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GE JES1133WN03 Owner's Manual

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Microwave Oven

Owner's Manual

JES1133WD

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Write the model and serial numbers here:

Model # _____

Serial # _____

Find these numbers on a label inside the oven.

164D3370P159 49-40168 01-01 JR

IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.

⚠ WARNING!

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

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 oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- ***Do Not Operate*** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
  1. door (bent),
  2. hinges and latches (broken or loosened),
  3. door seals and sealing surfaces.
- ***The Oven Should Not*** be adjusted or repaired by anyone except properly qualified service personnel.

SAFETY PRECAUTIONS

This microwave oven is not approved or tested for marine use.

- Read and follow the specific precautions in the *Precautions to Avoid Possible Exposure to Excessive Microwave Energy* section above.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the *Grounding Instructions* section on page 7.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- Be certain to place the front surface of the door three inches or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.

Use this appliance only for its intended purpose as described in this Owner's Manual.

- Do not operate any heating or cooking appliance beneath this microwave oven.
- Do not mount this appliance over a sink.
- Do not mount the microwave oven over or near any portion of a heating or cooking appliance.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped. If the power cord is damaged, it must be replaced by General Electric Service or an authorized service agent using a power cord supplied by General Electric.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool or near a sink.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- Do not let power cord hang over edge of table or counter.
- To reduce the risk of fire in the oven cavity:
  - Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven while cooking.
  - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
  - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
  - If materials inside the oven should ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
- See door surface cleaning instructions in the *Care and cleaning of the microwave oven* section of this manual.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.

IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.

⚠ WARNING!

ARCING

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

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

FOODS

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

■ SUPERHEATED WATER

Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all.

Superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than 2 minutes per cup. After heating, let the cup stand in the microwave for 30 seconds before moving it or putting anything into it.

- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, we recommend the following: before removing the container from the oven, allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off. Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F. and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.

IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.

⚠ WARNING!

MICROWAVE-SAFE COOKWARE

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

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 30–45 seconds at high. If the dish heats, it should not be used for microwaving.

  If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Use foil only as directed in this guide. TV dinners may be microwaved in foil trays less than 3/4″ high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1 inch away from the sides of the oven.
- "Boilable" cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.

Follow these guidelines:

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

GROUNDING INSTRUCTIONS

⚠ WARNING!

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

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

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

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

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

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

We do not recommend using an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance. (See *WARNING—EXTENSION CORDS* section.)

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

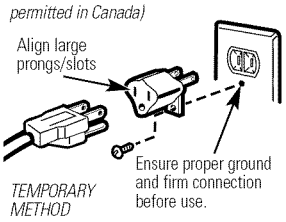
IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.

⚠ WARNING!

ADAPTER PLUGS

Usage situations where appliance's power cord will be disconnected infrequently.

Because of potential safety hazards under certain conditions, ***we strongly recommend against the use of an adapter plug.*** However, if you still elect to use an adapter, where local codes permit, a ***TEMPORARY CONNECTION*** may be made to a properly grounded two-prong wall receptacle by the use of a UL listed adapter which is available at most local hardware stores.



The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

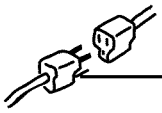
CAUTION: *Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.*

You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to break with repeated use. Should this happen, ***DO NOT USE*** the appliance until a proper ground has again been established.

Usage situations where appliance's power cord will be disconnected frequently.

Do not use an adapter plug in these situations because frequent disconnection of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the two-prong wall receptacle replaced with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.



EXTENSION CORDS

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if you are careful in using them.

If an extension cord is used—

1. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance;
2. The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;
3. The extension 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 unintentionally.

If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.

