

# GE Cooking Guide

## Convection, Grill, Combination, Microwave

This Cooking Guide is a quick reference for using some of the features of the new Microwave Oven and its unique convection, grilling and combination features. See the Owner's Manual for additional information.

### CONVECTION

Use to bake like a normal oven using time and temperature.

The turntable support and **black metal tray** must be used.

#### WITH PREHEAT:

- 1 Press **CONVECTION**.
- 2 Enter the desired oven temperature, between 250°F and 450°F.
- 3 Press **START/PAUSE** to begin preheating.
- 4 The oven will signal when it reaches the set temperature. If you do not open the oven door within 1 hour, the oven will turn off automatically.
- 5 Place the food in the oven. Use Caution! Oven surfaces can be hot!
- 6 Close the oven door.
- 7 Enter the cooking time using whole minutes.
- 8 Press **START/PAUSE** to begin cooking.

#### WITHOUT PREHEAT:

- 1 Place the food in the oven.
- 2 Press **CONVECTION**.
- 3 Enter the desired oven temperature, between 250°F and 450°F.
- 4 Enter the cooking time using whole minutes.
- 5 Press **START/PAUSE** to begin cooking.

**NOTE:** The metal tray may be very hot. Always use oven mitts when removing the tray or food dish.

### GRILL

Choose **GRILL-1** for heat from both the top and bottom heating elements. Choose **GRILL-2** for heat from the top element only.

The turntable support and **black metal tray** must be used.

For foods that cook best with heat from the top and bottom:

- 1 Place food in the oven.
- 2 Press **GRILL**. "GRILL-1—ENTER GRILL TIME" will be displayed.
- 3 Enter grilling time using whole minutes.
- 4 Press **START/PAUSE** to begin cooking.

For foods that cook best using heat from the top only:

- 1 Place food in the oven.
- 2 Press **GRILL** two times. "GRILL-2—ENTER GRILL TIME" will be displayed.
- 3 Enter grilling time using whole minutes.
- 4 Press **START/PAUSE** to begin cooking.

**NOTE:** The metal tray may be very hot. Always use oven mitts when removing the tray or food dish.

### COMBINATION 1 (Microwave and Convection)

Use Combination 1 for convection heat and microwave energy at the same time.

The turntable support and **black metal tray** must be used. The convection rack may be used for 2-layer baking.

#### WITH PREHEAT:

- 1 Press **COMBINATION**. "COMBI-1—ENTER OVEN TEMP 250-450" will be displayed.
- 2 Enter a temperature between 250°F and 450°F.

### COMBINATION 1 (Microwave and Convection) (cont.)

#### WITH PREHEAT (cont.):

- 3 Press **START/PAUSE** to begin preheating.
- 4 The oven will signal when it reaches the set temperature. If you do not open the oven door within 1 hour, the oven will turn off automatically.
- 5 Place the food in the oven. Use caution! Oven surfaces can be hot!
- 6 Close the oven door.
- 7 Enter the cooking time using whole minutes.

**NOTE:** Microwave Power Level is programmed at Level 4. You can change it by pressing **POWER/TEMP**. Enter a Power Level between 1 and 4.

- 8 Press **START/PAUSE** to begin cooking.

#### WITHOUT PREHEAT:

- 1 Place the food in the oven.
- 2 Press **COMBINATION**. "COMBI-1—ENTER OVEN TEMP 250-450" will be displayed.
- 3 Enter a temperature between 250°F and 450°F.
- 4 Enter the cooking time using whole minutes.

**NOTE:** Microwave Power Level is programmed at Level 4. You can change it by pressing **POWER/TEMP**. Enter a Power Level between 1 and 4.

- 5 Press **START/PAUSE** to begin cooking.

### COMBINATION 2 (Microwave and Grill)

Use Combination 2 for microwave energy and heat from the top and bottom.

The turntable support and **black metal tray** must be used.

- 1 Place the food in the oven.
- 2 Press **COMBINATION** two times. "ENTER COMBI-2 COOK TIME" will be displayed.
- 3 Enter the desired cooking time using whole minutes.

**NOTE:** Microwave Power Level is set at Level 4 and **GRILL-1** (top and bottom heaters on). To change either the Microwave Power Level or Grill setting, press **POWER/TEMP**. Select a Microwave Power Level between 1 and 4 first. Then select the Grill setting by pressing **1** to utilize the top and bottom heaters, or **2** for the top heater only.

- 4 Press **START/PAUSE** to begin cooking.

### MICROWAVE (Traditional Microwave Cooking)

The turntable support and **glass tray** must be used.

