

OPERATION

LEARN ABOUT YOUR MICROWAVE OVEN

This section discusses the concepts behind microwave cooking and introduces you to the basics you need to know to operate your microwave oven. Please read this information before using your oven.

CAUTION

To avoid risk of personal injury or property damage, do not use stoneware, metal utensils, or metal trimmed utensils in the oven.

CAUTION

To avoid risk of personal injury or property damage, do not run oven empty.

AUDIBLE SIGNALS

Audible signals are available to guide you when setting and using your oven:

- A tone will sound each time you touch a key.
- A melody signals the end of a Timer countdown.
- A melody signals the end of a cooking cycle.

CLOCK

When your microwave oven is first plugged in or after a power failure, the display shows PLEASE SET TIME OF DAY. If a time of day is not set, a colon (:) shows on the display until CUSTOM SET is touched.

Example: To set the clock for 10:30(AM).

Custom Set



CLOCK SET



10



30



AM



START

1. Touch **CUSTOM SET**.
2. Turn the dial to select the **CLOCK SET**. Touch **START** or press dial to enter.
3. Turn the dial to set the hour 10. Touch **START** or press the dial to enter.
4. Turn the dial to set the minute 30. Touch **START** or press the dial to enter.
5. Turn the dial to select AM or PM.(AM)
6. Touch **START** or press the dial to enter.

INTERRUPTING COOKING

Stop the oven during a cycle by opening the door. The oven stops heating and the fan stops, but the light stays on. To restart cooking, close the door and touch **START**.

To stop cooking, open the door and touch **STOP/CLEAR**.

CHILD LOCK

Use this safety feature to lock the control panel when cleaning the oven, or so children cannot use the oven unsupervised.

Example: To set the child lock.

1. Touch and hold **STOP/CLEAR** until **LOCKED** appears in the display and a melody sounds. (approximately 3 seconds)

STOP
CLEAR

Example: To cancel the child lock.

1. Touch and hold **STOP/CLEAR** until **LOCKED** disappears and a melody sounds. (approximately 3 seconds)

STOP
CLEAR

Note:

- If you touch **STOP/CLEAR** while setting the clock, the display shows the last time of day set or a colon (:) if no time of day has been set.

OPERATION

TIMER

Use this feature for a general purpose timer. It can be used while cooking in the oven. The timer can be set for up to 99 minutes and 59 seconds.

Example: To set 3 minutes.

Timer
On/Off



3:00

START

1. Touch **TIMER ON/OFF**.
2. Turn the dial to set the time. (3:00)
3. Touch **START** or **TIMER ON/OFF** or press the dial to enter.

When the time is over a melody sounds and **END** displays. Press **STOP/CLEAR**.

To cancel, press **TIMER ON/OFF**.

CUSTOM COOK

CUSTOM COOK allows one cooking instruction to be placed in memory and then recalled quickly.

Example: To memorize a 2-minute microwave cook.

Custom
Cook

Manual
Cook



MICROWAVE



POWER 100



2:00

START

1. Touch **CUSTOM COOK**.
2. Touch **MANUAL COOK**.
3. Turn the dial to select the cooking type (MICROWAVE). Touch **START** or press the dial to enter.
4. Turn the dial to set the power level (POWER 100). Touch **START** or press the dial to enter.
5. Turn the dial to set the time. (2:00)
6. Touch **START** or press the dial to enter.

Example: To recall the memory.

Custom
Cook

START

1. Touch **CUSTOM COOK**.
2. Touch **START** or press the dial to enter.

When the cook time is over a melody sounds and **COOK END** displays.

VENT FAN

The bottom of the control panel controls the 5-speed vent fan.

Example: To set Level 4.

On/Off

5 Speed

1. Touch **ON/OFF**.
The display defaults to the last level selected.
2. Touch **5 SPEED** until **LEVEL 4** appears in the display.
Turn off fan when desired.

Note:

- If the temperature from the range or cooktop below the oven gets too hot, the vent fan in the vent hood automatically turns on at the 4-Speed setting to protect the oven. It may stay on up to an hour to cool the oven. When this occurs, the **VENT ON/OFF** key does not turn the fan off. The vent fan cannot be turned off during microwave cooking.

VENT FAN AUTO TIME SET

Example: To turn off fan after 30 minutes at level 4.

On/Off

5 Speed

Auto
Timeset

1. Touch **ON/OFF**.
2. Touch **5 SPEED** until Level 4 appears in the display.
3. Touch **AUTO TIMESET** five times.
 - 1 time - 1 minute
 - 2 times - 3 minutes
 - 3 times - 5 minutes
 - 4 times - 10 minutes
 - 5 times - 30 minutes

OPERATION

TURNTABLE ON/OFF

Turntable
On/Off

For best cooking results, leave the turntable on. It can be turned off for large dishes. Touch **TURNTABLE ON/OFF** to turn the turntable on or off.

Notes:

- This option is not available in sensor cook and defrost modes.
- **Sometimes the turntable can become hot to touch.** Be careful when touching the turntable during and after cooking.
- **Do not run the oven empty.**

LIGHT ON/OFF

Light
On/Off

To turn the hood light on, touch **LIGHT ON/OFF** once.
To turn the hood light off, touch **LIGHT ON/OFF** again.

COOKING AT HIGH POWER LEVEL

Example: To cook food for 8 minutes 30 seconds.



8:30

START

1. Turn the dial to select the time. (8:30)
2. Touch **START** or press the dial to enter.
When the cook time is over a melody sounds and **COOK END** displays.

CUSTOM SET

Use this key to change settings for the clock, beep sound, display speed, and defrost weight. See the following chart for more information.

CATEGORY	SELECTION
Clock set	Hours Minutes AM/PM
Sound ON/OFF	Sound ON Sound OFF
Clock ON/OFF	Clock ON Clock OFF
Scroll speed	Slow speed Normal speed Fast speed
Defrost weight mode	Lbs. Kg.

Example: To change defrost weight mode.(from Lbs. to Kg.)

Custom
Set



Lbs/Kg



Kg

START

1. Touch **CUSTOM SET**.
2. Turn the dial to select **Lbs/Kg** Touch **START** or press the dial to enter.
3. Turn the selector dial to select **Kg**.
4. Touch **START** or press the dial to enter.

OPERATION

COOKING AT LOWER POWER LEVELS

HIGH power cooking does not always give the best results with foods that need slower cooking, such as roasts, baked goods, or custards. The oven has 10 power settings in addition to HIGH.

Example: To cook food for 7 minutes 30 seconds at 70% power.

Manual Cook



MICROWAVE



POWER 70



7:30

START

1. Touch **MANUAL COOK**.
2. Turn the dial to select **MICROWAVE**. Touch **START** or press the dial to enter.
3. Turn the dial to set the power level (POWER 70). Touch **START** or press the dial to enter.
4. Turn the dial to set the time.(7:30)
5. Touch **START** or press the dial to enter.
When the cook time is over a melody sounds and **COOK END** displays.

COOKING WITH MORE THAN ONE COOK CYCLE

For best results, some recipes call for one power level for a certain length of time, and another power level for another length of time. The oven can be set to change from one power level to another automatically, for up to three cycles if the first heating cycle is defrost.

Example: To cook food for 3 minutes at 100% power and then 70% power for 7 minutes 30 seconds.



3:00



POWER 70



7:30

START

1. Turn the dial to select the time. (3:00)
2. Touch **MANUAL COOK**.
3. Turn the dial to set the power level (POWER 70). Touch **START** or press the dial to enter.
4. Turn the dial to set the time.(7:30)
5. Touch **START** or press the dial to enter.
When the cook time is over a melody sounds and **COOK END** displays.

