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Sensor Convectio OWav

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Write the model and serial numbers here:

#_____ #

You can find them on a label when the door is open.

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Owner's

PEB1590

Manual

MFL38211602 49-40549-1 07-08 JR

IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

A WARNING!

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

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **Do Not Attempt** to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **Do Not Operate** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
 - (1) door (bent)
 - (2) hinges and latches (broken or loosened)
 - (3) door seals and sealing surfaces.
- *(d) The Oven Should Not* be adjusted or repaired by anyone except properly qualified service personnel.
- Read and follow the specific precautions in the PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY section above.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the *GROUNDING INSTRUCTIONS* section on page 6.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- This product is to be used 3' above floor level.
- Be certain to place the front surface of the door 3" or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- This microwave oven is not approved or tested for marine use.

- To reduce the risk of fire in the oven cavity:
- Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.
- Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
- Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- If materials inside the oven ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
- Do not use the Sensor Features twice in succession on the same food portion. If food is undercooked after the first countdown, use *TIME COOK* for additional cooking time.
- When using the convection or combination cooking functions, both the outside and inside of the oven will become hot. Always use hot pads to remove containers of food and accessories such as the oven shelf.
- **Thermometer**—Do not use regular cooking or oven thermometers when cooking by microwave or combination. The metal and mercury in these thermometers could cause **arcing** and possible damage to the oven. Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving risk of electric shock.

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IMPORTANT SAFETY INSTRUCTIONS.

- Do not store any materials, other than our recommended accessories, in this oven when not in use.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- Do not let power cord hang over edge of table or counter.
- For countertop installation:
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- For built-in installation with approved trim kit:
- Do not mount this appliance over a sink.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- Do not operate any heating or cooking appliance beneath this microwave oven.

A WARNING!



ARCING

If you see arcing, press the OFF/CLEAR button and correct the problem.

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- The metal shelf not installed correctly so it touches the microwave wall.
- Metal or foil touching the side of the oven.

- It is important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.
- This appliance must only be serviced by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- Some products such as whole eggs and sealed containers for example, closed jars—are able to explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.

- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or goldrimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

Consumer Support

A WARNING!



FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer "skin" such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.

SUPERHEATED WATER

Liquids, such as water, coffee or tea, are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.

To reduce the risk of injury to persons:

- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks.
- After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

- Foods cooked in liquids (such as pasta) may tend to boil more rapidly than foods containing less moisture. Should this occur, refer to the *Care and cleaning of the microwave oven* section for instructions on how to clean the inside of the oven.
- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.

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MICROWAVE-SAFE COOKWARE

Do not operate the oven without the turntable and the turntable support seated and in place. The turntable must be unrestricted so it can rotate.

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."

If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 30–45 seconds at high. If the dish heats, it should not be used for microwaving.

If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.

- Oversized food or oversized metal cookware should not be used in a microwave/convection oven because they increase the risk of electric shock and could cause a fire.
- Sometimes the oven floor, turntable and walls can become too hot to touch. Be careful touching the floor, turntable and walls during and after cooking.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Use of the shelf accessory:
 - Remove the shelf from the oven when not in use.
 - Use pot holders when handling the shelf and cookware. They may be hot.
 - Be sure that the shelf is positioned properly inside the oven to prevent product damage.
 - Do not cover the shelf or any part of the oven with metal foil. This will cause overheating of the microwave/convection oven.
- Do not use your microwave/convection oven to dry newspapers.

- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Do not use paper products when the microwave/ convection oven is operated in the convection or combination mode.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- "Boilable" cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- Use foil only as directed in this manual. TV dinners may be microwaved in foil trays less than 3/4" high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1" away from the sides of the oven.
- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.

Follow these guidelines:



Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.

Do not microwave empty containers.

Do not permit children to use plastic cookware without complete supervision.

IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.

A WARNING!

E

GROUNDING INSTRUCTIONS

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

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

We do not recommend using an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance. (See *EXTENSION CORDS* section.)

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

NOTE: Do not use an adapter plug with this appliance.

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EXTENSION CORDS

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

Extension cords may be used if you are careful in using them.

If an extension cord is used-



The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance;

The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;



The extension cord should be arranged so that it will not drape over the countertop or tabletop



where it can be pulled on by children or tripped over unintentionally.

If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.

