Whirlpool

Making Your World A Little Easier."



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| 1-800-253-1301 Call us with questions or comments. |

MICROWAVE-CONVECTION OVEN

PART NO. 3828W5A0072/4359327

MODEL MC8131XE 10|96

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A Note to You

Thank you for buying a WHIRLPOOL® appliance.

Because your life is getting busier and more complicated, WHIRLPOOL microwave ovens are easy to use, save time, and help you manage your home better. To ensure that you enjoy years of trouble-free operation, we developed this Use and Care Guide. It is full of valuable information about how to operate and maintain your appliance properly and safely. Please read it carefully.

Also, please complete and mail in the Ownership Registration Card provided with your appliance. The card helps us notify you about any new information on your appliance.

Please record your model's information.

Whenever you call to request service for your appliance, you need to know your complete model number and serial number. You can find this information on the model and serial number plate (see diagram on page 14 for location of plate).

Please also record the purchase date of your appliance and your dealer's name, address, and telephone number.

| Model Number _ | |
|-----------------|-----|
| Serial Number _ | ··· |
| Purchase Date _ | |
| Dealer Name | |
| Dealer Address | · |
| Dealer Phone | |

Keep this book and the sales slip together in a safe place for future reference.

Our Consumer Assistance Center number is toll-free.



Microwave Oven Safety

Your safety is important to us.

This guide contains safety statements under warning symbols. Please pay special attention to these symbols and follow any instructions given. Here is a brief explanation of the use of the symbol.



This symbol alerts you to hazards such as fire, electrical shock, or other injuries.

IMPORTANT SAFETY INSTRUCTIONS

Microwave ovens have been thoroughly tested for safe and efficient operation. However, as with any appliance, there are special installation and safety precautions which must be followed to ensure safe and satisfactory operation and prevent damage to the unit.

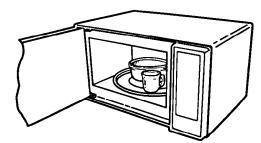
| AWARNING To reduce the risk of fire, electrical shock, burns, injury to persons, exposure to excessive microwave energy, or damage when using the microwave oven, follow basic precautions, including the following: |
|--|
|--|

- Read all instructions before using the microwave oven.
- Read and follow the specific "PRE-CAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICRO-WAVE ENERGY" found on page 6.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUC-TIONS" found on page 10.
- Install or locate this appliance only in accordance with the provided Installation Instructions found on page 9.
- Some products such as whole eggs in the shell and sealed containers – for example, closed glass jars – could explode and should not be heated in this oven.
- Do not heat, store, or use flammable materials in or near the oven. Fumes could create a fire hazard or explosion.
- Do not store this appliance outside.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat or cook

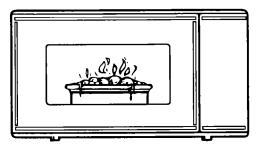
food. It is not designed for industrial or laboratory use.

- As with any appliance, close supervision is necessary when used by children.
- 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. Electrical shock, fire, or other hazards could result.
- This appliance should be serviced only by qualified service personnel. Call an authorized Whirlpool service company for examination, repair, or adjustment.
- Do not cover or block any opening on the appliance. Fire could result.
- Do not store or use this appliance outdoors. Do not use this product near water – for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- See door surface and interior cleaning instructions on page 51.

- 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 to facilitate cooking. Paper could char or burn, and some plastics could melt if used when heating foods.
- Do not use paper, plastics, or other combustible materials when operating the microwave oven as a convection oven.
- Do not deep fry in oven. Microwavable utensils are not suitable and it is difficult to maintain appropriate deep frying temperatures.



- Test dinnerware or cookware before using. To test a dish for safe use, put it into the oven with a cup of water beside it. Cook at 100% cook power for one minute. If the dish gets hot and water stays cool, do not use it. Some dishes (melamine, some ceramic dinnerware, etc.) absorb microwave energy, becoming too hot to handle and slowing cooking times. Cooking in metal containers not designed for microwave use could damage the oven, as could containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).
- Remove wire twist-ties from paper or plastic bags before placing bag in oven.



 If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.



- Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- Do not mount over a sink.
- Do not store anything directly on top of the appliance when appliance is in operation.
- Read and follow "Operating safety precautions" starting on page 7.
 - 1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
 - 2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.

continued on next page

3. If a long cord or extension cord is used temporarily, (a) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (b) the extension cord must be a grounding-type, 3-wire cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the appliance, and (c) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

 A qualified electrician must install a properly grounded and polarized 3-prong receptacle near the appliance.

- SAVE THESE INSTRUCTIONS -

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.

Do not operate the microwave oven if the door window is broken.

The microwave oven should be checked for microwave leakage by qualified service personnel after a repair is made.

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

Do not operate the microwave oven with the outer cabinet removed.

Operating safety precautions

AWARNING

To reduce the risk of fire, electrical shock, burns, injury to persons, or damage when using the microwave oven, follow the precautions on pages 7-8.



Never cook or reheat a whole egg inside the shell. Steam buildup in whole eggs may cause them to burst and burn you, and possibly damage the oven. Slice hard-boiled eggs before heating. In rare instances, poached eggs have been known to explode. Cover poached eggs and allow a standing time of one minute before cutting into them.

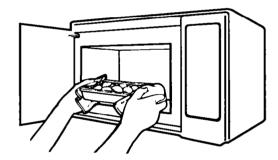


Stir before heating

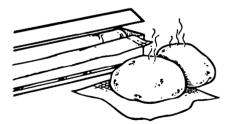
For best results, stir any liquid several times before heating or reheating. Liquids heated in certain containers (especially cylindrical containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (coffee granules, tea bags, etc.) resulting in harm to the oven and possible personal injury.



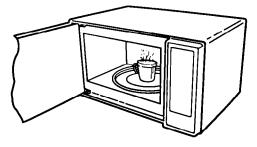
Never lean on the door or allow a child to swing on it when the door is open. Injury could result.



Use hot pads. Microwave energy does not heat containers, but the hot food does.



Do not overcook potatoes. Fire could result. At the end of the recommended cooking time, potatoes should be slightly firm because they will continue cooking during standing time. **After microwaving, wrap** potatoes in foil and **set aside** for 5 minutes. They will finish cooking while standing.

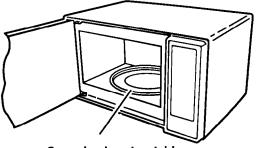


Do not start a microwave oven when it is empty. Product life may be shortened. If you practice programming the oven, **put** a container of water in the oven.



Do not use newspaper or other printed paper in the oven. Fire could result.

Do not dry flowers, fruit, herbs, wood, paper, gourds, or clothes in the oven. Fire could result.



Ceramic glass turntable

Do not operate in the microwave mode unless the ceramic glass turntable is securely in place and can rotate freely. The turntable can rotate in either direction.

Make sure the turntable is correct-side up in oven. Carefully place cookware on turntable to avoid possible breakage.

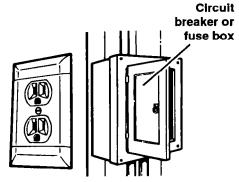
Handle turntable with care when removing from oven to avoid possible breakage. If turntable cracks or breaks, contact your Whirlpool dealer for a replacement.

When you use a browning dish, the browning dish bottom must be at least 3/16 inch above the turntable. Follow directions supplied with browning dish.

General information



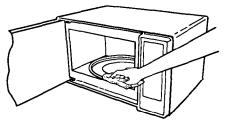
Do not try to melt paraffin wax in the oven. Paraffin wax will not melt in a microwave oven because it allows microwaves to pass through it.



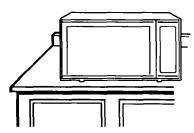
If your electric power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.

Installation Instructions

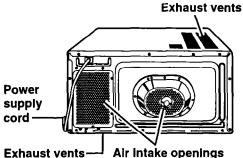
Before you begin operating the oven, carefully read the following instructions.



1. Empty the microwave oven and clean inside it with a soft, damp cloth. Check for damage such as misaligned door, damage around the door, or dents inside the oven or on the exterior. If there is any damage, do not operate the unit until it has been checked by an authorized Whirlpool service technician and any repairs made.



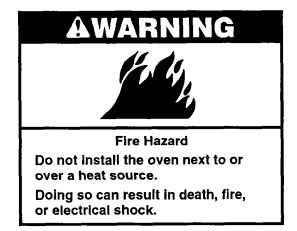
 Put the oven on a cart, counter, table, or shelf that is strong enough to hold the oven and the food and utensils you put in it. (The control side of the unit is the heavy side. Use care when handling.) The weight of the oven is approximately 58 lbs. The microwave oven should be at a temperature above 50°F (10°C) for proper operation.



Exhaust vents — Air Intake ope (on bottom)

NOTES:

- Do not block the exhaust vents or rear air intake openings. Allow a few inches of space at back of oven where intake openings are located. Blocking the air intake openings and exhaust vents could cause damage to the oven and poor cooking results. Make sure the microwave oven legs are in place to ensure proper airflow.
- Do not install the oven next to or over a heat source (for example, a cooktop or range) without a UL approved trim kit or without being in a UL approved built-in configuration. Also, do not install oven in any area where excessive heat and steam are generated. This could cause a fire, electrical shock, excessive exposure to microwave energy, other personal injury, or damage to the outside of the cabinet.



Built-in kits

You can build your microwave-convection oven into a wall or cabinet by using one of the trim kits listed on page 17.

These kits are available from your Whirlpool Dealer. If your dealer does not stock the kit you can order it, by kit part number, by calling **1-800-253-1301** and following the instructions and telephone prompts you hear.

INSTALLATION INSTRUCTIONS

3. Electrical requirements

Observe all governing codes and ordinances. A 120 Volt, 60 Hz, AC only, 15 or 20 amp fused electrical supply is required. (Time-delay fuse is recommended.) It is recommended that a separate circuit serving only this appliance be provided.

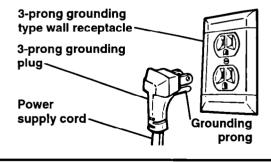
AGROUNDING INSTRUCTIONS

AWARNING

Electrical Shock Hazard

Improper use of the grounding plug can result in a risk of electrical shock. DO NOT, UNDER ANY CIRCUMSTANCES, REMOVE THE POWER SUPPLY CORD GROUNDING PRONG.

5. For your personal safety, this appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electrical shock by providing an escape wire for the electric current. This appliance is equipped with a polarized 3-prong grounding plug. It must be plugged into a correctly polarized mating 3-prong grounding type wall receptacle, properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. If a mating wall receptacle is not available or if you are not sure if the wall receptacle is properly grounded and polarized, have it checked by a qualified electrician.



