

How to get
the best from Y

JE40

JE42

PUB

49-4726

Microwave Oven

Features p5

Cooking p6

Heating &
Cooking Guide p7

Questions?
Use the Problem Solver p18

Use and Care of
models JE40 & JE42



Your Direct Line to General Electric
The GE Answer Center® 800.626.2000

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49-4726

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Microwaving Tips

• 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 unsure, use this dish test: Measure 1 cup water in a glass cup. Place in oven on or beside dish. Microwave 1-1½ minutes. If water becomes hot, dish is microwave safe. If dish heats, it should not be used for microwaving.

• Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.

• Some microwaved foods require stirring, rotating, or rearranging. Check your cooking guide.

• Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

Help us help you...

Before microwaving, read this book carefully.

It is intended to help you operate and maintain your new Microwave Oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write (include your phone number):

Consumer Affairs
General Electric Company
Appliance Park
Louisville, KY 40225

Write down the model and serial numbers.

You'll find them on a label inside the oven.

These numbers are also on the Consumer Product Ownership Registration Card that came with your Microwave Oven. Before sending in this card, please write these numbers here:

Model Number

Serial Number

Use these numbers in any correspondence or service calls concerning your Microwave Oven.

The electric output of this microwave oven is 500 watts.

Be sure your Microwave Oven is registered.

It is important that we know the location of your Microwave Oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers. **This appliance must be registered. Please be certain that it is.**

Write to:

General Electric Company
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged Oven...

Immediately contact the dealer (or builder) that sold you the Microwave Oven.

Save time and money.

Before you request service... check the Problem Solver on page 18. It lists minor causes of operating problems that you can correct yourself.

Optional Accessory

04-F0B6-01 Installation Kit allows this oven to be mounted under a cabinet (available at extra cost from your General Electric supplier).

All These Things Are Normal with your Microwave Oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dull thumping sound while oven is operating.
- Some TV-Radio 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.

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.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

When using electrical appliances basic safety precautions should be followed, including the following:

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

- Use this appliance only for its intended use as described in this manual.
- Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY” at left.
- This appliance must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” on page 17.
- For best operation, plug this appliance into its own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
- Install or locate this appliance only in accordance with the provided installation instructions.
- **Be certain to place the front surface of the door three inches or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage. (If used on countertop.)**
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not immerse power cord or plug in water.
- Keep power cord away from heated surfaces.
- Do not let power cord hang over edge of table or counter.

- 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.

- See door surface cleaning instructions on page 16.

- 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.

- **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 to facilitate cooking.

- Remove wire twist-ties from paper or plastic bags before placing bag in oven.

- Do not use your microwave oven to dry newspapers.

- Paper towels, napkins and wax paper.** Recycled paper products 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.

- Do not operate the oven while empty to avoid damage to the oven and the danger of fire.** If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs the life of the oven.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

—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 oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at fuse or circuit breaker panel.

- **Some products such as whole eggs and sealed containers**—for example, closed glass jars—may explode and should not be heated in this oven.

- **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.

- **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, resulting in injury.

- **Use metal only as directed in cooking guide.** Foil strips as used on meat roasts are helpful when used as shown in cooking guide.

TV dinners may be microwaved in foil trays less than 3/4" high; remove top foil cover and return tray to box. When using metal in the microwave oven, **keep metal at least 1 inch away from sides of oven.**

- **Cooking utensils may become hot** because of heat transferred from the heated food. Potholders may be needed to handle the utensil.

- **Sometimes, the cooking tray can become too hot to touch.** Be careful when touching the cooking tray during and after cooking.

- **Foods cooked in liquids** (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to page 16 for instructions on how to clean the inside of the oven.

- **Thermometer**—Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.

- **Plastic utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave 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 utensils could ignite. For these reasons: 1) Use microwave plastics only and use them in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

- **When cooking pork** follow our directions exactly and always cook the meat to at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

