



SpacemakerXL Microwave Oven

Owner's Manual



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GE Appliances

Part No. 164D3370P164
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IMPORTANT SAFETY INFORMATION

*READ ALL SAFETY
INFORMATION BEFORE USING*

FOR YOUR SAFETY



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

For your safety the information in this manual must be followed to minimize the risk of fire or explosion or to prevent property damage, personal injury or loss of life.

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.

Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

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.

The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

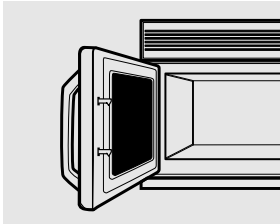
Welcome

Welcome to the GE family. We're proud of our quality products and we believe in dependable service.

You'll see it in this easy-to-use manual and you'll hear it in the friendly voices of our consumer service department.

Best of all, you'll experience these values each time you use your microwave. That's important, because your new microwave will be part of your family for a long time.

Start Here!...Before using your Microwave



Write down the model and serial numbers here. They are on a label inside the oven.

Staple your receipt to the inside back cover of this manual. You will need it to obtain service under warranty.

Model number

Serial number

Date of purchase

Need Help?

Help us help you

Before you call for service, there are a few things you can do to help us serve you better.

Read this manual.

It contains instructions to help you use and maintain your microwave properly.

If you received a damaged oven...immediately contact the dealer (or builder) that sold you the oven.

Save time and money.

Check the section titled "If Something Goes Wrong" before calling. This section helps you solve common problems that might occur.

If you do need service, you can relax knowing help is only a phone call away. A list of toll-free customer service numbers is included in the back of this manual.



IMPORTANT SAFETY INFORMATION

*READ ALL SAFETY
INFORMATION BEFORE USING*

⚠ WARNING

To reduce the risk of fire, burns, electric shock, injury to persons, or exposure to excessive microwave energy when using your appliance, follow basic precautions, including the following sections.

SAFETY PRECAUTIONS

*This microwave oven is
UL listed for installation
over electric and gas
ranges.*

*This microwave oven is
not approved or tested
for marine use.*

- Read and follow the specific “Precautions to Avoid Possible Exposure to Excessive Microwave Energy” on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section on page 10.
- Do not mount this appliance over a sink.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- This over-the-range oven was designed for use over ranges no wider than 36 inches. It may be installed over both gas and electric cooking equipment.
- Do not cover or block any openings on the appliance.
- 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. If the power cord is damaged, it must be replaced by General Electric Service or an authorized service agent using a power cord from General Electric.
- 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.



- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool or near a sink.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if 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.
 - If materials inside oven should 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.
- See door surface cleaning instructions in the Care and Cleaning section(s) of this manual.
- This appliance should be serviced only 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.

SAVE THESE INSTRUCTIONS



IMPORTANT SAFETY INFORMATION

SPECIAL NOTES ABOUT MICROWAVING

ARCING

If you see arcing, press the CLEAR/OFF pad 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.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

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.
- Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- 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.



SAFETY FACT

SUPERHEATED WATER

Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all.

Superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than 2 minutes per cup. After heating, let the cup stand in the microwave for 30 seconds before moving it or putting anything into it.

- 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 or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.
- Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, we recommend the following: before removing the container from the oven, allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off. Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.
- 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.



IMPORTANT SAFETY INFORMATION

SPECIAL NOTES ABOUT MICROWAVING

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.



- 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 inch 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:

- 1 Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
- 2 Do not microwave empty containers.
- 3 Do not permit children to use plastic cookware without complete supervision.

THE VENT FAN

The fan will operate automatically under certain conditions (see Automatic Fan feature). Take care to prevent the starting and spreading of accidental cooking fires while the vent fan is in use.

- Clean the underside of the microwave often. Do not allow grease to build up on the microwave or the fan filters.

- In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan on the surface unit by covering the pan completely with a lid, a cookie sheet or a flat tray.
- Use care when cleaning the vent fan filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filters.

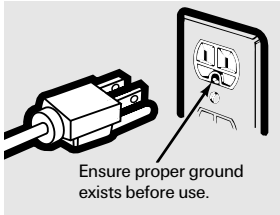
- When preparing flaming foods under the microwave, turn the vent fan on.
- Never leave surface units beneath your microwave oven unattended at high heat settings. Boilovers cause smoking and greasy spillovers that may ignite and spread if the microwave vent fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat on surface units only when necessary.



IMPORTANT SAFETY INFORMATION

GROUNDING INSTRUCTIONS/OPTIONAL KITS

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.

Do not use an adapter plug with this appliance.

Do not use 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.

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

Optional Kits

Filler Panel Kits

JX48WH—White

JX48BL—Black

JX48CT—Bisque

When replacing a 36" range hood, the filler panel kit fills in the additional width to provide a custom built-in appearance.