It is the personal responsibility and obligation of the customer to have a properly grounded and correctly polarized 3-prong wall receptacle installed by a qualified electrician.

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

It is not recommended to use an extension cord with your microwave oven, but if you find it necessary to do so temporarily (until a properly grounded and polarized, 3-prong receptacle is installed), use only a heavy duty, UL listed, 3-wire grounding type extension cord containing three 16gauge (minimum) copper wires. It must not be longer than 10 feet (cords longer than 10 feet may affect the cooking performance of your microwave oven). The plug on the extension cord must fit into a 3-prong grounding type wall receptacle (as shown on this page) and the receptacle end of the extension cord must accept the 3-prong grounding plug of the microwave oven.

INSTALLATION INSTRUCTIONS



AWARNING

Electrical Shock Hazard Plug microwave oven into a grounded outlet. Failure to do so can result in death or electrical shock.



To test the oven, plug it into the proper electrical outlet. Put about 1 cup (250 mL) of cold water in a glass container

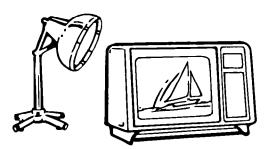
in the oven. Close the door. Make sure it latches. Follow the directions on page 21 to set the oven to cook for 2 minutes. When the time is up, the water should be heated. 7. This microwave oven is designed for use in the household only and must not be used for commercial purposes. Do not remove the door, control panel, or cabinet at any time. The unit is equipped with high voltage and should be serviced by an authorized Whirlpool service technician.

- SAVE THESE INSTRUCTIONS -

Getting to Know Your Microwave-Convection Oven

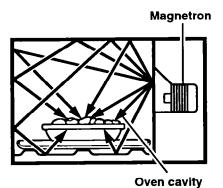
This section discusses the concepts behind microwave cooking and introduces you to the basics you need to know to operate your microwave oven. Please read this information before use.

How microwave cooking works

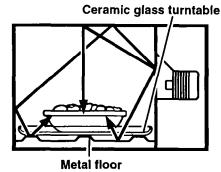


Microwave ovens are safe. Microwave energy is not hot. It causes food to make its own heat, and it's this heat that cooks the food.

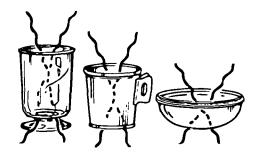
Microwaves are like TV waves or light waves. You cannot see them, but you can see what they do.



A magnetron in the microwave oven produces microwaves. The microwaves move into the oven where they contact food as it turns on the turntable.



The ceramic glass turntable of your microwave oven lets microwaves pass through. Then they bounce off a metal floor, back through the ceramic glass turntable, and are absorbed by the food.



Microwaves pass through most glass, paper, and plastics without heating them so food absorbs the energy. Microwaves bounce off metal containers so food does not absorb the energy.



Microwaves may not reach the center of a roast. The heat spreads to the center from the outer, cooked areas just as in regular oven cooking. This is one of the reasons for letting some foods (for example, roasts or baked potatoes) stand for a while after cooking, or for stirring some foods during the cooking time.

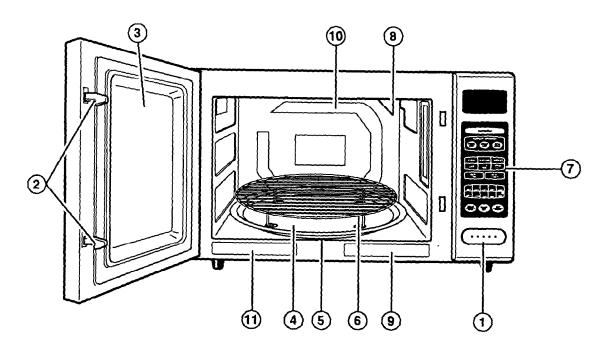
The microwaves disturb water molecules in the food. As the molecules bounce around bumping into each other, heat is made, like rubbing your hands together. This is the heat that does the cooking.

Radio interference

Operation of the microwave oven may cause interference to your radio, TV, or similar equipment. When there is interference, it may be reduced or eliminated by taking the following measures:

- Clean door and sealing surfaces of the oven.
- Adjust the receiving antenna of radio or television.
- Move the receiver away from the microwave oven.
- **Plug** the microwave oven into a different outlet so that the microwave oven and receiver are on different branch circuits.

Microwave oven features



Your microwave oven is designed to make your cooking experience as enjoyable and productive as possible. To get you up and running quickly, the following is a list of the oven's basic features:

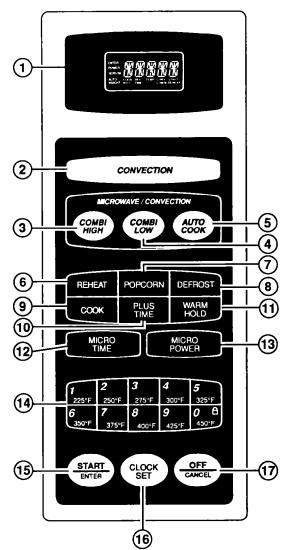
- 1. One-Touch Door Open Button. Push to open door.
- Door Safety Lock System. The oven will not operate unless the door is securely closed.
- 3. Window with Metal Shield, Shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
- 4. Ceramic Glass Turntable. This turntable turns food as it cooks for more even cooking. It must be in the oven during operation for best cooking results. See pages 8, 13, and 51 for more details.

- 5. Turntable Support (under turntable).
- Bi-Level Cooking Rack. Use to convection or combination cook on two levels at the same time. Place one plate of food on the turntable and another above it on the rack.
- 7. Control Panel. Touch pads on this panel to perform all functions. See pages 15-17 for more information.
- 8. Light. Automatically turns on when door is opened or when oven is operating.
- 9. Cooking Guide Label.
- 10. Convection Air Openings. See page 41 for information on convection cooking.
- 11. Model and Serial Number Plate.

Control panel features

Your microwave oven control panel lets you select the desired cooking function quickly and easily. All you have to do is touch the necessary Command Pad. The following is a list of all the Command and Number Pads located on the control panel. For more information, see pages 18-50.

- 1. **Display.** This display includes a clock and indicators to tell you time of day, cooking time settings, and cooking functions.
- CONVECTION. Touch this pad to convection cook. See pages 41-43 for more information.
- **3. COMBI HIGH.** Touch this pad to combination cook with a convection temperature of 375°F and a percentage of microwave oven power. See page 45 for more information.
- COMBI LOW. Touch this pad to combination cook with a convection temperature of 350°F and a percentage of microwave oven power. See page 45 for more information.
- 5. AUTO COOK. Touch this pad followed by Number Pads to combination cook by weight. See page 49 for more information.
- 6. REHEAT. Touch this pad to reheat foods from one of three preset categories. You do not have to set a cook time or cook power. See page 31 for more information.
- 7. POPCORN. Touch this pad when popping popcorn in your microwave oven. The oven will automatically heat for a preset time at a preset cook power. See page 28 for more information.



continued on next page

- 8. DEFROST. Touch this pad followed by Number Pads to thaw frozen meat, poultry, or fish by weight. You do not have to set a cook time or cook power. See page 35 for more information.
- **9. COOK.** Touch this pad to cook foods from one of four preset categories. You do not have to set a cook time or cook power. See page 32 for more information.
- **10. PLUS TIME.** Touch this pad to add 10 to 30 seconds to your cooking time after cooking. See page 34 for more information.
- 11. WARM HOLD. Touch this pad to keep hot, cooked food safely warm in your microwave oven for up to 60 minutes. WARM HOLD can be used by itself, or it can automatically follow a cooking cycle. See page 30 for more information.
- 12. MICRO TIME. Touch this pad followed by Number Pads to enter cooking times (see pages 21, 24, or 25 for more information) or to set the minute timer (see page 19 for more information).
- 13. MICRO POWER. Touch this pad after the cooking time has been set, followed by a Number Pad, to set the amount of microwave energy released to cook the food. The higher the number, the higher the power or faster the "cooking speed." See page 23 for more information. See the charts on pages 52 and 53 for specific cook powers to use for the food you are cooking.
- 14. Number Pads. Touch Number Pads to enter cooking times, temperatures, cook powers, and food weights.
- **15. START/ENTER.** Touch this pad to start a function that you have set. If you open the door after the oven begins to cook, retouch START/ENTER.
- **16. CLOCK SET.** Touch this pad to enter the correct time of day. See page 18 for more information.
- 17. OFF/CANCEL. Touch this pad once to erase an incorrect command or twice to cancel a program during cooking. This pad will not erase time of day.

NOTES:

- If you touch two Command Pads for the same cycle (for example, POPCORN and WARM HOLD), the second command will cancel the first.
- If you attempt to enter unacceptable instructions, "Error" will appear in the Display and three tones will sound. Touch OFF/CANCEL and re-enter the instructions.

Audible signals

Audible signals are available to guide you when setting and using your oven:

- A programming tone will sound each time you touch a pad.
- Three tones signal the end of a cooking cycle.

Interrupting cooking

You can stop the oven during a cycle by opening the door. The oven stops heating and the fan stops, but the light stays on. **To restart cooking, close** the door and

TOUCH



If you do not want to continue cooking:

• Close the door and the light goes off.

then

TOUCH



NOTE: Before setting a function, touch OFF/CANCEL to make sure no other function is on.

Changing a setting

To change a setting before you start the oven:

TOUCH



once and enter the setting you want.

To change a setting after you start the oven:

тоисн



twice and enter the setting you want.

Using the child lock

The child lock prevents unwanted use of the microwave oven by locking the control panel.

To lock the control panel:







until LOCK lights up on the Display and you hear a tone.

To unlock the control panel: TOUCH and hold



until LOCK goes off. The time of day shows on the Display.

Built-in kits

You can build in your microwave oven by using one of the following trim kits:

| SIZE | COLOR | UL APPROVED FOR INSTALLATION OVER WHIRLPOOL/KITCHENAID OVEN MODEL | | |
|------|--|--|----------------------------|--|
| 27" | 27" Black MK8137XEB RBS277PD KEBI171D KEBS177D | | | |
| 30" | Black | MK8130XEB | K8130XEB KEBI101D KEBS107D | |
| 27" | White | MK8137XEQ | RBS270PD RBS275PD | |
| 30" | White | MK8130XEQ | RBS305PD RBS307PD | |

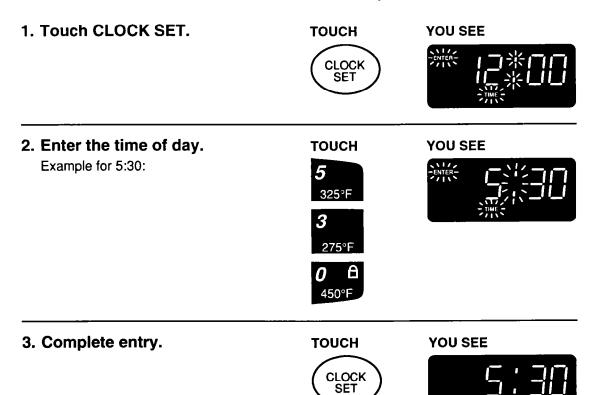
See page 9 for more information.