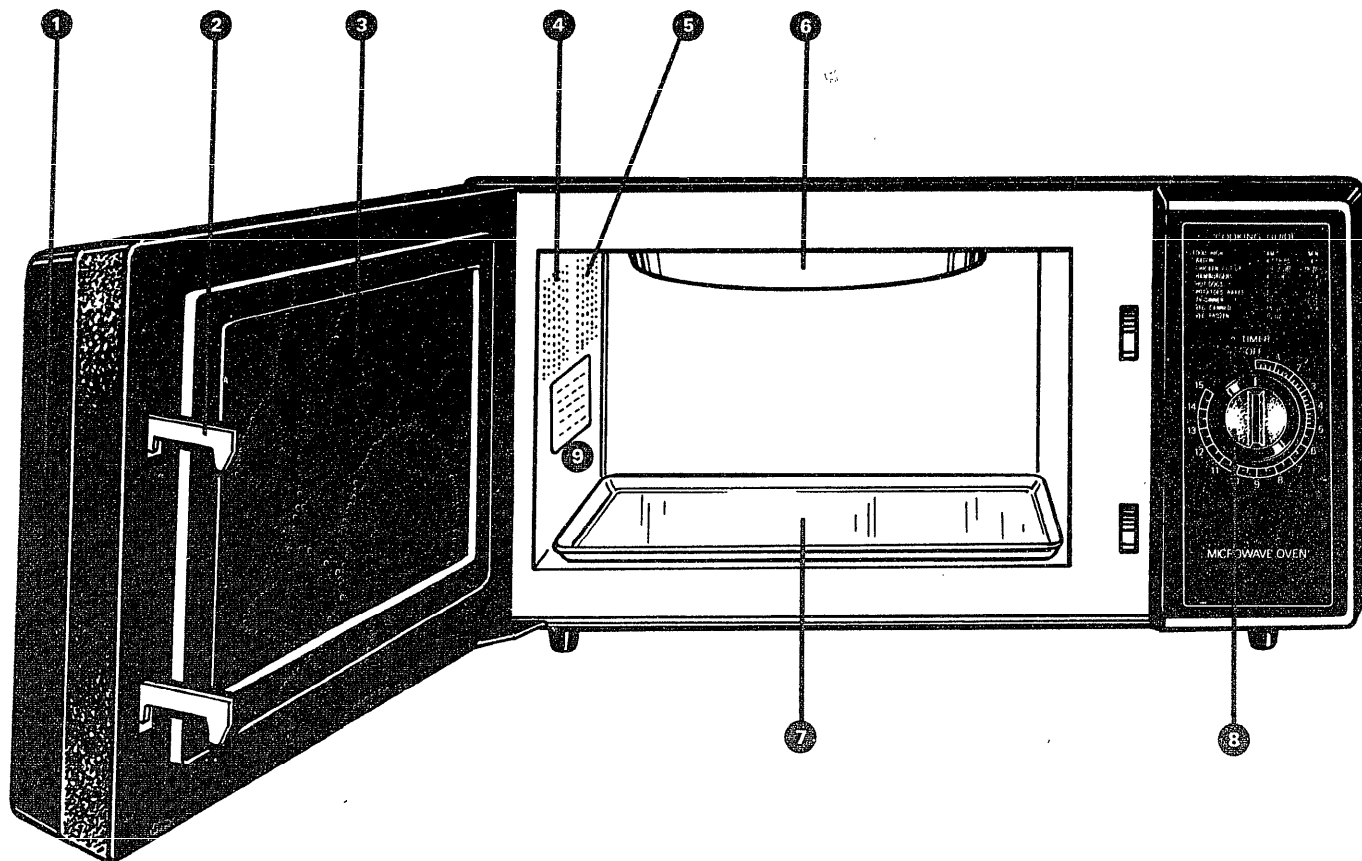
- **Boiling eggs is not recommended in a microwave oven.** Pressure can build up inside the egg yolk and may cause it to burst, resulting in injury.

- **Foods with unbroken outer "skin"** such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in cooking guide. 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.

SAVE THESE INSTRUCTIONS

Features of Your Oven



1. Door Handle. Pull to open door. Door must be securely latched for oven to operate.

2. Door Latches.

3. Door Screen. Metal screen permits viewing of foods and keeps microwaves confined inside oven.

4. Oven Interior Light. Turns on when timer is on.

5. Oven Vent.

6. Mode Stirrer Cover. Protects the microwave energy distributing system. Do not remove this cover. You will damage the oven.

7. Glass Cooking Tray. Tray must be in place when using the oven. Cooking performance will be unsatisfactory without the tray in place. The tray may be removed for cleaning.

8. 15-Minute Timer with graduated scale in first five minutes. Set timer to desired cooking time. Setting the timer starts the oven (when the door is closed).

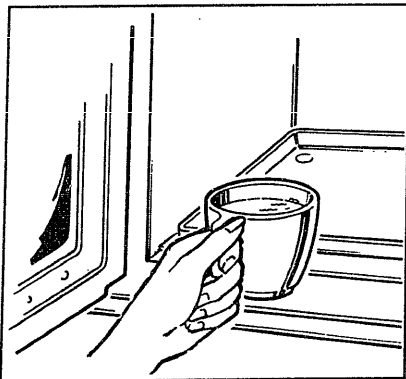
9. Model and Serial Numbers.

Cooking

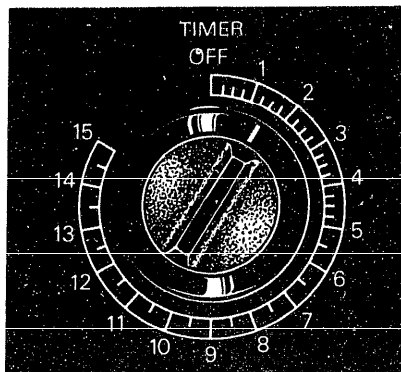
The timer allows you to preset the cooking time.

The oven shuts off automatically.

To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water and add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave safe. Place cup in oven and close door.



Step 2: Set Timer Control. For coffee, set at 1½ minutes. Timer may be reset during cooking if needed.

Note: To set timer less than 2 minutes, turn the Timer Control past 2 and then back to the desired time.

Step 3: When time is up, the oven sounds, oven light and fan shut off.

Questions and Answers

Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my food wasn't done. What happened?

A. Since house power varies due to time or location most recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your dish a little longer, if necessary.

Q. What happens if I accidentally operate the microwave oven without food in it?

A. Accidental use for short periods of time does not damage the magnetron but it is not recommended.

Q. Can I interrupt the cooking function to check the food?

A. Yes. To resume cooking, simply close the door. The timer must be reset for cooking to resume unless time is remaining on timer.

Heating or Reheating Guide

- Directions below are for reheating already-cooked foods at refrigerator or room temperature. Use microwave oven safe containers.
- Cover most foods (see tips) for fastest heating. Exceptions are rare or medium meats, some sandwiches, griddle foods like pancakes and baked foods.
- Be sure foods are heated through before serving. Steaming or bubbling around edges does not necessarily mean food is heated throughout. As a general rule, hot foods produce an area warm to the touch in center of underside of dish.

