

This Owner's Manual is provided and hosted by [Appliance Factory Parts](#).



Kenmore 68360 Owner's Manual

[Shop genuine replacement parts for Kenmore 68360](#)



[Find Your Kenmore Microwave Parts - Select From 532 Models](#)

----- Manual continues below -----

SEARS

OWNER'S MANUAL

MODEL NO.
721.68360
721.68361

Caution:

Read and follow all Safety Rules and Operating Instructions before using this product.

Record in space provided below model and serial numbers of this appliance. Open the door to the front face of the cavity.

Model No. _____

Serial No. _____

Precaución:

Lea y siga todas las Reglas de Seguridad e Instrucciones de Operación antes de usar este producto.

Retain this booklet for future reference.



MICROWAVE OVEN

- Specifications
- Important Safety Instructions (English & Spanish)
- Operation & General Cooking Instructions (English & Spanish)
- Cooking Instruction And Tables
- Questions And Answers

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

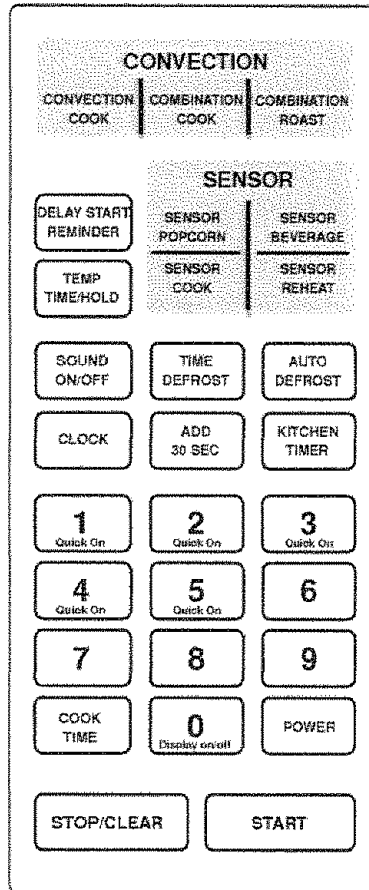
P/N: 3828W5A059

Specifications

| | |
|-------------------------------------|-----------------------------|
| Power Source | 120 V / 60 Hz only |
| Power Consumption | 1400 W (Microwave) |
| | 1500 W (Convection) |
| Output | 850 W (Microwave) |
| | 1500 W (Convection) |
| Outer Dimensions (W x H x D) | 22 1/4' x 15' x 19 3/4' |
| Cavity Dimensions (W x H x D) | 14 5/8' x 10 1/8' x 14 5/8' |
| Cavity Volume | 1.3 Cu.ft |
| Net Weight | 56 lbs |

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

Oven Control Panel



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.

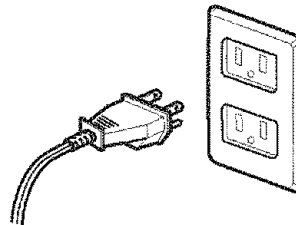
Put the plug into an outlet that is properly installed and grounded.

▲ 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 13.2 ampere electrical current on 120 Volts, 60 Hz.

Table of Contents

Microwave Oven Use Instructions

| | | | |
|---|---|--|----|
| ■ Specifications | 2 | ■ Multi Stage Cooking | 14 |
| ■ Oven Control Panel | 2 | ■ Time Defrost & Temp Time/Hold | 15 |
| ■ Precautions To Avoid Possible Exposure To Excessive Microwave Energy | 3 | ■ Auto Defrost | 16 |
| ■ Grounding Instructions | 3 | ■ Auto Defrost Guide | 17 |
| ■ Warranty | 4 | ■ Convection Time Cooking | 18 |
| ■ Important Safety Instructions | 5 | ■ Combination Time Cooking | 19 |
| ■ Names of Oven Parts and Accessories | 6 | ■ Combination Temperature Cooking | 20 |
| ■ Installation | 7 | ■ Combination Roast | 20 |
| ■ Cooking Comparison Guide | 8 | ■ Combination Roast Guide | 21 |
| ■ Utensil Guide | 9 | ■ Cooking Reference Guide | 21 |
| | | ■ Special Techniques For Microwave | 22 |
| | | ■ Cleaning | 22 |

Operating & General Cooking Instructions

| | |
|---|----|
| ■ Clock | 10 |
| ■ Quick On | 10 |
| ■ Delay Start | 10 |
| ■ Reminder | 10 |
| ■ Sound | 11 |
| ■ Add 30 Sec. | 11 |
| ■ Child Lock | 12 |
| ■ Sensor Cooking | 14 |
| ■ Timed Cooking & Multi Power Cooking | 14 |

Cooking Tables

| | |
|---|----|
| ■ Microwaving Table | 23 |
| ■ Defrosting Table | 25 |
| ■ Heating or Reheating Table | 27 |
| ■ Convection Baking Table | 29 |
| ■ Meat Roasting Table for Convection Cooking | 31 |
| ■ Meat Roasting Table for Combination Cooking | 32 |

| | |
|------------------------------------|----|
| ■ Questions And Answers | 33 |
| ■ Before Calling For Service | 35 |

| | |
|-----------------|-------|
| ■ Español | 36-54 |
|-----------------|-------|

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.

SAVE THESE INSTRUCTIONS!

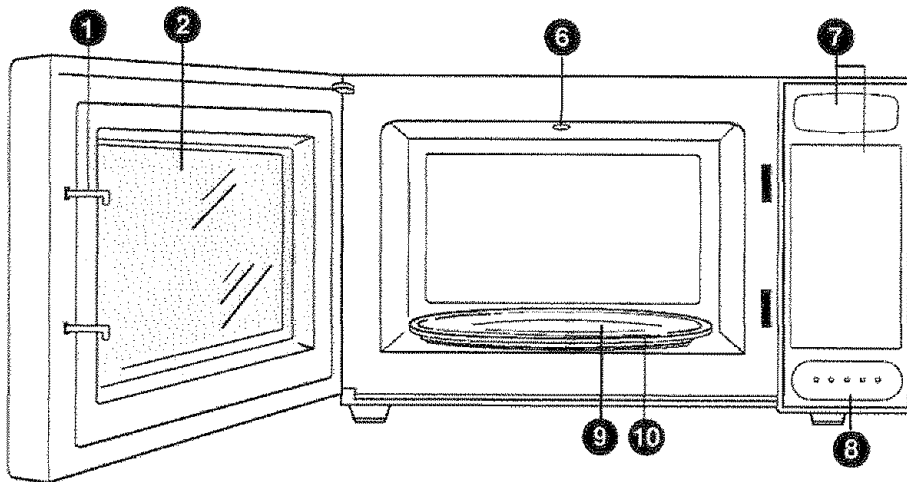
Names Of Oven Parts And Accessories

Cooking Complete Reminder (For all defrost and cook cycles except Temp Cook/Hold)

To remind you that you have food in the oven, the oven will display "End" and beep once a minute until you either open the oven door or touch the STOP/CLEAR pad.

Your oven comes with the following accessories

| | |
|---|-----------------------|
| 1 | Owner's Manual |
| 1 | Turntable |
| 1 | Turntable Roller Rest |
| 1 | Short Oven Rack |
| 1 | Tall oven Rack |
| 1 | Temperature Probe |



