

USING THE OVEN

BAKE

The oven can be programmed to bake at any temperature from 170°F (80°C) to 550°F (288°C). The default temperature is 350°F (177°C).

Setting the Oven to Bake at 375°F

1. Press **UPPER** or **LOWER BAKE**.
2. Set the oven temperature. (Press **3**, **7**, and **5**.)
3. Press **START**.

The word PREHEATING and 100°F appear in the display. As the oven preheats the temperature is displayed in 5 degree increments. Once the oven reaches the desired temperature, a tone sounds.

PREHEATING

Place the food in the oven after preheating. Preheating is necessary for better cooking results.

4. When cooking is finished, press **UPPER** or **LOWER CLEAR/OFF**.
5. Remove the food from the oven.

Changing Bake Temperature while Cooking (example changing from 375°F to 425°F):

1. Press **UPPER** or **LOWER BAKE**.
2. Set the oven temperature. (Press **4**, **2** and **5**.)
3. Press **START**.

Tips for Baking

Follow the recipe or convection food directions for baking temperature, time and rack position. Baking time and temperature will vary depending on the ingredients, size, and shape of the baking pan used.

- For best results, food should be placed on a single rack with at least 1" to 1 1/2" of air space between the pans and oven walls.
- Check for doneness at the minimum time.
- Use metal bakeware (with or without a nonstick finish), heatproof glass-ceramic, ceramic or other bakeware recommended for oven use.
- Dark metal pans or nonstick coatings will cook faster with more browning. Insulated bakeware will slightly lengthen the cooking time for most foods.

Displays for the BAKE mode



Upper oven only

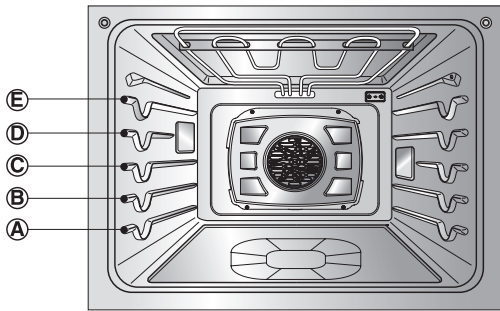


Lower oven only



Upper & Lower oven at the same time

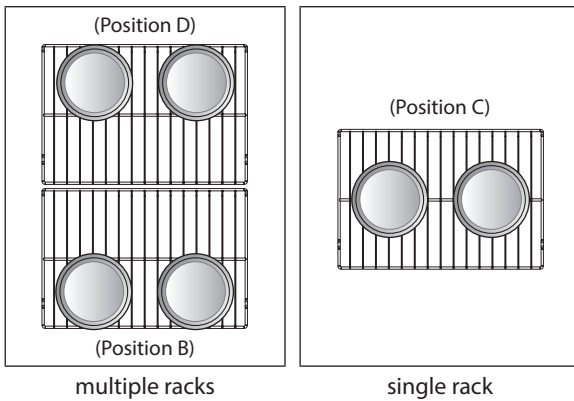
MULTI-RACK BAKING



- The oven has 5 rack positions.

Baking results will be better if baking pans are centered in the oven as much as possible. If baking with more than one pan, place the pans so each has at least 1" to 1-1/2" of air space around it.

If cooking on multiple racks, place the oven racks in positions B and D (for two racks). Place the cookware as shown.



! NOTE

- Preheating is necessary for good results when baking cakes, cookies, pastries and breads. After the oven has reached the desired temperature, the preheat melody sounds once.
- The heating elements turn off immediately when the door is opened. They will turn on again approximately 5 seconds after the door is closed. If the oven door is left open for more than 30 minutes, all settings are canceled.
- Press **UPPER CLEAR/OFF** or **LOWER CLEAR/OFF** to cancel BAKE at any time.

Type of Food	Rack Position
Angel food cake, frozen pies	A
Bundt or pound cakes	B
Biscuits, muffins, brownies, cookies, cupcakes, layer cakes, pies	C
Casseroles	C
Turkey, roasts, or ham	A
Frozen pizza	C
Roast chicken	B

TIMED COOK (for either upper or lower oven)

The oven turns on immediately and cooks for a selected length of time. At the end of the cooking time, the oven turns off automatically.