Item	Amount	Approximate Time, Minutes
Appetizers		
Saucy; such as meatballs, cocktail franks, riblets (½ cup per serving)	1 to 2 servings	3-5
	3 to 4 servings	5-7
Pastry bites; small pizzas, egg rolls etc.	2 to 4 servings	2-3½

Plate of Leftovers

Meat plus 2 vegetables	1 plate	3-5
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Meats and main dishes

Saucy main dishes; chili, chop suey, spaghetti, stew (¾-1 cup serving)	1 to 2 servings	5-8
	3 to 4 servings	7-10
	1 can (16 oz.)	6-8
Hamburgers or meat loaf (4 oz. per serving)	1 to 2 servings	2-4
	3 to 4 servings	4-6
Hot dogs and sausages	1 to 2	1-2
	3 to 4	2-3
Rice and pasta (¾-¾ cup serving) Topped or mixed with sauce	1 to 2 servings	1½-3
	1 to 2 servings 3 to 4 servings	5-7 7-9

Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with waxed paper.

Soups

Water based (1 cup serving)	1 to 2 servings	3-5
	3 to 4 servings	9-12
	1 can (10 oz.)	7-9

Vegetables

Small pieces; peas, corn, beans, etc. (½ cup per serving)	1 to 2 servings	1½-4
	3 to 4 servings	4-6
Large pieces or whole; corn on the cob, asparagus spears, etc.	1 to 2 servings	3-5
	3 to 4 servings	6-8
Mashed (½ cup per serving)	1 to 2 servings	3-5
	3 to 4 servings	7-9

Tip: Cover vegetables for most even heating.

Sauces

Dessert; chocolate, butterscotch	½ cup	1-2
	1 cup	2-3
Meat or main dish, chunky type, giblet gravy, spaghetti sauce, etc.	½ cup	3-4
	1 cup	4-6
	1 can (16 oz.)	5-7
Creamy type	½ cup	3-4
	1 cup	4-5

Tip: Cover food to prevent spatter.

Convenience Food Guide

1. Most convenience foods can be reheated by microwave only, since they are already cooked. Always use microwave safe utensils (glass or plastic). For foods needing browning or crisping, conventional baking is recommended.
2. Remove food from foil containers over 3/4-inch high and place in microwave safe dish.

Food	Time in Minutes	Comments
Appetizers		
Frozen prepared sandwiches	2-3 per sandwich	Wrap in paper towel. Rotate 1/4 turn after half of time.
Pizza (3.7 oz.)	3-5	Rotate 1/2 turn after 2 minutes.
Popcorn (3 1/2-oz. pkg.) frozen	5-6	Times given are for microwave popcorn.
Popcorn (3 1/2-oz. pkg.) room temp.	4 1/2-5	
Fish & Shellfish		
Fish & Chips (5-14 oz.)	5-8	Remove foil cover. Return tray to carton or distribute evenly on microwave safe dish.
Breaded Fish (5-10 oz.)	5-8	Distribute evenly on microwave safe dish lined with 2 paper towels. Rearrange or rotate dish 1/4 turn after half of time.
(14-16 oz.)	9-11	
(23-25 oz.)	11-13	
Meats		
Dry mixes, hamburger added	14-16	Add cooked, drained hamburger. Stir after 7 minutes.
Frozen Meats (5-8 oz.)	6-10	If pouch package is used, puncture with fork to vent. Stir meat pieces or rotate 1/4 turn after half of time.
(10-16 oz.)	8-18	
Frozen Dinners		
Hearty T.V.-Style (17 oz.)	12-15	Remove foil cover and return tray to carton. If metal tray is more than 3/4-inch deep, place food in microwave safe container. Rotate 1/4 turn after half of cooking time. If food is in pouch, slit pouch before microwaving.
Regular T.V.-Style (11 oz.)	10-12	
Premium Entree (8-9 oz.)	10-12	
(10-13 oz.)	12-14	
Pasta and Rice		
Canned spaghetti (16 oz.)	6-8	Stir before serving.
Frozen Lasagna (21 oz.)	24-27	Rotate 1/4 turn after half of time. Let stand 5 minutes before serving.
Macaroni & Cheese (8 oz.)	9-11	Stir or turn 1/2 turn after half of cooking time.
Poultry		
Fried Chicken 2 pieces	5-6	Arrange on plate lined with 2 layers of paper towels. Rotate 1/2 turn after half of time.
4 pieces	10-12	
6 pieces	11-13	
Frozen Pouch (5-7 oz.)	4-6	Slit pouch before microwaving. Stir before serving.
Griddle Foods		
French toast 2 pieces	2-3	Arrange on plate lined with 2 layers of paper towels.
4 pieces	3-4	
Waffles 2 pieces	2-3	Arrange on plate lined with 2 layers of paper towels.
4 pieces	3-4	
Breakfast Foods		
Country Sausage 2	1 1/2	Rotate 1/4 turn at 1 minute. Rotate 1/4 turn after 2 minutes.
& Biscuits 4	2-3	
6	4-5	
Breakfast Entree (4-6 oz.)	4-5	Stir occasionally or turn 1/4 turn after half of cooking time.

Meats

Always use microwave safe dish, plastic or glass.