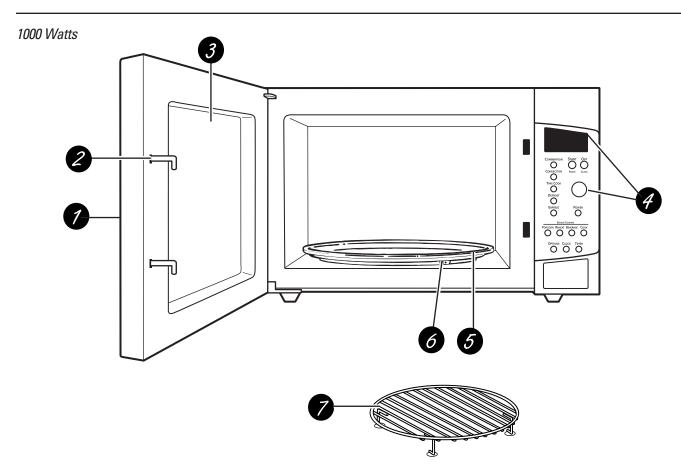
NOTICE—PACEMAKERS

Most pacemakers are shielded from interference from electronic products, including microwaves. However, patients with pacemakers may wish to consult their physicians if they have concerns.



About the features of your oven.

Throughout this manual, features and appearance may vary from your model.



Features of the Oven



Door Latch Release Handle.

Door Latches.

Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.



Control Panel and Selector Dial.



Removable Turntable. Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.



Removable Turntable Support. The turntable support must be in place when using the oven.



Shelf. Use when convection or combination cooking. (Do not use when microwave cooking.)

Optional Accessories:

Available at extra cost from your GE supplier.

Choose the appropriate Installation Kit below to convert this oven to a built-in wall oven.

For 27" installations:

 Model
 Kit

 PEB1590DMBB
 JX1527DMBB

 PEB1590SMSS
 JX1527SMSS

 PEB1590DMWW
 JX1527DMWW

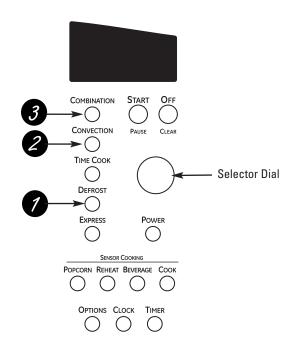
For 30" installations:

Model	Kit
PEB1590DMBB	JX1530DMBB
PEB1590SMSS	JX1530SMSS
PEB1590DMWW	JX1530DMWW

NOTE: Oven vent(s) and oven light are located on the inside walls of the microwave oven. The rating plate is located on the face of the oven (visible when the door is open).

About the cooking features of your microwave/convection oven.

You can cook by microwave, convection or combination.



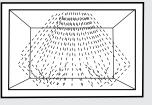
Cooking Controls

Press	Turn and push dial to enter	
TIME COOK	Amount of cooking time	
Press once or twice		
EXPRESS cook/Add 30 sec.	Starts immediately!	
DEFROST		
Press once (Time)	Amount of defrosting time	
Press twice (Auto)	Food weight	
POWER level	Power level 1–10	
Sensor Features		
Press	Turn and push dial to enter	Option
POPCORN	Starts immediately!	more/less time
Press once or twice		
REHEAT	Starts immediately!	more/less time
BEVERAGE	Starts immediately!	
	1	
СООК	Food type 1–7	more/less time
		more/less time
СООК		more/less time
COOK COOK Convection Cooking	Food type 1–7	
COOK Convection Cooking Press	Food type 1–7 <i>Turn and push dial to enter</i>	
COOK Convection Cooking Press CONVECTION cook	Food type 1–7 <i>Turn and push dial to enter</i>	

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Safety Instructions

Available cooking options.





Do not use the shelf when microwave cooking.

Microwave Cooking

Your oven uses microwave energy to cook by a set time or weight, or automatically by sensor.

Sensor microwave works by detecting the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Cooking Method

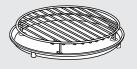
Microwave energy is distributed evenly throughout the oven for thorough, fast cooking of food.

Heat Source Microwave energy.

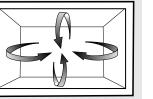
Heat Conduction **Benefits**

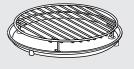
Heat produced within food by instant energy penetration.

Fast, high efficiency cooking. Oven and surroundings do not get hot. Easy clean-up.



Always use the shelf when convection cooking.





Convection Cooking

During convection cooking, a heating element is used to raise the temperature of the air inside the oven. Any oven temperature from 225°F to 450°F may be programmed. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food; some foods cook faster than in regular oven cooking.

Cooking Method

Hot air circulates around food to produce browned exteriors and seal in juices.

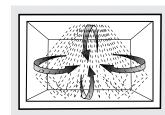
Heat Source Circulating heated air.

Heat Conduction

Heat conducted from outside of food to inside.