For installation between cabinets only; not for end-of-cabinet installation. Each kit contains two 3"-wide filler panels.

Filter Kits

JX81A—Recirculating Charcoal Filter Kit

Filter kits are used when the microwave oven cannot be vented to the outside.

Decorative Panel Kit

JX22SS—Stainless Steel

When replacing a Hi/Low range, the decorative panel kit fills in the area between the microwave and the range left by the Hi/Low model.

Available at extra cost from your GE supplier.

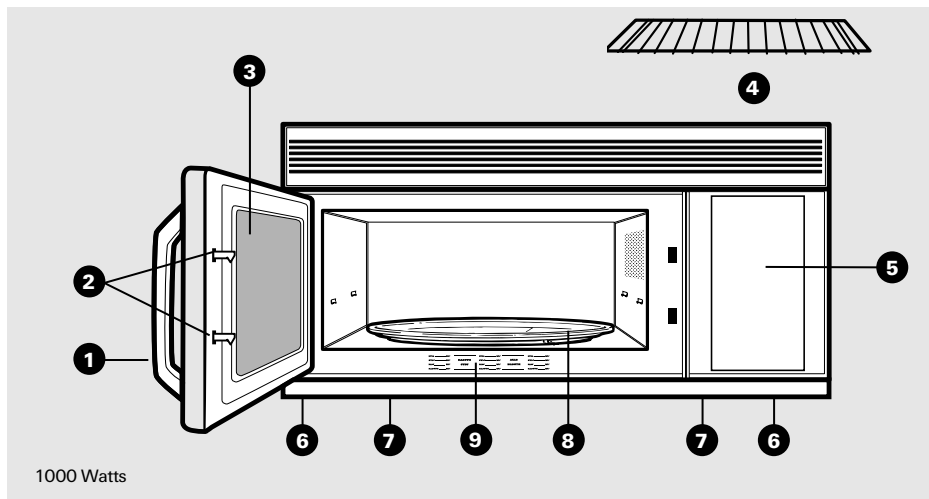
Operating Instructions

Features of Your Microwave

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



Features



1 Door Handle. Pull to open the door. The door must be securely latched for the microwave to operate.

2 Door Latches.

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

4 Shelf. Lets you microwave several foods at once. Food microwaves best when placed directly on the oven floor or turntable.

5 Touch Control Panel Display.

6 Cooktop Lights.

7 Grease Filters.

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

9 Convenience Guide.

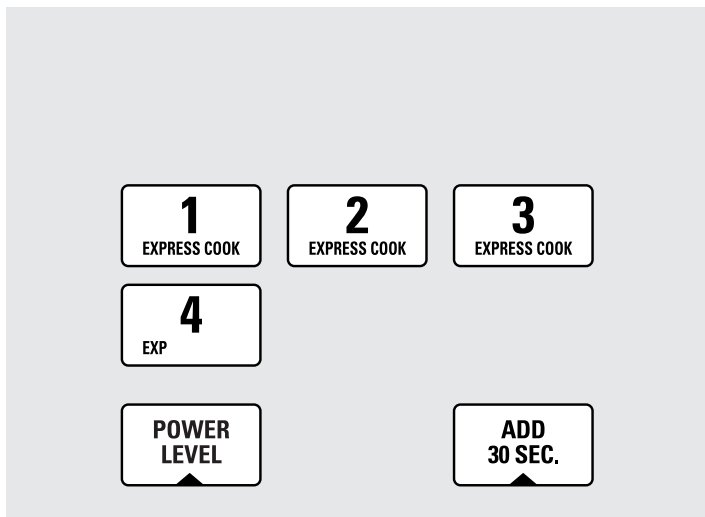
NOTE: Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.



Quick Start

The Controls on Your Microwave Oven

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



Time Features

Time Cooking

Press	Enter
TIME COOK I & II (Press once or twice)	Amount of cooking time.
DEFROST AUTO/TIME (Press twice)	Amount of defrosting time.
EXPRESS COOK	Starts immediately!
POWER LEVEL	Power level 1-10.
ADD 30 SEC	Starts immediately!

**HELP**

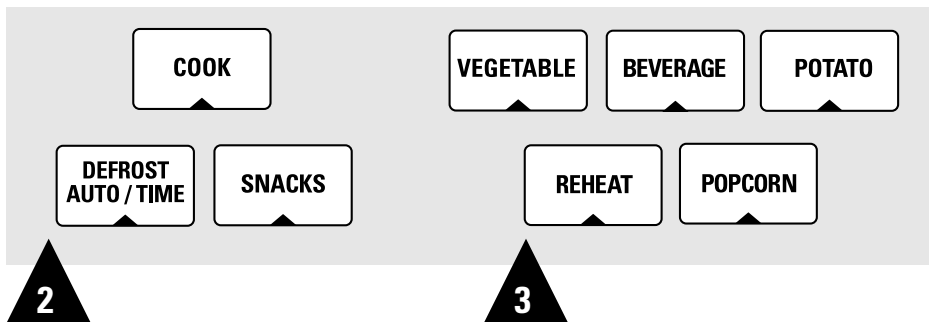
Press this pad and any feature pad for usage instructions and tips.