Setting Immediate Cook and Automatic Shutoff (example to set bake at 300°F for 30 minutes.)

1. Set the clock for the correct time of day.
2. Press **UPPER** or **LOWER BAKE, 350°F** appears in the display.
3. Set the oven temperature. (Press **3, 0** and **0**.)
4. Press **COOK TIME. TIMED** flashes. **BAKE, 0:00** and **300°F** appear in the display.
5. Set the desired baking time. (Press **3** and **0**.)

NOTE

Baking time can be set for any amount of time between 1 minute and 11 hours and 59 minutes.

6. Press **START**. The oven turns on, and the display shows the cooking time countdown. The oven continues to cook for the set amount of time, then turns off automatically, unless the **WARM** feature was set. Refer to the Setting the **WARM** Feature section on page 25.
7. Press **CLEAR/OFF** to cancel this function at any time.

Changing the Cook Time During Cooking (example to change the cook time from 30 minutes to 1 hour 30 minutes.)

1. Press **COOK TIME**.
2. Set the new baking time. (Press **1, 3**, and **0**.)
3. Press **START** to accept the change or press **CLEAR/OFF** to reset the time.

When Timed Cook Finishes

1. **END OF CYCLE** and the time of day show in the display. The oven shuts off automatically.
2. The cook end melody repeats every minute until **UPPER CLEAR/OFF** or **LOWER CLEAR/OFF** is pressed.

NOTE

- During the preheating mode, the convection fan operates constantly to circulate the hot air. The convection fan turns off automatically after the preset temperature is attained.
- After any cooking cycle has been completed cooling fans operate to protect the control panel. This is normal.

DELAYED TIMED COOK (for either upper or lower oven)

The automatic timer of the Delayed Timed Cook function turns the oven ON and OFF at the time selected.

Setting the Oven for Delayed Start (for example, to Bake at 300°F for 30 minutes starting at 4:30 p.m.)

1. Set the clock for the correct time of day.
2. Arrange interior oven rack(s) and place the food in the oven.
3. Press **BAKE**. **350°F** appears in the display.
4. Set the oven temperature. (Press **3**, **0** and **0**.)
5. Press **COOK TIME**.
6. Set the desired baking time. (Press **3** and **0**.)

NOTE

Baking time can be set for any amount of time from 1 minute to 11 hours and 59 minutes.

7. Press **START TIME**.
8. Set the desired start time. (Press **1**, **6**, **3** and **0**.)
9. Press **START**. At the set time, a short beep sounds. The oven begins to Bake.
10. Press **CLEAR/OFF** to cancel Delayed Timed Bake at any time.

When the Delayed Timed Cook finishes:

1. **END OF CYCLE** and the time of day show in the display. The oven shuts off automatically.
2. The cook end melody repeats every minute until **UPPER CLEAR/OFF** or **LOWER CLEAR/OFF** is pressed.

NOTE

- If the clock is set to 24-hour mode, cooking can be delayed up to 24 hours.
- During the preheating mode, the convection fan operates constantly to circulate the hot air. The convection fan turns off automatically after the preset temperature is attained.
- After any cooking cycle has been completed cooling fans operate to protect the control panel. This is normal.

CAUTION

- **Use caution with the TIMED BAKE or DELAYED TIMED BAKE features. Use the automatic timer when cooking cured or frozen meats and most fruits and vegetables. Foods that can easily spoil, such as milk, eggs, fish, meat or poultry, should be chilled in the refrigerator first. Even when chilled, they should not stand in the oven for more than 1 hour before cooking begins, and should be removed promptly when cooking is completed.**
 - Eating spoiled food can result in sickness from food poisoning.

BROIL

Broiling uses an intense, radiant heat to cook food. Both the inner and outer broil elements heat during full broiling. Only the inner broil element heats during center broiling. The element(s) cycle on and off at intervals to maintain the oven temperature. The meat probe cannot be used with this mode.

! NOTE

The oven is designed for CLOSED DOOR broiling.