Setting the clock

When your microwave oven is first plugged in or after a power failure, the Display will only show "0". If a time of day is not set, "0" will stay on the Display until you set the cooking time.

NOTES:

- You can only set the clock if the oven is not cooking food.
- If you touch in an incorrect time, "Error" will appear on the Display and three tones will sound. Touch OFF/CANCEL and CLOCK SET and enter the correct time.
- If you touch OFF/CANCEL while setting the clock, the clock will return to the last time of day set.



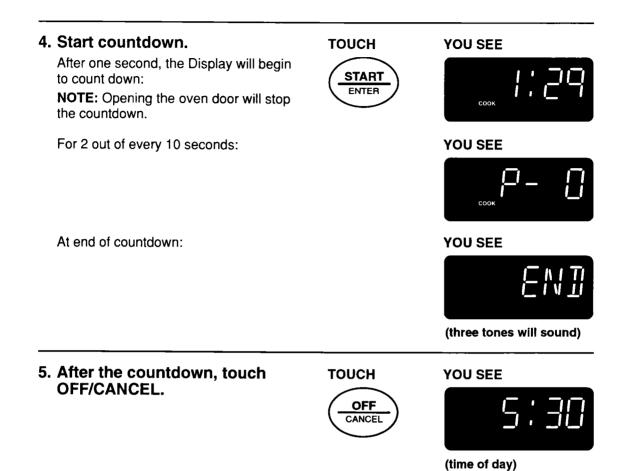
Using the minute timer

You can use the microwave oven controls as a minute timer. Use MICRO TIME at "0" cook power for timing up to 99 minutes, 99 seconds.

NOTE: The oven will not operate while the Minute Timer is in use.

1. Touch MICRO TIME. YOU SEE TOUCH 11/2 MICRO TIME 2. Enter the time to be counted YOU SEE TOUCH down. ENTER Example for 1 minute, 30 seconds: 225°F 3 275°F 0 A 450°F 3. Enter "0" cook power so oven does not start. TOUCH YOU SEE MICRO POWER YOU SEE TOUCH 8 N 450°F

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Microwave Cooking

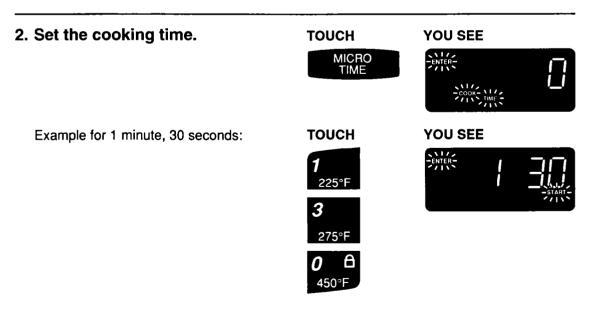
This section gives you instructions for operating each microwave function. Please read these instructions carefully.

Getting the best cooking results

- ALWAYS cook food for the minimum recommended cooking time. If necessary, touch PLUS TIME after the cooking time is over (see page 34). Then **check** for doneness to avoid overcooking the food.
- Stir, turn over, or rearrange food being cooked about halfway through the cook time for most even doneness with all recipes.
- If a glass cover is not available, use wax paper, paper towels, or microwaveapproved plastic wrap. Turn back a corner to vent steam during cooking.
- Although a new rating method* rates this oven at 850 watts, you may use a reliable cookbook and recipes developed for microwave ovens previously rated at 700-800 watts.
- * IEC-705 Test Procedure. The IEC-705 Test Procedure is an internationally recognized method of rating microwave wattage output and does not represent an actual change to output power or cooking performance.

Microwave cooking at high cook power

1. Put the food in the oven and close the door.



continued on next page

3. Start oven.

-

After one second, the Display will begin to count down the cooking time: **NOTE:** Opening the oven door will stop the countdown.

For 2 out of every 10 seconds:

At end of cooking time:



YOU SEE



YOU SEE



YOU SEE



(three tones will sound)

4. After cooking, the Display will return to the time of day when you open the door.

YOU SEE



(time of day)

Microwave cooking at different cook powers

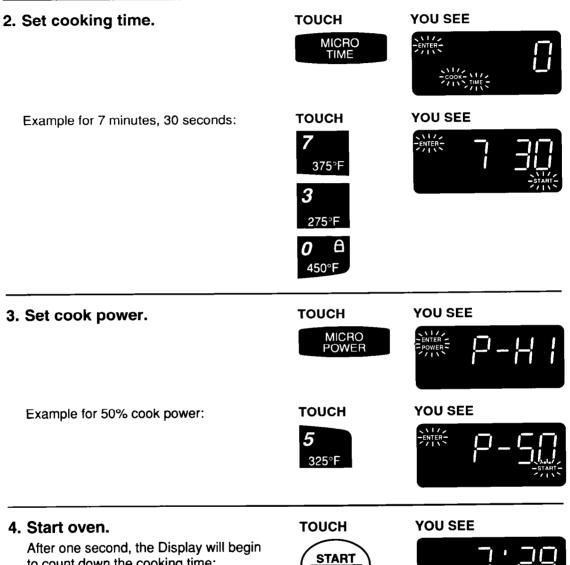
For best results, some recipes call for different cook powers. The lower the cook power, the slower the cooking. Each Number Pad also stands for a different percentage of cook power. Many microwave cookbook recipes tell you by number, percent, or name which cook power to use. The following chart gives the percentage of cook power each Number Pad stands for, and the cook power name usually used. It also tells you when to use each cook power. Follow recipe or food package instructions if available.

| COOK POWER | NAME | WHEN TO USE IT |
|--------------------------------------|------------------------|---|
| 10=100% of full power (automatic) | High | Quick heating many convenience foods and foods with high water content, such as soups and beverages |
| | | Cooking small tender pieces of meat, ground meat, poultry pieces, fish fillets, and vegetables |
| 9=90% of full power | | Heating cream soups |
| 8=80% of full power | | Heating rice, pasta, or casseroles |
| 7=70% of full power | Medium-High | Cooking and heating foods that need a cook power lower than high (for example, whole fish and meat loaf) or when food is cooking too fast Reheating a single serving of food |
| 6=60% of full power | | Cooking requiring special care, such as cheese and egg dishes, pudding, and custards Finishing cooking casseroles |
| 5=50% of full power | Medium | Cooking ham, whole poultry, and pot roasts Melting chocolate |
| 4=40% of full power | | Simmering stewsHeating pastries |
| 3=30% of full power | Medium-Low, Defrost | Defrosting foods, such as bread, fish, meats, poultry, and precooked foods |
| 2=20% of full power | | Softening butter, cheese, and ice cream |
| 1=10% of full power | Low | Keeping food warm Taking chill out of fruit |

NOTE: Once cook time has been entered you can also use the Micro Power pad as a second Minute Timer by entering "0" for the cook power. The oven will count down the cooking time you set without cooking.

-

1. Put food in oven and close the door.

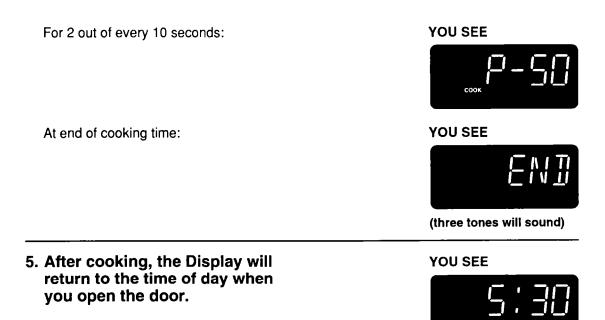


ENTER

to count down the cooking time:

NOTE: Opening the oven door will stop the countdown.





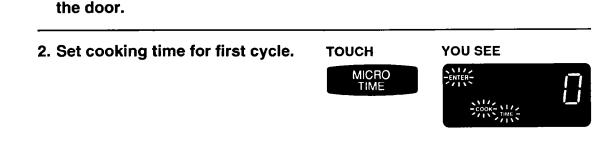
Microwave cooking with more than one cook cycle

For best results, some recipes call for one cook power for a certain length of time, and another cook power for another length of time. Your oven can be set to change from one to another automatically, for up to two cycles.

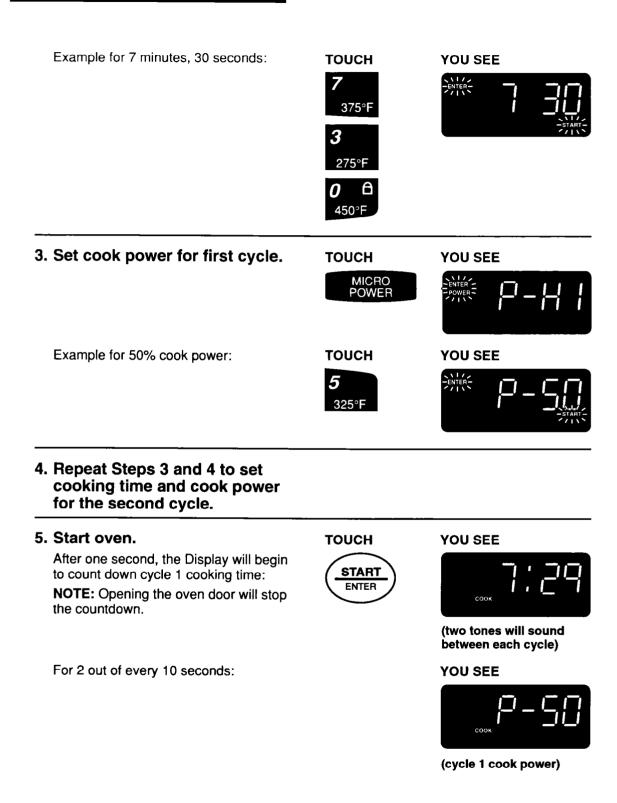
1. Put food in oven and close

The examples shown in this section are for regular microwave cooking. However, you can also cook with more than one cook cycle when using other timed functions on your microwave-convection oven.

(time of day)



continued on next page



At end of cooking time:

-

YOU SEE



(three tones will sound)

6. After cooking, the Display will return to the time of day when you open the door.





(time of day)

Changing or adding instructions

You can change times or cook powers or add cycles any time before touching START/ENTER:

- 1. Touch OFF/CANCEL.
- 2. Enter your new instructions.

