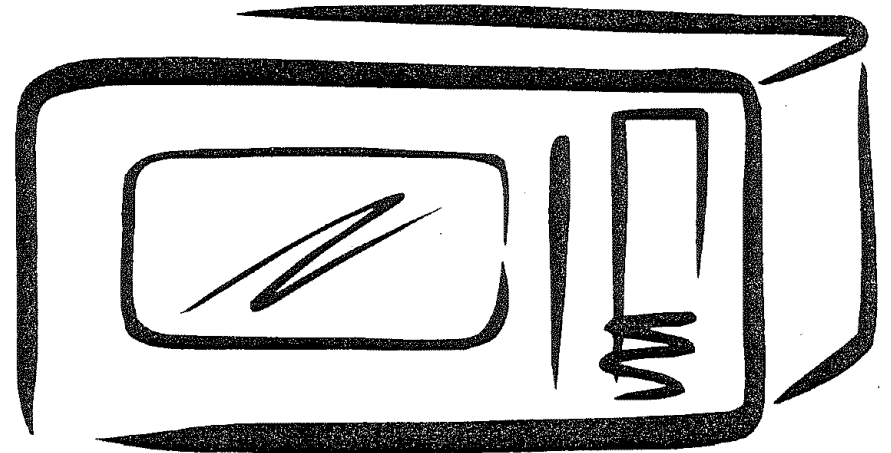




**Countertop
Microwave Oven
Use & Care Guide**

Models 565.60582, 60584, 60586, 60589



DP16579

Sears, Roebuck and Co.,
Hoffman Estates, IL 60179 U.S.A

www.sears.com

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.

SPECIFICATIONS

Model:	565. 60582/ 565. 60584/ 565. 69586/ 565. 60589
Power Source:	AC 120V, 60 Hz
Power Consumption:	1580W, 13.6 Amps
Maximum Output:	1100W*
Oven Capacity:	2.0 cu. ft.
Turntable Diameter:	12- ⁵ / ₈ "
Dimensions: (w x h x d)	23- ⁷ / ₁₆ " x 14- ¹ / ₄ " x 18- ¹ / ₈ "
Weight: Approx.	43 lbs.

*According to IEC-705 test procedure.
Specifications subject to change without notice.

FOR YOUR ASSISTANCE...

To make a request for service, information or replacement of parts, Sears will require the complete **Model number** and **Serial number** of your oven. Copy your Model and Serial numbers.

Model No.

(Located on the inner left side of control panel)

Serial No.

(Located on the inner left side of control panel)

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WARRANTY

KENMORE ELITE™ MICROWAVE OVEN

FULL ONE YEAR WARRANTY

For one year from the date of purchase, if this Kenmore Elite™ Microwave Oven fails due to a defect in material or workmanship, Sears will repair it, free of charge.

KENMORE ELITE™ MAGNETRON

FULL FIVE YEAR WARRANTY

For five years from the date of purchase, if the magnetron in this Kenmore Elite™ Microwave Oven fails due to a defect in material or workmanship, Sears will repair it, free of charge.

The above warranty coverage applies only to microwave ovens which are used for private household purposes.

Warranty service is available by simply **CONTACTING THE NEAREST SEARS STORE OR SERVICE CENTER** in the United States.

This Warranty applies only while this product is in use in the United States.

The Warranty give you specific legal rights, and you may also have other rights which vary from state to state.

**SEARS, ROEBUCK AND CO.,
D/817 WA,
HOFFMAN ESTATES, IL. 60179**

For Service Call:
1 - 800 - 4 - REPAIR
1 - 800 - 473 - 7247

PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- **The turntable and turntable roller rest** must be in the oven during cooking. See page 8.
- **Place** the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- **Incorrect use** of browning dish may cause the turntable to break. See page 7.
- **When** using the popcorn feature of this microwave oven, use only the bag sizes specified in this Manual.
- **The oven** has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
- **Do not** operate the microwave oven when empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
- **Do not** cook bacon directly on the turntable. Excessive local heating of the turntable may cause it to break.
- **Do not** heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause physical injury.
- **Do not** heat narrow-necked containers, such as syrup bottles.
- **Do not** attempt to deep-fry in your microwave oven.
- **Do not** do home canning in this microwave oven as it is impossible to be sure all contents of the jar have reached boiling temperature.
- **Do not** use this microwave oven for commercial purposes. This microwave oven is made for household use only.
- To prevent delayed eruptive boiling of hot liquids and beverages or scalding, stir liquid before placing the container in the oven and again halfway through cooking time. Let stand in the oven for a short time and stir again before removing the container.

IMPORTANT SAFETY INSTRUCTIONS

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:

- **Read** all instructions before use.
 - **Read and follow** the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
 - As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
- If a fire should start:**
- Keep the oven door closed
 - Turn the oven off, and
 - Disconnect the power cord or shut off power at the fuse or circuit breaker panel.
- Keep in mind the following rules at all times:**
- a) **Do not** overcook foods. Carefully attend the appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b) **Do not** use the cavity for storage purposes. Do not store combustible items such as bread, cookies, paper products, etc. inside the oven. If lightning strikes the power line, the oven may turn on by itself.
 - c) Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven.
- **This oven** must be grounded. Connect only to properly grounded outlet. See page 6.
 - **Some products** such as whole eggs, water with oil or fat, sealed containers and closed glass jars may explode and therefore should not be heated in this oven.
 - **Install or locate** this oven only in accordance with the provided installation instructions.
 - Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
 - As with any appliance, close supervision is necessary when used by children.
 - **Do not** operate this oven if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
 - **This appliance should be serviced only by qualified service technicians.** Contact the nearest authorized service facility for examination, repair or adjustment.
 - **Do not** cover or block any vents on the oven.
 - **Do not** store or use this appliance outdoors.
 - **Do not** use this oven near water, near a kitchen sink, in a wet basement or near a swimming pool, and the like.
 - **Do not** immerse cord or plug in water.
 - **Keep** cord away from heated surfaces.
 - **Do not** let cord hang over edge of table or counter.
 - **When cleaning** surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth. See page 30.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

⚠ DANGER

Electric Shock Hazard

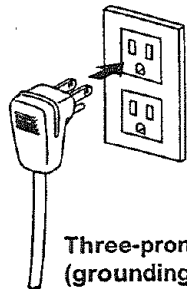
- Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

⚠ WARNING

Electric Shock Hazard

- Improper use of the grounding can result in a risk of electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

Properly polarized and grounded outlet



Three-pronged (grounding) plug

UTENSILS

⚠ CAUTION

Personal Injury Hazard

- Tightly-closed utensils could explode. Closed containers are opened and plastic pouches pierced before cooking.

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 cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. 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.

- A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- Longer cord sets or extension cords are available and may be used if care is exercised in their use.
- If a long cord or extension cord is used: 1) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance. 2) The extension cord must be a grounding-type 3-wire cord, and 3) The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

See following page for further instructions "Materials you can use in microwave oven or to be avoided in microwave oven."

Utensil Test:

1. Fill a microwave-safe container with 1 cup of cold water (250 mL) along with the utensil in question.
2. Cook on **maximum** power (P100) for 1 minute.
3. Carefully feel the utensil.

If the empty utensil is warm,
Do not use them for Microwave Cooking.
Do not exceed 1 minute testing time.

CAUTION:

1. Do not use plastic containers for testing.
2. Some containers and dishware may be warm (or hot) in only one area. **Do not use a container that becomes warm anywhere.**

Materials you can use in microwave oven

Utensils	Remarks
Aluminum foil	Shielding only. Small smooth pieces can be used to cover thin parts of meat or poultry to prevent overcooking. Arcing can occur if foil is too close to oven walls. The foil should be at least 1 inch away from oven walls.
Browning dish	Follow manufacturer's instructions. The bottom of browning dish must be at least $\frac{3}{16}$ inch above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Use as a cover to prevent spattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe" Some plastic containers soften as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent spattering and to retain moisture.

Materials to be avoided in microwave oven

Utensils	Remarks
Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam cups	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

NAMES OF OVEN PARTS AND ACCESSORIES

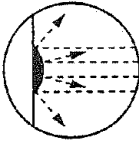
Remove the oven and all materials from the carton.