GUIDE ON MICROWAVE

Before you begin, check the guide located on the inside front of the oven when you open the door.

GUIDES IN BOOK

- Cooking
- Time Defrost
- Reheat
- Snacks



2 Convenience Features

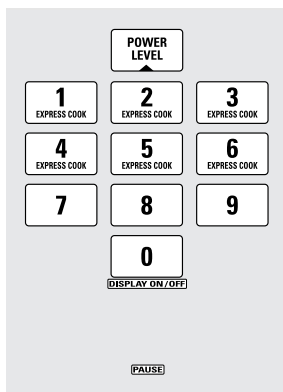
<i>Press</i>	<i>Enter</i>	<i>Option</i>
DEFROST AUTO/TIME (Press once)	Food weight	
COOK	Food type 1-9 and weight	
SNACKS	Snack type 1-6	number/weight

3 Sensor Features

<i>Press</i>	<i>Enter</i>	<i>Option</i>
REHEAT	Starts immediately!	more/less time.
POPCORN	Starts immediately!	more/less time.
VEGETABLE Press once (fresh) Press twice (frozen) Press three times (canned)	Starts immediately!	more/less time. more/less time. more/less time. more/less time – (on some models).
BEVERAGE	Starts immediately!	
POTATO	Starts immediately!	more/less time.



Operating Instructions



How to Change the Power Level

The power level may be entered or changed immediately after entering the feature time for TIME COOK, TIME DEFROST or EXPRESS COOK. The power level may also be changed during time countdown.

- 1 Press **TIME COOK** or select **Time Defrost**.
- 2 Enter cooking or defrosting time.
- 3 Press **POWER LEVEL**.
- 4 Select desired power level 1–10.
- 5 Press **START**.

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. High (power level 10) or full power is the fastest way to cook and gives you 100% power. 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.

A high setting (10) will cook faster but food may need more frequent stirring, rotating or turning over. Most cooking will be done on High (power level 10). A lower setting will cook more evenly and need less stirring or rotating of the food.

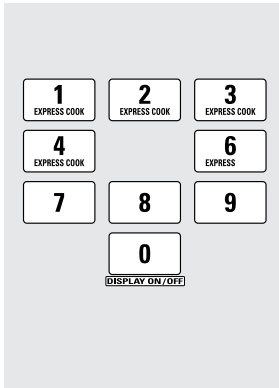
Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

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:

Power Level	Best Uses
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 such as stews and less tender cuts of meat.
Low 2 or 3	Defrosting without cooking; simmering; delicate sauces.
Warm 1	Keeping food warm without overcooking; softening butter.



- 1 Press TIME COOK.**
- 2 Enter cooking time.**
- 3 Change power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1-10.)**
- 4 Press START.**

Time Cook I

Allows you to microwave for any time up to 99 minutes and 99 seconds.

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

You may open the door during Time Cook to check the food. Close the door and press START to resume cooking.

Time Cook II

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

- 1 Press TIME COOK.**
- 2 Enter the first cook time.**
- 3 Change the power level if you don't want full power. (Press POWER LEVEL. Select a desired power level 1-10.)**
- 4 Press TIME COOK again.**
- 5 Enter the second cook time.**
- 6 Change the power level if you don't want full power. (Press POWER LEVEL. Select a power level 1-10.)**
- 7 Press START.**

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



Operating Instructions

Cooking Guide for Time Cook I & II

NOTE: Use power level High (10) unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb.	6 to 9 min., Med-High (7)	In 1½-qt. oblong glass baking dish, place 1/4 cup water.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
Beans (fresh green)	1 lb. cut in half	9 to 11 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets (fresh, whole)	1 bunch	17 to 21 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli (fresh cut)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	9 to 13 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time. (Turntable should be turned off.)
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage (fresh)	1 medium head (about 2 lbs.)	8 to 11 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		7 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots (fresh, sliced)	1 lb.	7 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower (flowerets)	1 medium head	9 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	10 to 17 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.



Vegetable	Amount	Time	Comments
Corn (frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time. (Turntable should be turned off.)
(frozen)	1 ear 2 to 6 ears	5 to 6 min. 3 to 4 min. per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time. (Turntable should be turned off.)
Mixed vegetables (frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	3 to 4 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn butternut)	1 to 2 squash (about 1 lb. each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes. (Turntable should be turned off.)



Operating Instructions

Time Features

1
EXPRESS COOK

3
EXPRE

**1 Press DEFROST
AUTO/TIME twice.**

2 Enter defrosting time.

3 Press START.

**4 Turn food over when
the oven signals.**

5 Press START.

*(Auto Defrost explained
in the section on
Convenience Features.)*

Allows you to defrost for the length of time you select. See the Defrosting Guide for suggested times.

