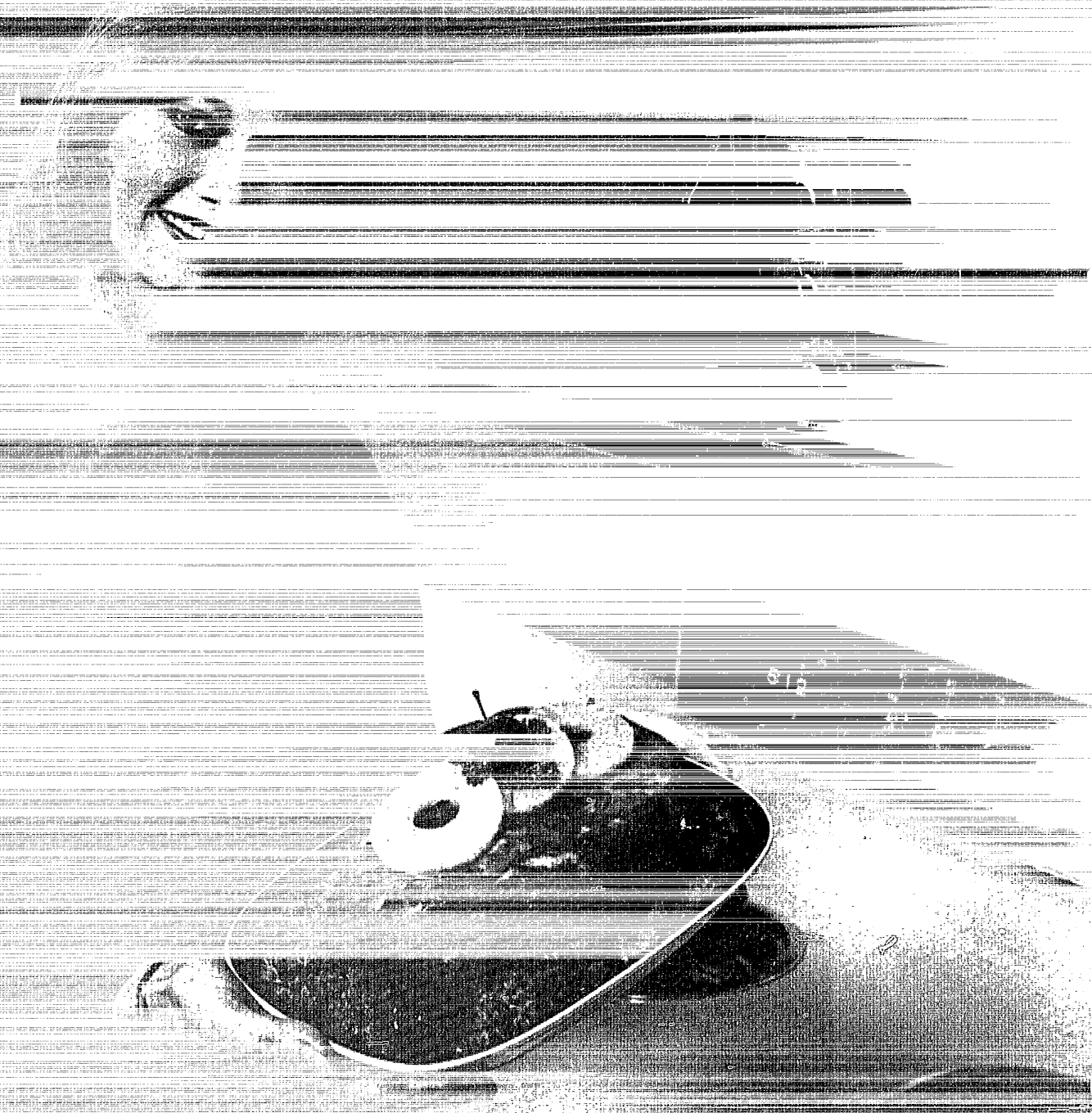


# How to Use Your **SPACEMAKER** Microwave Oven

**GENERAL ELECTRIC**



EFADATE  
10-20-83

**USE and CARE  
BOOK**

Models  
JVM 45  
and  
JVM 46

6/  
49-4425

It's important that we, the manufacturer, know the location of the microwave oven you're now using, should a need occur for adjustments.

Please check with your supplier to be sure he's registered

you as an owner. Also, send in your Purchase Record Card. If you move or if you're not the original purchaser, please write to us and give us the model and serial numbers. **This appliance must be registered. Please be sure it is.**

Write to:  
General Electric Company  
Product Service Section  
Range Marketing Operation  
AP2-210  
Appliance Park  
Louisville, Kentucky 40225

## Record Model and Serial Numbers

Your General Electric microwave oven has a nameplate on which is stamped the model number and serial number. This nameplate may be located either inside the oven at the top left or on the bottom lower left corner of the case.

These model and serial numbers are also on the Purchase Record Card which came with your microwave oven. Before sending in the card, please make a record of these numbers in the space provided to the right. You can also get these numbers from the nameplate, which we mentioned in the paragraph above.

For prompt service: (1) Give an accurate description of the trouble. (2) Give the complete model and serial number of your microwave oven whenever you write or call us.

Model Number

Serial Number

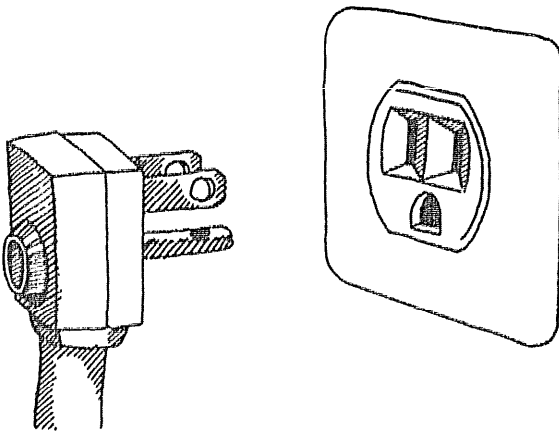
## Precautions to Avoid Possible Exposure to Excessive Microwave Energy

- 1. Do Not Attempt** to operate this oven with the door open. Open door operation can result in harmful exposure to microwave energy. It's important not to defeat or tamper with the safety interlocks.
- 2. Do Not Place** any object between the oven front face and the door or allow soil or cleaner residue to accumulate on the sealing surfaces.
- 3. 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.
- 4. The Oven Should** not be adjusted or repaired by anyone except properly qualified service personnel.

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## Grounding Instructions



**For personal safety, this appliance must be properly grounded.** The power cord of this appliance is equipped with a three-prong (grounding) plug which mates with a standard three-prong (grounding) wall receptacle. (See picture, left.) To minimize the possibility of severe or fatal electric shock hazard from this appliance, the customer should have the wall receptacle and circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

Where a standard two-prong wall receptacle is encountered, it is the personal responsibility and obligation of the customer to have a qualified electrician replace it with a properly grounded three-prong wall receptacle.

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

## Customer Care<sup>®</sup> Service

Because even the finest, precision-built appliances may require service from time to time, GE has established a nationwide service organization. No matter where you live, the network of GE franchised distributors, dealers, and service technicians make sure your new microwave oven continues to give you satisfactory performance.

In some areas, Customer Care<sup>®</sup> service organizations offer service contracts, beyond the original warranty period, which enables you to budget for possible service needs.

For more information, contact your local, franchised Customer Care<sup>®</sup> service organization.

# How to Use Your Microwave Oven For All It's Worth



**Cook foods the best way.** Cook by time or by temperature. Your oven lets you tailor the way you cook to the food. Use your *Spacemaker™ Microwave Oven Guide & Cookbook* to help you select which kind of cooking to use.