Your oven comes with the following accessories:

Turntable/ Turntable roller rest/ Use and Care Guide

Windmill™ plus Super EvenWave® System

The Windmill™ fan is a unique Kenmore microwave stirrer system that is visible on the right wall of the oven cavity. It mixes and redistributes the microwave energy in every direction within the oven. The microwaves then bounce off the specially arranged embossments on the interior walls in such a way that the energy is evenly distributed throughout the oven. The result for you is more even cooking, reheating, and defrosting than you have ever experienced before in a microwave oven.



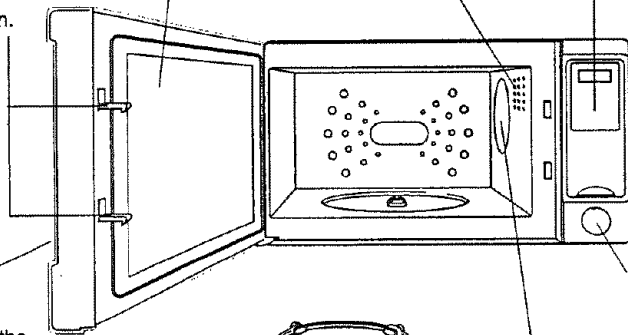
Safety interlock system

Shuts off oven power if door is opened during operation.

Door

Interior light

Control panel



Door Handle

When you open the door during cooking process, the cooking stops but the program will not be canceled. Close door and push DIAL to resume cooking.



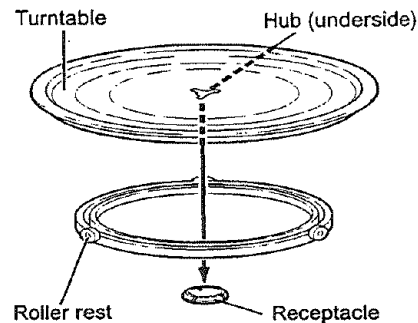
Windmill cover



TURNTABLE INSTALLATION

- Place the roller rest on the cavity bottom.
- Turntable hub should be securely locked in the receptacle. **Never place the turntable upside down.**
- The turntable rotation should never be restricted.
- Place the turntable on top of the roller rest as shown in the diagram.
- Both turntable and roller rest must always be used during cooking.
- All food and containers of food are always placed on this turntable for cooking.
- This turntable rotates clockwise or counterclockwise; this is normal.

CAUTION: The inside of the oven and turntable get very hot, so do not touch them immediately after use.



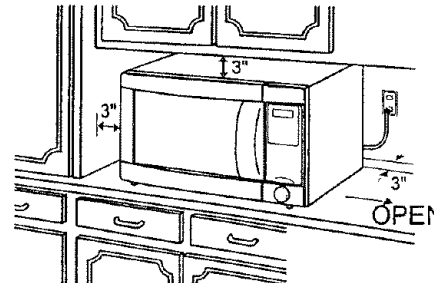
INSTALLATION

This oven is designed for Countertop or Built-in installation. Before you begin installation, you need to decide how you install your oven.

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

Countertop Installation

1. Select a level surface that provides enough open space for the intake and/or outlet vents.



A minimum clearance of 3 inches is required between the oven and any adjacent wall. One side must be open.

- Leave a minimum clearance of 3 inches above the oven.
 - Do not remove the legs from the bottom of the oven.
 - Blocking the intake and/or outlet openings can damage the oven.
2. Plug your oven into a standard 120-volt / 60-Hz household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.

WARNING: Do not install oven over a range cooktop or other heat-producing appliance. If installed near or over a heat source, the oven could be damaged and the warranty would be void.

Built-In Installation

It is necessary for you to purchase an Optional Kit for Built-in Installation. Contact the store where you purchased your oven for an optional Built-in Kit.

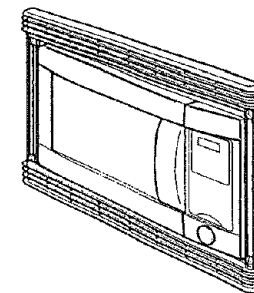
Model No.	Built-in Kit Stock No.
565. 60582 (White)	(27 inch) 20-69911/ 20-6911 (30 inch) 20-69913/ 20-6913
565. 60584 (Bisque)	(27 inch) 20-69914 (30 inch) 20-69916
565. 60586 (Graphite)	(27 inch) 20-69915 (30 inch) 20-69917
565. 60589 (Black)	(27 inch) 20-69910 (30 inch) 20-69912

- When installing in a Built-in situation, the oven requires an opening for installation.
(27 inch): 25"(w) x 17"(h) x 21"(d)
(30 inch): 28-1/2"(w) x 17"(h) x 21"(d)
- Do not remove the legs from the bottom of the oven.
- Blocking the intake and/or outlet openings can damage the oven.
- The trim must not interfere with adjacent appliance or cabinet surfaces. To prevent interference, leave the clearances listed below at the front of the microwave opening.
Left and Right sides: 1 inch
Top and Bottom sides: 2 inches

- Plug your oven into a standard 120-volt / 60-Hz household outlet. Be sure the electrical circuit is at least 15 amperes and that your microwave oven is the only appliance on the circuit.

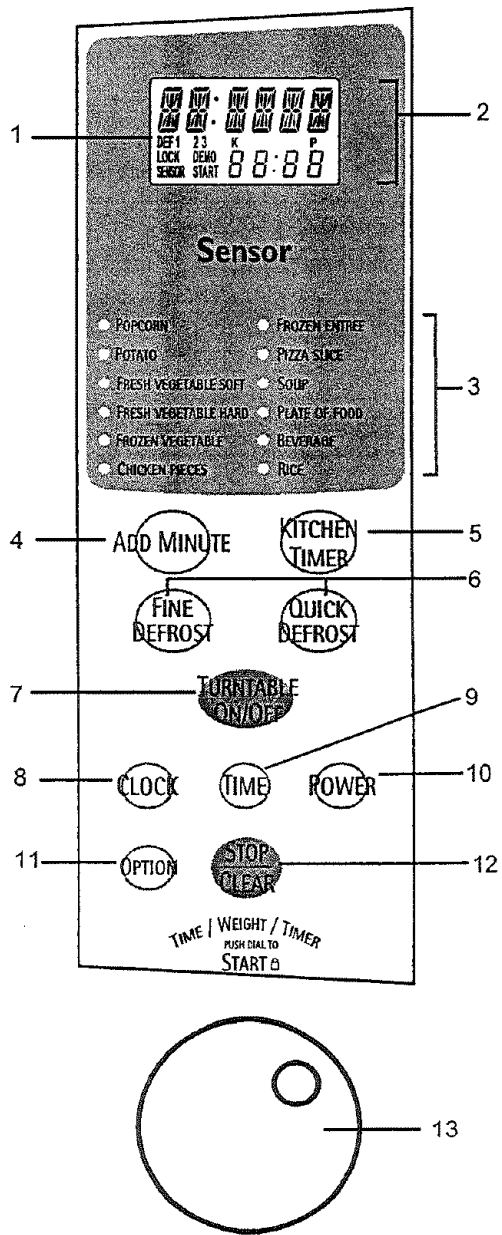
WARNING: If installing the microwave oven over an electric oven, it must only be installed over the following Kenmore Electric Ovens, Stock No.:
(27 inch) 47485, 47486, 47489, 47189
(30 inch) 41785, 41789, 41085, 41086, 41089.

If installed over any other than the listed Electric ovens, the microwave could be damaged and the warranty would be void.



OPERATION

CONTROL PANEL AND FEATURES



Beep Sound

A beep sounds when a keypad is pressed, to confirm your key entry.

CONTROL PANEL AND FEATURES (CONT.)

(1) Indicators

Indicators light or flash in the display window.

1/ 2/ 3: Indicate current cooking stage.

DEF: Lights during Auto Defrost.

LOCK: Lights to indicate the child lock feature is set.

DEMO: Lights to indicate the demo mode is set.

SENSOR: Flashes during Sensor cooking.

START: Flashes to prompt you to Push DIAL.

K: Flashes to prompt you to clear Timer setting while using Kitchen Timer and Cooking.

P: Flashes when you recall power level and/or change power level while cooking.