Food	Container	Cover	Time	Comments
Beef				
Ground (1 lb.) Crumbled (for casseroles or soup)	Casserole	Yes	7-9 min.	Stir every 2 minutes. Add sauce or casserole ingredients and finish. To cook frozen block, microwave 12 to 15 minutes, breaking up and stirring every 5 minutes.
Meatballs (1 lb.)	Pie plate	Wax paper	8-11 min.	Arrange 3/4 to 1-inch apart in circle around edge of dish. Rotate dish 1/4 turn after half of time.
Patties 4 patties/lb. 1-2 patties 3-4 patties	8-in. square glass dish (with trivet if desired) or ceramic dinner plate (For 1 or 2 patties use paper plate lined with double thickness paper towels.)	Wax paper	3-5 min. 6-8 min.	Cover with wax paper. Rotate dish 1/4 turn after half of time. If desired, add browning sauce or agent. Let patties stand, covered, 2 minutes.
Meat loaf (Round loaf)	Pie plate	Plastic wrap	26-29 min.	Let stand 10 minutes after cooking.
Pork				
Bacon	Microwave safe plate	Paper towel	1-1/4 min. per slice	Arrange in single layer on paper towels or on trivet set in dish. Layer many slices between layers of paper towels.
Pork sausage (raw) 2 patties 4 patties	Microwave safe utensil	Wax paper	2-4 min. 5-7 min.	Arrange in single layer. Rotate dish 1/2 turn after half of time.
Pork link sausage (raw) 2 links 4 links 8 links	Microwave safe utensil	Wax paper	2-3 min. 5-6 min. 7-8 min.	Arrange in single layer. Rearrange after half of time.
Canadian bacon 2-4 slices 6 slices	Microwave safe utensil	Wax paper	1-2 min. 2-3 min.	Arrange in single layer.

Fish and Seafood

1. Fish is done when it flakes easily with a fork. Center may still be slightly translucent, but will continue cooking as fish stands a few minutes before serving.
2. Cook fish with or without sauce. A tight cover steams fish. Use a lighter cover of wax paper or paper towel for less steaming.
3. Do not overcook fish. Check at minimum time.

Food	Container	Cover	Time	Comments
Fish				
Fillet or steaks (1 lb.)	8-in. square dish	Wax paper or Plastic wrap	9-11 min.	Microwave until fish flakes easily. Let stand 3 minutes before serving.
Clams, 6	Pie plate or shallow dish	Plastic wrap	6-8 min.	Arrange in circle. Rotate dish 1/4 turn after half of time.
Shrimp (1 lb.) (peeled)	Pie plate or shallow dish	Plastic wrap	7-9 min.	Stir once during cooking.
Shrimp (2 lbs.) (unpeeled)	2-qt. casserole	Lid or Plastic wrap	7-9 min.	Stir twice during cooking.

Poultry

Let chicken and other small poultry stand after microwaving for 5 to 10 minutes.

Food	Container	Cover	Time	Comments
Chicken				
Pieces (1½-2 lbs., approx. 6 pieces)	Plate or 8-in. square dish	Wax paper	3-4 min. per piece	Brush with browning agent if desired. Arrange in single layer in cooking dish so thickest, meaty pieces are to outside edges of dish.
Whole (2-2½ lbs.)	8-in. square dish	Wax paper	10-12 min. per lb.	Place breast side down. After half of cooking time turn over. Shield ends of legs and wing tips with foil.
Cornish Hens				
Whole (stuffed or unstuffed, 1-1½ lbs.)	8-in. square dish	Wax paper	11-13 min. per lb.	Place breast side down in dish. Turn over after half of time.
Halves	8-in. square dish	Wax paper	10-12 min. per lb.	Arrange skin side up in dish, on bed of stuffing if desired.

Eggs

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

Food	Container	Cover	Time	Comments
Eggs				
Scrambled	Glass measuring cup or casserole	No	1-1½ min. per egg	Place 1 teaspoon butter per egg in dish. Microwave until melted. Scramble the eggs with the butter and 1 tablespoon milk per egg. Place in oven and microwave for half of total time. Scrape portions from the outside to the center. Finish cooking. Allow to stand 1 to 2 minutes to set eggs.
Poached	1½-qt. casserole	Lid	6-8 min. 1-1½ min. per egg	Boil 2 cups hot tap water 6 to 8 minutes covered. Break eggs onto plate, puncture membrane. Swirl boiling water with spoon, slip in eggs gently. Cover. Let stand in water a few minutes before serving.

Breads

Crust on breads will be soft, outside of foods will not brown. If desired, sprinkle top of batter with cinnamon-sugar mixture, chopped nuts or other topping for brown color. Or, increase brown color on upside-down breads by lining dish before microwaving with brown sugar caramel mixture, or savory topping like crushed canned French fried onion rings.

Food	Container	Cover	Time	Comments
Corn Bread (8 oz.)	8-in. round dish	No	6-8 min.	For flavorful browned topping sprinkle cooking dish with finely chopped, canned French fried onions before microwaving. Turn out of pan upside down to serve.
Coffee cake (14 oz.)	8-in. round dish	No	9-11 min.	Let stand on flat surface 10 minutes to finish baking.
Gingerbread	8-in. round or square dish	No	11-13 min.	Let stand on flat surface 5 minutes to finish baking.
Quick Bread (14-17 oz.)	Glass loaf dish, bottom lined with wax paper	No	11-13 min.	Rotate dish ¼ turn after half time. Let stand on flat surface 15 minutes to finish baking.