Power level 3 is automatically set, but you may change this for more flexibility. You may defrost small items more quickly by raising the power level after entering the time. However, they will need more frequent attention than usual.

Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. Rotate or stir food frequently.

At one half of selected defrosting time, the oven signals TURN. At this time, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil.

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

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Tightly closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be at least 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, such as milk, eggs, fish, stuffings, poultry and pork, 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 beef, lamb and veal 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.

Defrosting Guide



Food	Time	Comments
Breads, Cakes Bread, buns or rolls (1 piece) Sweet rolls (approx. 12 oz.)	1 min. 3 to 5 min.	
Fish and Seafood Filletts, frozen (1 lb.) Shellfish, small pieces (1 lb.)	6 to 8 min. 5 to 7 min.	Place block in casserole. Turn over and break up after half the time.
Fruit Plastic pouch—1 to 2 (10-oz. package)	3 to 6 min.	
Meat Bacon (1 lb.) Franks (1 lb.) Ground meat (1 lb.) Roast: beef, lamb, veal, pork Steaks, chops and cutlets	2 to 5 min. 2 to 5 min. 5 to 7 min. 12 to 16 min. per lb. 5 to 7 min. per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting. Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. Turn meat over after half the time. Use power level 1. Place unwrapped meat in cooking dish. Turn over after half the time and shield warm areas with foil. When finished, separate pieces and let stand to complete defrosting.
Poultry Chicken, broiler-fryer cut up (2½ to 3 lbs.) Chicken, whole (2½ to 3 lbs.) Cornish hen Turkey breast (4 to 6 lbs.)	15 to 19 min. 17 to 21 min. 7 to 13 min. per lb. 5 to 9 min. per lb.	Place wrapped chicken in dish. Unwrap and turn over after half the time. When finished, separate pieces and microwave 2 to 4 minutes more, if necessary. Let stand to finish defrosting. Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. Finish defrosting. If necessary, run cold water in the cavity until giblets can be removed. Place unwrapped hen in the oven breast-side-up. Turn over after half the time. Run cool water in the cavity until giblets can be removed. Place unwrapped breast in dish breast-side-down. After half the time, turn over and shield warm areas with foil. Finish defrosting. Let stand 1 to 2 hours in refrigerator to complete defrosting.



Operating Instructions

Time Features

Express Cook



This is a quick way to set cooking time for 1–6 minutes.

Press one of the Express Cook pads (from 1 to 6) for 1 to 6 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time.

The power level can be changed as time is counting down. Press POWER LEVEL and enter 1–10.

Add 30 Seconds



You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time.



Snacks



The Snacks feature automatically sets the microwaving times and power levels to warm a variety of snack foods.

- 1 Press SNACKS.
- 2 Select snack type 1–6 (see the Snacks Guide below).

- 3 Enter the number of items or the food weight in ounces.

- 4 Press START.

Hint: You can press and hold the SNACKS pad during cooking to display the snack type and remaining microwaving time.

Snacks Guide

Food Type	Quantity or Weight
1 Bread, rolls, muffins	1 to 4
2 Sandwiches	1 to 2
3 Pizza (leftover slices)	1 to 4
4 Dessert toppings	1 to 4
5 Soup	8 to 40 oz.
6 Cheese dip	4 to 16 oz.



Operating Instructions

Convenience Features

Cook



The Cook feature automatically sets the cooking times and power levels for a variety of foods.

- 1 Press COOK.
- 2 Select food type 1–9 (see the Cook Guide below).

- 3 Enter weight in ounces.
- 4 Press START.

Hint: Press and hold the COOK pad during cooking to display the food type and remaining cook time.

Cook Guide

Food Type	Weight	Comments
1 Canned Vegetables	4 to 20 oz.	Use microwave-safe casserole or bowl. Cover with lid or vented plastic wrap.
2 Frozen Vegetables	4 to 20 oz.	Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or vented plastic wrap.
3 Fresh Vegetables	4 to 16 oz.	Use microwave-safe casserole or bowl. Add 2 tablespoons water for each serving. Cover with lid or vented plastic wrap.
4 Potatoes	8 to 40 oz.	Pierce skin with fork. Place potatoes on oven floor or turntable.
5 Fish	4 to 16 oz.	Use oblong, square or round dish. Cover with vented plastic wrap or wax paper.
6 Chicken Pieces	4 to 40 oz.	Use oblong, square or round dish. Cover with vented plastic wrap.
7 Ground Meat (beef, pork, turkey)	8 to 48 oz.	Use round casserole dish. Crumble meat into dish. Cover with lid or vented plastic wrap. Drain and stir at signal.
8 Bacon	2 to 10 oz.	Layer strips on a plate, 4 to a layer. Cover each layer with a paper towel.
9 Pizza (frozen, microwaveable)	4 to 16 oz.	Follow package instructions to prepare pizza for microwaving.