(2) Display Window

Upper line: Counts down cooking time in seconds. Shows clock time when oven is not in use. The Word prompt scrolls to guide you when setting the clock and at every operation stage.

Lower line: Shows power level when using Time cooking. Shows kitchen timer time.

(3) Sensor Indicator Lights (page 15)

POPCORN

POTATO

FRESH VEGETABLE SOFT

FRESH VEGETABLE HARD

FROZEN VEGETABLE

CHICKEN PIECES

FROZEN ENTREE

PIZZA SLICE

SOUP

PLATE OF FOOD

BEVERAGE

RICE

(4) **ADD MINUTE** (page 18)

(5) **KITCHEN TIMER** (page 13)

(6) **Auto Defrost by Weight** (page 16)
FINE DEFROST: Provides thorough defrosting results.

QUICK DEFROST: Provides faster defrosting when complete defrosting is less crucial. This defrost option is excellent for thawing items such as frozen ground meat for use in spaghetti sauce or for taco meat.

(7) **TURNTABLE ON/OFF** (page 18)

(8) **CLOCK** (page 12)

(9) **TIME** (page 13)

(10) **POWER** (page 13)

(11) **OPTION** (page 18)

Allows you to customize the following oven feature settings: clock on/off, beep sound on/off and language selection.

(12) **STOP/CLEAR**

Clears all previous setting if pressed before cooking starts. During cooking: touch once to stop oven; twice to stop and clear all entries.

To set and cancel demo mode feature.

(13) **DIAL**

Turn DIAL to set time, power or weight.






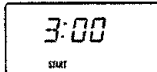

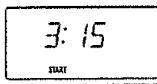

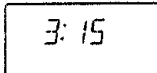
Push center of DIAL to start cooking.

To set and cancel child lock-out.

SETTING CLOCK

To set the correct time of day, follow the steps as below.

Example: To set 3:15:


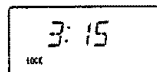
Step	Procedure	Keypad	Display
1	Touch CLOCK .		
2	Turn DIAL until 3: is indicated in the display.		
3	Push DIAL .		
4	Turn DIAL until 3:15 is indicated in the display.		
5	Push DIAL . The clock starts counting.		

- Note:**
- If the clock (or display) shows any abnormality, unplug the oven from the AC outlet. Plug it in again and then reset the clock.
 - When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to **0:00**.
 - This is a 12 hour clock.
 - You can use the oven without setting clock.
 - To check clock time during cooking, touch **CLOCK**. The clock time appears in the display.


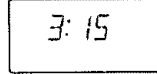
CHILD LOCK-OUT

The oven has a safety feature which prevents use by children. The feature locks the operation of the oven until canceled.

To set:

Step	Procedure	Keypad	Display
1	Push DIAL . and hold for 4 seconds. LOCK appears in the display.		

To cancel:

Step	Procedure	Keypad	Display
1	Push DIAL . and hold for 4 seconds. LOCK disappears from the display.		


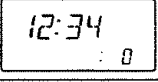

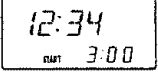

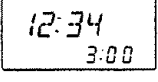
Demo mode setting: Touch **STOP/CLEAR** and hold for 4 seconds. DEMO appears in the display. Microwave energy will not be produced during demo mode.

To cancel Demo mode, touch **STOP/CLEAR** and hold for 4 seconds. DEMO disappears from the display.

KITCHEN TIMER

You can use the Kitchen Timer function independently, even while a cooking program is going on in the oven.

Example: To set timer for 3 minutes:

Step	Procedure	Keypad	Display												
1	Touch KITCHEN TIMER .														
2	Turn DIAL until 3:00 is indicated in the display. (up to 9 hours) The time increments are as follows: <table border="1" data-bbox="1186 430 1480 592"> <thead> <tr> <th>Time</th> <th>Increment</th> </tr> </thead> <tbody> <tr> <td>0-5 min.</td> <td>10 sec.</td> </tr> <tr> <td>5-10 min.</td> <td>30 sec.</td> </tr> <tr> <td>10-30 min.</td> <td>1 min.</td> </tr> <tr> <td>30 min.- 1 hour</td> <td>5 min.</td> </tr> <tr> <td>1 hour-9 hour</td> <td>15 min.</td> </tr> </tbody> </table>	Time	Increment	0-5 min.	10 sec.	5-10 min.	30 sec.	10-30 min.	1 min.	30 min.- 1 hour	5 min.	1 hour-9 hour	15 min.		
Time	Increment														
0-5 min.	10 sec.														
5-10 min.	30 sec.														
10-30 min.	1 min.														
30 min.- 1 hour	5 min.														
1 hour-9 hour	15 min.														
3	Push DIAL . The timer starts counting and beeps sound for 7 seconds at the end.														

- Note:**
- To clear a Kitchen Timer setting, touch **STOP/CLEAR**. If you are using both Kitchen Timer and cooking, touch **KITCHEN TIMER**. Indicator **K** flashes in the display for 5 seconds. Touch **STOP/CLEAR** while the **K** flashes. The Kitchen Timer will stop but the oven continues cooking to the end.
 - To stop beeps of Kitchen Timer, touch **KITCHEN TIMER**.
 - Kitchen Timer will not beep if the oven beeps at the same time to indicate another oven operation (the end of a cooking, for example).
 - If you do not enter a timer time for 10 seconds after step 1, the setting is cleared with a beep.
 - If a cooking cycle completes while you are setting the Kitchen Timer, all settings are cleared. Restart from step 1.
 - If no key is touched for 5 seconds after the last key entry at step 2 above, the timer automatically starts.

TIME COOKING

This basic microwave cooking method allows you to cook food for a desired time. In addition to the **P100** (maximum) power level, you can select different microwave power from 11 levels, **P 0** to **P100** (0-100% of total power level).

Manual Defrosting (Without using Auto Defrost feature):

Use power level **P 30**. To speed up the defrosting of dense foods over 1 lb (450 g), you may start on **P100 for 2 minutes**, then reduce to the level **P 30**.


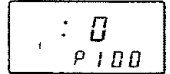

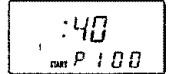

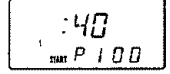

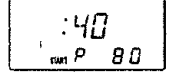

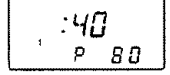
Delay Start Cooking:

Use power level **P 0** for the first stage of multistage cooking. You can delay cooking start time by up to 90 minutes.

Multistage Cooking

You can program up to 3 stages of cooking in sequence. Each stage can be programmed with a different power and time setting. To program 2-stage or 3-stage cooking, repeat the Time Cooking steps 1 to 4 and push **DIAL**. The oven automatically proceeds to the end of cooking.

Example: To cook at power level P 80 for 40 seconds:

Step	Procedure	Keypad	Display										
1	Touch TIME .												
2	Turn DIAL until :40 is indicated in the display. The time increments are as follows: <table border="1" data-bbox="126 324 430 462"> <thead> <tr> <th>Time</th> <th>Increment</th> </tr> </thead> <tbody> <tr> <td>0-5 min.</td> <td>10 sec.</td> </tr> <tr> <td>5-10 min.</td> <td>30 sec.</td> </tr> <tr> <td>10-30 min.</td> <td>1 min.</td> </tr> <tr> <td>30 min.- 90 min.</td> <td>5 min.</td> </tr> </tbody> </table>	Time	Increment	0-5 min.	10 sec.	5-10 min.	30 sec.	10-30 min.	1 min.	30 min.- 90 min.	5 min.		
Time	Increment												
0-5 min.	10 sec.												
5-10 min.	30 sec.												
10-30 min.	1 min.												
30 min.- 90 min.	5 min.												
3	Touch POWER . P100 appears in the display.												
4	Turn DIAL until P 80 is indicated in the display.												
5	Push DIAL .												

- Note:**
- Cooking time can be set up to 90 minutes.
 - When you cook on **P100** power, skip step 3 and 4 or use **ADD MINUTE** feature on page 18. This feature provides quick access to start cooking without pushing **DIAL**.
 - Foods with high moisture content should be cooked on **P100** power.
 - To check the power level while Kitchen Timer is operating, touch **POWER**.
 - To change power level during cooking, touch **POWER**. Indicator **P** flashes in the display. Turn **DIAL** until your desired power appears while indicator **P** flashes.