Setting the Oven to Broil

1. Place the food on the broiler pan grid.
2. Press **Broil**.
3. Press **1** for full broiling or **2** for center broiling.
4. Press **1** for High, **2** for Medium or **3** for Low broil.
5. Press **START**. The oven begins to broil.
6. Broil on one side until food is browned ; turn and cook on the other side.

! NOTE

Always pull the rack out to the stop position before turning or removing food.

7. When broiling is finished, press **UPPER** or **LOWER CLEAR/OFF**.
Press **CLEAR/OFF** to cancel this function at any time.

! NOTE

The heating element(s) turn off immediately when the door is opened. They turn on again approximately 1 seconds after the door is closed.

Press **UPPER CLEAR/OFF** or **LOWER CLEAR/OFF** to cancel Broil at any time.

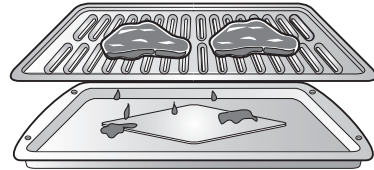
! NOTE

After any cooking cycle has been completed cooling fans operate to protect the control panel. This is normal.

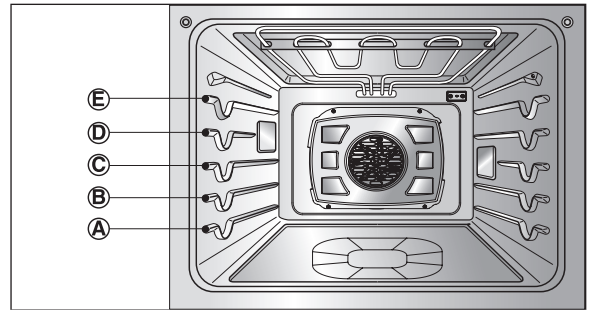
RECOMMENDED BROILING GUIDE

The size, weight, thickness, starting temperature, and your preference of doneness will affect broiling times. This guide is based on meats at refrigerator temperature. It is recommended to preheat the oven for about 5 minutes before placing food in the oven.

For best results when broiling, use a pan designed for broiling.



broiler pan and grid



Broiling Chart

Food	Quantity and/ or Thickness	Shelf Position	First Side Time (min.)	Second Side Time (min.)	Comments
Ground Beef	1 lb. (4 patties) 1/2 to 3/4" thick	E	4-6	3-4	Space evenly. Up to 8 patties may be broiled at once.
Beef Steaks					Steaks less than 1" thick cook through before browning. Pan frying is recommended. Remove fat.
Rare	1" thick	D	6	2-3	
Medium	1 to 1-1/2 lbs.	D	7	2-3	
Well Done		D	8	3-4	
Rare	1-1/2" thick	D	10	4-6	
Medium	2 to 2-1/2 lbs.	D	12	6-8	
Well Done		D	14	8-10	
Chicken	1 whole cut up 2 to 2-1/2 lbs., split lengthwise 2 Breasts	C C	20 20	6-8 6-10	Broil skin-side-down first.
Lobster Tails	2-4 10 to 12 oz. each	C	12-14	Do not turn over.	Cut through back of shell. Spread open. Brush with melted butter before broiling and after half of broiling time.
Fish Fillets	1/4 to 1/2" thick	D or E	5-6	3-4	Handle and turn very carefully. Brush with lemon butter before and during cooking, if desired.
Ham Slices (precooked)	1/2" thick	D	5	3-5	Increase time 5 to 10 minutes per side for 1-1/2" thick or home-cured ham.
Pork Chops Well Done	2 (1/2" thick) 2 (1" thick) about 1 lb.	D or E D or E	7 9-10	6-8 7-9	Remove fat.
Lamb Chops					Remove fat.
Medium	2 (1" thick) about 10	D	6	4-6	
Well Done	to 12 oz.	D	8	7-9	
Medium	2 (1-1/2" thick) about	D	11	9	
Well Done	1 lb.	D	13	9-11	
Salmon Steaks	2 (1" thick) 4 (1" thick) about 1 lb.	D or E D or E	8 9	3-4 4-6	Grease pan. Brush steaks with melted butter.