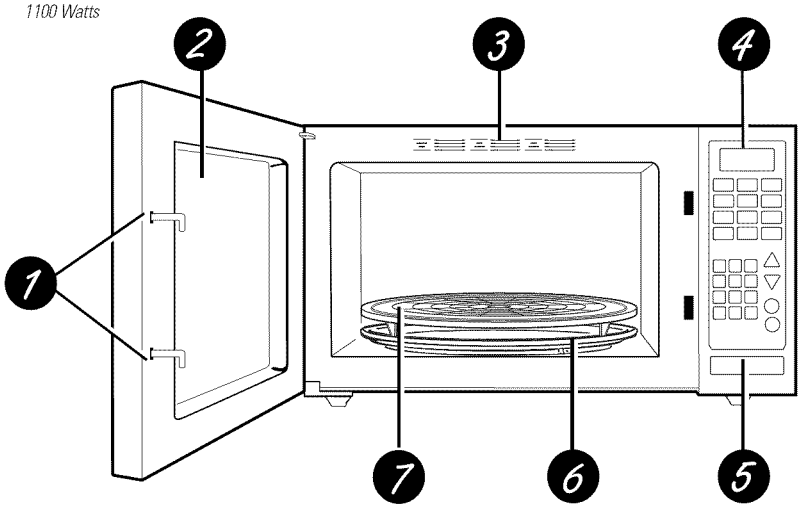
READ AND FOLLOW THIS SAFETY INFORMATION CAREFULLY.

SAVE THESE INSTRUCTIONS

About the features of your microwave oven.

Throughout this manual, features and appearance may vary from your model.

1100 Watts



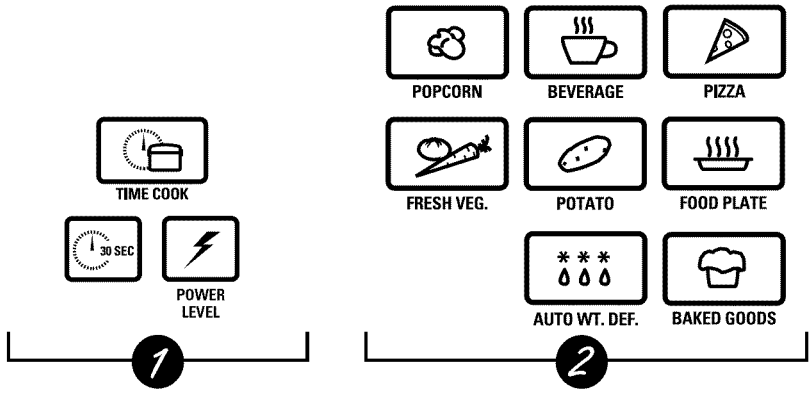
Features of the Oven

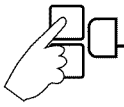
1. ***Door Latches.***
2. ***Window with Metal Shield.*** Screen allows cooking to be viewed while keeping microwaves confined in the oven.
3. ***Convenience Guide.***
4. ***Touch Control Panel and Display.***
5. ***Door Latch Release.*** Press latch release to open door.
6. ***Removable Turntable.*** Turntable and support ***must*** be in place when using the oven. The turntable may be removed for cleaning.

   NOTE: *Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.*

7. ***Defrost Rack.*** Place a dish of frozen meat on the rack when defrosting, and place the rack on the turntable.

You can microwave by time or with the convenience feature.





Cooking Controls

Check the Convenience Guide before you begin.

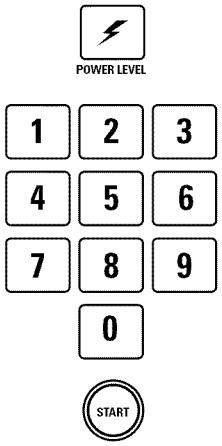
1 Time Features

Press	*Enter*
TIME COOK Press once, twice or 3 times	Amount of cooking time
ADD 30 SEC	Starts immediately!
POWER LEVEL	Power level 1–10 (Automatically set at HI)

2 Convenience Features

Press	*Enter*	*Option*
POPCORN	3.5 oz., 3.0 oz. or 1.75 oz package.	more/less time
BEVERAGE	1 cup (8 oz.) or 2 cups (16 oz.) beverage	more/less time
PIZZA	1–3 slices	more/less time
FRESH VEG.	1–4 cups	more/less time
POTATO	1–4 servings	more/less time
FOOD PLATE	1 or 2 servings	more/less time
AUTO WT DEF.	Food type, food weight	
BAKED GOODS	1–4 servings	more/less time

About changing the power level.