When the first stage is over a melody sounds as the oven begins the second cook stage.

Example: To cook at 70% for 3 minutes and then at 50% for 10 minutes.

Manual Cook



MICROWAVE



POWER 70



3:00

Manual Cook



POWER 50



10:00

START

1. Touch **MANUAL COOK**.
2. Turn the dial to select **MICROWAVE**. Touch **START** or press the dial to enter.
3. Turn the dial to set the power level (POWER 70). Touch **START** or press the dial to enter.
4. Turn the dial to set the time (3:00).
5. Touch **MANUAL COOK**.
6. Turn the dial to set the power level (POWER 50). Touch **START** or press the dial to enter.
7. Turn the dial to set the time (10:00).
8. Touch **START** or press the dial to enter.

When the cook time is over, a melody sounds and **COOK END** displays.

When the first stage is over, a melody sounds as the oven begins the second cook stage.

OPERATION

COOKING GUIDE FOR LOWER POWER LEVELS

The nine power levels in addition to HIGH provide a choice of the best level for the food being cooked. Below are listed all the power levels,

examples of foods best cooked at each level, and the amount of microwave power being used.

POWER LEVEL	MICROWAVE OUTPUT	USE
100 HIGH	100%	<ul style="list-style-type: none"> • Quick heating many convenience foods and foods with high water content, such as soups and beverages. • Cooking tender cuts of meat, ground meat
90	90%	<ul style="list-style-type: none"> • Heating cream soups
80	80%	<ul style="list-style-type: none"> • Heating rice, pasta, or casseroles
70	70%	<ul style="list-style-type: none"> • Cooking and heating foods that need a cook power lower than high (for example, whole fish and meat loaf) or when food is cooking too fast • Reheating a single serving of food
60	60%	<ul style="list-style-type: none"> • Cooking requiring special care, such as cheese and egg dishes, pudding, and custards • Finishing cooking casseroles
50	50%	<ul style="list-style-type: none"> • Cooking ham, whole poultry, and pot roasts • Simmering stews
40	40%	<ul style="list-style-type: none"> • Melting chocolate • Heating pastries
30	30%	<ul style="list-style-type: none"> • Manually defrosting foods, such as bread, fish, meats, poultry, and precooked foods
20	20%	<ul style="list-style-type: none"> • Softening butter, cheese, and ice cream
10	10%	<ul style="list-style-type: none"> • Keeping food warm • Taking the chill out of fruit
00	0%	<ul style="list-style-type: none"> • Standing time in oven

OPERATION

SENSOR OPERATING INSTRUCTIONS

Sensor Cook cooks favorite foods without selecting cooking times and power levels.

The oven automatically determines required cooking time for each food item. When the internal sensor detects a certain amount of humidity coming from the food, it tells the oven how much longer to heat. The display shows the remaining heating time. For best results when sensor cooking, follow these recommendations.

1. Food cooked with the sensor system should be at normal storage temperature.
2. The glass tray and the outside of the container should be dry to assure best cooking results.
3. Foods should always be covered loosely with microwavable plastic wrap, waxed paper, or a lid.
4. Do not open the door or touch **STOP/CLEAR** during the sensing time. When sensing time is over, the oven beeps and the remaining cooking time will appear in the display window. At this time you can open the door to stir, turn, or rearrange the food.

SENSOR COOKING GUIDE

Appropriate containers and coverings help assure good sensor cooking results.

1. Always use microwavable containers and cover them with lids or vented plastic wrap.
2. Never use tight-sealing plastic covers. They can prevent steam from escaping and cause food to overcook.
3. Match the amount to the size of the container. Fill containers at least half full for best results.
4. Be sure the outside of the cooking container and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam can mislead the sensor.

SENSOR REHEAT

Use SENSOR REHEAT to reheat common microwave-prepared foods without selecting cooking times and power levels.

Example: To reheat slices of pizza.

Reheat



PIZZA SLICE

START

1. Touch **REHEAT**.

2. Turn the dial to select **PIZZA SLICE**.

3. Touch **START** or press the dial to enter.

When the cook time is over a melody sounds and **COOK END** displays.

SENSOR COOK

Use SENSOR COOK to heat common microwave-prepared foods without needing to program times and power levels. SENSOR COOK has preset programs for 6 food categories.

Example: To cook rice.

Cook



RICE

START

1. Touch **COOK**.

2. Turn the dial to select **RICE**.

3. Touch **START** or press the dial to enter. After a slight delay, cooking begins.

When the cook time is over a melody sounds and **COOK END** displays.

SENSOR POPCORN

POPCORN lets you pop commercially packaged microwave popcorn. Pop only one package at a time. For best results, use fresh bags of popcorn.

Example: To pop popcorn.

Popcorn

1. Touch **POPCORN**.

When the cook time is over a melody sounds and **COOK END** displays.

OPERATION

SENSOR REHEAT TABLE

CATEGORY	DIRECTION	AMOUNT
Dinner Plate	Place on a low plate. Cover with vented plastic wrap. Let stand 3 minutes after cooking.	1 to 2 servings
Soup/Sauce	Place in shallow microwavable casserole. Cover with vented plastic wrap. After cooking, stir and let stand 3 minutes.	1 - 4 cups
Casserole	Place in a microwavable bowl or casserole. Cover with vented plastic wrap. After cooking, stir and let stand 3 minutes.	1 - 4 cups
Pizza Slice	This function is for re-heating pizza that was cooked previously. It is NOT for raw, ready-to-bake, or frozen pizza. Place the pizza slice(s) on a paper towel or microwave safe plate.	1 - 4 slices

SENSOR COOK TABLE

CATEGORY	DIRECTION	AMOUNT
Baked Potato	Pierce each potato with a fork and place on the oven tray around the edge, at least one inch apart. After cooking, allow to stand for 5 minutes.	1 - 4 medium (approx. 8 to 10 oz. each)
Frozen Vegetable	Remove from package, rinse off frost under running water. Place in an appropriately sized microwave container. Add amount of water according to the quantity (1 - 2 cups: 2 tablespoons, 3 - 4 cups: 4 tablespoons). Cover with plastic wrap and vent. After cooking, stir and allow to stand for 3 minutes.	1 - 4 cups
Fresh Vegetable	Prepare as desired, wash, and leave residual water on the vegetables. Place in an appropriately sized microwave container. Add amount of water according to the quantity (1 - 2 cups: 2 tablespoons, 3 - 4 cups: 4 tablespoons). Cover with plastic wrap and vent. After cooking, stir and allow to stand for 3 minutes.	1 - 4 cups
Canned Vegetable	Remove from the can. Place in an appropriately sized microwave container, cover with plastic wrap, and vent. After cooking, stir and allow to stand for 3 minutes.	1 - 4 cups
Frozen Entrée	Remove from outer package. Slit cover. If not in microwave-safe container, place on a plate. Cover with plastic wrap and vent the plastic film by piercing with a fork (3 times). After cooking, allow to stand for 3 minutes.	10 to 21 oz.
Rice	Place rice and twice as much liquid (water, chicken or vegetable stock) in a 2-quart microwave dish. Cover with plastic wrap and vent. After cooking, allow to stand for 10 minutes. Stir for fluffier rice.	½ - 2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.

OPERATION

TIPS FOR CONVECTION COOKING

This section provides cooking instructions and procedures for each convection function.

