



MICROWAVE OVENS

TABLE OF CONTENTS

Specifications	Inside cover
Proper and Safe Use of Your Oven	
Important Safety Instructions	
SECTION 1 - SETTING UP & GETTING TO KNOW YOUR MICROWAVE OVEN	
Unpacking and Names of Oven Parts	
Turntable	
Control Panel and Features	
Installation	
Electrical Grounding Instructions	
Setting Clock	
Child Lock-Out	
Utensils	
SECTION 2 - OPERATING INSTRUCTIONS	
Microwaving Made Easy	
Quick On Cooking	
Quick Touch Reheat	
Quick Touch Cook	
Express Defrost	
Time Cooking	
More/Less	
Using Multi-Power Levels	
Multi-Power Setting Guide	
Automatic Popcorn	
Multi-Stage Cooking	
SECTION 3 - CARE OF YOUR MICROWAVE OVEN	
Questions and Answers	
Care and Cleaning	
Before Calling for Service	
SECTION 4 - COOKING GUIDES AND RECIPES	
Cooking Techniques	
Appetizers	
Soups and Sandwiches	
Vegetables and Rice	
Meats, Poultry and Fish	
Baked Goods and Desserts	
SECTION 5 - CHARTS AND TABLES	
Quick On Cooking Chart	
Quick Touch Reheat Chart	
Quick Touch Cook Chart	
Express Defrost Chart	
Conversion Table	
Kenmore Service & Customer Letter	
Kenmore Warranty	Back cover

Use and Care Instruction Manual and Cooking Guide

Model No.: 87010
88010/88019

Part No.: 3828W5A1505

SPECIFICATIONS

Model No.	87010	88010/88019
Power Source	AC, 120V, 60Hz.	
Power Consumption (W)	1,500	1,500
Maximum Output (W)	*1000	*1000
Dimensions (w x d x h)	530x 394 x 315	556x 438 x 320
Net Weight (Approx.)	15Kg	17.5Kg
Oven Capacity(Cu. Ft.)	1.0	1.3

★According to IEC-705 test procedure.

PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The turntable and turntable roller rest must be in the oven during cooking.
- Place the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- When a browning dish is used, its bottom must be at least 3/16" above the turntable. Carefully read and follow the instructions that accompany the browning dish. Incorrect usage may cause the turntable to break.
- The oven has several built-in safety switches to make sure the power remains off when the door is open. Do not tamper with these switches.
- Do not operate the oven empty.
- Use only the proper popcorn bag size when using Popcorn feature. For other popcorn bag size, follow popcorn package directions on page 16.
- When heating packaged microwave foods, always place them on a microwave-safe dish. For example, microwave french fries.
- Do not cook bacon directly on the turntable.
- Do not heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause personal injury.
- Do not heat narrow-necked containers, such as syrup bottles.
- If the oven is dropped or damaged, it should be thoroughly checked by a trained service technician before it is operated again.
- Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
- Do not deep-fat fry in your microwave. This is not a safe procedure in the confined cavity.
- Do not attempt to do home canning in your microwave. It is impossible to be sure all areas of the jar have reached boiling temperature for the proper processing time.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) DO NOT ATTEMPT to operate this oven with the door open. It is important not to tamper with the safety interlocks.
- (b) DO NOT PLACE any object between the oven front face and the door, or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) DO NOT OPERATE the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the:
 - (1) DOOR (bent)
 - (2) HINGES AND LATCHES (broken or loosened)
 - (3) DOOR SEALS AND SEALING SURFACES
- (d) DO NOT ADJUST OR REPAIR MICROWAVE OVEN YOURSELF. MICROWAVE OVENS SHOULD BE REPAIRED ONLY BY PROPERLY QUALIFIED SERVICE PERSONNEL.

IMPORTANT SAFETY INSTRUCTIONS

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

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

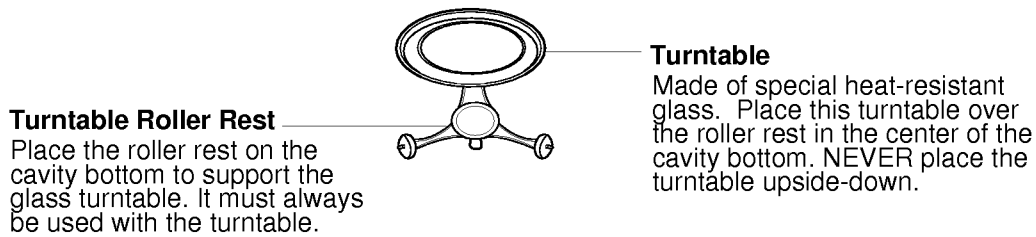
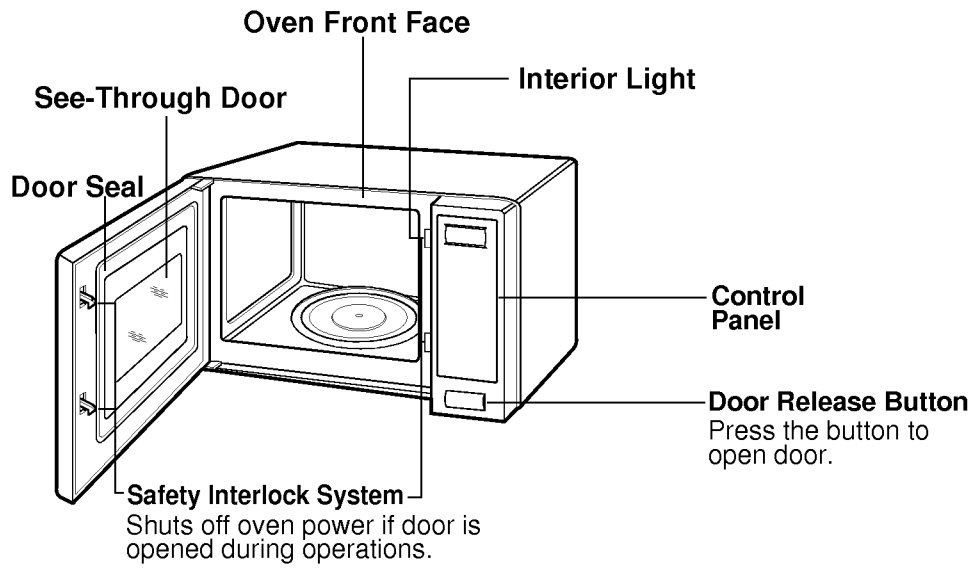
1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 1.
3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
NOTE: If a fire should start:
 - ★ Keep the oven door closed.
 - ★ Turn the oven off.
 - ★ Disconnect the power cord or shut off power at the fuse or circuit breaker panel.**■ The following rules should be kept in mind at all times:**
 - a. DO NOT overcook foods, since this could cause fires in the oven cavity. Carefully attend to the oven's activities, especially if paper, plastic or other combustibles are inside.
 - b. DO NOT store combustible items, such as bread, cookies, etc., inside the oven, because if lightning strikes the power lines it may cause the oven to turn ON.
 - c. DO NOT use wire twist-ties in the oven. Be sure to inspect purchased items for wire twist ties and remove before placing them in the oven.
4. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 6.
5. Install this appliance only in accordance with the provided installation instructions.
6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars may explode and therefore should not be heated in this oven.
7. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance.
8. As with any appliance, close supervision is necessary when children are involved.
9. Do not operate this appliance if it (a) has a damaged cord or plug, (b) is not working properly or (c) has been damaged or dropped.
10. This appliance should be serviced only by qualified service personnel. Contact your nearest Sears Service Centre for examination, repair or adjustment.
11. Do not cover or block openings on the appliance.
12. Do not use outdoors, in a wet basement, or near a swimming pool.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. When cleaning door and interior oven surfaces, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth. (See "Care and Cleaning" instructions in Section 3.)