The power level may be entered or changed immediately after entering the feature time for ***TIME COOK.***

1. Press ***TIME COOK.***
2. Enter cooking or defrosting time.
3. Press ***POWER LEVEL.***
4. Select desired power level 1–10.
5. Press ***START.***

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

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

Here are some examples of uses for various power levels:

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

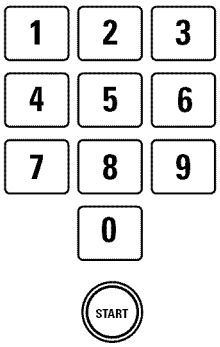
Med-High 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

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

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

Warm 1: Keeping food warm; softening butter.

About the time features.



Time Cook I will count down first, followed by Time Cook II, then Time Cook III. If an Auto Weight Defrost stage was set, it will count down before the Time Cook stages.

Time Cook

Time Cook I

Allows you to microwave for any time up to 99 minutes and 99 seconds.

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

1. Press ***TIME COOK.***
2. Enter cooking time.
3. Change the power level if you don't want full power. (Press ***POWER LEVEL.*** Select a desired power level 1–10.)
4. Press ***START.***

You may open the door during Time Cook to check the food. Close the door and press START to resume cooking.

Time Cook II and III

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

1. Press ***TIME COOK.***
2. Enter the first cook time.
3. Change the power level if you don't want full power. (Press ***POWER LEVEL.*** Select a desired power level 1–10.)
4. Press ***TIME COOK*** again.
5. Enter the second cook time.
6. Change the power level if you don't want full power. (Press ***POWER LEVEL.*** Select a desired power level 1–10.)
7. Press ***START*** or, to set a third cooking stage, repeat steps 4–6 and press ***START.***

To add time during time countdown:

Pressing ***MORE TIME*** will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing less time will subtract 10 seconds of cooking time each time you press it.

About the time features.

Cooking Guide for Time Cook

NOTE: *Use* ***power level Hi (10)*** *unless otherwise noted.*

Vegetable	Amount	Time	Comments
Asparagus			
(fresh spears)	**1 lb.**	**5 to 8 min., Med-High (7)**	In 1½-qt. oblong glass baking dish, place 1/4 cup water.
(frozen spears)	**10-oz. package**	**4 to 7 min.**	In 1-qt. casserole.
Beans			
(fresh green)	**1 lb. cut in half**	**10 to 15 min.**	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	**10-oz. package**	**4 to 8 min.**	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	**10-oz. package**	**4 to 8 min.**	In 1-qt. casserole, place 1/4 cup water.
Beets			
(fresh, whole)	**1 bunch**	**16 to 22 min.**	In 2-qt. casserole, place 1/2 cup water.
Broccoli			
(fresh cut)	**1 bunch (1¼ to 1½ lbs.)**	**5 to 9 min.**	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	**1 bunch (1¼ to 1½ lbs.)**	**7 to 11 min.**	In 2-qt. oblong glass baking dish, place 1/4 cup water.
(frozen, chopped)	**10-oz. package**	**4 to 7 min.**	In 1-qt. casserole.
(frozen spears)	**10-oz. package**	**4 to 7 min.**	In 1-qt. casserole, place 3 tablespoons water.
Cabbage			
(fresh)	**1 medium head (about 2 lbs.)**	**6 to 10 min.**	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		**5 to 9 min.**	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots			
(fresh, sliced)	**1 lb.**	**4 to 8 min.**	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	**10-oz. package**	**3 to 7 min.**	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower			
(flowerets)	**1 medium head**	**7 to 11 min.**	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	**1 medium head**	**7 to 15 min.**	In 2-qt. casserole, place 1/2 cup water.
(frozen)	**10-oz. package**	**3 to 7 min.**	In 1-qt. casserole, place 2 tablespoons water.