Benefits

Aids in browning and seals in flavor. Cooks some foods faster than regular ovens.





Always use the shelf when combination cooking.

Combination Cooking

Your oven also offers the option of combination cooking, using microwave energy along with convection cooking. You cook with speed and accuracy, while browning and crisping to perfection.

Cooking Method

Microwave energy and convection heat combine to cook foods in up to one-half the time of regular ovens, while browning and sealing in juices.

Heat Source

Microwave energy and circulating heated air.

Heat Conduction

Food heats from instant energy from penetration and heat conducted from outside of food.

Benefits

Shortened cooking time from microwave energy, plus browning and crisping from convection heat.

Safety Instructions

Operating Instructions

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Operating Instructions

Troubleshooting Tips



TIME COOK

TURN TO SELECT PUSH TO ENTER



Time Cook Time Cook I

Allows you to microwave for any time between 15 seconds and 95 minutes.

Power level 10 (High) is automatically set, but you may change it for more flexibility.

Press the **TIME COOK** button.

Turn the dial to set the cook time and press the dial to enter.

Change power level if you don't want 3 full power. (Press **POWER**. Turn the dial to select. Press the dial to enter.)

Press the **START/PAUSE** button to start cooking.

You may open the door during *Time cook* to check the food. Close the door and press **START/PAUSE** to resume cooking.

Time Cook II

Lets you change power levels automatically during cooking. Here's how to do it:

> Press the **TIME COOK** button. Turn the dial to set the first cook time and press the dial to enter.

3 Change the power level if you don't want full power. (Press POWER. Turn the dial to select. Press the dial to enter.)

Press the *TIME COOK* button again.

- Turn the dial to set the second cook 5 time and press the dial to enter.
- Change the power level if you don't want full power. (Press POWER. Turn the dial to select. Press the dial to enter.)

Press the **START/PAUSE** button to start cooking.

At the end of *Time Cook I, Time Cook II* counts down.

EXPRESS

TURN TO SELECT

PUSH TO ENTER

Express Cook

This is a quick way to set and start cooking in 30 second blocks each time the EXPRESS button is pressed.

The power level will automatically be set at 10 and the oven will start immediately.

The power level can be changed as time is counting down. Press the **POWER** button, turn the dial and press to enter.

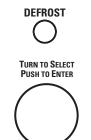


Add 30 Seconds

Each time the **EXPRESS** button is pressed, it will add 30 seconds to any cooking time counting down, until the maximun cooking time is reached.

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About the time and auto microwave features.



DEFROST

TURN TO SELECT PUSH TO ENTER

Time Defrost

Use *Time Defrost* to defrost for a selected length of time.



Turn the dial to select the time you want. Press the dial to enter.

Press the **START/PAUSE** button to start defrosting.

Turn the food over if the oven signals **TURN FOOD OVER**.

Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. *Power level* 7 cuts the total defrosting time in about half; *power level* 10 cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at *High* power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as roasts, use *Auto Defrost*. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.

Auto Defrost

Use *Auto Defrost* for meat, poultry and fish. Use *Time Defrost* for most other frozen foods.

Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

Remove meat from package and place on microwave-safe dish.

7 Press the **DEFROST** button twice.

Turn the dial to the food weight, using the Conversion Guide at right. For example, dial 1.2 for 1.2 pounds (1 pound, 3 oz.). Press the dial to enter.

Press the **START/PAUSE** button to start defrosting.

Turn the food over if the oven signals TURN FOOD OVER.

- Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1–2	.1
3	.2
4–5	.3
6–7	.4
8	.5
9—10	.6
11	.7
12–13	.8
14–15	.9

Troubleshooting Tips

Consumer Support

About changing the power level.



TURN TO SELECT PUSH TO ENTER The power level may be entered or changed immediately after entering the time for *Time Cook*, *Time Defrost* or *Express Cook*. The power level may also be changed during time countdown.

First, follow directions for *Time Cook*, *Time Defrost* or *Express Cook*.

2 Press the **POWER** button.

3 Turn the dial clockwise to increase and counterclockwise to decrease the power level. Press the dial to enter.

Press the **START/PAUSE** button to start cooking.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. **Power level 7** is microwave energy 70% of the time. *Power level 3* is energy 30% of the time. Most cooking will be done on *High (power level 10)* which gives you 100% power. **Power level 10** will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to "equalize" or transfer heat to the inside of the food. An example of this is shown with **power level 3**—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

High 10: Fish, bacon, vegetables, boiling liquids.

Med-High 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

Medium 5: Slow cooking and tenderizing for stews and less tender cuts of meat.