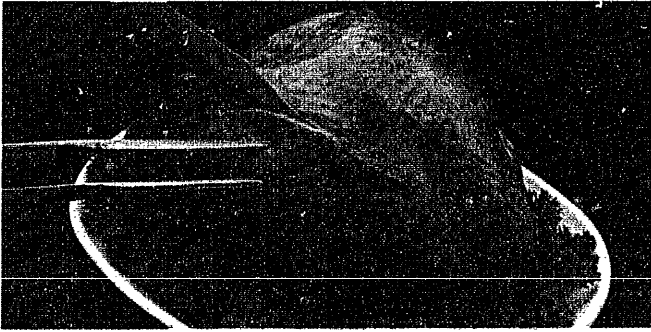
**Fast, familiar cooking by time.** You'll find most of your microwave meals will be cooked by time. Use it for all it's worth with most casseroles, vegetables, appetizers, snacks and small, individual foods like potatoes, hot dogs, hamburgers and meatballs. It's also great for pie crusts, desserts like baked fruit, puddings and candies.

**Use temperature cooking when you can't afford guesswork.** The solid-state microwave thermometer tells you the internal temperature of food...a reassuring way to cook roast, ham and other foods that need a specific temperature for the right doneness.

**Enjoy a world of new recipe ideas.** Use your *Spacemaker Microwave Oven Guide & Cookbook*, included with your oven, for all it's worth! It tells you everything you need to know about using your oven properly...and having lots of success using it! Thirty-eight Microlessons take you step-by-step through all the basics. And the over 400 recipes and 52 charts are sure to keep meal times interesting.

## Safety Tips to Follow While Microwaving

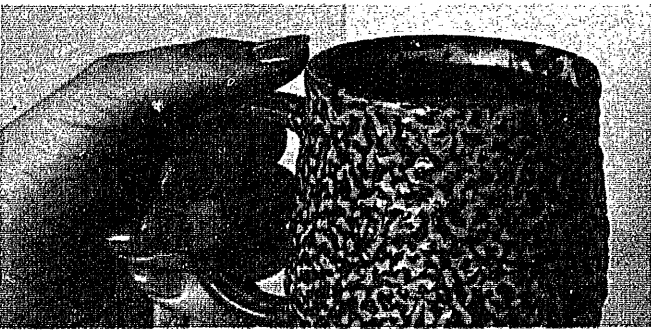
1. **For personal safety, the oven must be properly grounded.** See grounding instructions on page 3. For best operation, plug this appliance into its own circuit to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
2. **Use of extension cords is strictly prohibited** because amount of current is prohibitive for connecting the extension cord.
3. **Do not use adapter plugs** since this will defeat the proper grounding of the appliance and might result in severe or fatal shock hazard.
4. **Cooking utensils may become hot** because of heat transferred from the heated food. This is especially true if plastic wrap has been covering the top and handles of the utensil. Potholders may be needed to handle the utensil.
5. **Sometimes the oven shelf can become too hot to touch.** Be careful when touching the shelf after cooking.
6. **Don't heat unopened food containers in the oven.** Pressure, building up, can cause the container to burst, resulting in injury.
7. **Don't defrost frozen liquids**—especially carbonated ones in narrow necked containers. Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.
8. **Don't overcook food excessively.** Food dries out and can even ignite in some cases.
9. **If food should ever ignite: Keep the oven door closed. Turn off the power immediately.** Turn timer to OFF or disconnect power cord or shut off power at the fuse circuit breaker panel.
10. **Remove the temperature probe from the oven when not using it.** Otherwise, it can create electrical arcing in the oven and damage oven walls.
11. **Remove wire twist-ties** on paper and plastic bags when placing in oven. Twist-ties sometimes cause bag to heat and may cause fire.
12. **Microwaving eggs in shells and shelled boiled eggs is not recommended.** They can burst and cause injury.



**Defrost a breast of turkey the afternoon of a feast.** Use your Low/Defrost setting for defrosting bulky foods or any frozen food.



**Reheating is a snap** when you temperature cook with your automatic probe. You can cook unusual shapes, sizes and amounts of food without the risk of overcooking.



**Never waste coffee again.** Reheating cold coffee in your microwave is fast and the coffee tastes amazingly fresh.



**Vegetables are just wonderful** when you microwave. Fresh or frozen vegetables have fresh flavor and texture.

**13. Do not pop popcorn in your microwave oven** unless in a special microwave popcorn accessory or unless you use popcorn in a package labeled for microwave ovens. Because of the heat generated, without these precautions, the container could catch fire.

**14. Use metal only as directed in cookbook.** Metal strips as used on meat roasts are helpful in cooking food when used as directed. Metal trays may be used for TV dinners. However, when using metal in the microwave oven, **keep metal at least 1-inch away from sides of microwave oven.**

**15. Don't operate the oven while empty** in order to prolong the life of the oven and save energy. If, by accident, the oven should run empty a minute or two, no harm is done.

**16. Do not store flammable materials in an oven.** Also, do not use flammable fluids in the vicinity of your oven.

## THE HOOD:

**1. Have it installed and properly grounded by a qualified installer.** See the special installation booklet packed with the microwave oven.

**2. Caution is required to prevent the starting and spreading of accidental cooking fires while the vent fan is in use.**

**A. Never leave surface units unattended at high heat settings.** Boilover causes smoking and greasy spillovers that may ignite and spread if vent fan is operating. Use surface unit heat settings recommended by the manufacturer and adequate sized utensils.

**B. In the event of a grease fire,** smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.

**C. Never flame foods under the oven with the vent fan operating** because it may spread the flames.

**D. Keep hood and grease filters clean,** according to instructions on pages 13 and 14, to maintain good venting and avoid grease fires.

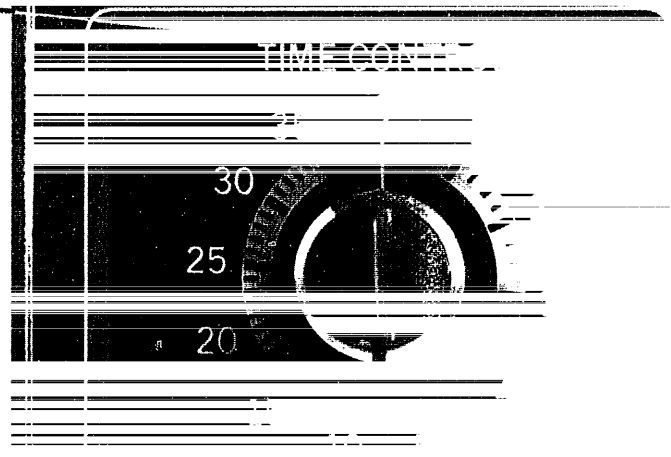
# How to Use the Control Panel

## TIME CONTROL

Your microwave oven has a circular timer that can be rotated manually. The timer indicator moves towards "0" only when the oven is cooking or defrosting with microwave energy.

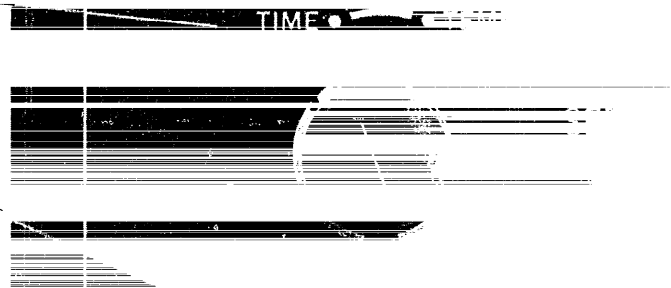
When the timer reaches "0" a bell will sound to tell you that cooking is completed and the power, the indicator light, interior light and fan are shut off automatically.

