begin.
2. Press *MORE/LESS* pad.
 - "MORE", "LESS", or "NORM" shows in display.
 - Press *MORE/LESS* pad repeatedly until desired display is shown.

Utensils

Child Lock

When child lock is active, touch pads are disabled and microwave activity cannot take place.

1. Press *CLOCK/DELAY START* pad.
 - “0” shows in display.
2. Press *1* pad.
3. Press *START* pad.
 - “L” shows behind “0” in display. Child lock is on.
4. Repeat procedure to deactivate child lock.
 - Pads do not signal while deactivating child lock.

Turn Off Oven Sound

1. Press *CLOCK/DELAY START* pad.
 - “0” shows in display.
2. Press *1* pad.
3. Press *MORE/LESS* pad.
 - Oven sound is deactivated.
4. Repeat procedure to activate sound.

Demonstration Mode

Demonstrate oven without producing microwave energy.

Oven appears to operate normally, but display time elapses rapidly when in demonstration mode.

1. Press *CLOCK/DELAY START* pad.
 - “0” shows in display.
2. Press *1* pad.
3. Press *COOKMATIC LEVEL* pad.
 - “DEMO” shows behind in display. Demonstration mode is active.
4. Repeat procedure to deactivate demonstration mode.

Microwave Utensil Test

Use test to check utensils for microwave safeness. Dish remains cool if not absorbing microwaves and microwaves are being absorbed by water. Dish becomes hot if absorbing microwaves.

1. Place glass measuring cup of water next to empty dish to be tested in oven.
2. Heat on full power for one minute.
3. Check temperature of tested dish.
 - If dish remains cool and water is hot, dish is microwave safe.
 - If dish is slightly warm, use for short term cooking only.
 - If dish is hot and water is cool, do not use.

Microwave Utensil Guide

Item	Use	Comments
Aluminum foil	For shielding	Small amounts of foil prevent overcooking of thin areas, edges and corners. Arcing may occur if too much foil is used or if it is less than 1 inch from oven walls.
Browning dish	Yes	Check manufacturer's instructions for use and care. Do not preheat for more than 4 minutes.
Ceramic, porcelain, stoneware	Limited	Dinnerware with metal trim or designs may cause arcing. Older dinnerware may not withstand the temperatures transferred from cooked foods. Check for microwave-safe labeling, or perform the "Microwave Utensil Test".
Glass-ceramic, Oven-glass	Yes	Excellent for cooking and heating. Most items are labeled "microwave-safe". Look for this when purchasing utensils.
Glass jars, dishes	No	Most items can not withstand the temperature transferred from cooked foods and can break.
Paper bags	No	Do not use in microwave oven. May cause fire.
Paper plates, cups	Yes	For short-term heating at low temperatures. Do not use recycled paper products; they may cause arcing or a fire. Do not use wax coated paper products not intended for cooking; coating may melt.
Paper towels, napkins	Yes	Use for short-term heating and covering, to absorb moisture and prevent splattering. Do not use recycled paper products; they may cause arcing or fire.
Plastic cookware	Yes	Use only sturdy plastic products labeled "microwave-safe". Check manufacturer's directions for microwave uses.
Plastic storage and food containers	Limited	Check manufacturer's directions for microwave use of storage containers. Food containers such as margarine tubs are not designed to withstand the temperatures transferred from cooked foods, and may melt.
Plastic wrap	Yes	Use only wrap labeled "microwave-safe". Use as a cover to hold in steam. Cover dish loosely, turning back one corner to vent steam. Avoid direct contact of wrap with food.
Straw, wicker, wood	Limited	Use for short-term heating at low temperatures, such as for serving breads or rolls.
Foam plates, cups	Limited	Use for short-term heating at low temperatures. Using at high temperatures or with foods high in fat will cause melting.
Thermometers	Yes	Candy and meat thermometers labeled "microwave-safe" may be used in the microwave oven. Conventional candy and meat thermometers may be used to check temperatures after removing food from oven. Always check temperatures in several places in food.
Waxed paper	Yes	Use as a cover to prevent splattering.