Low 2 or 3: Defrosting; simmering; delicate sauces.

Warm 1: Keeping food warm; softening butter.

Safety Instructions

About the sensor microwave features.

Humidity Sensor

cause food to overcook.

The **Sensor Features** detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Do not use the Sensor Features twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown, use Time Cook for additional cooking time.

Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers—they can prevent steam from escaping and

Be sure the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead

The proper containers and covers are essential for best sensor cooking.

Covered



Vented



Dry off dishes so they don't mislead the sensor.

y off dishes so they don't mislead

соок

Cook

the sensor.

Because most cooking containers must be covered during *Cook*, this feature is best with foods that you want to steam or retain moisture.

A wide variety of foods including meats, fish and vegetables can be cooked using

NOTE: Use of the metal shelf with Cook is not recommended.

this feature.

Recommended Foods



Foods not recommended

Foods that must be cooked uncovered, foods that require constant attention, foods that require addition of ingredients during cooking and foods calling for a dry look or crisp surface after cooking should not be cooked using this feature. It is best to *Time Cook* them.

Troubleshooting Tips

Consumer Support

Safety Instructions

СООК



NOTE: Do not use this feature twice in succession on the same food portion it may result in severely overcooked or burnt food.

Cook

- Place covered food in the oven and close the door. Press the **COOK** button. *SELECT FOOD TYPE* appears in the display.
- **2** Turn the dial to the desired food type. Press to enter.

See the *Sensor Food Type Guide* below for specific foods and instructions.

The oven starts immediately.

NOTE: If the door was open while the control was being set, close the door and press the **START/PAUSE** button to begin cooking.

Do not open the oven door before the countdown time is displayed—steam escaping from the oven can affect cooking performance. If the door is opened, close the door and press **START/PAUSE** immediately.

If ground meat was selected, the oven may signal you to drain and stir the meat. Open the door, drain the meat and close the door. Press the **START/PAUSE** button if necessary to resume cooking

If food is undercooked after the countdown use *Time Cook* for additional cooking time.

Cooking Tips

- When oven signals and countdown time is displayed, the door may be opened for stirring, turning or rotating food. To resume cooking, close the door and press **START/PAUSE**.
- Match the amount of food to the size of container. Fill containers at least 1/2 full.
- Be sure outside of container and inside of oven are dry.
- After completion of Cook cycle, if food needs additional cooking, return food to oven and use *Time Cook* to finish cooking.

How to Adjust the Oven's Automatic Settings for a Shorter or Longer Cook Time (Not available for all food types)

To subtract 10% from the automatic cooking time:

Immediately after the oven starts, turn the dial counterclockwise and press to enter.

To add 10% to the automatic cooking time:

Immediately after the oven starts, turn the dial clockwise and press to enter.

Food Type	Servings	Serving Size	Comments
Chicken Pieces	1 to 4	2 to 8 pieces	Use oblong, square or round dish. Cover with wax paper.
Fish	1 to 4	4 to 16 oz.	Use oblong, square or round dish. Cover with vented plastic wrap.
Ground Meat (Beef, Pork, Turkey)	_	1/2 to 2 lbs.	Use round casserole dish. Crumble meat into dish. Cover with wax paper or vented plastic wrap.
Potatoes	1 to 4	1/2 to 2 lbs.	Pierce skin with fork. Cluster potatoes in center of oven floor.
Canned Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Cover with lid or vented plastic wrap.
Fresh Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Add 2 tablespoons water for each serving. Cover with lid or vented plastic wrap.
Frozen Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or vented plastic wrap.

Sensor Food Type Guide

About the sensor microwave features.

POPCORN

Use only with prepackaged microwave popcorn weighing 1.5 to 3.5 ounces.

NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food.

REHEAT

NOTE: Do not use this feature twice in succession on the same food portionit may result in severely overcooked or burnt food.

Consumer Support

NOTE: Do not use this feature twice in succession on the same food portionit may result in severely overcooked or burnt food.

BEVERAGE

Popcorn

To use the **Popcorn** feature:

Follow package instructions, using Time Cook if the package is less than 1.5 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.

Press the **POPCORN** button once or twice. The oven starts immediately.

Press once for a regular size (3.0 to 3.5 oz.) bag of popcorn.

Press twice for a snack size (1.5 to 1.75 oz.) bag of popcorn.

If you open the door while *POPCORN* is displayed, an error message will appear. Close the door, press OFF/CLEAR and begin again.

If food is undercooked after the countdown, use Time Cook for additional cooking time.

Reheat

The Reheat feature reheats servings of previously cooked foods or a plate of leftovers.

