



Speedcook Oven

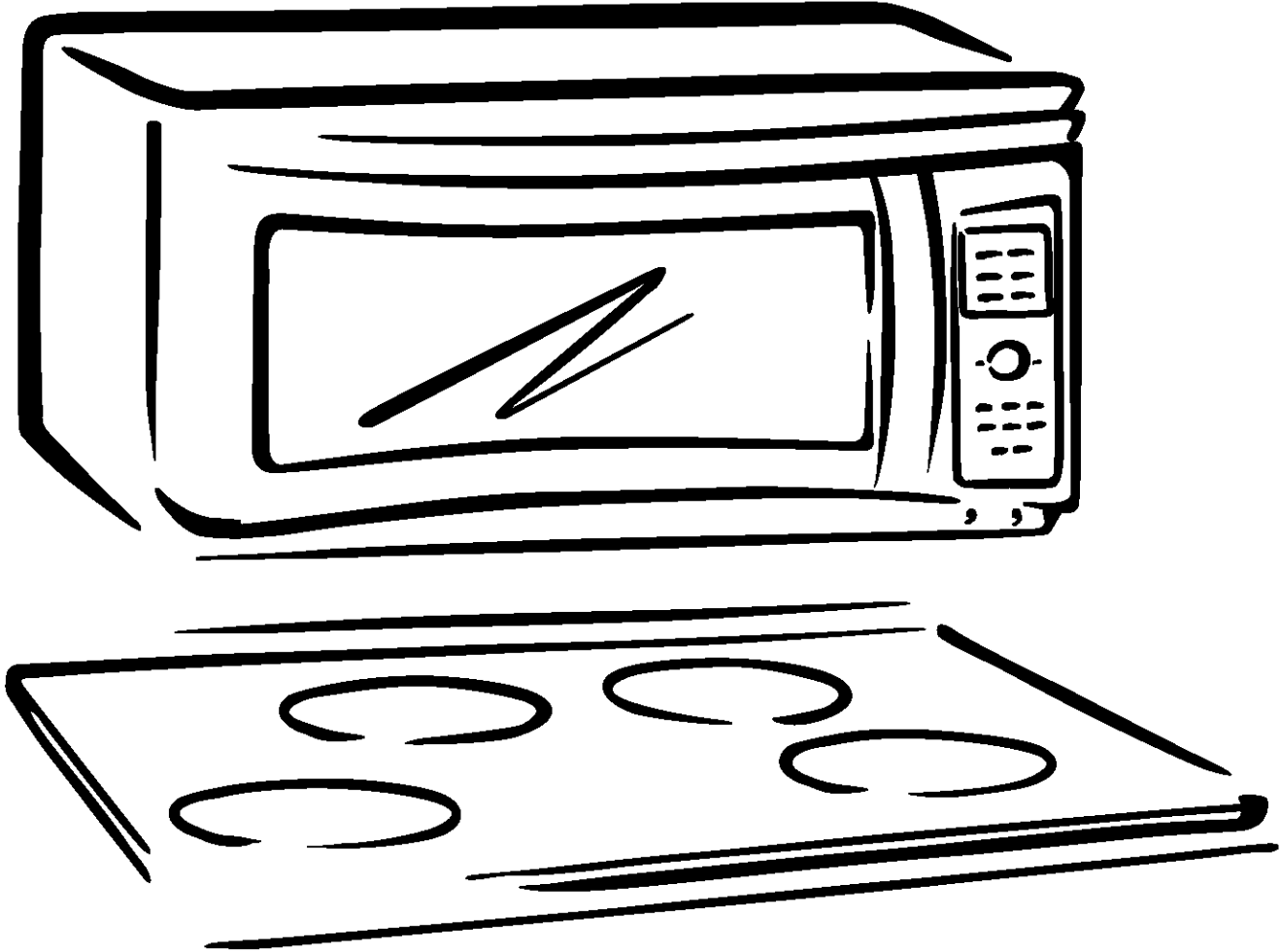
Use & Care Guide

Horno de Speedcook

Guía para el Uso y Cuidado

Models, Modelos 363.6367*

* = color number, número de color



ENGLISH ESPAÑOL

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PRODUCT RECORD

For your convenience and future reference, please write down your model and serial numbers in the space provided. The model number and serial number of your Speedcook Oven can be found on a label when the door is open.

MODEL NUMBER:

363.

SERIAL NUMBER:



SPEEDCOOK OVEN WARRANTY

FULL ONE YEAR WARRANTY ON SPEEDCOOK OVEN

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

FULL FIVE-YEAR WARRANTY ON THE MAGNETRON

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

The above warranty coverage applies only to Speedcook Ovens which are used for private household purposes.

WARRANTY SERVICE IS AVAILABLE BY CONTACTING SEARS SERVICE AT 1-800-4-MY-HOME.®

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

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears Roebuck and Co. Dept. 817 WA Hoffman Estates, IL 60179

Master Protection Agreements

Congratulations on making a smart purchase. Your new Kenmore® product is designed and manufactured for years of dependable operation. But like all products, it may require preventive maintenance or repair from time to time. That's when having a Master Protection Agreement can save you money and aggravation.

Purchase a Master Protection Agreement now and protect yourself from unexpected hassle and expense.

The Master Protection Agreement also helps extend the life of your new product. Here's what's included in the Agreement:

- ✓ **Expert service** by our 12,000 professional repair specialists
- ✓ **Unlimited service and no charge** for parts and labor on all covered repairs
- ✓ **"No-lemon" guarantee**—replacement of your covered product if four or more product failures occur within twelve months
- ✓ **Product replacement** if your covered product can't be fixed
- ✓ **Annual Preventive Maintenance Check** at your request – no extra charge
- ✓ **Fast help by phone**—phone support from a Sears technician on products requiring in-home repair, plus convenient repair scheduling
- ✓ **Power surge protection** against electrical damage due to power fluctuations
- ✓ **Rental reimbursement** if repair of your covered product takes longer than promised

Once you purchase the Agreement, a simple phone call is all that it takes for you to schedule service. You can call anytime day or night, or schedule a service appointment online.

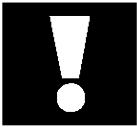
Sears has over 12,000 professional repair specialists, who have access to over 4.5 million quality parts and accessories. That's the kind of professionalism you can count on to help prolong the life of your new purchase for years to come. Purchase your Master Protection Agreement today!

Some limitations and exclusions apply.

For prices and additional information, call 1-800-827-6655.

Sears Installation Service

For Sears professional installation of home appliances, garage door openers, water heaters, and other major home items, in the U.S.A. call 1-800-4-MY-HOME.®



IMPORTANT SAFETY INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE USING.

⚠ PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

⚠ WARNING

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

Do Not Attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

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

Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- 1 door (bent),
- 2 hinges and latches (broken or loosened),
- 3 door seals and sealing surfaces.

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

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

- Read and follow the specific "Precautions to Avoid Possible Exposure to Excessive Microwave Energy" above.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the Grounding Instructions section on page 7.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- This microwave oven is UL listed for installation over electric and gas ranges.
- This microwave oven is not approved or tested for marine use.
- This over-the-range oven is designed for use over ranges no wider than 36". It may be installed over both gas and electric cooking equipment.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this guide. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.
 - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
 - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
 - Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
 - If materials inside the oven ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
- Do not use the Sensor Features twice in succession on the same food portion. If food is undercooked after the first countdown, use **Cook Time** for additional cooking time.
- When using the **Convection** or **Combination** functions, both the outside and inside of the oven will become hot. Always use hot pads to remove containers of food and accessories such as the oven shelf.
- **Thermometer**—Do not use regular cooking or oven thermometers when cooking by microwave or combination. The metal and mercury in these thermometers could cause **arcing** and possible damage to the oven. Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving risk of electric shock.
- Do not store any materials, other than our recommended accessories, in this oven when not in use.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- See door surface cleaning instructions in the Care and Maintenance section of this guide.
- This appliance must only be serviced by qualified service personnel. Contact the nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.

