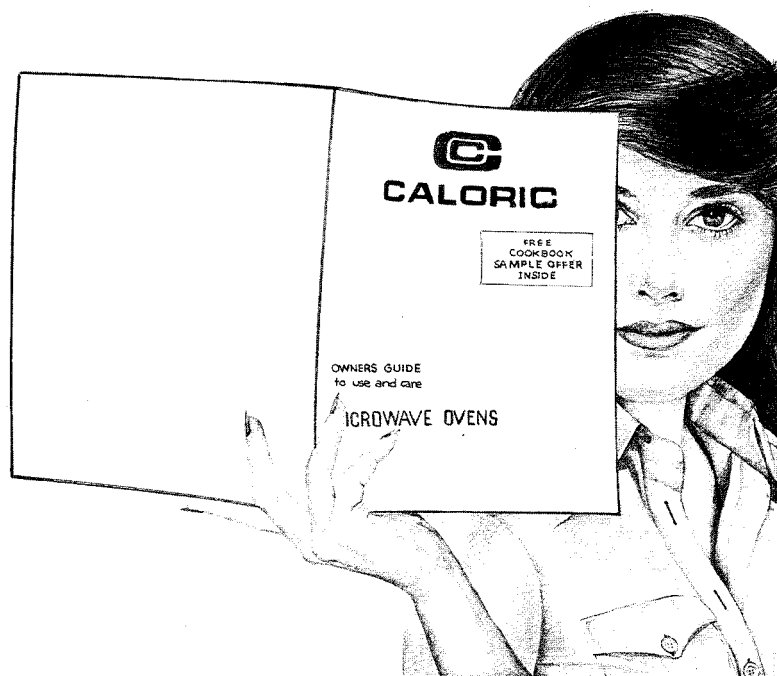


CALORIC[®]

**FREE
COOKBOOK
SAMPLER OFFER
INSIDE**



**OWNER'S GUIDE
to use and care of**

MICROWAVE OVEN

Models MPR 215

MPD 218

MPD 219

Write your Model and Serial Numbers here:

Model

Serial

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Microwaving Tips

- Make sure all utensils used in your microwave oven are labeled "suitable for microwaving."
- Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.
- Some microwaved foods require stirring, rotating, or rearranging.
- Some foods such as unshelled eggs and hot dogs must be pierced to allow steam to escape during cooking.

Important Safety Instructions

Read all instructions before using this appliance.

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

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

- Use this appliance only for its intended use as described in this manual.

- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.

- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 5.

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

- 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 counter-top edge to avoid accidental tipping of the appliance in normal usage.**

- Do not cover or block any openings on the appliance.

- Do not use outdoors.

- Do not immerse power cord or plug in water.

- Keep power cord away from heated surfaces.

- Do not let power cord hang over edge of table or counter.

- 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.

- See door surface cleaning instructions on page 20.

- 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.

- 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.

- Remove wire twist-ties from paper or plastic bags before placing bag in oven.

- Do not use your microwave oven to dry newspapers.

- Paper towels and napkins, wax paper.** Recycled paper products 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.

- 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.

- Do not operate the oven while empty to avoid damage to the oven and the danger of fire.** If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs life of the 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.

(continued next page)

Important Safety Instructions (continued)

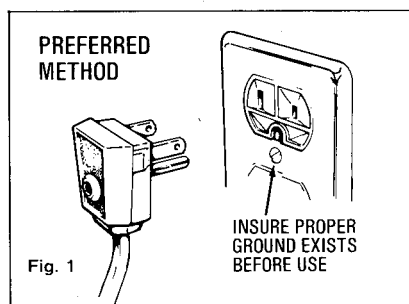
- Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
- **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.
- **Don't defrost frozen beverages** in narrow necked bottles; especially carbonated ones. Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.
- **Use metal only as directed.** Metal strips as used on roasts and poultry to protect less dense or vulnerable parts. Metal trays may be used for TV dinners. However, when using metal in the microwave oven, **keep metal at least 1-inch away from sides of oven.**
- **Cooking utensils may become hot** because of heat transferred from the heated food. This is especially true if plastic wrap has been covering the top and handles of the utensil. Potholders may be needed to handle the utensil.
- **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.
- **Do not use any thermometer** in food you are microwaving unless that thermometer is designed or recommended for use in the microwave oven.
- **Remove the temperature probe from the oven when not using it** to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven, and damage oven walls.
- **Plastic Utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave 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 utensils could ignite. For these reasons: 1) Use microwave plastics only "and use them" in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.
- **When cooking pork** follow our directions exactly and always cook the meat to at least 170°. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.
- **Boiling eggs (in and out of shell) is not recommended** for microwave cooking. Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.
- **Foods with unbroken outer "skin"** such as potatoes, hot dogs or sausages, tomatoes, apples, chicken livers and other giblets, and eggs (see above) should be pierced to allow steam to escape during cooking.
- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented. 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.

SAVE THESE INSTRUCTIONS

Grounding Instructions

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. (Fig. 1)

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



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.

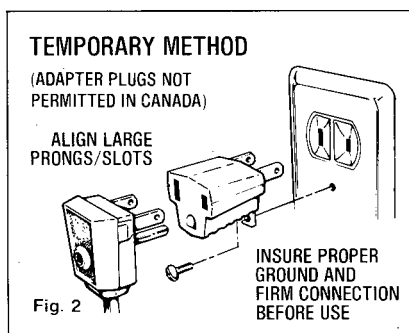
Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

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

Use of 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 (Fig. 2) 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.