Remember, if you open the door before the timer reaches "0", cooking or defrosting will stop. When you close the door and press START, cooking starts again where you left off.



## TIME/TEMP SWITCH

To cook by Time, turn to the left, set timer. To cook by Temperature, turn to the right and set temperature dial.



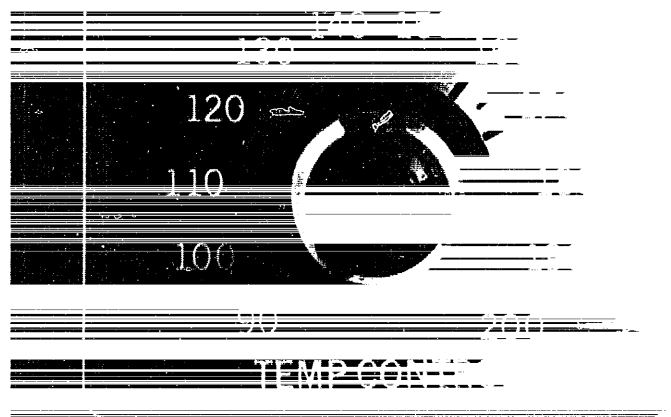
## TEMPERATURE CONTROL

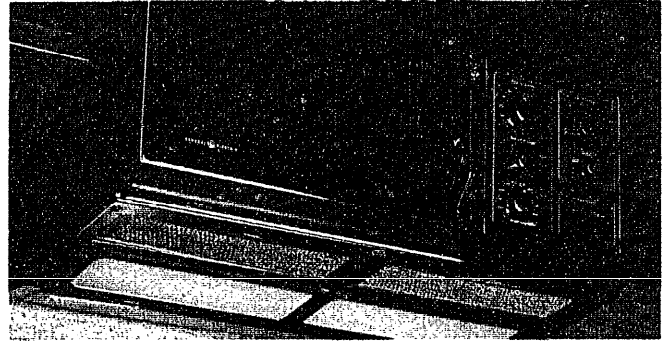
Insert temperature probe into food and place into oven. Insert cable end into receptacle on oven wall. If oven will not start when START is pushed, recheck to make sure the probe is securely attached.

Dial the finished temperature following the recipe directions. **NOTE:** If the actual temperature of the food in the oven is higher than the temperature you dial, the oven will not start. Check temperature again to make sure you've set the dial correctly. If not, reset. If so, the food in the oven has already reached the desired finished temperature and no more heating is needed.

When preset internal temperature is reached, oven automatically turns off to signal that cooking has stopped. Remove the cable end of the probe from receptacle, take food and probe out together.

**NOTE:** The actual temperature of the food during cooking may be determined by turning the TEMP CONTROL dial to a lower setting until the oven turns off. (Before restarting, open and close oven door to reset control)





## MULTI-POWER

Your new microwave oven has three power settings for you to choose from. Always check with your *Spacemaker™ Microwave Oven Guide & Cookbook* to find out which power level is recommended for the food you're cooking.

**Low Power** is used for defrosting foods, delicate foods and ones that take longer, slower cooking. It uses about 50% of the oven power.

**Medium Power** uses about 70% of the oven power; it is the power level you'll use for ease in heating and cooking foods requiring extra attention at High Power.

**High Power** is full or 100% power. You'll use it for fast cooking and for foods which tolerate heat and speed well.

## HOOD CONTROLS

**Fan Switch.** Press once for high speed. Press twice for low speed. Press again for off.

**Lamp Switch.** Push and hold lamp switch until fluorescent lamp lights.

## AUTOMATIC FAN FEATURE (Model JVM46 only)

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

To prevent overheating from taking place, the vent fan is designed to automatically turn on at low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the temperature is reduced. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.

# How to Time Cook

Time cooking is the most familiar to you already. The difference is, with a microwave oven, you preset the time and the oven turns off automatically.

You'll use Time Cook for simple jobs, like reheating, for delicate foods, vegetables or baked potatoes.

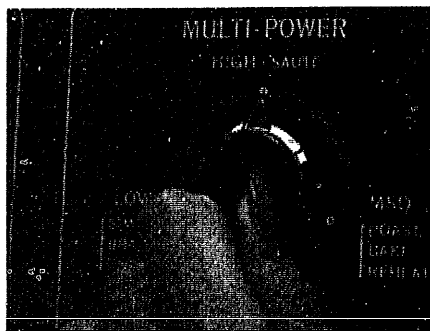
Many Time Cook recipes give you a time range in minutes. If you set the oven to stop when it's time to stir or turn, the oven signals that food needs attention. Set the oven for the minimum time, check and continue cooking, if necessary.

Leftovers for reheating

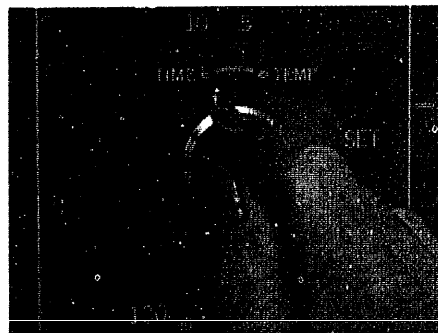
## HOW TO TIME COOK A PLATE OF LEFTOVERS



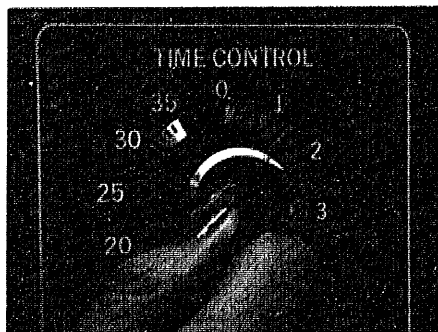
**1.** Place plate of food in oven. Oven interior light comes on automatically when door is open. Close oven door; it latches automatically. Plate should be covered with wax paper or plastic wrap for more moisture.



**2.** Select Power Level. See recipes for suggested power levels for foods. Set at High for a plate of leftovers.



**3.** Select **Time/Temp** setting. Set switch to Time by turning the Time/Temp switch to the left.



**4.** Set time control for first half of cooking time. Rotate the circular timer to 1½ minutes for a plate of leftovers. Check it after this time and if it needs more, reset the timer.



**5.** Push **START**. When oven is cooking, interior light comes on, a fan starts to operate and an indicator light comes on to tell you oven is operating.