Vegetable	Amount	Time	Comments
Corn			
(frozen kernel)	**10-oz. package**	**2 to 6 min.**	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob			
(fresh)	**1 to 5 ears**	**1¼ to 4 min. per ear**	In 2-qt. glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	**1 ear** **2 to 6 ears**	**3 to 6 min.** **2 to 3 min. per ear**	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables			
(frozen)	**10-oz. package**	**2 to 6 min.**	In 1-qt. casserole, place 3 tablespoons water.
Peas			
(fresh, shelled)	**2 lbs. unshelled**	**7 to 10 min.**	In 1-qt. casserole, place 1/4 cup water.
(frozen)	**10-oz. package**	**2 to 6 min.**	In 1-qt. casserole, place 2 tablespoons water.
Potatoes			
(fresh, cubed, white)	**4 potatoes (6 to 8 oz. each)**	**9 to 12 min.**	Peel and cut into 1-inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	**1 (6 to 8 oz.)**	**2 to 4 min.**	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
Spinach			
(fresh)	**10 to 16 oz.**	**3 to 6 min.**	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	**10-oz. package**	**3 to 6 min.**	In 1-qt. casserole, place 3 tablespoons water.
Squash			
(fresh, summer and yellow)	**1 lb. sliced**	**3 to 5 min.**	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn, or butternut)	**1 or 2 squash (about 1 lb. each)**	**5 to 9 min.**	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

About the time features.

Add 30 Seconds

You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed, up to 3 minutes. After 3 minutes, every touch will add 1 minute.
- It can be used as a quick way to set 30 seconds of cooking time.

POPCORN

Use only with prepackaged microwave popcorn weighing 1.75 to 3.5 ounces.

Popcorn

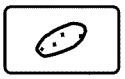
1. Follow package instructions. Place the package of popcorn in the center of the microwave.
2. Press ***POPCORN*** once for a 3.5 ounce package of popcorn, twice for a 3.0 ounce package, or three times for a 1.75 ounce package. The oven starts automatically.

To add time during time countdown:

Pressing ***MORE TIME*** will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing less time will subtract 10 seconds of cooking time each time you press it.



POTATO

The Potato feature cooks up to four 8–10 ounce potatoes.

Potato

Press ***POTATO.*** The serving size is automatically set at 1, but can be changed by pressing ***POTATO*** a second time for 2 potatoes, a third time for 3 potatoes, or a fourth time for 4 potatoes. The oven starts automatically.

To add time during time countdown:

Pressing ***MORE TIME*** will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing less time will subtract 10 seconds of cooking time each time you press it.

BEVERAGE

The Beverage feature works best for heating a beverage that is at room temperature.

Beverage

Press ***BEVERAGE*** once for 1 cup (8 oz.), or twice for 2 cups (16 oz.). The oven starts automatically.

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

MORE TIME LESS

To add time during time countdown:

Pressing ***MORE TIME*** will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing less time will subtract 10 seconds of cooking time each time you press it.

PIZZA

The Pizza feature is for reheating 1 to 3 slices of pizza.

Pizza

Press ***PIZZA*** once for one slice of pizza, twice for two slices, or three times for three slices.

MORE TIME LESS

To add time during time countdown:

Pressing ***MORE TIME*** will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing less time will subtract 10 seconds of cooking time each time you press it.

FOOD PLATE

The Food Plate feature reheats a plate of previously cooked food.

Food Plate

Press ***FOOD PLATE*** once to reheat one 8 ounce serving, or twice to reheat two 8 ounce servings. The oven starts automatically.

Be sure to cover the plate with plastic wrap.

MORE TIME LESS

To add time during time countdown:

Pressing ***MORE TIME*** will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing less time will subtract 10 seconds of cooking time each time you press it.

About the convenience features.

FRESH VEG.

Use the Fresh Vegetable feature to cook up to 4 cups of fresh vegetables.

Fresh Vegetable

Press ***FRESH VEG.*** once to cook 1 cup of vegetables, twice to cook 2 cups, three times to cook 3 cups, or four times to cook 4 cups. The oven starts automatically.

To add time during time countdown:

Pressing ***MORE TIME*** will add 10 seconds of cooking time each time you press it.

To subtract time during time countdown:

Pressing less time will subtract 10 seconds of cooking time each time you press it.

BAKED GOODS

The Baked Goods feature reheats up to four 2 ounce servings of baked goods.

Baked Goods

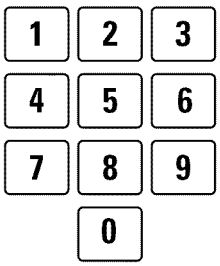
Press ***BAKED GOODS*** once for one serving of baked goods, twice for two servings, three times for three servings, or four times for four servings.

To add time during time countdown:

Pressing ***MORE TIME*** will add 10 seconds of cooking time each time you press it.