SAVE THESE INSTRUCTIONS

⚠ WARNING!

ARCING

If you see arcing, press the STOP/CLEAR button and correct the problem.

Arcing is the microwave term for sparks in the oven.

Arcing is caused by:

- The metal shelf not installed correctly so it touches the microwave wall.
- Metal or foil touching the side of the oven.

- Turntable ring support not installed correctly.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

⚠ WARNING!

FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.
- Some products such as whole eggs and sealed containers—for example, closed jars—are able to explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.

- Foods cooked in liquids (such as pasta) may tend to boil more rapidly than foods containing less moisture. Should this occur, refer to the Care and Maintenance section for instructions on how to clean the inside of the oven.
- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.

SUPERHEATED WATER

Liquids, such as water, coffee, or tea, are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.

To reduce the risk of injury to persons:

- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks.
- After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

IMPORTANT SAFETY INSTRUCTIONS

MICROWAVE-SAFE COOKWARE

Do not operate the oven without the turntable and the turntable support seated and in place. The turntable must be unrestricted so it can rotate.

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 30–45 seconds at high. If the dish heats, it should not be used for microwaving.
If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.
- Oversized food or oversized metal cookware should not be used in a microwave/convection oven because they increase the risk of electric shock and could cause a fire.
- Sometimes the oven floor, turntable and walls can become too hot to touch. Be careful touching the floor, turntable and walls during and after cooking.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks that may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some Styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Use of the shelf accessory:
 - Remove the shelf from the oven when not in use.
 - Use pot holders when handling the shelf and cookware. They may be hot.
 - Be sure that the shelf is positioned properly inside the oven to prevent product damage.
 - Do not cover the shelf or any part of the oven with metal foil. This will cause overheating of the microwave/convection oven.

- Do not use your microwave/convection oven to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Do not use paper products when the microwave/convection oven is operated in the **Convection** or **Combination** mode.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- Use foil only as directed in this guide. TV dinners may be microwaved in foil trays less than 3/4” high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1” away from the sides of the oven.
- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.

Follow these guidelines:

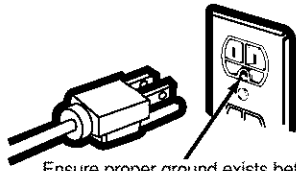
- 1 Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
- 2 Do not microwave empty containers.
- 3 Do not permit children to use plastic cookware without complete supervision.

IMPORTANT SAFETY INSTRUCTIONS

Grounding Instructions

⚠ WARNING

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



Ensure proper ground exists before use.

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

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

THE VENT FAN

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

- Clean the underside of the microwave often. Do not allow grease to build up on the microwave or the fan filters.
- In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan on the surface unit by covering the pan completely with a lid, a cookie sheet or a flat tray.

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

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

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

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance.

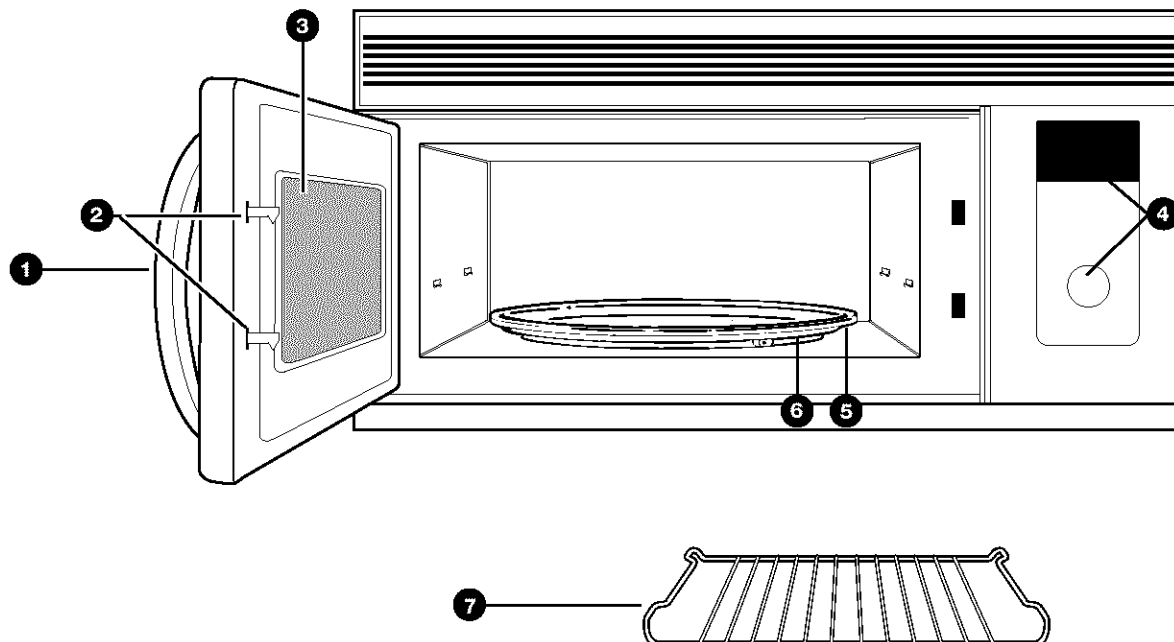
For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

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

SAVE THESE INSTRUCTIONS

IMPORTANT PARTS OF YOUR OVEN

NOTE: Throughout this guide, features and appearance may vary from your model.



1 Door Latch Release Handle.

2 Door Latches.

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

4 Control Panel and Selector Dial.

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

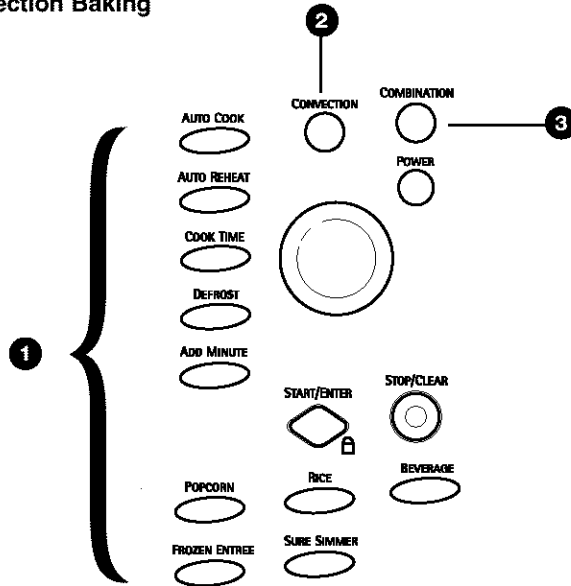
6 Removable Turntable Support. The turntable support **must** be in place when using the oven.

7 Shelf. Use with **Convection** or **Combination** baking. (Do not use when microwave cooking.) For best results, use the shelf in its "low" position, hanging down from the shelf supports.

