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Kenmore 721.68101890 Owner's Manual

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OWNERS MANUAL

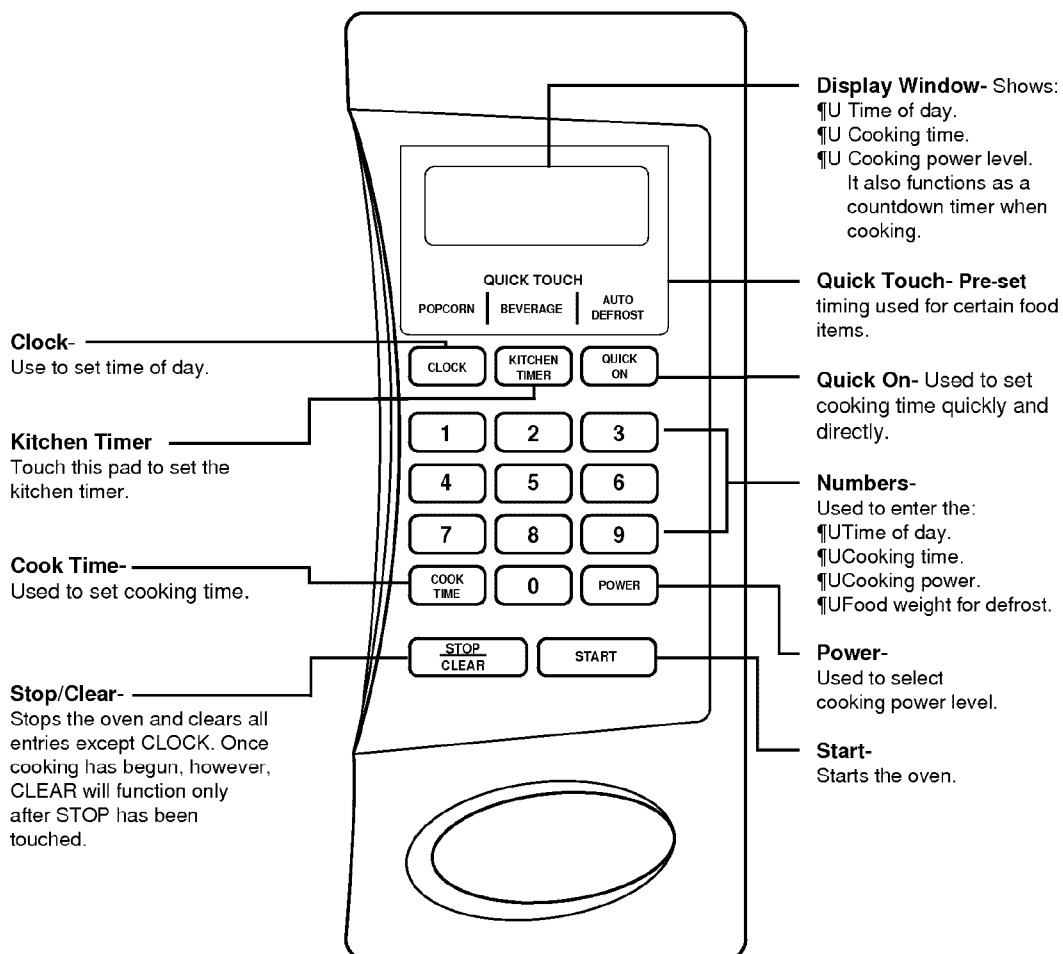
Specifications

Power Source	120 V / 60 Hz only
Power Consumption	1050 W
Input Current	9.3 A
Output Power	700 W (IEC 705 Rating Standard)
Outer Dimensions (W x H x D)	19" x 11" x 12 7/8"
Cavity Dimensions (W x H x D)	11 3/4" x 7 5/8" x 12 1/2"
Cavity Volume	0.7 Cu.ft
Net Weight	26 lbs

NOTE: This oven is made for use only in the U.S.A.
Specifications subject to change without prior notice.

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Oven Control Panel



NOTE: A beep sounds when you touch a key on the control panel, to indicate that you have entered a setting.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

⚠ **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 front face of the oven and the door**, or allow 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:

⚠ door (bent)

⚠ hinges and latches (broken or loosened)

⚠ door seals and sealing surfaces.

⚠ **The oven should not be adjusted or repaired** by anyone except properly qualified service personnel.

GROUNDING INSTRUCTIONS

This appliance must be grounded! If an electrical short circuit occurs, 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.

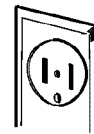
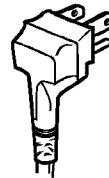
Put the plug into an outlet that is properly installed and grounded.

⚠ WARNING ⚠

If you use the grounding plug improperly, you risk electric shock.

Ask a qualified electrician or the Sears Service Department if you do not understand the grounding instructions or if you wonder whether the appliance is properly grounded.

This appliance has a short power supply cord to reduce the risk of anyone's tripping over or becoming entangled in the cord. You may use an extension cord if you are careful.



Three-Pronged (Grounding) Plug

If you use an extension cord, be sure that:

⚠ the extension cord has the same electrical rating as the appliance.

⚠ the marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.

⚠ the extension cord is a grounding-type 3-wire cord.