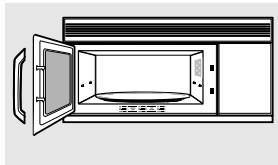
Auto Defrost

The Defrost Auto/Time feature gives you two ways to defrost frozen foods. Press DEFROST AUTO/TIME once for Auto Defrost or twice for Time Defrost.

Use Auto Defrost for meat, poultry and fish up to 6 pounds. 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.

There is a handy guide located on the inside front of the oven.



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

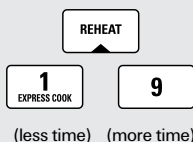
- Remove meat from package and place on microwave-safe dish.
- Twice during defrost, the oven signals TURN. At each TURN signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.



Operating Instructions

Sensor Features

Reheat



For reheating single servings of previously cooked foods or a plate of leftovers.

How to Change the Automatic Settings

To reduce time by 10%: Press **1** after the feature pad.

To add 10% to cooking time: Press **9** after the feature pad.

NOTE: Do not use the metal shelf when using the Reheat feature.

How to Use the Reheat Feature

- 1 Place covered food in the oven. Press REHEAT. The oven starts immediately.
- 2 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. If food is not hot enough, use Time Cook to reheat for more time. Reheated foods may have wide variations in temperature. Some areas may be extremely hot.

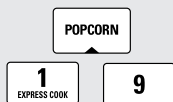
Some Foods Not Recommended For Use With Reheat

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.



Popcorn



(less time) (more time)

Use only with prepackaged microwave popcorn weighing 1.75 to 3.5 ounces.

NOTE: Do not use the metal shelf when cooking popcorn.

How to Use the Popcorn Feature

1 Follow package instructions, using Time Cook if the package is less than 1.75 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.

2 Press POPCORN. The oven starts immediately.

If you open the door while “POPCORN” is displayed “SENSOR ERROR” will appear. Close the door, press CLEAR/OFF and begin again.

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

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

To add time:

After pressing POPCORN, press 9 immediately after the oven starts for an extra 20 seconds.

Press 9 again to add another 10 seconds (total 30 seconds additional time).

To subtract time:

After pressing POPCORN, press 1 immediately after the oven starts for 20 seconds less cooking time.

Press 1 again to reduce cooking time another 10 seconds (total 30 seconds less time).

Beverage



Press BEVERAGE to heat a cup of coffee or other beverage.

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



Operating Instructions

Sensor Features

Sensor Cooking



Sensor Cooking gives you easy, automatic results with a variety of foods (see the Cooking Guide below).

NOTE: Do not use the metal shelf with Sensor Cooking.

Vegetable and Potato

1 Place covered food in the oven. Press the food pad. (For vegetables press the VEGETABLE pad once for fresh vegetables, twice for frozen vegetables, or three times for canned vegetables.) The oven starts immediately.

2 The oven signals when steam is sensed and time remaining is counting down. Turn or stir the food if necessary.

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

NOTE: If the food is not done enough, use Time Cook to cook for more time.

How to Change the Automatic Settings (automatic settings for canned vegetables cannot be adjusted on some models)



You can adjust the cooking time for all foods to suit your personal taste.

Reduce time by 10%:

Press 1 after the food pad.

Add 10% to cooking time:

Press 9 after the food pad.

Cooking Guide

Food Type	Amount	Comments
Canned Vegetables	4–16 oz.	Cover with lid or vented plastic wrap.
Frozen Vegetables	4–16 oz.	Follow package instructions for adding water. Cover with lid or vented plastic wrap.
Fresh Vegetables	4–16 oz.	Add 1/4 cup water per serving. Cover with lid or vented plastic wrap.
Potatoes	1/2–2 lbs.	Pierce skin with fork. Place potatoes on the turntable.



Help

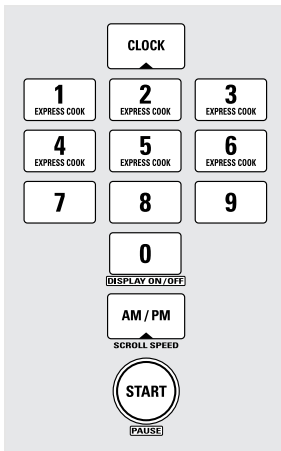


The HELP pad displays feature information and helpful hints. Press HELP, then select a feature pad.

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display “FOOD IS READY” and beep once a minute until you either open the oven door or press CLEAR/OFF.

Clock



Press to enter the time of day or to check the time of day while microwaving.

- 1 Press CLOCK.
- 2 Enter time of day.
- 3 Select AM or PM.
- 4 Press START or CLOCK.