8 Microwave power is 900 watts.

COOKING FEATURES

You can cook by Microwave, Convection Baking or Combination Baking



Cooking Controls

1 Microwave Cooking Time and Auto Features

<i>Press</i>	<i>Turn and push dial to enter</i>
COOK TIME (Press once or twice)	Amount of cooking time
ADD MINUTE	Starts immediately!
DEFROST Press once (Auto) Press twice (Time) Press three times (Bread) Press four times (Express)	Food weight up to six pounds Amount of defrosting time Food weight up to two pounds Food weight up to one pound
POWER	Power level 1-10

Sensor Features

<i>Press</i>	<i>Turn and push dial to enter</i>	<i>Option</i>
POPCORN Press once (regular) Press twice (snack)	Starts immediately!	more/less time
AUTO REHEAT Press once (plate) Press twice (1/2 to 1 cup) Press three times (1 to 2 cups)	Starts immediately!	more/less time
BEVERAGE	Starts immediately!	
AUTO COOK	Food type 1-7	more/less time
RICE	Starts immediately!	
FROZEN ENTREE	Starts immediately!	
SURE SIMMER™	Enter simmer time	

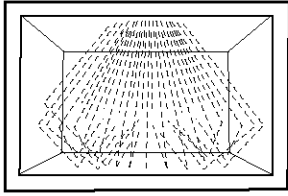
2 Convection Baking

<i>Press</i>	<i>Turn and push dial to enter</i>
CONVECTION	Oven temperature and cook time

3 Combination Baking

<i>Press</i>	<i>Turn and push dial to enter</i>
COMBINATION	Oven temperature and cook time

AVAILABLE COOKING OPTIONS



MICROWAVE COOKING

Your oven uses microwave energy to cook by a set time or weight, or automatically by sensor.

Sensor microwave works by detecting the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Cooking Method

Microwave energy is distributed evenly throughout the oven for thorough, fast cooking of food.

Heat Source

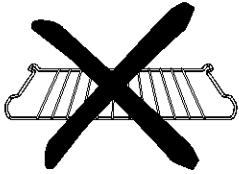
Microwave energy.

Heat Conduction

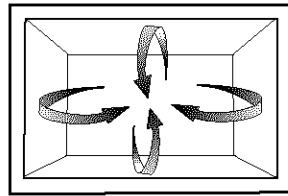
Heat produced within food by instant energy penetration.

Benefits

Fast, high efficiency cooking. Oven and surroundings do not get hot. Easy clean-up.



Do not use the shelf when microwave cooking.



CONVECTION BAKING

During **Convection baking**, a heating element is used to raise the temperature of the air inside the oven. Any oven temperature from 225°F to 450°F may be programmed. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich moist interiors. This circulation of heated air is called convection.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

Cooking Method

Hot air circulates around food to produce browned exteriors and seal in juices.

Heat Source

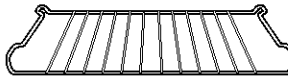
Circulating heated air (Convection).

Heat Conduction

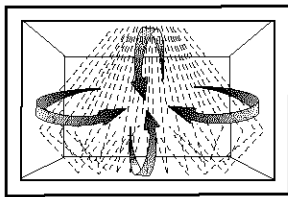
Heat conducted from outside of food to inside.

Benefits

Aids in browning and seals in flavor. Cooks some foods faster than regular ovens.



Always use the shelf when convection baking.



COMBINATION BAKING

Your oven also offers the option of **Combination baking**, using microwave energy along with convection cooking. You cook with speed and accuracy, while browning and crisping to perfection.

Cooking Method

Microwave energy and convection heat combine to cook foods in up to one-half the time of regular ovens, while browning and sealing in juices

Heat Source

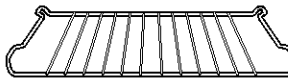
Microwave energy and circulating heated air.

Heat Conduction

Food heats from instant energy from penetration and heat conducted from outside of food.

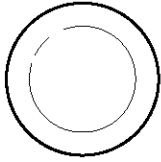
Benefits

Shortened cooking time from microwave energy, plus browning and crisping from convection heat.



Always use the shelf with Combination.

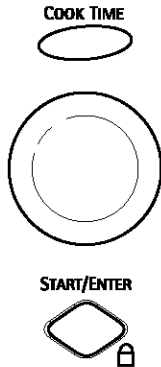
TIME AND AUTO MICROWAVE FEATURES



USING THE DIAL

You can make selections on the oven by turning the dial and pressing it to enter the selection.

Pressing the dial can also be used in place of the **START/ENTER** button for quicker programming of the oven.



COOK TIME

Cook Time I

Allows you to microwave for any time between 15 seconds and 95 minutes.

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

- 1 Press the **Cook Time** button.
- 2 Turn the dial to set the cook time and press the dial to enter.
- 3 Change power level if you don't want full power. (Press **POWER**. Turn the dial to select. Press the dial to enter.)
- 4 Press the dial or the **START/ENTER** button to start cooking.

You may open the door during **Cook Time** to check the food. Close the door and press the dial or **START/ENTER** to resume cooking.

NOTE: You may change the cook time at any time during cooking by turning the dial. You may also change the power level by pressing the **POWER** button.

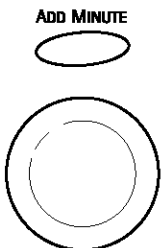
Cook Time II

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

- 1 Press the **Cook Time** button.
- 2 Turn the dial to set the first cook time and press the dial to enter.
- 3 Change the power level if you don't want full power. (Press **POWER**. Turn the dial to select. Press the dial to enter.)
- 4 Press the **Cook Time** button again.
- 5 Turn the dial to set the second cook time and press the dial to enter.
- 6 Change the power level if you don't want full power. (Press **POWER**. Turn the dial to select. Press the dial to enter.)
- 7 Press the dial or the **START/ENTER** button to start cooking.

At the end of the first cook time, the second cook time counts down.

NOTE: You may change the cook time at any time during cooking by turning the dial. You may also change the power level by pressing the **POWER** button.



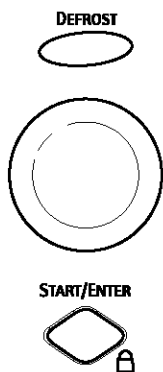
ADD MINUTE

This is a quick way to set and start cooking in 1-minute blocks each time the **ADD MINUTE** button is pressed. The cook time may be changed by turning the dial at any time during cooking.

The power level will automatically be set at 10 and the oven will start immediately.

The power level can be changed as time is counting down. Press the **POWER** button, turn the dial and press to enter.

TIME AND AUTO MICROWAVE FEATURES



AUTO DEFROST

Use **Auto Defrost** for meat, poultry and fish weighing up to 6 pounds. Use **Time Defrost** for most other frozen foods.

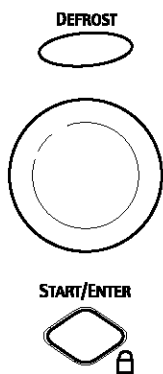
Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

- Remove meat from package and place on microwave-safe dish.
- 1 Press the **DEFROST** button once.
 - 2 Turn the dial to the food weight, using the Conversion Guide at right. For example, dial 1.2 for 1.2 pounds (1 pound, 3 oz.) Press the dial to enter.
 - 3 Press the **START/ENTER** button to start defrosting.
 - 4 Turn the food over if the oven signals **TURN FOOD OVER**.
- Remove defrosted meat or shield warm areas with small pieces of foil.
 - After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9



TIME DEFROST

Use **Time Defrost** to defrost for a selected length of time.

- 1 Press the **DEFROST** button twice.
- 2 Turn the dial to select the time you want. Press the dial to enter.
- 3 Press the **START/ENTER** button to start defrosting.
- 4 Turn the food over if the oven signals **TURN FOOD OVER**.

You may change the defrost time at any time during defrosting by turning the dial.