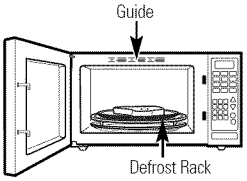
To subtract time during time countdown:

Pressing less time will subtract 10 seconds of cooking time each time you press it.



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

There is a handy guide located on the inside front of the oven.



Place a microwave-safe dish with frozen meat on the defrost rack, and place the rack on the turntable.

Auto Weight Defrost

1 Press ***AUTO WT. DEF.*** 1–3 times to select the desired defrosting category. *(see Auto Weight Defrost Guide)*

Auto Weight Defrost Guide

Auto Weight Defrost will defrost 0.1 lbs to 6.0 lbs (0.1 kg to 3.0 kg) of meat, poultry or fish.

1 Meat:	*Beef—ground beef, steaks, stew meat, roasts* *Lamb—chops, roasts* *Pork—chops, hotdogs, ribs, roasts, sausages* *Veal—cutlets*
2 Poultry:	*Poultry—whole (under 4 lbs), boneless cut-up breasts* *Cornish hens—whole* *Turkey—breast (under 6 lbs)*
3 Fish:	*Fish—fillets, steaks, whole* *Shellfish—crabmeat, lobster tails, shrimp, scallops*

2 Using the *Conversion Guide* below, enter food weight. For example, press pads ***1*** and ***2*** for 1.2 pounds (1 pound, 3 ounces).

3 Press ***START.***

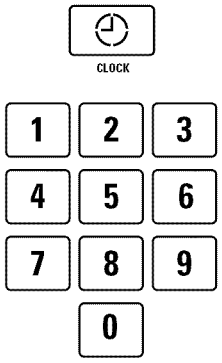
Conversion Guide

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

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

- *Remove meat from package and place on microwave-safe dish.*
- *Twice during defrost, the oven signals. At each signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.*
- *After defrosting, most meats need to stand 5 minutes to complete defrosting. This 5 minute stand time is set automatically.*

About the other features.



Clock

Press CLOCK to enter the time of day.

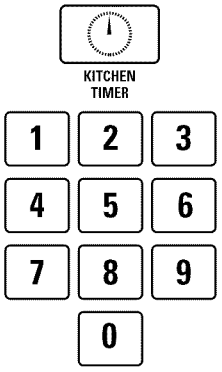
1. Press ***CLOCK.***
2. Enter time of day.
3. Press ***CLOCK.***

These pads will work with Time Cook or the Convenience cooking features (except Auto Weight Defrost).

More Time/Less Time

Pressing ***MORE TIME*** will add 10 seconds to the cooking time each time you press it. Pressing ***LESS TIME*** will subtract 10 seconds of cooking time each time you press it.

Press the ***MORE TIME*** or ***LESS TIME*** pad during time countdown.



Kitchen Timer

The Kitchen Timer operates as a minute timer. The Kitchen Timer feature operates without microwave energy.

1. Press ***KITCHEN TIMER.***
2. Enter amount of time you want to count down.
3. Press ***START.*** When the time is up, the timer will signal.

Stop/Clear

Press once to pause cooking (all settings will be saved).

Press ***START*** to continue cooking.

Press twice to stop and erase your cooking settings.

Options

This pad performs three functions:

- It turns the oven beeper off.
- It changes the Convenience features from automatic start to manual start.
- It changes the food weight measurement for Auto Weight Defrost from pounds to kilograms.

To turn the oven beeper off:

1. Press ***OPTIONS.***
2. Press ***1.***
3. Press ***START.***

To turn beeper back on, repeat steps 1–3.

To turn off automatic start:

1. Press ***OPTIONS.***
2. Press ***2.***
3. Press ***START.***

It will now be necessary to press ***START*** to activate the Convenience features. To turn automatic start back on, repeat steps 1–3.

To change weight measurement to kilograms:

1. Press ***OPTIONS.***
2. Press ***3.***
3. Press ***START.***

To change weight measurement back to pounds, repeat steps 1–3.

Child Lock-Out

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

To lock or unlock the controls, press and hold ***STOP/CLEAR*** for about three seconds. When the control panel is locked, ***LOCK*** appears in the display.