⚠ the extension cord does not drape over a countertop or tabletop, where it can be pulled on by children or tripped over accidentally.

⚠ the electrical cord is dry and not pinched or crushed in any way.

NOTE: This oven draws 9.3 ampere electrical current on 120 Volts, 60 Hz.

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Warranty

FULL ONE YEAR WARRANTY ON MICROWAVE OVEN

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

WARRANTY SERVICE IS AVAILABLE BY SIMPLY RETURNING THE MICROWAVE OVEN TO SEARS SERVICE CENTER IN THE UNITED STATES.

The 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. 817WA, Hoffman Estates, IL 60179

Important Safety Instructions

The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven.

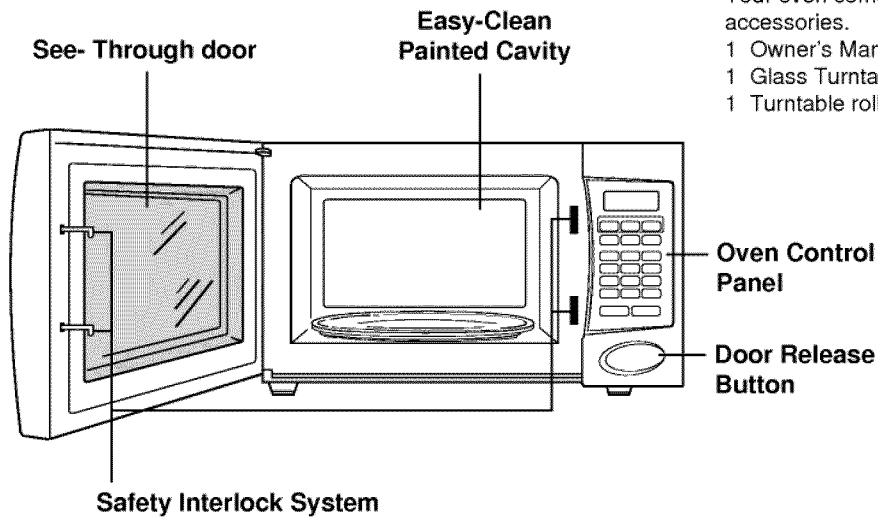
WARNING - To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:

1. **Read all the instructions before using your oven.**
2. **Do not allow children to use this oven without close supervision!**
3. Read and follow the specific **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY** found on page 3.
4. **Do not tamper with the built - in safety switches on the oven door!** The oven has several built-in safety switches to make sure the power is off when the door is open.
5. **When cleaning the door and the surfaces that touch the door, use only mild, nonabrasive soaps or detergents and a sponge or soft cloth.**
6. **If your oven is dropped or damaged,** have it thoroughly checked by a qualified service technician before using it again.
7. **To avoid a fire hazard:**
 - a) **Do not severely overcook foods.** It can cause a fire in the oven.
 - b) **Do not use recycled paper products in your oven.** They can contain particles that can cause arcing or may ignite.
 - c) **Do not overcook potatoes.** Overcooking could cause a fire.
 - d) **Do not store combustible items** (bread, cookies, etc.) **in the oven,** because if lightning strikes the power lines, it may cause the oven to turn ON.
 - e) **Do not use wire twist-ties in the oven.** Be sure to remove them before placing the item in the oven.
 - f) **Do not use the cavity for storage purposes.** Do not leave paper products, cooking utensils, or food in the cavity when not in use.
8. **If a fire should start:**
 - a) **Keep the oven door closed.**
 - b) **Turn the oven off.**
 - c) **Disconnect the power cord or shut off the power at the fuse or circuit breaker panel.**
9. Do not use this oven for commercial purposes. This microwave is made for household use only.
10. Install or locate this appliance in accordance with the provided installation instructions.
11. **To avoid electric shock:**
 - a) **This appliance must be grounded!** Connect it only to a properly grounded outlet. (See the **Grounding instructions** on page 3.)
 - b) **Do not operate this appliance if it has a damaged cord or plug,** if it is not working properly, or if it has been damaged or dropped.
 - c) **Do not immerse the electrical cord or plug in water.**
 - d) **Keep the cord away from heated surfaces.**
 - e) This appliance should be serviced only by qualified service personnel.
12. **To avoid improperly cooking some foods:**
 - a) **Do not heat any types of baby bottles or baby food.** Uneven heating may occur and possibly cause personal injury.
 - b) **Do not heat small-necked containers,** such as syrup bottles.
 - c) **Do not deep-fat fry in your microwave oven.**
 - d) **Do not attempt home canning in your microwave oven.**
 - e) Do not heat whole eggs in the shell, water with oil or fat, and sealed containers or closed glass jars. These items may explode.
13. Keep the glass tray and the turntable roller rest in the oven when you are cooking.
14. Do not use the oven outdoors. Do not store the oven outdoors. Do not use this product near water.
15. Do not cover or block any openings in the oven.
16. Do not run the microwave oven empty.
17. Do not let the cord hang over the edge of a table or counter.
18. Do not heat glass turntable excessively.
 - Do not cook bacon directly on the glass turntable.
 - Do not allow the grey film on special microwave cooking packages to touch the glass turntable. Put the package on a microwave-safe dish.
 - Keep a browning dish at least 3/16 inch above the glass turntable. If you use the browning dish incorrectly, you could break the glass turntable.
19. Be careful not to chip or scratch the edges of the turntable. Chips or scratches may cause the turntable to break during use.