Convection cooking circulates hot air through the oven cavity with a fan. The constantly moving air surrounds the food to heat the outer portion quickly, creating even browning and sealed-in flavor through the constant motion of hot air over the food surfaces. To use convection cooking, turn the dial to select the Convection or Combination modes. **DO NOT USE THE OVEN WITHOUT THE TURNTABLE IN PLACE.**

1. **Always use the metal rack** on the turntable when convection cooking.
2. **Do not cover** the turntable or metal rack with aluminum foil. It interferes with the flow of a
4. **Use convection cooking** for items like soufflés, breads, cookies, angel food cakes, pizza, and for some meat and fish.
5. **The oven comes** equipped with a metal tray which can be used for cooking in convection mode or combination mode.
6. **No special techniques are necessary** to adapt favorite oven recipes to convection cooking; but reduce the oven temperature by 25°F from the recommended temperature when cooking packaged foods in convection mode.
7. **When baking** cakes, cookies, breads, rolls, or other baked foods, most recipes call for preheating. Preheat the empty oven just as with a regular oven. You can start heavier dense foods such as meats, casseroles, and poultry without preheating.
8. **All heatproof** cookware or metal utensils can be used in convection cooking.
9. **As in conventional cooking**, the distance of the food from the heat source affects cooking results. Refer to the charts in this owner's manual.

10. **Use metal utensils** only for convection cooking. Never use for microwave or combination cooking since arcing and damage to the oven may occur.
11. **After preheating**, if the door remains closed, the oven automatically holds at the preheated temperature for 30 minutes.

PRECAUTIONS

- The oven cavity, door, turntable, roller rest, metal tray, metal rack, and cooking utensils become very hot.

USE THICK OVEN GLOVES when removing the food, cooking utensils, metal rack, metal tray, and turntable from the oven after convection cooking.

- Do not use lightweight plastic containers, plastic wraps, or paper products during any convection cycle.

OPERATION

CONVECTION

During convection cooking, a heating element is used to raise the temperature of the air inside the oven.

Convection cooking temperature ranges from 100°F to 450°F.

It is best to preheat the oven when convection cooking.

Note: Reduce oven temperature by 25°F from the temperature recommended on packaged foods.

The baking time may vary according to the food condition or individual preference.

Example: To set for convection cooking at 325°F for 45 minutes with preheating.

Manual
Cook



CONVECTION



325°F

START

DISPLAY SCROLLS
PREHEAT END



45:00

START

1. Touch **MANUAL COOK**.

2. Turn the dial to select **CONVECTION**. Touch **START** or press the dial to enter.

3. Turn the dial to set the temperature (325°F). Touch **START** or press the dial to enter.

4. Touch **START** or press the dial to begin preheating. (Do not enter the time.)

5. When the melody sounds, Place the food in the oven.

6. Turn the dial to set the time. (45:00)

7. Touch **START** or press the dial to enter.

Example: To set for convection cooking at 375°F for 30 minutes without preheating.

Manual
Cook



CONVECTION



375°F



30:00

START

1. Touch **MANUAL COOK**.

2. Turn the dial to select **CONVECTION**. Touch **START** or press the dial to enter.

3. Turn the dial to set the temperature (375°F). Touch **START** or press the dial to enter.

4. Turn the dial to set the time. (30:00)

5. Touch **START** or press the dial to enter.

Note: The temperature range has 10 steps from 100°F to 450°F.

Notes:

- When the oven reaches the set preheat temperature, a melody will sound and the display scrolls the message **PREHEAT END**. The oven automatically holds that temperature for 30 minutes.
- The oven temperature drops very quickly when the door is opened; however, this should not prevent food from being fully cooked during normal cooking time.
- During convection cooking, the vent fan in the vent hood automatically turns on at the 1-speed (lowest speed) setting to protect the oven.

OPERATION

TIPS FOR COMBINATION COOKING

This section provides instructions for each combination cooking function. Combination microwave-convection cooking shortens the cooking time for foods that normally need a long time to cook. It also leaves meat juicy on the inside and crispy on the outside. In combination cooking, the convection heat and microwave energy alternate automatically. The oven has three preprogrammed settings that make it easy to use combination cooking.

HELPFUL HINTS FOR COMBINATION COOKING

1. **Meats** can be roasted directly on the metal rack or in a shallow roasting pan placed on the rack. When using the metal rack, check the cooking guide for information on proper use.
2. **Less tender** cuts of beef can be roasted and tenderized using oven cooking bags.
3. **When baking**, check for doneness after cooking time is up. If not completely done, let stand in oven for a few minutes to complete cooking.

PRECAUTIONS

1. All cookware used for combination cooking must be BOTH microwave-safe and oven-safe.
2. During combination baking, some baking cookware may cause arcing when it comes in contact with the oven walls or metal accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.
 - If arcing occurs, immediately stop the cooking cycle and place a heat resistant dish between the pan and the metal rack.
 - Use the metal tray supplied with the oven. It has rubber feet that help prevent arcing.
 - If arcing occurs with other baking cookware, do not use them for combination cooking.

COMBINATION ROAST

Example: To roast with combination cooking for 45 minutes at 400°F.

Manual Cook



COMBI



Co-1



400 °F



45:00



START

1. Touch **MANUAL COOK**.

2. Turn the dial to select **COMBI**. Touch **START** or press the dial to enter.

3. Turn the dial to select **Co-1**.

4. Turn the dial to set the temperature. (400°F)

5. Turn the dial to set the time. (45:00)

6. Touch **START** or press the dial to enter.

Notes:

- The temperature range has 9 steps from 250°F to 450°F.
- During combination cooking, the exhaust fan in the vent hood automatically turns on at the 1-speed (lowest) setting to protect the oven.

COMBI	CATEGORY	DEFAULT TEMPERATURE
Co-1	Combination ROAST	Convection 375°F
Co-2	Combination BAKE	Convection 325°F


OPERATION

AUTO COOK


Use Auto Cook to heat common microwave-prepared foods without selecting cooking times and power levels. Auto Cook has preset programs for 6 food functions.

Example: To cook bacon 2 slices.


Auto Cook




AUTO COOK



BACON



2 SLICES



START

1. Touch **AUTO COOK**.
2. Turn the dial to select **AUTO COOK**. Touch **START** or press the dial to enter.
3. Turn the dial to select **BACON**. Touch **START** or press the dial to enter.
4. Turn the dial to select **2 SLICES**.
5. Touch **START** or press the dial to enter.

AUTO COOK TABLE

CATEGORY	DIRECTION	AMOUNT
Bacon	Place bacon strips on a microwave bacon rack for best results. (Use dinner plate lined with paper towels if rack is not available).	2 - 6 slices
Fresh Roll/Muffin	Remove from package and place on plate. (If muffins are over 3 oz. each, count each as two when entering quantity).	1 - 6 pieces (2 - 3 oz. each)
Frozen Roll/Muffin	Remove from display package and place on plate. (If muffins are over 3 oz. each, count each as two when entering quantity).	1 - 6 pieces (2 - 3 oz. each)
Beverage	Use a wide-mouth mug. Do not cover. (Be careful. The beverage will be very hot! Sometimes liquids heated in cylindrical containers will splash out when the cup is moved).	1 - 2 cups
Chicken Pieces	Place the chicken pieces in an appropriately sized microwavable container, cover with plastic wrap, and vent.	0.5 - 2 lbs. (0.2 - 0.9 kg)
Hot Cereal	Prepare as directed on package and cook. Stir well before eating. Use only instant hot cereal.	1 - 6 servings

Note:

Do not use recycled paper products in the microwave oven. They sometimes contain impurities that cause arcing and sparking.

NEVER use paper products in the convection oven.


OPERATION

SOFTEN


The oven uses low power to soften foods (butter, ice cream, cream cheese, and frozen juice). See the following table.