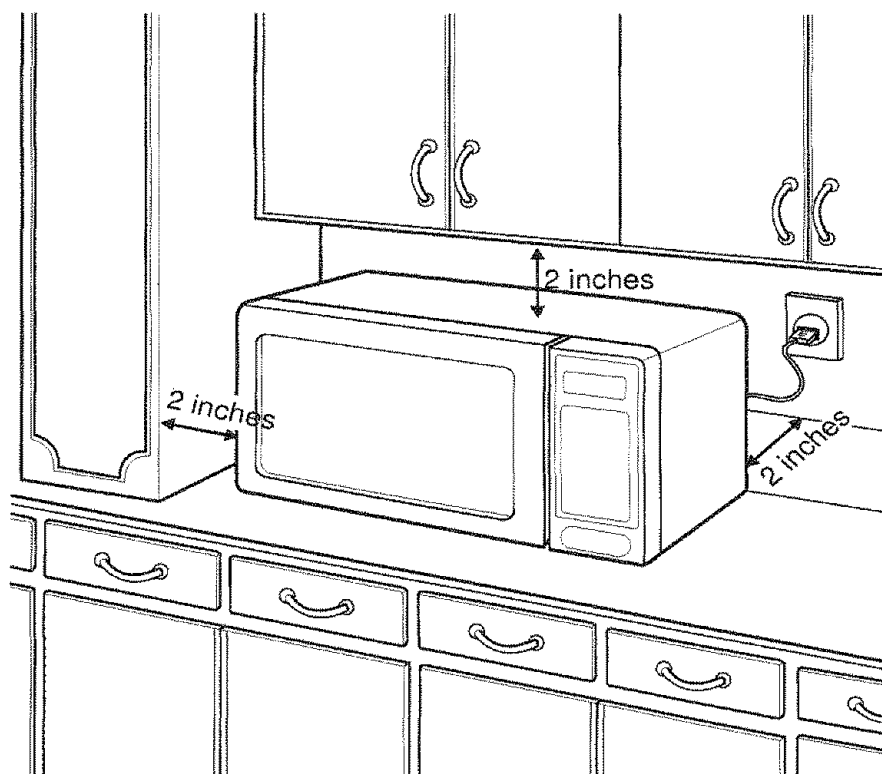
1. **Door Safety Lock System.**
 2. **Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in oven.
 3. **Temperature Probe.** Probe measures internal food temperature. Must be used when cooking by temperature in microwave, convection or combination modes.
 4. **Short Oven Rack.** Use when convection or combination cooking. (Do not use during microwave cooking.)
 5. **Tall Oven Rack.** Use when convection cooking on two levels. (Do not use during combination cooking or microwave cooking.)
 6. **Receptacle for Temperature Probe.** Probe must be securely inserted into receptacle before oven will start any temperature cooking.
 7. **Touch Control Panel and Display.** Use touch controls to set all oven functions.
 8. **Door Latch Release.** Press latch release button to open door.
 9. **Removable Turntable for Cleaning.** Turntable and Roller Rest **must** be in place when using the oven. The turntable may be removed for cleaning.
 10. **Removable Turntable Roller Rest for Cleaning.** Turntable Roller Rest must be in place when using the oven.
- NOTE:** The oven light and oven vents are located on the inside walls of the microwave oven. The rating plate is located on the left side of the control panel (seen when the door is open).

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 2 inches of space at the left, right, top and rear side for proper ventilation.
3. Place the turntable roller rest in the circle on the oven floor and then place 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 turntable in the oven upside down. Blocking the inlet and/or outlet openings can damage the oven.



Cooking Comparison Guide

Cooking with your new oven offers a wide variety of food preparation options. Microwave cooking uses very short, high-frequency radio waves. The movement of the microwaves through the food generates heat and cooks most foods faster than regular methods, while retaining their natural texture and moisture. Microwave cooking heats food directly, not the cookware or the interior of the oven. Reheating is easy and defrosting is particularly convenient because less time is spent in food preparation.

Convection cooking constantly circulates heated air around the food, creating even browning and sealed-in flavor by the constant motion of hot air over the food surfaces.

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

You can use microwave cooking, convection cooking or combination cooking to cook by time. Simply preset the length of cooking time desired and your oven turns off automatically. Or you can cook by temperature, by these methods, using the temperature probe to determine the doneness by the internal temperature of the food. This method takes the guesswork out of cooking, shutting the oven off automatically when the food reaches the desired temperature.

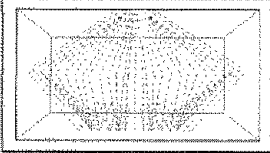
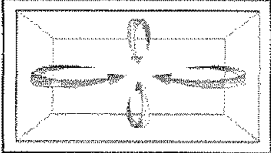
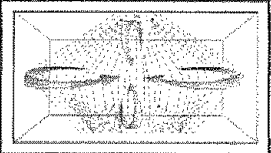
The Sensor Cooking features make your microwave do the cooking for you. It's easy and convenient - just follow the step - by - step instructions in this guide. A sensor detects steam from the food and automatically adjusts cooking time and power level for best results.

Combination Roast uses alternating microwave and convection to roast meats to perfection.

Auto Defrost automatically sets the defrosting time and power levels according to the weight of the food. Just enter the food weight in pounds and tenths of a pound and touch the START pad. The oven automatically calculates the correct defrosting time and power levels.

The Delay Start/Reminder feature lets you program the oven to start cooking at a desired time, even if you're not at home. The Reminder feature can be used like an alarm clock.








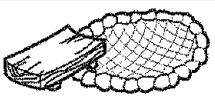
The following guide shows at a glance the difference between microwave, convection and combination cooking.

| | Microwave | Convection | Combination |
|------------------------|--|---|---|
| |  |  |  |
| COOKING METHOD | Microwave energy is distributed evenly throughout the oven for thorough, fast cooking of food. | Hot air circulates around food to produce browned exteriors and sealed-in juices. | Microwave energy and convection heat combine to cook foods in up to one-half the time of regular ovens, while browning and sealing in juices. |
| HEAT SOURCE | Microwave energy. | Circulating heated air. | Microwave energy and circulating heated air. |
| HEAT CONDUCTION | Heat produced within food by instant energy penetration. | Heat conducted from outside of food to inside. | Food heats from instant energy from penetration and heat conducted from outside of food. |
| BENEFITS | Fast, high efficiency cooking. Oven and surroundings do not get hot. Easy clean-up. | Aids in browning and seals in flavor. Cooks some foods faster than regular ovens. | Shortened cooking time from microwave energy, plus browning and crisping from convection heat. |

Read this guide to learn the many different things your Microwave/Convection/Combination Oven can do. You will find a wide variety of cooking methods and programs designed to suit your lifestyle.

Utensil Guide

Following is a summary chart in which you will find the proper cooking utensils to use in your Microwave/Convection Oven.

| UTENSILS | MICROWAVE | CONVECTION | COMBINATION |
|--|--|------------|-------------|
|  Heat-Resistant Glass, Glass Ceramic | YES | YES | YES |
|  Ceramic, China | YES (Don't use china with gold or silver trim.) | YES | YES |
|  Metal Cookware | NO | YES | NO |
|  Non Heat-Resistant Glass | NO | NO | NO |
|  Microwave Plastic | YES | NO | NO |
|  Plastic Wrap, Wax Paper | YES | NO | NO |
|  Paper Products | YES | NO | NO |
|  Straw, Wicker and Wood | YES | NO | NO |

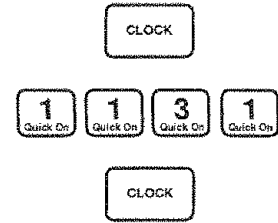
NOTE: Consult cookbook, individual recipes and charts for correct use of cooking containers, disposable products and to find other useful information.

Clock

This is a 12 hour clock.

For example, current time of day is 11:31.

1. Touch **CLOCK**.
2. Enter the correct time of day.
3. Touch **CLOCK** again.



Quick On

The Quick On feature allows you to cook for up to 5 minutes at 10 POWER by touching only Quick On pad.

1. Touch 2 to cook for 2 minutes.

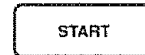


The oven begins to cook immediately for the number of minute(s) you set or until you open the door or touch **STOP/CLEAR**.

Delay Start

The Delay Start feature allows you to program your oven to begin cooking at a later time of day - up to a 12 - hour delay.

1. Touch **Delay Start**.
2. Enter the time you want the oven to start.
3. Enter your desired cooking program.
4. Touch **START**.

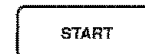


The display will show the time you entered. The oven will automatically start at the desired time.

Reminder

The Reminder feature can be used like an alarm clock, without starting the oven. The Reminder time can be set up to 12 hours later.

1. Touch **Delay Start**.
2. Enter the time you want the oven to remind you.
3. Touch **START**.



The display will show "REM" until STOP/CLEAR is touched. The Reminder is now set at the time you programmed, and will signal you at that time with a beeping Sound until you open DOOR or touch the STOP/CLEAR pad. The Reminder time may be displayed by touching the Delay Start pad.

Sound

The Sound feature allows you to turn the oven beeper on or off.

For example, to turn off the Sound.

1. Touch **Sound**.



If the Sound has been turned off, a small "MUTE" will be displayed. Touch the Sound pad again to turn the Sound back on.

Add 30 Sec.

The Add 30 Seconds feature provides a convenient way to extend cooking time by 30 seconds while the oven timer is counting down.

1. Touch **Add 30 Sec.**



Child Lock

Your oven has a Child Lock feature which inactivates the microwave.

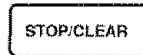
For example, to set CHILD LOCK.

1. Touch and hold the **STOP/CLEAR** pad until **LOCK** appears in the display window and two beeps are heard. In this condition, the oven will not operate.



For example, to cancel CHILD LOCK.

1. Touch and hold the **STOP/CLEAR** pad until **LOCK** disappears in the display window and two beeps are heard. The oven is now ready to use.



Sensor Cooking

NOTE:

OVEN should be plugged in at least 10 minutes before sensor cooking.

NOTE:

DO NOT use the metal shelves with the popcorn program.

The popcorn feature is designed to be used only with prepackaged microwave popcorn weighing 3.0 to 3.5 ounces.

SENSOR POPCORN

1. Touch **SENSOR POPCORN**.



After the sensor detects steam, the oven signals and displays remaining cooking time needed.