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SAVE THESE INSTRUCTIONS!

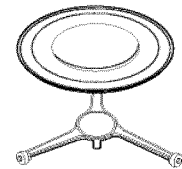
Names Of Oven Parts And Accessories



Your oven comes with the following accessories.

- 1 Owner's Manual.
- 1 Glass Turntable.
- 1 Turntable roller rest.

Glass Turntable



Turntable Roller Rest

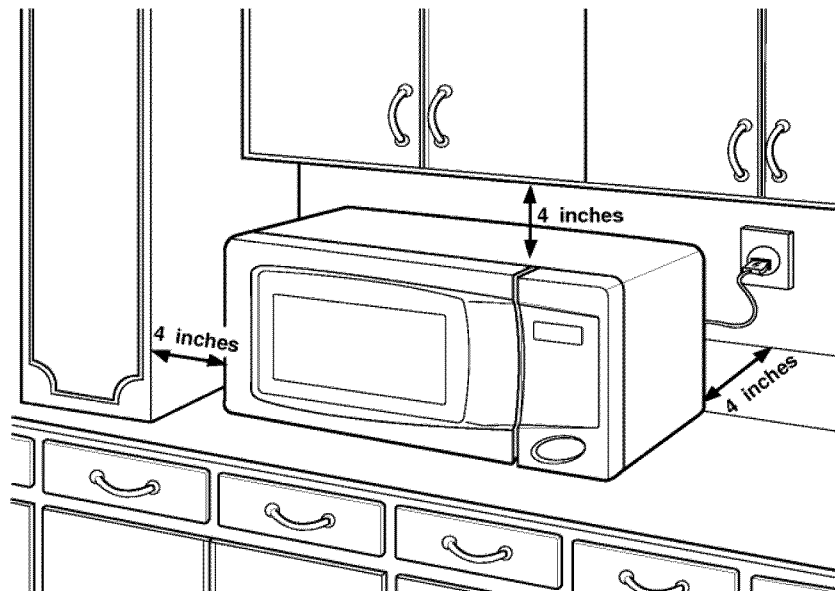
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Installation

1. Remove your Kenmore microwave oven and all packing materials from the shipping carton.
2. Place the oven on a level surface that provides at least 4 inches of space at the left, right, top, and rear side for proper ventilation.
3. Place the turntable roller in the circle on the oven floor and then place glass turntable on the top of the turntable roller rest.

NOTE: Do not install your oven over a range, cooktop, or other heat-producing appliance. This oven is not designed for built-in use.

NOTE: Never place the glass turntable in the oven upside down. Blocking the inlet and/or outlet openings can damage the oven.



Microwave Utensil Guide

USE	DO NOT USE
<p>Ovenproof Glass (Glass which has been treated for high intensity heat): Utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles, and bowls without metallic trim.</p> <p>China: Bowls, cups, serving plates, and platters without metallic trim.</p> <p>Plastic: When plastic wrap is used as a cover, make sure that the dish is deep enough so the plastic wrap does not touch the food. As the food heats, it may melt the plastic wrap wherever the wrap touches the food. Place the wrap loosely over the top of the dish and secure it by pressing the wrap to the sides of the dish. Make a vent by lightly turning back one corner of the plastic wrap. This will allow excess steam to escape. Use plastic dishes, cups, semi-rigid freezer containers, and plastic bags only for short time cooking. Use these with care because the plastic may soften from the heat of the food.</p> <p>Paper: Paper towels, waxed paper, paper napkins, and paper plates with no metallic trim or design. Look at the manufacturer's label for use of paper products in the microwave oven.</p>	<p>Metal Utensil: Metal shields the food from microwave energy and produces uneven cooking. Also avoid metal skewers, thermometers, or foil trays. Metal utensils can cause arcing, which is a luminous discharge of electric current. Arcing can damage your microwave oven.</p> <p>Metal Decoration: Metal-trimmed or metal-banded dinnerware, casserole dishes, etc.</p> <p>Centura tableware: The Corning Company recommends you DO NOT USE Centura tableware or some Corelle closed-handle cups for microwave cooking.</p> <p>Aluminum Foil: Avoid large sheets of aluminum foil because they hinder cooking and may cause harmful arcing. Use small pieces of foil to shield poultry legs and wings. Keep ALL aluminum foil at least 1 inch from the side walls and door of the oven.</p> <p>Wood: Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets react in the same way.</p> <p>Tightly Closed Containers or pouches: Be sure to leave an opening for steam to escape from covered utensils. Tightly closed utensils can explode.</p> <p>Brown Paper: Avoid using brown paper bags. They absorb too much heat and could burn.</p> <p>Metal Twist Ties: Remove metal twist ties from plastic or paper bags. They become hot and can cause a fire.</p>

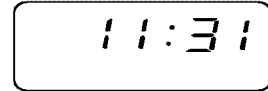
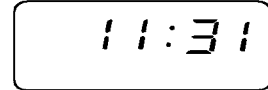
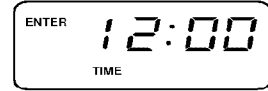
Utensil Test: Place the empty utensil in the microwave oven.
Measure 1 cup of water in a glass measuring cup and place it in the oven beside the utensil.
Microwave on Hi Power for 1 minute.
If the utensil is warm to touch at the end of this time, you should not use it for microwave cooking.