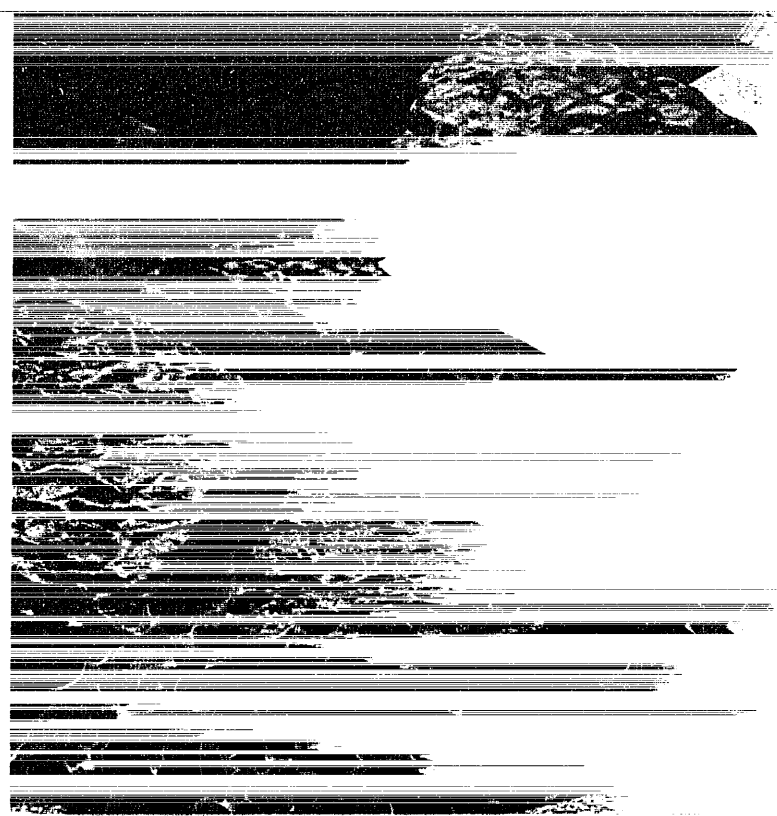


**6.** When time reaches 0, a bell will sound to tell you your leftovers are partially heated and the power, lights and fan shut off automatically. Rotate plate ½ turn; reset time for second half of cooking.



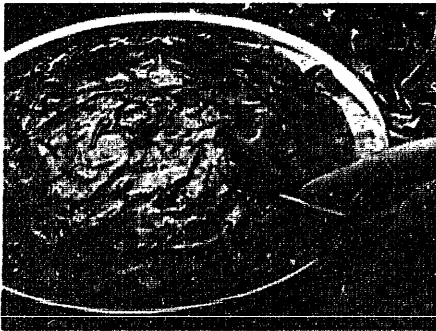
# How to Temp Cook

You'll find Temperature Cooking to be the most accurate. Use it for cooking meatloaf, roasts and other foods where the internal temperature is the best test of "doneness". Temperature Cooking takes the guesswork out of cooking because the oven shuts off automatically when the food reaches the preset temperature. Look for Basic Meatloaf in the Ground Beef section of your *Spacemaker™ Microwave Oven Guide & Cookbook*.

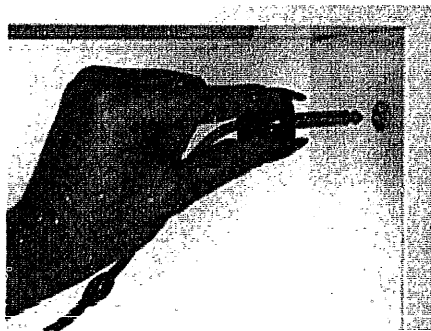


Basic Meatloaf

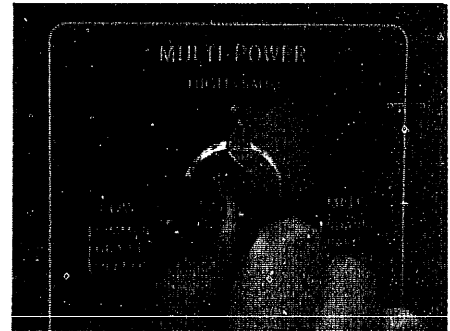
## HOW TO TEMP COOK A MEATLOAF



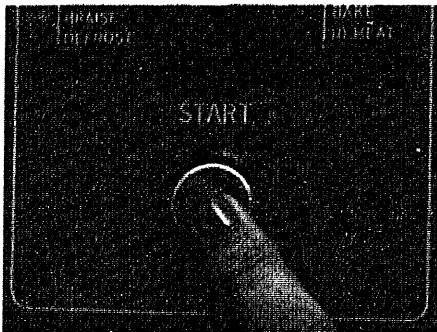
**1.** Insert the temperature probe into meatloaf as directed in your *Spacemaker Microwave Oven Guide & Cookbook*. Place meatloaf with probe into the oven.



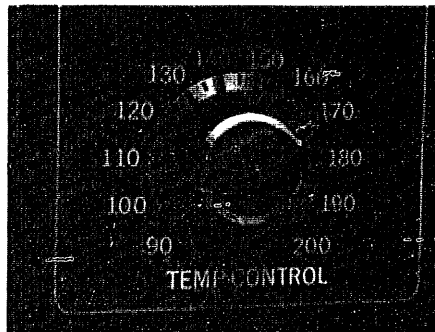
**2.** Insert the cable end of the temperature probe into the receptacle on the oven wall.



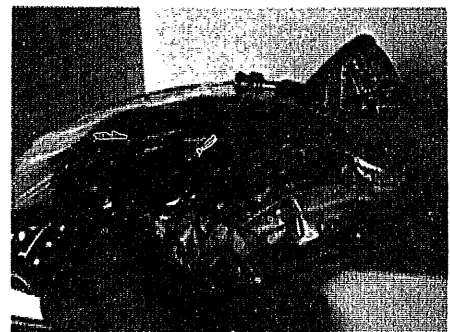
**3.** Set the power level at High.



**4.** Set the **Time/Temp** switch (see picture no. 3, page 8) to Temp by turning the switch to the right and dialing the finished temperature of 170°. Press **START**.

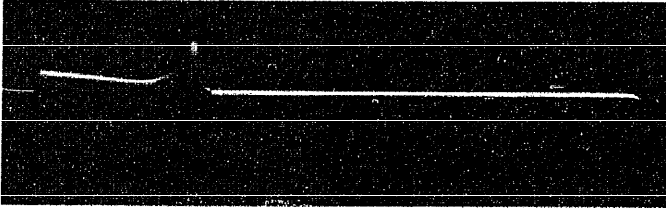


**5.** When preset internal temperature of the meatloaf is reached, oven automatically turns off.



**6.** Disconnect cable end from the oven and take the meatloaf and probe out together.

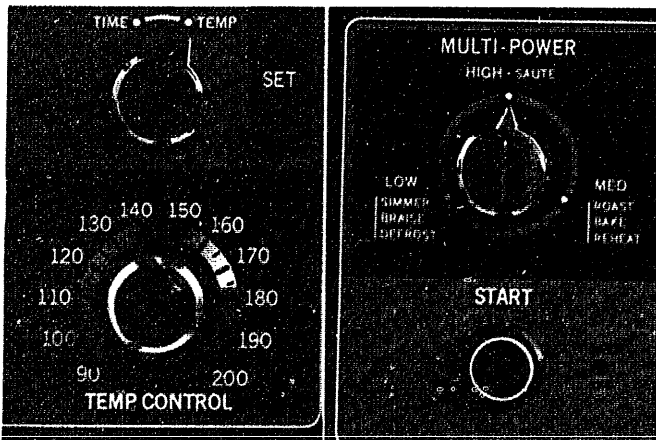
## Closeup: The Temperature Probe



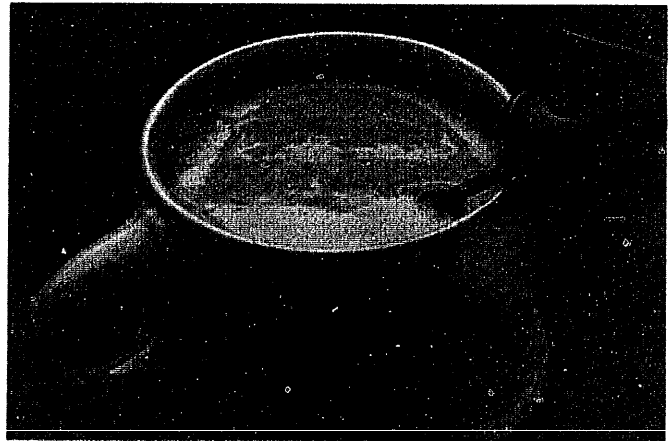
It tells you when food cooked best to a certain doneness is ready for serving without checking, peeking or guessing.