Scroll Speed



The scroll speed of the display can be changed. Press and hold the AM/PM pad about 3 seconds to bring up the display. Select 1–5 for slow to fast scroll speed.

Display On/Off



To turn the clock display off, press and hold 0 for about three seconds.

To redisplay the clock, repeat.



Delay Start allows you to set the microwave to delay cooking up to 24 hours.

1 Press DELAY START.

2 Enter the time you want the oven to start. (Be sure the microwave clock shows the correct time of day.)

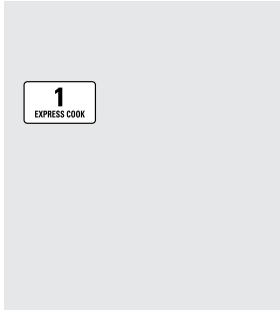
3 Select AM or PM.

4 Select any combination of Defrost Auto/Time or Time Cook I & II.

5 Press START.

The Delay Start time will be displayed plus "DS." The oven will automatically start at the delayed time.

The time of day may be displayed by pressing CLOCK.



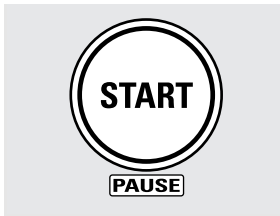
Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

- 1 Press TIMER ON/OFF.
- 2 Enter time you want to count down.
- 3 Press TIMER ON/OFF to start.

When time is up, the oven will signal. To turn off the timer signal, press TIMER ON/OFF.

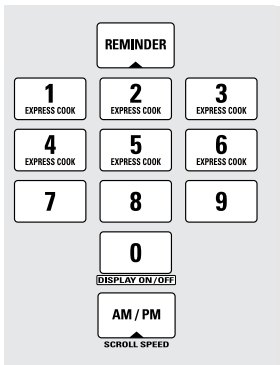
NOTE: The timer indicator will be lit while the timer is operating.

Start/Pause



In addition to starting many functions, START/PAUSE allows you to stop cooking without opening the door or clearing the display.

Reminder



The Reminder feature can be used like an alarm clock and can be used at any time, even when the oven is operating. The Reminder time can be set up to 24 hours later.

- 1 Press REMINDER.
- 2 Enter the time you want the oven to remind you. (Be sure the microwave clock shows the correct time of day.)

- 3 Select AM or PM.
- 4 Press REMINDER. When Reminder signal occurs, press REMINDER to turn it off. The Reminder time may be displayed by pressing REMINDER.

NOTE: The REM indicator will remain lit to show that the Reminder is set. To clear the Reminder before it occurs, press REMINDER, then 0. The REM indicator will no longer be lit.



Operating Instructions

Other Features Your Model May Have

Child Lock-Out



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

To lock or unlock the controls, press and hold CLEAR/OFF for about three seconds. When the control panel is locked, an "L" will be displayed to the extreme right.

Turntable



For best cooking results, leave the turntable on. It can be turned off for large dishes. Press TURNTABLE to turn the turntable on or off.

Sometimes the turntable can become too hot to touch. Be careful touching the turntable during and after cooking.

Vent Fan



The vent fan removes steam and other vapors from surface cooking.

Press VENT FAN once for high fan speed, twice for low fan speed or a third time to turn the fan off.

Automatic Fan

An automatic fan feature protects the microwave from too much heat rising from the cooktop below it. It automatically turns on at low speed if it senses too much heat.

If you have turned the fan on you may find that you cannot turn it off. The fan will automatically turn off when the internal parts are cool. It may stay on for 30 minutes or more after the cooktop and microwave controls are turned off.



Surface Light



Press to turn the surface light on or off.

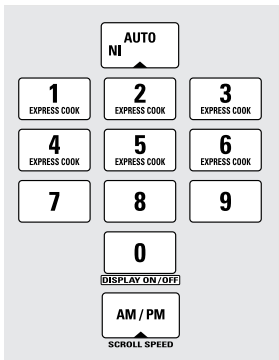
On some models, there is a night light option.

Press SURFACE LIGHT once for bright light, twice for the night light or three times to turn the light off.

Beeper Volume



The beeper sound level can be adjusted. Press BEEPER VOLUME. Choose 0–3 for mute to loud.



You can set the night light to turn on and off automatically at any time you want.

NITE will stay lit to remind you that the feature is set. You can review the Auto Nite Light settings by pressing AUTO NITE LIGHT.

- 1 Press AUTO NITE LIGHT.
- 2 Enter the time you want the light to turn on. Select AM or PM.
- 3 Press AUTO NITE LIGHT again and enter the time you want the light to turn off. Select AM or PM.
- 4 Press AUTO NITE LIGHT.

To erase your settings and turn off the automatic feature, press AUTO NITE LIGHT, then 0.