SAVE THESE INSTRUCTIONS

UNPACKING AND NAMES OF OVEN PARTS

Remove your oven and all materials from the shipping carton.
Your oven comes with the following accessories:

- Turntable ----- 1
- Turntable Roller Rest ----- 1
- Instruction Manual (English/French) ----- 1
- Easy Use Chart (English/French) ----- 2



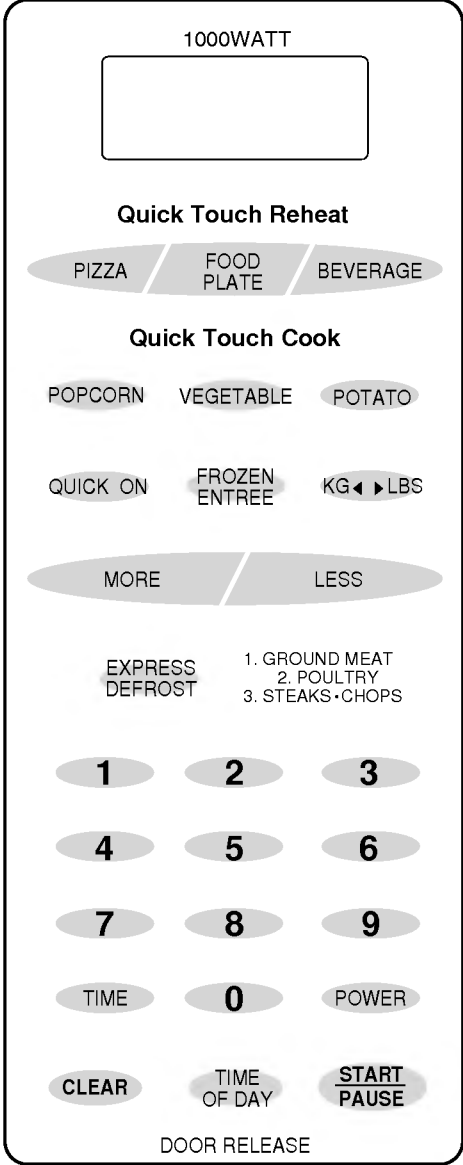
TURNTABLE

All food and containers of food are always placed on the turntable for cooking.

The turntable automatically rotates during all cooking programs.

The turntable sometimes rotates clockwise and sometimes counterclockwise; this is normal.

CONTROL PANEL AND FEATURES



INSTALLATION

Select a level surface that provides enough open space for the inlet and/or outlet vents located at the rear and underside of the oven. Make sure there is at least three inch of space on the top and at the back of the oven.

When one side is installed flush to the wall, the opposite side or top must be opened. Do not remove the plastic feet from the oven bottom.

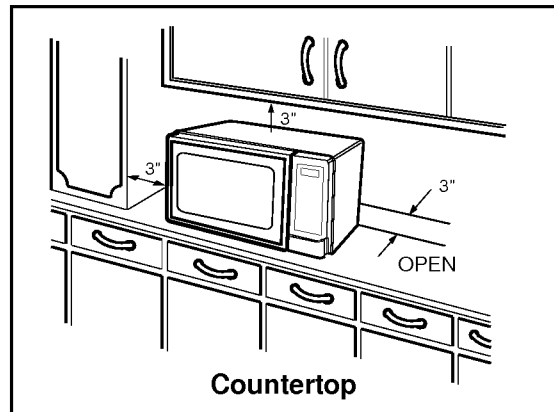
Plug your oven into a standard 120-volt/60Hz household outlet.

The electrical circuit must be at least 20 amperes.

Your microwave oven should be the only appliance on the circuit.

NOTE: DO NOT INSTALL YOUR OVEN OVER A RANGE COOKTOP OR OTHER HEAT PRODUCING APPLIANCE, OR DAMAGE TO THE OVEN MAY RESULT.

- Do not place oven above a gas or electric range.
- You can build microwave oven into a wall or cabinet. (For Models:88010/88019)

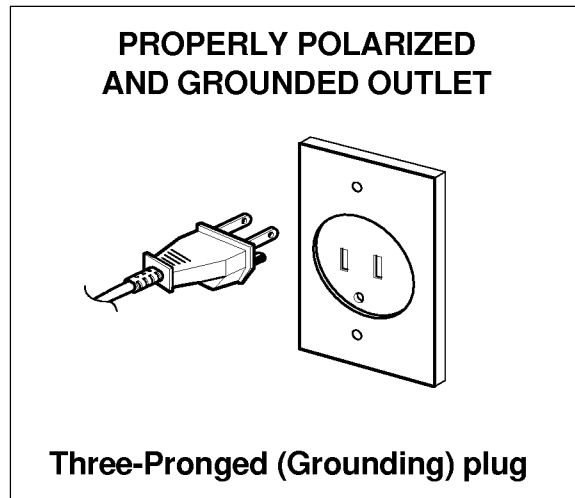


- Spacing should be over 3 inches (7.5cm).
- One side must be open.

ELECTRICAL GROUNDING INSTRUCTIONS

This appliance must be grounded. If there is an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord that has a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician if in doubt or if the grounding instructions are not completely understood as to whether the appliance is properly grounded. A short power supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords may be used with the following precautions.



If a long cord or extension cord is used :

The marked electrical rating of the cord set or extension cord should be equal to or higher than the electrical rating of the appliance.

- The extension cord must be a grounding-type 3 wire cord.
- The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.
- The electrical power cord must be kept dry and must not be pinched or crushed in any way.

WARNING - Improper use of the grounding plug can result in electrical shock.

SETTING CLOCK

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to **0**.

To set the time of day :

1. Touch **CLEAR**.



2. Touch TIME OF DAY.



3. Enter the time by using the number key pads.



Example: To set 3:15, touch number key pads **[3]**, **[1]** and **[5]**.

4. Touch TIME OF DAY.
The clock starts counting.



If the clock (or display) shows any abnormality, unplug the oven from the AC outlet, plug it back in and then reset the clock.

CHILD LOCK-OUT

This is a unique safety feature that prevents accidental running of the oven. Once the child lock-out is set, no cooking can take place.

When the child lock-out is set, you can't input any key.

To set:

1. Touch **CLEAR**.



2. Touch and hold **0** until "Loc" appears in the display and two beeps are heard.



3. "Loc" will appear whenever you touch key .

To cancel child lock-out :

1. Touch and hold **0** until "Loc" disappears in the display.
2. The time of day returns to the display window.



UTENSILS

ITEM	USE	COMMENTS
Disposable ovenable paperboard dishes	Cooking	Some frozen foods are packaged in these pans. Can be purchased in grocery stores.
Glassware Heat resistant oven glassware, glass-ceramic and ceramic, only	Cooking	Ideal for microwave cooking. May have many pieces available in your home. Do not use cracked or chipped dishes.
Oven cooking bags	Cooking	Follow manufacturers' directions. Close bag with either the nylon tie provided, a strip cut from the end of the bag, or a piece of cotton string. Do not close with metal twist tie. Make six 1/2-inch (1cm) slits by closure.
Parchment paper	Cooking	Use as a cover to prevent spattering.
Plastic Microwave-safe only, cooking and storage dishes	Cooking	Should be labeled, "Suitable for microwave heating." Check manufacturers' directions for recommended uses. Some microwave-safe plastic dishes are not suitable for cooking foods with high fat content.
Plastic wrap	Cooking	Use to cover foods during cooking to retain moisture.
Thermometers Microwave-safe, only	Cooking	Meat and candy thermometers are available.
Waxed paper	Cooking	Use as a cover to prevent spattering and to retain moisture.
Dinnerware Microwave-safe, only	Reheating and short term cooking	Check manufacturers' use and care directions for suitability for microwave heating. Some dinnerware may state on the back of the dish, "Microwave Oven Proof." Do not use cracked or chipped dishes.
Frozen dinner tray Aluminum	Reheating	Frozen dinners may be heated in foil tray, if tray is less than 3/4-inch (2cm) high. Place foil tray in center of oven. Leave at least 1-inch (2.5cm) space between foil tray and oven walls. Heat only 1 foil tray in the oven at a time. For containers more than 3/4-inch (2cm) deep, remove food and place in a similar size microwave-safe container.
Plastic	Reheating	Some frozen dinners have microwave-safe plastic trays.
Paper plates and cups	Reheating and short term cooking	Use to warm cooked foods and cook foods that require short cooking times such as wieners.
Paper towels and napkins	Reheating and cooking	Use to warm rolls and sandwiches. Use with supervision for a limited time only. Never use recycled paper.
Plastic Foam Cups	Reheating	Use to bring foods to a low serving temperature. Plastic foam will melt if foods reach a high temperature.
Aluminum foil	Shielding	Small strips of foil can be molded around thin parts of meat or poultry to prevent overcooking. Arcing can occur if foil is too close to oven wall.
Browning dish	Searing meats	Check browning dish information for instructions and heating chart. Do not preheat for more than 8 minutes.
Fast food carton with metal handle	None	May cause arcing.
Metal twist ties	None	They may cause arcing and could cause a fire in the oven.
Paper bags	None	May cause a fire in the oven.
Glass jars	Warming	Remove lid. Heat food until just warm. Most glass jars are not heat resistant and may break.