How to Adjust the Popcorn to provide a Shorter or Longer Cook Time

If your favorite popcorn is not completely popped, there is a simple adjustment you can make.

1. Touch **SENSOR POPCORN**.



2. Touch Number 9 pad.



A plus sign will appear on the display beside the word "POP". The plus sign indicates 20 seconds more cooking time is being provided.



If your favorite popcorn is overcooked, there is a simple adjustment you can make.

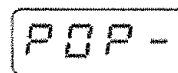
1. Touch **SENSOR POPCORN**.



2. Touch Number 1 pad.



A minus sign will appear on the display beside the word "POP". The minus sign indicates 20 seconds less cooking time is being provided.



Sensor Cooking

NOTE:

OVEN should be plugged in at least 10 minutes before sensor cooking.

The Beverage program makes it simple to heat a cup of hot chocolate or other beverage. Use a cup that has no metal decoration and is microwave-safe.

SENSOR BEVERAGE

1. Touch **SENSOR BEVERAGE**.



The oven will signal and turn off automatically when finished.

CAUTION: Beverages heated with the Beverage feature may be quite hot. Remove the container with care.

Sensor Cooking

NOTE:

OVEN should be plugged in at least 10 minutes before sensor cooking.

NOTE:

DO NOT use the shelves during Reheat. They could cause arcing which may result in damage to the oven.

Reheat is designed for reheating single serving sizes of previously cooked foods.

SENSOR REHEAT

1. Touch **SENSOR REHEAT**.



When steam is sensed the oven will signal and turn off automatically. The oven displays "End" and beeps every minute until the door is opened or STOP/CLEAR is touched.

Sensor Cooking

NOTE:

OVEN should be plugged in at least 10 minutes before sensor cooking.

NOTE:

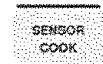
DO NOT use the metal shelf with sensor cook.

The cook feature makes cooking your favorite foods easy. By actually sensing the steam that escapes as food cooks, this feature automatically adjusts the oven's cooking time to various types and amounts of food.

SENSOR COOK

For example, to cook the potatoes.

1. Touch **SENSOR COOK**.

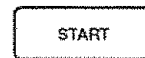


2. Touch Number 4 pad.



After 4 seconds "START" flashes on the display.

3. Touch **START**.



DO NOT OPEN DOOR.
OPENING DOOR MAY AFFECT COOKING PERFORMANCE.

| Food | Cook Code | Servings | Serving Size | Comments |
|-------------------------------------|-----------|----------|---------------|---|
| Canned Vegetables | 1 | 1 to 4 | 4 oz. | Use microwave-safe casserole or bowl. Cover with lid or plastic wrap. |
| Frozen Vegetables | 2 | 1 to 4 | 4 oz. | Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or plastic wrap. |
| Fresh Vegetables | 3 | 1 to 4 | 4 oz. | Use microwave-safe casserole or bowl. Add 2 tablespoons water for each serving. Cover with lid or plastic wrap. |
| Potatoes | 4 | 1 to 4 | 8 oz. | Pierce skin with fork. Cluster potatoes in center of turntable. |
| Fish | 5 | 1 to 4 | 4 oz. | Use oblong, square or round dish. Cover with plastic wrap. |
| Chicken Pieces | 6 | 1 to 4 | 1 to 2 pieces | Use oblong, square or round dish. Cover with wax paper. |
| Ground Meat (Beef, Pork, Turkey) | 7 | - | 1/2 to 2 lbs | Use round casserole dish. Crumble meat into dish. Cover with wax paper or plastic wrap. |

Timed Cooking & Multi Power Cooking

NOTE:

DO NOT use the shelves during MICRO COOK. They could cause arcing which may result in damage to the oven. MICRO COOK allows you to microwave for a preset amount of time cooking time can be set up 99 minutes and 99 seconds. When you cook on Hi power, skip steps 3 and 4.

MICRO COOK

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

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

COOK
TIME

5 Quick On 3 Quick On 0 Display on/off

POWER

7

START

Multi Stage Cooking

You can program up to 2 stages of cooking in sequence. To program 2 stage cooking, follow steps 1 through 4 above twice and touch START.

Cooking Guide For Multi-Power Settings

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

Time Defrost & Temp Time/Hold

Time Defrost is designed for speedy thawing of frozen food and is one of the great advantages of a microwave oven.

NOTE:
POWER level 3 is automatically set when you touch TIME DEFROST PAD, but you may change this for more flexibility.

TIME DEFROST

For example,

1. Touch **TIME DEFROST**.
2. Enter one half of the total defrosting time recommended. (See the Defrosting Table on page 25)
3. Touch **START**.
When the cycle is completed, the oven signals and flashes "End", then automatically shuts off.
4. Turn the package over, close the door and repeat steps 1 and 2 to set remaining half of defrosting time.
5. Touch **START**.

TIME
DEFROST

START

START

How to Temp Cook a Rolled Beef Rib Roast to Medium

TEMP TIME/HOLD

Internal temperature is the best test of doneness for many foods. Use temp Time/Hold to cook a variety of foods to the desired finished food temperature. Use the probe when you want to Convection Cook or Combination Cook to a preferred internal temperature.

1. Insert temperature probe and attach probe securely in oven ceiling. Close the door.
2. Touch **TEMP TIME/HOLD**.
3. Touch 1, 6 and 0 for 160 °F.
4. Touch **POWER** and 5 for Medium Power.
5. Touch **START**.
If internal temperature of the roast is less than 90 °F, display will show "COOL"; if temperature is 90 °F or above, display shows temperature counting up. When 160 °F is reached, the oven will sound and display "Hold". The oven will then hold the temperature for up to one hour.
6. Touch **STOP/CLEAR** pad to stop the cycle.
7. Remove probe and food from the oven.

TEMP
TIME/HOLD

1 Quick On 6 0 Display error

POWER

5
Quick On

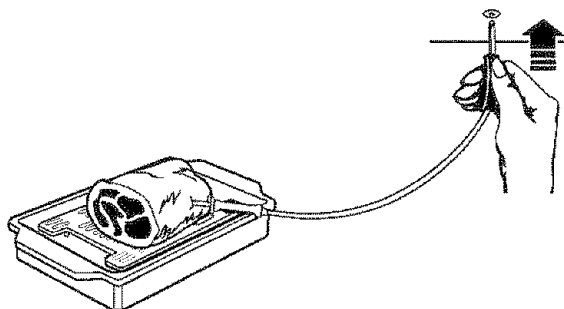
START

STOP/CLEAR

Guide to the Temp Probe

Suggested Temp Probe Setting

- 140 °F - Rare Beef, Fully Cooked Ham
- 160 °F - Medium Beef
- 170 °F - Well Done Beef or Pork
Well Done Lamb
- 180 °F - Poultry Parts
- 185 °F - Whole Poultry



Auto Defrost

With the Auto Defrost feature, the oven automatically sets the defrosting times and power levels for you.

Before you begin, check the Auto Defrost Guide located on page 17.

It shows minimum and maximum food weight for a variety of foods. You will need to know your food weight before setting Auto Defrost.

NOTE: STAND TIME

After Auto Defrosting, meat needs to stand in order to let the inside defrost. You may take the food out of the oven if you wish. Stand time recommendations are given in the Auto Defrost Guide.

1. Remove food from package, place in oven on microwave-safe dish and close door.

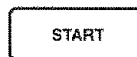
2. Touch **AUTO DEFROST**.



3. Enter weight (See Conversion Guide below). After 5 seconds "START" flashes.

4. Touch **START**.

Twice during defrosting, the oven beeps 4 times and "TURN" flashes. Follow the directions in the Auto Defrost Guide for what to do at the first and second signal. Then close the door and touch START pad. When defrosting time is completed, "End" flashes and oven beeps 4 times. "End" remains on display and oven beeps every minute until door is opened or STOP/CLEAR pad is touched.