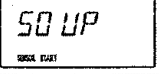

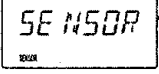
POWER LEVEL SETTING GUIDE

P100 • Cooking poultry, vegetables, and most casseroles. Boiling water. • Preheating a browning dish.	P 50 • Cooking custards and pasta. • Cooking rump roast, ham, veal, lamb.
P 90 • Reheating rice and pasta.	P 40 • Cooking less tender cuts of meat in liquid or slow-cooking dishes. • Completing the cooking cycle of less tender roasts.
P 80 • Reheating precooked or prepared food quickly. • Cooking fish.	P 30 • Completing the cooking cycle of casseroles, stews, sauces. • Manual defrosting.
P 70 • Cooking cheese dishes.	P 20 • Softening chocolate. • Clarifying butter. • Heating breads, rolls, pancakes, tacos, tortillas, French toast.
P 60 • Cooking scrambled eggs. • Baking cakes.	P 10 • Softening cream cheese, butter. • Keeping casseroles warm.

SENSOR COOKING

Sensor Cooking menu allow you to reheat or cook food automatically. This feature provides accurate and fast microwaving for a variety of popular foods.

Example: To reheat soup:

Step	Procedure	Keypad	Display
1	Turn DIAL until SOUP appears in the display.		
2	Push DIAL . After oven sensor measures the amount of steam present, cooking time appears, and then the time counts down in the display. DO NOT OPEN THE DOOR UNTIL THE TIME COUNTS DOWN IN THE DISPLAY.		

Sensor Cooking Menus:

COOK category	REHEAT category
POPCORN	FROZEN ENTREE
POTATO	PIZZA SLICE
FRESH VEGETABLE SOFT	SOUP
FRESH VEGETABLE HARD	PLATE OF FOOD
FROZEN VEGETABLE	BEVERAGE
CHICKEN PIECES	-
RICE	-

Note: • Error messages

ERROR 1: The door is opened before the oven has measured the amount of steam in the oven and before time countdown starts. Press **STOP/CLEAR** and use Time cooking to finish. (Partially-cooked foods are no longer suitable for Auto Sensor Cooking.)

ERROR 2: Auto Sensor Cooking was attempted within 5 minutes after plugging in the oven. Press **STOP/CLEAR** and wait for 5 minutes before using the Auto Sensor Cooking feature.

- **About halfway through the cooking process, five beeps sound to remind you to stir or rearrange the food.** If you do not open the door at the reminder, the oven continues to complete cooking.
- If no key is touched for 1 minute after at step 1 above, the selected menu automatically canceled.

MORE/LESS TIME ADJUSTMENTS

Proper food doneness varies with each individual. After a few sensor cooking trials, you will learn which setting produces the best results for you.

By using this pad, you can adjust cooking time for a longer or shorter time.

Touch **POWER** keypad after you have chosen the sensor cooking menu, but before starting the cooking cycle.

- Touch keypad once: **MORE** cooking (longer cooking time: 5 - 20%)
- Touch keypad twice: **LESS** cooking (shorter cooking time: 5 - 20%)
- The oven automatically sets to medium doneness if no selection is made.

Note: Time depends on each food.




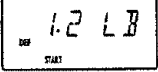

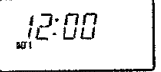
AUTOMATIC DEFROST BY WEIGHT

The best defrosting time and power levels are automatically determined depending on the food weight you enter. The feature provides two options:

FINE DEFROST: Use for thorough defrosting of frozen foods, when it is important to have the center section defrosted as well as the outside. Examples for recommended use are: whole chicken, roasts and steak.

QUICK DEFROST: Use to assist separation of frozen pieces of chicken or fish that need preparation prior to cooking. Also, this defrost option is excellent for thawing items such as frozen ground meat for use in spaghetti sauce or for taco meat.

Example: To thoroughly defrost 1.2 lb of chicken pieces:

Step	Procedure	Keypad	Display																								
1	Touch FINE DEFROST.																										
2	Turn DIAL until 1.2 LB is indicated in the display. Weight must be programmed in pounds and tenth of a pound. The weight increments are as follows: <table border="1" data-bbox="142 662 436 750"> <thead> <tr> <th>Weight</th> <th>Increment</th> </tr> </thead> <tbody> <tr> <td>0.1 - 5.9 lb (0.1 - 2.9 kg)</td> <td>0.1 lb (0.1 kg)</td> </tr> </tbody> </table> Conversion Chart Convert oz. into tenths of a lb. e.g. 1 lb. 4 oz., program, 1.2 lbs. <table border="1" data-bbox="142 863 436 1166"> <thead> <tr> <th>Ounces</th> <th>Tenths of a Pound</th> </tr> </thead> <tbody> <tr><td>1 - 2</td><td>0.1</td></tr> <tr><td>3 - 4</td><td>0.2</td></tr> <tr><td>5</td><td>0.3</td></tr> <tr><td>6 - 7</td><td>0.4</td></tr> <tr><td>8</td><td>0.5</td></tr> <tr><td>9 - 10</td><td>0.6</td></tr> <tr><td>11 - 12</td><td>0.7</td></tr> <tr><td>13</td><td>0.8</td></tr> <tr><td>14 - 15</td><td>0.9</td></tr> </tbody> </table>	Weight	Increment	0.1 - 5.9 lb (0.1 - 2.9 kg)	0.1 lb (0.1 kg)	Ounces	Tenths of a Pound	1 - 2	0.1	3 - 4	0.2	5	0.3	6 - 7	0.4	8	0.5	9 - 10	0.6	11 - 12	0.7	13	0.8	14 - 15	0.9		
Weight	Increment																										
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3 - 4	0.2																										
5	0.3																										
6 - 7	0.4																										
8	0.5																										
9 - 10	0.6																										
11 - 12	0.7																										
13	0.8																										
14 - 15	0.9																										
3	Push DIAL. Total defrost time appears in the display.																										

Defrosting Techniques:

- Remove food from wrapper to prevent holding steam and juice and place in a microwave-safe baking dish or a roasting rack to catch drippings.
- Cover thin parts with aluminum foil to prevent overdefrosting.
- Because some foods will still be icy in the center, it is necessary to have a standing time after defrosting the food in the oven. Food should be taken out of the oven to complete defrosting. A longer standing time might be required for denser foods such as roasts.

- Note:**
- Weight can be entered up to 5.9 lbs.
 - **Beep tone sounds 5 seconds during the defrosting cycle to signal that food should be rearranged to improve defrosting performance.** Open the door and rearrange the food. The oven continues the defrosting cycle to the end if you do not open the door.
 - Food can be defrosted in a styrofoam package.

DEFROSTING CHART



It is necessary to have standing time after defrosting food in the oven to complete defrosting. Following are standing time for each food for your reference.

Item	During Defrosting	Standing time
Beef		
Ground beef	Turn over. Remove defrosted portion.	5 - 10 min.
Liver	Drain liquid. Separate pieces.	10 - 15 min.
Roasts	Turn over. Cover ends with foil.	20 - 40 min.
Sirloin steak	Turn over.	5 - 10 min.
Rib or T-bone	Turn over.	10 - 20 min.
Flank steak	Turn over.	5 - 10 min.
Stewing meat	Break apart.	5 - 10 min.
Pork		
Ground pork	Turn over. Remove defrosted portion.	5 - 10 min.
Bacon	Defrost in original wrapper. Turn over.	3 - 5 min.
Chops	Separate and turn over.	5 - 10 min.
Ribs	Turn over.	10 - 20 min.
Roasts	Turn over. Cover ends with foil.	20 - 40 min.
Lamb		
Ground lamb	Turn over. Remove defrosted portion.	5 - 10 min.
Chops	Separate. Turn over.	5 - 10 min.
Ribs	Turn over.	10 - 20 min.
Roasts	Turn over. Cover end with foil.	20 - 40 min.
Poultry		
Chicken, whole	Turn over. Cover ends with foil. Rinse under cold water after defrosting.	15 - 30 min.
Pieces	Separate. Turn over.	10 - 15 min.
Cornish hens	Turn over. Cover ends with foil. Rinse under cold water after defrosting.	15 - 30 min.
Fish and Seafood		
Crabmeat, Shrimp	Break apart.	5 - 10 min.
Fish fillets	Turn over. Rearrange. Rinse under cold water to separate after defrosting.	5 - 10 min.
Fish whole	Turn over. Cover head and tail with foil.	5 - 10 min.
Steaks	Turn over.	5 - 10 min.
Scallops	Break apart. Remove defrosted seafood.	5 - 10 min.