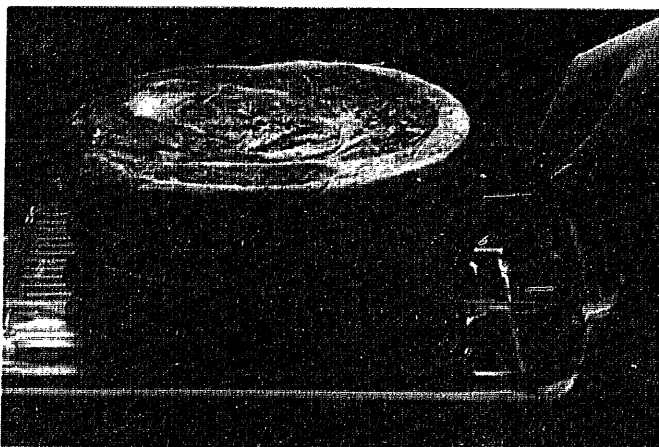
**The Temperature Probe** will give you best results when cooking a mixture of pre-cooked foods heated together as a main dish. It's best, too, for reheating leftovers.



**To Cook By Temperature**, insert Temperature Probe into food, set power level. Set **Time/Temp** switch to Temp by turning the switch to the right and dialing the finished temperature following recipe directions in your Cookbook.



**Use The Clip** on the cable to loop the cable when needed. Looping cable makes it shorter, helps keep Temperature Probe where it should be and prevents slipping.



**In general**, insert the probe into the centermost part of the food as horizontally as possible. Insert at least 1-inch into food.

### THESE FOODS TURN OUT GREAT WHEN YOU USE THE TEMPERATURE PROBE

- Casseroles
- Plates of food
- Beverages
- Soups
- Beef, lamb and ham loaves
- Roasts and pot roasts
- Dips

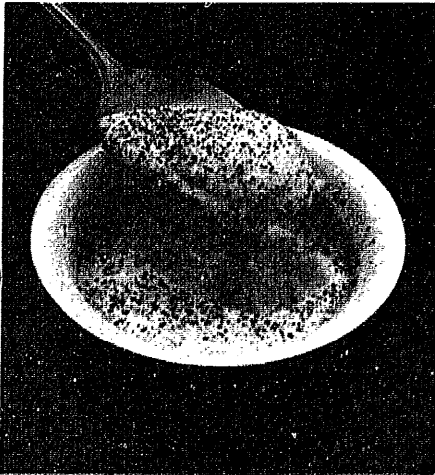
### THESE FOODS ARE NOT RECOMMENDED FOR USE WITH THE TEMPERATURE PROBE

- Delicate butter icings, ice cream, frozen whipped toppings
- Stewing, simmering, candy making
- Individual foods cooked in batches
- Starchy vegetables
- Batters and doughs which are baked
- Most frozen foods

# Three Levels of Power Make Your Microwave Oven More Versatile

## LOW POWER

Choose Low for defrosting, delicate foods, softening butter or frostings, reheating delicate foods, warming baked goods, dried peas and beans, pot roasts and dips.



**Cup custards** microwave very well on Low power level. The recipe is on page 235 of your Cookbook.



**A less tender roast**, like this chuck roast, likes the longer, slower cooking you get with Low power.

## MEDIUM POWER

You'll use Medium most of the time for meats like roast and all chops and steaks. It's also great for cream soups.



**Make a perfect omelet** every time with recipe variations on page 165 of the Cookbook, power level Medium.



**Delicious Chicken Teriyaki** takes a Medium setting. You'll find the recipe on page 129 of the Cookbook.

## HIGH POWER

This is the power level for most microwave cooking. It's great for boiling candy, pudding and sauces, cooking most vegetables, chicken pieces, fish and hamburgers.