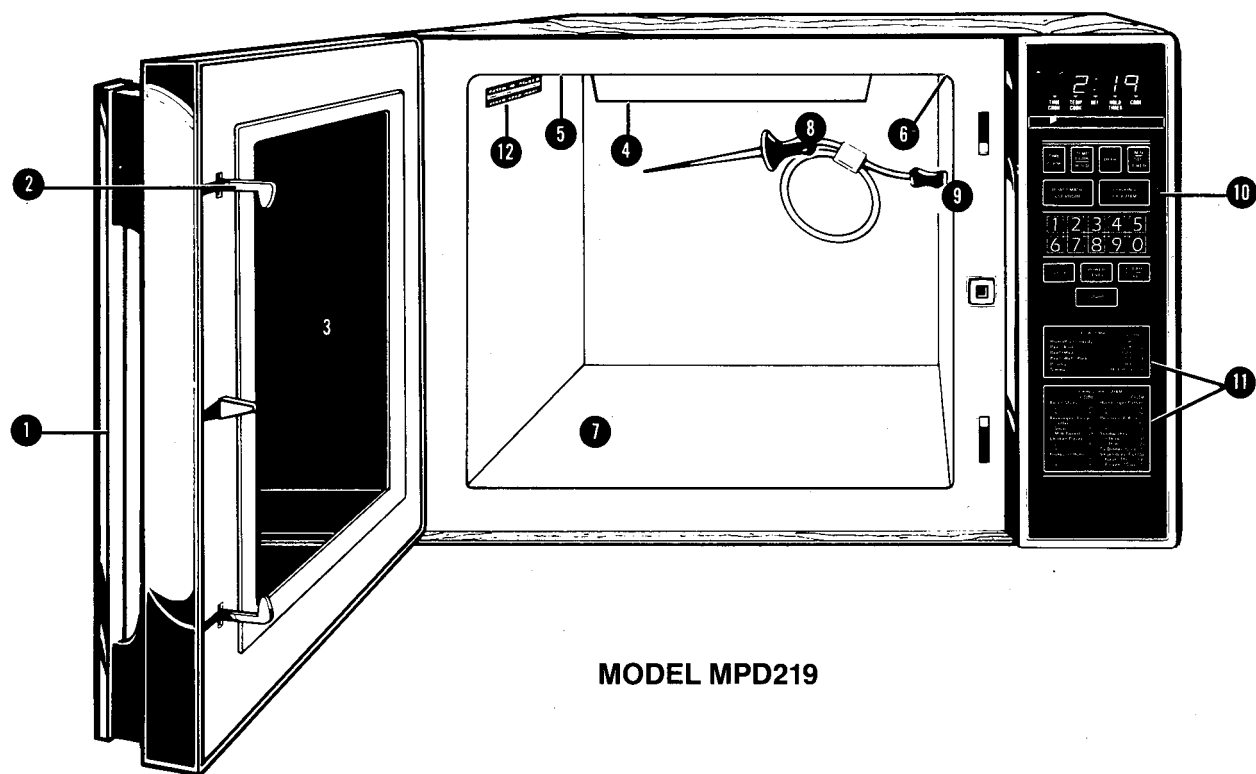
Do not use an adapter plug in these situations because disconnecting of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the two-prong wall receptacle replaced with a three-prong (grounding) receptacle by a qualified electrician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

Use of Extension Cords

Because of potential safety hazards under certain conditions we strongly recommend against the use of an extension cord. However, if it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance (15 amperes.)

If you do use an extension cord with your microwave oven, the interior light may flicker and the blower sound may vary when oven is in use.

Introduction to Your Oven



MODEL MPD219

1. Door Handle. Oven doesn't operate unless the door is securely latched.

2. Inside Door Latches.

3. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in oven.

4. Plastic Antenna Cover. Protects the antenna which distributes microwave energy into the oven.

5. Oven Vent.

6. Oven Light. Goes on when door is opened or when oven is operating in any function.

7. Oven Floor.

8. Selectaprobe. Use with Temperature Cook and Roast Matic functions only.

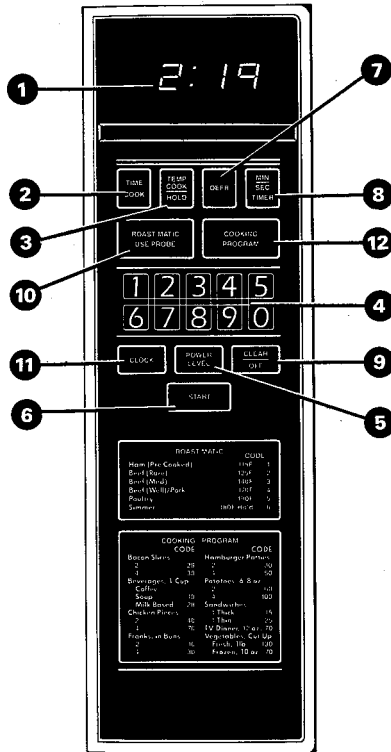
9. Receptacle for Selectaprobe. Probe must be securely inserted into receptacle before oven will start temperature microwaving.

10. Touch Control Panel and Readout Display. See next page for control panels and instructions for their use.

11. Cooking Chart. Quick reference codes for many frequently-prepared foods.

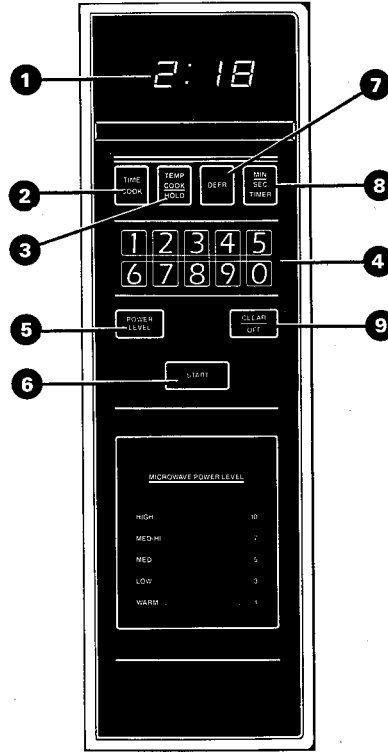
12. Model and Serial Numbers.