Pasta and Rice

1. Always use microwave-safe utensil, glass or plastic.
2. For pasta, use about half the amount of water needed for conventional boiling; there is less evaporation in a microwave oven. Add regular amount of salt and 1 teaspoon oil (optional, to prevent sticking).
3. For rice or minute rice, use the same or slightly greater amount of water as with conventional boiling. Add regular amount salt.
4. Cover pasta and rice tightly while microwaving. When using plastic wrap, turn back one corner to vent.
5. Stir or rearrange after half of cooking time. Drain pasta immediately after microwaving.
6. Microwaving time is about the same as conventional boiling.

Food	Container	Cover	Time	Comments
Pasta				
Macaroni (7 oz.)	2-qt. casserole	Lid or plastic wrap	17-19 min.	Add 3 cups hot tap water. Stir after 10 minutes. For rotini type, check for doneness after 10 minutes.
Spaghetti (7 oz. broken)	2-qt. casserole	Lid or plastic wrap	18-20 min.	Add 3 cups hot tap water. Rearrange after 10 minutes.
Egg Noodles (8 oz.)	2-qt. casserole	Lid or plastic wrap	14-16 min.	Add 4 cups hot tap water. Stir after 10 minutes. Time is the same for spinach or regular noodles.
Rice				
Rice, regular long grain (1 cup)	2-qt. casserole	Lid or plastic wrap	17-19 min.	Add 2 cups hot tap water and 1 teaspoon salt. Stir after 10 minutes. Let stand covered 5 minutes before serving.
Rice, minute (1 1/2 cups)	1 1/2-qt. casserole	Lid or plastic wrap	7-8 min.	Add 1 1/2 cups hot tap water. Stir after 4 minutes.

Cereal

1. Always use microwave-safe utensils, glass or plastic. Use large enough container to avoid spillover.
2. Start with hottest tap water to shorten cooking time.
3. Do not cover (prevents spillover).
4. Stir half-way through cooking time.

Food	Container	Cover	Time	Comments
Oatmeal, Quick per serving	China or pottery bowl, paper bowl	No	2-2 1/2 min.	Mix cereal, salt and hottest tap water before microwaving. Stir after 1 1/2 minutes and before serving.
Oatmeal, long cooking (1 serving)	1-qt. casserole	No	4-5 min.	Increase casserole size for more than one serving. Increase time about 2 1/2 minutes for each additional serving.
Grits, Quick (1 serving)	China or pottery bowl, paper bowl	No	4-5 min.	Mix cereal with hottest tap water. Increase casserole size and microwave time by 2 1/2 minutes per additional serving.
Cream of Wheat 1 serving	1-qt. casserole or bowl	No	3-4 min.	Heat water to boil, then add cereal. Increase time 1 1/2 minutes per additional serving.
Cream of Rice 1 serving	China or pottery bowl, paper bowl	No	1 1/2-2 min.	Mix cereal with hottest tap water. Increase time about 1 1/2 minutes per additional serving. Use 2-qt. casserole for more than 1 serving.

Note: To microwave single-serving packet of instant cereals, follow package directions for amount of water and microwave for 1/2 to 1 minute.

Vegetables

Fresh Vegetables

1. Weights given for fresh vegetables are purchase weights, before peeling, trimming, etc.
2. Pierce skins of vegetables to be heated whole and unpeeled (i.e. potatoes, squash, eggplant). This allows steam to escape and prevents bursting or popping.
3. Add only 2 to 3 tablespoons of water per pound. Rinsing vegetables before cooking is usually sufficient. Salt just before serving.
4. Heat, covered, in casserole dish; stirring once. Let stand covered 5 minutes unless otherwise specified.

Frozen Vegetables

1. Frozen vegetables may be heated in pouch, package or freezer container. Puncture pouch before heating and flex half way through cooking to distribute heat.
2. Place frozen vegetables in covered casserole dish. Add 2 tablespoons of water unless otherwise indicated in guide.
3. Stir once during cooking. Salt vegetables after cooking or put salt in the casserole with the water before adding vegetables.

Vegetable	Amount	Time	Comments
Asparagus			
Fresh	1 lb.	7½-9½ min.	Cut into ½-inch pieces. Add ¼ cup water.
Frozen, spears	10 oz.	8-10½ min.	
Beans			
Fresh, Green or Wax	1 lb.	9½-11½ min.	Cut into ½-inch pieces. Add ¼ cup water.
Frozen	9 oz.	8-11 min.	
Broccoli			
Fresh, spears	1 lb.	8-10 min.	Add ¼ cup water.
Frozen, chopped or spears	10 oz.	10-12½ min.	
Cabbage			
Fresh, chopped, shredded	4 cups	11-13 min.	Add ¼ cup water.
Wedges	4	11-13 min.	Add ¼ cup water.
Carrots			
Sliced, Fresh	1 lb.	13-15 min.	Cut carrots into slices ½ inch thick. Add ¼ cup water.
Frozen	10 oz.	8½-10½ min.	
Cauliflower			
Fresh, flowerets	1 lb.	9½-12 min.	Add ¼ cup water.
Whole	1 lb.	16-18 min.	
Frozen, flowerets	10 oz.	9½-11 min.	
Corn			
Whole kernel, frozen	10 oz.	7-8 min.	Add 2 to 4 tablespoons of water.
On the cob, fresh	1 ear	5-7 min.	
	2 ears	7-9½ min.	
	4 ears	15½-17½ min.	
Eggplant			
Fresh			Add 2 tablespoons water. Pierce skin. Turn over after half of time.
Cubed	1 lb.	11-13½ min.	
Whole	1 lb.	7-10 min.	
Lima Beans			
Frozen	10 oz.	8-10 min.	Add ¼ cup water.
Okra			
Frozen			
Sliced	10 oz.	8-9½ min.	
Whole	10 oz.	9-11 min.	