Example for quart of ice cream.


Auto Cook



SOFTEN



ICE CREAM



QUART

START

1. Touch **AUTO COOK**.
2. Turn the dial to select **SOFTEN**. Touch **START** or press the dial to enter.
3. Turn the dial to select **ICE CREAM**. Touch **START** or press the dial to enter.
4. Turn the dial to select **QUART**.
5. Touch **START** or press the dial to enter.


When the cook time is over a melody sounds and **COOK END** displays.

MELT


The oven uses low power to melt foods (butter, chocolate, processed cheese food, or marshmallows). See the following table.

Example for 8 oz. of chocolate.


Auto Cook



MELT



CHOCOLATE



8 Oz

START

1. Touch **AUTO COOK**.
2. Turn the dial to select **MELT**. Touch **START** or press the dial to enter.
3. Turn the dial to select **CHOCOLATE**. Touch **START** or press the dial to enter.
4. Turn the dial to select **8 Oz**.
5. Touch **START** or press the dial to enter.

When the cook time is over a melody sounds and **COOK END** displays.

SOFTEN TABLE

CATEGORY	DIRECTION	AMOUNT
Butter	Unwrap and place in microwavable container. Butter will be at room temperature and ready for use in recipe.	1, 2 or 3 sticks
Ice Cream	Place container in oven. Ice cream will be soft enough to make scooping easier.	Pint, Quart, Half gallon
Cream Cheese	Unwrap and place in microwavable Container. Cream cheese will be at room temperature and ready for use in recipe.	3 or 8 oz.
Frozen Juice	Remove top. Place in oven. Frozen juice will be soft enough to mix easily with water.	6, 12 or 16 oz.

MELT TABLE

CATEGORY	DIRECTION	AMOUNT
Butter	Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.	1, 2 or 3 sticks
Chocolate	Chocolate chips or squares of baking chocolate may be used. Unwrap squares and place in microwavable container. Stir at the end of cycle to complete melting.	4 or 8 oz.
Cheese	Use processed cheese food only. Cut into cubes. Place in a single layer in microwavable container. Stir at the end of cooking to complete melting.	8 or 16 oz.
Marshmallows	Large or miniature marshmallows may be used. Place in microwavable container. Stir at the end of cycle to complete melting.	5 or 10 oz.

OPERATION

SPEED AUTO COMBINATION

Use to cook food without entering cooking time or power level on combination mode. SPEED AUTO COMBINATION has 4 food categories.

See the SPEED AUTO COMBINATION CHART on this page for the settings available.

For best results, place food on the rack. When cooking meats, use the metal tray/drip pan to catch drippings.

Example: To cook 2 lb. roast pork.

Speed
Auto Combi.



**ROAST
PORK**



2.0 Lbs

START

1. Touch **SPEED AUTO COMBI.**

2. Turn the dial to select **ROAST PORK**. Touch **START** or press the dial to enter.

3. Turn the dial to select **2.0 Lbs.**

4. Touch **START** or press the dial to enter.

SPEED AUTO COMBINATION CHART

CATEGORY	DIRECTION	AMOUNT
Whole Chicken	Thoroughly wash inside and outside of chicken with cold water. Pat chicken dry with paper towels, secure the legs with kitchen twine. Brush outside of chicken with melted butter or margarine. Place chicken breast side down on metal rack on metal tray. After cooking, loosely tent chicken with aluminum foil. Let stand for 10 minutes after cooking.	2.0 - 4.0 lbs. (0.9 - 1.8 kg)
Roast Pork	Pat dry with paper towels. Place roast on metal rack on metal tray. After cooking, loosely tent roast with aluminum foil and let stand 5 to 10 minutes.	2.0 - 4.0 lbs. (0.9 - 1.8 kg)
Frozen Lasagna	Remove from outer package. Remove film cover. If lasagna is not in an ovenproof container, place it on an ovenproof dish. Place on metal rack on metal tray. Let stand for 5 minutes after cooking.	10 or 21 oz.
Baked Potatoes	Pierce each potato several times with a fork and place on metal rack on metal tray.	1 - 4 ea

OPERATION

AUTO DEFROST

Five defrost sequences are preset in the oven. The auto defrost feature provides the best defrosting method for frozen foods. The Auto Defrost Table shows which defrost sequence is recommended. For added convenience, Auto Defrost includes a built-in beep mechanism as a reminder to check, turn over, separate, or rearrange food to get the best defrost results. Five different defrost settings are provided.

- 1 MEAT**
- 2 POULTRY**
- 3 FISH**
- 4 BREAD**
- 5 QUICK DEFROST**

Example: To defrost 1.2 lbs. of meat.

Auto Defrost



MEAT



1.2 Lbs

START

1. Touch **AUTO DEFROST**.

2. Turn the selector dial to select the food category. (Meat)

* Category: Meat, Poultry, Fish, Bread, Quick

3. Turn the dial to select the weight. (1.2 Lbs)

4. Touch **START** or press the dial to enter.

Note: When you touch the START or press the dial, the display changes to the defrost time count down. When the oven beeps during the DEFROST cycle, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle.

WEIGHT CONVERSION TABLE

Most food weights are given in pounds and ounces. If using pounds, food weights must be entered into Auto Defrost in pounds and tenths of pounds (decimals). Use the following table if necessary to convert food weights to decimals.

Equivalent Weight		
OUNCES	DECIMAL WEIGHT	
1.6	.10	
3.2	.20	
4.8	.30	
6.4	.40	
8.0	.50	One-Half Pound
9.6	.60	
11.2	.70	
12.8	.80	
14.4	.90	
16.0	1.00	One Pound

OPERATING TIPS

- For best results, remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- For best results, shape the ground meat into the form of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.
- For more defrost help, read Defrosting Tips following the Auto Defrost Table.

For best results, loosen or remove coverings on food.

FOOD	WEIGHTS YOU CAN SET (tenths of a pound)
Meat	0.1 to 6.0 (0.1 - 4 kg)
Poultry	0.1 to 6.0 (0.1 - 4 kg)
Fish	0.1 to 6.0 (0.1 - 4 kg)
Bread	0.1 to 1.0 (0.1 - 0.5 kg)
Quick Defrost	Only 1 lb (0.5 kg only)

OPERATION

AUTO DEFROST TABLE

Meat setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
BEEF			Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence.
Ground Beef, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Do not defrost less than ¼ lb. Freeze in doughnut shape.
Ground Beef, Patties	MEAT	Separate and rearrange.	Do not defrost less than 2 oz. patties. Depress center when freezing.
Round Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Tenderloin Steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Stew Beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in a microwavable baking dish.
Pot Roast, Chuck Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Rib Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Rolled Rump Roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
LAMB			
Cubes for Stew	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwavable baking dish.
Chops (1 inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
PORK			
Chops (½ inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Hot Dogs	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Spareribs Country-style Ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.
Sausage, Links	MEAT	Separate and rearrange.	Place on a microwavable roasting rack.
Sausage, Bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwavable baking dish.
Loin Roast, Boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack.

OPERATION

AUTO DEFROST TABLE (CONT.)

Poultry setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
CHICKEN Whole (up to 6 lbs.)	POULTRY	Turn over (finish defrosting breastside down). Cover warm areas with aluminum foil.	Place chicken breast-side up on a microwavable roasting rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.
Cut-up		Separate pieces and rearrange. Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
CORNISH HENS Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
TURKEY Breast (up to 6 lbs.)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.