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a 8 oz (250mL) glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute at HIGH. If the container is microwave oven-safe, it should remain comfortably cool and the water should be hot. If the container is hot, it has absorbed some microwave energy and should not be used.

MICROWAVING MADE EASY

Oven-guided cooking is a group of exciting new features to make microwaving easier. Your new microwave oven will guide you, step-by-step, whether it be simply to reheat food or to defrost and cook food. A blinking indicator informs you of every stage you are at in the process, and prompts you along, each step of the way. And an easy-to-use menu with all the popular food/beverage choices helps you to cook more perfectly because it has been pre-programmed and knows how long to cook, defrost or reheat various food items.

**Called: Quick on Cooking
Quick Touch Reheat,
Quick Touch Cook,
Express Defrost**

For most Oven-Guided Cooking programs a chart with specific food examples and cooking instructions is provided in SECTION 5.

QUICK ON COOKING

A time-saving pad, this simplified control lets you quickly set and start microwave cooking without the need to touch START/PAUSE.

You can choose from nine preset cooking time selections (1 to 9 minutes) to cook at maximum micro power.

EXAMPLE : To set Quick on cooking for 2 minutes.

1. Touch **CLEAR**.

CLEAR

2. Touch **QUICK ON**.

QUICK ON

3. Enter your time selection.
Touch **[2]** for 2 minutes.
The oven begins cooking and display shows time counting down. The oven automatically shuts off and clock time reappears.

2

QUICK TOUCH REHEAT

Reheats food and beverages automatically. That is, you don't have to worry about how much time it takes, or what temperature is required.

Simply tell the oven you want your single cup of cold coffee reheated, and it figures out the rest.

Three preset categories for microwave reheating have been included in the QUICK TOUCH REHEAT menu.

1. Pizza
2. Food Plate
3. Beverage

Auto Reheat Tips

- Foods must be at room or refrigeration temperature.
- Follow the directions included in the menu.
- When reheating food on a plate, place larger and denser food near the outer edge of the plate.
- Stir food after reheating.

EXAMPLE : To reheat FOOD PLATE, follow the steps below.

1. Touch **CLEAR**.


 A light gray oval button with the word "CLEAR" in black capital letters.

2. Touch **FOOD PLATE**, until the desired quantity appears in the display window. (only 1 serving or 2 servings can be reheated at one time).


 A light gray trapezoidal button with the words "FOOD PLATE" in black capital letters.

The oven will begin the reheating you selected without the need to touch START.

QUICK TOUCH COOK

Quick Touch Cook made easy!
Your oven's menu has been preprogrammed to automatically cook food.
Tell the oven what you want and how many items there are.
Then let your microwave oven cook your selections.

Food items in the Quick Touch Cook menu include:

1. Frozen Entree
2. Vegetable
3. Potato
4. Popcorn

EXAMPLE : To cook FROZEN ENTREE, simply follow the steps below.

1. Touch **CLEAR**.

CLEAR

2. Touch **FROZEN ENTREE**.

FROZEN
ENTREE

The oven begins the cooking you selected without the need to touch START/PAUSE.

EXPRESS DEFROST

The Auto Defrost by Weight feature is an accurate defrosting method for frozen meat, poultry and fish up to 6.0lbs.

The oven automatically determines required defrosting times for each food item according to the weight you enter.

Simply tell the oven the type of your frozen food and enter the food weight. The oven calculates the rest.

For added convenience, the Express Defrost Feature contains a built-in beep mechanism that lets you check, turn over, separate or rearrange as recommended in the Express Defrost chart in SECTION 5.

Three different defrosting levels are provided:

once GROUND MEAT (DEF1)

twice POULTRY (DEF2)

three times STEAKS-CHOPS (DEF3)

EXAMPLE : To defrost 1.2lbs of ground meat, select Express Defrost Menu and enter the weight.

1. Touch **CLEAR**.

CLEAR

2. Touch **EXPRESS DEFROST** once. **DEF 1** appears in the display.

EXPRESS
DEFROST

3. Enter the weight by touching **[1]** and **[2]**.
1.2 appears in the display.

1 2

START
PAUSE

4. Touch **START/PAUSE**.

Defrosting starts.

The display changes to defrost time count down.

The oven will beep during the DEFROST cycle. At this time, open the door, and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle. The oven will not STOP during the BEEP unless the door is opened.

EXPRESS DEFROST

- To enter a weight of less than 1 lb always press the weight directly. For example, to enter 0.2 lbs, press **[2]**.
- As only one digit can be entered after the decimal point, round figures off to the lower number to avoid overdefrosting. For example, for 1.28 lbs, use 1.2.
- Pound/Kg Conversion Table is provided in SECTION 5.
- For best results, check the food during defrosting.
- Remove fish / seafood / meat / poultry from its original paper or plastic package (wrapper). Otherwise, the wrap will trap steam and juice, which can cause the surface of the foods to cook.
- When it is difficult to remove the wrap from the food, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Then remove the food from oven, and remove the wrap from food.
- Place foods in a flat microwave-safe baking dish or microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.
- Standing time is included in each EXPRESS DEFROST menu.

	Food	Min. / Max. Food
GROUND MEAT	Beef Pork Veal Variety Meat Lamb	0.1 / 6.0 lbs
POULTRY	Chicken Cornish Hens Duck Turkey	0.1 / 6.0 lbs
STEAKS·CHOPS	Fish Seafood	0.1 / 6.0 lbs

MANUAL DEFROST

To speed up the defrosting of dense food items over 1 lb. (450g), you may start on **HI**, then reduce to the 30% power setting.

1. Microwave on **HI** for 1-2 minutes per pound of dense food items.
2. Then microwave on 3 (30%) for 3 minutes per pound or until food is thawed. Defrosting time will be greatly reduced.

EXPRESS DEFROST

This oven also offers an Auto Defrost by Weight menu, which is especially preprogrammed to defrost ground meat, poultry and steaks-chops at different power level combinations.

TIME COOKING

This basic microwave cooking method allows you to cook food for a time period that you determine.


Set the time, and press START. Your oven begins cooking using its maximum power (HI POWER)

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

1. Touch **CLEAR**.



2. Enter desired time in minutes and seconds by touching the number pads.



Examples:

To set 3-1/2 minutes, touch **[3]**, **[3]** and **[0]**.

3. Touch **START/PAUSE**.



MORE / LESS

By using the MORE or LESS keys, all of the Quick Touch Reheat, Quick Touch Cook, Quick on and Timed cook program can be adjusted to cook food for a longer or shorter time. Pressing MORE will add 10 seconds to the cooking time each time you press it. Pressing LESS will subtract 10 seconds of cooking time each time you press it.

To adjust the one touch cook (popcorn) cooking time for a longer time.

NOTE:

Press the MORE or LESS pad during time countdown.

1. Touch **CLEAR**.



2. Touch **POPCORN**.

once 3.5 oz
twice 3.0 oz
three times 1.75 oz



3. Touch **MORE**.



USING MULTI-POWER LEVELS

For foods requiring slower cooking, your oven also provides 10 different power settings.