Features of Your Control Panel



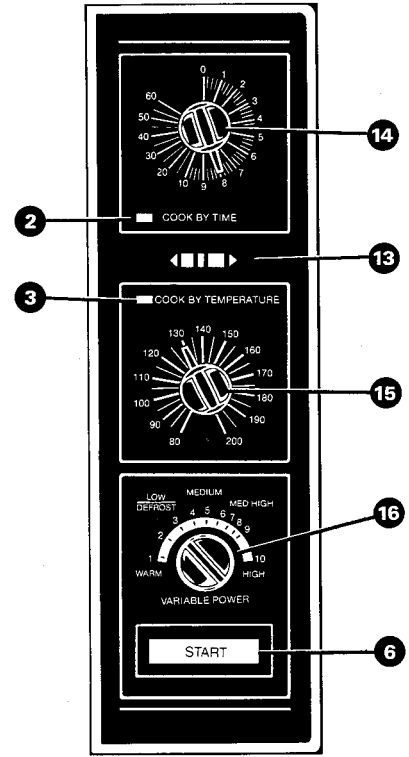
Model MPD219

- 1. Readout Display.** Displays time of day, time or temperature during cooking functions, and cooking power (when Power Level pad is touched).
- 2. Time Cook.** Microwave for a preset amount of time using automatic Power Level 10 or change power level after setting time. (See page 8.)
- 3. Temp Cook/Hold.** Use the Selectaprobe to cook by using a preset temperature. On touch pad models, once oven reaches preset temperature it switches to HOLD setting and maintains that temperature until you touch the CLEAR/OFF pad. (See page 15.)
- 4. Number Pads.** Touch these pads to enter Time, Temperature, Power Level, Cooking Program digits or Roast Matic Code.
- 5. Power Level.** Touch this pad before entering another cooking power level number if you want to change from automatic Power Level 10 (HIGH) for cooking or Power Level 3 (LOW) for defrosting.



Model MPD218

- 6. Start.** Must touch this pad or button for oven to begin any function.
- 7. Defrost.** Gentle, more uniform thawing at automatic Power Level 3, or change power level after entering time. (See page 11.)
- 8. Min/Sec Timer.** This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking. (See page 14.)
- 9. Clear/Off.** When touched, it stops the oven and erases all settings except time of day.
- 10. Roast Matic.** Insert the Selectaprobe, touch this pad and desired number pad for Code to temperature cook meat with automatic preset program. (See page 16.)
- 11. Clock.** Touch this pad to enter time of day or check time of day while microwaving.
To set clock, first touch CLOCK pad and then enter time of day. For



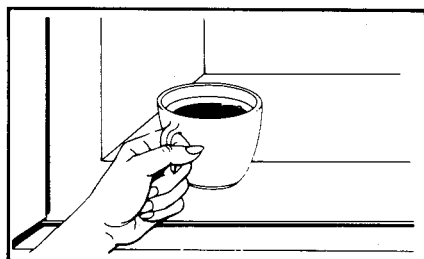
Model MPR215

- example, if time is 1:30, touch number pads 1, 3, and 0 and 1:30 will appear in readout display. Then touch CLOCK pad. To reset or change time, simply repeat above process.
- 12. Cooking Program Control.** Use this pad as a short-cut method for entering cooking time and power level. (See page 18.)
- 13. Time/Temp Switch.** To cook by Time, push right, then set timer. To cook by Temperature, push left, then set dial.
- 14. Timer Control.** Set timer to desired cooking time for TIME COOK. Timer goes up to 60 minutes.
- 15. Temperature Control.** Set desired finished temperature by dialing knob and inserting Selectaprobe. If actual internal temperature of food is more than temperature set, oven will not start.
- 16. Power Level Control.** This control can be set for levels 1 to 10. You can vary the amount of microwave power in the oven.

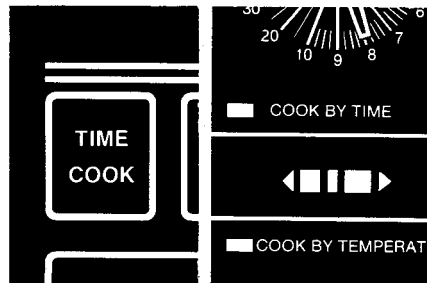
How to Time Cook

Time Cooking, or cooking your food according to pre-determined amount of time, is probably familiar to you from conventional cooking. With your microwave oven, however, you preset the time and the oven turns off automatically.

To become better acquainted with Time Cook function, make a cup of coffee by using the following steps.



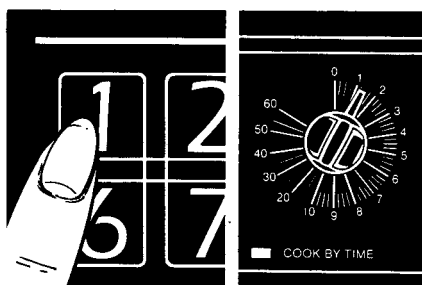
Step 1: Fill a cup $\frac{2}{3}$ full of water and add 1 teaspoon of freeze dried coffee. Use a cup that has no metal decoration. Place cup in oven and close door.



Step 2: Touch TIME COOK.

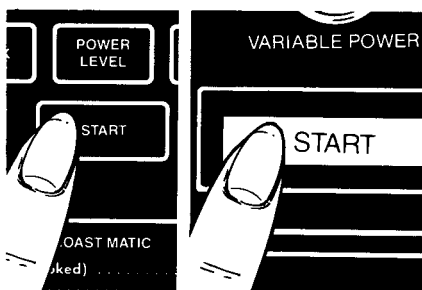
On touch control models, Power Level 10 is automatically set, but does not appear on display.

On Model MPR215, Power Level dial must be set to desired number.



Step 3: Select cooking time. Touch number pads 1, 2, and 0 for a minute and 20 seconds or turn Timer Control to desired time.

If another Power Level is desired, touch POWER LEVEL and the number pad or turn the Power Level dial, although Power Level 10 (HIGH) is preferred for this cup of coffee.



Step 4: Touch START.

Step 5: When time is up, the oven sounds, oven light and fan shut off.