Microwave terms.

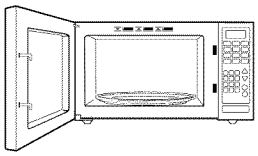
Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: ■ metal or foil touching the side of the oven. ■ foil that is not molded to food (upturned edges act like antennas). ■ metal such as twist-ties, poultry pins, gold-rimmed dishes. ■ recycled paper towels containing small metal pieces.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Care and cleaning of the microwave oven.

Helpful Hints

Open the oven door a few minutes after cooking to air out the inside. An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

Unplug the cord before cleaning any part of this oven.

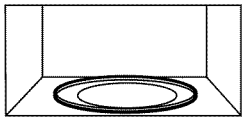


How to Clean the Inside

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

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

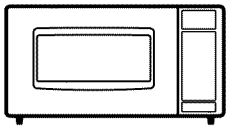
To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.



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

Removable Turntable and Turntable Support

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



Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.

How to Clean the Outside

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

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

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

Before you call for service...

Troubleshooting Tips
Save time and money! Review the chart on this page first and you may not need to call for service.

Problem	Possible Causes	What To Do
Oven will not start	**A fuse in your home may be blown or the circuit breaker tripped.**	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
Control panel lighted, yet oven will not start	**Door not securely closed.**	• Open the door and close securely.
	***START* pad not pressed after entering cooking selection.**	• Press ***START.***
	Another selection entered already in oven and *STOP/CLEAR* pad not pressed to cancel it.	• Press ***STOP/CLEAR*** twice.
	Cooking time not entered after pressing *TIME COOK.*	• Make sure you have entered cooking time after pressing ***TIME COOK.***
	***STOP/CLEAR* was pressed accidentally.**	• Reset cooking program and press ***START.***
	Defrosting category or food weight not entered after pressing *AUTO WT. DEF.*	• Make sure you have entered a defrosting category and food weight after pressing ***AUTO WT. DEF.***

Things That Are Normal With Your Microwave Oven

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

GE Service Protection Plus™

GE, a name recognized worldwide for quality and dependability, offers you Service Protection Plus™—comprehensive protection on all your appliances—**No Matter What Brand!**

Benefits Include:
- **Backed by GE**
- **All brands covered**
- **Unlimited service calls**
- **All parts and labor costs included**
- **No out-of-pocket expenses**
- **No hidden deductibles**
- **One 800 number to call**

We'll Cover Any Appliance. Anywhere. Anytime.*

You will be completely satisfied with our service protection or you may request your money back on the remaining value of your contract. No questions asked. It's that simple.

Protect your refrigerator, dishwasher, washer and dryer, range, TV, VCR and much more—**any brand!** Plus there's no extra charge for emergency service and low monthly financing is available. Even icemaker coverage and food spoilage protection is offered. You can rest easy, knowing that all your valuable household products are protected against expensive repairs.

Place your confidence in GE and call us in the U.S. toll-free at **800-626-2224** for more information.

*All brands covered, up to 20 years old, in the continental U.S.

Cut here

Please place in envelope and mail to:

General Electric Company
Warranty Registration Department
P.O. Box 32150
Louisville, KY 40232-2150

Consumer Product Ownership Registration

Dear Customer:

Thank you for purchasing our product and thank you for placing your confidence in us. We are proud to have you as a customer!

Follow these three steps to protect your new appliance investment:

1 **Complete and mail your Consumer Product Ownership Registration today.** Have the peace of mind of knowing we can contact you in the unlikely event of a safety modification.

2 After mailing the registration below, store this document in a safe place. It contains information you will need should you require service. Our service number is 800 GE CARES (800-432-2737).

3 Read your Owner's Manual carefully. It will help you operate your new appliance properly.

Model Number _____ **Serial Number** _____

Important: If you did not get a registration card with your product, detach and return the form below to ensure that your product is registered, or register online at www.GEAppliances.com.

Cut here

Consumer Product Ownership Registration

Important Mail Today!

Model Number _____ **Serial Number** _____

Mr. ☐ Ms. ☐ Mrs. ☐ Miss ☐

First Name _____ Last Name _____

Street Address _____

Apt. # _____ E-mail Address _____

City _____ State _____ Zip Code _____

Date Placed In Use

Month _____ Day _____ Year _____ Phone Number _____-_____-_____

Occasionally, we may allow selected companies to send you information.
☐ Check here if you do not want this information.