The Multi-Power feature lets you choose a lower power level over the automatic HI (maximum oven power), so that food can be cooked more slowly.

Refer to the Multi-Power Setting Guide for the most suitable cooking level of various foods.

EXAMPLE: To cook at power level 8 (80%) for 45 seconds.

1. Touch **CLEAR**.

CLEAR

2. Touch **TIME**.

TIME

3. Enter 45 seconds by touching **[4]** and **[5]**.

4

5

4. Touch **POWER**.

POWER

5. Touch **[8]** to select power level 8.

8

6. Touch **START/PAUSE**.

START
PAUSE

MULTI-POWER SETTING GUIDE

NUMBER KEY PADS	POWER LEVEL	COOKING EXAMPLES
1	10	Softening cream cheese. Keeping casseroles and main dishes warm.
2	20	Softening chocolate. Heating breads, rolls, pancakes, tacos, tortillas and French toast. Clarifying butter. Taking the chill out of fruit. Heating small amounts of food.
3	30	Thawing bread, small quantity of most food. Completing the cooking cycle of casseroles, stews and sauces. Cooking small quantities of most food.
4	40	Cooking less tender cuts of meat in liquid or slow-cooking dishes. Completing the cooking cycle of less tender roasts.
5	50	Cooking stews and soups after bringing to a boil. Cooking baked custards and pasta.
6	60	Cooking scrambled eggs. Baking cakes.
7	70	Cooking rump roast, ham, veal and lamb. Cooking cheese dishes. Cooking eggs and milk.
8	80	Reheating precooked or prepared food quickly.
9	90	Cooking onions, celery and green peppers quickly. Reheating meat slices quickly.
Automatic	HI	Cooking poultry, fish, vegetables and most casseroles. Preheating the browning dish. Boiling water.

AUTOMATIC POPCORN

This feature makes preparation of microwave popcorn simple and quick... **one bag at a time**.

The automatic popcorn uses the HI power only.

The popping time counts down in the display.

Place one bag of prepackaged microwave popcorn on the turntable. The package should be at room temperature.

1. Touch **CLEAR**.

CLEAR

2. Touch **POPCORN**.

POPCORN

The oven will begin the cooking you selected without the need to touch START/PAUSE.

NOTE : This feature is composed of three servings. You can select the quantity by touching the key once (3.5oz.), twice (3.0oz.) or three times (1.75oz.).

NOTE :

- If popcorn bag size is not known, follow manufacturers' instructions and do not use this feature.
- Do not use POPCORN key pad in combination with any other feature key pads.
- Do not attempt to reheat or cook any unpopped kernels.
- Do not reuse bag. Overcooking can result in an oven fire.
- Prepare one bag only at a time.
- Do not use popcorn popping devices in microwave oven with this feature.
- Do not leave microwave unattended while cooking popcorn.

CAUTION : Never use a brown paper bag for popping corn.

MULTI-STAGE COOKING

Multi-stage cooking lets you program up to three different cooking stages in advance— each stage with a different power level and time settings.

When START/PAUSE is pressed, the oven begins the first stage and automatically proceeds to the second and the 2 stages.

Two beep sound between stages.

When all programmed stages are over, four beep sound and END shows in the display window.

- To stir, turn over or rearrange food, you can open the door anytime during cooking. This will not change the setting.

EXAMPLE: To set a 2 – stage look cycle

First Stage (10 minutes, power level: HI)

1. Touch **CLEAR**.

CLEAR

2. Touch **TIME**.

Display shows **0**.

TIME

3. Enter 10 minutes by touching **[1]**, **[0]**, **[0]** and **[0]**.
(Power is at **HI**)

1 0 0 0

Second Stage (8 minutes, power level: 7 (70))

4. Touch **TIME**.

TIME

5. Enter 8 minutes by touching **[8]**, **[0]**, and **[0]**.

8 0 0

6. Touch **POWER**.

P-HI appears in the display.

POWER

7. Touch number **[7]**.

P-70 appears in the display.

7

8. Touch **START/PAUSE**

START
PAUSE

QUESTIONS AND ANSWERS

OPERATION

- Q.** What is wrong when the oven light does not glow during cooking?
- A.** The light bulb has burned out.
- Q.** Why is steam coming out of the air exhaust vent?
- A.** Steam is normally produced during cooking. The microwave oven has been made to vent this steam.
- Q.** Can the microwave oven be damaged if it operates empty?
- A.** Yes. Never operate while empty or without the turntable.
- Q.** When the oven is plugged into a wall outlet for the first time, it may not work properly. What is wrong?
- A.** When the oven is plugged in for the first time or when power resumes after a power interruption, the microcomputer used in the oven control may temporarily become scrambled and fail to function as programmed. Unplug the oven from the 120-volt household outlet and then plug it back in. The microcomputer will then reset for proper functioning.
- Q.** Why do I see light reflection around the outer case?
- A.** This light is from the oven light located outside the oven cavity.
- Q.** Why is there noise coming from the turntable when the oven is turned on?
- A.** This noise occurs when the turntable roller rest and oven bottom are dirty. Frequent cleaning of these parts should eliminate or reduce this noise.
- Q: Can I use either metal or aluminum pans in my microwave oven?**
- A:** Usable metal includes aluminum foil for shielding, small skewers and shallow foil trays (if is 3/4 inch deep and filled with food to absorb microwave energy). Never allow metal to touch walls or door.

FOODS

- Q.** What is wrong when baked foods have a hard, dry brown spot?
- A.** This is caused by overcooking. Shorten cooking or reheating time.
- Q.** Why do eggs sometimes pop?
- A.** The egg yolk may pop because of steam build up inside the membrane. To prevent this, simply pierce the membrane with a toothpick before cooking it.
- Caution: Never microwave eggs in the shell.**
- Q.** Why are scrambled eggs sometimes a little dry after cooking?
- A.** Eggs dry out if they are over-cooked. You may need to vary the cooking time for one of these reasons:
- Eggs vary in size.
 - Eggs are at room temperature one time and at refrigerator temperature another time.
 - The shapes of utensils vary, which makes it necessary to vary cooking time.
 - Eggs continue cooking during standing time.
- Q.** What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?
- A.** The fourth potato may be slightly heavier than the others and should be cooked 30 to 60 seconds longer. Remember to allow one inch around each potato when baking. For more even cooking, place potatoes in a circle.
- Q.** Why do baked apples sometimes burst during cooking?
- A.** The peeling 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 regular cooking methods, the interior of the apple expands during the cooking process.
- Q.** How are boil-overs avoided?
- A.** Use a larger utensil than usual for cooking. If you open the oven door or touch STOP/CLEAR, the food will stop boiling.
- Q: Why does the dish become hot when I microwave food in it? I thought that this should not happen.**
- A:** As the food becomes hot it will conduct the heat into the dish. Be prepared to use oven mitts to remove food after cooking.
- Q: The do's and don'ts of using aluminum foil in my microwave are confusing. When should I use aluminum foil?**
- A:** It should be used to shield portions of food from becoming overcooked or overdefrosted. Use small flat pieces of foil for shielding.

CARE AND 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 on a weekly basis-more often if needed. Never use rough powders or pads. The inside oven top can be gently wiped in place.

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 following parts may be removed as described. They

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

- The turntable may be removed for cleaning at the sink. Be careful not to chip or scratch the edges of the glass turntable, as this may cause the glass 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 build up. Wipe them often with a mild detergent. Then rinse and wipe dry. Never use rough powders or pads.

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

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 chart below and try the solutions marked for each problem.

If the microwave oven still does not work properly, contact the nearest Sears Service Center.