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Time of day

This is a 12 hour clock. ERROR will appear in the display window of you attempt to enter an incorrect clock time, for example, 3:78 or 14:02.

1. Plug the power cord into an electrical outlet.
2. Touch **CLOCK**.
3. Enter the correct time of day. For example, current time of day is 11:31.
4. Touch **CLOCK** again.

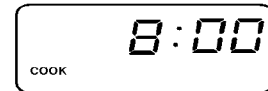
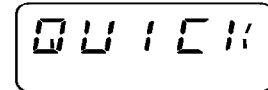


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Quick On

The QUICK ON feature allows you to cook for up to 9 minutes at Hi Power by touching only 3 keypads.

1. Touch **STOP/CLEAR**.
2. Touch **QUICK ON**.
3. Touch **8** to cook for 8 minutes.



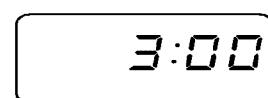
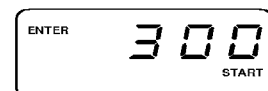
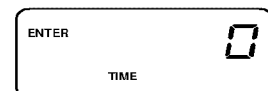
The oven begins to cook immediately for the number of minute(s) you set or until you open the door or touch STOP/CLEAR.

Kitchen Timer

You can use your microwave oven as a timer. Use the Timer for timing up 99 minutes, 99 seconds.

For example, to count 3 minutes for a telephone call.

1. Touch **STOP/CLEAR**.
2. Touch **KITCHEN TIMER**.
3. Touch **3-0-0**.
4. Touch **START**.



Quick Touch Cooking

Quick Touch Cooking made easy: Your oven's menu has been preprogrammed to cook or reheat food automatically.

For example, to cook a package of 3.5 oz microwave popcorn:

1. Touch **STOP/CLEAR**.
2. Touch **POPCORN**.



The oven begins the cooking you selected without the need to touch START. Be sure to close the door before making your selection.

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Cooking Guide

Quick Touch Menu	Touch key pad	Serving Size	Preparation	Special Notes
Popcorn	1 time 2 times 3 times	3.5 oz. 3.0 oz. 1.75 oz.	¶U Follow manufacturer's directions.	¶U Do not leave the oven unattended while the popcorn is being popped. ¶U Use popcorn packages which are made especially for microwave cooking. ¶U Popcorn popping devices are not recommended for the popcorn feature. ¶U Do not try to pop leftover unpopped kernel.
Beverage	1 time 2 times	1 Cup (8 oz.) 2 Cups (16 oz.)	¶U Place in center of the oven.	¶U No cover. Use uncovered microware cup or mug. ¶U Stir after reheating.

Child Lock

Your oven has a CHILD LOCK feature which inactivates the microwave.

To set CHILD LOCK

1. Touch and hold the STOP/CLEAR pad until LOCK appears in the display window and a single beep is heard. In this condition, the oven will not operate.

To cancel CHILD LOCK

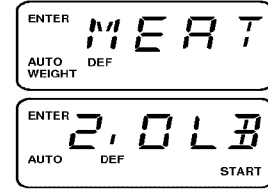
1. Touch and hold the STOP/CLEAR pad until LOCK disappears in the display window and a single beep is heard. The oven is now ready to use.

Automatic Defrost

Three defrost sequences are preset in the oven. The defrost feature provide you with the best defrosting method for frozen foods.

For example, to defrost 2.0 lbs of Ground Beef.

1. Touch **STOP/CLEAR**.
2. Touch **AUTO DEFROST**.
3. Enter the weight by touching 2 and then 0.
4. Touch **START**.



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Auto Defrost Sequence List

Sequence	Food	Min./Max. Food
DEFROST MEAT	¶U BEEF ----- Ground beef (bulk), Round steak, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Stew Beef, Ground beef (Patties) ¶U LAMB ----- Chops (1-inch thick), Rolled roast, Cubes for stew ¶U PORK ----- Chops (1/2-inch thick), Spareribs, Country-style ribs, Rolled roast, Sausage (bulk), Sausage (links) Hot dogs ¶U VEAL ----- Cutlets (1 lb., 1/2-inch thick)	0.1/6.0 lbs
DEFROST POULTRY	¶U CHICKEN ----- Whole, Breasts (boneless), Cut up ¶U CORNISH HENS - Whole ¶U TURKEY ----- Breast	0.1/6.0 lbs
DEFROST FISH	¶U FISH ----- Fish fillets, Fish steak, Whole fish ¶U SHELLFISH ----- Lobster tails, Crabmeat, Shrimp, Scallops	0.1/6.0 lbs

- NOTE:**
1. For best results, remove fish, shellfish, meat and poultry from its original paper or plastic closed package (wrapper). Otherwise, the wrap will hold steam and juice close to the food which can cause the outer surface of the food to cook.
 2. Place foods in a shallow glass baking dish or microwave roasting rack to catch drippings.
 3. Turn food over half way through the defrost time.