Place the cup of liquid or covered food in the oven. Press **REHEAT** once, twice or three times. The oven starts immediately.

Press once for 1/2 to 1 full cup.

Press twice for 1 to 2 full cups.

Press three times for a plate of leftovers.



The oven signals when steam is sensed and the time remaining begins counting down.

Do not open the oven door until time is counting down. If the door is opened, close it and press **START** immediately.

After removing food from the oven, stir, if possible, to even out the temperature. Reheated foods may have wide variations in temperature. Some areas of food may be extremely hot.

Beverage

Press the **BEVERAGE** button to heat an 8–10 oz. cup of coffee or other beverage. The oven starts immediately.

How to Adjust the Automatic Popcorn Setting to Provide a Shorter or Longer Cook Time

If you find that the brand of popcorn you use underpops or overpops consistently, you can add or subtract 20-30 seconds to the automatic popping time.

To subtract time:

Immediately after the oven starts, turn the dial counterclockwise for 20 seconds (-) less cooking time. Press to enter. Turn again to reduce cooking time another 10 seconds (--) total 30 seconds less time. Press to enter.

To add time:

Immediately after the oven starts, turn the dial clockwise for an extra 20 seconds (+) cooking time. Press to enter. Turn again to add another 10 seconds (++) total 30 seconds additional time. Press to enter.

If food is not hot enough after the countdown, use Time Cook for additional reheating time.

Some Foods Not Recommended for Use With Reheat

It is best to use *Time Cook* for these foods:

- Bread products.
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.

How to Adjust the Oven's Automatic Settings for a Shorter or Longer Time

To subtract 10% from the automatic cooking time:

Immediately after the oven starts, turn the dial counterclockwise and press to enter.

To add 10% to the automatic cooking time:

Immediately after the oven starts, turn the dial clockwise and press to enter.

Drinks heated with the **Beverage** feature may be very hot. Remove the container with care.

If food is undercooked after the countdown, use Time Cook for additional cooking time.

Safety Instructions

Operating Instructions

Troubleshooting Tips

About the convection features.

Safety Instructions

Operating Instructions

Convection cooking uses a heating element to raise the temperature of the air inside the oven. Any oven temperature from 225°F to 450°F may be set. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

See the Cookware Tips section for information on suggested cookware.

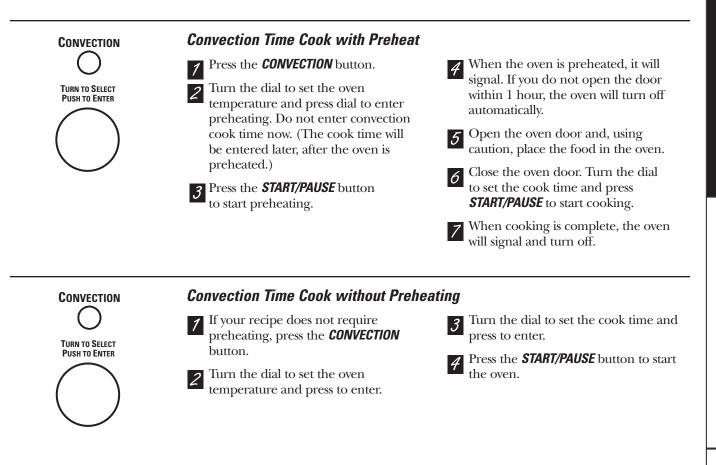
For Best Results...

Always use the shelf when convection cooking.

Reduce package/recipe temperature 25°F for baked goods.

The shelf is required for good air circulation and even browning.

See the Cookware Tips section for information on suggested cookware.





Troubleshooting Tips

Consumer Support

About the combination features.

Combination Cooking offers the best features of microwave energy and convection cooking. Microwaves cook food fast and convection circulation of heated air browns foods beautifully. Any oven temperature from 225°F to 450°F may be set.

For Best Results...

Always use the shelf when combination cooking.

The shelf is required for good air circulation and even browning.

See the **Cookware Tips** section for information on suggested cookware.

Combination Time Cooking with Preheat

TURN TO SELECT PUSH TO ENTER

COMBINATION

Turn the dial to set the oven temperature and press dial to enter preheating. Do not enter combination cook time now. (The cook time will be entered later, after the oven is preheated.)

Press the **COMBINATION** button.

Press the START/PAUSE button to start preheating.

When the oven is preheated, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically.

- Open the oven door and, using caution, place the food in the oven.
- Close the oven door. Turn the dial to 6 set the cook time and press to enter. Press the START/PAUSE button to start cooking.

When cooking is complete, the oven will signal and turn off.