PROBLEM

Oven will not start	×	×	×							
Acring or sparking				×				×		
Incorrect time									×	
Unevenly cooked foods				×	×		×			×
Overcooked foods							×			×
Undercooked foods				×	×	×	×			
Improper defrosting				×			×			×

POSSIBLE CAUSES										
Is power cord plugged in?	└─┘									
Is door closed?		└─┘								
Cooking time not set.			└─┘							
Use approved cookware only.				└─┘						
Completely defrost food.					└─┘					
Use correct time/cooking power level.						└─┘				
Check to see that oven ventilation ports are not restricted.							└─┘			
Do not operate with oven empty.								└─┘		
Reset clock.									└─┘	
Turn or stir food.										└─┘

COOKING TECHNIQUES

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

Microwave Cooking Principles

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

Quantity

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

Density

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

Shape and Size

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

Moisture, Sugar, and Fat

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

Starting Temperature

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

Delicate Ingredients

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

Microwave Cooking Techniques

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

Piercing: Pierce the membrane of foods such as eggs, oysters, snails, sausage, liver, clams, and whole vegetables to allow steam to escape, so they do not burst.

Covering: Covering speeds heating and prevents spattering.

Stirring: To help food cook more quickly and evenly.

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

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

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

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

Defrosting

The microwave's ability to defrost is one of its most appreciated features. Many of the same principles and techniques that apply to microwave cooking also apply to microwave defrosting.

Converting Recipes

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

Microwave Thermometers

For best results, a microwave-safe thermometer can be carefully and properly inserted into the food. The guide to internal temperatures, gives suggested thermometer readings for meat and poultry. Keep in mind that standing time is essential for most food to reach its proper serving temperature.

Guide to Internal Temperature

Suggested Thermometer Readings

120°F (49°C).	Rare Beef
130°F (54°C).	Medium Beef
140°F (60°C).	Fish Steaks and Fillets, Well Done Beef
150°F (66°C).	Vegetables, Hot Drinks, Soups, Casseroles
155°F (68°C).	Veal
165°F (74°C).	Well done Lamb, Pork
170°F (77°C).	Poultry Parts. Whole Fish

APPETIZERS

CONVERTING RECIPES

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

- Toppings for canapes can be made ahead and then placed on bread or crackers just before heating. This guarantees a crispness.

- Cover appetizers or dips only when called for by a recipe. Use casserole lids, waxed paper, plastic wrap, or paper towel.

- Appetizers and dips that contain cheese, mayonnaise, and other delicate ingredients are usually heated on power level 1 (10%). A higher setting might cause separation or drying.

Reheating Guide - Convenience Appetizers

Item	Amount	Power (%)	Approx. Cooking Time (minutes)	Special Notes
Meat spread	4 oz. (113g)	8 (80)	1/2 - 1	Transfer to small microwave-safe
Cocktail franks	4 servings	7 (70)	3/4 - 1 1/2	Place on paper plate Cover with wax paper.
Dips, cream	1/2 cup (125ml)	1 (10)	1 1/2 - 3	Cover with waxed paper
Egg rolls	6 oz. (12) (170g)	7 (70)	1 1/2 - 2 1/2	Place on paper plate
Mini Tacos	4-6	5 (50)	1 1/2 - 3	Place on paper Plate

SOUPS AND SANDWICHES

A large variety of sandwich combinations can be made in your microwave oven. Because sandwiches heat quickly, be careful not to overcook them - the bread can become tough and chewy. Heat breads until warm, not hot, and cheese until it just begins to melt. Let the following tips guide you when adapting or creating your own sandwiches.

CONVERTING SANDWICH RECIPES

- Heat sandwiches on white paper towels or paper plates. To prevent splattering, as well as to absorb steam and prevent sogginess, you can wrap each sandwich in a paper towel. Remove wrapping immediately after warming. It takes less than 1 minute to heat most sandwiches. Heat on power level 8 (80%).

- Thinly sliced meat heats better than thickly sliced meat. The slower-cooking thick slices often cause the bread to overcook before the meat is hot.

CONVERTING SOUP RECIPES

- When cooking canned soups, remove from can. Use microwave-safe dish. Add milk or water as directed on can. Stir halfway through cooking time.
- Stir cream-style soup halfway through cooking time. Let stand, covered, 3 minutes before serving.

Cooking Guide - Canned Soups

Item	Amount	Power (%)	Approx. Cooking Time (minutes)
Broth	10 ¹ / ₄ oz.(297ml)	8 (80)	3 - 5
Cream-Style	10 ¹ / ₄ oz.(297ml)	8 (80)	4 - 7
Tomato	26 oz.(767ml)	8 (80)	5 - 10
Bean, Peas, or Mushroom	10 ³ / ₄ oz.(318ml)	7 (70)	5 - 8
Undiluted chunk-style vegetable	10 ³ / ₄ oz.(318ml)	8 (80)	2 - 5
	19 oz.(562ml)	8 (80)	4 - 8

Cooking Guide - Quick Dried Soups

Item	Amount (Number of Envelopes)	Power (%)	Approx. Cooking Time (minutes)
Cup of instant soup 1 ¹ / ₄ -ounce (37g) envelope	1	HI	1 - 2 ¹ / ₂
	2	HI	3 - 4
	4	HI	5 - 8

VEGETABLES AND RICE

Directions for Cooking Vegetables

Fresh

Place vegetables in casserole. Add amount of water recommended in chart. Cover with lid or plastic wrap. Whole vegetables, such as potatoes, or eggplant should be pierced with a fork several times before cooking.

Halfway through cooking, stir, rearrange and/or turn vegetables over.

Let stand, covered, before serving.

Frozen

For 10-ounce (300g) package, place vegetables in 4 to 6 cup (1 or 1.5L) casserole.

Add amount of water according to package directions.

Cover with lid. Cook at HIGH 6 to 10 minutes, or until tender. Stir two-thirds the way through cooking.

Let stand, covered, before serving.

Fresh Vegetable Chart

VEGETABLE	AMOUNT	WATER	APPROX. COOKING TIME at HIGH (in minutes)
Asparagus, spears	1 lb (450g)	1/2 cup (125mL)	4 to 7
Beans, Green or Wax, cut into 1 1/2-in. (4cm) pieces	1 lb (450g)	1/2 cup (125mL)	8 to 11
Broccoli, cut in pieces	1 lb (450g)	1/2 cup (125mL)	5 to 7
Brussels Sprouts, fresh	10 oz. (300g)	1/4 cup (50mL)	5 to 7
Cabbage, wedges, fresh	1 lb (450g)	1/2 cup (125mL)	5 to 7
Carrots, sliced 1/2 - in. (1cm) thick	1 lb (450g)	1/2 cup (125mL)	5 to 7
Cauliflower, florets	1 lb (450g)	1/2 cup (125mL)	5 to 7
Eggplant, whole, fresh	1 lb (450g)	1/2 cup (125mL)	6 to 10
Leeks, whole, fresh	1 lb (450g)	1/2 cup (125mL)	8 to 11
peas, fresh	1 lb (450g)	1/2 cup (125mL)	6 to 9
Potatoes, whole, fresh	4 (8oz. ea.)	1/2 cup (125mL)	13 to 16
Spinach, fresh	1 lb (450g)	1/2 cup (125mL)	7 to 9
Turnips, cubed, fresh	1 lb (450g)	1/2 cup (125mL)	9 to 12

Cooking Guide - Rice

ITEM	CONTAINER	AMOUNT OF WATER	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Rice* Flavored Rice Mix 6 oz (170g)	8 cup (2L) casserole	as package directs	7 (70)	14 to 30	10	Cover and heat water to a boil (5 to 7 min.). Add rice, salt and butter (amount of salt and butter as package directs). Cook covered, stir, let stand, covered.
Long Grain 1 cup (250mL)	8 cup (2L) casserole	2 cups (500mL)	5 (50)	13 to 16	10	
Short Grain 1 cup (250mL)	8 cup (2L) casserole	2 cups (500mL)	5 (50)	9 to 12	10	

MEATS, POULTRY AND FISH

Directions for Cooking Meats, Poultry and Fish

Use fresh or defrosted meat, poultry and fish. Wash poultry or fish before cooking. Arrange small items in a single layer in dish. For best results, avoid overlapping edges of food, as this will prevent even cooking. Place thick sections toward edge of the dish. A rack in the cooking dish will elevate meat out of the juices. Season as desired, but salt after cooking. Kitchen bouquet mixed with equal parts of butter will enhance the color of meats and poultry. Use spices and seasonings as desired. Shield thin parts of meat (less meaty portions) or poultry (wings and legs) with aluminum foil to prevent overcooking. Shield poultry before cooking; shield meat halfway through cooking. Wooden toothpicks can be used to hold the foil in place. Cook according to directions in chart. Small quantities of sauce will not alter the cooking time. Test for doneness before adding extra cooking time. Remove roasts from oven then check internal temperature in several places, using a microwave or conventional meat thermometer.