- 1 Place the food in the oven.
- 2 Press **TIME COOK**.
- 3 Enter the desired cooking time.
- 4 Change the power level if you need less than the highest power level (10). Press **POWER/TEMP** and enter 1 to 10.
- 5 Press **START/PAUSE** to begin cooking.

## COOKING TIPS

### HARDWARE

**Glass Tray**—Use the glass tray only for **MICROWAVE** cooking, including **DEFROST, POPCORN, BEVERAGE, REHEAT** and **EXPRESS** modes.

**Black Metal Tray**—Use the metal tray only for **CONVECTION, COMBINATION** and **GRILL** modes.

**Rack**—The rack should only be used for two layer baking in **CONVECTION** mode.

### COOKWARE

**CONVECTION/GRILL**—When possible, place food directly on **black metal tray**. If necessary, oven-safe **Glass, Glass-Ceramic** or **Metal** cookware may be used. **Note:** Metal pans are recommended for all types of baked products, but especially where browning is important.

**COMBINATION**—When possible, place food directly on **black metal tray**. If necessary, oven-safe **Glass** or **Glass-Ceramic** cookware may be used. Do not use Metal cookware or items with metal trim as they may cause arcing (sparking) and damage the cookware or oven.

### RECIPE CONVERSION

**COMBINATION 1 (Microwave and Convection)**—In general, normal recipe cook times should be **reduced by 30%** due to the addition of microwave power. For example, if the recipe states to cook a roast at 400°F for 60 minutes, the cooking time should be set to 42 minutes.

## BEST COOKING METHODS

Use this chart as a guide to cooking common foods. Refer to the Owner's Manual for more details.

### GRILL 1 (Uses both the Top and Bottom Heaters)

Food Type	Serving Size	Cooking Time	Options/Comments
Boneless Chicken Breasts	2 large (6–7 oz. each)	20 min.	Sprinkle with seasoning. Turn over after 13 min.
Boneless Pork Chops	2 (4–5 oz. each)	16 min.	Sprinkle with seasoning. Turn over after 8 min.
Rib Eye Steaks (Medium)	2 (3/4" thick)	15 min.	Sprinkle with seasoning. Turn over after 12 min.
Strip Steaks (Medium)	2 (1/2"–3/4" thick)	17 min.	Sprinkle with seasoning. Turn over after 12 min.
Filet Mignon (Medium)	2 (1–1/4" thick)	19 min.	Sprinkle with seasoning. Turn over after 12 min.
Hamburger Patties	2 (4 oz. each)	15 min.	Sprinkle with seasoning. Turn over after 10 min.
Salmon Filets	2 (5–6 oz. each)	13 min.	
Shrimp	1/2 lb.	9 min.	
Pizza (Frozen), Regular Crust	12" pizza	19 min.	
Pizza (Frozen), Rising Crust	12" pizza	25 min.	
Pizza (Frozen), Deep Dish Singles	2 pizzas	20 min.	
Grilled Cheese Sandwich	2 sandwiches	10 min.	Turn over after 7 min.

### GRILL 2 (Uses the Top Heater Only)

Food Type	Serving Size	Cooking Time	Options/Comments
Cheese Sticks (Frozen)	2 servings (4 sticks)	11 min.	Place food in star pattern on tray.

### COMBINATION 1 (Uses both Microwave Power and Convection Heat)

Food Type	Serving Size	Cooking Time	Options/Comments
Baked Potatoes	8–10 oz. each	30 min.	Preheat oven to 400°F; use default Microwave PL4.
Whole Chicken	3.5–4 lbs.	55 min.	Preheat oven to 375°F; use default Microwave PL4.

### COMBINATION 2 (Uses both Microwave Power and Grill Heaters)

Food Type	Serving Size	Cooking Time	Options/Comments
Fish Sticks (Frozen)	2 servings (12 fish sticks)	5 min.	Use Microwave PL3, Grill 1; place food in star pattern.
Chicken Nuggets (Frozen)	2 servings (10 nuggets)	3 min.	Use Microwave PL4, Grill 1.
Crinkle-cut Fries (Frozen)	2 servings	10 min.	Use Microwave PL3, Grill 1.
Potato Nuggets (Frozen)	2 servings (18 nuggets)	8 min.	Use Microwave PL3, Grill 1.
Burritos (Frozen)	2 burritos	9 min.	Use Microwave PL2, Grill 1.
Bagel Bites (Frozen)	8 pieces	4 min.	Use Microwave PL3, Grill 1.



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Louisville, Kentucky  
www.GEAppliances.com

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