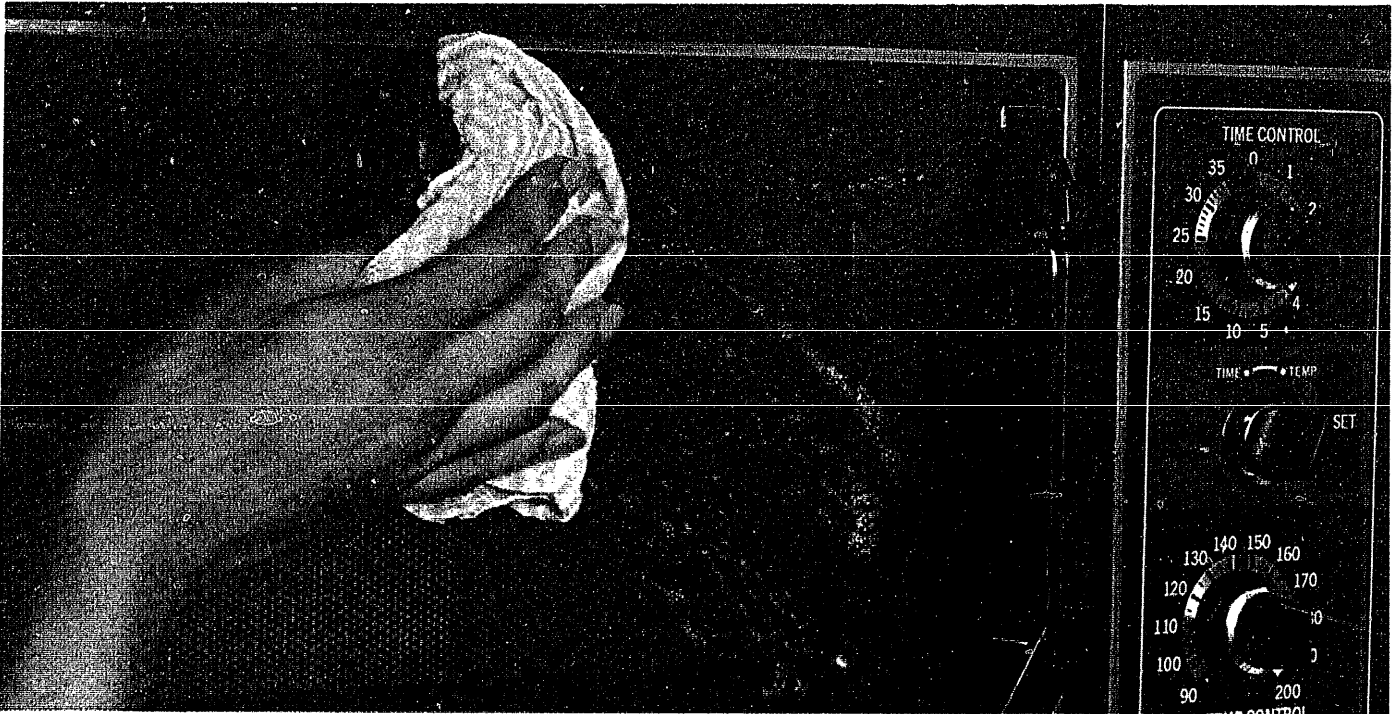


**Candy making** is more fun with a microwave. Set the power level to High. You'll find the recipe on page 224.



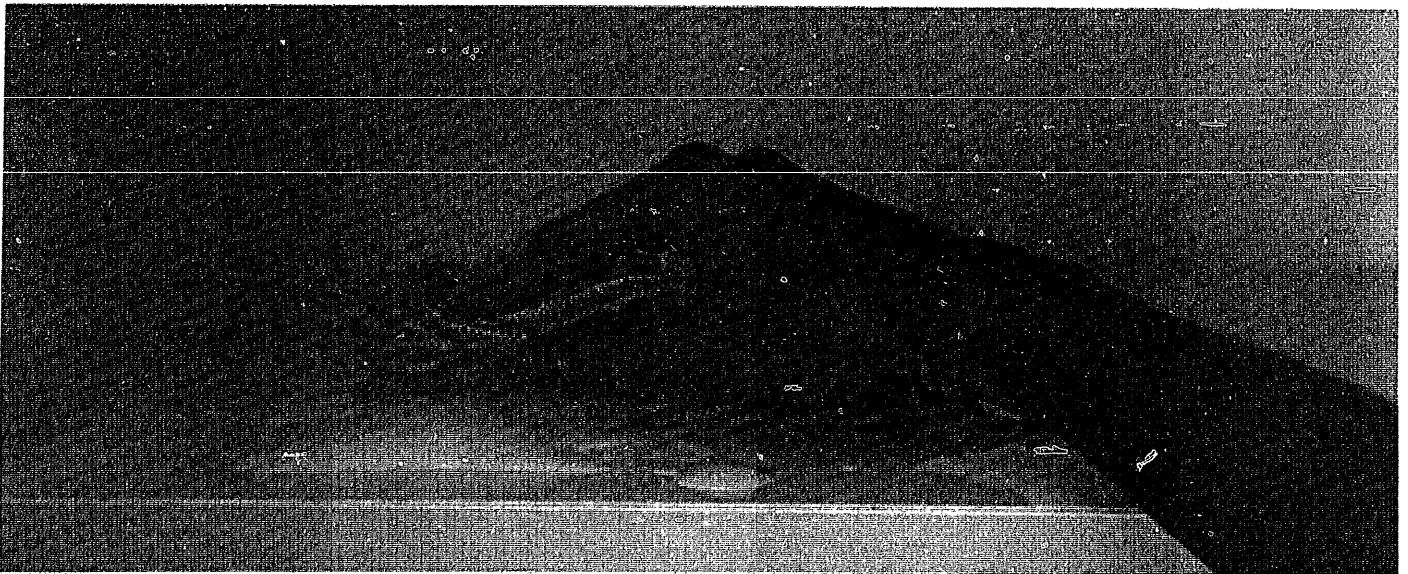
**The all-American** favorite hamburger and variations. You'll find the recipe and a Microlesson starting on page 70 of your Cookbook.

# How to Clean & Care for Your New Microwave Oven



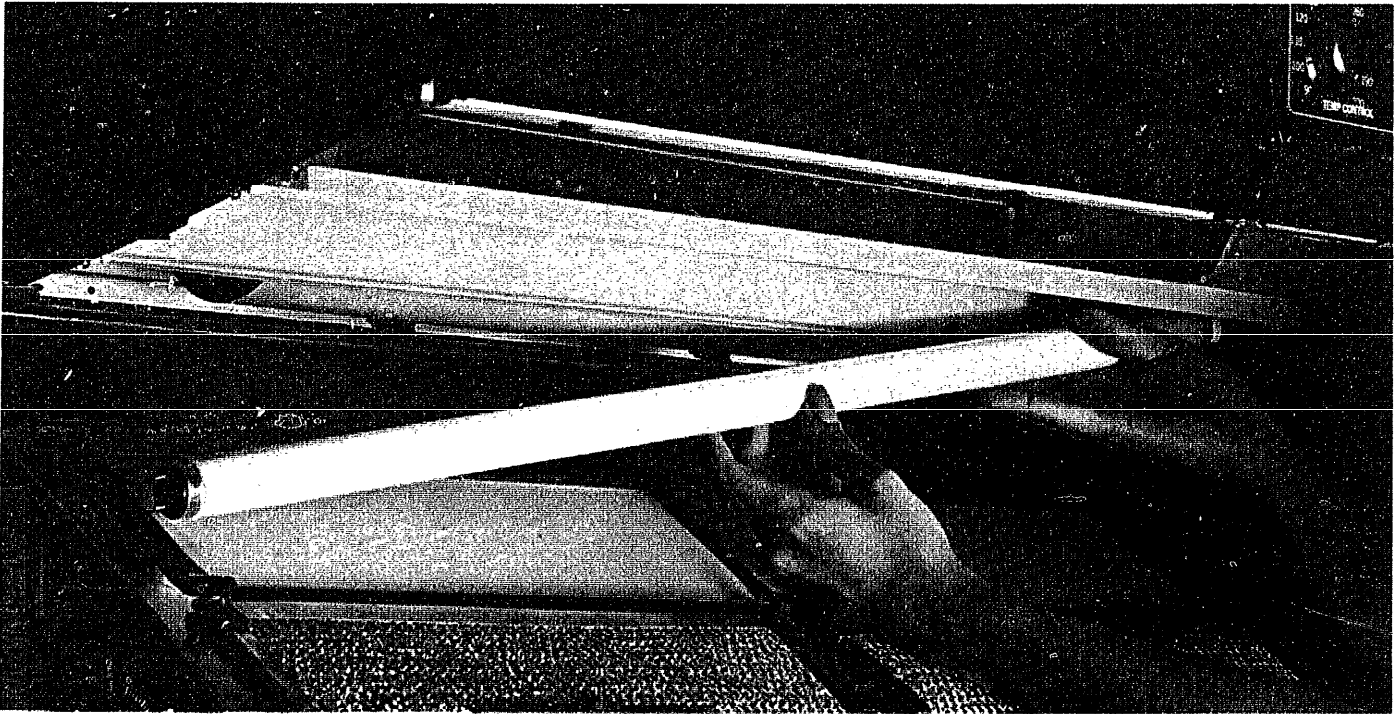
**Clean** the outside of your oven with soap and water, then rinse and dry. The outer pane of the window is glass. Just wipe clean with a damp cloth. Chrome trim is best wiped

with a damp cloth and then with a dry towel. If the cord of your microwave oven becomes soiled, unplug and wash with a damp cloth. Be sure it's dry before plugging in.



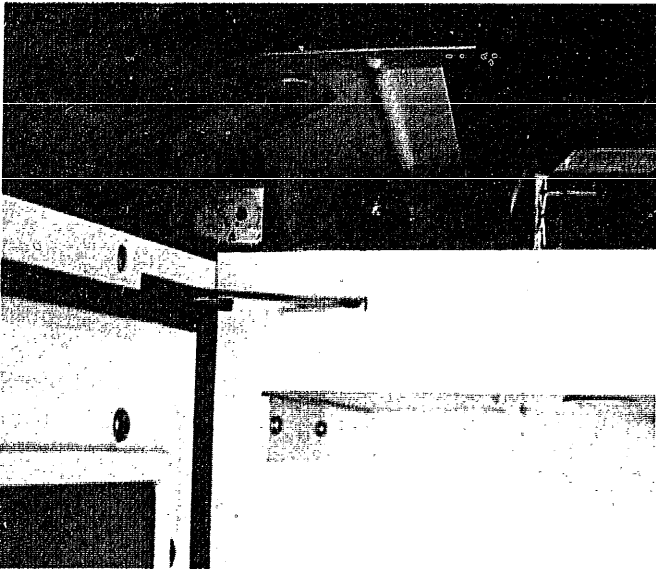
**Never use a commercial oven cleaner for conventional ovens on any part of your microwave oven or abrasive cleaners on walls.** Most spatters come off with a paper towel, others with a damp cloth, greasy ones with

soap and water. **Never** remove the cover over the "stirrer" at top of oven for cleaning. Be sure to thoroughly clean the metal and plastic parts on door to prevent soil buildup.