The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Generally, the lower temperatures in a roast are found in the center of the roast and in the muscle close to a large bone, such as a pork loin center rib roast.

DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.

To test beef for doneness, cut into meat. Red color indicates rare, pink indicates medium and gray indicates well done. Pork is done when meat is gray with clear juices. Whole poultry is done when juices are clear yellow and drumstick moves freely. Poultry pieces are cooked when juices are clear yellow. Fish and seafood are done when opaque in color and flake easily when tested with a fork. If foods are undercooked, return to oven for a short period of time at the recommended power level. Let stand for time recommended in chart. Roasts and whole birds should be tented with foil during stand time.

FOOD	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Beef Hamburgers, Refrigerated 4 oz ea. (120g)				Place meat in a shallow dish. Cover loosely with waxed paper to prevent spattering. Turn over halfway through cooking.
1	HIGH	1 1/2 to 2	2	
2	HIGH	2 to 4	2	
4	HIGH	3 to 5	2	
Hamburgers, Frozen 4 oz ea. (120g)				
1	HIGH	4 to 5 1/2	2	
2	HIGH	6 to 7	3	Turn over and separate halfway through cooking.
4	HIGH	9 to 11	3	
Meat Loaf 1 1/2 lbs (675g)	5 (50)	18 to 23	5	
Roasts, Tender 1 lb (450g)				Place in a square dish. Cover with waxed paper. Shield halfway through cooking and turn roast over if necessary. *Approx. temp. after stand Rare 130°F (55°C) Medium 140°F (60°C) Well 170°F (77°C)
Rare	8 (80)	7 to 9	10 to 15	
Medium		7 to 9	10 to 15	
Well		8 to 10	10 to 15 Tented with foil	

MEATS, POULTRY AND FISH

FOOD	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Pork Bacon, Slices 1 2 4	HIGH HIGH HIGH	1 to 11/2 11/2 to 3 2 to 4	1 1 1	Use bacon rack or line bottom of dish with paper towel. Place bacon on paper towel. Cover loosely with another paper towel to prevent spattering.
Chops, Loin 1/2-inch (1cm) thick 1 2 Chops, Rib 1/2-inch (1cm) thick 1 2 4	HIGH HIGH HIGH HIGH HIGH	3 to 6 7 to 9 3 to 5 5 to 6 8 to 10	2 5 2 5 5	Place in a shallow dish. Cover loosely with waxed paper to prevent spattering. Turn over at half the cooking time.
Wieners 1 2 4	HIGH HIGH HIGH	1/2 to 11/2 1 to 2 11/2 to 3	1 1 1	Score before cooking.
Ham, fully cooked Canned 3 lbs (1.3kg) *Approx. temp. after stand 120°F to 130°F (50°C to 55°C)	5 (50)	6 to 12	10	Shield edge of ham with strip of foil. Place on roasting rack. Cover with waxed paper. Turn over halfway through cooking.
Ham, Slice 1-inch (2.5cm) Thick per 1 lb (450g)	HIGH	6 to 13	5	Place in a shallow dish. Cover with waxed paper. Turn over halfway through cooking.
Pork Roast per 1-lb (450g) * Approx. temp. after stand 170°F to 175°F (77°C to 79°C)	5 (50)	12 to 17	10 to 15	Cook in a covered casserole or cover with plastic wrap.

MEATS, POULTRY AND FISH

FOOD	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Sausage Links, frozen (precooked brown and serve) 2 4	HIGH HIGH	1 to 2 1/2 2 to 4	1 1	Pierce before cooking.
Sausage Links, fresh 1 to 2 oz (30-60g) each 2 4	HIGH HIGH	3 to 5 4 to 7	1 1	Pierce before cooking. Cover with plastic wrap. Turn over once.
Lamb Chops, Shoulder 1/2-inch (1cm) thick 1 2	HIGH HIGH	2 to 4 4 to 6	2 5	Arrange in a shallow dish. Cover loosely with waxed paper to prevent spattering.
Poultry per 1 lb (450g) Chickens 4 lbs (up to 1. 8kg)	HIGH HIGH	8 to 11 13 to 20	10 10 Tented with foil	Place on a roasting rack in a dish. Cover with plastic wrap or lid.
Chicken Pieces 2 lbs (up to 900g)	HIGH	6 to 8	5	Arrange skin-side up in shallow baking dish, meatier portions toward edge of dish. Cover with plastic wrap or lid.
Fish or Seafood Fish Fillets 3/4 lb (350g) Fish Steaks 2 [6 oz (170g)each] Scallops 1lb (450g) Shrimp, medium size 1lb (450g) (shelled and cleaned) Whole fish 1 1/2 to 1 3/4 lbs	HIGH 5 (50) 7 (70) 7 (70) HIGH	4 to 5 5 to 8 5 to 8 4 to 6 5 to 7	3 5 3 3 5	Arrange in a single layer in dish. Cover with waxed paper. Rearrange or stir shrimp or scallops halfway through cooking.

BAKED GOODS AND DESSERTS

CONVERTING RECIPES

When adapting "quick bread" recipes, you will find it necessary to reduce the amount of leavening (baking powder or soda) by about one-quarter the normal amount. A bitter aftertaste is apparent if too much leavening is used in biscuits or muffins. Since food rises higher in the microwave oven, you will not see a loss in volume from the reduction of soda or baking powder. If a recipe contains buttermilk or sour cream, do not change the amount of soda, since it serves to counteract the sour taste as well as leavening agent.

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

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

Cooking / Reheating Guide

ITEM	POWER (%)	APPROX. COOKING/ REHEATING TIME	SPECIAL NOTES	
Hamburger buns, hot dog rolls frozen: 1 lb (450g) Room temp:	1 2 4	5 (50) 5 (50) 5 (50) 5 (50)	2 - 3 min. 15 - 20 sec. 20 - 25 sec. 20 - 30 sec.	Place on paper plate or wrap in paper towel.
Doughnuts, sweet rolls, muffins	1 2 4	5 (50) 5 (50) 5 (50)	15 - 20 sec. 25 - 30 sec. 30 - 45 sec.	Place on paper plate or towel. Add 15 seconds if frozen.
Whole coffee cake, Frozen: 10-13 oz (280-370g) Room temp.: 10-13 oz (280-370g)	5 (50) 5 (50)	1 1/2 - 2 min. 1 1/2 - 2 min.	Place on paper plate or towel.	
French bread, Frozen: 1 lb (450g) Room temp.: 1 lb (450g)	5 (50) 5 (50)	2 - 2 1/2 min. 30 - 40 sec.	Place on paper plate or towel.	