Step 6: Open the door or, on touch pad models, touch CLEAR/OFF pad.

Questions and Answers

Q. I set my oven for the time called for in the recipe but at the end of the time allowed, my dish wasn't done. What happened?

A. Since house power varies due to time or location, many Time Cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your dish a little longer, if necessary.

Q. I want to cook on a Power Level other than HIGH, what do I need to do?

A. To change the Power Level, touch the POWER LEVEL pad after entering desired cooking time. Enter the desired number and then touch START.

Q. Can I interrupt my Time Cook function to check the food?

A. Yes. To resume cooking, simply close the door and touch START. NOTE: Microwave power will not come on until you are ready. You must touch START for cooking to begin.

A. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I tried to change Power Level but the display changed back to cooking time. Why?

A. After touching Power Level pad you only have 4 seconds to enter the number. Try setting controls again.

Heating or Reheating Chart

1. Directions below are for reheating already-cooked foods at refrigerator or room temperature. Use microwave oven safe containers.
2. Cover most foods (see tips) for fastest heating. Exceptions are rare or medium meats, some sandwiches, griddle foods like pancakes and baked foods.
3. Where appropriate, use the automatic food temperature control for accurate heating. Place probe horizontally so tip is in center of food. Bubbling around edges of dish is normal, since center is last to heat. Suggested serving temperatures are given for most foods. Young children usually prefer cooler food, generally about 20° lower. Adjust temperatures to your personal taste. Stir foods before serving.
4. Be sure foods are heated through before serving. Steaming or bubbling around edges does not necessarily mean food is heated throughout. As a general rule, hot foods produce an area warm to the touch in center of underside of dish.

ITEM	Amount	Suggested Serving Temp.	Cooking Power	Approximate Time, Min.
Appetizers				
Saucy; such as meatballs, riblets, cocktail franks, etc.	1 to 2 servings 3 to 4 servings	150° 150°	HI (10) HI (10)	1½-4 4-6
½ cup/serving				
Dips; cream or process cheese	½ cup 1 cup	130° 130°	Med (5) Med (5)	2½-3½ 3-5
Pastry bites; small pizzas, egg rolls, etc.	2 to 4 servings		HI (10)	1-2
Tip: Cover saucy appetizers with wax paper. Cover dips with plastic wrap. Do not cover pastry bites, they will not be crisp.				
Plate of Leftovers				
Meat plus 2 vegetables	1 plate	150°-160°	HI (10)	2-4
Tip: Probe works well in saucy dishes or vegetables (use in largest serving) but not in meat slices. Cover plate of food with waxed paper or plastic wrap.				
Meats and Main Dishes				
Saucy Main Dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc.	1 to 2 servings 3 to 4 servings 1 can 16-oz.	150°-160° 150°-160° 150°-160°	HI (10) HI (10) HI (10)	3-7 8-14 4½-6
¾-1 cup/serving				
Thinly sliced roasted meat:				
Rare beef roast, minimum time; Medium Rare, maximum time	1 to 2 servings 3 to 4 servings		Med-HI (7) Med-HI (7)	1-2 2-3½
3 to 4-oz./serving				
Well done; beef, pork, ham, poultry, etc.	1 to 2 servings 3 to 4 servings		Med-HI (7) Med-HI (7)	1½-3 3-5
Steaks, chops, ribs, other meat pieces:				
Rare beef steak	1 to 2 servings 3 to 4 servings	130° 130°	Med-HI (7) Med-HI (7)	2½-4 5-9
Well done beef, chops, ribs, etc.	1 to 2 servings 3 to 4 servings	150° 150°	Med-HI (7) Med-HI (7)	2-3 4-7
Hamburgers or meat loaf	1 to 2 servings 3 to 4 servings		HI (10) HI (10)	¾-2 1½-3½
4-oz./serving				
Chicken pieces	1 to 2 pieces 3 to 4 pieces		HI (10) HI (10)	¾-2 2-3½
Hot Dogs and sausages	1 to 2 3 to 4		HI (10) HI (10)	1-2 2½-3½
Rice and pasta	1 to 2 servings	150°	HI (10)	1-2
⅔-¾ cup/serving				
Topped or mixed with sauce	1 to 2 servings 3 to 4 servings	150°-160° 150°-160°	HI (10) HI (10)	3-6 8-12
⅔-¾ cup/serving				
Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with waxed paper. Do not cover rare or medium rare meats.				

(continued next page)

How to Use Defrost

Defrosting

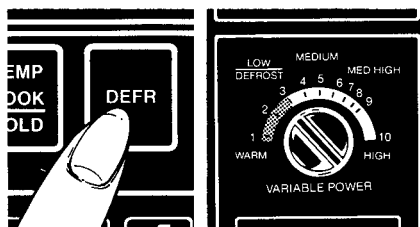
The Defrost setting is designed for even thawing necessary for large amounts of food and is one of the most important advantages of a microwave oven.

- Power Level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your Cookbook for defrosting help.

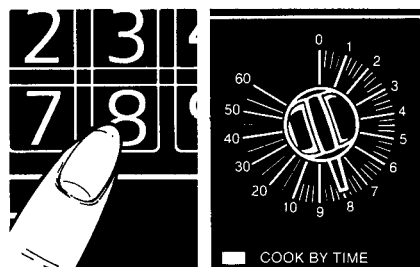
When the oven completes Defrosting, it automatically shuts off. It will then display "End" and beep once a minute until you either open the door or touch the CLEAR/OFF pad.

To become better acquainted with the defrost functions, defrost frozen pork chops using the following steps.

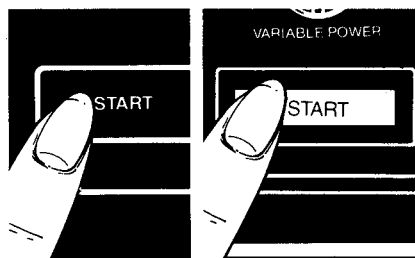
Step 1: Place package of frozen chops in the oven and close door.