Combination Time Cooking without Preheat

If your recipe does not require preheating, press the COMBINATION button.

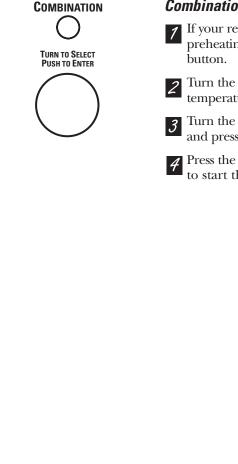
Turn the dial to set the oven temperature and press to enter.

Turn the dial to set the cook time and press to enter.

Press the **START/PAUSE** button to start the oven.

NOTE:

- Some recipes call for preheating.
- Check the *Cookware Tips* section for correct cookware when *Combination* Cooking.
- Do not use metal cookware when Combination Cooking.
- Place meat on a trivet in a glass dish to collect juices and prevent spattering.
- For best roasting and browning results, whole roasts should be cooked in a glass dish placed directly on the oven shelf.
- For foods that are too tall to fit in the oven, you can leave out the trivet. If necessary, you may take out the shelf and place the dish directly on the turntable.



Troubleshooting Tips

Consumer Support

Troubleshooting Tips

Consumer Support

Convection Cooking

Cookware tips.

Metal Pans are recommended for all types of baked products, but especially where browning or crusting is important.

Dark or dull finish metal pans are best for breads and pies because they absorb heat and produce crisper crust.

Shiny aluminum pans are better for cakes, cookies or muffins because these pans reflect heat and help produce a light tender crust.

Glass or Glass-Ceramic casserole or baking dishes are best suited for egg and cheese recipes due to the cleanability of glass.

Combination Cooking

Glass or Glass-Ceramic baking containers are recommended. Be sure not to use items with metal trim as it may cause arcing (sparking) with oven wall or oven shelf, damaging the cookware, the shelf or the oven.

Heat-Resistant Plastic microwave cookware (safe to 450°F) may be used, but it is not recommended for foods requiring crusting or all-around browning, because the plastic is a poor conductor of heat.

Cookware	Microwave	Convection	Combination
Heat-Resistant Glass, Glass-Ceramic (Pyrex®, Fire King®, Corning Ware®, etc.)	Yes	Yes	Yes
Metal	No	Yes	No
Non Heat-Resistant Glass	No	No	No
Microwave-Safe Plastics	Yes	No	Yes*
Plastic Films and Wraps	Yes	No	No
Paper Products	Yes	No	No
Straw, Wicker and Wood	Yes	No	No

*Use only microwave cookware that is safe to 450°F.

Select the best method of cooking.

Use the following guide to select the best method of cooking. Specific recipes can be adapted to any method of cooking.

Best method
Alternate method

N/R — Not recommended

Foods	Microwave	Combination	Convection
Appetizers			
Dips and Spreads	0	N/R	N/R
Pastry Snacks	2	0	2
Beverages	0	N/R	N/R
Sauces and Toppings	0	N/R	N/R
Soups and Stews	0	2	N/R
Meats			
Defrosting	0	N/R	N/R
Roasting	2	0	2
Poultry			
Defrosting	0	N/R	N/R
Roasting	2	0	2
Fish and Seafood			
Defrosting	0	N/R	N/R
Cooking	0	2	N/R
Casseroles	2	0	2
Eggs and Cheese			
Scrambled, Omelets	0	N/R	2
Quiche, Souffle	2	2	0
Vegetables, (fresh)	0	N/R	N/R
Breads			
Quick	2	0	2
Yeast	N/R	2	0
Muffins, Coffee Cake	2	0	2
Desserts			
Cakes, Layer and Bundt	2	0	2
Angel Food and Chiffon	N/R	N/R	0
Custard and Pudding	0	N/R	N/R
Bar Cookies	2	0	2
Fruit	0	N/R	N/R
Pies and Pastry	N/R	2	0
Candy	0	N/R	N/R
Blanching Vegetables	0	N/R	N/R
Frozen Convenience Foods	0	2	2

either open the oven door or press the

OFF/CLEAR button.