Using POPCORN

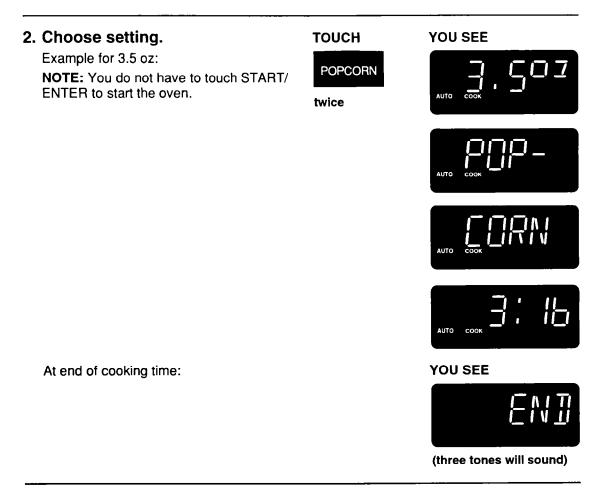
POPCORN lets you pop microwave popcorn by touching just one pad. Touch POPCORN once for a 1.8 oz bag or twice for 3.5 oz bag.

NOTES:

- Cooking performance may vary with brand and fat content. Try several brands to decide which gives best popping results. For best results, use fresh bags of popcorn.
- **POPCORN** is designed for commercially bagged microwave popcorn. If you are using a microwave popcorn popper, follow instructions with the popper for cooking time.
- Use only one package at a time.
- Use only popcorn packages for microwave ovens.
- If more time is needed, cook in 20-second periods at high cook power. (See "Microwave cooking at high cook power" on page 21.)
- 1. Place the bag on the rack in the center of the turntable.



Fire Hazard Do not repop unpopped kernels. Do not reuse popcorn bags. Doing so can result in death, fire, or burns.



3. After popping popcorn, the Display will return to the time of day when you open the door.

YOU SEE



(time of day)

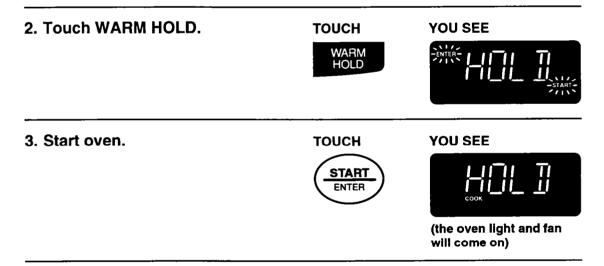
Using WARM HOLD

You can safely keep hot, cooked food warm in your microwave oven for up to 60 minutes. You can use WARM HOLD by itself, or to automatically follow a cooking cycle.

NOTES:

- Opening the oven door cancels WARM HOLD. Close the door and touch WARM HOLD, then touch START/ENTER if additional WARM HOLD time is desired.
- Food cooked covered should be covered during WARM HOLD.
- Pastry items (pies, turnovers, etc.) should be uncovered during WARM HOLD.
- 1. Put hot, cooked food in the oven and close the door.

- Complete meals kept warm on a dinner plate should be covered during WARM HOLD.
- Do not use more than one complete WARM HOLD cycle (about 60 minutes). The quality of some foods will suffer with extended time.



To make WARM HOLD automatically follow another cycle:

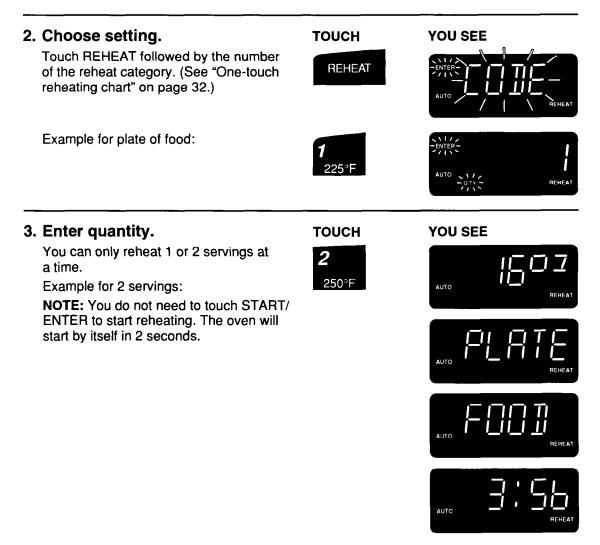
- Touch in cooking instructions, then touch WARM HOLD followed by START/ ENTER.
- When the last cooking cycle is over, you will hear two tones. "HOLD" will come on while the oven continues to run.
- WARM HOLD will follow AUTO DEFROST, CONVECTION, COMBI cooking, and timed cooking.

One-touch reheating

You can reheat a food or beverage by choosing a preset category and quantity. You do not need to figure out cooking time or cook power.

NOTE: See "Reheating chart" on page 52 for reheating with cooking time and cook power.

1. Put food in the oven and close the door.



continued on next page

4. At end of reheating time.

YOU SEE



(three tones will sound)

5. After reheating, the Display will return to the time of day when you open the door.

YOU SEE



(time of day)

One-touch reheating chart

| SETTING | CATEGORY | QUANTITY | |
|---------|---------------|------------|--|
| 1 | Plate of Food | 8 oz/16 oz | |
| 2 | Beverage | 8 oz/16 oz | |
| 3 | Baked Goods | 4 oz/8 oz | |
| | | | |

One-touch microwave cooking

You can cook a food by choosing a preset category and quantity. You do not need to figure out cooking time or cook power.

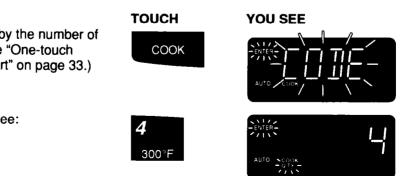
1. Put food in the oven and close the door.

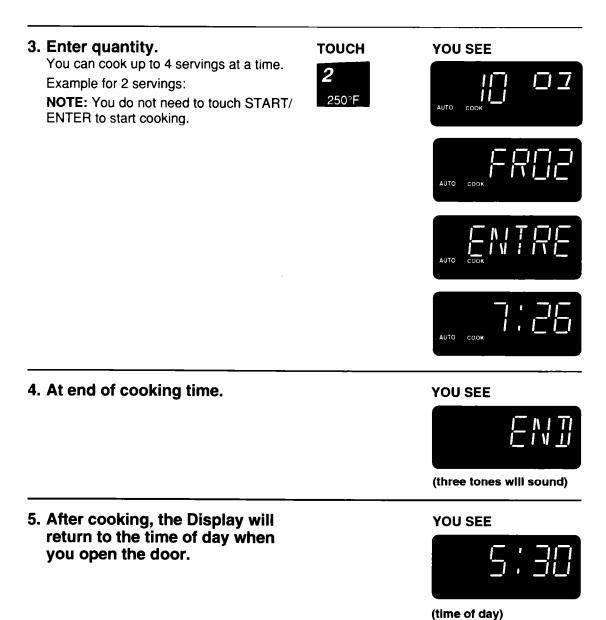
2. Choose setting.

Touch COOK followed by the number of the cook category. (See "One-touch microwave cooking chart" on page 33.)

Example for frozen entree:

NOTE: See "Microwave cooking chart" on page 53 for cooking with cooking time and cook power.





One-touch microwave cooking chart

| SETTING | CATEGORY | QUANTITY |
|---------|-------------------|------------------------|
| 1 | Potato | 8 oz/16 oz/24 oz/32 oz |
| 2 | Fresh Vegetables | 4 oz/8 oz/12 oz/16 oz |
| 3 | Frozen Vegetables | 4 oz/8 oz/12 oz/16 oz |
| 4 | Frozen Entree | 5 oz/10 oz/15 oz/20 oz |

Using PLUS TIME

PLUS TIME lets you cook 10-30 seconds longer after your set cooking time has run out. Touch PLUS TIME once for each additional 10 seconds.

Touch PLUS TIME.

-

Example for 10 seconds:



PLUS TIME

once

After 3 seconds:

YOU SEE



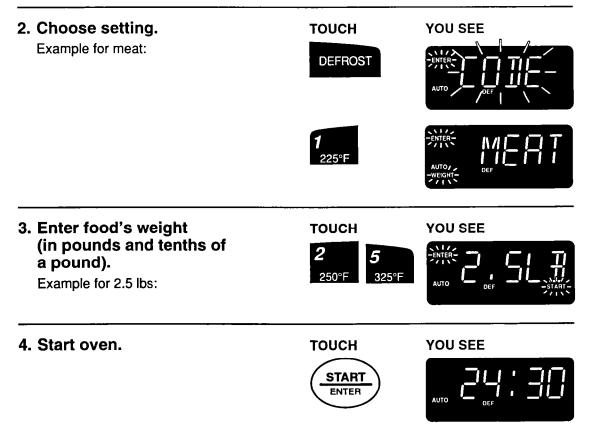
(time counts down)

Defrosting with microwave energy

Your microwave oven automatically defrosts a variety of common meats at preset cook powers for preset times. The defrost cycle is programmed for meat, poultry, and fish. All you do is touch the Command Pad assigned to the desired category and enter the weight of the items being defrosted. Your microwave oven does the rest. NOTES:

- See the "Defrost chart" on page 37 for defrosting directions for each food.
- **DEFROST** can only defrost up to 9.9 lbs of any food.

1. Put frozen food in oven and close the door.



(time counts down)

continued on next page

5. After first stage is completed, five tones will sound.

Open door, turn over meat, and shield any warm portions.

NOTE: If you do not do this step, the oven will continue cooking.

6. Restart oven.





(countdown continues)

YOU SEE

YOU SEE



(three tones will sound)

7. After defrosting, the Display will return to the time of day when you open the door.

YOU SEE



(time of day)

Defrosting manually

At end of defrosting time:

To speed up defrosting of dense food items over 1 lb:

- 1. Heat at high power for 1-2 minutes per pound.
- 2. Heat at 30% cook power for 3 minutes per pound, or until food is thawed.