Fish setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
FISH Fillets	FISH	Turn over. Separate fillets when partially thawed if possible.	Place in a microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Turn over.	Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
SHELLFISH Crabmeat	FISH	Break apart. Turn over.	Place in a microwavable baking dish.
Lobster tails	FISH	Turn over and rearrange.	Place in a microwavable baking dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwavable baking dish.
Scallops	FISH	Separate and rearrange.	Place in a microwavable baking dish.

OPERATION

AUTO DEFROST TABLE (CONT.)

Bread setting

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
BREAD		Turn over and rearrange.	Place on 3 sheets of paper towel.
Bagel	BREAD		Note: Do not use recycled paper products in the microwave oven. They sometimes contain impurities that cause arcing and sparking.
Dinner Roll	BREAD		NEVER use paper products in the convection oven.

DEFROSTING TIPS

- **When using** Auto Defrost, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- **Before starting**, remove the metal twist-ties which often come with frozen food bags, and replace them with strings or elastic bands.
- **Open containers** such as cartons before they are placed in the oven.
- **Always slit** or pierce plastic pouches or packaging.
- **If food is foil wrapped**, remove foil and place the food in a suitable container.
- **Slit** the skins, if any, of frozen food such as sausage.
- **Bend** plastic pouches of food to ensure even defrosting.
- **Always underestimate** defrosting time. If defrosted food is still icy in the center, return it to the microwave oven for more defrosting.
- **The length** of defrosting time varies according to how solidly the food is frozen.
- **The shape of the package** affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.

- **As food begins to defrost**, separate the pieces. Separated pieces defrost more easily.
- **Use small pieces of aluminum foil** to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven. The foil can damage the oven lining.
- **For better results**, let food stand after defrosting. (For more information on standing time, see the **Microwave Cooking Tips** section.)
- **Turn over** food during defrosting or standing time. Break apart and remove food as required.

COOKING GUIDE

CONVECTION BAKING GUIDELINES

1. Always use the metal rack when convection baking. Place food directly on rack or place in metal tray and then place tray on rack.
2. Aluminum pans conduct heat quickly. For most convection baking, light, shiny finishes give best results because they prevent overbrowning in the time it takes to cook the center areas. Pans with dull (satin-finish) bottoms are recommended for cake pans and pie pans for best bottom browning.
3. Dark or non-shiny finishes, glass, and pyroceramic absorb heat which may result in dry, crisp crusts.
4. Preheating the oven is recommended when baking foods by convection.
5. To prevent uneven heating and save energy, open the oven door to check food as seldom as possible.

FOOD		OVEN TEMP.	TIME, MIN.	COMMENTS
Breads	Refrigerated Biscuits	375°F	11 to 14	Allow additional time for large biscuits.
	Corn Bread	350°F	35 to 40	
	Muffins	425°F	18 to 22	Remove from pans immediately and cool slightly on wire rack.
	Popovers	325°F	45 to 55	Pierce each popover with a fork after removing from oven to allow steam to escape.
	Nut Bread or Fruit Bread	325°F	60 to 70	Interiors will be moist and tender.
	Yeast Bread	375°F	16 to 23	
	Plain or Sweet Rolls	350°F	13 to 16	Lightly grease baking sheet.
Cakes	Devil's Food	350°F	35 to 40	Place cake pan on rack.
	Fudge brownies	350°F	26 to 30	Bake 2 layers of brownies at a time.
	Coffee Cake	325°F	30 to 35	
	Cup Cakes	325°F	20 to 25	
	Fruit Cake (loaf)	275°F	90 to 100	Interior will be moist and tender.
	Gingerbread	300°F	25 to 30	
	Butter Cakes, Cake Mixes	325°F	35 to 45	
	9 x 13 inch	325°F	35 to 45	Turn end for end half way through baking.
	Tube Cake	325°F	30 to 40	Grease and flour pan.
	Pound Cake	325°F	45 to 55	Cool in pan 10 minutes before inverting on wire rack.
Cookies	Chocolate Chip	350°F	11 to 14	Place metal tray on rack. Allow extra time for frozen cookie dough.
	Sugar	350°F	11 to 14	Place metal tray on rack.
Fruits, Other Desserts	Baked Apples or Pears	350°F	35 to 40	Bake in cookware with shallow sides.
	Bread Pudding	300°F	35 to 40	Pudding is done when knife inserted near center comes out clean.
	Cream Puffs	400°F	30 to 35	Puncture puffs twice with toothpick to release steam after 25 minutes of baking time.
	Meringue Shells	300°F	30 to 35	When done, turn oven off and let shells stand in oven 1 hour to dry.

Notes:

- The oven temperature indicated in the chart above is recommended over the package instruction temperature.
- The baking time in the chart above is only a guideline for reference. Adjust time according to the food condition or your preference. Check doneness at the minimum time.

COOKING GUIDE

CONVECTION BAKING GUIDELINES (CONT'D)

FOOD		OVEN TEMP.	TIME, MIN.	COMMENTS
Pies, Pastries	Frozen Pie	400°F	50 to 60	Place metal tray on rack and place in cold oven. Preheat oven, tray and rack to 400°F. When preheated, place frozen pie on metal tray and bake according to package time or until crust is browned and filling is hot.
	Meringue-Topped	450°F	9 to 11	Follow package directions for preparation.
	Two-Crust	400°F	50 to 55	Follow package directions for preparation.
	Quiche	350°F	30 to 35	Let stand 5 minutes before cutting.
	Pastry Shell	400°F	10 to 16	Pierce pastry with fork to prevent shrinkage.
Casseroles	Meat, Chicken, Seafood Combinations	350°F	20 to 40	Cook times vary with casserole size and ingredients.
	Pasta	350°F	25 to 45	Cook times vary with casserole size and ingredients.
	Potatoes, scalloped	350°F	55 to 60	Let stand 5 minutes before serving.
	Vegetable	350°F	25 to 35	Cook times vary with casserole size and ingredients.
Convenience Foods	Frozen Bread Dough	350°F	30 to 35	Follow package directions for preparation.
	Frozen Entrée	325°F	70 to 80	Follow package directions for preparation.
	Frozen Pizza Rising Crust	400°F	25 to 35	Follow package directions for preparation. Pizza should not extend over the rack.
	Frozen Pizza	400°F	17 to 21	Follow package directions for preparation. Pizza should not extend over the rack.
	French Fries Crinkle Cut	450°F	15 to 19	Follow package directions for preparation.
	Frozen Waffle	400°F	5 to 7	Follow package directions for preparation.
	Frozen Cheese Sticks	450°F	6 to 8	Follow package directions for preparation.
	Frozen Turnovers	450°F	18 to 22	Follow package directions for preparation.
Main Dishes	Meat Loaf	400°F	30 to 40	Let stand 5 minutes after cooking.
	Oven-Baked Stew	325°F	80 to 90	Brown meat before combining with liquid and vegetables.
	Swiss Steak	350°F	60 to 70	Let stand 2 minutes after cooking.
	Stuffed Peppers	350°F	40 to 45	Use green, red, or yellow peppers.
Vegetables	Acorn Squash Halves	375°F	55 to 60	Pierce skin in several places. Add ½ cup water to dish. Turn squash halves cut side up after 30 minutes of cook time and cover.
	Baked Potatoes	425°F	50 to 60	Pierce skin with fork before baking.
	Twice-Baked Potatoes	400°F	25 to 30	Pierce skin with fork before baking.

Notes:

- The oven temperature indicated in the chart above is recommended over the package instruction temperature.
- The baking time in the chart above is only a guideline for reference. Adjust time according to the food condition or your preference. Check doneness at the minimum time.