Cooking Guide

Meat

- Always use microwave-safe ceramic, glass, or plastic utensils.
- Place meat on microwave-safe roasting rack in microwave-safe cooking dish.
- Start meat fat side down. Shield any bone tips, thin meat areas, or portions that start to overcook with 3 inch wide strips of foil.
- Check temperatures in several places, before recommended stand time.

Item	Total Cooking Time (Min./Lb.)	Power Level	Method
Beef			
Roast , boneless up to 4 lbs.	Rare (130°F): 7 to 10 Med (140°F): 8 to 12 Well (160°F): 9 to 14	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Place roast, fat-side down, on roasting rack. Microwave, turning over after half the time. Let stand, covered with aluminum foil, 10 minutes.
4.1 to 6 lbs.	Rare (130°F): 7 to 10 Med (140°F): 9 to 12 Well (160°F): 14 to 16	HIGH (10) for first 8 min. of total time, then MEDIUM (5)	Same as above.
Roast, bone-in up to 4 lbs.	Rare (130°F): 6 to 10 Med (140°F): 7 to 12 Well (160°F): 14 to 16	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Same as above.
4.1 to 6 lbs.	Rare (130°F): 6 to 10 Med (140°F): 7 to 12 Well (160°F): 14 to 16	HIGH (10) for first 8 min. of total time, then MEDIUM (5)	Same as above.
Chuck Roast , up to 6 lbs.	20 to 25	MEDIUM (5)	Place roast in baking dish or 3-quart casserole. Add 1/4 cup desired liquid and seasonings. Cover. Microwave, turning over after half the time. Let stand 10 minutes.
Hamburger Patties, 1/4 lb. each, 1/2-inch thick			
2 patties	1 to 2 (160°F)	HIGH (10)	Arrange patties on roasting rack. Microwave until well done, turning over after half the time. Let stand 1 to 2 minutes.
4 patties	3 to 6 (160°F)	HIGH (10)	
Pork			
Roast , boneless or bone-in up to 6 lbs.	Well (170°F): 10 to 14	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Place roast, fat-side down, on roasting rack. Microwave, turning over after half the time. Let stand, covered, 10 minutes.
Ham , canned			
1 lb.	(130°F): 15 to 19	MEDIUM (5)	Remove packaging. Place ham in baking dish. Cover dish loosely with plastic wrap. Microwave, turning over after half the time. Let stand 5 minutes.
3 to 5 lbs.	(130°F): 10 to 15		
rolled boneless up to 5 lbs.	(130°F): 13 to 18	MEDIUM (5)	Remove packaging. Place ham in baking dish. Cover dish loosely with plastic wrap. Microwave, turning over after half the time. Let stand 5 minutes.
Bacon			
2 slices	2 to 2 1/2	HIGH (10)	Arrange bacon on roasting rack or paper towel lined dish. Cover with paper towel. Microwave until crisp.
4 slices	3 to 3 1/2		
8 slices	6 1/2 to 8		

Poultry

- Always use microwave-safe ceramic, glass, or plastic utensils.
- Place poultry on microwave-safe roasting rack in microwave-safe cooking dish.
- Cover poultry with wax paper to prevent spattering.
- Shield bone tips, thin areas or portions that start to overcook with 3 inch wide strips or foil.
- Check temperatures, in several places, before recommended stand time.