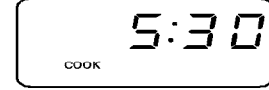
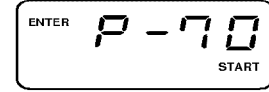
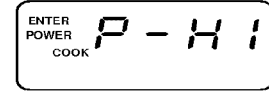
Timed Cooking & Multi Power Cooking

NOTE:

1. Cooking time can be set up to 99 minutes and 99 seconds.
2. When you cook on Hi Power, skip steps 4 and 5.

For example, to cook at power level 7 for 5 minutes and 30 seconds.

1. Touch **STOP/CLEAR**.
2. Touch **COOK TIME**.
3. Enter 5 minutes and 30 seconds by touching **5**, **3**, and then **0**.
4. Touch **POWER**.
5. Touch **7** to set power level 70%.
6. Touch **START**.



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Multi Stage Cooking

You can program up to 3 stages of cooking in sequence.

To program 2 stage cooking, repeat the timed cooking steps 2 to 5 twice and touch START.

Auto weight defrost can be programmed before the first stage to defrost first and then cook.

Cooking Guide For Multi-Power Settings

Sequence	Food
HI (100%)	<ul style="list-style-type: none"> ☞U Cooking poultry, fish, vegetables and most casseroles. ☞U Boiling water and thickening some sauces.
9 (90%)	<ul style="list-style-type: none"> ☞U Cooking onions, celery and green peppers. ☞U Reheating sliced meat quickly.
8 (80%)	<ul style="list-style-type: none"> ☞U Reheating precooked or prepared food quickly.
7 (70%)	<ul style="list-style-type: none"> ☞U Cooking cheese dishes, cake, muffins, cupcakes, convenience baking mixes.
6 (60%)	<ul style="list-style-type: none"> ☞U Cooking scrambled eggs.
5 (50%)	<ul style="list-style-type: none"> ☞U Simmering soups after bringing to a boil. ☞U Cooking custards and pasta. ☞U Cooking whole chicken, turkey, spare ribs, duckling, rib roast, sirloin roast, lamb roast, ham.
4 (40%)	<ul style="list-style-type: none"> ☞U Completing the cooking cycle of less tender roasts. ☞U Cooking less tender cuts of meat in liquid or slow sauces. ☞U Cooking small quantities of most foods.
3 (30%)	<ul style="list-style-type: none"> ☞U Thawing meat, poultry, seafood, and small bread items. ☞U Finish cooking casseroles, stews, and some sauces. ☞U Cooking small quantities of most food.
2 (20%)	<ul style="list-style-type: none"> ☞U Softening chocolate and clarifying butter. ☞U Heating breads, rolls, pancakes, tacos, tortillas and French toast. ☞U Taking the chill out of fruit and heating small amount of food.
1 (10%)	<ul style="list-style-type: none"> ☞U Softening cream cheese. ☞U Keeping casseroles and main dishes warm.
0	<ul style="list-style-type: none"> ☞U Standing time. ☞U Independent timer.

Special Techniques For Microwave Cooking

Browning: Meat and poultry with high fat content cooked 10 or 15 minutes or longer will brown lightly. If you want to achieve an appealing brown color for foods cooked a shorter time, you may brush the meat with a browning agent, such as Worcestershire sauce, soy sauce, or barbecue sauce.

Covering: If you cover the food, you will trap heat and steam and the food will cook more quickly. Use a lid or plastic wrap with one corner folded back to vent the excess steam. Remember that the lids on glass casseroles can become hot during cooking, so handle them carefully. Waxed paper can prevent the food from splattering in the oven and will help retain heat. Waxed paper, napkins or paper towels are good coverings to use when warming bread items. To absorb extra moisture, wrap sandwiches and fatty foods in paper towels.

Spacing: Individual foods, such as baked potatoes, cupcakes, and hors d'oeuvres will cook more evenly if you place them in a circular pattern at least an inch apart.

Stirring: Stirring the food blends the flavors and redistributes the heat in foods. Always stir from the outside toward the center of the dish, because the food at the outside of the dish heats first.

Turning Over: Large sized foods, such as roasts and whole poultry, should be turned over so that the top and bottom cook evenly. Also turn over chicken pieces and chops.

Cleaning

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done weekly or more often, if needed. 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 splatters with a wet paper towel, especially after cooking chicken or bacon.

REMOVABLE PARTS

The turntable and turntable roller rest are removable. They should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse well and dry with a soft cloth. Never use cleaning powders, steel wool, or rough pads.

Arrangement: Do not stack the food, but arrange in a single layer in the dish for more even cooking. Because dense foods cook more slowly, place thicker portions of meat, poultry, fish and vegetables toward the outer edge of the baking dish.

Testing for Doneness: Because foods cook quickly in a microwave oven, you need to test frequently for doneness. Follow the recipes in the cookbook for more specific information.

Standing Time: Food often needs to stand from 2 to 15 minutes after you remove it from the oven. Usually you need to cover food during standing time to retain heat. Remove most foods when they are slightly undercooked and they will finish cooking during standing time. The internal temperature of food will rise about 10 °F during standing time.

Shielding: To prevent some portions of rectangular or square dishes from overcooking, you may need to shield them with small strips of aluminum foil to block the microwaves. You can also cover poultry legs and wing tips with foil to keep them from overcooking.