Operating Instructions

oven, the oven will display YOUR FOOD IS **READY** and beep once a minute until you Clock **CLOCK** Turn the dial to select AM or PM. Press to enter the time of day or to check Press the dial to enter. the time of day while cooking. **TURN TO SELECT** PUSH TO ENTER Press the START/PAUSE button to start Press the **CLOCK** button. 5 the clock. Turn the dial to set hours. Press the dial to enter. Turn the dial to set minutes. Press the 3 dial to enter. Timer TIMER To pause, press TIMER. To restart, press The *Timer* operates as a minute timer and TIMER again. can be used at any time, even when the TURN TO SELECT oven is operating. PUSH TO ENTER To cancel, press and hold the TIMER button down for about 2 seconds. Press the **TIMER** button. When time is up, the oven will signal. Turn the dial to select the minutes. To turn off the timer signal, press TIMER. Press the dial to enter. **NOTE:** The timer indicator will be lit while the timer Turn the dial to select the seconds. Press the dial to enter. is operating. Press TIMER to start. 4 Start/Pause **START** In addition to starting many functions, **START/PAUSE** allows you to stop cooking PAUSE without opening the door or clearing the display.

Cooking Complete Reminder

To remind you that you have food in the



Off/Clear

Press the OFF/CLEAR button to stop and cancel cooking at any time.



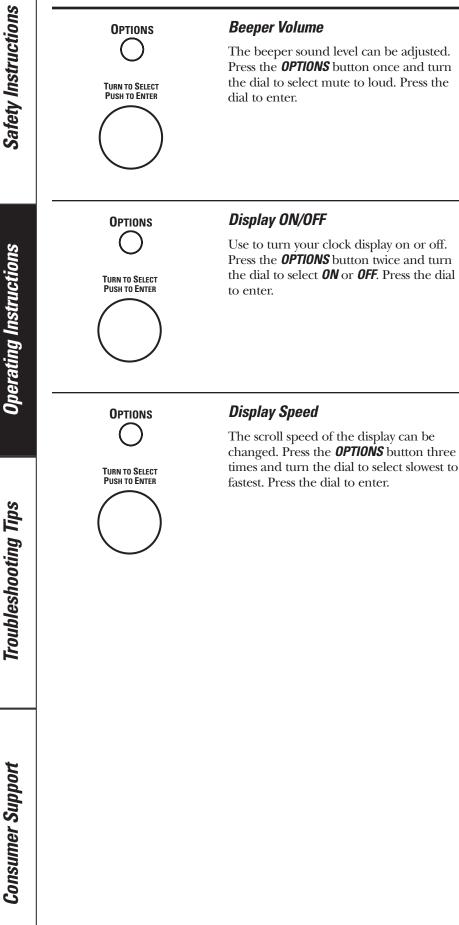
Child Lock-Out

You may lock the control panel to prevent the oven from being accidentally started or used by children.

To lock or unlock the controls, press and hold the **OFF/CLEAR** button for about three seconds. When the control panel is locked, **CONTROL LOCKED** will be displayed briefly anytime a button or dial is pressed.

Troubleshooting Tips

About the other features.



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Microwave terms.

ge.com

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by:
	the metal shelf being installed incorrectly and touching the microwave walls.
	metal or foil touching the side of the oven.
	foil that is not molded to food (upturned edges act like antennas).
	metal such as twist-ties, poultry pins, gold-rimmed dishes.
	recycled paper towels containing small metal pieces.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Safety Instructions

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Care and cleaning of the oven.



Helpful Hints

An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

Unplug the cord before cleaning any part of this oven.

How to Clean the Inside

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

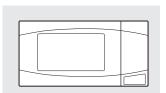
Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, non-abrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

Never use a commercial oven cleaner on any part of your microwave.

Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.



How to Clean the Outside

Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.

Case

Clean the outside of the microwave with a sudsy cloth. Rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth.

Control Panel and Door

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

Door Surface

It is important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Power Cord

If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

Troubleshooting Tips

Consumer Support

Safety Instructions

Stainless Steel

Do not use a steel-wool pad; it will scratch the surface.

To clean stainless steel surfaces, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth.

If food soil remains, try a general kitchen cleaner, such as Fantastik[®], Simple Green[®] or Formula 409[®].

For hard-to-clean soil, use a standard stainless-steel cleaner, such as Bon-Ami[®] or Cameo[®].

Apply cleaner with a damp sponge. Use a clean, hot, damp cloth to remove cleaner. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.

After cleaning, use a stainless-steel polish, such as Stainless Steel Magic[®], Revere Copper and Stainless Steel Cleaner[®]or Wenol All Purpose Metal Polish[®]. Follow the product instructions for cleaning the stainless-steel surface.

Before you call for service...



?

Troubleshooting Tips

Save time and money! Review the charts on the following pages first and you may not need to call for service.