COOKING GUIDE

MEAT ROASTING GUIDELINES FOR CONVECTION COOKING

FOOD		OVEN TEMP.	TIME, MIN./LB.
Beef	Ribs (2 to 4 lbs.)		
	Rare	300°F	45 to 50
	Medium	300°F	50 to 55
	Well	300°F	55 to 60
	Boneless Ribs, Top Sirloin		
	Rare	300°F	53 to 58
	Medium	300°F	58 to 63
	Well	300°F	63 to 68
	Beef Tenderloin		
	Rare	300°F	28 to 32
	Medium	300°F	32 to 36
	Pot Roast (2½ to 3 lbs.)		
Ham	Chuck, Rump	300°F	83 to 88
	Meat Loaf (2 lbs.)	400°F	65 to 75
Lamb	Canned (3-lb. fully cooked)	325°F	20 to 25
	Butt (5-lb. fully cooked)	325°F	20 to 25
	Shank (5-lb. fully cooked)	325°F	17 to 20
	Bone-in (2 to 4 lbs.)		
	Medium	300°F	42 to 47
Pork	Well	300°F	47 to 52
	Boneless (2 to 4 lbs.)		
	Medium	300°F	50 to 55
	Well	300°F	55 to 60
Poultry	Bone-in (2 to 4 lbs.)	300°F	48 to 52
	Boneless (2 to 4 lbs.)	300°F	56 to 61
	Pork Chops (½ to 1-inch thick)		
	2 chops	325°F	42 to 45
	4 chops	325°F	45 to 48
	6 chops	325°F	48 to 55
Seafood	Whole Chicken (2½ to 3½ lbs.)	375°F	25 to 35
	Chicken Pieces (2½ to 3½ lbs.)	425°F	10 to 12
	Duckling (4 to 5 lbs.)	375°F	19 to 21
	Turkey Breast (4 to 6 lbs.)	325°F	21 to 25
Seafood	Fish, whole (3 to 5 lbs.)	400°F	13 to 18
	Lobster Tails (6 to 8-oz. each)	350°F	12 to 17

Note:

- The roasting time in the chart above is only a guideline for reference. Adjust time according to the food condition or your preference. Check doneness at the minimum time.

COOKING GUIDE

COMBINATION ROAST COOKING GUIDE

FOOD		OVEN TEMP.	TIME, MIN./LB.
Beef	Turn over after half of cooking time.		
	Ribs (2 to 4 lbs.)		
	Rare	375°F	9 to 13
	Medium	375°F	11 to 15
	Well	375°F	13 to 17
	Boneless Ribs, Top Sirloin		
	Rare	375°F	9 to 13
	Medium	375°F	11 to 15
	Well	375°F	13 to 17
	Beef Tenderloin		
Ham	Rare	375°F	16 to 18
	Medium	375°F	18 to 20
	Chuck, Rump or Pot Roast (2½ to 3 lbs.)	300°F	18 to 20
	(Use cooking bag for best results.)		
Ham	Turn over after half of cooking time.		
	Canned (3-lb. fully cooked)	300°F	15 to 18
	Butt (5-lb. fully cooked)	300°F	15 to 18
	Shank (5-lb. fully cooked)	300°F	15 to 18
Lamb	Turn over after half of cooking time.		
	Bone-in (2 to 4 lbs.)		
	Medium	300°F	13 to 18
	Well	300°F	18 to 23
	Boneless (2 to 4 lbs.)		
	Medium	300°F	14 to 19
Pork	Well	300°F	19 to 24
	Turn over after half of cooking time.		
	Bone-in (2 to 4 lbs.)	300°F	17 to 20
	Boneless (2 to 4 lbs.)	300°F	19 to 22
	Pork Chops (¾ to 1-inch thick)		
	2 chops	350°F	10 to 13
	4 chops	305°F	13 to 16
Poultry	6 chops	305°F	16 to 19
	Turn over after half of cooking time.		
	Whole Chicken (2½ to 6 lbs.)	375°F	15 to 17
	Chicken Pieces (2½ to 6 lbs.)	375°F	15 to 18
	Cornish Hens (untied)		
	Unstuffed	425°F	15 to 18
	Stuffed	375°F	22 to 25
	Duckling	375°F	15 to 18
Seafood	Turkey Breast (4 to 6 lbs.)	300°F	11 to 15
	Fish		
	1-lb. fillets	350°F	7 to 10
	Lobster Tails (6 to 8-oz. each)	350°F	10 to 15
	Shrimp (1 to 2 lbs.)	350°F	9 to 14
	Scallops (1 to 2 lbs.)	350°F	8 to 13

Note:

- The roasting time in the chart above is only a guideline for reference. Adjust time according to the food condition or your preference. Check doneness at the minimum time.

COOKING GUIDE

COMBINATION BAKE COOKING GUIDE

FOOD		OVEN TEMP.	TIME, MIN.	COMMENTS
Pies, Pastries	Quiche	425°F	15 to 17	Let stand 5 minutes before cutting.
Convenience Foods	Frozen Entrée	375°F	39 to 43	Follow package directions for preparation.
	Frozen Pizza	450°F	4 to 6	Follow package directions for preparation.
	Rolls, Egg Rolls Pizza	450°F	23 to 26	Follow package directions for preparation.
Vegetables	Baked Potatoes	450°F	36 to 40	Pierce skin with a fork before baking. Place on rack.

COOKING GUIDE

HEATING/REHEATING GUIDE

To heat or reheat successfully in a microwave oven, follow these guidelines: Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwave-safe container. The food will heat more evenly if covered with a microwave-safe lid or vented plastic wrap. Remove the cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

ITEMS	COOK TIME (AT HIGH)	SPECIAL INSTRUCTIONS
Sliced meat 3 slices (¼ -inch thick)	1 - 2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. Note: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	2 - 3½ minutes 1½ - 3 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (6 - 8 oz.)	2 - 4 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagna 1 serving (10½ oz.)	4 - 6 minutes	Place lasagna on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1 - 3½ minutes 5 - 8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Casserole – cream or cheese 1 cup 4 cups	1½ - 3 minutes 3½ - 5½ minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sloppy Joe or Barbecued Beef 1 sandwich (½ cup meat filling) without bun	1 - 2½ minutes	Reheat filling and bun separately. Cook filling covered in microwavable casserole. Stir once. Heat bun as directed in chart below.
Mashed potatoes 1 cup 4 cups	1 - 3 minutes 5 - 8 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Baked beans 1 cup	1½ - 3 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2½ - 4 minutes 7½ - 11 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Rice 1 cup 4 cups	1½ - 3½ minutes 4 - 6½ minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	15 - 30 seconds	Wrap in paper towel and place on glass microwavable rack.
Vegetables 1 cup 4 cups	1½ - 2½ minutes 4 - 6 minutes	COOK covered in microwavable casserole. Stir once halfway through cooking.
Soup 1 serving (8 oz.)	1½ - 2½ minutes	COOK covered in microwavable casserole. Stir once