Item	Total Cooking Time (Min./Lb.)	Power Level	Method
Chicken whole up to 6 lbs.	8 to 12 (180°-185°F)	MED-HIGH (7)	Place chicken, breast-side down, on roasting rack. Microwave until meat near bone is no longer pink and juices run clear, turning over after half the time. Let stand, covered, 5 to 10 minutes.
pieces up to 3 lbs.	6 to 9 Dark meat (180°F-185°F) Light meat (170°F)	HIGH (10)	Arrange chicken, bone-side down, in dish. Microwave until meat near bone is no longer pink and juices run clear, rearranging and turning over after half the time. Let stand, covered, 5 to 10 minutes.
Cornish Hen(s) whole up to 5 lbs.	5 to 9 (180°-185°F)	HIGH (10)	Arrange hen(s), breast-side down, in dish. Microwave until meat near bone is no longer pink and juices run clear, turning hens over after half the time and draining juices as necessary. Let stand, covered, 5 to 10 minutes.
Duckling whole up to 6 lbs.	5 to 9 (180°-180°F)	HIGH (10) for first 10 min. of total time, then MEDIUM (5)	Place duckling, breast-side down, on roasting rack. Microwave for 10 min. as directed. Turn duckling over. Microwave at MEDIUM (5) until meat near bone is no longer pink and juices run clear, draining juices 2 or 3 times. Let stand, covered, 5 to 10 minutes.
Turkey whole 8 to 10 lbs.	10 to 17 (180°-185°F)	HIGH (10) for first 10 min. or total time, then MEDIUM (5)	Place turkey, breast-side down, in baking dish. Microwave for 1/4 of total time. Turn turkey over. Microwave for second 1/4 of total time. Turn turkey over again. Microwave for third 1/4 of total time. Turn turkey breast-side up. Microwave until meat near bone is no longer pink and juices run clear. Let stand, covered, 15 to 30 minutes.
pieces up to 3 lbs.	10 to 15 (180°-185°F)	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Arrange turkey, bone-side up, on roasting rack. Microwave until meat near bone is no longer pink and juices run clear, rearranging 2 times and turning over after half the time. Let stand, covered, 5 to 10 minutes.
breast up to 6 lbs.	10 to 16 (170°F)	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Place turkey breast, skin-side down, in baking dish. Microwave until meat is no longer pink and juices run clear, turning over after half the time. Let stand, covered, 5 to 10 minutes.

Fish and Seafood

- Fish is done when it flakes easily with a fork. Center may still be slightly translucent, but will continue cooking as fish stands a few minutes after cooking.
- Place fish on microwave-safe roasting rack in microwave-safe cooking dish.
- Cook fish with or without sauce. A tight cover steams fish, or use a lighter cover of wax paper or paper towel for less steaming.
- Do not overcook fish. Check at minimum time.

Item	Total Cooking Time (Min/Lb)	Power Level	Method
Fish whole up to 3 lbs.	7 to 9	MEDIUM (5)	Place fish on roasting rack. Microwave until fish flakes easily with fork, turning over and rearranging after half the time. Let stand 3 to 5 minutes.
steaks up to 3 lbs.	8 to 12	MEDIUM (5)	Arrange steaks on roasting rack with meaty portions toward outside of rack. Cover rack with wax paper. Microwave until fish flakes easily with fork, turning over and rearranging after half the time. Let stand 3 to 5 minutes.
fillets up to 3 lbs.	3 to 7	HIGH (10)	Arrange fillets in baking dish. Cover dish with wax paper. Microwave until fish flakes easily with fork, turning over and rearranging after half the time. Let stand 2 to 3 minutes.
Scallops up to 3 lbs.	3 to 7	HIGH (10)	Arrange seafood in baking dish. Cover dish with wax paper, Microwave until firm and opaque, stirring 2 to 3 times. Let stand 5 minutes.
Shrimp up to 3 lbs.	3 to 5	HIGH (10)	Same as above.

Eggs

- Always pierce whole yolks before cooking to prevent bursting.
- Never cook eggs in the shell, and do not reheat in-shell cooked eggs. They could explode.
- Cook eggs just until set, they are delicate and can toughen if overcooked.