MICROWAVE COOKING

Defrost chart

-

Meat setting (setting 1)

| FOOD | AT PAUSE | SPECIAL INSTRUCTIONS |
|-------------------------------------|---|--|
| Beef | | Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost cycle. |
| Ground Beef, Bulk | Remove thawed portions with fork. Turn over. Return remain- der to oven. | Do not defrost less than ¼ lb. Freeze in doughnut shape. |
| Ground Beef, Patties | Separate and rearrange. | Do not defrost less than two 4 oz patties. Depress center when freezing. |
| Round Steak | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Tenderloin Steak | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Stew Beef | Remove thawed portions with fork. Separate remainder. Return remainder to oven. | Place in a microwavable baking dish. |
| Pot Roast, Chuck Roast | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Rib Roast | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Rolled Rump Roast | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Lamb | | |
| Cubes for Stew | Remove thawed portions with fork. Return remainder to oven. | Place in a microwavable baking dish. |
| Chops (1 inch thick) | Separate and rearrange. | Place on a microwavable roasting rack. |
| Pork | | |
| Chops (½ inch thick) | Separate and rearrange. | Place on a microwavable roasting rack. |
| Hot Dogs | Separate and rearrange. | Place on a microwavable roasting rack. |
| Spareribs, Country-Style Ribs | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Sausage, Links | Separate and rearrange. | Pierce. Then place on a microwavable roasting rack. |
| Sausage, Bulk | Remove thawed portions with fork. Turn over. Return remain- der to oven. | Pierce. Then place in a microwavable baking dish. |
| Loin Roast, Boneless | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |

37

MICROWAVE COOKING

-

Defrost chart (continued)

Poultry setting (setting 2)

| FOOD | AT PAUSE | SPECIAL INSTRUCTIONS |
|-----------------------------------|--|--|
| Chicken | | |
| Whole (up to 9½ lbs) | Turn over (finish defrosting breast-side down). Cover warm areas with aluminum foil. | Place chicken breast-side up on a micro- wavable roasting rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted. |
| Cut Up | Separate pieces and rearrange. | Place on a microwavable roasting rack. |
| | Turn over. Cover warm areas with aluminum foil. | Finish defrosting by immersing in cold water. |
| Cornish Hens | | |
| Whole | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. Finish defrosting by immersing in cold water. |
| Turkey Breast (under 6 lbs) | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. Finish defrosting by immersing in cold water. |

Fish setting (setting 3)

| FOOD | AT PAUSE | SPECIAL INSTRUCTIONS |
|---------------|--|---|
| Fish | | |
| Fillets | Turn over. Separate fillets when partially thawed. | Place in a microwavable baking dish. Carefully separate fillets under cold water. |
| Steaks | Separate and rearrange. | Place in a microwavable baking dish. Run cold water over to finish defrosting. |
| Whole | Turn over. | Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave oven. Finish defrosting by immersing in cold water. |
| Shellfish | | |
| Crabmeat | Break apart. Turn over. | Place in a microwavable baking dish. |
| Lobster Tails | Turn over and rearrange. | Place in a microwavable baking dish. |
| Shrimp | Separate and rearrange. | Place in a microwavable baking dish. |
| Scallops | Separate and rearrange. | Place in a microwavable baking dish. |

MICROWAVE COOKING

Weight conversion chart

You are probably used to food weights as being in pounds and ounces that are fractions of a pound (for example 4 ounces equals 1/4 pound). However, in order to enter food weight in DEFROST, you must specify pounds and tenths of a pound. If the weight on the food package is in fractions of a pound, you can use the following chart to convert the weight to decimals.

| NUMB | ER AFTER DECIMAL | EQUIVALENT OUNCE WEIGHT |
|------|----------------------|-------------------------|
| .10 | | 1.6 |
| .20 | 1 | 3.2 |
| .25 | One-Quarter Pound | 4.0 |
| .30 | | 4.8 |
| .40 | | 6.4 |
| .50 | One-Half Pound | 8.0 |
| .60 | | 9.6 |
| .70 | | 11.2 |
| .75 | Three-Quarters Pound | 12.0 |
| .80 | | 12.8 |
| .90 | | 14.4 |
| 1.00 | One Pound | 16.0 |

Defrosting tips

- When using DEFROST, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- Only use DEFROST for raw food. DEFROST gives best results when food to be thawed is a minimum of 0°F. If food has been stored in a refrigerator-freezer that does not maintain a temperature of 0°F or below, always program a lower food weight (for a shorter defrosting time) to prevent cooking the food.
- If the food is kept outside the freezer for up to 20 minutes, enter a lower food weight.
- If the food is kept outside the freezer for more than 20 minutes, and for defrosting ready-made food, defrost by time and power and let stand after defrosting.

- The shape of the package alters the defrosting time. Shallow rectangular packets defrost more quickly than a deep block.
- Separate pieces as they begin to defrost. Separated pieces defrost more easily.
- You can use small pleces of aluminum foil to shield foods like chicken wings, leg tips, and fish tails, but the foil must not touch the side of the oven. Foil can damage the oven lining.
- Shield areas of food with small pieces of foil if they start to become warm. Make sure the foil does not touch the side of the oven.
- For better results, a preset standing time is included in the defrosting time. This may make the defrosting time seem longer than expected. (For more information on standing time, see "Microwave cooking tips" on page 54.)

Convection Cooking

This section gives you instructions for operating each convection function. Please read these instructions carefully.

How convection cooking works

Convection cooking circulates hot air through the oven cavity with a fan. The constantly moving air surrounds the food to heat the outer portion quickly. Your oven uses convection cooking whenever you use the Convection Command Pads. **DO NOT USE THE OVEN WITHOUT THE TURN-TABLE IN PLACE.**

Helpful hints for convection cooking:

- You can cook food either directly on the turntable or with the Bi-Level Cooking Rack on the turntable.
- **Do not cover** turntable or baking rack with aluminum foil. It interferes with the flow of air that cooks the food.
- Round pizza pans are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
- You may remove the turntable when preheating the oven and when preparing food to be cooked directly on the turntable.
- Use convection cooking for items like souffles, breads, cookies, angel food cakes, pizza, and for some meat and fish cooking.
- You do not need to use any special techniques to adapt your favorite oven recipes to convection cooking; however, you may need to lower some temperatures or reduce some cooking times from the convection oven cooking directions. See examples in your cookbook and in the charts in this section.

- When baking cakes, cookies, breads, rolls, or other baked foods, most recipes call for preheating. Preheat the empty oven just as you do a regular oven. You can start heavier dense foods such as meats, casseroles, and poultry without preheating.
- All heatproof cookware or metal utensils can be used in convection cooking.
- As in conventional cooking, the distance of the food from the heat source affects cooking results. Follow cookbook recipes and refer to the charts in this Use and Care Guide. It is also helpful to find a similar recipe in the cookbook index and to refer to recipe's suggested techniques.
- Use metal utensils only for convection cooking. Never use for microwave or combination cooking since arcing and damage to the oven may occur.
- After preheating, if you do not open the door, the oven will automatically hold at the preheated temperature for 30 minutes.
- You can set up to three convection cycles. (Example for two-crust pies: You can set the oven to preheat for baking at 425°F and to finish baking at 350°F.)

CONVECTION COOKING

Cooking with CONVECTION It is best to preheat the oven when convec-.\[н tion cooking. However, you can convection cook without preheating by following just Steps 5-9 on the next page. NOTE: Use cooking utensils that will not melt or burn in the hot oven. Do not use light plastic containers, plastic wraps, or paper products during any convection combination cycle. **Burn Hazard** Use oven mitts to remove items from microwave. Do not touch areas near oven vent openings during use. Failure to follow these instructions can result in burns. **1. Touch CONVECTION.** YOU SEE TOUCH CONVECTION twice 2. Set preheat temperature. TOUCH YOU SEE Example for 325°F: 5 325°F TOUCH YOU SEE 3. Start oven. NOTES: START • If you open the door or touch OFF/ ENTER CANCEL during preheating, preheating will stop. To resume preheating, close

the door and touch START/ENTER.

temperature for 30 minutes.

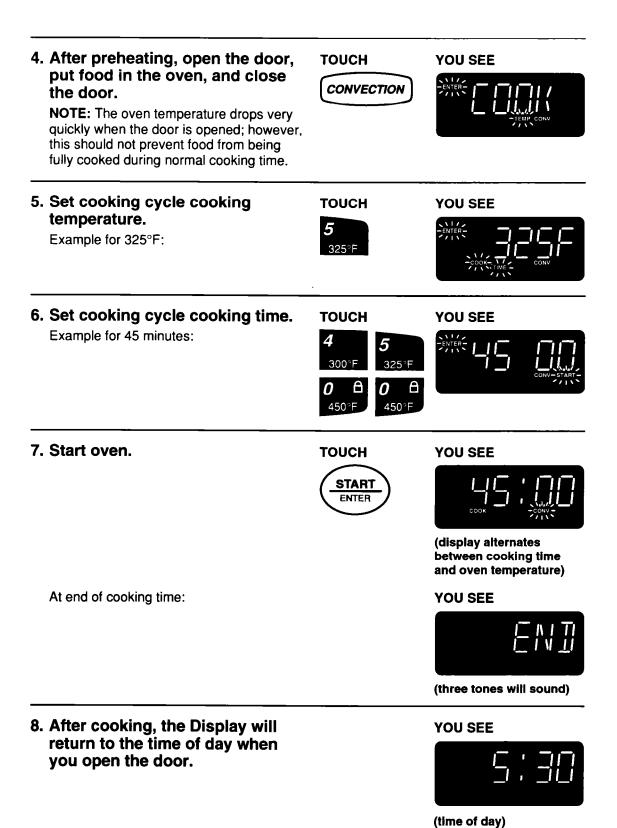
• When the oven reaches the set preheat

temperature, four tones will sound and the oven will automatically hold that

(display shows oven is preheating)

continued on next page

CONVECTION COOKING



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CONVECTION COOKING

Convenience foods cooking chart

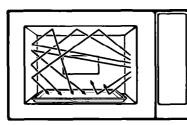
Convection cooking of convenience foods is similar to cooking in a conventional oven. Select items that fit conveniently on the turntable, such as an 8½-inch frozen pizza. Convection preheat to the desired temperature, and use metal or ovenproof glass cooking utensils. When cooking or baking these convenience foods, follow package directions for preparation and selecting the correct container. Because of the great variety of foods available, times given here are approximate. It is advisable to always check food about five minutes before the minimum recommended time, and cook longer only if needed. Use oven mitts to insert or remove items from the oven.

| FOOD | SIZE/WT | COOKING MODE | COOKING TIME | SPECIAL INSTRUCTIONS |
|-------------------------------|------------------------|---|-----------------------------|--|
| Pizza (frozen) | 13 ounces (8½ inch) | CONVECTION 400°F (preheated) | 14-16 minutes | Cook directly on Bi-Level Cooking Rack for crisper crust. |
| Brownies | 20 ounces | CONVECTION 350°F (preheated) | 23-26 minutes | Bake in 9-inch square pan on Bi-Level Cooking Rack. |
| Frozen Double Crust Pie | 26 ounces | CONVECTION 425°F (preheated) then 350°F | 30 minutes 30-35 minutes | Bake in metal or ovenproof pan on Bi-Level Cooking Rack. |
| Cake Layers | 18-25 ounces | CONVECTION 350°F (preheated) | 20 minutes | Bake one layer at a time on Bi-Level Cooking Rack. |
| Apple Sauce Cake | 18-25 ounces | CONVECTION 350°F (preheated) | 30-35 minutes | Use metal 10-cup fluted tube pan on Bi-Level Cooking Rack. |
| Date Nut Bread | 17 ounces | CONVECTION 350°F (preheated) | 40 minutes | Bake in 9 x 5-inch metal loaf pan on Bi-Level Cooking Rack. |
| Frozen Bread Dough | 16 ounces | CONVECTION 375°F (preheated) | | |
| Refrigerated Cookies | 20 ounces | CONVECTION 350°F (preheated) | 8-9½ minutes | Bake six at a time on metal round cookie sheet on Bi-Level Cooking Rack. |

Combination Cooking

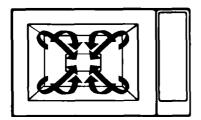
This section gives you instructions for operating each combination cooking function. Please read these instructions carefully.