ADD MINUTE

This feature allows you to cook at maximum power level for 1 minute without pushing the **DIAL** to start cooking. You can also extend the cooking time up to 90 minutes by repeatedly pushing this keypad during Time Cooking.

Example: To set **ADD MINUTE** for 2 minutes:

Step	Procedure	Keypad	Display
1	Touch ADD MINUTE twice. The oven automatically start and cooking time count down in the display.		

Note: This feature cannot be used during Sensor Cooking or Auto Defrost by weight cycle.

TURNTABLE SETTING

The Turntable plays an important part in even heat distribution in your microwave oven. The Turntable, however, may be turned off to accommodate large dishes. Press **TURNTABLE ON/OFF** once to set Turntable off. The oven automatically proceeds to Time cooking process (see page 13). If you do not set Time cooking for 1 minute after touching **TURNTABLE ON/OFF**, the Time cooking display will be cleared.

- Touch keypad once: **TURNTABLE OFF**. (Turntable will not rotate during cooking.


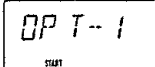

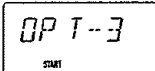


Do not remove the turntable and roller rest.)

- Note:**
- Even if you change turntable setting to off mode, your turntable will turn back ON when cooking is over.
 - Each time you press **TURNTABLE ON/OFF**, the setting will change either ON or OFF.
 - You can not change the turntable setting when using Auto functions.
 - It is better to keep Turntable on for optimum results.
 - When your turntable is selected to off mode, rotate or rearrange the dish halfway through cooking for best results.

OPTIONAL SETTINGS

The **OPTION** key allows you to customize the following oven feature settings as shown below:

Example: To select Spanish for Interactive display:

Step	Procedure	Keypad	Display
1	Press the OPTION .		
2	Turn DIAL until language selection message appears in the display.		
3	Push DIAL twice to select Spanish.		

Optional Features:

Features	Push DIAL after selection
Clock on/off The clock display can be turned off and back on.	once-ON twice-OFF
Beep sound on/off The beep sound may be turned off and back on.	once-ON twice-OFF
Language selection You can select from English or Spanish for display.	once-ENGLISH twice-ESPAÑOL

NOTE: When first plugged in, the oven will automatically display English in the Interactive display.

COOKING TECHNIQUES

Advantages of microwave cooking are speed and efficiency. For warming, heating, and defrosting, nothing really compares. There are a few tips that will make microwaving easier and more enjoyable.

Microwave Cooking Principles

Because microwave cooking requires only one-quarter to one-third the time of conventional cooking, the same cooking principles become even more important.

Quantity

The more food being cooked, the longer you will have to cook it. As a general rule, when doubling a recipe, increase the cooking time by about 50 percent. When cutting a recipe in half, reduce the time by about 40 percent.

Density

Dense foods, such as potatoes, roasts and carrots, absorb microwave energy less quickly than porous foods such as ground beef or mashed potatoes. Therefore, denser foods take longer to cook.

Shape and Size

Small pieces cook faster than large ones. For even cooking, it is important to have all the pieces the same size. Evenly shaped pieces, round or doughnut shaped, microwave best. When cooking items of varying thickness, arrange the thick portion near the outer edge of the dish.

Moisture, Sugar and Fat

Food high in moisture, sugar or fat cook faster than foods that are low in these substances. Add a minimum of liquid to moist foods. An excess amount of water slows cooking.

Starting Temperature

Frozen or refrigerated foods take longer to microwave than food at room temperature.

Delicate Ingredients

Some foods require special attention when cooked in the microwave oven. Delicate foods such as eggs, cheese, mayonnaise, etc. cook so quickly, they should be watched carefully.

Microwave Cooking Techniques

Arranging: Arrange foods in a circular pattern, when possible.

Piercing: Pierce the membrane of foods such as eggs, oysters, snails, sausages, livers, clams and whole vegetables, so they do not burst.

Covering: Covering speeds heating and prevents spattering.

Stirring: To help food cook more quickly and evenly.

Turning Over: To help larger foods such as roasts or whole chickens cook more evenly.

Reheating: Place food that is denser/larger/thicker to the outer edge and the smaller/thinner or more porous food to the center.

Shielding: To prevent overcooking, thin or bony areas can be protected with small strips of aluminum foil.

Standing Time: Foods continue cooking even after removal from the oven. Standing time is necessary to allow foods to complete cooking.

Converting Recipes

Microwave recipes will likely call for less liquid and cooking time.

Safety Food Temperatures

For your safety, following temperature is recommended to avoid potential food poisoning problems.

160°F (71°C): Meat, Fish, Eggs

165°F (74°C): Reheating foods

170°F (77°C): Poultry (White Meat)

180°F (82°C): Poultry (Dark Meat)

SENSOR COOKING

General Sensor Cooking Tips:

- For Foods not listed in the Sensor Reheating/Cooking Guide, use Time cooking.
- After **DIAL** is pressed, **do not open the door while the words SENSOR COOKING scrolls across the display**. During this time, the oven is measuring the amount of steam generated from the food during the heating process. The oven then determines the heating or cooking time for the food.
- Room temperature should be below 95 °F (35 °C).
- Keep the inside of oven, the turntable and the outside of cooking containers dry. Wipe off all spillovers. Excessive humidity in the oven may result in an incorrect cooking time.
- Always cover food completely (but not too tightly) with wax paper, plastic wrap or casserole lids. Loose-fitting covers may cause the oven to miscalculate time. Never use tightly sealed plastic containers such as those with plastic snap closing lids.

Sensor Reheating Tips:

FROZEN ENTREE

PLATE OF FOOD

- Auto Sensor Reheat is best used for 1 - 2 servings.
- Very dense foods (e.g. frozen lasagna) should be allowed to stand covered after reheating.

- The following foods are not recommended: Boil-in-the-bag entrees or vegetables, raw or uncooked food, food that must be reheated uncovered, foods needing a dry look or crisp surface after reheating, frozen cheesecake, dried foods, bread or pastry, beverages.
- Do not reheat in foil containers.
- When reheating delicate sauces/dips that contain sour cream, eggs or cream cheese, use Time cooking on power level P30.

SOUP

- When reheating canned soups, remove from can. Add milk or water as directed on can. Place in a microwave-safe bowl or dish.
- Liquid must be room or refrigeration temperature.

BEVERAGE

- Liquid must be room or refrigeration temperature.

SENSOR COOKING (CONT.)

Reheating Guide

Item/Amount	Menu Course	Special Notes	
Casserole/ Entree Lasagna Macaroni and Cheese 6 oz. - 20 oz.	FROZEN ENTREE	Cover with plastic wrap or casserole lid. Stir after reheating. Foods that cannot be stirred (ex. lasagna) should be allowed to stand covered for a few minutes after reheating.	
Plate of food Pasta in sauce Meatloaf dinner Turkey dinner 6 oz.- 20 oz.		PLATE OF FOOD	Arrange less dense foods in the center of plate. Cover with plastic wrap. Allow to stand, covered for a few minutes after reheating. When reheating frozen plate of food, use LESS time adjustment for best results.
Fried chicken 2 - 4 pieces			Cover with wax paper.
Pizza Slice 1-6 slices 1 slice (3 oz.)	PIZZA SLICE	Pizza should not be frozen. Place precooked pizza on a paper towel or paper plate. No cover. Place pizza points toward the center. CAUTION: Be careful when eating pizza heated in the microwave. The pizza surface and sauce can be very hot.	
Soup 1-3 servings 1 serving (8 oz.)	SOUP	Cover soups with plastic wrap before heating. Stir soups after heating. When reheating cream type and thick soup, use MORE time adjustment for best results. Use microwave-safe bowl or dish.	
Beverage Coffee, Tea 1 cup (8 oz.)	BEVERAGE	No cover. Stir beverages after heating. When reheating 2 or 3 cups of beverage, use MORE time adjustment.	