GE Appliances
General Electric Company
Louisville, Kentucky
www.GEAppliances.com

GE Microwave Oven Warranty.

All warranty service provided by our Factory Service Centers, or an authorized Customer Care® technician. To schedule service, on-line, 24 hours a day, contact us at www.GEAppliances.com, or call 800-GE-CARES.

Staple your receipt here. Proof of the original purchase date is needed to obtain service under the warranty.

For The Period Of:	GE Will Replace:
One Year *From the date of the original purchase*	***Any part*** of the microwave oven which fails due to a defect in materials or workmanship. During this ***limited one-year warranty,*** GE will also provide, ***free of charge,*** all parts and service labor to repair or replace the defective part.
Four Years *For the second through the fourth year from the date of original purchase*	***The magnetron tube,*** if the magnetron tube fails due to a defect in materials or workmanship. During this ***additional three-year limited warranty,*** you will be responsible for any labor or in-home service costs.

For each of the above warranties: *To avoid any trip charges, you must take the microwave oven to a General Electric Customer Care® servicer and pick it up following service. In-home service is also available, but you must pay for the service technician's travel costs to your home.*

What GE Will Not Cover:

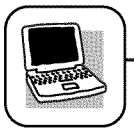
- **Service trips to your home to teach you how to use the product.**
- **Improper installation.**
- **Failure of the product if it is abused, misused, or used for other than the intended purpose or used commercially.**
- **Replacement of house fuses or resetting of circuit breakers.**
- **Damage to the product caused by accident, fire, floods or acts of God.**
- **Incidental or consequential damage caused by possible defects with this appliance.**

This warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA. In Alaska, the warranty excludes the cost of shipping or service calls to your home.

Some states do not allow the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company. Louisville, KY 40225

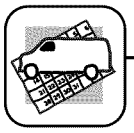
Consumer Support.



GE Appliances Website

www.GEAppliances.com

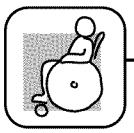
Have a question or need assistance with your appliance? Try the GE Appliances Website 24 hours a day, any day of the year! For greater convenience and faster service, you can now download Owner's Manuals, order parts, catalogs, or even schedule service on-line. You can also "Ask Our Team of Experts™" your questions, and so much more...



Schedule Service

www.GEAppliances.com

Expert GE repair service is only one step away from your door. Get on-line and schedule your service at your convenience 24 hours any day of the year! Or call 800-GE-CARES (800-432-2737) during normal business hours.



Real Life Design Studio

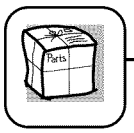
www.GEAppliances.com

GE supports the Universal Design concept—products, services and environments that can be used by people of all ages, sizes and capabilities. We recognize the need to design for a wide range of physical and mental abilities and impairments. For details of GE's Universal Design applications, including kitchen design ideas for people with disabilities, check out our Website today. For the hearing impaired, please call 800-TDD-GEAC (800-833-4322).

Extended Warranties

www.GEAppliances.com

Purchase a GE extended warranty and learn about special discounts that are available while your warranty is still in effect. You can purchase it on-line anytime, or call 800-626-2224 during normal business hours. GE Consumer Home Services will still be there after your warranty expires.



Parts and Accessories

www.GEAppliances.com

Individuals qualified to service their own appliances can have parts or accessories sent directly to their homes (VISA, MasterCard and Discover cards are accepted). Order on-line today, 24 hours every day or by phone at 800-626-2002 during normal business hours.

Instructions contained in this manual cover procedures to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.

Contact Us

www.GEAppliances.com

If you are not satisfied with the service you receive from GE, contact us on our Website with all the details including your phone number, or write to:

General Manager, Customer Relations
GE Appliances, Appliance Park
Louisville, KY 40225

Register Your Appliance

www.GEAppliances.com

Register your new appliance on-line—at your convenience! Timely product registration will allow for enhanced communication and prompt service under the terms of your warranty, should the need arise. You may also mail in the pre-printed registration card included in the packing material, or detach and use the form in this Owner's Manual.

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