How combination cooking works

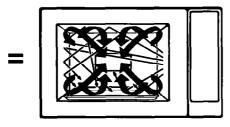


Microwave

+



Convection



Combination microwave/convection

Sometimes combination microwave-convection cooking is suggested to get the proper cooking results. It shortens the cooking time for foods that normally need a long time to cook. This cooking process also leaves meats juicy on the inside and crispy on the outside. In combination cooking, the convection heat and microwave energy alternate automatically. Your oven has two preprogrammed settings that make it easy to cook with both convection heat and microwave energy automatically.

Helpful hints for combination cooking:

- Meats may be roasted directly on the Bi-Level Cooking Rack or in a shallow roasting pan placed on the rack, on the turntable. When using the Bi-Level Cooking Rack, please check your cookbook for information on proper use.
- Less tender cuts of beef can be roasted and tenderized using oven cooking bags.
- When baking, check for doneness after cooking time is up. If not completely done, let stand in oven for a few minutes to complete cooking.

NOTE: During combination baking, some baking utensils may cause arcing when they come in contact with the oven walls or metal accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal. If arcing occurs, place a heatproof dish between the pan and the Bi-Level Cooking Rack. If arcing occurs with other baking utensils, stop using them for combination cooking.

Combination high and low cooking

COMBI HIGH lets you cook with microwaves for 8 seconds and convection for 14 seconds at 375°F. COMBI LOW lets you cook with microwaves for 8 seconds and convection for 14 seconds at 350°F.

1. Put food in oven and close the door.

2. Choose setting. TOUCH YOU SEE Example for high: COMBI HIGH 3. Set cooking time. TOUCH YOU SEE Example for 15 minutes, 30 seconds: 5 225°F 325°F 0 θ 3 450°F 275°F 4. Start oven. TOUCH **YOU SEE** START ENTER (display alternates between time and high [or low] power) At end of cooking time: **YOU SEE** (three tones will sound) 5. After cooking, the Display will **YOU SEE** return to the time of day when you open the door.

(time of day)

-

Meat combination cooking chart

| FOOD | COMBI- NATION | FIRST STAGE TIME | SECOND STAGE TIME | INTERNAL TEMPERATURE AFTER STANDING TIME | SPECIAL NOTES |
|--|------------------|---|-------------------------|---|--|
| Beef | | | | | |
| Meat loaf (1½-1¾ lbs) | HIGH | 35 min | | 160°F | Use a microwave proof, heat proof loaf pan. Pre- heat. Let stand 5-10 min after cooking (covered). |
| Beef rib roast, boneless | LOW | 5 min per lb Turn over | 6 min per lb | Rare: 120°F Med: 130°F | Put on a microwave proof and heat proof roasting rack. Let stand 10 minutes after cooking (covered). |
| Beef rib roast, boneless (5 lbs) | LOW | 7 min per lb Fat side down Turn over | 8-10 min per lb | Rare: 120°F Med: 130°F Well: 140°F | Put on a microwave proof and heat proof roasting rack. Let stand 10 minutes after cooking (covered). |
| Beef rib roast, boneless (3 lbs) | LOW | 7 min per lb Turn over | 8-10 min per lb | Med: 130°F Well: 140°F | Use a covered microwave proof and heat proof cas- serole or cooking bag. |
| Lamb | | | | | |
| Lamb leg or shoulder roast, bone in (6½ lbs) | LOW | 4 min per lb Fat side down Turn over | 5-7 min per lb | Rare: 145°F Med: 155°F Well: 180°F | Put on a microwave proof and heat proof roasting rack. Let stand 10 minutes after cooking (covered). |
| Lamb roast, boneless (3-4 lbs) | LOW | 5 min per lb Fat side down Turn over | 4-6 min per lb | 180°F | Put on a microwave proof and heat proof roasting rack. Let stand 10 minutes after cooking (covered). |
| Veal Shoulder or rump roast, boneless (3-3½ lbs) | LOW | 4-5 min per lb Turn over | 4-6 min per lb | 155°F | Put on a microwave proof and heat proof roasting rack. Let stand 10 minutes after cooking (covered). |

| FOOD | COMBI- NATION | FIRST STAGE | SECOND STAGE TIME | INTERNAL TEMPERATURE AFTER STANDING TIME | SPECIAL NOTES |
|---|------------------|------------------------------------|-------------------------|---|--|
| Pork Pork loin roast, boneless (4-5 lbs) | LOW | 5-7 min per lb Turn over | 6-8 min per lb | 180°F | Put on a microwave proof and heat proof baking dish with a roasting rack. Let stand 10 minutes after cooking (covered). |
| Pork loin, center cut (4-5 lbs) | LOW | 5-7 min per lb Turn over | 6-8 min per lb | 180°F | Put on a microwave proof and heat proof baking dish with a roasting rack. Let stand 10 minutes after cooking (covered). |
| Chicken Cut-up fryer (2½-3 lbs) | HIGH | 6-7 min per Ib Turn over | 7-8 min per Ib | 180°F | Wash and dry poultry. Arrange pieces on a microwave proof and ovenproof roasting rack with thickest portions to the outside. Brush with butter and seasoning if desired. Place roasting rack on turntable. Rearrange halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered 5 minutes. |
| Whole (3-3½lbs) | HIGH | 5-7 min per łb Turn over | 6-8 min per Ib | 185°F | Wash and dry poultry. Place breast down on a microwave proof and ovenproof roasting rack. Brush with butter and seasoning if desired. Place roasting rack on the turntable. Turn chicken over halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 10 minutes. (Temperature may rise about 10°F.) Temperature in the thigh should reach about 185°F when done. |

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continued on next page

Meat combination cooking chart (continued)

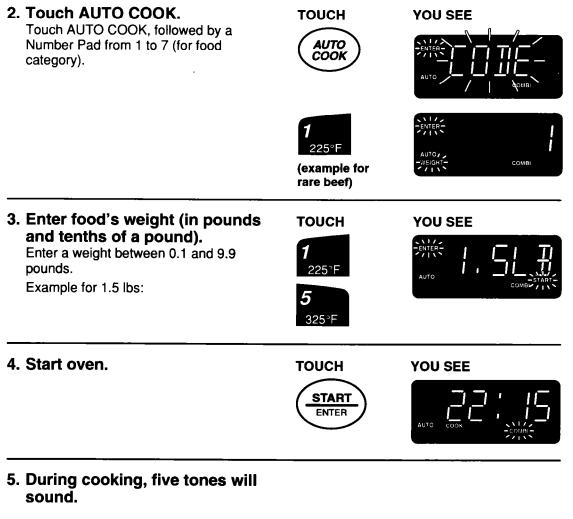
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| FOOD | COMBI- NATION | FIRST STAGE TIME | SECOND STAGE TIME | INTERNAL TEMPERATURE AFTER STANDING TIME | SPECIAL NOTES |
|--|------------------|------------------------------------|-------------------------|---|--|
| Cornish Hens Two whole (1-1½ lbs each) | HIGH | 6-7 min per lb Turn over | 7-8 min per Ib | 185°F | Wash and dry poultry. Tie wings to the body of the hen and the legs to the tail. Place hens breast side up on a microwave proof and ovenproof roasting rack. Brush with butter and seasoning if desired. Place roasting rack on the turntable. Turn over, discard drippings and shield bone ends of drumsticks with foil, halfway through cooking if needed. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 5 minutes. (Temperature may rise about 10°F.) Temperature in breast should reach 185° before serving. |
| Turkey Breast, boneless (2-3 lbs) | HIGH | 6-7 min per lb Turn over | 6-8 min per lb | 185°F | Place thawed turkey breast on a microwave proof and ovenproof roasting rack. Brush with butter and seasonings if desired. Place roasting rack on the turntable. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 10 minutes. (Temperature may rise about 10°F.) Temperature in breast should reach 185° before serving. |

Auto cook combination cooking

Auto cook combination cooking lets you combination cook by simply touching one Command Pad and one Number Pad, and entering the food's weight. There are seven cooking settings from which to choose, each preset to cook a different type of meat. For specific information on the settings available, see the "Auto cook combination setting chart" on page 50.

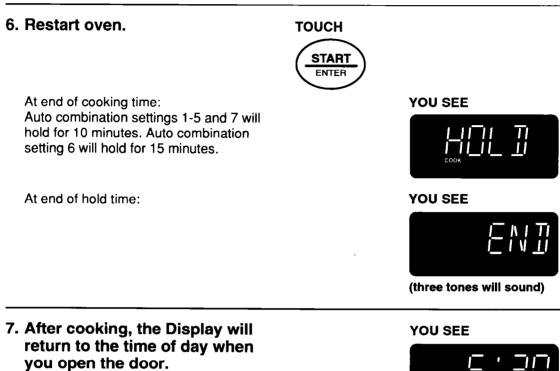
1. Put food in the oven and close the door.



Open door, stir, turn over, or rearrange food.

NOTE: If you do not do this step, the oven will continue cooking.

continued on next page 49





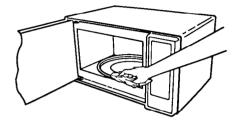
(time of day)

Auto cook combination setting chart

| SETTING | CATEGORY | MINIMUM/MAXIMUM FOOD WEIGHT |
|--------------------|----------------|-----------------------------|
| AUTO COMBINATION 1 | Rare Beef | 0.1/9.9 lbs |
| AUTO COMBINATION 2 | Medium Beef | 0.1/9.9 lbs |
| AUTO COMBINATION 3 | Well-Done Beef | 0.1/9.9 lbs |
| AUTO COMBINATION 4 | Medium Lamb | 0.1/9.9 lbs |
| AUTO COMBINATION 5 | Well-Done Lamb | 0.1/9.9 lbs |
| AUTO COMBINATION 6 | Pork | 0.1/9.9 lbs |
| AUTO COMBINATION 7 | Poultry | 0.1/9.9 lbs |

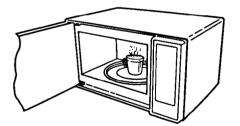
Caring for Your Microwave-Convection Oven

To make sure your microwave oven looks good and works well for a long time, you should maintain it properly. For proper care, please follow these instructions carefully.