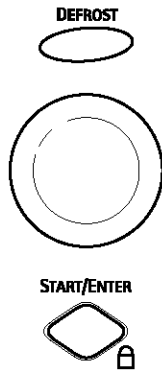
Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. **Power level 7** cuts the total defrosting time in about half; **power level 10** cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

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

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented **AFTER** food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as roasts, use **Auto Defrost**. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes.

TIME AND AUTO MICROWAVE FEATURES



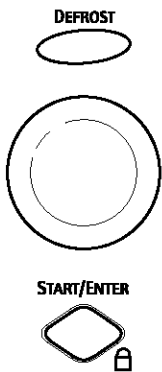
BREAD DEFROST

Bread Defrost automatically sets the defrosting times and power levels for defrosting bread.

- Remove any wire twist-ties from package and place bread on a microwave-safe dish. Small servings of bread should be removed from packaging.

- 1 Press the **DEFROST** button three times.
 - 2 Turn the dial to the food weight. Press the dial to enter.
 - 3 Press the **START/ENTER** button to start defrosting.
 - 4 Turn the food over when the oven signals **TURN FOOD OVER**.
- After defrosting, let bread stand 5 minutes to complete defrosting.

Bread Defrost Chart	
Bread Type	Approximate Weight
1 Small Bagel	0.2 lb
1 Large Bagel	0.3 lb
4 Slices of Bread	0.2 lb
1 Loaf of Bread	1.0 lb
1 Dinner Roll	0.2 lb
1 Hamburger/Hot Dog Bun	0.2 lb
1 Small Muffin	0.2 lb
1 Large Muffin	0.3 lb



EXPRESS DEFROST

Express Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to one pound.

- Remove meat from package and place on microwave-safe dish.

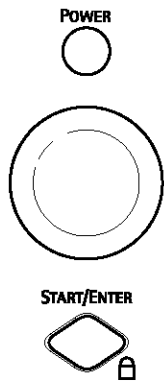
- 1 Press the **DEFROST** button four times.
 - 2 Turn the dial to the food weight, using the Conversion Guide at right. For example, dial .5 for .5 pounds (8 oz.) Press the dial to enter.
 - 3 Press the **START/ENTER** button to start defrosting.
 - 4 Turn the food over if the oven signals **TURN FOOD OVER**.
- Remove defrosted meat or shield warm areas with small pieces of foil.
 - After defrosting, most meats need to stand 5 minutes to complete defrosting.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Weight of Food in Ounces	Enter Food Weight (tenths of a pound)
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

CHANGING THE POWER LEVEL



The power level may be entered or changed immediately after entering the time for **Cook Time, Time Defrost** or **Add Minute**. The power level may also be changed during time countdown.

- 1 First, follow directions for **Cook Time, Time Defrost** or **Add Minute**.
- 2 Press the **POWER** button.
- 3 Turn the dial clockwise to increase and counterclockwise to decrease the power level. Press the dial to enter.
- 4 Press the **START/ENTER** button to start cooking.

Variable power levels add flexibility to microwave cooking. The power levels on the surface units on a range. Each power level gives you microwave energy a certain percent of the time. **Power level 7** is microwave energy 70% of the time. **Power level 3** is energy 30% of the time. Most cooking will be done on **High (power level 10)** which gives you 100% power. **Power level 10** will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to "equalize" or transfer heat to the inside of the food. An example of this is shown with **power level 3**—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

High 10: Fish, bacon, vegetables, boiling liquids.

Med-High 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

Medium 5: Slow cooking and tenderizing for stews and less tender cuts of meat.

Low 2 or 3: Defrosting; simmering; delicate sauces.

Warm 1: Keeping food warm; softening butter.

SENSOR MICROWAVE FEATURES

HUMIDITY SENSOR

The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Do not use the Sensor Features twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown, use **Cook Time** for additional cooking time.

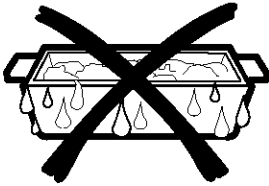
- The proper containers and covers are essential for best sensor cooking.



Covered



Vented



Dry off dishes so they don't mislead the sensor.

- Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers—they can prevent steam from escaping and cause food to overcook.

- Be sure the outside of the cooking containers 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.

AUTO COOK



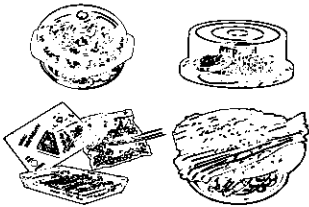
AUTO COOK

Because most cooking containers must be covered during **Auto Cook**, this feature is best with foods that you want to steam or retain moisture.

NOTE: Use of the metal shelf with **Auto Cook** is not recommended.

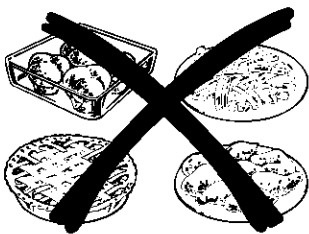
Recommended Foods

A wide variety of foods including meats, fish and vegetables can be cooked using this feature.

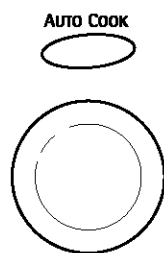


Foods Not Recommended

Foods that must be cooked uncovered, foods that require constant attention, foods that require addition of ingredients during cooking and foods calling for a dry look or crisp surface after cooking should not be cooked using this feature. It is best to use **Cook Time**.



SENSOR MICROWAVE FEATURES



NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown use **Cook Time** for additional cooking.

AUTO COOK

1 Place covered food in the oven and close the door. Press the **AUTO COOK** button. **SELECT FOOD TYPE** appears in the display.

2 Turn the dial to the desired food type.

See the **Sensor Food Type Guide** below for specific foods and instructions.

3 Press the dial to enter. The oven starts immediately.

NOTE: If the door was open while the control was being set, close the door and press the **START/ENTER** button to begin cooking.

Do not open the oven door before the countdown time is displayed—steam escaping from the oven can affect cooking performance. If the door is opened, close the door and press **START/ENTER** immediately.

If ground meat was selected, the oven may signal you to drain and stir the meat. Open the door, drain the meat and close the door. Press the **START/ENTER** button if necessary to resume cooking.

Cooking Tips

- When oven signals and countdown time is displayed, the door may be opened for stirring, turning or rotating food. To resume cooking, close the door and press **START/ENTER**.
- Match the amount of food to the size of container. Fill containers at least 1/2 full.
- Be sure outside of container and inside of oven are dry.
- After completion of Cook cycle, if food needs additional cooking, return food to the oven and use **Cook Time** to finish cooking.

How to Adjust the Oven's Automatic Settings for a Shorter or Longer Cook Time (Not available for all food types)

To subtract 10% from the automatic cooking time:

At any time after the countdown begins, turn the dial counterclockwise and press to enter.

To add 10% to the automatic cooking time:

At any time after the countdown begins, turn the dial clockwise and press to enter.

Sensor Food Type Guide

<i>Food Type</i>	<i>Servings</i>	<i>Serving Size</i>	<i>Comments</i>
Chicken Pieces	1 to 4	2 to 8 pieces	Use oblong, square or round dish. Cover with vented plastic wrap.
Fish	1 to 4	4 to 16 oz.	Use oblong, square or round dish. Cover with vented plastic wrap.
Ground Meat (Beef, Pork, Turkey)	—	8 to 32 oz.	Use round casserole dish. Crumble meat into dish. Cover with lid or vented plastic wrap.
Potatoes	1 to 4	8 to 32 oz.	Pierce skin with fork. Arrange in a star pattern in center of turntable.
Canned Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Cover with lid or vented plastic wrap.
Fresh Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Add 2 tablespoons water for each serving. Cover with lid or vented plastic wrap.
Frozen Vegetables	1 to 4	4 to 16 oz.	Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or vented plastic wrap.