**To replace hood lamp, first disconnect power at main fuse or circuit breaker panel or pull plug.** Remove 2 screws from each side of lower panel and 3 screws from front edge. Lower panel until it rests on range below. Place fingers on top near each end of lamp. Press down

and roll top of lamp gently toward front until it stops. Remove. Replace with same type and wattage lamp. Hold lamp near each end and insert prongs in sockets. Gently roll top of lamp toward rear of range until it stops. Raise lower panel and replace screws.



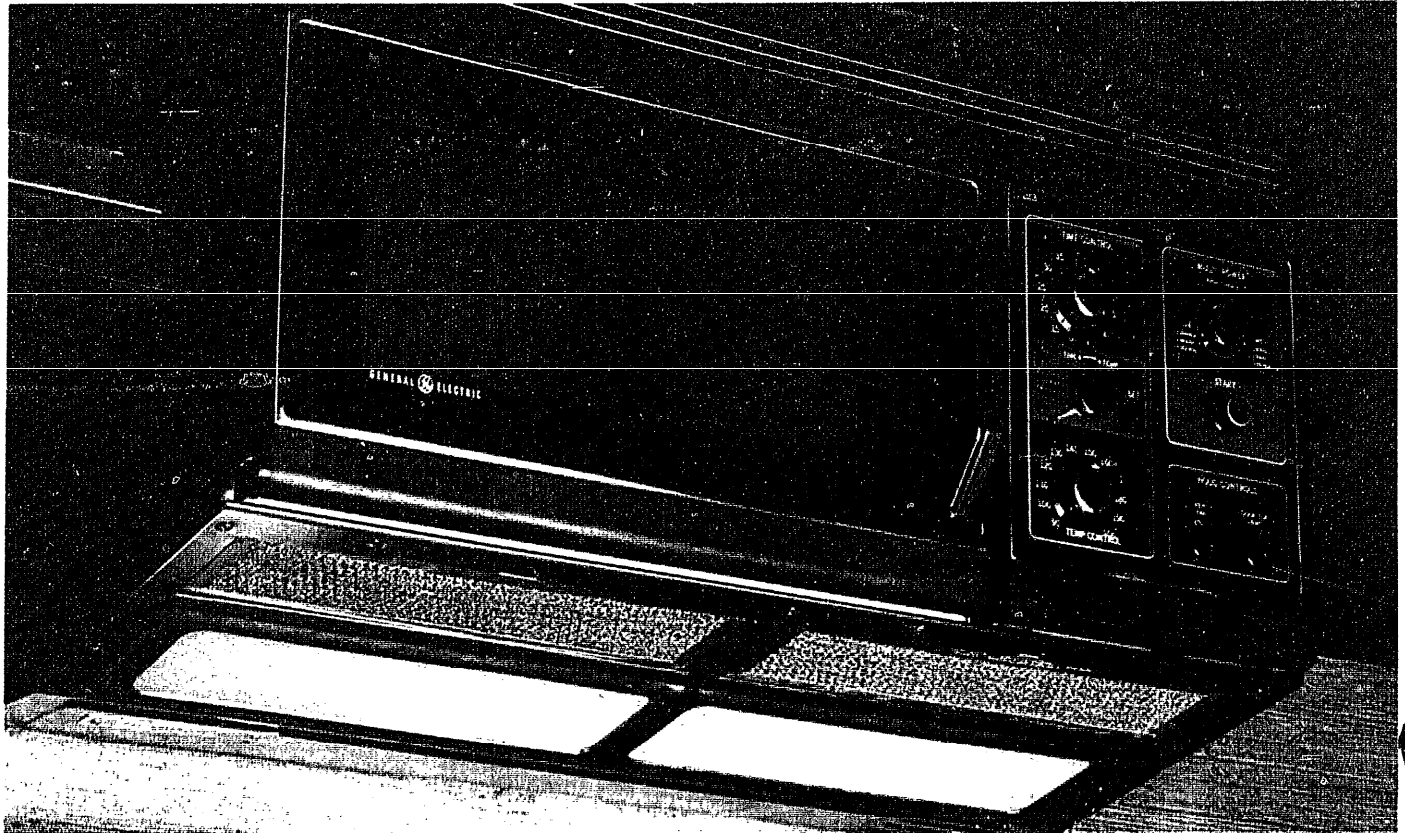
**To replace your oven lamp, first disconnect power at main fuse or circuit breaker or pull plug.** Remove the top grill by taking off 2 screws which hold it in place. Next, remove the single screw on top left that secures lamp housing. Open oven door for easier removal of the lamp housing assembly. Then grasp tab and pull out and up to clear door hinge and front lip of oven. To remove bulb, push it inward gently and turn to left, then pull outward from socket. Replace with GE Lamp #25T8DC.

**Do not attempt to operate the oven unless the grill is in place.**



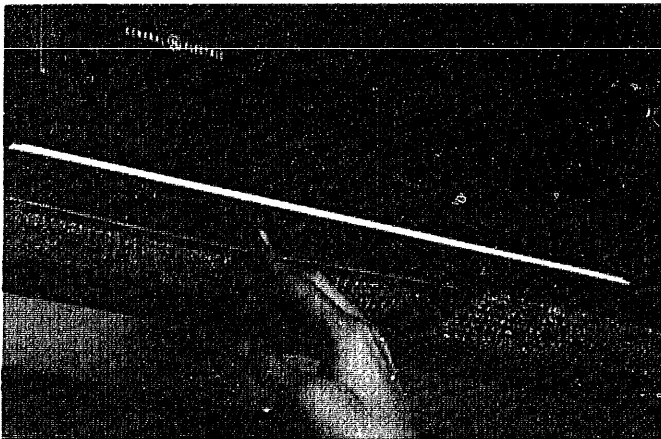
**Clean off the grease and dust on hood surfaces often.** Use a warm detergent solution. About 1 tablespoon of ammonia may be added to the water. Take care not to touch the filters and enameled surfaces with this. Ammonia will tend to darken metal.

## The Exhaust Feature



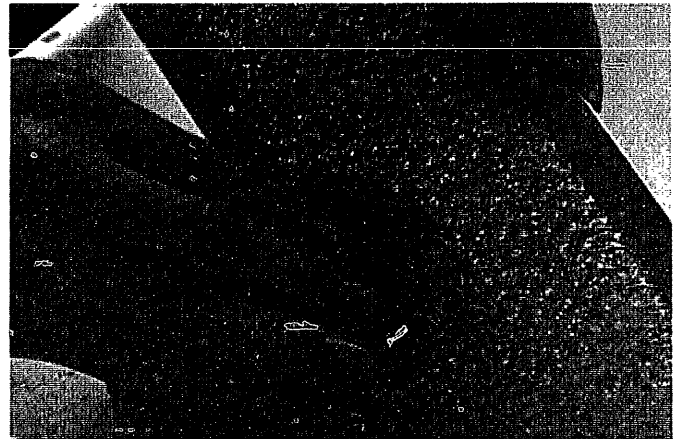
The exhaust hood feature on your Spacemaker™ microwave oven is equipped with a metal filter which removes grease. When the fan is operated, air is drawn up through

the filter and is then discharged through provided venting to the outside. The hood also has a light for illuminating the counter surface.



**To remove grease filter**, grasp the finger hold on the filter and push to the rear. The filter will drop out.

**To replace grease filter**, insert the filter in the top frame slot on the back of the opening. Push to the back and upward into place.