Step 2: Touch DEFROST pad or set TIME/TEMP switch to TIME. On touch pad models, Power Level 3 is automatically set in the oven but does not appear on display. On Model MPR215, turn Power Level dial to 3.



Step 3: Select cooking time. Touch number pads 8, 0 and 0 for 8 minutes or turn Timer Control to 8.



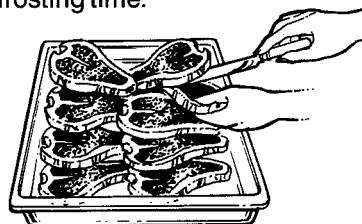
Step 4: Touch START. When cycle is completed, the oven signals and automatically shuts off.

Step 5: Turn package over, close door and repeat Steps 2, 3 and 4. (On Model MPR215, you do not have to reset Power Level.)

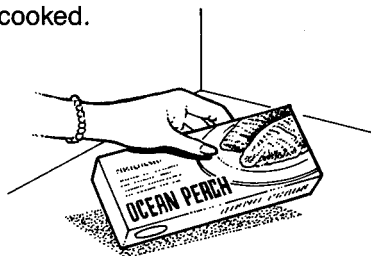
Step 6: When oven signals and shuts off, remove package and separate chops to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.
- For even defrosting, many foods need to be broken up or separated part of the way through the defrosting time.



- Homemade dinners can be frozen in shallow foil trays and heated for later use. Select foods which microwave well.
- Pre-packaged frozen dinners can be defrosted and microwave cooked.



Questions and Answers

Q. When I press START, I hear a dull, thumping noise. What is it?

A. This sound is normal. It's letting you know the oven is using a Power Level lower than HIGH.

Q. Can I defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the Power Level to 7 or 10 after entering the time. Power Level 7 cuts the time about in half. Power Level 10 cuts the time to approximately a third. Whichever you choose, rotate or stir food frequently.

Q. Can I open the door during DEFROST to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START.

Q. Can I select a Power Level other than automatic POWER LEVEL 3 for defrosting?

A. Yes. Some smaller foods may be defrosted quicker on higher Power Levels but for even, carefree defrosting, Power Level 3 is suggested.

How to Use the Minute/Second Timer

MPD218 & MPD219

The MIN/SEC TIMER has three timing functions:

- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The MIN/SEC TIMER operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch MIN/SEC TIMER pad. The display shows :0 and ENTER TIME flashes.
2. Touch number pads 3, 0 and 0 (for 3 minutes and no seconds). Display shows 3:00.
3. Touch START. Display shows time counting down.
4. When time is up, oven signals and display shows time of day.

Programming a HOLD Time

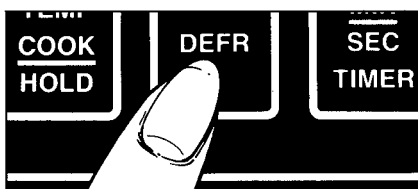
The Minute/Second Timer can also be used to program "hold time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes or Cookbook.

To set the oven to delay cooking up to 99 minutes follow Steps 1 and 2 to enter hold time. Then touch TIME COOK pad and enter time before pressing START.

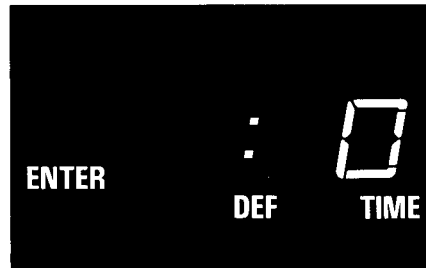
How to Defrost, Hold and Time Cook

Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook, for 25 minutes. Here's how to do it:

Step 1: Take casserole from freezer and place it in the oven.

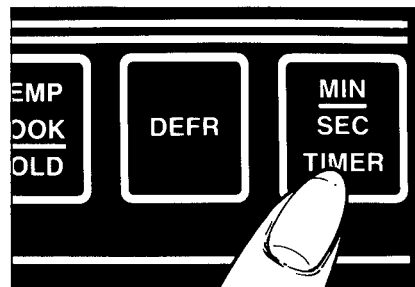


Step 2: Touch DEFROST pad.



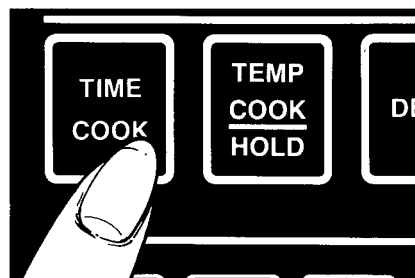
The display shows :0 and ENTER DEF. TIME flashes.

Step 3: Touch pads 1, 5, 0 and 0 for 15 minutes defrosting time: 15:00 appears on display. (Defrosting is automatically set on Power Level 3 but can be changed by touching POWER LEVEL pad and the new Power Level.)



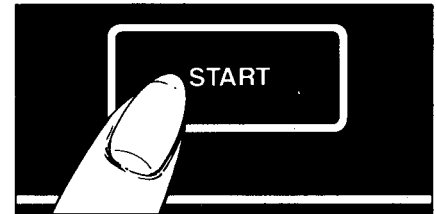
Step 4: Set standing or hold time by touching MIN/SEC TIMER. :0 appears on display and ENTER TIME flashes.

Step 5: Touch 1, 0, 0 and 0 to hold for ten minutes. 10:00 appears on display.



Step 6: Touch TIME COOK pad. The display shows :0 and ENTER COOK TIME flashes.

Step 7: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. 25:00 appears on display.



Step 8: Touch START. 15:00 counting down shows on display. As each function is automatically performed oven display shows instructions entered and the function. While cooking, you may touch appropriate pad to recall times you set.

Step 9: When time is up, the oven sounds, oven light and fan shut off. The display will show "End".

Step 10: Open the door or touch CLEAR/OFF pad.