POPCORN



NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown use **Cook Time** for additional cooking.

POPCORN

To use the **Popcorn** feature:

1 Follow package instructions, using **Cook Time** if the package is less than 1.5 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the turntable.

2 Press the **POPCORN** button once or twice. The oven starts immediately.

Press once for a regular size (3.0 to 3.5 oz.) bag of popcorn.

Press twice for a snack size (1.5 to 1.75 oz.) bag of popcorn.

If you open the door while **POPCORN** is displayed, an error message will appear. Close the door, press **STOP/CLEAR** and begin again.

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

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

To subtract time:

Within the first 30 seconds after the oven starts, turn the dial counterclockwise for 20 seconds (–) less cooking time. Press to enter. Turn again to reduce cooking time another 10 seconds (– –), total 30 seconds less time. Press to enter.

To add time:

Within the first 30 seconds after the oven starts, turn the dial clockwise for an extra 20 seconds (+) cooking time. Press to enter. Turn again to add another 10 seconds (++), total 30 seconds additional time. Press to enter.

AUTO REHEAT



NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is not hot enough after the countdown use **Cook Time** for additional reheating.

AUTO REHEAT

The **Auto Reheat** feature reheats servings of previously cooked foods or a plate of leftovers.

1 Place the cup of liquid or covered food in the oven. Press **AUTO REHEAT** once, twice or three times. The oven starts immediately.

Press once for a plate of leftovers.

Press twice for 1/2 to 1 full cup.

Press three times for 1 to 2 full cups.

2 The oven signals when steam is sensed and the time remaining begins counting down.

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

After removing food from the oven, stir, if possible, to even out the temperature. Reheated foods may have wide variations in temperature. Some areas of food may be extremely hot.

Some Foods Not Recommended for Use with Auto Reheat

It is best to use **Cook Time** for these foods:

- Bread products.
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.

How to Adjust the Oven's Automatic Settings for a Shorter or Longer Time

To subtract 10% from the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial counterclockwise and press to enter.

To add 10% to the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial clockwise and press to enter.

BEVERAGE



NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown use **Cook Time** for additional cooking.

BEVERAGE

Press the **BEVERAGE** button to heat an 8–10 oz. cup of coffee or other beverage. The oven starts immediately.

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

RICE



NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown use **Cook Time** for additional cooking.

RICE

The **Rice** feature will cook 1/2–2 cups of uncooked rice. Follow the package instructions for the amount of water to add.

- 1 Place covered food in the oven. Press the **RICE** button. The oven starts immediately.
- 2 The oven signals when steam is sensed and the time remaining begins counting down. Stir the food if necessary.

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

To subtract 10% from the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial counterclockwise and press to enter.

To add 10% to the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial clockwise and press to enter.

FROZEN ENTREE



NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown use **Cook Time** for additional cooking.

FROZEN ENTREE

The **Frozen Entree** feature will cook an 8–22 ounce frozen entrée.

- 1 Loosen one corner of the plastic cover on the entrée and place in the oven. Press the **FROZEN ENTREE** button. The oven starts immediately.
- 2 The oven signals when steam is sensed and the time remaining begins counting down. Stir the food if necessary.

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

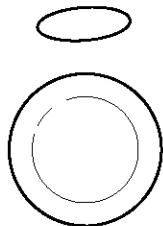
To subtract 10% from the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial counterclockwise and press to enter.

To add 10% to the automatic cooking time:

Within the first 30 seconds after the oven starts, turn the dial clockwise and press to enter.

SURE SIMMER



NOTE: Do not use this feature twice in succession on the same food portion—it may result in severely overcooked or burnt food. If food is undercooked after the countdown use **Cook Time** for additional cooking.

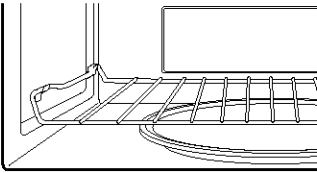
SURE SIMMER™

The **Sure Simmer** feature will bring foods such as soups and stews to a boil, then allow them to simmer for up to 2 hours.

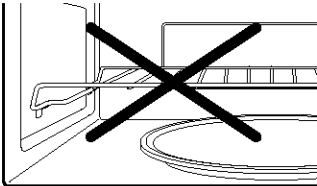
- 1 Cover food with a lid and place in the oven. Press the **SURE SIMMER** button.
- 2 Turn the dial to set the amount of time you want the food to simmer after boiling and press the dial to begin cooking.
- 3 The oven signals when the food begins to boil and the simmer time begins counting down. Stir the food if necessary.

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

CONVECTION BAKING



Always use the shelf in its "low" position when convection baking.



Incorrect shelf position

Convection baking uses a heating element to raise the temperature of the air inside the oven. Any oven temperature from 225°F to 450°F may be set. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors. This circulation of heated air is called convection.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

For Best Results...

Always use the shelf in its "low" position when Convection baking.

The shelf is required for good air circulation and even browning.

See the **Cookware Tips** section for information on suggested cookware.

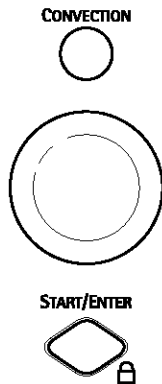
RECIPE CONVERSION FOR BAKED GOODS

When using the **CONVECTION** mode to cook baked goods such as cakes, cookies, pizzas, pies, breads, etc., reduce the oven temperature 25°F from the recipe to prevent over browning on the top of baked goods.

Example: A recipe states to bake brownies for 25–30 minutes at 400°F

$$400^{\circ}\text{F} - 25^{\circ}\text{F} = 375^{\circ}\text{F}$$

The new bake temperature in **CONVECTION** mode will be **375°F**.



CONVECTION BAKING WITH PREHEAT

- 1 Press the **CONVECTION** button.
- 2 Turn the dial to set the oven temperature and press dial to enter. Do not enter bake time now. (The cook time will be entered later, after the oven is preheated.)
- 3 Press the dial or the **START/ENTER** button to start preheating.
- 4 When the oven is preheated, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically.
- 5 Open the oven door and, using caution, place the food in the oven.

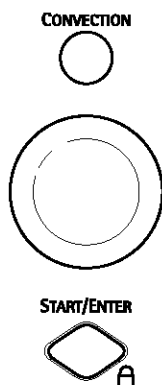
- 6 Close the oven door. Turn the dial to set the cook time and press the dial or **START/ENTER** to start cooking.

- 7 When cooking is complete, the oven will signal and turn off.

NOTE: You may change the cook time at any time during cooking by turning the dial.

You may change the oven temperature at any time during cooking by pressing the **POWER** button. Turn the dial to set the oven temperature and press the dial to enter.

To view the cook time and oven temperature during cooking, press the **CONVECTION** button.



CONVECTION BAKING WITHOUT PREHEAT

- 1 If your recipe does not require preheating, press the **CONVECTION** button.
- 2 Turn the dial to set the oven temperature and press to enter.
- 3 Turn the dial to set the cook time and press to enter.
- 4 Press the dial or the **START/ENTER** button to start the oven.

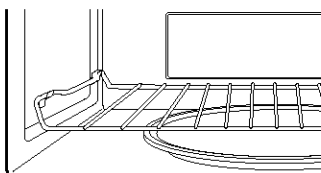
NOTE: You may change the cook time at any time during cooking by turning the dial.

Some recipes call for preheating.