Vegetable	Amount	Time	Comments
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Onions

Fresh	8-10	9½-12 min.	Use small, whole onions. Add 1/4 cup water.
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Peas

Green, fresh	1 ½ lbs.	7½-9½ min.	Add 1/4 cup water.
Frozen	10 oz.	7½-8½ min.	

Peas

Snow, frozen	6 oz.	6½-8 min.	
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Potatoes

Fresh, baking medium (6 oz.)	1 2 4	7-8 min. 11-12 min. 17-18 min.	Rinse and pat dry. Prick with fork several times. Arrange in circular pattern on paper towel lined oven bottom, equal distance apart. Turn over after half of time. Let stand 5 minutes before serving.
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Spinach

Fresh, leaf	1 lb.	8-10½ min.	Add 1/4 cup water.
Frozen, leaf or chopped	10 oz.	9½-12 min.	

Squash

Summer, sliced, fresh	1 lb.	9½-12 min.	Slice squash 1/2-inch thick. Add 1/4 cup water.
Frozen	10 oz.	7½-9½ min.	

Squash

Winter, fresh, whole	1 lb. 1 ½ lbs.	9-11 min. 11-13½ min.	Pierce skin. Turn over after half time. Let stand 7 minutes after cooking. Pierce skin. Let stand 7 minutes after cooking.
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Succotash

Frozen	10 oz.	8½-10½ min.	
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Vegetables

Frozen, mixed	10 oz.	9½-11 min.	
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Zucchini

Sliced, fresh	1 lb.	10-12 min.	Slice 1/2-inch thick. Add 1/4 cup water.
Frozen	10 oz.	8-10 min.	

Canned Vegetables

	Amount	Undrained	Drained	Comments
All kinds	8 oz. 15-17 oz.	3-3½ min. 6-8 min.	2-2½ min. 3-4 min.	Place vegetables in microwave safe serving dish. Cover with plastic wrap. Check at minimum time. Stir and serve.

Vegetable Convenience Foods

Vegetable	Amount	Time	Comments
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Breaded Vegetables

7 oz. pkg. frozen		4-6 min.	Place on trivet, or plate suitable for microwaving. Cook uncovered. Rotate plate 1/4 turn after half of time. Breading will not be crisp. Cook conventionally for crispness.
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Casserole, Vegetable

8-12 oz. pkg. frozen		10-13 min.	Place in 1-quart casserole. Cover. Stir after half of time.
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Potatoes

Baked, Stuffed, Frozen	1 2 3 4	6-8 min. 9-11 min. 10-12 min. 13-15 min.	Examine potatoes to see that mashed filling is encased in potato skin. NOT FOIL. Place potato(es) on plate suitable for microwave oven. Cover with wax paper. Rotate plate 1/2 turn after half of time.
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Potatoes

Instant Mashed	4 servings	5-7 min.	Use utensil size and amounts of water, milk, butter and salt on package. Cover. After heating, briskly stir in potatoes, adding extra 1 to 2 tablespoons dry mix.
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Cakes and Desserts

1. Always use microwave-safe utensils, glass or plastic.
2. Before adding batter, grease dishes but do not flour. Or, for easy removal, line dish with wax paper.
3. Crust on cakes will be soft. Refrigerate cake if firm exterior is desirable for frosting.
4. Fruit desserts will be fresh looking and tasting.

Food	Container	Cover	Time	Comments
Cakes				
Basic Butter or Chocolate Cake	Greased 8-in. round dish	No	10-12 min.	Rotate 1/4 turn after 5 minutes. Let stand on heat-proof counter or wooden board to cool 15 minutes.
Pineapple Upside-down Cake	8-in. round dish	No	12-14 min.	Rotate 1/4 turn after 6 minutes. When done, toothpick stuck in cake comes out clean. Invert cake onto plate; let dish stand over cake a few minutes.
Cupcakes (6)	Paper lined cupcaker	No	3-4 min.	When cooking several cupcakes, you may notice some will be done before others. If so, remove cupcakes as they are done and continue cooking the rest a few seconds more.
Bar Cookies	8-in. square dish	No	10-13 min.	Grease dish before adding batter. Rotate dish 1/4 turn after half of time. Cut when cool.
Baked apples or pears	Microwave safe dish or casserole	Lid or plastic wrap	4-5 min. per piece	Pierce fruit or peel to prevent bursting. Rotate dish 1/4 turn after half of time.
Brownies (15 oz., cake-like or fudge-like)	8-in. square dish	No	10-13 min.	Rotate 1/4 turn after 5 minutes.
Cake mix (with or without pudding in the mix)	8 or 9-in. round cake dish		6-8 min.	Use 2 cups batter. Rotate 1/4 turn after 4 minutes. Let stand 10 minutes before inverting.
	12-cup bundt		15-18 min.	Use all batter. Rotate 1/4 turn every 5 minutes. Let stand 15-20 minutes before inverting to cool.