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven automatically rearranges your program. Defrosting always comes first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

A. Yes, for foods you don't want to cook, like frozen fruit, frozen whipped topping, etc.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to defrost for 4 minutes, hold for 2 minutes, and then defrost for 6 minutes. In this case, the oven would defrost for 6 minutes and hold for 2 minutes and ignore your first defrost instruction.

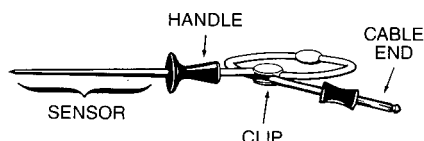
How to Temp Cook

Internal temperature is the best test of doneness for many foods.

When temperature cooking, roasts or poultry are cooked to your preference. Heating or reheating foods accurately to a serving temperature you desire is simple and easy.

TEMP COOK takes the guesswork out of cooking because the oven shuts off automatically when the food is done.

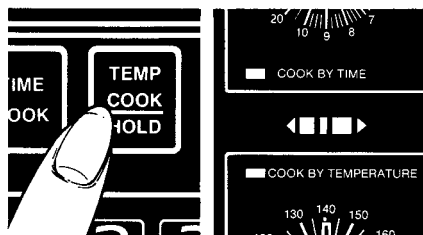
The Selectaprobe



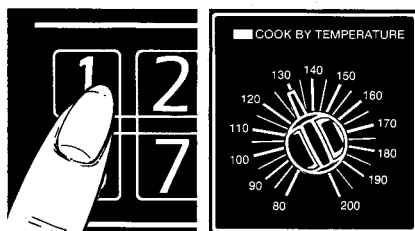
The Selectaprobe is a food thermometer that gauges the internal temperature of your food; it must be used when using TEMP COOK or ROAST MATIC. To utilize your probe properly, follow the directions for use and insertion in this book in the section entitled "How to Use Roast Matic".

How to Temp Cook a Rolled Beef Rib Roast to Medium

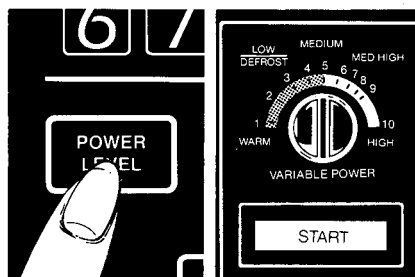
Step 1: Insert temperature probe as directed in Cookbook and attach probe securely in oven wall. Close the door.



Step 2: Select TEMP Cook.



Step 3: Set finished food temperature by touching number pads 1, 3 and 0 for 130° or turning Temperature Control to 130°.



Step 4: On touch pad models, Power Level 10 is automatically set in oven but for this example use Power Level 5. Touch Power Level pad and number 5 or turn Power Level dial to 5.

Step 5: Touch START.

Step 6: On touch pad models, when internal food temperature reaches 130°, the oven will sound and display HOLD. The oven will then hold the temperature. On Model MPR215, when internal food temperature reaches 130°, the oven automatically shuts off. Remove probe and food from oven.

Step 7: Touch the CLEAR/OFF pad to stop the cycle.

Step 8: Remove probe and food from the oven.

Cooking Tips

- Use a lower power level; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Always insert probe into the center of meaty areas; take care not to touch the fat or the bone.

- Insert probe as horizontally as possible into foods. Make sure the handle does not touch the food.
- Use the clip to keep the probe in place while heating.
- Cover foods loosely for moisture control and quick, even heating.

Questions and Answers

Q. Are there any foods I can't Temp Cook?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc., soften rapidly at warm temperatures. Batters and doughs as well as frozen foods are also difficult to cook precisely with the probe. It is best to TIME COOK these foods.

Q. Is temperature cooking better than time cooking for reheating leftovers?

A. Yes, this type of food is excellent to heat with the probe because often the amount of food is not known, therefore cooking time is only a guess. Cooking to a preset temperature (usually 150°) eliminates the guesswork.

Q. Oven sounded and would not start although I entered the temperature correctly. What is wrong?

A. If you have not securely seated the end of the probe into the receptacle in the oven wall, if you touch TEMP COOK and have forgotten to use the probe or if the actual food temperature is higher than set temperature, oven will sound and not start.

Q. Can I leave my probe in the oven if it's not inserted in the food?

A. No. If the probe is left inside the oven, touching the oven wall, and not inserted in food, you may damage the oven.

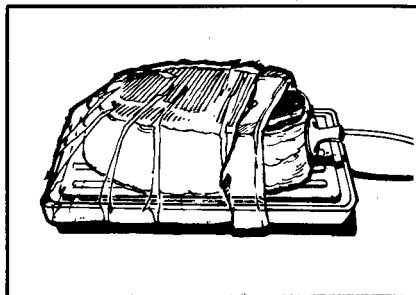
How to Use Roast Matic MODEL MPD219

Roast Matic uses the temperature probe to cook food to the desired serving temperature.

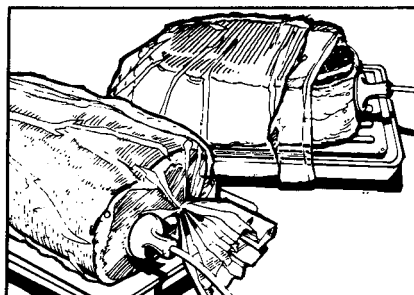
Unlike Temp Cook/Hold, which uses a single power level, Roast Matic uses up to 3 power settings which automatically switch during roasting, thus providing even tender cooking results without overcooking.

Just as in conventional roasting, only tender roasts should be cooked by Roast Matic Control until specified internal temperatures are reached. Less tender roasts should be microwaved by time.

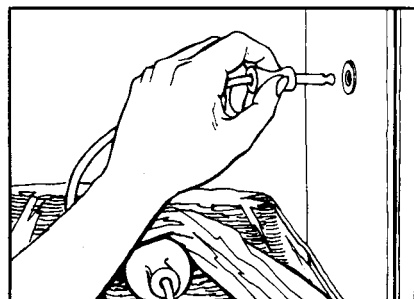
Preparing Roasts for Roast Matic Cooking



Place tender beef roasts on trivet in microwave safe dish. Insert probe from front horizontally into center meaty area not touching bone or fat. Cover with wax paper.