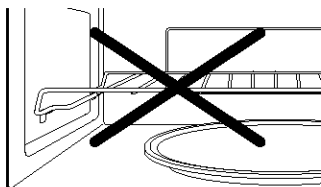
You may change the oven temperature at any time during cooking by pressing the **POWER** button. Turn the dial to set the oven temperature and press the dial to enter.

To view the cook time and oven temperature during cooking, press the **CONVECTION** button.

COMBINATION BAKING



Always use the shelf in its "low" position when combination baking.



Incorrect shelf position

Combination baking offers the best features of microwave energy and convection cooking. Microwaves cook food fast and convection circulation of heated air browns foods beautifully. Any oven temperature from 225°F to 450°F may be set.

For Best Results...

Always use the shelf in its "low" position when Combination baking.

The shelf is required for good air circulation and even browning.

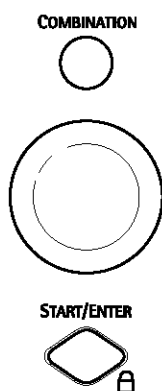
See the **Cookware Tips** section for information on suggested cookware.

See the **Best Method of Cooking** section to determine which foods are appropriate to cook using **Combination**.

RECIPE CONVERSION

When using the **COMBINATION** mode, reduce the recipe cook time by 25%.

Example: A recipe states to cook a roast for 60 minutes at 400°F
 $60 \text{ minutes} \times 0.25 = 15 \text{ minutes saved}$
 The new cook time in **COMBINATION** mode will be:
 $60 \text{ minutes} - 15 \text{ minutes} = 45 \text{ minutes}$.



COMBINATION BAKING WITH PREHEAT

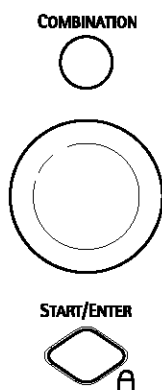
- 1 Press the **COMBINATION** button.
- 2 Turn the dial to set the oven temperature and press dial to enter. Do not enter **COMBINATION** cook time now. (The cook time will be entered later, after the oven is preheated.)
- 3 Press the dial or the **START/ENTER** button to start preheating.
- 4 When the oven is preheated, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically.
- 5 Open the oven door and, using caution, place the food in the oven.
- 6 Close the oven door. Turn the dial to set the cook time and press to enter. Press the dial or the **START/ENTER** button to start cooking.
- 7 When cooking is complete, the oven will signal and turn off.

NOTE: You may change the cook time at any time during cooking by turning the dial.

You may change the oven temperature and microwave power level at any time during cooking by pressing the **POWER** button. Turn the dial to set the oven temperature and press the dial to enter. Then, turn the dial to set microwave power level 1 through 4 and press the dial to enter. The default power level is 4.

To view the cook time and oven temperature during cooking, press the **COMBINATION** button.

- Check the **Cookware Tips** section for correct cookware when using **Combination**.
- Do not use metal cookware with **Combination**.
- See the **Best Method of Cooking** section to determine which foods are appropriate to cook using **Combination**.



COMBINATION BAKING WITHOUT PREHEAT

- 1 If your recipe does not require preheating, press the **COMBINATION** button.
- 2 Turn the dial to set the oven temperature and press to enter.
- 3 Turn the dial to set the cook time and press to enter.
- 4 Press the dial or the **START/ENTER** button to start the oven.

NOTE: You may change the cook time at any time during cooking by turning the dial.

You may change the oven temperature and microwave power level at any time during cooking by pressing the **POWER** button. Turn the dial to set the oven temperature and press the dial to enter. Then, turn the dial to set

microwave power level 1 through 4 and press the dial to enter. The default power level is 4.

To view the cook time and oven temperature during cooking, press the **COMBINATION** button.

NOTE:

- Some recipes call for preheating.
- Check the **Cookware Tips** section for correct cookware when using **Combination**.
- Do not use metal cookware with **Combination**.
- See the **Best Method of Cooking** section to determine which foods are appropriate to cook using **Combination**.

COOKWARE TIPS

CONVECTION BAKING

Metal Pans are recommended for all types of baked products, but especially where browning is important.

Dark or dull finish metal pans are best for breads and pies because they absorb heat and produce crisper crust.

Shiny aluminum pans are better for cakes, cookies or muffins because they reflect heat and help produce a light tender crust.

Glass or Glass-Ceramic casserole or baking dishes are best suited for egg and cheese recipes due to the cleanability of glass.

COMBINATION BAKING

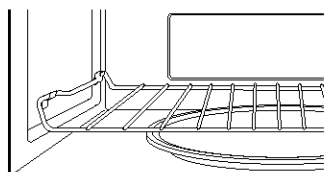
Glass or Glass-Ceramic baking containers are recommended. Be sure not to use items with metal trim as it may cause arcing (sparking) with oven wall or oven shelf. This can damage the cookware, the shelf or the oven.

Heat-Resistant Plastic microwave cookware (safe to 450°F) may be used, but it is not recommended for foods requiring all-around browning, because the plastic is a poor conductor of heat.

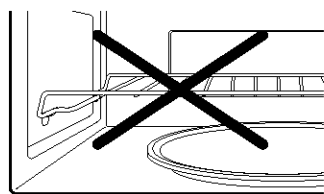
<i>Cookware</i>	<i>Microwave</i>	<i>Convection</i>	<i>Combination</i>
Heat-Resistant Glass, Glass-Ceramic (Pyrex, [®] Fire King, [®] Corning Ware, [®] etc.)	Yes	Yes	Yes
Metal	No	Yes	No
Non Heat-Resistant Glass	No	No	No
Microwave-Safe Plastics	Yes	No	Yes*
Plastic Films and Wraps	Yes	No	No
Paper Products	Yes	No	No
Straw, Wicker and Wood	Yes	No	No

* Use only microwave cookware that is safe to 450°F.

COOKWARE AND FOOD PLACEMENT SUGGESTIONS



Correct shelf position



Incorrect shelf position

- In Microwave mode, the food should always be cooked on the glass turntable tray. Microwave mode should not be used with the metal shelf in the oven.
- The metal shelf should always be used when cooking in Convection and Combination modes so that heated air will brown the bottom of the food. The glass turntable can be left in place in Convection and Combination modes.
- For best cooking performance in Convection and Combination modes, leave at least a one inch gap between the cooking dish and the sides of the oven.
- For best baking performance, always place the shelf in the “low” position.
- Placing the shelf in the “high” position will cause the top of the food to brown/cook much faster than the interior and bottom of the food.

BEST METHOD OF COOKING

Use the following guide to select the best method of cooking. Recipes can be adapted using the guidelines below to determine the appropriate cooking mode.

Foods	Microwave	Convection	Combination
Appetizers			
Dips and Spreads	✓		
Pastry Snacks	✓	✓	✓
Beverages	✓		
Sauces and Toppings	✓		
Soups and Stews	✓		
Meats			
Defrosting	✓		
Roasting		✓	✓
Poultry			
Defrosting	✓		
Roasting	✓	✓	✓
Fish and Seafood			
Defrosting	✓		
Cooking	✓	✓	✓
Casseroles	✓	✓	✓
Eggs and Cheese			
Scrambled, Omelets	✓	✓	
Quiche, Souffle		✓	✓
Vegetables (fresh)	✓		
Breads			
Muffins, Coffee Cake	✓	✓	
Quick		✓	
Yeast		✓	
Desserts			
Cakes, Layer and Bundt		✓	
Cakes, Angel Food and Chiffon		✓	
Custard and Pudding	✓		
Bar Cookies	✓	✓	
Fruit	✓		
Pies and Pastry		✓	
Candy	✓		
Blanching Vegetables	✓		
Frozen Convenience Foods	✓	✓	✓

HOLD WARM



HOLD WARM

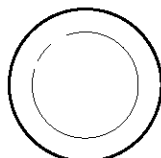
The **Hold Warm** feature will keep hot, cooked foods at serving temperature for up to one hour. Always start with hot food.