Always keep foil at least 1 inch from oven walls to prevent arcing.

Piercing: To prevent them from bursting, pierce the shell, skin, or membrane of foods before cooking. Foods that require piercing include: yolks and whites of eggs, hot dogs, clams, oysters, and whole vegetables, such as potatoes and squash.

⚠ 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.

Meat

Cooking Meat: General Directions

- ☞ Prepare the meat for cooking.
 - Defrosted completely.
 - Trim off excess fat to avoid splattering.
 - Place the meat, fat side down, on a microwavable rack in a microwavable dish.
 - Use oven cooking bag for less tender cuts of meat.
 - Arrange the meat so that thicker portions are toward the outside of the dish.
 - Cover the meat with waxed paper to prevent splattering.

- ☞ Tend the meat as it cooks.
 - Drain juices as they accumulate to reduce splattering and keep from overcooking the bottom of the meat.
 - Shield thin or bony portions with strips of foil to prevent overcooking.

NOTE: Keep the foil AT LEAST 1 INCH from the oven walls, and do not cover more than one-third of the meat with foil at any one time.

☞ Let the meat stand covered with foil 10-15 minutes after you remove it from the oven. The internal temperature of the meat may rise from 5-10°F during standing time.

The Meat Cooking Table below provides detailed directions, Power Control and cooking time settings for most cuts of meat.

NOTE: No meat thermometer is supplied with this oven, but you may obtain a microwave-safe meat thermometer at most full service hardware stores carrying cooking accessories. You will need a meat thermometer to measure the internal temperature of roasts.

Meat Cooking Table

Cut	Microwave power	Cooking Time per pound
Beef		
Standing/Rolled Rib- Rare	8	9~11 minutes
- Medium	8	10~12 minutes
- Well done	8	12~14 minutes
Ground Beef (to brown for casserole)	HIGH	7~9 minutes
Hamburgers, Fresh or defrosted (4 oz. each)		
2 patties	HIGH (100%)	3~5 minutes
4 patties	HIGH (100%)	4~6 minutes
Pork		
Loin, Leg	8	13~16 minutes
Bacon		
4 slices	HIGH	3~4 minutes
6 slices	HIGH	4~6 minutes

NOTE: The above times should be regarded only as a guide. Allow for difference in individual tastes and preferences. The times may vary due to the shape, cut, and composition of the meat.

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Poultry

Cooking Poultry: General Directions

- ☞ Prepare the poultry for cooking.
 - Defrosted completely.
 - Arrange poultry pieces so that thicker pieces face the outside of the baking dish. When cooking legs, arrange them like the spokes of a wheel.
 - Cover the baking dish with waxed paper to reduce splattering.
 - Use a browning agent or cook with a sauce to give a browned appearance.
- ☞ Tend the poultry as it cooks.
 - Drain and discard juices as they accumulate.
 - Shield thin or bony pieces with small strips of aluminum foil to prevent overcooking. Keep foil AT LEAST 1 INCH from the oven walls and other pieces of foil.

☞ The poultry is done when it is no longer pink and the juices run clear. When done, the temperature in the thigh meat should be 180-185°F.

☞ Let the poultry stand after cooking covered with foil for 10 minutes.

The Poultry Cooking Table below provides detailed directions, Power Control and cooking time settings for most cuts and types of poultry.

NOTE: No temperature probe is supplied with this oven, but you may obtain a microwave-safe temperature gauge at most full service hardware stores. You will need a temperature gauge to measure the internal temperature of the whole or large pieces of poultry.

Poultry Cooking Table

Poultry	Microwave power	Cooking Time per pound
Chicken		
Whole	8	12~14 minutes
Breast (boned)	8	10~12 minutes
Portions	8	11~13 minutes
Turkey		
Whole	8	13~15 minutes

NOTE: The above times should be regarded only as a guide. Allow for differences in individual tastes and preferences.

The times may vary due to the shape and composition of the food.

Fish & Shellfish

Cooking Fish and Shellfish: General Directions

- ☞ Prepare the fish for cooking.
 - Completely defrost the fish or shellfish.
 - Arrange unevenly shaped pieces with thicker parts toward the outside of the dish. Arrange shellfish in a single layer for even cooking.
 - The type of cover you use depends on how you cook: Poached fish needs a microwavable lid or VENTED plastic wrap.
 - Baked fish, coated fish or fish in sauce needs to be lightly covered with waxed paper to keep the coating crisp and sauce from getting watery.

- Always set the shortest cooking time. Fish is done when it turns opaque and the thickest part begins to flake. Shellfish is done when the shell turns from pink to red and the flesh is opaque and firm.

☞ The Fish and Shellfish Cooking Table on next page provides specific directions with Power Control and cooking time settings for most types of fish and shellfish.

Fish Cooking Table

Fish	Microwave power	Cooking Time per pound	Method	Standing Time
Fish Fillets	HIGH	5~7 minutes	Add 15~30 ml (1-2 tbsp.)	2~3 minutes
Whole Mackerel, Cleaned and Prepared	HIGH	5~7 minutes	-	3~4 minutes
Whole Trout, Cleaned and Prepared	HIGH	6~8 minutes	-	3~4 minutes
Salmon Steaks	HIGH	6~8 minutes	Add 15~30 ml (1-2 tbsp.)	3~4 minutes

Vegetable

Vegetables retain their beautiful color, fresh taste, and crisp texture when cooked in the microwave oven.