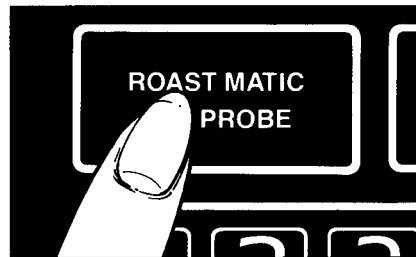


Poultry, pork or ham roasts need no trivet. Add ½ cup water to roast dish, cover with plastic wrap. (You may use cooking bag with slit close to tied area.) Insert probe into center meaty area.

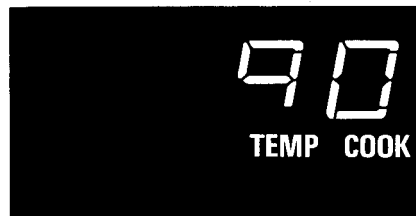


Place meat with probe in oven. Insert cable end of probe firmly into receptacle on oven wall.

How to Cook Beef to Medium



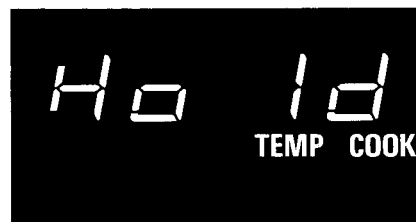
Step 1: Touch ROAST MATIC pad. Display flashes ENTER CODE. Touch number pad 3. "START" flashes. Touch START.



Step 2: Display shows internal food temperature counting up.



Step 3: Oven monitors internal food temperature, automatically switching to lower power as meat's temperature rises. This helps prevent toughening or overcooking.



Step 4: After temperature is reached, oven switches to HOLD for 1 hour and then shuts off. HOLD prevents overcooking while keeping meat warm.

Step 5: Display will show "End".

Step 6: Open door or touch CLEAR/OFF pad.

Roast Matic Chart

- Use containers and coverings as directed at left. Place probe correctly in roast before cooking.
- Recommended Codes are also shown inside oven on Roast Matic chart.
- Beef tenderloin roast, because of its small size, should be turned after 90° has been reached.

Food	Code	Final Temp.	Approx. Time (Min. per lb.)	Hold* (Minutes)
Beef				
Tender Roast				
Rare	2	125°	12-14	5-10
Medium	3	140°	14-16	10-15
Well done	4	170°	17-18	30
Meatloaf (loaf or round)	4	170°	30-40	5-10
Pork				
Loin Roast	4	170°	18-20	20
Precooked Ham	1	115°	17-19	5-10
Poultry				
Whole Chicken (3 lb.)	5	190°	13-15	20
Whole Turkey (up to 12 lbs.)	5	190°	13-15	20
(Insert probe into meatiest area of inner thigh from below end and parallel to leg.)				
Turkey Breast (Insert probe horizontally into meatiest area.)	4	170°	13-15	20

*Recommended standing time before serving.

Questions and Answers

Q. Are there any particular trivets that work better than others?

A. Yes, flat glass trivets such as lids or dish covers generally give more even cooking results than plastic trivets. Also, ceramic ridge-bottomed roasting dishes usually work well. Plastic trivets generally require meat to be turned over more frequently because the grid design and legs allow the bottom of the meat to stay cooler as it cooks, than glass trivets do.

Q. Is it necessary to always cover foods during Roast Matic?

A. No, but a loose covering helps prevent spattering and hold moisture in food.

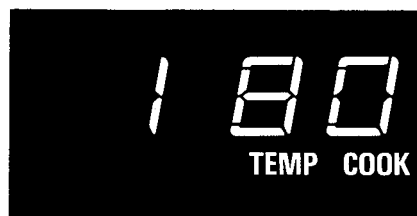
Q. Why was my roast not fully cooked even though the temperature on the readout was correct and Roast Matic completed?

A. When cooking with Roast Matic, the temperature probe must be inserted properly. Check to make sure the probe hasn't slipped or changed position.

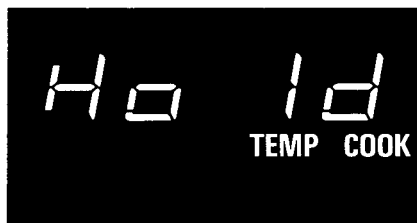
Automatic Simmer

(Roast Matic Code 6)

Here's how to Automatic Simmer a few popular foods. See your Cookbook for more cooking charts, recipes and techniques.



Set Auto Simmer like you do Roast Matic except touch number pad 6. START flashes. Touch START and display shows temperature until food reaches 180°.



Oven switches to HOLD when food's internal temperature reaches 180° and maintains that temperature until food is done. If stirring is recommended, you can reset the oven by retouching START. Touch CLEAR/OFF when cooking is finished.

Auto Simmer Chart

Food	Approximate Time/Hrs.
Beef	
Pot Roast*	6-8
Stew	6-8
Chili	11-13
Chicken*	
Stewing	11-12
Broiler/Fryer	4-6
Ham or Pork	
Roast	4-6
Soup	
Stock/Vegetable	3-6
Split Pea	13-15

*For frozen, add 2 to 3 hours.

How to Use Cooking Program

MODEL MPD219

Cooking Program provides a short-cut method for entering cooking time and power level on your microwave oven. Cooking Programs are only used for recipes which

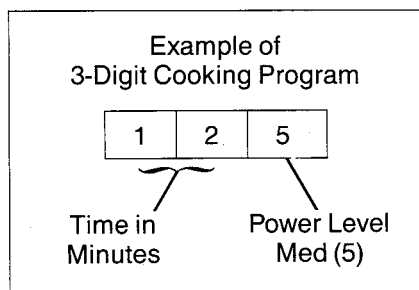
- need little or no attention, and
- require no change of power level during cooking.