CAUTION

- **Should an oven fire occur, leave the oven door closed and turn the oven off. If the fire continues, throw baking soda on the fire or use a fire extinguisher.**
- **DO NOT put water or flour on the fire.**
 - Flour may be explosive and water can cause a grease fire to spread and cause personal injury.



CAUTION

- **DO NOT use the broiler pan without the grid.**
- **DO NOT cover the grid with aluminum foil.**

ROAST

Use the Roast feature to cook large cuts of meat.

Setting the Oven to Roast (for example, to cook meat at 375°F)

1. Press **UPPER** or **LOWER ROAST**.
2. Set the oven temperature. (Press **3**, **7** and **5**.)
3. Press **START**.

! NOTE

After any cooking cycle has been completed cooling fans will operate to protect the control panel. This is normal.

Changing Temperature while Cooking (example changing from 375°F to 425°F)

1. Press **UPPER** or **LOWER ROAST**.
2. Set the oven temperature. (Press **4**, **2** and **5**.)
3. Press **START**.

! NOTE

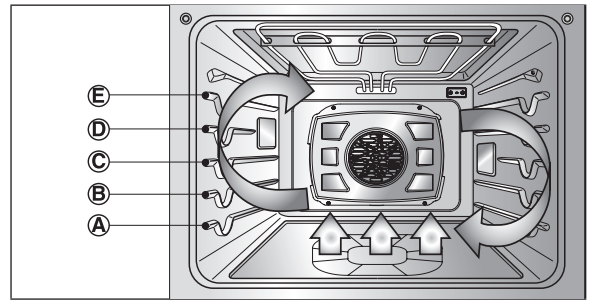
The heating elements turn off immediately when the door is opened. They turn on again approximately 1 seconds after the door is closed. When preparing meats for roasting, use the broiler pan and grid. The broiler pan catches grease spills and the grid helps prevent grease splatters.

Press **UPPER CLEAR/OFF** or **LOWER CLEAR/OFF** to cancel Roast at any time.

CONVECTION BAKE

Benefits of Convection Bake

- Some foods cook up to 25 to 30% faster, saving time and energy.
- Multiple rack baking.
- No special pans or bakeware needed.



Convection baking uses a fan to circulate the oven's heat evenly and continuously within the oven. This improved heat distribution allows for even cooking and excellent results using multiple racks at the same time. Foods cooked on a single oven rack will generally cook faster and more evenly with Convection Bake. Multiple oven rack cooking may slightly increase cook times for some foods, but the overall result is time saved. Breads and pastries brown more evenly.

Tips for Convection Bake

- Time reductions will vary depending on the amount and type of food to be cooked. Cookies and biscuits should be baked on pans with no sides or very low sides to allow heated air to circulate around the food. Food baked on pans with a dark finish will cook faster.
- When using Convection Bake with a single rack, place oven rack in position C. If cooking on multiple racks, place the oven racks in positions B and D.
- Cookies, muffins, biscuits and other quickbreads give very good results when using multiple racks.

! NOTE

After any cooking cycle has been completed cooling fans operate to protect the control panel. This is normal.

Setting the Oven to Convection Bake

1. Press **CONV. BAKE**. The display flashes **350 °F**.
2. Set the oven temperature. (Press **3**, **7** and **5**.)
3. Press **START**. The display shows **CONV BAKE** and the converted temperature starting at 100°F. As the oven preheats, the display shows increasing temperatures in 5 degree increments. Once the oven reaches the desired adjusted temperature, a tone sounds. The display shows the auto converted oven temperature **350 °F**, **CONV BAKE** and the fan icon.
4. Press **UPPER** or **LOWER CLEAR/OFF** to cancel Convection Bake at any time.

NOTE

The heating elements and fan turn off immediately when the door is opened. They turn on again approximately 1 seconds after the door is closed. Press **UPPER CLEAR/OFF** or **LOWER CLEAR/OFF** to cancel Convection Bake at any time.