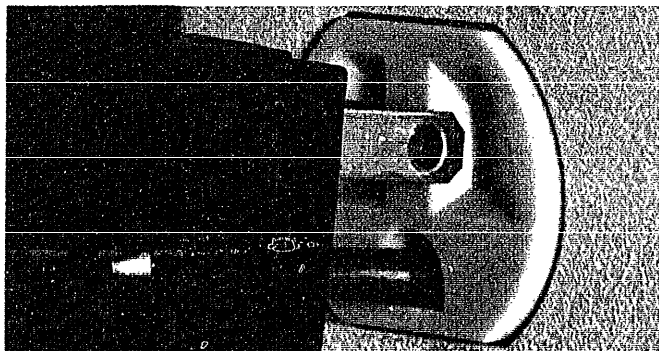
**Soak**, then agitate filter in hot detergent solution. Don't use ammonia or other alkali because it will darken metal. Light brushing can be used to remove inbedded dirt. Rinse, shake and remove moisture before replacing. **Filters should be cleaned at least once a month. Never operate your hood without the filter in place.** In situations where flaming might occur on surfaces below hood, filter can retard entry of flames into the unit.

## Before You Call For Service

### These things are normal with your microwave oven:

1. Steam or vapor escaping from around the door.

2. Light reflection around door or outer case or through the top grill.



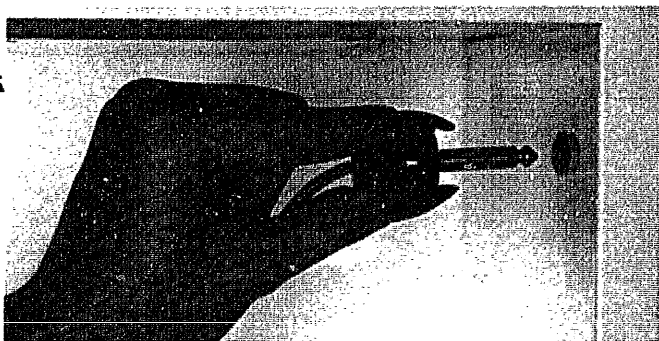
**Problem:** The oven doesn't seem to work at all.

**Solution:** Check first to see that the 3-prong plug is inserted firmly into the proper receptacle. Next, check to see if a fuse needs replacing at the control box.



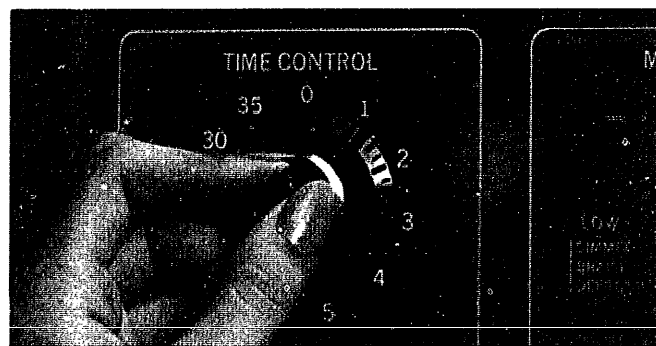
**Problem:** Microwave power won't come on.

**Solution:** Check to be sure the door is securely closed and the timer set. If a dish is touching the door when it seems to be closed, it actually may not be firmly closed.



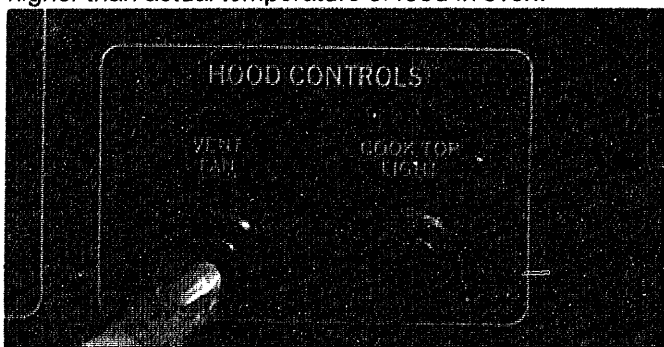
**Problem:** Oven won't start when using temperature probe.

**Solution:** Check to make sure Time/Temp switch is set at TEMP. Make sure the cable end is securely "seated" into oven receptacle and that temperature set on dial is higher than actual temperature of food in oven.



**Problem:** Oven goes off before set time has elapsed.

**Solution:** Check to be certain the fuse protecting the receptacle into which cord is plugged is operating. If fuse has not blown and power still does not function, call for service.



**Problem:** Hood fan isn't working right.

**Solution:** If it doesn't work at all, check the main fuse or circuit breaker. If it works but is faster than usual, the filter may need cleaning. If fan goes on and off, it's probably overheating. Check to make sure the filter is clean. If it is, call for service.

**On Model JVM46 if fan is on and can't be turned off, see page 7 about the automatic fan feature.**



**Problem:** TV-Radio Interference.

**Solution:** Some interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

# GENERAL ELECTRIC MICROWAVE RANGE

(Includes cooking centers and microwave ovens)

## FULL ONE-YEAR WARRANTY

**FROM GENERAL ELECTRIC TO YOU** — This warranty is extended by General Electric to the original purchaser and to any succeeding owner and applies to products purchased in the United States, retained within the 48 contiguous states, the state of Hawaii or the District of Columbia, and employed in ordinary home use.

**WHAT WE WILL DO** — If your General Electric Microwave Range fails because of a manufacturing defect within one year from the date of original purchase, we will repair the product without charge to you. Parts and service labor are included. Service will be provided in the home in the 48 contiguous states, the state of Hawaii or in the District of Columbia.

**HOW TO OBTAIN SERVICE** — Service will be provided by our local Customer Care<sup>®</sup> factory service organization or by one of our franchised Customer Care servicers during normal business hours after you notify us of the need for service. Service can be arranged by telephone.

Look up "Service" under General Electric Company of "General Electric Factory Service" in the White pages of your telephone directory or "General Electric Customer Care Service" in the Yellow pages or write to the address given below.

**WHAT IS NOT COVERED** — This warranty does not cover the failure of your Microwave Range if it is damaged while in your possession, used for commercial purposes, or if the failure is caused by unreasonable use including failure to provide reasonable and necessary maintenance. **In no event shall the General Electric Company be liable for consequential damages.** This warranty does not apply to the state of Alaska nor to the Virgin Islands, Guam, American Samoa, the Canal Zone or the Commonwealth of Puerto Rico.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

## ADDITIONAL LIMITED FOUR-YEAR MAGNETRON TUBE WARRANTY

The magnetron tube is covered in the above full warranty. In addition to that warranty, if the magnetron tube fails because of a manufacturing defect within the second through fifth year from date of the original purchase, we will furnish without charge, a replacement magnetron tube. You must pay the service labor charge for the home call, diagnostic work, and removal, and reinstallation of the new magnetron tube.

All other provisions of this additional limited warranty are the same as stated in the full warranty above.

## LIMITED WARRANTY Applicable to the State of Alaska

In the state of Alaska free service including parts will be provided to correct manufacturing defects at our nearest service shop location or in your home, but we do not cover the cost of transportation of the product to the shop or for the travel cost of a technician to your home. You are responsible for those costs. All other provisions of this limited warranty are the same as those stated in the full and limited warranties above.

**WHERE TO GET FURTHER HELP** — If you wish further help or information concerning this warranty, contact:

Manager—Customer Relations  
General Electric Company  
Appliance Park, WCE—Room 316  
Louisville, Kentucky 40225

WARRANTOR—  
General Electric Company  
Appliance Park  
Louisville, Ky. 40225

**A bill of sale, cancelled check or other payment record should be kept to verify the original purchase date and to establish the warranty period.**

GENERAL ELECTRIC COMPANY  
Range Marketing Department  
Appliance Park • Louisville, Kentucky 40225

GENERAL  ELECTRIC



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