Candies

1. Always use microwave-safe utensils, glass or plastic. For easy cleanup, melt chocolate in paper wrappers seam side up, or place chocolate in paper bowl to melt.
2. Candies which are boiled become very hot; be sure to handle cooking containers carefully.

Food	Container	Cover	Time	Comments
S'Mores	Paper napkin or paper plate	No	15-20 secs.	Cover graham cracker with chocolate and marshmallow.
Caramel Apples	1-qt. casserole	No	3½-4 min.	Unwrap a 14-ounce package of caramels into measuring cup. Add 1 tablespoon water. Stir mixture after 2 minutes. Stir again before dipping 4 apples into mixture.
Marshmallow Crisp	8-in. square dish	Yes	1½ min. to melt butter 3½-4 min. to melt marshmallows	In 8-inch square dish melt 1/4 cup butter. Add 40 marshmallows (about a 10 ounce package) Cover loosely with wax paper and microwave to melt. Stir in 4½ cups crispy rice cereal. Press firmly into dish.
Chocolate Bark	1½-qt. casserole or bowl	Yes	4-5 min.	Place 12-ounce semi-sweet chocolate pieces in container. Microwave to melt. Add 1 cup whole toasted almonds. Spread over wax paper on cookie sheet. Chill until firm.

Gravies & Sauces

1. No cover is needed, except for thick, chunky spaghetti sauce.
2. Because microwaved sauces evaporate less than on the range top, they are thinner than conventionally cooked sauces made with the same amount of thickening. Increase thickening by adding extra teaspoon to 1 tablespoon flour or cornstarch for each cup of liquid.
3. Microwaved sauces do not need to be stirred constantly but most should be whisked vigorously with wire whisk once or twice while microwaving.
4. Vary basic white sauce by adding cheese, egg yolks, cream or dry milk solids. Add flour with mayonnaise or wine.

Food	Container	Cover	Time	Comments
Gravies and sauces thickened with flour or cornstarch (1 cup)	Glass measure or bowl	No	5½-6½ min.	Microwave fat, flour and salt together to melt and blend. Whisk in liquid and finish cooking. Increase time 1 to 2 minutes per additional cup of sauce.
Sauces				
Thin, liquid sauces (Au jus, Clam, etc.) (1 cup)	Casserole	No	6-8 min.	Add cornstarch-water mixture to heated ingredients. Stir well and microwave to finish.
Melted butter sauces, clarified butter (½ cup)	Glass measure	No	2 min.	Microwave butter just to melt. For clarified butter, bring to boil then let stand until layers separate. Pour off and use clear top layer.
Thick spaghetti, barbecue or sweet/sour sauces (2 cups)	Casserole or large bowl	Yes (spaghetti)	5-7 min. 4-6 min.	Stir ingredients together and microwave 5 to 7 minutes, stirring after half of time. Continue cooking 4 to 6 minutes until sauce is slightly thickened, stirring twice. Let stand 5 to 10 minutes to develop flavor.

Cooking Techniques for Microwaving

Covering. In both conventional and microwave cooking, covers hold in moisture and speed heating. Conventionally, partial covering allows excess steam to escape. Venting plastic wrap or covering with wax paper serves the same purpose when microwaving.

Arranging on Oven Shelf. In conventional baking, you position foods, such as tomatoes or potatoes, so that hot air can flow around them. When microwaving, you arrange foods in a ring, so that all sides are exposed to microwave energy.

Stirring. In range-top cooking, you stir foods up from the bottom to help them heat evenly. When microwaving, you stir cooked portions from the outside to the center. Foods which require constant stirring conventionally will need only occasional stirring.

Turning Over. In range-top cooking you turn over foods such as hamburgers, so both sides can directly contact hot pan. When microwaving, turning is often needed when cooking foods such as frozen hamburgers.

Standing Time. In conventional cooking, foods such as roasts or cakes are allowed to stand to finish cooking or set. Standing time is especially important in microwave cooking. A microwaved cake is not placed on a cooling rack.

Shielding. In a conventional oven you shield chicken breasts or baked foods to prevent overbrowning. When microwaving, you may 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.

Pierce Foods to Release Pressure. Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes (as you do conventionally), egg yolks and chicken livers to prevent bursting.

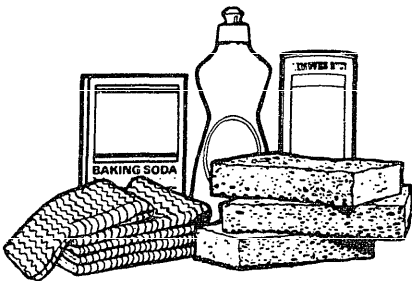
Rotating. Occasionally, repositioning a dish in the oven helps food cook evenly. To rotate 1/2 turn, turn the dish until the side which was to the back of the oven is to the front. To rotate 1/4 turn, turn the dish until the side which was to the back of the oven is to the side.

Care and Cleaning

Your new Microwave Oven is a valuable appliance. Protect it from misuse by following these rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps "air-out" the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils on your oven.** The inside and outside oven walls can be scratched. The control panel can be damaged.
- **Don't remove the mode stirrer cover** at the top of the oven (microwave feature 6 on page 5). You will damage the oven.

BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.