Conversion

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

| Ounces | Pounds |
|--------|--------|
| 1~2 | .1 |
| 3 | .2 |
| 4~5 | .3 |
| 6~7 | .4 |
| 8 | .5 |
| 9~10 | .6 |
| 11 | .7 |
| 12~13 | .8 |
| 14~15 | .9 |

Auto Defrost Guide

| RECOMMENDED FOODS | MIN. - MAX. WEIGHT | FIRST SIGNAL | SECOND SIGNAL | STAND TIME |
|------------------------------------|--------------------|-------------------------------------|---|---------------------------------------|
| Meat | | | | |
| Chops | 0.1 - 6.0 lbs. | Turn over. | Separate and shield where necessary. | 5 minutes |
| Frankfurters, Sausage | 0.1 - 6.0 lbs. | Separate. | Remove defrosted pieces. | 2 minutes |
| Ground Meat | 0.1 - 6.0 lbs. | Turn over. | Remove defrosted areas and break apart. | 5 minutes |
| Beef Patties | 0.1 - 6.0 lbs. | Turn over. | Separate patties. | 5 minutes |
| Roast | 0.1 - 6.0 lbs. | Turn over and shield. | Shield if necessary. | 30 minutes |
| Ribs | 0.1 - 6.0 lbs. | Turn over. | Remove defrosted pieces. Shield if necessary. | 10 minutes |
| Steak | 0.1 - 6.0 lbs. | Turn over. | Turn over. | 5 minutes |
| Stew | 0.1 - 6.0 lbs. | Turn over and separate. | Separate and remove defrosted pieces. | 5 minutes |
| Poultry | | | | |
| Whole Chicken | 0.1 - 6.0 lbs. | Turn over and shield if necessary. | Turn over and shield if necessary. | 10 minutes; run cold water in cavity. |
| Turkey Breast (breast side pieces) | 0.1 - 6.0 lbs. | Turn over. | Shield where necessary. | 20 minutes; run cold water in cavity. |
| Chicken Pieces | 0.1 - 6.0 lbs. | Turn over. | Separate and remove defrosted pieces. | 5 minutes |
| Cornish Hens (whole) | 0.1 - 6.0 lbs. | Remove wrapper and turn over. | Turn over. | 10 minutes; run cold water in cavity. |
| Cornish Hens (split) | 0.1 - 6.0 lbs. | Turn over. | Turn over. | 5 minutes |
| Seafood | | | | |
| Fish Fillets | 0.1 - 6.0 lbs. | Turn over. | Separate and remove defrosted pieces. | 5 minutes |
| Shrimp, Scallops | 0.1 - 6.0 lbs. | Separate. | Separate and remove defrosted pieces. | 5 minutes |
| Whole Fish | 0.1 - 6.0 lbs. | Turn over and shield tail and head. | | Hold under cold running water. |

Edges or thin areas of meat will defrost more rapidly than other areas. After first or second signal, shield warm areas with small pieces of foil.

Convection Time Cooking

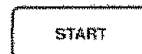
NOTE:

- The shorter Rack is required for good air circulation and even browning.
- Check the utensil and Accessories section for correct utensil when convection cooking.
- Place meat on a trivet in a glass dish to collect juices and prevent spattering.
- Some recipes call for preheating.
- For foods that are too tall to fit in the oven, you can leave out the trivet.

If necessary, you may take out the rack and place the dish directly on the turntable.

For example: Convection Time Cook with preheat.

1. Touch **Convection Cook**.
2. Enter the oven temperature by touching the number pads that correspond to the desired oven temperature.
3. Touch **START**.
When the oven is preheated, it will signal ready. If you do not open the door within 1 hour, the oven will turn off automatically.
4. Open the door and place in the food in the oven.
5. Close the oven door.
Set the desired cooking time in hours and minutes by touching number pads in sequence beginning with hours. If time needed is less than 1 hour, press "0" then desired minutes.

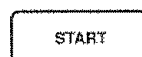
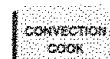


6. Touch **START**.



For example: Convection Time Cook Without Preheating.

1. If your recipe does not require preheating. Touch **Convection Cook**.
2. Enter the oven temperature by touching the number pads that correspond to the desired oven temperature.
3. Set the desired cooking time in hours and minutes by touching number pads in sequence beginning with hours. If time needed is less than 1 hour, press "0" then desired minutes.
4. Touch **START**.



Combination Time Cooking

Combination Cooking offers the best features of microwave energy and convection cooking. Microwaves cook fast and convection circulation of heated air browns food beautifully.

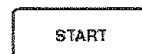
NOTE:

- The shorter Rack is required for good air circulation and even browning. Use only the shorter Rack when combination cooking. Do not use the taller Rack.
- Check the utensil and Accessories section for correct utensil when combination cooking.
- For best roasting and browning results, whole roast should be cooked in a dish placed directly on the shorter oven rack.
- Place meat on a trivet in a glass dish to collect juices and prevent spattering.
- Some recipes call for preheating.
- For foods that are too tall to fit in the oven, you can leave out the trivet.

If necessary, you may take out the rack and place the dish directly on the turntable.

For example: Combination Time Cook with preheat.

1. Touch **Combination Cook**.
2. Enter the oven temperature by touching the number pads that correspond to the desired oven temperature.
3. Touch **START**.
When the oven is preheated, it will signal ready. If you do not open the door within 1 hour, the oven will turn off automatically.
4. Open the door and place in the food in the oven.
5. Close the oven door.
Set the desired cooking time in hours and minutes by touching number pads in sequence beginning with hours. If time needed is less than 1 hour, press "0" then desired minutes.

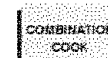


6. Touch **START**.

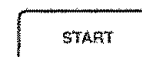


For example: Combination Time Cook Without Preheating.

1. If your recipe does not require preheating, Touch **Combination Cook**.
2. Enter the oven temperature by touching the number pads that correspond to the desired oven temperature.
3. Set the desired cooking time in hours and minutes by touching number pads in sequence beginning with hours. If time needed is less than 1 hour, press "0" then desired minutes.



4. Touch **START**.



Combination Temperature Cooking

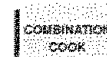
With this function of your new oven, you can enjoy the benefits of combination cooking with the precision of the temperature probe.

The probe makes it simple to cook to the exact degree of doneness desired, by monitoring the internal temperature of the food.

This function is exactly like combination time cooking except you set internal food temperature desired instead of cooking time.

For example; Combination Temperature Cook.

1. **Insert probe in food** as directed in this guide. Plug other end of probe securely into the ceiling receptacle of the oven.
2. Touch **Combination Cook**.
3. Enter oven temperature by touching the number pads that correspond with the desired oven temperature.
4. Touch the appropriate number pads in sequence to enter the desired internal food temperature. Any food temperature from 90 °F to 199 °F may be programmed.
5. Touch **START**.



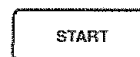
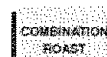
Combination Roast

Combination Roast is a combination function which is similar to combination temperature cooking, using both microwave and convection cooking in conjunction with the temperature probe.

However, the Combination Roast feature eliminates most of the steps necessary to program combination temperature cooking.

For example; Combination Roast with the probe.

1. Place meat on a trivet in a glass dish.
2. Place dish on short metal rack on turntable.
3. **Insert temperature probe** into center of meat without touching bone or fat and plug the probe firmly into the ceiling receptacle of the oven.
4. Touch **Combination Roast** once for cooking your roast to MEDIUM doneness. Touch the pad twice for cooking to "WELL".
5. Touch **START**.
At the appropriate time the oven will signal "TURN". Unplug the probe from the ceiling and carefully turn the meat over. Make sure the probe is still positioned properly in the meat and plug the other end of the probe firmly into the ceiling receptacle of the oven.
6. Touch **START**. When food reaches the programmed temperature for proper degree of doneness, the oven will sound and display "Hold". The oven will then hold the temperature for up to one hour.



Combination Roast Guide (Use Probe)

(Recommended Settings)

| Food | Medium | Well | Comments |
|---------------|--------|------|--|
| Beef | ○ | ○ | Place the roast fat side down on a trivet in a dish. Place dish on short metal rack. Turn over when the oven signals. (For standing rib roast, place roast cut side down.) |
| Lamb | ○ | ○ | Place the roast fat side down on a trivet in a dish. Place dish on short metal rack. Turn over when the oven signals. |
| Pork | — | ○ | Place the roast fat side down on a trivet in a dish. Place dish on short metal rack. Turn over when the oven signals. |
| Chicken | — | ○ | Place breast side down on a trivet in a glass dish. Place dish on short metal rack. Turn over when the oven signals. |
| Turkey Breast | — | ○ | Place breast side down in a glass dish. Place the dish directly on the turntable. Turn over when the oven signals. |

Cooking Reference Guide

This is a Quick Reference to guide you in selecting the best method of cooking. Specific recipes can be adapted to any method of cooking.

* - Best Method
A - Alternate
N - Not Recommended

| Foods | Microwave | Combination | Convection |
|---------------------------------|-----------|-------------|------------|
| Appetizers | | | |
| Dips and Spreads | * | N | N |
| Pastry Snacks | A | * | A |
| Beverages | * | N | N |
| Sauces and Toppings | * | N | N |
| Soups and Stews | * | A | N |
| Meats | | | |
| Defrosting | * | N | N |
| Roasting | A | * | A |
| Poultry | | | |
| Defrosting | * | N | N |
| Roasting | A | * | A |
| Fish and Seafood | | | |
| Defrosting | * | N | N |
| Cooking | * | A | N |
| Casserole | A | * | A |
| Eggs and Cheese | | | |
| Scrambled, Omelets | * | N | N |
| Quiche, Souffle | A | * | A |
| Vegetables, Fresh | * | N | N |
| Breads | | | |
| Quick | A | * | A |
| Yeast | N | A | * |
| Muffins, Coffee Cake | A | * | A |
| Desserts | | | |
| Cakes, Layer and Bunt | A | * | A |
| Angel Food and Chiffon | N | N | * |
| Custard and Pudding | * | N | N |
| Bar Cookies | A | * | A |
| Fruit | * | N | N |
| Pies and Pastry | N | A | * |
| Candy | * | N | N |
| Blanching Vegetables | * | N | N |
| Frozen Convenience Foods | * | A | A |

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: Larger 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.