Scrambled Eggs

Egg(s)	Butter	Milk/Water	Egg Cooking Time (Min.)	Method
1	1 teaspoon	1 tablespoon	1/2 to 1	Place butter in small bowl or casserole. Microwave at HIGH (10) for 20 to 40 seconds, or until butter melts. Add egg(s) and milk. Beat until well blended. Microwave at HIGH (10) as directed or until eggs are set yet moist, stirring 3 or 4 times. Let stand 2 to 3 minutes. Eggs finish cooking while standing.
2	2 teaspoons	1 tablespoon	1 to 1 1/4	
4	1 tablespoon	2 tablespoons	2 to 3	
8	2 tablespoons	1/4 cup	3 to 4 1/4	

Hard Cooked Eggs (use chopped in salads and sandwich fillings)

Egg(s)	Cooking Time(Min.)	Method
1	3/4 to 1 1/4	Use a 6 oz. custard cup for each egg. Break 1 egg into each cup. Pierce yolk(s) 2 times with a toothpick. Cover cup(s) with plastic wrap. Microwave at MEDIUM (5) as directed, or until whites are opaque and yolks are almost set, rearranging cups once. Let stand 2 to 3 minutes. Eggs finish cooking while standing. Chill before chopping.
2	1 to 2 1/2	
4	3 to 4 1/2	

Vegetables

Item	Total Cooking Time (Min/Lb.)	Power Level	Method
Acorn Squash, 1 to 1 1/2 lbs. each			
1	6 to 11	HIGH (10)	Pierce each squash at least once with knife. Microwave until tender, turning over once. Let stand 6 minutes. Cut in half. Remove pulp and seeds.
2	8 to 16		
Asparagus, fresh, 1 lb.	5 to 7	HIGH (10)	Arrange in baking dish with tips toward center of dish. Add 1/4 cup water. Cover dish with plastic wrap. Microwave until tender, rearranging once. Let stand 3 minutes.
Beans, green, fresh, 1 lb.	7 to 11	HIGH (10)	Trim and discard ends of beans. In 1 1/2 quart casserole, combine beans and 1/4 cup water. Cover. Microwave until tender, turning over once. Let stand 3 minutes.
Beets, fresh, 1 lb.	12 to 18	HIGH (10)	Trim and discard leaves. In 1 1/2 quart casserole, combine beets and 1/2 cup water. Cover. Microwave until tender, turning over once. Let stand 3 minutes. Peel and trim ends of beets.
Broccoli Spears, fresh, 1 to 1 1/2 lbs.	7 to 9	HIGH (10)	Trim and discard tough ends of spears. Arrange broccoli in baking dish with flowerets toward center of dish. Add 1/4 cup water. Cover dish with plastic wrap. Microwave until tender, rearranging once. Let stand 3 minutes.
Brussels Sprouts, fresh 1 lb	6 to 8	HIGH (10)	In 1 1/2 quart casserole, combine sprouts and 1/4 cup water. Cover. Microwave until tender, stirring once. Let stand 3 minutes.
Cabbage, chopped, 1 1/2 lbs.	12 to 15	HIGH (10)	In 2 quart casserole, combine cabbage and 2 tablespoons water. Cover. Microwave until tender, stirring once. Let stand 3 minutes.
Cabbage, wedges, 1 to 1 1/2 lbs.	12 to 14	HIGH (10)	Arrange cabbage in baking dish. Add 1/4 cup water. Cover dish with plastic wrap. Microwave until tender, rearranging cabbage once. Let stand 3 minutes.
Carrots, sliced, 1 lb.	8 to 12	HIGH (10)	In 1 quart casserole, combine carrots and 2 tablespoons water. Cover. Microwave until tender, stirring once. Let stand 3 minutes.
Cauliflower, fresh, flowerets, 1 1/2 lbs.	7 to 12	HIGH (10)	In 2 quart casserole, combine carrots and 2 tablespoons water. Cover. Microwave until tender, stirring 2 times. Let stand 3 minutes.
whole 1 to 1 1/2 lbs	9 to 13	HIGH (10)	Trim and discard leaves and stem. Place cauliflower, cored-side up, on plate. Cover with plastic wrap. Microwave until tender, turning over after half the time. Let stand 3 minutes.
Corn, on cob fresh, 7 to 8 oz. each		HIGH (10)	Husk corn. Arrange in baking dish. Add 2 tablespoons water. Cover dish with plastic wrap. Microwave until tender, turning over and rearranging once. Let stand 3 minutes.
2	5 to 8		
4	8 to 13		
frozen large ears		HIGH (10)	Arrange in baking dish. Add 2 tablespoons water. Cover dish with plastic wrap. Microwave until tender, turning over and rearranging once. Let stand 3 minutes.
2	5 to 8		
4	8 to 13		
small ears		HIGH (10)	Same as above.
2	4 to 5		
4	6 to 7		