Displays for the CONV. BAKE mode



Lower oven only

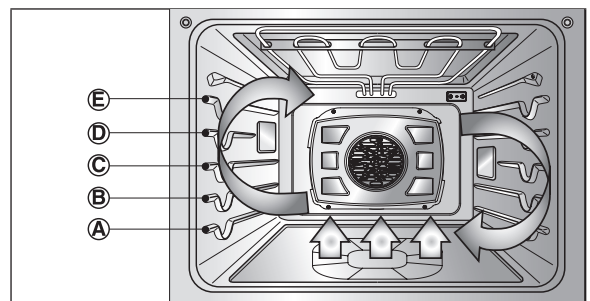


Upper & Lower oven at the same time

CRISP CONVECTION

Benefits of Crisp Convection

The Crisp Convection feature is best for light colored and delicate baked goods like cakes, tarts, cookies, puff pastries, scones, muffins, biscuits, yeast-free breads, etc. The hot air continually circulated by the fan distributes heat more evenly than the natural movement of air in a standard thermal oven. This movement of hot air cooks foods more evenly, crisping surfaces while sealing in moisture and yielding crustier breads. The crisp convection heating element heats up faster, reducing cooking time by as much as 30 percent.



Tips for Crisp Convection

- Time saved will vary depending on the amount and type of food to be cooked. Choose cookie sheets without sides and roasting pans with very low sides to allow heated air to circulate around the food. Food baked on pans with a dark finish will cook faster.
- When using Crisp Convection with a single rack, place oven rack in position C. If cooking on multiple racks, place the oven racks in positions B and D.
- It is important to uncover foods so that surfaces of food remain exposed to the circulating air, allowing browning and crisping.
- Keep heat loss to a minimum by only opening the oven door when necessary.

Setting the Oven to Crisp Convection

1. Press **CRISP CONV**. The display flashes **350 °F**.
2. Set the oven temperature. (Press **3, 7** and **5**.)
3. Press **START**. The display shows **CONV** and the converted temperature starting at 100°F. As the oven preheats, the display shows increasing temperatures in 5 degree increments. Once the oven reaches the desired adjusted temperature, a tone sounds. The display shows the auto converted oven temperature **350 °F, CONV** and the fan icon.
4. Press **UPPER** or **LOWER CLEAR/OFF** to cancel Crisp Convection at any time.

! NOTE

The heating elements and fan turn off immediately when the door is opened. They turn on again approximately 1 seconds after the door is closed. Press **UPPER CLEAR/OFF** or **LOWER CLEAR/OFF** to cancel Crisp Convection at any time.

! NOTE

After any cooking cycle has been completed cooling fans operate to protect the control panel. This is normal.

Setting the Oven to Convection Roast

1. Arrange oven racks and place food in oven.
2. Press **CONV. ROAST**. The display flashes **350 °F**.
3. Set the oven temperature. (Press **3, 7** and **5**.)
4. Press **START**. The display shows **CONV ROAST** and the changing temperature starting at 100°F. As the oven preheats, the display shows increasing temperatures in 5 degree increments. Once the oven reaches the desired adjusted temperature, a tone sounds. The display shows the auto converted oven temperature **350 °F, CONV ROAST** and the fan icon.
5. Press **UPPER** or **LOWER CLEAR/OFF** to cancel the function at any time.

! NOTE

The heating elements and fan turn off immediately when the door is opened. They turn on again approximately 1 seconds after the door is closed. When preparing meats for roasting, use the broiler pan and grid. The broiler pan catches grease spills and the grid helps prevent grease splatters. Press **UPPER CLEAR/OFF** or **LOWER CLEAR/OFF** to cancel the Convection Roast feature at any time.

! NOTE

After any cooking cycle has been completed cooling fans operate to protect the control panel. This is normal.

CONVECTION ROAST

The Convection Roast feature is designed to give optimum cooking performance for roasting meats and poultry. Preheating is not necessary for meats and poultry. Heated air circulates around the food from all sides, sealing in juices and flavors. Foods are crispy brown on the outside while staying moist on the inside. Convection Roast is especially good for large tender cuts of meat. The meat probe may be used with this feature.

Displays for the CONV. ROAST mode



Lower oven only



Upper & Lower oven at the same time

WARM

The WARM function maintains an oven temperature of less than 200°F(93.3°C). This function should not be used to reheat cold food. The Warm function keeps cooked food warm for serving up to 3 hours after cooking has finished.

After 3 hours the WARM function shuts the oven OFF automatically. The Warm feature can be used alone or after the Timed Cook or Delayed Timed Cook modes.