Helpful Information

Two-Position Shelf

Microwaving with the Shelf

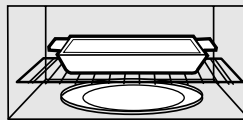
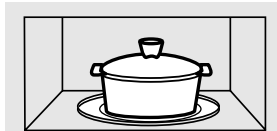
How to Use the Shelf When Microwaving



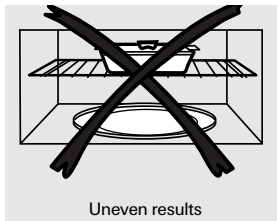
- Make sure the shelf is positioned properly inside the microwave to prevent damage to the oven from arcing.
- Do not use a microwave browning dish on the shelf. The shelf could overheat.
- Do not cook with the shelf on the microwave floor. This could damage the microwave.
- Use pot holders when handling the shelf—it may be hot.
- Do not use the shelf when cooking popcorn.

Food microwaves best when placed on the turntable or on the shelf in the lower position.

For best cooking results, remove the shelf unless you are cooking on two levels.

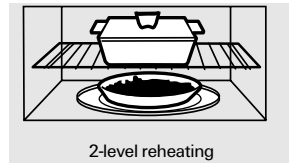


For best results



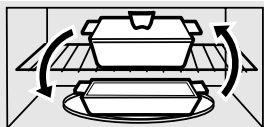
Uneven results

The shelf gives you the option to reheat more than one dish of food at the same time.

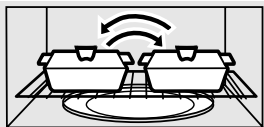


2-level reheating

Shelf and Reheating



Switch places after 1/2 time.



Switch places after 1/2 time.

- To reheat on 2 levels
or
 - To reheat 2 dishes on the lower level:
- 1 Multiply reheat time by 1½.
 - 2 Switch places after 1/2 the time.



Helpful Information

Microwave Terms

Term	Definition
Arcing	<p>Arcing is the microwave term for sparks in the oven. Arcing is caused by:</p> <ul style="list-style-type: none">• 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	<p>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.</p>
Shielding	<p>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.</p>
Standing Time	<p>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.</p>
Venting	<p>After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.</p>



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

NOTE: Be certain the power is off before cleaning any part of this oven.



Helpful Information

Care and Cleaning

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 and then dry. Wipe the window clean with a damp cloth.

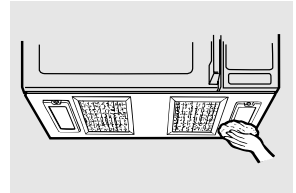
Control Panel and Door

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's 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.

Bottom



Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.

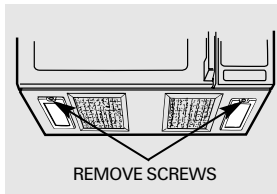


Cooktop Light/ Night Light

Replace the burned-out bulb with a 40-watt incandescent bulb (WB36X10003), available from your GE supplier.

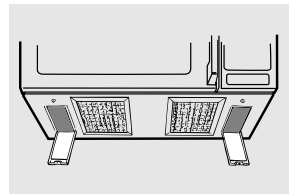
1 To replace the bulb(s), first disconnect the power at the main fuse or circuit breaker panel or pull the plug.

2 Remove the screw at the front of the light cover and lower the cover.



3 Be sure the bulb(s) to be replaced are cool before removing. After breaking the adhesive seal, remove the bulb by gently turning.

4 Replace the screw. Connect electrical power to the oven.

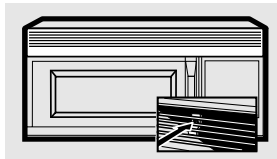


Oven Light

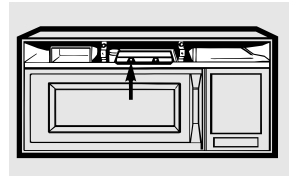
Replace the burned-out bulb with a 40-watt incandescent bulb (WB36X10003), available from your GE supplier.

1 To replace the oven light, first disconnect the power at the main fuse or circuit breaker panel or pull the plug.

2 Remove the top grille by taking out the 2 screws that hold it in place.



3 Next, remove the screw located above the door near the center of the oven that secures the light housing.



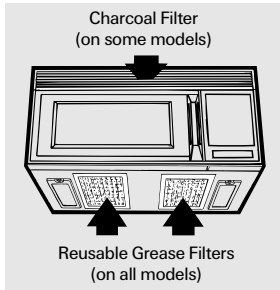
4 Replace the screw. Connect electrical power to the oven.



Helpful Information

The Exhaust Feature

The Vent Fan



The vent fan has 2 metal reusable grease filters.

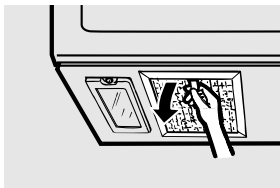
Models that recirculate air back into the room also use a charcoal filter.

Reusable Grease Filters

The metal filters trap grease released by foods on the cooktop. They also prevent flames from foods on the cooktop from damaging the inside of the microwave.