Item	Total Cooking Time (Min./Lb.)	Power Level	Method
Mushrooms, whole, sliced 1 lb.	5 to 7	HIGH (10)	In 1-quart casserole, combine mushrooms and 3 tablespoons butter. Cover. Microwave until tender, stirring once. Let stand 3 minutes.
Peas, green, fresh, shelled, 2 cups	5 to 7	HIGH (10)	In 1-quart casserole, combine peas and 1/4 cup water. Cover. Microwave until tender, stirring once. Let stand 3 minutes.
Potatoes, white, 6 to 8 oz. each			
1	4 to 5	HIGH (10)	Prick each potato several times with fork. Arrange in spoke-like fashion on paper towels. Microwave until tender, turning over once. Let stand 5 minutes.
2	7 to 8		
4	10 to 12		
new, 1 1/2 to 2 lbs.	6 to 12	HIGH (10)	
Spinach, fresh, 1 lb.	5 to 9	HIGH (10)	Prick each potato several times with fork. In 2-quart casserole, combine potatoes and 3 tablespoons water. Cover. Microwave until tender, stirring once. Let stand 3 minutes.
Sweet Potatoes or Yams, 5 to 7 oz. each			Wash and trim spinach. Place in 3-quart casserole. Cover. Microwave until tender, stirring once. Let stand 3 minutes.
1	3 1/2 to 5	HIGH (10)	Prick each potato several times with fork. Arrange in spoke-like fashion on paper towels. Microwave until tender, turning over once. Let stand 3 minutes.
2	5 to 7		
3	7 to 9		
4	9 to 12		
Zucchini, sliced, 1 lb.	8 to 12	HIGH (10)	In 2-quart casserole, combine zucchini and 2 tablespoons water. Cover. Microwave until tender, stirring 2 times. Let stand 3 minutes.
Vegetables, canned, 15 to 17 oz.	3 to 5	HIGH (10)	Place undrained vegetables in 1-quart casserole. Cover. Microwave until heated through, stirring once.
frozen, 8 to 12 oz.	5 to 9	HIGH (10)	In 1-quart casserole, combine vegetables and 2 tablespoons water. Cover. Microwave until heated through, stirring once. Let stand 3 minutes.

Defrosting Guide

Meats

- Use power level 3 for defrosting. See *Cookmatic Level Pad* section for power level description.
- For best results, defrost meat completely before cooking. To determine whether a meat item is completely defrosted, insert a sharp knife in meat to check for ice crystals.
- Remove meats from their original coverings, if possible, before defrosting. Remove any metal wrapping.
- Defrosting time depends upon the shape of the meat (thickness, irregular areas, etc.). For example, rolled roasts require longer defrosting times than flat shaped roasts.
- Place meat on a plastic rack in a microwave safe dish or on a plastic meat tray to allow juices to drain away during defrosting.
- Cover meats with heavy-duty plastic wrap during defrosting to speed the defrosting process and to defrost more evenly.
- Turn meats over halfway through cooking times.

Item	Weight	Time
Bacon	16 ounces	5½-7½ minutes
Bratwurst	16 ounces	6-7 minutes
Chops	16 ounces	8-10 minutes
Frankfurters		
Jumbo	16 ounces	7-9 minutes
Regular	16 ounces	4-6 minutes
Ground Beef, Pork, or Lamb		
Bulk	16 ounces	9-11 minutes
Patties	16 ounces	7½ -9½ minutes
Sausage	16 ounces	4-6 minutes
Steaks	16 ounces	9-12 minutes

Roasts

- Place meat on a plastic rack in a utility dish or on a plastic meat tray.
- Cover with heavy-duty plastic wrap or place in a heavy-duty plastic roasting bag.
- Turn over halfway through cooking stage.
- See *Timed Cooking* section for information on setting power levels.
- See *Multiple Stage Cooking* section for information on cooking stages.