Cooking Vegetables: General Directions

¶U Pierce the skins of whole potatoes, sweet potatoes, and winter squash before cooking. Piercing allows the steam to escape and prevents bursting in the oven.

Whole, Large Vegetables

¶U Place the whole vegetable on a paper towel to absorb moisture.
 ¶U When cooking more than one or two whole vegetables, arrange them in a circle, allowing space in between.
 ¶U Rearrange large vegetables halfway through cooking so that they cook evenly.

Fresh Vegetables

¶U Arrange stalk type vegetables like broccoli and asparagus with the thicker, tougher portions to the outside of the dish.
 ¶U Cover the vegetables with a microwavable cover or VENTED plastic wrap. Add water as directed in the chart below.

Frozen

¶U Remove the outer wrapping and place the vegetables in microwavable casserole.
 ¶U Add water according to the package directions.
 ¶U Cover the vegetables with a microwavable cover or VENTED plastic wrap.

Vegetable Cooking Table

Vegetable	Preparation	Quantity	Cooking Time at power Level 10	Standing Time
artichokes, fresh	Whole	4 (8-oz. each.)	12-14 minutes	5 minutes
artichoke, frozen	hearts	9-oz. package	10-11 minutes	5 minutes
asparagus, fresh	1 1/2-in. pieces	1 lb.	9-10 minutes	3 minutes
asparagus, frozen	whole spears	10-oz. package	9-11 minutes	3 minutes
beans, green or wax, fresh	1 1/2-in. pieces	1 lb.	10-12 minutes	-
beans, green or wax, frozen	cut up	9-oz. package	8-10 minutes	3 minutes
beets, fresh		1 1/2-2 lb.	16-18 minutes	5 minutes

Vegetable Cooking Table (continued)

Vegetable	Preparation	Quantity	Cooking Time at power Level 10	Standing Time
broccoli, fresh	spears	1 lb.	9-11 minutes	-
broccoli, frozen	whole or cut	10 oz. package	9-10 minutes	3 minutes
Brussels sprouts, fresh	whole	10-oz. tub	8-10 minutes	-
Brussels sprouts, frozen	whole	10-oz. package	9-10 minutes	3 minutes
cabbage, fresh	chopped	1 lb.	9-10 minutes	5 minutes
	wedges	1 lb.	9-11 minutes	5 minutes
carrots, fresh	1/2-in. slices	1 lb.	10-12 minutes	3 minutes
carrots, frozen	sliced	10-oz. package	8-10 minutes	3 minutes
cauliflower, fresh	florets	1 medium head	9-11 minutes	3 minutes
	whole	1 medium head	9-12 minutes	5 minutes
cauliflower, frozen	florets	10-oz. package	8-10 minutes	3 minutes
celery, fresh	1/2-in. slices	1 lb.	9-11 minutes	5 minutes
corn, fresh	on cob, husked	4 ears	11-13 minutes	5 minutes
corn, frozen	on cob, husked	4 ears	13-15 minutes	5 minutes
	whole kernel	10-oz. package	9-10 minutes	3 minutes
eggplant, fresh	cubed	1 lb.	9-11 minutes	3 minutes
	whole, pierced	1-1 1/2 lb.	10-12 minutes	5 minutes
leeks fresh	whole, ends	1 lb.	10-12 minutes	5 minutes
lima beans, frozen	whole	10 oz. package	8-10 minutes	3 minutes
mixed vegetables frozen	-	10 oz. package	8-10 minutes	3 minutes
mushrooms, fresh	sliced	1 lb.	7-9 minutes	3 minutes
okra, frozen	sliced	10 oz. package	8-10 minutes	5 minutes
onions, fresh	whole, peeled	8-10 small	13-17 minutes	5 minutes
peas, fresh	shelled	1 lb.	8-10 minutes	-
peas, frozen	shelled	10-oz. package	8-10 minutes	3 minutes
pea pods (snow peas), frozen	whole	6-oz. package	7-8 minutes	-
peas and carrots	-	10-oz. package	9-11 minutes	3 minutes
parsnips, fresh	cubed	1 lb.	9-10 minutes	5 minutes
potatoes, white or sweet, fresh	whole	4 (6 oz. each)	13-15 minutes	3 minutes
rutabaga, fresh	cubed	4 cups	14-16 minutes	5 minutes
spinach, fresh	whole leaf	1 lb.	8-11 minutes	-
spinach, frozen	leaf or chopped	10-oz. package	9-10 minutes	3 minutes
squash, summer, fresh	1/2-in. slices	1 lb.	9-11 minutes	3 minutes
squash, summer, frozen	sliced	10-oz. package	8-10 minutes	3 minutes
squash, winter, fresh	whole, pierced	1 1/2 lbs.	15-17 minutes	5 minutes
squash, winter, frozen	whipped	12-oz. package	10-12 minutes	3 minutes
succotash, frozen	-	10-oz. package	9-11 minutes	3 minutes
turnips	cubed	4 cups	14-16 minutes	3 minutes