To activate, press **HOLD WARM** either immediately after setting any cooking program, or during the time countdown.

At the end of the countdown, the oven will hold the warming temperature and display the length of time the oven has been holding.

To cancel, press **STOP/CLEAR**.

OPTIONS



HELP

The **Help** feature displays feature information and helpful hints.

1 Press the **OPTIONS** button and turn the dial to select **HELP**. Press the dial to enter.

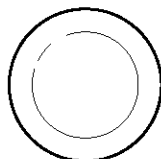
2 Turn the dial to select a feature and press the dial to enter.

COOKING COMPLETE REMINDER

To remind you that you have food in the oven, the oven will display **YOUR FOOD IS READY** and beep once a minute until you either open

the oven door or press the **STOP/CLEAR** button.

OPTIONS



CLOCK

Use to enter the time of day. You **must** set the clock before using the oven for the first time.

1 Press the **OPTIONS** button and turn the dial to select **CLOCK**. Press the dial to enter.

2 Turn the dial to set hours. Press the dial to enter.

3 Turn the dial to set minutes. Press the dial to enter.

4 Turn the dial to select AM or PM. Press the dial to enter.

5 Press the **START/ENTER** button to start the clock.

START/ENTER



STOP/CLEAR

Press the **STOP/CLEAR** button to stop and cancel cooking at any time.

STOP/CLEAR



START/ENTER



CHILD LOCK-OUT

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

To lock or unlock the controls, press and hold the **START/ENTER** button for about three seconds. When the control panel is locked, **LOCKED** will be displayed briefly anytime a button or dial is pressed.

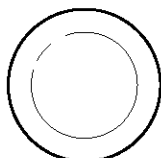
START/ENTER



PAUSE

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

OPTIONS



AUTO NITE LIGHT

The **Auto Nite Light** can be set to come on and go off at desired times.

- 1 Press the **OPTIONS** button and turn the dial to select **AUTO NITE LIGHT**. Press the dial to enter.
- 2 Turn the dial to select **SET TIMES**. Press the dial to enter.
- 3 Enter the time of day for the light to come on by turning the dial to select the hour, minutes and AM or PM. Press the dial to enter after each selection.

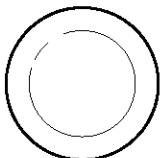
- 4 Enter the time of day for the light to go off by turning the dial to select the hour, minutes and AM or PM. Press the dial to enter after each selection.

NOTE: The **NITE** indicator will be lit whenever the nite light is set to operate.

To review the nite light settings, turn the dial to select **REVIEW SETTINGS** after selecting the **Auto Nite Light** option. Press the dial to enter.

To clear the nite light settings, turn the dial to select **CLEAR SETTINGS** after selecting the **Auto Nite Light** option. Press the dial to enter.

OPTIONS



BEEPER VOLUME

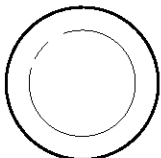
The beeper sound level can be adjusted.

- 1 Press the **OPTIONS** button and turn the dial to select **BEEPER VOLUME**. Press the dial to enter.

- 2 Turn the dial to select mute to loud. Press the dial to enter.

NOTE: The **MUTE** indicator will be lit whenever the beeper volume is set to mute.

OPTIONS



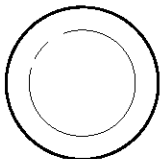
DISPLAY LANGUAGE

The language for the scrolling display can be set to either English or Spanish.

- 1 Press the **OPTIONS** button and turn the dial to select **DISPLAY LANGUAGE**. Press the dial to enter.

- 2 Turn the dial to select **ENGLISH** or **SPANISH**. Press the dial to enter.

OPTIONS



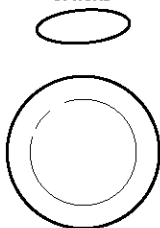
DISPLAY ON/OFF

Use to turn your clock display on or off.

- 1 Press the **OPTIONS** button and turn the dial to select **DISPLAY ON/OFF**. Press the dial to enter.

- 2 Turn the dial to select **ON** or **OFF**. Press the dial to enter.

OPTIONS



DISPLAY SPEED



The scroll speed of the display can be changed.


- 1 Press the **OPTIONS** button and turn the dial to select **DISPLAY SPEED**. Press the dial to enter.


- 2 Turn the dial to select slowest to fastest. Press the dial to enter.



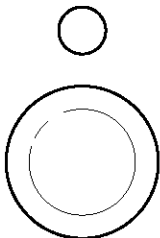
SURFACE LIGHT

Press the  button, then turn the dial if you want to change the brightness. Press the  button again to turn the light off.

To turn the Nite Light on, press and hold the  button for about three seconds.

To turn the Nite Light off, press the  button.

KITCHEN TIMER



KITCHEN TIMER

The **Kitchen Timer** operates as a minute timer and can be used at any time, even when the oven is operating.

- 1 Press the **KITCHEN TIMER** button.
- 2 Turn the dial to select the minutes. Press the dial to enter.
- 3 Turn the dial to select the seconds. Press the dial to enter.
- 4 Press the dial or **KITCHEN TIMER** to start.

To cancel, press the **KITCHEN TIMER** button while the time remaining is displayed.



When time is up, the oven will signal. To turn off the timer signal, press **KITCHEN TIMER**.

NOTE: The **KITCHEN TIMER** indicator will be lit while the kitchen timer is operating.



VENT FAN

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

Press the  button, then turn the dial if you want to change the fan speed. Press the  button again to turn the fan off.

NOTE: The **FAN** indicator will be lit while the fan is operating.

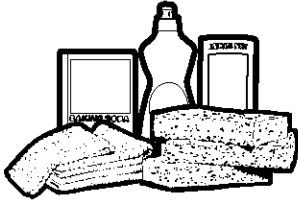
AUTOMATIC FAN

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

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

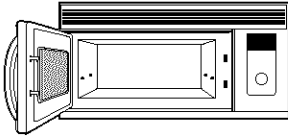
MICROWAVE TERMS

<i>Term</i>	<i>Definition</i>
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: <ul style="list-style-type: none">• the metal shelf being installed incorrectly and touching the microwave walls.• metal or foil touching the side of the oven.• foil that is not molded to food (upturned edges act like antennas).• metal such as twist-ties, poultry pins, gold-rimmed dishes.• recycled paper towels containing small metal pieces.• the turntable ring support being installed incorrectly.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.



HELPFUL HINTS

An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.
Be sure the power is off before cleaning any part of this oven.

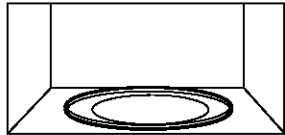


HOW TO CLEAN THE INSIDE

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

Never use a commercial oven cleaner on any part of your microwave.



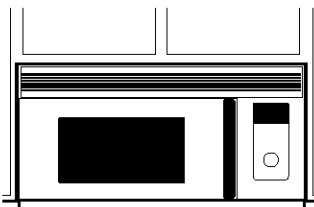
Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

Shelf

Clean with mild soap and water or in the dishwasher.

Do not clean in a self-cleaning oven.



HOW TO CLEAN THE OUTSIDE

We recommend against using cleaners with ammonia or alcohol, as they can damage the appearance of the microwave oven. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.