Weight	1 st Cooking Stage Power Level 3	2 nd Cooking Stage Power Level 1
Under 3 lbs.	7 min./lb.	11 min./lb.
3-6 lbs.	7-8 min./lb.	11-12 min./lb.

Poultry

- Place frozen poultry on a plastic rack in a utility dish or on a plastic meat tray. Cover with heavy-duty plastic wrap. Remove all metal pieces, if possible.
- Turn poultry over halfway through both defrosting times.
- Soak large poultry items in warm water if necessary, to finish defrosting.
- These instructions and timings are for whole turkey, chicken, Cornish hen, capon, duck, and individual pieces.
- See *Timed Cooking* section for information on setting power levels.
- See *Multiple Stage Cooking* section for information on cooking stages.

Weight	1st Cooking Stage Power Level 3	2nd Cooking Stage Power Level 1
Poultry	7-8 min./lb.	10-11 min./lb.

Frozen Fish and Seafood

- Place frozen fish or seafood on a dish or in a casserole. Cover loosely with heavy-duty plastic wrap or waxed paper. Defrost, covered, according to the time recommended on the chart, or until thawed.
- Allow thawed seafood to stand for an equal period of defrosting time before cooking to ensure seafood is totally defrosted. Larger seafood pieces can be held under cold running water, if necessary, to finish the defrosting process, or to allow frozen fillets to be separated. Fish and seafood should be totally defrosted before cooking.
- Rearrange, stir or turn fish or seafood halfway through cooking time.

Item	Weight	Time
Crab Claws and Legs	12 ounces	7-9 minutes
Crab Meat	6 ounces	3-5 minutes
Fillets, Cod, Sole, etc..	16 ounces	9½-11½ minutes
Lobster Tail	12 ounces	8-10 minutes
Shrimp	12 ounces	8-9 minutes

General Cleaning

Clean door and other surfaces with a clean cloth, sponge, or nylon pad, and mild detergent diluted in warm water.

- Do not use knife, metal utensil, or abrasive cleaning pad to remove baked on material.
- Do not use harsh or abrasive cleaners, or cleaners containing ammonia.
- Remove excess water from cloth before wiping oven.

Discharge Air Vents

Check for a buildup of cooking vapors along discharge louvers in back of oven. Clean air vent with damp cloth to ensure proper airflow. Dry thoroughly.

Glass Tray



Caution

Tray is heavy and can be broken if dropped.

Clean glass tray with a clean cloth, sponge, or nylon pad, and mild detergent diluted in warm water. Wipe up spills immediately if possible.

Remove tray from oven to clean more thoroughly.

- Wash carefully in warm sudsy water and rinse.
- Dry thoroughly.

Glass Tray can be cleaned in dishwasher.

Oven Light

Oven light must be changed by authorized servicer.



Warning

To avoid electrical shock which can cause severe personal injury or death, do not remove outer case at any time. Only authorized servicer should remove outer case.

If oven does not operate:

- Confirm oven is plugged into dedicated circuit.
- Confirm oven is on grounded and polarized circuit. (Contact electrician to confirm.)
- Check fuse or circuit breaker.
- Confirm oven door is fully closed.

If oven operates intermittently:

- Check inlet and discharge areas for obstructions.

If oven malfunctions:

- Unplug oven, wait for 1 minute, and plug in oven.

If intensity of oven light varies when Cookmatic Level is set on other than full power:

- This is normal and indicates oven is operating correctly.

Any questions or to locate **authorized** servicer, call **1-800-843-0304** inside U.S.A. **319-622-5511** outside U.S.A. When contacting Amana, provide product information including model and serial numbers and date of purchase. Model and serial numbers are located on product serial plate. Warranty service must be performed by **authorized** servicer. Amana also recommends contacting **authorized** servicer if service is required after warranty expires.

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