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 dish.

Testing for Doneness: Because foods cook quickly in a microwave oven, you need to test frequently for doneness. Follow the recipes 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 food cooked in 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.

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.

- 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.

Microwaving Table

1. Cook times and food quantities given should be used as a guide. In microwaving, the greater the quantity of food the longer the cook time.
2. Always cook in microwave-safe plastic, glass or oven-safe plastic containers. **DO NOT USE METAL CONTAINERS.** Refer to Cookware and Utensil Guide on page 9 for detailed information.
3. When covering utensils with plastic wrap, turn one corner back to vent.
4. Since microwaving does not brown or crisp food, you may prefer to convection bake or combination cook foods such as meats and baked goods.
5. Before using microwave plastic containers be sure oven is cool. If still hot from convection or combination cooking, choose glass or oven-safe plastic containers.

| FOOD | | Cover | Power Level and Time | Comments |
|--------------------------------------|--|---------------------------|--|--|
| <i>Appetizers</i> | Party mix (2 1/2-quarts) | No | High (10) 6 to 7 minutes. | Stir every 2 minutes. |
| | Meatballs, small meat or hot dog chunks (24) | Wax paper or plastic wrap | High (10) 5 to 6 minutes. | Spread in single layer in 2-quart rectangular glass baking dish. |
| | Stuffed vegetables (12) | No | High (10) 3 to 4 minutes. | Space evenly on trivet or on plate lined with paper towels. |
| | Toasted nuts or seeds (1/2 to 1 cup) | No | High (10) 8 to 10 minutes. | Combine nuts with small amount of butter, stirring every 2 minutes. |
| <i>Cakes, Cookies, Breads</i> | Rectangular, square or round | No | Medium High (7) 5 to 7 minutes. | |
| | Fluted tube cake | No | High (10) 12 to 14 minutes. | Let stand 10 minutes before inverting to cool. |
| | Cheesecake (9-inch pie plate) | No | Medium High (7) 12 to 14 minutes. | Microwave cheesecake mixture in 2-quart casserole until thick and smooth. Stir every 2 minutes with wire whisk. Pour into crumb crust. Refrigerate until firm. |
| | Bar Cookies (8-in. square dish) | No | High (10) 6 to 8 minutes. | |
| | Muffins (6) | No | Medium high (7) 2 to 4 minutes. | Check at minimum time. |
| <i>Eggs, Cheese, Dairy</i> | Scrambled eggs | No | High (10) Allow 1 minute per egg. | Stir 2 or 3 times during microwaving. |
| | Quiche | No | Medium High (7) 16 to 21 minutes. | Pour filling into prebaked shell. |
| | Thickened sauces and gravies (1 cup) | No | Medium (5) 3 to 5 minutes. | Microwave fat, flour and salt 1 to 2 minutes; stir to blend. Add liquid. Stir every minute. |
| | Scald milk (1/2 cup) | No | Medium High (7) 5 to 7 minutes. | |
| | Melt butter (1/2 cup) Soften cream cheese (8 oz.) | No No | High (10) 1 to 2 minutes. Low (3) 1/2 to 1 minutes. | Remove foil wrapper before softening and place on microwave-safe plate. |
| <i>Fish & Shellfish</i> | Fillets or steaks (1 lb.) | Wax paper | High (10) 5 to 7 minutes. | Very delicate fish should be placed on trivet. |
| | Casserole, pre-cooked (2 to 3 quart) | Plastic wrap | High (10) 12 to 18 minutes. | |
| | Scallops, shrimp, peeled (1 lb.) | Plastic wrap | High (10) 5 to 7 minutes. | Brush with garlic butter before cooking. |
| <i>Fruits</i> | Baked apples or pears | Lid or plastic wrap | High (10) 2 to 4 minutes per piece. | Pierce fruit or peel to prevent bursting. |

Microwaving Table

continued

| FOOD | | Cover | Power Level and Time | Comments |
|---|--|------------------------------|--|---|
| Meat | Ground meat (1 lb.) | Lid or wax paper | High (10) 5 to 7 minutes. | Break up and stir after 3 minutes. |
| | Bacon (2 to 8 strips) | Paper towels | High (10) 1 to 1½ minutes per slice. | Place on trivet or on paper towel-lined plate. |
| | Sausage | Wax paper | High (10) Patties: 1 minute per patty. Links: ½ to ¾ minute per link. | Place on paper towel-lined plate or glass dish. Turn over after half of cooking time. |
| | Sandwiches | Wrap in paper towel | High (10) 1 to 2 minutes per sandwich. | |
| | Meat casseroles with precooked meat and ingredients | Lid or plastic wrap | High (10) 13 to 19 minutes. | Stir once or twice. |
| | Meat casseroles with raw meat and vegetables | Lid or wax paper | Ground meat: High (10) 28 to 32 minutes. Less tender chunks: Medium (5) 70 to 80 minutes. | Rearrange or stir after half time. |
| | Meat patties (4 per 1 lb.) Meat loaf, beef or ham (1 ½ lbs. meat) | Wax paper Plastic wrap | High (10) 5 to 6 minutes. 9x5x3-inch loaf dish: Medium High (7) 25 to 30 minutes. | Place on trivet or on paper towel-lined plate. |
| Braised (water cooked): short ribs, brisket, spare ribs (2 to 3 lbs.) | Lid or plastic wrap | Medium (5) 80 to 90 minutes. | Cover meat with water. Rearrange after half of cooking time. For ribs, drain 10 minutes before finishing and add barbecue sauce, if desired. | |
| Pasta | Long pieces (spaghetti, etc., ½ lb.) | Plastic wrap | High (10) 12 to 15 minutes. | In 2-quart rectangular glass dish, add 6 cups hot tap water, 1 tablespoon oil, 1 teaspoon salt. Rearrange after half of cooking time. |
| | Cereal or instant rice | Lid or plastic wrap | High (10) 2 to 3 minutes. | Add hot tap water as given on package. Stir after half of cooking time. |
| Pies | Crumb crust (9-inch) | No | High (10) 1 to 2 minutes. | |
| Poultry | Chicken, 6 to 8 pieces | Plastic wrap | High (10) 14 to 17 minutes. | Turn over after half of cooking time. |
| | Chicken, whole or Cornish hens | Cooking Bag | Medium High (7) 10 to 12 minutes per lb. | Place on trivet. Turn over after half of cooking time. Shield tips of wings and legs with foil. |
| | Turkey breast | Cooking Bag | Medium (5) 12 to 14 minutes per lb. | Place on trivet, breast side down. Turn over after half of cooking time. |
| Roast | Pot roast (2½ to 3 lbs.) | Cooking Bag | Low (3) 24 to 27 minutes per lb. | Turn over after half of cooking time. |
| | Tender beef roast Boneless | Cooking Bag | Medium (5) Rare: 10 to 13 minutes per lb. Medium: 13 to 16 minutes per lb. Well done: 16 to 19 minutes per lb. | Turn over after half of cooking time. |
| | Bone-in | Cooking Bag | Medium (5) Rare: 8 to 11 minutes per lb. Medium: 11 to 14 minutes per lb. Well done : 14 to 17 minutes per lb. | Turn over after half of cooking time. |
| | Boneless pork roast | Cooking Bag | Medium (5) 14 to 17 minutes per lb. | Turn over after half of cooking time. |
| | Bone-in pork roast | Cooking Bag | Medium (5) 12 to 15 minutes per lb. | Turn over after half of cooking time. |

Defrosting Table Power Level: Defrost (3)

- Most foods should be turned over after half of defrosting time.
- Large foods such as roasts or turkey breast, should stand on countertop for 15 to 30 minutes to complete defrosting.
- When defrosting steaks or chops, separate and remove defrosted pieces after half of defrost time. Return frozen pieces to oven to complete defrosting.