ITEM	AMOUNT OF BATTER	DISH	COOKING POWER AND TIME (in minutes)		STAND TIME	SPECIAL NOTES
			FIRST STAGE	SECOND STAGE		
Butter Cake: Single layer or half of prepared mix	2 1/4 cups (550mL)	8 to 9-inch (20 to 23cm) round dish	5 (50) 7 to 9 min.	HIGH 3 to 4 min.	10 min.	Place on inverted pie plate.
Brownies	2 cups (500mL)	8 to 9-inch (20 to 23cm) round dish	5 (50) 10 to 13 min.	—	Cool with waxed paper.	Cover with waxed paper. Place on inverted pie plate.
Bar Cookies	1 1/2 cups (400mL)	8 to 9-inch (20 to 23cm) round dish	5 (50) 7 to 9 min.	HIGH 2 to 3 min.	Cool completely.	Cover with waxed paper during 1st stage.
Muffins large size	1/4 cup (50mL) each	1 2 6	7 (70) 35 to 60 sec. 1 to 1 1/2 min. 4 to 5 min.	—	—	—

QUICK ON COOKING CHART

Food	Amount	Cooking Time (in minutes)	Special Notes
BEVERAGES			
Water based	1 cup(250mL)	1 1/2 - 2 1/2	Heat uncovered. Use microwave-safe container.
	2 cups(500mL)	2 1/2 - 3 1/2	
Milk based	1 cup(250mL)	1 - 2	
	2 cups(500mL)	2 - 3	
Broth-based soups	10 3/4 oz.(330mL)can	2 - 3	Use microwave-safe casserole. Cover.
Cream-based soups	10 3/4 oz.(330mL)can	3 - 4	Use microwave-safe casserole. Cover.
Sandwich	1 - 2	1/2 - 1 1/2	Place on paper plate or wrap in paper towels.
Cooked pizza cut in 8 portions	2 wedges	1 - 2	Place on paper towels or paper plate. Cover with waxed paper.
	4 wedges	2 - 3	
	whole	3 - 4 1/2	
Casseroles	1 qt. (946g)	3 - 7	Cover. Stir once.
MEAT			
Sliced thin	3 - 5 oz.(85-142g)	1/2 - 1 1/2	Heat on microwave-safe plate, covered with waxed paper.
Sliced thick		1 1/2 - 2	Heat on microwave-safe plate.
Barbecued beef,chill,stews	16oz. (454g)can	3 - 4	Place in microwave-safe dish. Cover. Stir , etc.halfway through cooking time.
Hamburgers, Meat loaf slices	1 serving	1	Place on microwave-safe. Cover with waxed paper. Turn over once.
	2 servings	1 - 3	
	4 servings	3 - 4	
POULTRY			
Chicken pieces	1	1 - 1 1/2	Heat on microwave-safe plate. Cover with waxed paper. If fried, cover with paper towels.
	2	1 - 2 1/2	
	4	2 - 3	
	6	3 - 5	
Chicken, turkey, sliced	1 serving	1 - 2	Heat on microwave-safe plate. Cover with waxed paper.
SEAFOOD			
Shrimp, crab,or scallops, frozen in sauce	6 1/2 oz. (184g)	3 - 5	Slit pouch and place on microwave-safe plate. Flex pouch to mix halfway through cooking time
Seafood or fish casseroles,frozen	16 oz. (454g)	4 - 6	Remove from package to 1-quart(1-L) microwave-safe casserole. Cover. Stir once during cooking.
SIDE DISHES			
Rice, Pasta	3/4 cup (175g)	1	Heat in microwave-safe casserole, covered with waxed paper.
	1 - 2 cups(250-500g)	2	
Vegetables, frozen in pouch	10-12 oz. (284-340g)	3 - 7	Slit pouch. Place on microwave-safe plate. Flex halfway through cooking time to mix.
Mashed potatoes, instant	4 servings	4 - 6	Follow package directions. Reduce liquid by 1 tbsp.(15mL).
Canned vegetables	8 oz. (227g)	1 - 2	Use microwave-safe casserole, covered. Stir once.
	15 oz. (425g)	2 - 3	
	17 oz. (482g)	3 - 4	
Pudding and pie filling mix	3 1/4 oz. (92g)	4 - 6	Follow package directions. Stir once.

QUICK ON COOKING CHART

Food	Amount		Cooking Time (in minutes)	Special Notes
CEREAL				
Cream of Wheat (Regular)				
1 serving 2 1/2 tbsp (30mL)	4 cups (1L) glass bowl	3/4 cup (175mL)	1 to 2 1/2	Combine water and cereal. Cook uncovered. Stir once before stand. Let stand 1 minute.
2 servings 1/3 cup (75mL)	6 cups (1.5L) glass bowl	1 1/2 cups (375mL)	2 1/2 to 4	
Oatmeal (Quick)				
1 serving 1/3 cup (75mL)	individual serving dish	1/2 cup (125mL)	1 to 1 1/2	Combine water and cereal. Cook uncovered. Stir once before stand. Let stand 1 - 2 minutes.
2 servings 2/3 cup (150mL)	6 cups (1.5L) glass bowl	1 cup (250mL)	3 to 4	
4 servings 1 1/3 cups (325mL)	8 cups (2L) glass bowl	2 1/2 cups (625mL)	5 to 6 1/2	
Wheat-Bran Cereal				
1 serving 1/4 cup (50mL)	individual serving dish	3/4 cup (175mL)	3 to 4 1/2	Combine water and cereal. Cook uncovered. Stir once before stand. Let stand 1 - 2 minutes.
2 servings 1/2 cup (125mL)	6 cups (1.5L) glass bowl	1 1/2 cups (375mL)	6 to 7 1/2	

QUICK TOUCH REHEAT CHART

Category	Serving	Quantity	Direction
Food Plate	Plate of Food (Refrigerated, precooked food)	1 serving (8oz-230g)	Use a microproof plate. Cover tightly with wax paper. Use one plate for 1-2 servings.
		2 servings (16oz-454g)	Examples of one serving for a Plate of Food: 1 chicken breast, (4 oz-115g), 1/4 cup vegetables, 1/4 cup mashed potatoes or (4 oz-115g) precooked meatloaf, 1/4 cup cooked vegetables.
PIZZA	Pizza (RoomTemp. Food)	1 slice (5oz-142g)	Use a microproof plate. Cover with paper towel.
		2 slices (10oz-280g)	
		3 slices (15oz-426g)	
Beverage	Coffee/Tea (Refrigerated Temp.)	1 cup (8oz-230mL)	No cover. Use uncovered microproof cup(s) or mug(s). Stir after reheating.
		2 cups (16 oz-454mL)	

QUICK TOUCH COOK CHART

Category	Serving	Quantity	Direction
FROZEN ENTREE	1 Serving	10oz.(280g)	Remove package from wrapper. Follow 1 package instructions for microwaving. Place entree on a microwave plate. Cover tightly with wax paper. Examples of one frozen dinner are Lasagna with Meat Sauce, Chicken with Rice and Sliced Turkey Breast with Rice.
VEGETABLE	1 cup	8 oz.(230g) Vegetables and 2 tbsp water	Cover with microwave safe, plastic wrap.
	2 cups	16 oz.(454g) Vegetables and 1/4 cup water	Cover with microwave safe, plastic wrap.
	3 cups	24 oz.(680g) Vegetables and 1/3 cup water	Cover with microwave safe, plastic wrap.
	4 cups	32 oz.(900g) Vegetables and 1/2 cup water	Cover with microwave safe, plastic wrap.
			Prepare vegetable(wash, cut-up vegetables into 1/2-inch (1"-2.5cm) slices or pieces.). Place in microproof bowl or casserole. Add water. Cover. Most vegetables profit from 2 to 3 minutes standing time after cooking. Note : Fresh vegetable weight is given after peeling, trimming, slicing. etc.
POTATO	1	10oz.(280g)	Wash and scrub well. Pierce with fork.
	2	20oz.(560g)	Place on microproof rack or paper towel in a circle
	3	30oz.(840g)	(1"-2.5cm), apart.
	4	40oz.(1120g)	Let stand 3 to 5 minutes after cooking.
POPCORN	1	3.5oz. (100g)	Place bag on turntable.
	2	3.0oz. (85g)	Follow manufacturer's instructions.
	3	1.75oz. (50g)	