Problem	Possible Causes	What To Do
Oven will not start	A fuse in your home may be blown or the circuit breaker tripped.	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	• Open the door and close securely.
Control panel lighted, yet oven will not start	Door not securely closed.	• Open the door and close securely.
	<i>START</i> button not pressed after entering cooking selection.	• Press START.
	Another selection entered already in oven and <i>OFF/CLEAR</i> button not pressed to cancel it.	• Press OFF/CLEAR .
	Cooking time not entered after pressing <i>TIME COOK</i> .	• Make sure you have entered cooking time after pressing <i>TIME COOK.</i>
	OFF/CLEAR was pressed accidentally.	• Reset cooking program and press START .
	Food weight not entered after selecting <i>AUTO DEFROST.</i>	• Make sure you have entered food weight after selecting <i>AUTO DEFROST.</i>
	Food type not entered after pressing <i>COOK</i> .	• Make sure you have entered a food type.
CONTROL LOCKED appears on display	The control has been locked.	• Press and hold OFF/CLEAR for about 3 seconds to unlock the control.
CAUTION—OVEN HOT appears on display	The temperature inside the oven is greater than 200°F.	• This is normal.
	One of the sensor cooking pads was pressed when the temperature inside the oven was greater than 200°F.	• These features will not operate when the oven is hot.

Things That Are Normal With Your Microwave Oven

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.

TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna. Safety Instructions

	Notes.
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	Notes.
Safety Instructions	
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All warranty service provided by our Factory Service Centers, or an authorized Customer Care[®] technician during normal working hours. To schedule service, on-line, 24 hours a day, visit us at ge.com, or call 800.GE.CARES (800.432.2737). Please have serial and model numbers available when calling for service.

Staple your receipt here. Proof of the original purchase date is needed to obtain service under the warranty.

For The Period Of:	GE Will Replace:
One Year From the date of the original purchase	Any part of the microwave oven which fails due to a defect in materials or workmanship. During this limited one-year warranty , GE will also provide, free of charge , all labor and related service costs to replace the defective part.
<i>Five Years</i> From the date of the original purchase	The magnetron tube , if the magnetron tube fails due to a defect in materials or workmanship. During this <i>five-year limited warranty</i> , you will be responsible for any labor or in-home service costs.

What GE Will Not Cover:

- Service trips to your home to teach you how to use the product.
- Improper installation, delivery or maintenance. If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.
- Product not accessible to provide required service.
- Failure of the product or damage to the product if it is abused, misused (for example, cavity arcing from wire rack or metal/foil), or used for other than the intended purpose or used commercially.
- Replacement of house fuses or resetting of circuit breakers.
- Damage to the product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.
- Damage caused after delivery.

EXCLUSION OF IMPLIED WARRANTIES—Your sole and exclusive remedy is product repair as provided in this Limited Warranty. Any implied warranties, including the implied warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA. If the product is located in an area where service by a GE Authorized Servicer is not available, you may be responsible for a trip charge or you may be required to bring the product to an Authorized GE Service Location for service. In Alaska, the warranty excludes the service calls to your home.

Some states do not allow the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company. Louisville, KY 40225

Safety Instructions

Operating Instructions



GE Appliances Website

Have a question or need assistance with your appliance? Try the GE Appliances Website 24 hours a day, any day of the year! For greater convenience and faster service, you can now download Owner's Manuals, order parts or even schedule service on-line.



Schedule Service

Expert GE repair service is only one step away from your door. Get on-line and schedule your service at your convenience 24 hours any day of the year! Or call 800.GE.CARES (800.432.2737) during normal business hours.



Real Life Design Studio

GE supports the Universal Design concept—products, services and environments that can be used by people of all ages, sizes and capabilities. We recognize the need to design for a wide range of physical and mental abilities and impairments. For details of GE's Universal Design applications, including kitchen design ideas for people with disabilities, check out our Website today. For the hearing impaired, please call 800.TDD.GEAC (800.833.4322).



Extended Warranties

Purchase a GE extended warranty and learn about special discounts that are available while your warranty is still in effect. You can purchase it on-line anytime, or call 800.626.2224 during normal business hours. GE Consumer Home Services will still be there after your warranty expires.



Parts and Accessories

Individuals qualified to service their own appliances can have parts or accessories sent directly to their homes (VISA, MasterCard and Discover cards are accepted). Order on-line today, 24 hours every day or by phone at 800.626.2002 during normal business hours.

Instructions contained in this manual cover procedures to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.



Contact Us

If you are not satisfied with the service you receive from GE, contact us on our Website with all the details including your phone number, or write to: General Manager, Customer Relations GE Appliances, Appliance Park Louisville, KY 40225



Register Your Appliance

Register your new appliance on-line—at your convenience! Timely product registration will allow for enhanced communication and prompt service under the terms of your warranty, should the need arise. You may also mail in the pre-printed registration card included in the packing material.

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