| FOOD | | First Half Time, Min. | Second Half Time, Min. | Comments |
|-------------------------------------|--|-----------------------|-------------------------------------|---|
| Breads, Cakes | Bread or buns (1-lb. pkg.) | 2 | 1 to 2 | Turn over after first half of time. |
| | Heat & serve rolls (7-oz. pkg.) | 2 to 4 | none | |
| | Coffee cake (11 to 13 oz.) | 5 to 6 | none | Turn box over after first half of time. |
| | Coffee ring (10-oz. pkg.) | 3 to 4 | none | |
| | Sweet rolls (12-oz. pkg.) | 3 to 4 | none | |
| | Doughnuts (1 to 3) | 3/4 to 1 1/2 | none | |
| | Doughnuts, glazed (box of 12) | 3 to 4 | | Turn box over after first half of time. |
| | French toast (2 slices) | 1 to 2 | | |
| | Cake, frosted 2 to 3 layer (17 to 22 oz.) | 3 | none | Let stand 10 minutes before serving. |
| | Cake, filled or topped 1 layer (12 1/2 to 16 oz.) | 2 to 3 | none | Let stand 10 minutes before serving. |
| | Pound cake (11 1/4 oz.) | 2 to 4 | none | Let stand 10 minutes before serving. |
| | Cheesecake, plain or fruit top (17 to 19 oz.) | 3 to 4 | none | Microwave 1 to 2 minutes more, if needed. |
| | Crunch cakes cupcakes (1 to 2) | 1/2 to 1 | none | |
| | Fruit or nut pie (8 inch) | 9 to 12 | none | |
| Cream or custard pie (14 to 24 oz.) | 2 to 4 | none | Let stand 5 minutes before serving. | |
| Fish & Seafood | Fillet (1 lb.) | 4 to 5 | 5 to 6 | Place unopened package in oven. (If fish is frozen in water, place in cooking dish.) Turn over after first half of time. Let stand 5 minutes on counter to complete defrosting. |
| | Steaks (6 oz.) | 2 | 1 | Place wrapped steaks in oven. Turn over after first half of time. |
| | Whole fish (8 to 10 oz.) | 2 | 3 to 4 | Place fish in cooking dish. Turn over after first half of time. After second half of time, rinse cavity with cold water to complete defrosting. |
| | Shellfish, small pieces (1 lb.) | 3 to 4 | 3 to 4 | Spread shellfish in single layer in baking dish. Rearrange pieces after first half of time. |
| | Shellfish, blocks Crab meat (6-oz. pkg.) | 2 | 2 to 3 | Place block in casserole. Turn over and break up with fork after first half of time. |
| | Oysters (12-oz. can) | 5 to 7 | 5 to 7 | Place block in casserole. Turn over and break up with fork after first half of time. Let stand 10 minutes after defrosting. |
| | Scallops (1-lb. pkg.) | 5 to 7 | 5 to 7 | Place block in casserole. Turn over and break up with fork after first half of time. Let stand 10 minutes after defrosting. |
| | Shellfish, large Crab legs-1 to 2 (8 to 10 oz.) | 2 to 3 | 2 to 3 | Arrange in cooking dish with light underside up. Turn over after first half of time. |
| | Lobster tails-1 to 2 (6 to 9 oz.) | 3 to 4 | 3 to 4 | Arrange in cooking fish with light underside up. Turn over after first half of time. |
| | Whole lobster or crab (1 1/2 lbs.) | 8 to 9 | 8 to 9 | Place in cooking dish with light underside up. Turn over after first half of time. |

Defrosting Table

continued

| FOOD | | First Half Time, Min. | Second Half Time, Min. | Comments |
|--------------------------------|---|--|--|---|
| <i>Fruit</i> | Fresh (10 to 16 oz.) (In microwave-safe container) | 2 ¹ / ₂ | 2 ¹ / ₂ | Place package in oven. After first half of time, break up with fork. Let stand on counter to complete defrosting. |
| | Plastic pouch-1 to 2 (10-oz. pkg.) | 2 ¹ / ₂ | 2 ¹ / ₂ to 5 ¹ / ₂ | Place package in oven. After first half of time, flex package. |
| <i>Meat</i> | Bacon (1 lb.) | 2 to 3 per lb. | 2 to 3 per lb. | Place unopened package in oven. Turn over after first half of time. Microwave just until strips can be separated. |
| | Franks (1 lb.) (1/2 lb.) | 2 to 3 1 ¹ / ₂ to 2 ¹ / ₂ | 2 to 3 none | Place unopened package in oven. Turn over after first half of time. Microwave just until franks can be separated. |
| | Ground beef or pork (1 lb.) | 5 | 4 | Scrape off meat that softens during defrosting. Set aside. Break up remaining block and continue defrosting. |
| | (1 1/2 to 2 lbs.) | 7 | 7 | Scrape off meat that softens during defrosting. Set aside. Break up remaining block and continue defrosting. |
| | (5 lbs.) | 13 | 13 | Scrape off meat that softens during defrosting. Set aside. Break up remaining block and continue defrosting. |
| | Roast: beef, lamb or veal (3 to 5 lbs.) | 7 per lb. | 7 per lb. | Place unwrapped roast in glass casserole. Turn over after first half of time and shield warm areas with foil. Let stand 30 minutes. |
| | Roast, pork (3 to 5 lbs.) | 5 to 6 per lb. | 5 to 6 per lb. | Place unwrapped roast in glass casserole. Turn over after first half of time and shield warm areas with foil. Let stand 30 minutes. |
| | Spareibs, pork (1 1/2 lbs.) | 2 to 4 per lb. | 2 to 4 per lb. | Place wrapped package in oven. Turn over after first half of time. After second half of time, unwrap and separate pieces. Let stand to complete defrosting. |
| | Steaks, chops or cutlets: beef, lamb, pork & veal | 3 to 5 per lb. | 3 to 5 per lb. | Place wrapped package in oven. Turn over after first half of time. After second half of time, unwrap and separate pieces. Let stand to complete defrosting. |
| | Sausage, bulk (1-lb. roll) | 2 to 3 | 2 to 3 | Scrape off meat that softens during defrosting. Set aside. Break up remaining block and continue defrosting. |
| | Sausage, link (1/2 to 1 lb.) | 2 | 1 ¹ / ₂ to 3 | Turn over after first half of time. |
| Sausage, patties (12-oz. pkg.) | 2 | 2 to 3 | Turn over and separate after first half of time. | |
| <i>Poultry</i> | Chicken, cut up (2 1/2 to 3 1/2 lbs.) | 8 to 10 | 8 to 10 | Place wrapped chicken in oven. After first half of time, unwrap and turn over. After second half of time, separate pieces and place in cooking dish. Microwave 4 to 5 minutes more, if necessary. |
| | Chicken, whole (2 1/2 to 3 1/2 lbs.) | 10 to 12 | 10 to 12 | Place wrapped chicken in oven. After first half of time, unwrap and turn over. Shield warm areas with foil. |
| | Cornish hen | 5 to 6 per lb. | 5 to 6 per lb. | Place wrapped package in oven. Turn over after first half of time. After second half of time, unwrap and shield warm areas and ends of legs with foil. Microwave 3 to 4 minutes more, if necessary. |
| | Duckling | 4 to 6 per lb. | 4 to 6 per lb. | Place wrapped duckling in oven. After first half of time, unwrap, turn over and place in cooking dish. Shield warm areas and ends of legs with foil. |
| | Turkey breast | 3 to 5 per lb. | 4 to 5 per lb. | Place unwrapped turkey, breast side down, in cooking dish. After first half of time, turn turkey breast side up and shield with foil. |

Heating or Reheating Table

- Directions below are for reheating cooked foods at refrigerator or room temperature. Use microwave oven-safe containers.
- Cover most foods for fastest heating. Exceptions are rare or medium rare meats, some sandwiches, griddle foods such as pancakes and baked foods.
- Bubbling around edges of dish is normal, since center is last to heat. Stir foods before serving whenever possible.
- Stir or rearrange large amounts of food after half the suggested heating time.
- Be sure foods are heated through before serving. Steaming or bubbling around edges does not necessarily mean food is heated throughout. As a general rule, hot foods produce an area warm to the touch in center of underside of dish.
- When covering with plastic wrap, turn back one corner to vent.