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Questions And Answers

Operation

Question	Answer
What is wrong when the oven light will not glow during cooking?	There may be several reasons why the oven light will not glow. Perhaps: * Cooking time has not been set. * START has not been touched. * The light bulb is burned out.
Why does steam come out of the air exhaust vent?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam.
Will the microwave oven be damaged if it operates empty?	Yes. Never operate the oven empty or without the glass turntable.
Does microwave energy pass through the viewing screen in the door?	No. The metal screen bounces the energy back to the oven cavity. The holes (or ports) only allow light to pass through. They do not let microwave energy pass through.
Why does the beep sound when a pad on the control panel is touched?	The beep tells you that the setting is properly entered.
Can my microwave oven be damaged if food is cooked for too long?	Like any other cooking appliance, it is possible to overcook food to the point where the food creates smoke and even possible fire damage to the inside of the oven. It is always best to be near the oven while it is in the cooking process.
When the oven is plugged into wall outlet for the first time, it might not work properly. What is wrong?	The microcomputer controlling your oven may temporarily become scrambled and fail to function as programmed when you plug in for the first time or when power resumes after a power interruption. Unplug the oven from the 120 volt household outlet and then plug it back in to reset the microcomputer.
Why do I see light reflection around the outer case?	This light is from the oven light which is located between the oven cavity and the outer wall of the oven.
What are the various sounds I hear when the microwave oven is operating?	The clicking sound is caused by a mechanical switch turning the microwave oven's magnetron ON and OFF. The heavy hum and clunk is from the change in power the magnetron draws as it is turned ON and OFF by a mechanical switch. The change in blower speed is from the change in line voltage caused by the magnetron being turned ON and OFF.

Questions And Answers (continued)

Food

Question	Answer
What is wrong when baked foods have a hard, dry, brown spot?	A hard, dry, brown spot indicates overcooking. Shorten the cooking or reheating time.
Why do eggs sometimes pop?	When baking, frying or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a wooden pick before cooking. CAUTION: Never microwave eggs in the shell.
Why are scrambled eggs sometimes a little dry after cooking?	Eggs dry out if they are overcooked even if the same recipe is used each time. The cooking time may need to be varied for one of these reasons: * Eggs vary in size. * Eggs are at room temperature one time and at refrigerator temperature another time. * Eggs continue cooking during standing time.
Is it possible to pop popcorn in a microwave oven?	Yes, if using one of the two methods described below: (1) Microwave-popping devices designed specifically for microwave cooking. (2) Prepackaged commercial microwave popcorn that contains specific times and power output needed for an acceptable final product. Follow exact directions given by each manufacturer for its popcorn popping product and do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested time, discontinue cooking. Overcooking could result in an oven fire. CAUTION: * Never use a brown paper bag for popping corn or attempt to pop leftover kernels. * Do not pop prepackaged commercial microwave popcorn directly on the glass turntable. To avoid excessive heating of the glass turntable, position the popcorn bag on a plate.
Why do baked apples sometimes burst during cooking?	The peel has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in conventional cooking methods, the interior of the apple expands during the cooking process.
Why do baked potatoes sometimes burn during cooking?	If the cooking time is too long, fire could result. At the end of the recommended cooking time, potatoes should be slightly firm. CAUTION: Do not overcook.
Why is a standing time recommended after microwave cooking time is over?	Standing time allows foods to continue cooking evenly for a few minutes after the actual microwave oven cooking cycle. The amount of standing time depends upon the density of the foods.
Why is additional time required for cooking food stored in the refrigerator?	As in conventional cooking, the initial temperature of food affects total cooking time. You need more time to cook food taken out of a refrigerator than for food at room temperature.

Before Calling For Service

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the list below and try the solutions listed for each problem.

If the microwave oven still does not work properly, contact the nearest Sears Service Center. Sears Service Centers are fully equipped to handle your service requirements.

Problem	Possible Causes
Oven does not start	<ul style="list-style-type: none"> * Is the power cord plugged in? * Is the door closed? * Is the cooking time set?
Arcing or Sparking	<ul style="list-style-type: none"> * Are you using approved cookware? * Is the oven empty?
Incorrect Time of Day	<ul style="list-style-type: none"> * Have you tried to reset the Time of Day?
Unevenly Cooked Foods	<ul style="list-style-type: none"> * Are you using approved cookware? * Is the glass turntable in the oven? * Did you turn or stir the food while it was cooking? * Were the foods completely defrosted? * Was the time/cooking power level correct?
Overcooked Foods	<ul style="list-style-type: none"> * Was the time/cooking power level correct?
Undercooked Foods	<ul style="list-style-type: none"> * Are you using approved cookware? * Were the foods completely defrosted? * Was the time/cooking power level correct? * Are the ventilation ports clear?
Improper Defrosting	<ul style="list-style-type: none"> * Are you using approved cookware? * Was the time/cooking power level correct? * Did you turn or stir the food during the defrosting cycle?

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Federal Communications Commission Radio Frequency Interference Statement (U.S.A Only)

Warning:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one more of the following:

- * Reorient the receiving antenna of the radio or television.
- * Relocate the Microwave Oven with respect to the receiver.
- * Move the microwave oven away from the receiver.
- * Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

THE MANUFACTURER is not responsible for any radio or TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.