Cooking guide

Item/Amount	Menu Course	Special Notes
Popcorn 1.75 oz. - 3.5 oz.	POPCORN	Follow package directions. 1) Bag should be at room temperature. 2) Do not use this feature, if popcorn bag size is other than 1.75 oz. - 3.5 oz. CAUTION: 1) After popping, open bag carefully. Popcorn and steam are extremely hot. 2) Do not reheat unpopped kernels or reuse bag. Overcooking can result in an oven fire. 3) Never use a brown paper bag for popping corn.
White potatoes Baking potatoes Sweet potatoes Whole: 1 - 6 potatoes 6 - 8 oz. each.	POTATO	Wash, scrub and pierce several places with fork. Place on paper towels. Arrange potatoes in circle and avoid placing potatoes in the center of the turntable. Turn potatoes over after cooking time appears in the display window, if necessary. Allow 5 - 10 minutes standing time.

Item/Amount	Menu Course	Special Notes																									
Asparagus, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Mushrooms, Onion, Spinach, Zucchini 4 oz. - 2 lbs	FRESH VEGETABLE SOFT	Wash. Prepare and cut into slices, cubes, wedges, or julienne strips for fresh vegetables. The best container for cooking vegetables is a 1/2 to 2 quart microwave-safe casserole. Add 1 - 4 tbs. water and cover with plastic wrap or casserole lid. Stir vegetables once after pause prompt scroll across the display. Let stand for 3 - 5 minutes before serving.																									
Carrots, Green beans, Potato, Squash 4 oz. - 2 lbs	FRESH VEGETABLE HARD																										
Beans, Broccoli, Carrots, Corn, Cauliflower, Peas, Spinach, or a mixture of these. 4 oz. - 2 lbs	FROZEN VEGETABLE																										
Chicken breast Chicken legs 1 piece (6 - 8 oz.) 6 oz. - 2 lbs.	CHICKEN PIECES	Chicken should be completely thawed before cooking. Arrange pieces skin side down in microwave-safe pie plate. If desired, brush chicken with lemon juice, or barbecue sauce, or honey-soy glaze, etc. Cover lightly with plastic wrap. Turn and rearrange once after pause prompt scroll across the display. Let stand for 3 to 5 minutes after cooking.																									
Long-grain white rice 1 - 4 servings (1/2 - 2 cups rice)	RICE	Cook with water and salt in a microwave-safe casserole. Cover with casserole lid. Use microwave-safe casserole. Chicken broth may be substituted for the water and salt.																									
		<table border="1"> <thead> <tr> <th></th> <th>Rice</th> <th>Water</th> <th>Salt</th> <th>Container Size</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1/2 cup</td> <td>1 cup (250 mL)</td> <td>1/4 tsp. (1 mL)</td> <td>1 1/2 quart</td> </tr> <tr> <td>2</td> <td>1 cup</td> <td>1 3/4 cup (425 mL)</td> <td>1/2 tsp. (2 mL)</td> <td>2 quart</td> </tr> <tr> <td>3</td> <td>1 1/2 cups</td> <td>2 1/2 cups (625 mL)</td> <td>3/4 tsp. (4 mL)</td> <td>3 quart</td> </tr> <tr> <td>4</td> <td>2 cups</td> <td>3 1/2 cups (875 mL)</td> <td>1 tsp. (5 mL)</td> <td>3 quart</td> </tr> </tbody> </table>		Rice	Water	Salt	Container Size	1	1/2 cup	1 cup (250 mL)	1/4 tsp. (1 mL)	1 1/2 quart	2	1 cup	1 3/4 cup (425 mL)	1/2 tsp. (2 mL)	2 quart	3	1 1/2 cups	2 1/2 cups (625 mL)	3/4 tsp. (4 mL)	3 quart	4	2 cups	3 1/2 cups (875 mL)	1 tsp. (5 mL)	3 quart
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3	1 1/2 cups	2 1/2 cups (625 mL)	3/4 tsp. (4 mL)	3 quart																							
4	2 cups	3 1/2 cups (875 mL)	1 tsp. (5 mL)	3 quart																							

FRESH VEGETABLE SOFT RECIPE

Asparagus with Orange-Balsamic Vinaigrette

Cooking Time: About 5 - 8 minutes

- 1 lb asparagus, washed and trimmed
- 2 tbsp (30 mL) water
- 2 tsp (10 mL) finely grated orange peel
- 1/4 cup (50 mL) orange juice
- 2 tbsp (30 mL) olive oil or vegetable oil
- 1 tbsp (15 mL) balsamic or red wine vinegar
- 1/2 tsp (2 mL) Dijon mustard
- Salt and pepper to taste
- 4 servings

Trim asparagus so that stems will lie flat in microwave-safe dish. Add water. Cover with dish lid or plastic wrap. Place in oven. Cook on **FRESH VEGETABLE SOFT**. Rearrange once after pause prompt appears across the display. When done, drain, cover and set aside. Meanwhile, combine orange peel, orange juice, oil, vinegar and mustard in a non-metallic dish. Pour over asparagus and toss lightly to coat asparagus. Cover, and cook on P100, 1 to 1 1/2 minutes or until heated through.

FRESH VEGETABLE HARD RECIPE

Carrot and Basil Bake

Cooking Time: About 6 - 8 minutes

- 1 lb carrots, peeled and shredded
- 1 small onion, minced
- 2 tbsp (30 mL) butter or margarine
- 2 tbsp (30 mL) water
- 1 tsp (5 mL) parsley flakes
- 1/2 tsp (2 mL) basil
- 1/2 tsp (2 mL) salt
- 6 servings

Combine all ingredients in 2 quart microwave-safe casserole. Cover with casserole lid. Place in oven. Cook on **FRESH VEGETABLE HARD**. Stir once after pause prompt appears across the display. Let stand for 3 minutes before serving.

FROZEN VEGETABLE RECIPE

Cheesy Broccoli for Two

Cooking Time: About 5 - 7 minutes

- 1 package (10 oz - 280 g) frozen broccoli spears
- 2 tbsp. (30 mL) water
- 1/4 cup (1 oz - 30 g) shredded Monterey jack cheese
- 2 servings

Place broccoli and water in shallow microwave-safe dish. Cover with plastic wrap. Place in oven. Cook on **FROZEN VEGETABLE**. Stir once after pause prompt scroll across the display. Sprinkle cheese over broccoli. Cook, uncovered, on P100, 1/2 - 1 minute.

CHICKEN PIECES RECIPE

Chicken Breasts with Lemon, Soy and Ginger

Cooking Time: About 6 - 8 minutes

- 2 skinless, boneless chicken breast halves (6 oz. each)
- 1/4 cup (50 mL) sliced onion
- 2 tbsp (30 mL) soy sauce
- 2 tsp (10 mL) lemon juice
- 2 tsp (10 mL) minced fresh ginger
- 1 garlic clove, minced
- 1/4 tsp (1 mL) pepper
- 2 servings

Put chicken in a small shallow baking dish. Scatter onion over chicken. Combine all remaining ingredients and pour over chicken. Cover with plastic wrap. Place in oven. Cook on **CHICKEN PIECES**. Turn over once after pause prompt appears across the display.

RICE RECIPES

Curried Rice

Cooking Time: About 21 - 25 minutes

- 2 tbsp (30 mL) butter or margarine
- 1/3 cup (75 mL) chopped onions
- 1/2 tsp (2 mL) garlic
- 1/4 tsp (1 mL) turmeric
- 1 tsp (5 mL) curry powder
- 1/4 - 1/2 tsp (1 - 2 mL) salt
- 1 cup (250 mL) long grain rice
- 1 3/4 cups (425 mL) chicken broth or bullion
- 1/4 cup (50 mL) raisins
- 4 - 6 servings

Melt butter in 2-quart microwave-safe casserole, on P100 about 30 seconds. Add onions, garlic, turmeric, curry powder and salt. Stir. Place in oven. Cook on P100, 30 seconds. Add rice, chicken stock and raisins. Stir. Cover with casserole lid. Place in oven. Cook on **RICE**.