| Item | Amount | Power Level | Approx. Timr, Minutes | |
|--------------------------------|--|--|-------------------------------------|--------------------------------|
| Appetizers | Saucy such as: meatballs, riblets, cocktail franks, etc. 1/2 cup / serving | 1 to 2 servings 3 to 4 servings | High (10) High (10) | 2 to 3 5 to 6 |
| | Dips: cream or process cheese | 1/2 cup 1 cup | Medium (5) Medium (5) | 2 1/2 to 3 3 to 4 |
| | Pastry bites: small pizzas, egg rolls etc. | 2 to 4 servings | High (10) | 2 to 3 |
| | Tip: Cover saucy appetizers with wax paper. Cover dips with plastic wrap. Do not cover pastry bites. | | | |
| Plate of Leftovers | Meat plus 2 vegetables | 1 plate | High (10) | 2 to 4 |
| | Tip: Cover plate of food with wax paper or plastic wrap. | | | |
| Meats & Main Dishes | Saucy Main Dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. 3/4-1 cup / serving | 1 to 2 servings 3 to 4 servings 1 16-oz. can | High (10) High (10) High (10) | 3 to 6 9 to 12 5 to 7 |
| | Thinly sliced roasted meat: Rare, minimum time Medium Rare, maximum time 3 to 4-oz. / serving | 1 to 2 servings 3 to 4 servings | Medium High (7) Medium High (7) | 1 to 3 2 to 4 |
| | Well done beef, pork, ham, poultry, etc. 3 to 4-oz. / serving. | 1 to 2 servings 3 to 4 servings | Medium High (7) Medium High (7) | 1 to 3 3 to 5 |
| | Steaks, chops, ribs, other meat pieces: | | | |
| | Rare beef steak | 1 to 2 servings 3 to 4 servings | Medium High (7) Medium High (7) | 2 to 4 5 to 7 |
| | Well done beef, chops, ribs, etc. | 1 to 2 servings 4 servings | Medium High (7) Medium High (7) | 2 to 3 6 to 7 |
| | Hamburgers or meat loaf 4-oz. / serving | 1 to 2 servings 3 to 4 servings | High (10) High (10) | 1 to 2 2 to 4 |
| | Chicken pieces | 1 to 2 servings 3 to 4 servings | High (10) High (10) | 1 to 2 2 to 3 |
| | Hot dogs and sausages | 1 to 2 3 to 4 | High (10) High (10) | 1/2 to 1 1/2 1 1/2 to 2 1/2 |
| | Rice and pasta Plain or buttered 1/2 to 1 cup / serving | 1 to 2 servings 3 to 4 servings | High (10) High (10) | 1 to 3 3 to 5 |
| | Topped or mixed with sauce 1/2 to 1 cup / serving | 1 to 2 servings 3 to 4 servings | High (10) High (10) | 1 to 3 3 to 5 |
| | Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with wax paper. Do not cover rare or medium rare meats. | | | |

Heating or Reheating Table

continued

| Item | Amount | Power Level | Approx. Timr, Minutes | |
|--|--|---|---|----------------------------------|
| Sandwiches | Moist filling sloppy joe, barbecue, ham salad, etc. in bun 1/3 cup / serving | 1 to 2 servings 3 to 4 servings | Medium High (7) Medium High (7) | 1 to 2 2 to 4 |
| | Thick meat-cheese filling with firm bread | 1 to 2 servings 3 to 4 servings | Medium High (7) Medium High (7) | 1 to 3 3 to 5 |
| | Soup Water based 1 cup / serving | 1 to 2 servings 3 to 4 servings 1 10-oz. can reconstituted | High (10) High (10) High (10) | 1 to 3 3 to 6 3 to 5 |
| | Milk based 1 cup / serving | 1 to 2 servings 3 to 4 servings 1 10-oz. can reconstituted | Medium High (7) Medium High (7) Medium High (7) | 2 to 4 6 to 10 6 to 8 |
| | Tip: Use paper towel or napkin to cover sandwiches. Cover soups with wax paper or plastic wrap. | | | |
| Vegetables | Small pieces peas, beans, corn, etc. 1/2 cup / serving | 1 to 2 servings 3 to 4 servings 1 16-oz. can | High (10) High (10) High (10) | 1 to 3 2 to 3 2 to 4 |
| | Large pieces or whole asparagus spears, corn on the cob, etc. | 1 to 2 servings 3 to 4 servings 1 16-oz. can | High (10) High (10) High (10) | 2 to 3 3 to 4 4 |
| | Mashed potatoes, squash, pumpkin, etc. 1/2 cup / serving | 1 to 2 servings 3 to 4 servings | High (10) High (10) | 1 to 3 4 to 5 |
| | Tip: Cover vegetables for most even heating. | | | |
| Sauces | Dessert: chocolate butterscotch | 1/2 cup 1 cup | High (10) High (10) | 1 to 2 2 to 3 |
| | Meat or main dish, chunky type giblet gravy, spaghetti sauce, etc. | 1/2 cup 1 cup 1 16-oz. can | High (10) High (10) High (10) | 1 to 2 2 to 3 3 to 4 |
| | Creamy type | 1/2 cup 1 cup | High (10) High (10) | 1 to 1 1/2 2 to 2 1/2 |
| Tip: Cover food to prevent spatter ; stir often. | | | | |
| Bakery Foods | Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread | 1 piece 2 pieces 9-inch cake or 12 rolls or doughnuts | Low (3) Low (3) Low (3) | 1/2 to 1 1 to 1 1/2 2 to 4 |
| | Dinner rolls, muffins | 1 2 to 4 6 to 8 | Medium (5) Medium (5) Medium (5) | 1/4 to 1/2 1/2 to 1 1 to 2 |
| | Pie fruit, nut or custard 1/8 of 9-inch pie = 1 slice (use minimum time for custard) | 1 slice 2 slices 9-inch pie | High (10) High (10) Medium High (7) | 1/2 to 1 1 to 1 1/2 5 to 7 |
| Griddle Foods | Pancakes, French toast or waffles | | | |
| | Plain, no topping | 2 to 3 pieces | High (10) | 1/2 to 1 |
| | With syrup & butter | 2 or 3 pieces | High (10) | 1 to 2 |
| With 2 sausage patties (cooked) | 2 or 3 pieces | High (10) | 1 to 2 | |
| Beverages | Coffee, tea, cider, other water based | 1 to 2 cups 3 to 4 cups | High (10) High (10) | 1 to 3 6 to 7 |
| | Cocoa, other milk based | 1 to 2 cups 3 to 4 cups | Medium High (7) Medium High (7) | 3 to 5 6 to 9 |

Convection Baking Table

1. Always use metal accessory rack when convection baking. (See page 6.)
2. Aluminum pans conduct heat quickly. For most convection baking, light shiny finishes give best results because they prevent overbrowning in the time it takes to cook the center areas. Pans with dull (satin-finish) bottoms are recommended for cake pans and pie pans for best bottom browning.
3. Dark or non-shiny finishes, glass and pyroceram absorb heat which may result in dry, crisp crusts.
4. Preheating the oven is recommended when baking foods by convection.
5. To prevent uneven heating and save energy, open the oven door to check food as little as possible.

| FOOD | | Oven Temp. | Time, Min. | Comments |
|----------------|-------------------------------------|------------|------------|--|
| <i>Breads</i> | Biscuits | 450° | 11 to 13 | Canned refrigerated biscuits take 2 to 4 minutes less time. |
| | Corn Bread | 400° | 15 to 20 | |
| | Muffins | 375° | 15 to 20 | Remove from pans immediately and cool slightly on wire rack. |
| | Popovers | 350° | 30 to 40 | Pierce each popover with a fork after removing from oven to allow steam to escape. |
| | Nut Bread or Fruit Bread | 350° | 55 to 65 | Interiors will be moist and tender. |
| | Yeast Bread | 375° | 18 to 25 | |
| | Plain or Sweet Rolls | 350° | 13 to 16 | Lightly grease baking sheet. |
| <i>Cakes</i> | Angel Food | 350° | 40 to 50 | Invert and cool in pan. |
| | Cheesecake | 350° | 60 to 65 | After cooking, turn oven off and let cheesecake stand in oven 30 minutes with door ajar. |
| | Coffee Cake | 350° | 25 to 30 | |
| | Cup Cakes | 350° | 15 to 20 | |
| | Fruit Cake (loaf) | 300° | 80 to 90 | Interior will be moist and tender. |
| | Gingerbread | 350° | 35 to 40 | |
| | Butter Cakes, Cake Mixes (2 layers) | 350° | 30 to 40 | Use 2 shelves. Top layer may bake in less time. |
| | Fluted Tube Cake | 350° | 40 to 50 | Grease and flour pan. |
| | Pound Cake | 350° | 60 to 70 | Cool in pan 10 minutes before inverting on wire rack. |
| <i>Cookies</i> | Bar | 350° | 35 to 45 | Use same time for bar cookies from a mix. |
| | Drop or Sliced | 375° | 11 to 16 | Use same time for sliced cookies from a mix. |