COOKING GUIDE

FRESH VEGETABLE GUIDE

VEGETABLE	AMOUNT	COOK TIME AT HIGH (MINUTE)	INSTRUCTIONS	STANDING TIME
Artichokes (8 oz.each)	2 medium 4 medium	5 - 8 10 - 13	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2 - 3 minutes
Asparagus, Fresh, Spears	1 lb.	3 - 6	Add ½ cup water. Cover.	2 - 3 minutes
Beans, Green and Wax	1 lb.	7 - 11	Add ½ cup water in 1½ qt. casserole. Stir halfway through cooking.	2 - 3 minutes
Beets, Fresh	1 lb.	12 - 16	Add ½ cup water in 1½ qt. covered casserole. Rearrange halfway through cooking.	2 - 3 minutes
Broccoli, Fresh, Spears	1 lb.	4 - 8	Place broccoli in baking dish. Add ½ cup water.	2 - 3 minutes
Cabbage, Fresh, Chopped	1 lb.	4 - 7	Add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2 - 3 minutes
Carrots, Fresh, Sliced	2 cups	2 - 4	Add ¼ cup water in 1 qt. covered casserole. Stir halfway through cooking.	2 - 3 minutes
Cauliflower, Fresh, Whole	1 lb.	7 - 11	Trim and add ¼ cup water in 1 qt. covered casserole. Stir halfway through cooking.	2 - 3 minutes
Flowerettes, Fresh Celery, Fresh, Sliced	2 cups 4 cups	2½ - 4½ 6 - 8	Slice and add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2 - 3 minutes
Corn, Fresh	2 ears	5 - 9	Husk and add 2 tbsp water in 1½ qt. baking dish. Cover.	2 - 3 minutes
Mushrooms, Fresh, Sliced	½ lb.	2 - 3½	Place mushrooms in 1½ qt. covered casserole. Stir halfway through cooking.	2 - 3 minutes
Parsnips, Fresh, Sliced	1 lb.	4 - 8	Add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2 - 3 minutes
Peas, Green, Fresh	4 cups	7 - 10	Add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2 - 3 minutes
Sweet Potatoes Whole Baking (6-8 oz.each)	2 medium 4 medium	5 - 10 7 - 13	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2 - 3 minutes 2 - 3 minutes
White Potatoes, Whole Baking (6-8 oz.each)	2 potatoes 4 potatoes	5 - 8 10 - 14	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2 - 3 minutes 2 - 3 minutes
Spinach, Fresh, Leaf	1 lb.	4 - 7	Add ½ cup water in 2 qt. covered casserole.	2 - 3 minutes
Squash, Acorn or Butternut, Fresh	1 medium	6 - 8	Cut squash in half. Remove seeds. Place in 8 x 8-inch baking dish. Cover.	2 - 3 minutes
Zucchini, Fresh, Sliced	1 lb.	4½ - 7½	Add ½ cup water in 1½ qt. covered casserole. Stir halfway through cooking.	2 - 3 minutes
Zucchini, Fresh, Whole	1 lb.	6 - 9	Pierce. Place on 2 paper towels. Turn over and rearrange halfway through cooking.	2 - 3 minutes

SMART FEATURES

BEFORE USING TAG ON

The Tag On function allows you to conveniently use LG Smart Diagnosis™, set the cook mode and communicate with the appliance using a smart phone. To use the Tag On function:

1. Download the SmartThinQ application to a smart phone.
2. Turn on the NFC (Near Field Communication) function in the smart phone.- The Tag On function can only be used with smart phones equipped with the NFC function and based on the Android operating system (OS).

TURNING ON THE SMART PHONE'S NFC FUNCTION



1. Enter the **Settings** menu of the smart phone and select **Share & Connect** under WIRELESS & NETWORKS.



2. Set **NFC** and **Direct/Android Beam** to ON and select NFC.



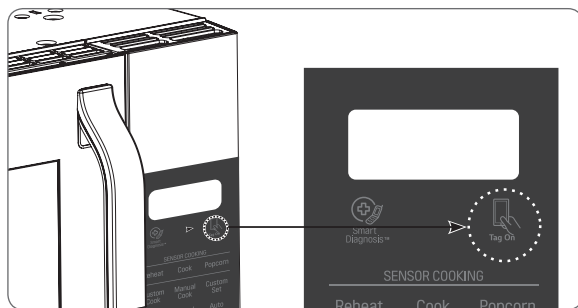
3. Check Use Read and Write/P2P receive.

! NOTE

Depending on the smart phone manufacturer and Android OS version, the NFC activation process may differ. Refer to the manual of the smart phone for details.

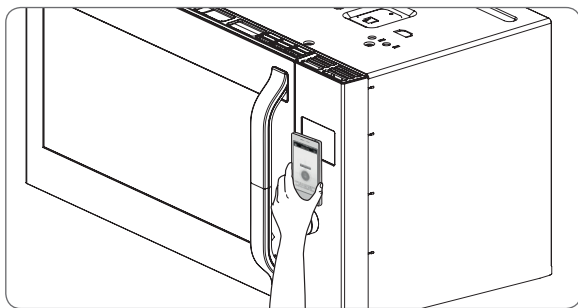
USING THE TAG ON FUNCTION

THE TAG ON ICON



Look for the Tag On icon next to the display on the control panel. Position the smart phone next to the icon when using the Tag On function with the LG Smart Diagnosis™, cook mode setting of the SmartThinQ application.

SMART FEATURES




THE NFC ANTENNA POSITION

When using the Tag On function, position the smart phone so that the NFC antenna inside the back of the smart phone matches the position of the Tag On icon

on the appliance. (The position of the antenna cannot be seen, so the SmartThinQ app will attempt to find it and display a target range for the antenna on the smart phone's screen.)

If the app is not able to show a target range, position the center back of the smart phone over the Tag On icon on the appliance. If the connection is not made immediately, move the smart phone very slightly in a widening circular motion until the application verifies the connection.

Because of the characteristics of NFC, if the transmission distance is too far, or if there is a metal sticker or a thick case on the phone, transmission will not be good.

Press  in the SmartThinQ app for a more detailed guide on how to use the Tag On function.

USING TAG ON WITH APPS

Touch an LG appliance's Tag On logo with an NFC-equipped smart phone, and the SmartThinQ apps use the Tag On function.

Smart Diagnosis™

Allows you to diagnose and troubleshoot problems with your microwave oven.

Cook Mode Setting

Allows you to set repeatedly and conveniently the cook mode, temperature, and cook time of your favorite dishes.

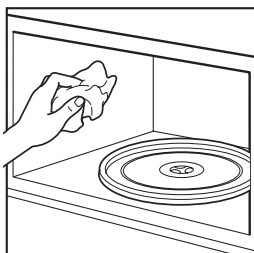
IMPORTANT: Features could be added or deleted when the SmartThinQ application is updated. Data saved on the SmartThinQ application could be deleted when the application is updated or your smart phone is changed.

MAINTENANCE

CARING FOR YOUR MICROWAVE OVEN

To make sure the microwave oven looks good and works well for a long time, maintain it properly. For proper care, follow these instructions carefully.

For interior surfaces: Wash often with warm, sudsy water and a sponge or soft cloth. Use only mild, nonabrasive soaps or a mild detergent. **Keep the areas clean where the door and oven frame touch when closed.**

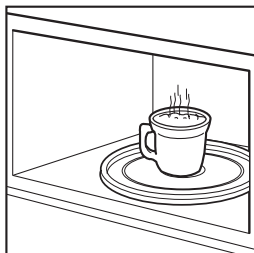


Wipe well with a clean cloth.

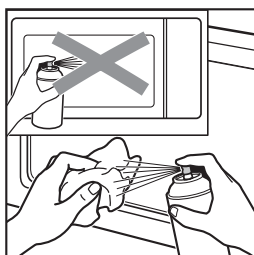
Over time, stains can occur on the surfaces as the result of food particles spattering during cooking.

This is normal.

For stubborn soil, boil a cup of water in the oven for 2 to 3 minutes. Steam will soften the soil. To get rid of odors inside the oven, boil a cup of water with some lemon juice or vinegar in it.



For exterior surfaces and control panel: Use a soft cloth sprayed with glass cleaner. Apply the glass cleaner to the soft cloth; do not spray directly on the oven.