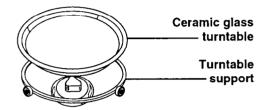


For interior surfaces: Wash often with warm, sudsy water and a sponge or soft cloth. Use only mild, nonabrasive soaps or a mild detergent. Be sure to keep the areas clean where the door and oven frame touch when closed. Wipe well with clean water. Over time, stains can occur on the stainless steel surface as the result of food particles spattering during cooking. This is normal.

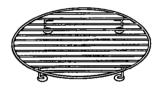
For exterior surfaces and control panel: Use a soft cloth with spray glass cleaner. Apply spray glass cleaner to soft cloth; do not spray directly on oven.



For stubborn soil, **boil** a cup of water in the oven for 2 or 3 minutes. Steam will soften the soil. To get rid of odors inside the oven, **boil** a cup of water with lemon juice or vinegar.



To clean turntable and turntable support, wash in mild, sudsy water; for heavily soiled areas **use** a mild cleanser and scouring sponge. The turntable and turntable support are dishwasher-safe.



To clean the Bi-Level Cooking Rack, wash in mild, sudsy water; for heavily soiled areas use a mild cleanser and scouring sponge. Rack is dishwasher-safe. Remove rack from oven when it is not being used for cooking.

Cooking Guide

Reheating chart

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Times are approximate and may need to be adjusted to individual taste. **NOTE:** See "One-touch reheating" on page 31 for instructions on how to reheat without cooking time and cook power.

| ITEM | STARTING TEMP | TIME/POWER | PROCEDURE |
|--|------------------------------|--|---|
| Meat (Chicken pieces, chops, hamburgers, meat loaf slices) | | | Cover loosely. |
| 1 serving 2 servings | Refrigerated Refrigerated | 1-2 min at 70% 2½-4½ min at 70% | |
| Meat Slices (Beef, ham, pork, turkey) 1 or more | Room temp | 45 sec-1 min per serving at 50% | Cover with gravy or wax paper. Check after 30 sec |
| servings | Refrigerated | 1-3 min per serving at 50% | per serving. |
| Stirrable Casseroles and Main Dishes | | | Cover. Stir after half the time. |
| 1 serving | Refrigerated | 2-4 min at 100% | |
| 2 servings | Refrigerated | 4-6 min at 100% | |
| 4-6 servings | Refrigerated | 6-8 min at 100% | |
| Nonstirrable Casseroles and Main Dishes | | | Cover with wax paper. |
| 1 serving | Refrigerated | 5-8 min at 50% | |
| 2 servings | Refrigerated | 9-12 min at 50% | |
| 4-6 servings | Refrigerated | 13-16 min at 50% | |
| Soup, Cream | | | Cover. Stir after half |
| 1 cup | Refrigerated | 3-41/2 min at 50% | the time. |
| 1 can (10¾ oz) | Room temp | 5-7 min at 50% | |
| Soup, Clear | | | Cover. Stir after half |
| 1 cup | Refrigerated | 21/2-31/2 min at 100% | the time. |
| 1 can (10¾ oz) | Room temp | 4-5½ min at 100% | |
| Pizza | D | | Place on paper towel. |
| 1 slice 1 slice | Room temp Refrigerated | 15-25 sec at 100% 30-40 sec at 100% | |
| 2 slices | Room temp | 30-40 sec at 100% | |
| 2 slices | Refrigerated | 45-55 sec at 100% | |
| Vegetables | | | Cover. Stir after half |
| 1 serving | Refrigerated | ¾-1½ min at 100% | the time. |
| 2 servings | Refrigerated | 11/2-21/2 min at 100% | |
| Baked Potato | | | Cut potato lengthwise and |
| 1 | Refrigerated | 1-2 min at 50% | then several times cross- |
| 2 | Refrigerated | 2-3 min at 50% | wise. Cover with wax paper. |
| Breads | | | Wrap single roll, bagel, or |
| (Dinner or breakfast roll) | D 4 | | muffin in paper towel. To |
| 1 roll 2 rolls | Room temp | 8-12 sec at 50% 11-15 sec at 100% | reheat several, line plate with paper towel. Cover |
| 4 rolls | Room temp Room temp | 18-22 sec at 100% | with another paper towel. |
| Pie | | | |
| Whole | Refrigerated | 5-7 min at 70% | |
| 1 slice | Refrigerated | 30 sec at 100% | |

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Microwave cooking chart Times are approximate and may need to be adjusted to individual taste. **NOTE:** See "One-touch microwave cooking" on page 32 for instructions on how to cook without cooking time and cook power.

| MEATS, POULTRY, FISH, SEAFOOD Allow standing time after cooking. | | | VEGETABLES (continued) Cook at 100% cook power. | | |
|---|--|--|--|-------|------------------------------------|
| 5000 | СООК | | FOOD | | TIME |
| FOOD Bacon (per slice) | POWER 100% | TIME 45 sec to 1 min 15 sec | Cauliflower (medium head | • | 6-9 min |
| Ground Beef | 100% | per slice 4-6 min | Corn on the C (2) (4) | ;ob | 4-9 min 6-16 min |
| for Casse- roles (1 lb) | | | Potatoes, Bak (4 medium) | (ed | 13-19 min |
| Hamburger Patties (2) | 100% | 1st side 2 min 2nd side 1½ to 2½ min | Squash, Summer (1 lb) | | 3-8 min |
| Hamburger Patties (4) | 100% | 1st side 2½ min 2nd side 2-3 min | <u>OTHER</u> | соок | |
| Meat Loaf | 100% | 13-19 min | FOOD | POWER | TIME |
| (1½ lbs) Chicken | 100% | 6-9 min/lb | Applesauce (4 servings) | 100% | 7-10 min |
| Pieces | Pieces Internal temperature should be 185°F | | Baked Apples (4) | 100% | 4-6 min |
| Turkey Breast <u>the</u> | 100% <u>n</u> 70% | 5 min 8-12 min/lb | Chocolate (melt 1 square) | 50% | 1-2 min |
| Internal tempe after standing. | rature shou | ld be 185°F | Eggs, Scrambled | 100% | |
| Fish Fillets (1 lb) | 100% | 5-6 min | (2) | | 1 min 15 sec to 1 min 45 sec |
| Scallops and Shrimp (1 lb) | 100% | 3½-5½ min | (4) | | 2-3 min |
| Cook at 100% | VEGETABLES Cook at 100% cook power. | | Hot Cereals (1 serving) (4 servings) | 100% | 1½-5 min 4½-7 min |
| FOOD | | TIME | Nachos | 50% | 1½-2½ min |
| Beans, Green Yellow (1 lb) | or | 6-12 min | (large plate) Water for | 100% | |
| Broccoli (1 lb) | | 6-10 min | Beverage | 10070 | 01/ 4 min |
| Carrots (1 lb) | | 8-12 min | (1 cup) (2 cups) | | 2½-4 min 4½-6 min |

COOKING GUIDE

Microwave cooking tips

Amount of food

- The more food you prepare, the longer it takes. A rule of thumb is that a double amount of food requires almost double the time. If one potato takes four minutes to cook, you need about seven minutes to cook two potatoes.
- If you want to cook two meals or containers of food at the same time, you can do so with the Bi-Level Cooking Rack.
 For example, you can cook two frozen dinners or reheat two plates of food by placing one on the rack and one under the rack.

Starting temperature of food

• The lower the temperature of the food being put into the microwave oven, the longer it takes to cook. Food at room temperature will be reheated more quickly than food at refrigerator temperature.

Composition of food

- Food with a lot of fat and sugar will be heated faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water in the cooking process.
- The more dense the food, the longer it takes to heat. "Very dense" food like meat takes longer to reheat than lighter, more porous food like sponge cakes.

Size and shape

- Smaller pieces of food will cook faster than larger pieces and same-shaped pieces of food cook more evenly than irregularly shaped foods.
- With unevenly shaped foods, the thinner parts will cook faster than the thicker areas. Place the thinner parts of chicken wings and legs in the center of the dish.

Stirring, turning foods

• Stirring and turning foods distributes heat quickly to the center of the dish and avoids overcooking at the outer edges of the food.

Covering food

Cover food to:

- Reduce splattering
- Shorten cooking times
- Retain food moisture

All coverings that allow microwaves to pass through are suitable.

Releasing pressure in foods

• Several foods (for example: baked potatoes, sausages, egg yolks, and some fruits) are tightly covered by a skin or membrane. This can cause the food to burst from steam building up in them during cooking. To relieve the pressure and to prevent bursting, **prick** these foods before cooking with a fork, cocktail pick, or toothpick.

Using standing time

- Always allow food to stand for a while after cooking. Standing time after defrosting, cooking, or reheating always improves the result since the temperature will then be evenly distributed throughout the food.
- The length of the standing time depends on the volume and density of the food. Sometimes it can be as short as the time it takes you to remove the food from the oven and take it to the serving table. However, with larger, denser food, the standing time may be as long as 10 minutes.

COOKING GUIDE

Arranging food

For best results, distribute food evenly on the plate. You can do this in several ways:

- If you are cooking several items of the same food, such as baked potatoes, place them in a ring pattern for uniform cooking.
- When cooking foods of uneven shapes or thickness, such as chicken breasts, place the smaller or thinner area of the food towards the center of the dish where it will be heated last.
- Layer thin slices of meat on top of each other.
- Choose a tall, narrow container rather than a low and wide container. When reheating gravy, sauce, or soup, do not fill the container more than %.
- When you cook or reheat whole fish, score the skin – this prevents cracking.
- Shield the tail and head of whole fish with small pieces of foil to prevent overcooking and ensure the foil does not touch the sides of the oven.
- **Do not** let food or container touch the top or sides of the oven. This will prevent possible arcing.

Using aluminum foil

Metal containers should not be used in a microwave oven. There are, however, some exceptions. If you have purchased food which is prepackaged in an aluminum foil container, then refer to the instructions on the package. When using aluminum foil containers, cooking times may be longer because microwaves will only penetrate the top of the food. If you use aluminum containers without package instructions, follow these guidelines:

- Place container in a glass bowl and add some water so that it covers the bottom of the container, not more than 1/4" high. This ensures even heating of the container bottom.
- Always remove the lid to avoid damage to the oven.
- Use only undamaged containers.
- Do not use containers taller than 3/4".
- Container must be half filled.
- To avoid arcing, there must be a minimum ¼" between the aluminum container and the walls of the oven and also between two aluminum containers.
- Always place container on turntable.
- Reheating food in aluminum foil containers usually takes up to double the time compared to reheating in plastic, glass, china, or paper containers. The time when food is ready will vary depending upon the type of container you use.
- Let food stand for 2-3 minutes after heating so that heat is spread evenly throughout container.