For this reason, the filters must ALWAYS be in place when the hood is used. The grease filters should be cleaned once a month, or as needed.

Removing and Cleaning the Filter



To remove, slide it to the rear using the tab. Pull it down and out.

To clean the grease filter, soak it and then swish it around in hot water and detergent. Don't use ammonia or ammonia products because they will darken the metal. Light brushing can be used to remove embedded dirt.

Rinse, shake and let it dry before replacing.

To replace, slide the filter in the frame slot on the back of the opening. Pull up and to the front to lock into place.

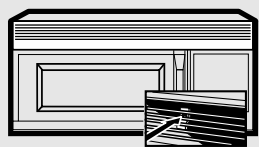
Charcoal Filter (on some models)

The charcoal filter cannot be cleaned. It must be replaced. Order Part No. WB02X9883 from your GE supplier.

If the model is not vented to the outside, the air will be recirculated through a disposable charcoal filter that helps remove smoke and odors.

The charcoal filter should be replaced when it is noticeably dirty or discolored (usually after 6 to 12 months, depending on hood usage).

To Remove Charcoal Filter

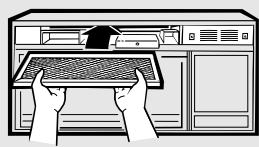


Remove 2 grille screws to remove the grille.

To remove the charcoal filter, disconnect power at the main fuse or circuit breaker panel or pull the plug.

Remove the top grille by removing the 2 screws that hold it in place. Slide the filter towards the front of the oven and remove it.

To Install Charcoal Filter



To install a new filter, remove plastic and other outer wrapping from the new filter.

Insert the filter into the top opening of the oven as shown. It will rest at an angle on 2 side support tabs and in front of the right rear tab. Replace the grille and 2 screws.



If Something Goes Wrong

Before You Call For Service

Problem	Possible Cause	What to Do
<i>Oven will not start</i>	<p>A fuse in your home may be blown or the circuit breaker tripped.</p> <p>Power surge.</p> <p>Plug not fully inserted into wall outlet.</p>	<ul style="list-style-type: none">• Replace fuse or reset circuit breaker.• Unplug the microwave oven, then plug it back in.• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
<i>Floor of the oven is warm, even when the oven has not been used</i>	<p>The cooktop light is located below the oven floor. When the light is on, the heat it produces may make the oven floor get warm.</p>	<ul style="list-style-type: none">• This is normal.
<i>"LOCKED" appears on display</i>	<p>The control has been locked.</p>	<ul style="list-style-type: none">• Press and hold CLEAR/OFF for about 3 seconds to unlock the control.
<i>You hear an unusual, low-tone beep</i>	<p>You have tried to start the Reminder without a valid time of day.</p> <p>You have tried to start the Auto Nite Light without a valid time of day entered for the on-time and off-time.</p> <p>You have tried to change the power level when it is not allowed.</p>	<ul style="list-style-type: none">• Start over and enter a valid time of day.• Start over and enter a valid time of day.• Many of the oven's features are preset and cannot be changed.

Things That Are Normal

- 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.

GE Service Numbers



We'll Be There!

GE Appliances Website

www.GEAppliances.com

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, catalogs, or even schedule service on-line. You can also "Ask Our Team of Experts™" your questions, and so much more...

Schedule Service

www.GEAppliances.com

**800-GE-CARES
(800-432-2737)**

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

www.GEAppliances.com

**800-TDD-GEAC
(800-833-4322)**

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

www.GEAppliances.com

800-626-2224

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

www.GEAppliances.com

800-626-2002

Individuals qualified to service their own appliances can have parts or accessories sent directly to their home. (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 for some reason you are not happy with the service you receive, here are steps to follow for further help.

First, contact the people who serviced your appliance. Explain why you are not pleased.

Next, if you are still not pleased, write all the details—including your phone number—to:

Customer Relations
GE Appliances
Louisville, KY 40225

Register Your Appliance

www.GEAppliances.com

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.

MICROWAVE OVEN WARRANTY

Staple sales slip or cancelled check here. Proof of original purchase date is needed to obtain service under warranty.

What Is Covered

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace *any part of the microwave oven* that fails because of a manufacturing defect.

LIMITED ADDITIONAL NINE-YEAR WARRANTY

For the second through the tenth year from the date of original purchase, we will provide, free of charge, a replacement *magnetron tube* if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Should your appliance need service, during warranty period or beyond, call 800-GE-CARES (800-432-2737).

What Is Not Covered

Warrantor is not responsible for consequential damages.

- Service trips to your home to teach you how to use the product.
- Improper installation.
If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.
- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is misused, or used for other than the intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.

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. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company If further help is needed concerning this warranty, write:
Manager—Consumer Affairs, GE Appliances, Louisville, KY 40225

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