How to Clean the Inside

Walls, floor and plastic cover. Because there is little heat except in the food, or sometimes in the utensils, spills and spatters are easy to remove. 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 on oven walls. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door (inside). Window: Wipe up spatters daily and wash when soiled with a minimum of sudsy, warm water. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. **DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL MAR THE SURFACE.**

Glass Cooking Tray. Occasionally it is necessary to remove the cooking tray for cleaning of the tray or oven. To prevent breakage, do not place tray into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The tray can be broken if dropped.

Remember, do not operate the oven without the cooking tray in place.

Special note when using Brown 'N Sear Dish: If grease is present, high heat generated on bottom of a Brown 'N Sear dish may cause the grease to burn onto the oven tray. This may be removed with a cleanser such as Bar Keepers Friend® Cleanser by SerVaas Laboratories, Inc.

After using Bar Keepers Friend® Cleanser, rinse and dry thoroughly, following instructions on can. Do not use Bar Keepers Friend® Cleanser on the painted surfaces such as the walls. It may scratch the paint.

Bar Keepers Friend® Cleanser is sold in many grocery, hardware, and department stores.

How to Clean the Outside

Case. Clean the outside of your oven with soap and damp cloth, then rinse and dry. Wipe the window clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

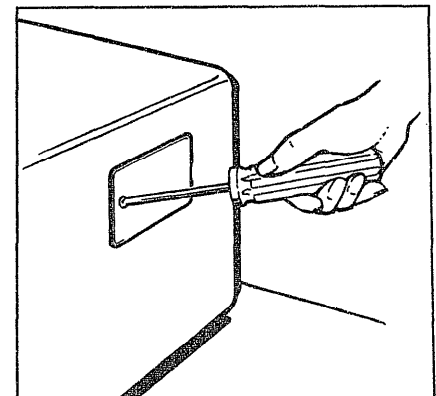
Control Panel. Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives, or sharp objects on the panel—they can damage it.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

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 and dry thoroughly before plugging cord into outlet.

Oven Lamp Replacement

First unplug the oven. Then remove lamp compartment cover by removing screw which holds cover in place. Cover is located on the side of the outer case.

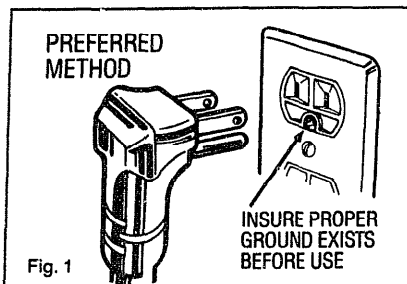


Replace with 25-watt appliance bulb. (It is available in drug and hardware stores.) Replace compartment cover. Plug in the oven.

GROUNDING INSTRUCTIONS

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. (Fig. 1)

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



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.

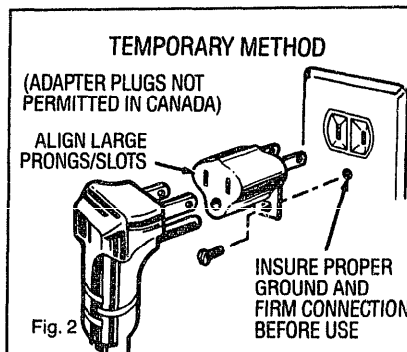
Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

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

Use of Adapter Plugs

Usage situations where appliance's power cord will be disconnected infrequently.

Because of potential safety hazards under certain conditions, we strongly recommend against the use of an adapter plug. However, if you still elect to use an adapter, where local codes permit, a TEMPORARY CONNECTION may be made to a properly grounded two-prong wall receptacle by the use of a UL listed adapter (Fig. 2) which is available at most local hardware stores.



The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

Caution: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring. You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to break with repeated use. Should this happen, DO NOT USE the appliance until a proper ground has again been established.

Usage situations where appliance's power cord will be disconnected frequently.

Do not use an adapter plug in these situations because disconnecting of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the two-prong wall receptacle replaced with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.

Use of Extension Cords

Because of potential safety hazards under certain conditions, we strongly recommend against the use of an extension cord. However, if it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance (15 amperes).

Such extension cords are obtainable through General Electric service. **If you do use an extension cord with your microwave oven, the interior light may flicker and the blower sound may vary when oven is in use. Cook times may be longer as well.**



Questions? Use This Problem Solver

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT COME ON	<ul style="list-style-type: none">• A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.• Make sure 3-prong plug on oven is fully inserted into wall receptacle.• Door not securely closed.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	<ul style="list-style-type: none">• Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Set additional cooking time for completion.• Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cooking Guide or recipe for instructions.

All These Things Are Normal with your Microwave Oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dull thumping sound while oven is operating.
- Some TV-Radio 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.

If you need more help...call, toll free:
The GE Answer Center®
800.626.2000
consumer information service



If You Need Service

To obtain service, see your warranty on the back page of this book.

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

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

Manager, Consumer Relations
General Electric
Appliance Park
Louisville, Kentucky 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance
Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606



YOUR GENERAL ELECTRIC MICROWAVE OVEN WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

LIMITED ONE-YEAR WARRANTY

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

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from 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 service labor charges.

For each of the above warranties: To avoid any trip charges, you must take the microwave oven to a General Electric Factory Service Center or a General Electric Customer Care® servicer and pick it up following service. In-home service is also available, but you must pay for the service technician's travel costs to your home.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Alaska, Hawaii and Washington, D.C.

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

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

WHAT IS NOT COVERED

- 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 used for other than its intended purpose or used commercially.

- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS NOT RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

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, contact:
Manager—Consumer Affairs, General Electric Company, Appliance Park, Louisville, KY 40225**

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