Cooking you should not do in your microwave oven

- **Do not** do canning of foods in the oven. Closed glass jars may explode, resulting in damage to the oven or possible personal injury.
- Do not use the microwave oven to sterilize objects (baby bottles, etc.). It is difficult to maintain the high temperature required for safe sterilization.

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Oven utensils guide

You can use a variety of utensils and materials in your microwave-convection oven. For your safety and to prevent damage to utensils and your oven, choose appropriate utensils and materials for each cooking method. The list below is a general guide to help you select the correct utensils and materials.

| MATERIAL | UTENSILS | MICROWAVE COOKING | COMBINATION COOKING | CONVECTION COOKING |
|------------------------|--|----------------------|------------------------|-----------------------|
| Ceramic & Glass | Ceramic Ovenproof, Heat-Tempered, | YES YES | YES YES | YES YES |
| | Microwave-Safe Glassware Glassware with Metal Decoration | NO | NO | YES |
| | Lead Glass | NO | NO | YES |
| China | Without Metal Decoration (Ovenproof and Heat- Tempered) | YES | YES | YES |
| Pottery | Ovenproof pottery | YES | YES | YES |
| Plastic | Ovenproof, Microwave-safe plasticware | YES YES | YES | YES NO |
| Metal | Bake/Roast Rack Metal Baking Pan | NO NO | NO NO | YES YES |
| Aluminum Foil | | * | * | YES |
| Paper | Cups, Plates, Towels | YES | NO | NO |
| Straw, Wicker, Wood | | YES | NO | NO |
| Wax Paper | | YES | NO | NO |
| Plastic Wrap | | YES | NO | NO |

YES: Utensils to use NO: Utensils to avoid

* Refer to "Microwave cooking tips" on page 54 and "Questions and Answers" on page 57 for proper use.

Questions and Answers

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| QUESTIONS | ANSWERS |
|---|---|
| Can I operate my microwave oven without the turntable or turn the turntable over to accommodate a large dish? | No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable. |
| Can I use a rack in my microwave oven so that I may reheat or cook on two levels at a time? | You can use a rack only if rack is supplied with your microwave oven. Use of any rack not supplied with the microwave oven can result in poor cooking performance and/or arcing. |
| Can I use either metal or aluminum pans in my microwave oven? | Useable metal includes aluminum foil for shielding (use small, flat pieces), small skewers, and shallow foil trays (if tray is ¾ inch deep and half filled with food to absorb microwave energy). Never allow metal to touch walls or door. (For more information, see page 55.) |
| Is it normal for the turntable to turn in either direction? | Yes. The turntable rotates clockwise or counterclockwise, depending on the rotation of the motor when the cooking cycle begins. |
| Sometimes the door of my microwave oven appears wavy. Is this normal? | This appearance is normal and does not affect the operation of your oven. |
| What are the humming noises that I hear when my microwave oven is operating? | You hear the sound of the transformer when the magnetron tube cycles on. |
| Why does the dish become hot when I microwave food in it? I thought that this should not happen. | As the food becomes hot it will conduct the heat to the dish. Be prepared to use hot pads to remove food after cooking. |
| What does "standing time" mean? | "Standing time" means that food should be removed from the oven and covered for additional time to allow it to finish cooking. This frees the oven for other cooking. |
| Can I pop popcorn in my microwave oven? How do I get the best results? | Yes. Pop packaged microwave popcorn following manufacturer's guidelines or use the preprogrammed Popcorn pad. Do not use regular paper bags. Use the "listening test" by stopping the oven as soon as the popping slows to a "pop" every one or two seconds. Do not repop unpopped kernels. You can also use special microwave poppers. When using a popper, be sure to follow manufacturer's directions. Do not pop popcorn in glass utensils. |
| 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 out the rear vents. |

If You Need Assistance or Service

This section is designed to help you save the cost of a service call. Part 1 of this section outlines possible problems, their causes, and actions you can take to solve each problem. Parts 2 and 3 tell you what to do if you still need assistance or service. When calling our Consumer Assistance Center for help or calling for service, please provide a detailed description of the problem, your appliance's complete model and serial numbers, and the purchase date. (See page 3.) This information will help us respond properly to your request.

1. Before calling for assistance ...

Performance problems often result from little things you can find and fix without tools of any kind. Please check the chart below for problems you can fix. It could save you the cost of a service call.

| PROBLEM | POSSIBLE CAUSE | SOLUTION |
|-------------------------|---|---|
| Nothing will operate | The power supply cord is not plugged into a live circuit with the proper voltage. | Plug power supply cord into a live circuit with the proper voltage. (See pages 8 and 10.) |
| | A household fuse has blown or a circuit breaker has tripped. | Replace household fuse or reset circuit breaker. |
| | The electric company has experienced a power failure. | Check electric company for a power failure. |
| The micro- wave oven | The door is not firmly closed and latched. | Firmly close and latch door. |
| will not run | You did not touch START/ ENTER. | Touch START/ENTER. |
| | You did not follow directions exactly. | Check instructions for the function you are operating. |
| | You have set Child Lock. | Turn off Child Lock. (See page 17.) |
| | An operation that was program- med earlier is still running. | Touch OFF/CANCEL to cancel previous programming. |
| Turntable will not turn | Turntable is not correctly in place. | Make sure turntable is correct-side up and is sitting securely on center shaft. |
| | Support is not operating correctly. | Remove turntable and restart oven. If turntable support does not move, call an authorized Whirlpool service technician for repair. Cooking without the turntable can give you poor results. |

IF YOU NEED ASSISTANCE OR SERVICE

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| PROBLEM | POSSIBLE CAUSE | SOLUTION |
|--|--|---|
| Microwave cooking times seem too long | The electric supply to your home or wall outlets is low or lower than normal. | Your electric company can tell you if the line voltage is low. Your electrician or service technician can tell you if the outlet voltage is low. See page 8. |
| | The cook power is not at the recommended setting. | Check "Microwave cooking chart" on page 53. |
| | Larger amounts of food need longer cooking times. | Allow for more time when cooking more food at one time. |
| The Display shows a time counting down but the oven is not cooking | The oven door is not closed completely. | Completely close oven door. |
| | You have set the controls as a minute timer. | Touch OFF/CANCEL to cancel the Minute Timer. |
| You do not hear the Program- ming Tone | The command is not correct. | Re-enter command. |
| The fan seems to be running slower than usual | The oven has been stored in a cold area. | The fan will run slower until the oven warms up to normal room temperature. |
| Foods under- cook during convection and combination cooking | You have not followed the recipe closely enough. | Follow reliable recipes exactly for ingredients, utensils, cooking time, and proper rack position. |
| | Foods are not prepared and ready to place in the oven. This increases heat loss from the door being open. | Make sure foods are properly pre- pared and ready to place in oven. |
| Smoke is coming from back of oven during broiling | This is normal, just as in conventional broiling. | |
| The Display shows "0" | There has been a power interruption. | Reset the clock. |

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IF YOU NEED ASSISTANCE OR SERVICE

2. If you need assistance ...

Call the Whirlpool Consumer Assistance Center telephone number. Dial toll-free from anywhere in the U.S.A.:

1-800-253-1301

and talk with one of our trained consultants. The consultant can instruct you in how to obtain satisfactory operation from your appliance or, if service is necessary, recommend a qualified service company in your area.

If you prefer, write to:

Whirlpool Brand Home Appliances Consumer Assistance Center c/o Correspondence Dept. 2000 North M-63 Benton Harbor, MI 49022-2692

Please include a daytime phone number in your correspondence.

3. If you need service ...



Whirlpool has a nationwide network of authorized Whirlpool service companies. Whirlpool service

technicians are trained to fulfill the product warranty and provide after-warranty service, anywhere in the United States. To locate the authorized Whirlpool service company in your area, call our Consumer Assistance Center telephone number (see Step 2) or look in your telephone directory Yellow Pages under:

• APPLIANCE-HOUSEHOLD-MAJOR, SERVICE & REPAIR - See: Whirlpool Appliances or Authorized Whirlpool Service (Example: XYZ Service Co.) WASHING MACHINES & DRYERS, SERVICE & REPAIR - See: Whirlpool Appliances or Authorized Whirlpool Service (Example: XYZ Service Co.)

If you are not satisfied with how the problem was solved ...

- Contact the Major Appliance Consumer Action Program (MACAP). MACAP is a group of independent consumer experts that voices consumer views at the highest levels of the major appliance industry.
- Contact MACAP only when the dealer, authorized servicer, and Whirlpool have failed to resolve your problem.

Major Appliance Consumer Action Program 20 North Wacker Drive Chicago, IL 60606

• MACAP will in turn inform us of your action.

WHIRLPOOL[®] Microwave Oven Warranty

| LENGTH OF WARRANTY | WHIRLPOOL WILL PAY FOR | |
|---|--|--|
| FULL ONE-YEAR WARRANTY FROM DATE OF PURCHASE | FSP [®] replacement parts and repair labor to correct defects in materials or workmanship. Service must be provided by an authorized Whirlpool service company. | |
| LIMITED FOUR-YEAR WARRANTY SECOND THROUGH FIFTH YEAR FROM DATE OF PURCHASE | FSP replacement magnetron tube on microwave ovens if defective in materials or workmanship. | |
| WHIRLPOOL WILL NOT PAY FOR | | |
| A. Service calls to: Correct the installation of your microwave oven. Instruct you how to use your microwave oven. Replace house fuses or correct house wiring. Replace owner-accessible light bulbs. B. Repairs when your microwave oven is used in other than normal, single-family household use. C. In-home service. Your microwave oven must be taken to an authorized Whirlpool service company. D. Damage to your microwave oven caused by accident, misuse, fire, flood, acts of God, or use of products not approved by Whirlpool. E. Any labor costs during limited warranty. F. Repairs to parts or systems caused by unauthorized modifications made to the appliance. | | |

WHIRLPOOL CORPORATION SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSE-QUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion or limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Outside the United States, a different warranty may apply. For details, please contact your authorized Whirlpool dealer.

If you need service, first see the "If You Need Assistance or Service" section of this book. After checking "If You Need Assistance or Service," additional help can be found by calling our Consumer Assistance Center telephone number, **1-800-253-1301**, from anywhere in the U.S.A.