Bottom

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

Case

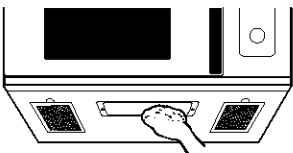
Clean the outside of the microwave with a sudsy cloth. Rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth.

Control Panel and Door

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

Door Seal

It is important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.



CARE AND MAINTENANCE

STAINLESS STEEL

Do not use a steel-wool pad; it will scratch the surface.

To clean stainless steel surfaces, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth.

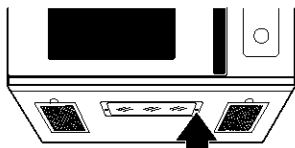
If food soil remains, try a general kitchen cleaner.

For hard-to-clean soil, use a standard stainless-steel cleaner, such as Bon-Ami® or Cameo.®

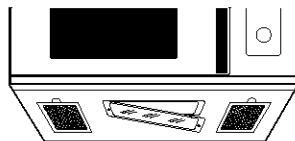
Apply cleaner with a damp sponge. Use a clean, hot, damp cloth to remove cleaner. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.

After cleaning, use a stainless-steel polish, such as Stainless Steel Magic,® Revere Copper and Stainless Steel Cleaner® or Weno! All Purpose Metal Polish.® Follow the product instructions for cleaning the stainless-steel surface.

REPLACING THE LIGHT BULB



Remove screw



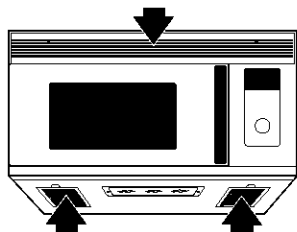
COOKTOP LIGHT/NITE LIGHT

Replace the burned-out bulb with a 120 volt, 20 watt (max.), halogen bulb (WB36X10213), available from your nearest Sears Parts & Repair Center. Call 1-800-4-MY-HOME.®

- 1 To replace the cooktop light/nite light, first disconnect the power at the main fuse or circuit breaker panel, or pull the plug.
- 2 Remove the screw from the side of the light compartment cover and lower the cover until it stops.

- 3 Be sure the bulb is cool before removing. Remove the bulb by pulling it straight out.
- 4 Push the new bulb straight into the receptacle all the way.
- 5 Raise the light cover and replace the screw. Connect electrical power to the oven.

Charcoal filter (on some models)



Reusable vent filters
(on all models)

VENT FAN

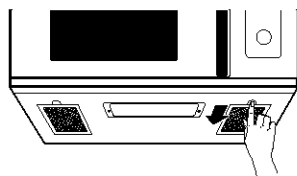
The vent fan has two metal reusable vent filters.

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

REUSABLE VENT FILTERS

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

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



REMOVING AND CLEANING THE FILTERS

To remove, slide them to the rear using the tabs. Pull down and out.

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

Rinse, shake and let dry before replacing.

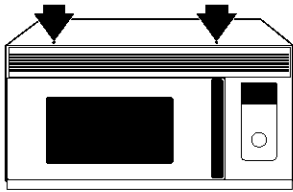
To replace, slide the filters into the frame slots on the back of each opening. Press up and to the front to lock into place.

CHARCOAL FILTER

The charcoal filter cannot be cleaned. It must be replaced. Order Part No. WB2X9883 available from your nearest Sears Parts & Repair Center. Call 1-800-4-MY-HOME.®

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

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



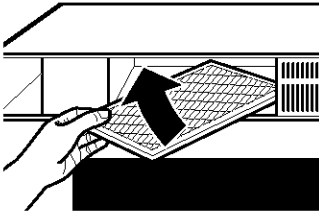
Remove 2 grille screws to remove the grille

TO REMOVE THE CHARCOAL FILTER

To remove the charcoal filter, first disconnect power at the main fuse or circuit breaker, or pull the plug. Remove the top grille by removing the two screws that hold it in place.

You may need to open the cabinet doors to remove the screws.

Slide the filter toward the front of the oven and remove it.



TO INSTALL THE CHARCOAL FILTER

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

Insert the filter into the top opening of the oven as shown, maneuvering it behind the plastic grille until it fits squarely into place. It will rest at an angle behind the plastic grille on two side support tabs and in front of the right rear tab. Replace the grille and two screws. Reconnect power.

BEFORE YOU CALL FOR SERVICE...

PROBLEM	POSSIBLE CAUSES	SOLUTION
Oven will not start	<p>A fuse in your home may be blown or the circuit breaker tripped.</p> <p>Power surge.</p> <p>Plug not fully inserted into wall outlet.</p> <p>Door not securely closed.</p>	<ul style="list-style-type: none"> • Replace fuse or reset circuit breaker. • Unplug the microwave oven, then plug it back in. • Make sure the 3-prong plug on the oven is fully inserted into wall outlet. • Open the door and close securely.
Control panel lighted, yet oven will not start	<p>Door not securely closed.</p> <p>START/ENTER button not pressed after entering cooking selection.</p> <p>Another selection entered already in oven and STOP/CLEAR button not pressed to cancel it.</p> <p>Cooking time not entered after pressing COOK TIME.</p> <p>STOP/CLEAR was pressed accidentally.</p> <p>Food weight not entered after selecting AUTO DEFROST, BREAD DEFROST or EXPRESS DEFROST.</p> <p>Food type not entered after pressing AUTO COOK.</p>	<ul style="list-style-type: none"> • Open the door and close securely. • Press START/ENTER. • Press STOP/CLEAR. • Make sure you have entered cooking time after pressing COOK TIME. • Reset cooking program and press START/ENTER. • Make sure you have entered food weight after selecting AUTO DEFROST, BREAD DEFROST or EXPRESS DEFROST. • Make sure you have entered a food type.
LOCKED appears on display	The control has been locked.	<ul style="list-style-type: none"> • Press and hold START/ENTER for about 3 seconds to unlock the control.
CAUTION—OVEN HOT appears on display	<p>The temperature inside the oven is greater than 200°F.</p> <p>One of the sensor cooking pads was pressed when the temperature inside the oven was greater than 200°F.</p>	<ul style="list-style-type: none"> • This is normal. • These features will not operate when the oven is hot.
Floor of the oven is warm even when the oven has not been used	The cooktop light is located below the oven floor. When light is on, the heat it produces may make the oven floor get warm.	<ul style="list-style-type: none"> • This is normal.
You hear an unusual low-tone beep	You have tried to change the power level when it is not allowed.	<ul style="list-style-type: none"> • Many of the oven's features are preset and cannot be changed.
Oven emits a smoky odor and gray smoke after using the Convection feature	Oils on the stainless steel cavity are burning off after using the Convection feature the first few times.	<ul style="list-style-type: none"> • This is normal.

BEFORE YOU CALL FOR SERVICE...

PROBLEM	POSSIBLE CAUSES	SOLUTION
Food browns on top much faster than on the bottom	Rack has been placed in the "high" position.	<ul style="list-style-type: none"> Always use the rack in its "low" position.
Oven temperature fluctuates during cooking	The cooking element cycles on and off to maintain the oven temperature at the desired setting.	<ul style="list-style-type: none"> This is normal.
Vent fan comes on automatically	<p>The vent fan automatically turns on to protect the microwave if it senses too much heat rising from the cooktop below.</p> <p>During Convection or Combination baking (after preheating), the vent fan will automatically come on to cool the oven components.</p>	<ul style="list-style-type: none"> This is normal. This is normal.

THINGS THAT ARE NORMAL WITH YOUR MICROWAVE OVEN

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV/radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible or check the position and signal of the TV/radio antenna.

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