Rice Pilaf

Cooking Time: About 23 - 27 minutes

- 2 tbsp (30 mL) butter or margarine
- 1/4 cup (50 mL) chopped celery
- 1/4 cup (50 mL) chopped onion
- 1 cup (250 mL) sliced mushrooms
- 1/4 tsp (1 mL) turmeric
- 1/4 - 1/2 tsp (1-2 mL) salt
- 1 cup (250 mL) long grain rice
- 1 3/4 cups (425 mL) chicken broth or bullion
- 4 - 6 servings

Melt butter in 2 quart microwave-safe casserole, on P100 about 30 seconds. Add celery, onions and mushrooms. Stir. Cover with casserole lid. Place in oven. Cook on P100, 2 to 3 minutes. Add the turmeric and salt. Stir. Add rice and chicken stock. Stir. Cover with casserole lid. Place in oven. Cook on **RICE**.

TIME COOKING - APPETIZERS

CONVERTING RECIPES

Most hot appetizers adapt well to microwave cooking, the exception being those wrapped in pastry. Pastry requires the hot environment of the conventional oven to become crisp.

- Toppings for canapés can be made ahead and then placed on bread or crackers just before heating. This guarantees crispness.
- Cover appetizers or dips only when called for by a recipe. Use casserole lids, wax paper, plastic wrap, or paper towel.
- Appetizers and dips that contain cheese, mayonnaise and other delicate ingredients are usually heated on power level P 10. A higher setting might cause separation or drying.

Reheating Guide - Convenience Appetizers

Item	Power	Cooking Time	Special Notes
Meat spread 4 oz	P 80	1 - 1½ min.	Transfer to small microwave-safe bowl.
Cocktail franks 4 servings	P 70	½ - 1½ min.	Place on paper towel. Cover with wax paper.
Dips, cream ½ cup (125 mL)	P 10	2 - 3 min.	Cover with wax paper.
Egg rolls 12 (6 oz)	P 70	1 - 2 min.	Place on paper towel or paper plate.
Mini Tacos 4 - 6 (6 oz)	P 50	1 - 2 min.	Place on paper towel or paper plate.

PREPARATION

- Use a microwave-safe dish, etc.
- Defrost Frozen foods completely.
- Wash poultry and fish in cool water.
- Arrange small items in a single layer in dish, avoid overlapping edges of food.
- Place thick sections toward edge of the dish.
- Use a rack in the dish to elevate meat out of the juices.
- Use spices, seasonings as desired.
- Add salt after cooking if necessary.
- Aluminum foils can be used to cover thin parts of meat or poultry wings and legs to prevent overcooking.
- Foils should be applied toward the end of cooking time.
- Place meat fat side down.

COOKING

- Use wax paper or plastic wrap to stop splattering.
- Turn over or rearrange meat, poultry and fish halfway through cooking time.

CHECKING DONENESS

Beef: The color inside meat indicates doneness. Rare roast should be red inside. Medium is pink and gray indicates well done.

Pork: Cooked pork meat should be gray with clear juice.

Poultry: Juices should be clear yellow when cooked. Legs should move freely.

Fish and Seafood: Should be opaque in color and flake easily.

To check internal temperature of various meats and poultry, use a microwave or conventional meat thermometer after removing meat from the oven. Insert the thermometer avoiding bone or fat. Lower temperatures are found in the center of the roast or in the muscle close to a large bone. **Never use a conventional meat thermometer in the microwave oven.**

Return undercooked food to oven for a short period of time at the recommended power level. Let stand as recommended in chart. Cover roasts and whole poultry during stand time.

Food	Power	Cooking Time	Stand Time	Special Notes	
Beef 4 oz each Hamburgers, refrigerated	2 P100	2 - 4 min.	2 min.	Cook in a shallow dish. Cover loosely with wax paper. Turn over halfway through cooking.	
	4 P100	4 - 6 min.	2 min.		
	Hamburgers, frozen	2 P100	4 - 6 min.		3 min.
		4 P100	7 - 9 min.		3 min.
Roasts, tender 1 lb	P 50	10 - 13 min.	10 - 15 min.	Cover with wax paper. Shield halfway through cooking and turn roast over if necessary. Stand tented with foil.	

Food	Power	Cooking Time	Stand Time	Special Notes
Beef Meat loaf, 1 1/2 lb	P 50	15 - 20 min.	5 min.	Arrange in loaf dish. Cover with wax paper.
Pork Chops, loin 1/2 inch thick, 7 oz each				Place in a shallow dish. Cover loosely with wax paper. Turn over halfway through cooking.
	1 P100	3 - 5 min.	2 min.	
	2 P100	6 - 8 min.	3 min.	
	4 P100	9 - 11 min.	3 min.	
Pork roast, 1 lb	P 50	12 - 15 min.	10 - 15 min.	Cover with wax paper. - Shield halfway through cooking and turn roast over if necessary. *Approx. temp. after stand 170°F to 175°F (77°C to 79°C)
Ham, slice 1 inch thick, 1 lb	P100	7 - 9 min.	5 min.	Cover with wax paper. Turn over halfway through cooking.
Sausage links, Wieners, fresh 1 - 2 oz each				Score or pierce before cooking. Cover with wax paper. Turn over once.
	2 P100	1/2 - 2 min.	1 min.	
	4 P100	1 - 3 min.	1 min.	
Bacon, slices				Cook on bacon rack or line bottom of dish. Place bacon on paper towel. Cover loosely with another paper towel. Do not turn over bacon.
	2 P100	1 1/2 - 2 min.	1 min.	
	4 P100	2 1/2 - 4 min.	1 min.	
Lamb Chops, shoulder 1/2 inch thick				Cover loosely with wax paper.
	1 P100	2 - 4 min.	2 min.	
	2 P100	4 - 6 min.	5 min.	
Poultry Chickens, whole, up to 4 lbs	P100	6 - 9 min.	10 min.	Place breast-side down on a roasting rack in a dish. Cover with plastic wrap or wax paper. Turn over halfway through cooking. Stand tented with foil. When cooked, internal temperature should be 180°F (82°C) and juices should run clear.
1 lb				
Cornish hens	P100	5 - 8 min.	10 min.	
1 lb				

*Check with conventional thermometer.

Food	Power	Cooking Time	Stand Time	Special Notes
Poultry Chicken pieces, up to 2 lbs 1 lb	P100	5 - 8 min.	5 min.	Arrange skin-side up in a baking dish halfway through cooking, meatier portions toward edge of dish. Cover with plastic wrap or lid.
Fish and Seafood Fish fillets, $\frac{3}{4}$ lb Fish steaks 2, 6 oz each Scallops 1 lb Shrimp, medium size, shelled and cleaned, 1 lb Whole fish, stuffed or unstuffed, $1\frac{1}{2}$ to $1\frac{3}{4}$ lb	P100 P 50 P 70 P 70 P100	4 - 6 min. 6 - 9 min. 4 - 7 min. 4 - 7 min. 7 - 10 min.	3 min. 5 min. 3 min. 3 min. 5 min.	Arrange in a single layer in dish. Cover with wax paper. Rearrange or stir shrimp or scallops halfway through cooking.

TIME COOKING - EGGS

SCRAMBLED EGGS

Break eggs into a microwave-safe glass measure.

Add 1 tablespoon milk and 1 teaspoon butter for each egg. Beat with a fork.

Cook at **Power Level P 60** according to time in the chart. Stir at least once during cooking time.

Stir after cooking, and let stand for 1 minute.

Eggs	Cooking Time
1	$\frac{3}{4}$ - $1\frac{1}{2}$ min.
2	$1\frac{1}{2}$ - $2\frac{1}{2}$ min.
3	$2\frac{1}{4}$ - 4 min.
4	$3\frac{1}{4}$ - 5 min.

POACHED EGGS

Use 6-ounce (170 mL) microwave-safe custard cup with $\frac{1}{4}$ cup (50 mL) water for 1 to 3 eggs.

Use 1-quart microwave-safe dish with 1 cup (250 mL) water for 4 eggs.

Heat at **P100 POWER** to bring water to a boil with $\frac{1}{8}$ teaspoon salt and up to $\frac{1}{4}$ teaspoon vinegar. Break egg carefully into hot water.