Convection Baking Table

continued

| FOOD | | Oven Temp. | Time, Min. | Comments |
|---------------------------------------|-------------------------------------|------------|------------|--|
| <i>Fruits, Other Desserts</i> | Baked Apples or Pears | 350° | 30 to 40 | Bake in utensil with shallow sides. |
| | Bread Pudding | 300° | 35 to 40 | Pudding is done when knife inserted near center comes out clean. |
| | Cream Puffs | 400° | 30 to 35 | Puncture puffs twice with toothpick to release steam after 25 minutes of baking time. |
| | Custard (individual) | 350° | 45 to 50 | Set cups in baking dish. Pour boiling water around cups to a depth of 1 inch. |
| | Meringue Shells | 300° | 30 to 35 | When done, turn oven off and let shells stand in oven 1 hour to dry. |
| <i>Pies, Pastries</i> | Frozen | 375° | 40 to 45 | Follow procedure on package. |
| | Meringue-topped | 325° | 13 to 16 | |
| | Two-crust | 400° | 50 to 55 | |
| | Quiche | 350° | 30 to 35 | Let stand 5 minutes before cutting. |
| | Pastry Shell | 400° | 10 to 16 | Pierce pastry with fork to prevent shrinkage. |
| <i>Casseroles</i> | Meat, chicken, seafood combinations | 350° | 20 to 40 | Cook times vary with casserole size and ingredients. |
| | Pasta | 350° | 25 to 45 | Cook times vary with casserole size and ingredients. |
| | Potatoes, scalloped | 350° | 55 to 60 | Let stand 5 minutes before serving. |
| | Vegetable | 350° | 25 to 35 | Cook times vary with casserole size and ingredients. |
| <i>Convenience Foods</i> | Frozen Bread Dough | 350° | 30 to 35 | |
| | Frozen Dinners | 350° | 20 to 25 | Follow package directions. |
| | Frozen Entrees | 350° | 50 to 60 | Follow package directions. |
| | Frozen Pizza Rolls, Egg Rolls | 400° | 8 to 10 | Follow package directions. |
| | Pizza | 425° | 15 to 25 | |
| | Slice and Bake Cookies | 375° | 13 to 15 | Let stand a few minutes before removing from pan to cool. |
| <i>Main Dishes</i> | Meat Loaf | 325° | 55 to 60 | |
| | Oven-baked Stew | 325° | 80 to 90 | Brown meat before combining with liquid and vegetables. |
| | Swiss Steak | 350° | 60 to 70 | |
| | Stuffed Peppers | 350° | 40 to 45 | Use green, red or yellow peppers. |
| <i>Vegetables</i> | Acorn Squash Halves | 375° | 55 to 60 | Pierce skin several places. Add 1/4 cup water to dish. Turn squash halves cut side up after 30 minutes of cook time and cover. |
| | Baked Potatoes | 425° | 50 to 60 | Pierce skin with a fork before baking. Use 2 shelves, if desired. |
| | Twice-Baked Potatoes | 400° | 25 to 30 | |

Meat Roasting Table for Convection Cooking

| MEATS | | Minutes/Lb. | Oven Temp. | Internal Temp. |
|---|---|----------------|------------|----------------|
| Beef | Rib (3 to 5 lbs.) | | | |
| | Rare | 26 to 31 | 325° | 140° |
| | Medium | 31 to 36 | 325° | 160° |
| | Well | 36 to 41 | 325° | 170° |
| | Boneless Rib, Top Sirloin | | | |
| | Rare | 30 to 35 | 325° | 140° |
| | Medium | 35 to 40 | 325° | 160° |
| | Well | 40 to 45 | 325° | 170° |
| | Beef Tenderloin | | | |
| | Rare | 17 to 21 | 325° | 140° |
| Medium | 21 to 25 | 325° | 160° | |
| Pot Roast (2 ¹ / ₂ to 3 lbs.) | | | | |
| Chuck, Rump | 50 to 55 | 325° | 170° | |
| Ham | Canned (3-lb. fully cooked) | 25 to 28 | 325° | 140° |
| | Butt (5-lb. fully cooked) | 25 to 28 | 325° | 140° |
| | Shank (5-lb. fully cooked) | 22 to 25 | 325° | 140° |
| Lamb | Bone-in (3 to 5 lbs.) | | | |
| | Medium | 26 to 31 | 325° | 160° |
| | Well | 31 to 36 | 325° | 170° |
| | Boneless (3 to 5 lbs.) | | | |
| Medium | 30 to 35 | 325° | 160° | |
| Well | 34 to 39 | 325° | 170° | |
| Pork | Bone-in (3 to 5 lbs.) | 31 to 35 | 325° | 170° |
| | Boneless (3 to 5 lbs.) | 37 to 41 | 325° | 170° |
| | Pork Chops (1/2 to 1-inch thick) | | | |
| | 2 chops | 35 to 40 total | 325° | 170° |
| | 4 chops | 40 to 45 total | 325° | 170° |
| 6 chops | 45 to 50 total | 325° | 170° | |
| Poultry | Whole Chicken (2 ¹ / ₂ to 3 ¹ / ₂ lbs.) | 65 to 75 total | 375° | 180° to 185° |
| | Chicken Pieces (2 ¹ / ₂ to 3 ¹ / ₂ lbs.) | 35 to 45 total | 350° | 180° to 185° |
| | Cornish Hens | | | |
| | Unstuffed (1 to 1 ¹ / ₂ lbs.) | 50 to 55 total | 375° | 180° to 185° |
| | Stuffed (1 to 1 ¹ / ₂ lbs.) | 60 to 65 total | 375° | 180° to 185° |
| | Duckling (4 to 5 lbs.) | 24 to 26 | 375° | 180° to 185° |
| Turkey Breast (4 to 6 lbs.) | 26 to 30 | 325° | 170° | |
| Seafood | Fish, whole (3 to 5 lbs.) | 30 to 40 total | 400° | |
| | Lobster Tails (6 to 8-oz. each) | 20 to 25 total | 350° | |

NOTE: Insert probe in center of meat without touching bone or fat.

Meat Roasting Table for Combination Cooking

| MEATS | | Combination Temperature | Minutes / Lb. | Temperature or Probe Setting |
|---|---|--|----------------|------------------------------|
| Beef | Rib (3 to 5 lbs.) | | | |
| | Rare | 300° | 14 to 17 | 140° |
| | Medium | 300° | 17 to 20 | 160° |
| | Well | 300° | 20 to 23 | 170° |
| | Boneless Rib, Top Sirloin | | | |
| | Rare | 300° | 14 to 17 | 140° |
| | Medium | 300° | 17 to 20 | 160° |
| | Well | 300° | 20 to 23 | 170° |
| | Beef Tenderloin | | | |
| | Rare | 300° | 17 to 20 | 140° |
| Medium | 300° | 20 to 23 | 160° | |
| Chuck, Rump or Pot Roast (2 ¹ / ₂ to 3 lbs.) (Use cooking bag for best results.) | 275° | 1 ¹ / ₂ to 2 hours total | 170° | |
| Turn over after half of cooking time. | | | | |
| Ham | Canned (3-lb. fully cooked) | 300° | 18 to 21 | 140° |
| | Butt (5-lb. fully cooked) | 300° | 18 to 21 | 140° |
| | Shank (5-lb. fully cooked) | 300° | 18 to 21 | 140° |
| | Turn over after half of cooking time. | | | |
| Lamb | Bone-in (3 to 5 lbs.) | | | |
| | Medium | 300° | 16 to 21 | 140° |
| | Well | 300° | 21 to 26 | 160° |
| | Boneless (3 to 5 lbs.) | | | |
| | Medium | 300° | 17 to 22 | 140° |
| | Well | 300° | 22 to 27 | 160° |
| Turn over after half of cooking time. | | | | |
| Pork | Bone-in (3 to 5 lbs.) | 300° | 16 to 19 | 170° |
| | Boneless (3 to 5 lbs.) | 300° | 17 to 20 | 170° |
| | Pork Chops (3/4 to 1-inch thick) | | | |
| | 2 chops | 350° | 29 to 34 total | |
| | 4 chops | 350° | 35 to 40 total | |
| | 6 chops | 350° | 41 to 46 total | |
| Turn over after half of cooking time. | | | | |
| Poultry | Whole Chicken (2 ¹ / ₂ to 3 ¹ / ₂ lbs.) | 375° | 50 to 55 total | 180° to 185° |
| | Chicken Pieces (2 ¹ / ₂ to 3 ¹ / ₂ lbs.) | 375° | 35 to 40 total | 180° to 185° |
| | Cornish Hens | | | |
| | Unstuffed | 375° | 65 to 75 total | 180° to 185° |
| | Stuffed | 375° | 75 to 80 total | 180° to 185° |
| | Duckling | 375° | 60 to 70 total | 180° to 185° |
| Turkey Breast (4 to 6 lbs.) Turn breast side up after half of cooking time. | 300° | 14 to 18 | 170° | |
| Seafood | Fish 1-lb. fillets | 350° | 7 to 10 total | |
| | Lobster Tails (6 to 8-oz. each) | 350° | 13 to 18 total | |
| | Shrimp (1 to 2 lbs.) | 350° | 10 to 13 total | |
| | Scallops | | | |
| | | 350° | 10 to 13 total | |

NOTE: Insert probe in center of meat without touching bone or fat.

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: <ul style="list-style-type: none"> • 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 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 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 120volt 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: <ul style="list-style-type: none"> • 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 / convection 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 outputs 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: <ul style="list-style-type: none"> • 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 food. |
| Why is additional time required for cooking food stored in the refrigerator? | As in convection 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 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 ? • Is the turntable in the oven ? |

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 tuning the equipment off and on, the user is encouraged to try to correct the interference by one or 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 or TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.