EXPRESS DEFROST CHART

ITEM	SPECIAL NOTES
DEFROST 1-MEAT	
BEEF	
Ground beef	Remove thawed portions at beeps. Turn over. Return remainder to oven.
Round steak, Flank steak, Tenderloin steak, Chuck roast, Rib roast, rolled Rump roast, Sirloin tip roast	Use a microwave-safe roasting rack. Turn over at pause. Cover warm areas with aluminum foil.
Stewing meat	Remove thawed portions at beeps. Separate remainder and return it to oven.
LAMB	
Cubed for stewing	Remove thawed portions at beeps. Separate remainder and return it to oven.
Chops	Use a microwave-safe roasting rack. Separate and rearrange at beeps.
Roast	Use a microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil.
PORK	
Chops, 1/2inch (1cm) thick	Use a microwave-safe roasting rack. Separate and rearrange at beeps.
Spareribs, Country-style ribs, roast	Use a microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil.
Sausage, bulk Return	Use a microwave-safe dish. Remove thawed portions at beeps. Turn over. Remainder to oven.
Sausage, links	Separate and rearrange at beeps.
VEAL	
Chops, 1/2inch (1cm) thick	Use a microwave-safe roasting rack. Separate and rearrange at beeps.
Roast	Use a microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil.
VARIETY MEAT	
Liver, sliced	Use a microwave-safe dish. Separate pieces and rearrange at beeps.
Tongue, whole	Use a microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil.
DEFROST 2-POULTRY	
CHICKEN	
Whole	Place chicken breast-side-up in microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil. Giblets may still be frozen but chicken will be thawed. Rinse in cold water.
Pieces	Use a microwave-safe roasting rack. Separate pieces and rearrange at beeps. Turn over. Cover warm areas with aluminum foil.
CORNISH HENS	
Whole	Place on a microwave-safe roast rack. Finish defrosting by rinsing in cold water.
TURKEY	
Breast (under 6 lbs.)	Place on a microwave-safe roast rack. Finish defrosting by rinsing in cold water.

EXPRESS DEFROST CHART

ITEM	SPECIAL NOTES
DEFROST 3-STEAKS AND CHOPS	
FISH	
Fillet	Place in a microwave-safe baking dish. Carefully separate fillets under cold water.
Whole Steaks	Place in a microwave-safe baking dish. Turn over at beeps. Run cold water over to finish defrosting.
Whole	Place in a microwave-safe baking dish. Cover head and tail with foil; Do not let foil touch sides of microwave. Turn over at beeps. Finish defrosting by rinsing in cold water.
Crabmeat, Lobster tails, Shrimp, Scallop	Place in a microwave-safe baking dish. Break apart halfway through defrost time or at beeps.

CONVERSION TABLE

NOTES: 1Kg = 1000 grams

Only 1 digit can be entered after a decimal point.

Round figures off to the lower number to avoid overdefrosting. Ex. 1.28lbs, use 1.2.

lbs	lbs/oz.	grams	kg.	lbs	lbs/oz.	grams	kg.
0.3	4oz	100	0.1	5.7	5lb 12oz	2600	2.6
0.5	7oz	200	0.2	5.9	5lb 15oz	2700	2.7
0.7	10oz	300	0.3		6lb 3oz	2800	2.8
0.9	14oz	400	0.4		6lb 6oz	2900	2.9
1.1	1lb 2oz	500	0.5		6lb 10oz	3000	3.0
1.3	1lb 5oz	600	0.6		6lb 13oz	3100	3.1
1.6	1lb 9oz	700	0.7		7lb	3200	3.2
1.8	1lb 12oz	800	0.8		7lb 4oz	3300	3.3
2.0	2lb	900	0.9		7lb 8oz	3400	3.4
2.2	2lb 4oz	1000	1.0		7lb 11oz	3500	3.5
2.4	2lb 7oz	1100	1.1		7lb 15oz	3600	3.6
2.7	2lb 11oz	1200	1.2		8lb 3oz	3700	3.7
2.9	2lb 14oz	1300	1.3		8lb 6oz	3800	3.8
3.1	3lb 2oz	1400	1.4		8lb 10oz	3900	3.9
3.3	3lb 5oz	1500	1.5		8lb 13oz	4000	4.0
3.5	3lb 9oz	1600	1.6				
3.8	3lb 12oz	1700	1.7				
4.0	4lb	1800	1.8				
4.2	4lb 3oz	1900	1.9				
4.4	4lb 7oz	2000	2.0				
4.6	4lb 10oz	2100	2.1				
4.9	4lb 14oz	2200	2.2				
5.1	5lb 1oz	2300	2.3				
5.3	5lb 5oz	2400	2.4				
5.5	5lb 8oz	2500	2.5				

For handy reference, copy the information below from the serial plate. Keep your invoice for warranty validation.

Dear Customer,

In manufacturing this product, many steps have been taken to provide you with the highest quality. Unfortunately, errors or omissions occasionally occur. In the event that you find a missing or defective part, please contact your nearest Sears store.

If you have any suggestions that would help us to improve our assembly/operation instructions, or this product, please write them down, including information listed below, and mail it to:

Sears Canada Inc.
222 Jarvis Street
Toronto, Ontario
M5B 2B8

Attention : Buyer

Purchased by:

NAME : _____

ADDRESS : _____

CITY: _____ PROV. _____

POSTAL CODE _____ PHONE#: _____

Model No.: _____

Serial No.: _____

Date of purchase: _____

Location purchased: _____

COMMENTS: _____





SEARS SERVICE

WE SERVICE WHAT WE SELL

"We Service What We Sell" is our assurance to you that you can depend on SEARS for service because SEARS SERVICE is nationwide.

Your Kenmore Microwave Oven has added value when you consider that SEARS has a service unit near you, staffed by Trained Technicians — Professional technicians specifically trained on Kenmore Microwave Ovens, having the parts, tools and equipment to ensure that we meet our pledge to you. — "We Service What We sell!"

TO FURTHER ADD TO THE VALUE OF YOUR MICROWAVE OVEN, BUY A SEARS MAINTENANCE AGREEMENT.

Kenmore Microwave Ovens are designed, manufactured, and tested for years of dependable operation. Yet any modern appliance may require service from time to time. A SEARS Maintenance Agreement is more than an extension of the Warranty.

It provides complete protection from unexpected repair bills and undue inconvenience. It assures you of maximum efficiency from your Microwave Oven.

Here's a comparative Warranty and Maintenance Agreement chart showing you the benefits of a SEARS Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1st YEAR	2nd YEAR	3rd YEAR	4th YEAR	5th YEAR
1. Replacement of magnetron	W	W	Part-W Labour-MA	Part-W Labour-MA	Part-W Labour-MA
2. Required due to defects in materials or workmanship	W	W	MA	MA	MA
3. Mechanical adjustment and required service	W	W	MA	MA	MA
4. All parts and service required for proper operation not covered by the warranty.	MA	MA	MA	MA	MA
5. Even if the problem turns out to be non-technical such as customer instructions, there will be no charge for service.	MA	MA	MA	MA	MA
6. Annual preventive maintenance check at your request.	MA	MA	MA	MA	MA

MA-MAINTENANCE AGREEMENT
W-WARRANTY

CONTACT YOUR KENMORE SALESPERSON OR LOCAL SEARS SERVICE CENTER TODAY AND PURCHASE A SEARS MAINTENANCE AGREEMENT.

WARRANTY

KENMORE MICROWAVE WARRANTY

- For "TWO YEARS" from date of purchase, Sears will repair any defect in material or workmanship subject to exclusions below. Free of charge, labour included.
- For the next "THREE" years Sears will replace the Magnetron free of charge, labour not included.
- This warranty is in addition to any statutory warranty.

MICROWAVE SIZE

SERVICE

Counter Top Microwave (all sizes)

Carry in

Micro/Convection and Over The Range

In Home

WHAT IS NOT COVERED:

1. Installation.
2. Damage resulting from improper voltage.
3. Service required because of damage due to misuse or abuse.
4. Service required as a result of fire, flood, or acts of God.

Sears does not authorize any person or representative to make any other warranty or assume for it any liability other than those contained herein. Any agreement, verbal or written, outside of, or creating any other warranties in addition to or contradictory to the foregoing, shall be void and of no effect. The above warranty applies only to Kenmore Microwave Ovens which are used for private household purposes.

HOW TO OBTAIN WARRANTY SERVICE

1. For "Carry In", simply bring the microwave oven to the nearest Sears Service Centre or Store.
2. For "In Home" contact the nearest Sears Service Centre or Store.

SEARS CANADA INC.
222 Jarvis Street, Toronto, Ontario M5B 2B8