Pierce egg several times lightly with toothpick.

Cover with wax paper.

Cook at **Power Level P 50** according to time in the chart. Let stand, covered, 1 minute before serving.

Eggs	Cooking Time
1	$\frac{3}{4}$ - $1\frac{1}{2}$ min.
2	$1\frac{1}{2}$ - 3 min.
3	2 - $3\frac{1}{2}$ min.
4	3 - 5 min.

TIME COOKING - BAKED GOODS AND DESSERTS

Converting Recipes

When adapting quick bread recipes, you will find it necessary to reduce the amount of leavening (baking powder or soda) by about one-quarter the normal amount. A bitter aftertaste is apparent if too much leavening is used in biscuits or muffins. Since food rises higher in the microwave oven, you will not see a loss in volume from the reduction of soda or baking powder.

If a recipe contains buttermilk or sour cream, do not change the amount of soda, since it serves to counteract the sour taste and does not act only as a leavening agent.

When using a mix where leavening cannot be reduced, allow the dough to stand about 10 minutes before cooking in order for some of the gas to be lost.

Breads and rolls should be reheated only until they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.

Cooking/Reheating Guide

Item	Power	Cooking Time	Special Notes
French bread, Frozen: 1 lb Room temp.: 1 lb	P 80 P 80	1 - 2 min. 20 - 30 sec.	Place on paper plate or towel.
Whole coffee cake, Frozen: 10 - 13 oz Room temp.: 10 - 13 oz	P 80 P 80	1 - 2 min. 1/2 - 1 min.	Place on paper plate or towel. Let stand for 5 - 10 minutes before serving.
Butter cake 2 1/4 cups (550 mL) batter 1st stage 2nd stage	P 50 P100	5 - 7 min. 1 - 2 min.	Place on inverted pie plate.
Brownies 2 cups (500 mL) batter	P 50	8 - 11 min.	Cover with wax paper. Place on inverted pie plate.
Muffins, 1/4 cup (50 mL) batter each 2 6	P 70 P 70	1 - 1 1/2 min. 3 - 4 min.	

CLEANING

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. Never use cleaning powders or rough pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe spatters with a wet paper towel, especially after cooking chicken or bacon.

REMOVABLE PARTS

Wash in warm (not hot) water with a mild detergent and a soft cloth. Rinse them well and dry with a soft cloth. Never use cleaning powders, steel wool or rough pads.

- The turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.

- The turntable roller rest should be cleaned regularly.

SPECIAL CARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe them often with a mild detergent. Then rinse and wipe dry. Never use cleaning powders or rough pads.

After cleaning the control panel, touch **STOP/CLEAR** to clear any entries that might have been entered accidentally while cleaning the panel.



CAUTION -

Product Damage Hazard

Uncleaned cavity cover (located in the right side wall of the oven cavity) will cause fire, burn or sparking. Clean your oven with wet towel.

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Years of Ownership Coverage	1 st Yr.	2 nd Yr. thru 5 th Yr.
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Replacement of magnetron	W	W
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W - WARRANTY

MA - MAINTENANCE AGREEMENT

Contact your Sears salesperson or local Sears Service Center today and purchase a Sears Maintenance Agreement.

TROUBLESHOOTING

Check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact the nearest authorized service center.

TROUBLE	CAUSE	REMEDY
ERROR message (ERROR 1 or ERROR 2) appears in the display window.	<ul style="list-style-type: none"> ERROR 1 light if door is opened before time countdown appears in the display. ERROR 2 light if the oven has not been plugged into a power supply cord for more than 5 minutes when you start a Sensor Cooking. 	<ul style="list-style-type: none"> Touch STOP/CLEAR and restart using Time cooking on page 13. Touch STOP/CLEAR and wait for 5 minutes to restart from step 1 of Sensor Cooking on page 15.
Why couldn't I get good results even though I cooked food using Auto Sensor Cooking.	<ul style="list-style-type: none"> The food was not covered properly. STOP/CLEAR was pressed or the door was opened while the sensor was programming the right cooking time and power level. The food being cooked was not suitable for Auto Sensor Cooking. There may have been too much or not enough food to ensure proper results from Auto Sensor Cooking. 	<ul style="list-style-type: none"> See page 20 - 22 for instructions on how to prepare food. Do not open the door or press STOP/CLEAR while display shows SENSOR COOKING. Use Time Cooking. (see page 13) When cooking more than 2 lbs or less than 4 oz. of food, use Time Cooking on page 13.
When the oven is plugged into a wall outlet for the first time, it does not work properly.	<ul style="list-style-type: none"> The microcomputer used in the oven control may temporarily become scrambled and fail to function as programmed. 	<ul style="list-style-type: none"> Unplug the oven from the wall outlet and then plug it back in.
Light reflection around the outer case.	<ul style="list-style-type: none"> This light is from the oven light located outside the oven cavity. 	-
Noise coming from the turntable when the oven is turned on.	<ul style="list-style-type: none"> Noise occurs when the turntable roller rest and cavity bottom are dirty. 	<ul style="list-style-type: none"> Clean the turntable roller rest cavity bottom.
How are the boil-overs avoided.	<ul style="list-style-type: none"> Small utensil is used. 	<ul style="list-style-type: none"> Use a larger utensil than usual for cooking.
Noise coming from the oven when reducing power.	<ul style="list-style-type: none"> When cooking with a power other than P100, the oven cycle to obtain the lower power level. The clicking noise can be heard when the oven cycles. This is normal. 	-
Oven will not start.	<ul style="list-style-type: none"> Electrical cord for oven is not plugged in. Door is open. Wrong operation is set. 	<ul style="list-style-type: none"> Plug into the outlet. Close the door and try again. Check instructions, (pages 12-18)

TROUBLE	CAUSE	REMEDY
Arcing or sparking.	<ul style="list-style-type: none"> Materials to be avoided in microwave oven are used. The oven is operated when empty. Food refuse remains in the cavity or inside the cavity is uncleaned. 	<ul style="list-style-type: none"> Use microwave-safe cookware only. (page 7) Do not operate with oven empty. Clean cavity with wet towel.
Unevenly cooked foods.	<ul style="list-style-type: none"> Materials to be avoided in microwave oven are used. Food is not defrosted completely. Cooking time/Cooking power level is not suitable. Food is not turned or stirred. 	<ul style="list-style-type: none"> Use microwave-safe cookware only. (page 7) Completely defrost food. Use correct time/cooking power level. Turn or stir food.
The Windmill™ fan rotates fast and/or slow during cooking.	<ul style="list-style-type: none"> The Windmill™ fan rotates using air. The rotating speed may be faster or slower depending on the amount of air volume. This is normal. 	-
Overcooked foods.	<ul style="list-style-type: none"> Cooking time/Cooking power level is not suitable. 	<ul style="list-style-type: none"> Use correct cooking time/ cooking power level.
Undercooked foods.	<ul style="list-style-type: none"> Materials to be avoided in microwave oven are used. Food is not defrosted completely. Oven ventilation ports are restricted. Cooking time/Cooking power level is not suitable. 	<ul style="list-style-type: none"> Use microwave-safe cookware only. (page 7) Completely defrost food. Check to see that oven ventilation ports are not restricted. Use correct time/cooking power level.
Improper defrosting.	<ul style="list-style-type: none"> Materials to be avoided in microwave oven are used. Cooking time/Cooking power level is not suitable. Food is not turned or stirred. 	<ul style="list-style-type: none"> Use microwave-safe cookware only. (page 7) Use correct time/cooking power level. Turn or stir food.
Oven light will not glow.	<ul style="list-style-type: none"> The light bulb has burned out. DIAL has not been touched. 	<ul style="list-style-type: none"> Contact your nearest Sears Service Center. See Back cover for phone numbers. Push DIAL.
Eggs sometimes pop.	<ul style="list-style-type: none"> The egg yolk may pop because of steam build-up inside the membrane. 	<ul style="list-style-type: none"> Pierce the membrane with a toothpick before cooking it.
Steam coming out of the air exhaust vent.	<ul style="list-style-type: none"> Steam is produced during cooking. The microwave oven has been made to vent this steam. 	-

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