Setting the Oven to Warm

1. Press **WARM/PROOF** once.
2. Press **1** for High, **2** for Medium, or **3** for Low temperature setting.
3. Press **START**.
4. Press **UPPER** or **LOWER CLEAR/OFF** to cancel Warm at any time.

NOTE

The Warm feature has three temperature levels :
High=200°F, Med=170°F, Low=140°F
(High=93.3°C, Med=76.7°C, Low=60°C)

Setting Warm after Timed Cooking

1. Set the desired cooking feature: **Timed** or **Delayed Timed** modes of Bake, Conv. Bake, Roast, Conv. Roast, or Crisp Conv. For instructions, refer to previous pages in this section.
2. Press **START**.
3. Press **WARM/PROOF** once. COOK & WARM mode is set to turn on automatically after completing the TIMED COOKING or DELAYED TIMED COOKING.
4. Press **UPPER** or **LOWER CLEAR/OFF** to cancel Cook & Warm mode at any time.

Displays for the WARM mode



Upper oven only



Lower oven only



Upper & Lower oven at the same time

PROOF

The Proof feature maintains a warm environment for rising yeast leavened products before baking. To avoid lowering the oven temperature and lengthening proofing time, do not open the oven door unnecessarily. Check bread products early to avoid over-proofing.

! NOTE

For best results, cover the dough with a cloth or with plastic wrap (the plastic may need to be anchored underneath the container so the oven fan does not blow it off).

Setting the Oven to Proof (for example, to proof for an hour)

1. Press **WARM/PROOF** twice or until Proof appears in the display.
2. Press **1**, **0** and **0**.
3. Press **START**. The proof feature automatically provides the optimum temperature for the proofing process, and therefore does not have a temperature adjustment.
4. When proofing is finished, press **CLEAR/OFF**.

! NOTE

- Do not use the PROOF mode for warming food or keeping food hot. The proofing oven temperature is not hot enough to hold foods at safe temperatures. Use the WARM feature to keep food warm.
- Proofing does not operate when oven is above 125°F. Oven is Hot shows in the display.

Display for the PROOF mode



TURNING ON/OFF THE OVEN LIGHT (for either upper or lower oven)

The oven light automatically turns ON when the door is opened. The oven light may also be manually turned ON or OFF by pressing UPPER LIGHT or LOWER LIGHT.

! NOTE

The oven light cannot be turned on if the self clean feature is active.

CONTROL LOCK FEATURE (for either upper or lower oven)

The Control Lock feature automatically locks most oven controls and prevents them from being turned ON. The feature is applied to the upper and lower ovens simultaneously. It does not disable the clock, timer, or interior oven lights.

Activating Control Lock

1. Press and hold **LOWER CLEAR** for 3 seconds.
2. Lock melody sounds, **CONTROL LOCKOUT** appears.

Deactivating Control Lock

1. Press and hold **LOWER CLEAR** for 3 seconds. Unlock melody sounds. **CONTROL LOCKOUT** disappears.
2. The oven is fully operational again.

! NOTE

- During Control Lock mode, the clock, timer, and oven lights continue to function.

FAVORITE

The FAVORITE feature is used to record and recall favorite recipe settings. This feature can store and recall up to 3 different settings. The Favorite feature can be used with the Cook Time mode. It will not work with any other function including the Start Time (delayed cook) mode.

1. Place the food in the oven.
2. Press **FAVORITE** once for Bread, twice for Meat, and 3 times for Chicken. The default temperature appears and COOK flashes.

Category	How to Select	Default Temp. (may be changed and recalled)	Operating Feature
1. Bread	Press FAVORITE once.	375°F	BAKE
2. Meat	Press FAVORITE twice.	325°F	Convection Roast
3. Chicken	Press FAVORITE 3 times.	350°F	Convection Roast

3. Press the **numbers** to set the desired oven temperature. This temperature is stored and recalled when next used.
4. Press **START**. The preheat indicator beeps 3 times when the oven reaches the set temperature.

NOTE

- Only the selected temperature is stored, not the cooking time.
- If the oven temperature is changed, the changed temperature is stored.