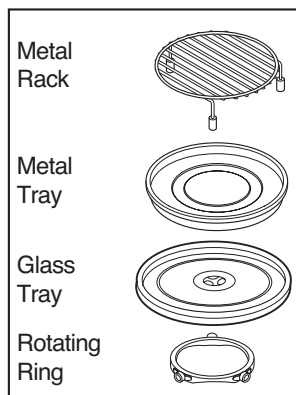


Note: Abrasive cleansers, steel wool pads, gritty wash cloths, some paper towels, etc., can damage the control panel and the interior and exterior oven surfaces.

To clean the glass tray and rotating ring, wash in mild, sudsy water.

For heavily soiled areas use a mild cleanser and scouring sponge.

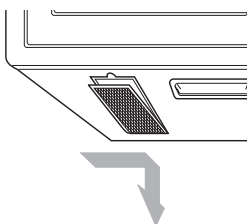
The glass tray and rotating ring are dishwasher safe.



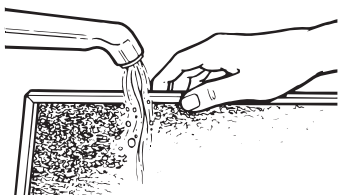
MAINTENANCE

CLEANING THE GREASE FILTERS

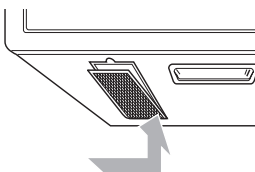
1. **Unplug** the microwave oven.
2. **To remove** grease filters, slide each filter to the side. Pull filters downward and push to the other side. The filter will drop out.



3. **Soak** grease filters in hot water and a mild detergent. **Scrub and swish** to remove embedded dirt and grease. **Rinse well and shake** to dry. **Do not clean filters with ammonia, corrosive cleaning agents such as lye-based oven cleaners, or place them in a dishwasher. The filters will turn black or could be damaged.**



4. **To replace** grease filters, slide filter in the frame slot on one side of the opening. Push filter upward and push to the other side to lock into place.

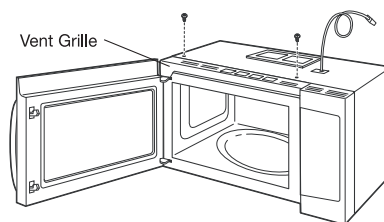


5. **Plug in** the microwave oven.

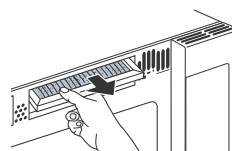
CHARCOAL FILTER REPLACEMENT

If the oven is vented inside, the charcoal filter should be replaced every 6 to 12 months, and more often if necessary. The charcoal filter cannot be cleaned. To order a new charcoal filter, contact the Parts Department at your nearest Authorized Service Center.

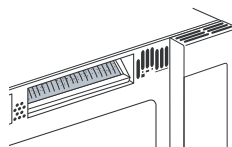
1. **Unplug** the microwave oven.
2. **Remove** the vent grille mounting screws.



3. **Tip** the grille forward, then **lift out** to remove.
4. **Remove** the charcoal filter



5. **Slide** a new charcoal filter into place. The filter should rest at the angle shown.

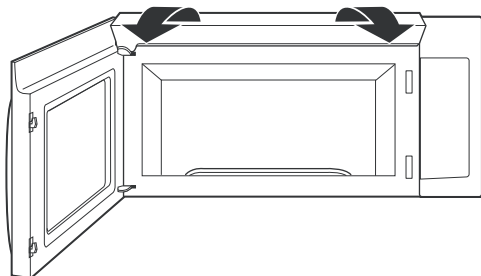


6. **Slide** the bottom of the vent grille into place. **Push** the top until it snaps into place. **Replace** the mounting screws.
7. **Plug in** the microwave oven.

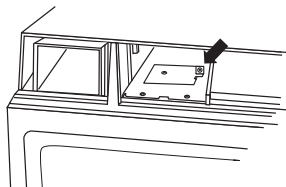
MAINTENANCE

OVEN LIGHT REPLACEMENT

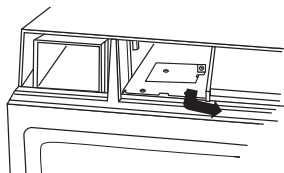
1. **Unplug** the microwave oven.
2. **Remove** the vent grille mounting screws.
3. **Tip** the grille forward, then **lift out** to remove.



4. **Remove** charcoal filter.
5. **Remove** the screw holding the lamp shield in place.



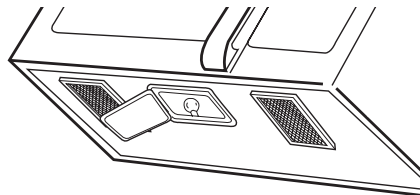
6. **Pull** the lamp shield out.



7. **Replace** the bulb with a candelabra-base 50 watt bulb.
8. **Return** the lamp and lamp shield to original position and replace screw and charcoal filter.
9. **Replace** the mounting screws.
10. **Plug in** the microwave oven.

COOKTOP/COUNTERTOP LIGHT REPLACEMENT

1. **Unplug** the microwave oven.



2. **Remove** the bulb cover mounting screws.
3. **Replace** bulb(s) with candelabra-base 50 watt bulb.
4. **Replace** bulb cover and mounting screw.
5. **Plug in** the microwave oven.

MAINTENANCE

MICROWAVE UTENSIL GUIDE

USE	DO NOT USE
<p>OVENPROOF GLASS (treated for high intensity heat): utility dishes, loaf dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.</p> <p>CHINA: bowls, cups, serving plates, and platters without metallic trim.</p> <p>PLASTIC: Plastic wrap (as a cover)- lay the plastic wrap loosely over the dish and press it to the sides. Vent plastic wrap by turning back one edge slightly to allow excess steam to escape. The dish should be deep enough so that the plastic wrap will not touch the food. As the food heats it may melt the plastic wrap wherever the wrap touches the food. Use plastic dishes, cups, semi-rigid freezer containers and plastic bags only for short cooking time. Use these with care because the plastic may soften from the heat of the food.</p> <p>PAPER: Paper towels, waxed paper, paper napkins, and paper plates with no metallic trim or design. Look for the manufacturer's label for use in the microwave oven.</p> <p>Note: Do not use recycled paper products in the microwave oven. They sometimes contain impurities that cause arcing and sparking.</p> <p>NEVER use paper products in the convection oven.</p>	<p>METAL UTENSILS: Metal shields the food from microwave energy and produces uneven cooking. Also avoid metal skewers, thermometers, or foil trays. Metal utensils can cause arcing, which can damage the microwave oven.</p> <p>METAL DECORATION: Metal-trimmed or metal-banded dinnerware, casserole dishes, etc. The metal trim interferes with normal cooking and may damage the oven.</p> <p>ALUMINUM FOIL: Avoid large sheets of aluminum foil because they hinder cooking and may cause harmful arcing. Use small pieces of foil to shield poultry legs and wings. Keep ALL aluminum foil at least 1 inch from the side walls and door of the oven.</p> <p>WOOD: Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets react in the same way.</p> <p>TIGHTLY COVERED UTENSILS: Be sure to leave openings for steam to escape from covered utensils. Pierce plastic pouches of vegetables or other food items before cooking. Tightly closed pouches could explode.</p> <p>BROWN PAPER: Avoid using brown paper bags. They absorb too much heat and could burn.</p> <p>FLAWED OR CHIPPED UTENSILS: Any utensil that is cracked, flawed, or chipped may break in the oven.</p> <p>METAL TWIST TIES: Remove metal twist ties from plastic or paper bags. They become hot and could cause a fire.</p>