Recipes which require additional ingredients, attention or change of power level during microwaving should be cooked in the usual manner.

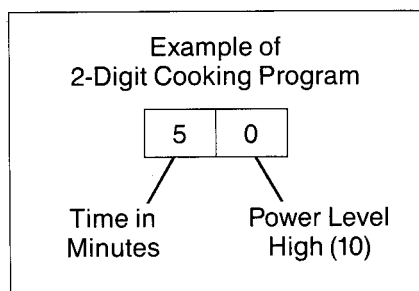
Also, recipes with cooking time of less than one minute or more than 99 minutes can not use Cooking Programs.

To understand the Cooking Program, it is important to know what the numbers mean and what the sequence is.

When setting a 3 digit Cooking Program, the first and second numbers indicate the amount of time you desire; the last entry number is always the Power Level. For example, 125 means 12 minutes at Power Level 5.



When setting a 2 digit Cooking Program entry, the first is time, the second is Power Level. For example, 50 means 5 minutes at Power Level 10.



Note: the highest Power Level, 10, is represented by "0".

The Guide on the following page gives Cooking Programs for many frequently prepared foods.

These Cooking Programs are for the minimum time needed, to avoid overcooking which can dry out food and make it tasteless and tough. If you feel that more cooking is needed, program additional cooking time and microwave again. You cannot add seconds to the cycle time—Cooking Programs are for whole minutes only.

If your recipe calls for Power Level changes or different amounts of time needed between addition of ingredients, you may set one Cooking Program for the first part of the recipe, then after completion, set another Cooking Program for that period of time and Power Level.

If you want Cooking Programs for other recipes, it's easy to make them yourself. Just select one or two digits representing the length of cooking time desired and a final digit for the Power Level required.

Remember that Cooking Programs are for microwaving by time only. If you are microwaving by temperature, you must use the Temp Cook or Roast Matic function.

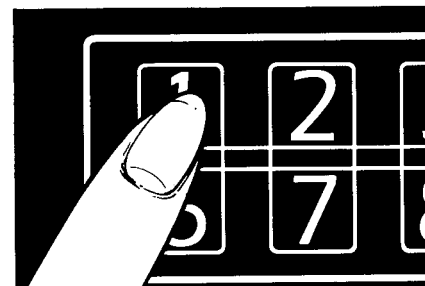
When the oven completes a Cooking Program, it automatically shuts off. It will then display "End" and beep once a minute until you either open the door or touch the CLEAR/OFF pad.

How to Set Cooking Program

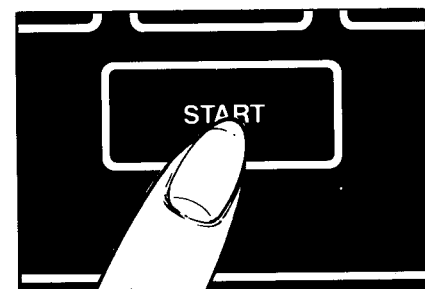
Programming your oven for Cooking Program operation is easy. Follow these simple steps.



Step 1: Touch COOKING PROGRAM. Signal light above Code flashes.



Step 2: Enter the proper numbers. For example, a recipe calling for 12 minutes cooking time at Power Level 10 would be 120. 120 appears on the display panel.



Step 3: Touch START. Signal light above TIME COOK shows as well as time counting down on display.

Cooking Program Guide

Detach and tape to inside cabinet door or other prominent place.

The Cooking Program feature gives you an easy automatic way to accurately set microwave time for foods requiring only one power level and little attention during cooking. The chart below shows frequently prepared foods and the suggested Cooking Programs to use with each.

FOOD	COOKING PROGRAM
Appetizers (Warming)	
Dip (Cream Cheese)	
½ cup	25
1 cup	45
Dips (Sour Cream)	
½ cup	23
1 cup	43
Pastry Bites (Reheating)	
2 servings	10
4 servings	20
Breads and Desserts	
Apples — 2	40
Bran Muffins — 5-6	37
Brownies (Mix)	60
Cakes (Mix) — 16-cup fluted mold	110
Cheese Bread, Yeast — 1 loaf	105
Chocolate Chip Bars	50
Pudding Mix — 3-oz. pkg.	60
Beverages	
Coffee, Soup — 1 cup	10
Milk Based — 1 cup	28
Frozen Foods (Defrost)	
Note: Times given below are for entire defrost cycle. Usually food must be rotated, broken up or turned over while defrosting.	
Cake, Whole Iced	23
Chicken, Cut-Up — 2½-3½ lbs.	143
Dessert Topping, Whipped	23
Doughnuts or Pastries — 2-4	13
Fish Fillets — 1 lb.	83
Hamburgers — 2 lbs.	123
Pie, Fruit Filling — Whole	83
Roast — 4-5 lbs.	283
Steak or Chops — 2 lbs.	103

To set Cooking Programs for many other foods or recipes refer to page 18 in this *Use and Care Book*. Cooking Programs given are for minimum time. Check and add time if necessary to complete cooking.

Always use microwave-safe containers.

FOOD	COOKING PROGRAM
Meats/Main Dishes	
Bacon	
2 slices	28
4 slices	48
Chicken	
8-10 pieces	200
2 pieces	50
4 pieces	100
Chuck Roast — 3 lbs.	665
Eggs, Baked — 2 Eggs	27
Eggs, Scrambled — 2 Eggs	20
Entrees, Frozen	
8 oz.	50
16 oz.	120
2 lbs.	200
Fish Fillets — 1 lb.	80
Franks (in bun)	
2	10
4	30
Meat Loaf — 1½ lbs.	170
Sausage (Raw)	
4 Patties	40
4 Links	20
Swiss Steak — 2 lbs.	705
Frozen TV Dinner — 12 oz.	70
Vegetables (Fresh)	
Beans, Green — 1 lb.	150
Broccoli — 1¼-1½ lbs.	
Spears	157
Cut	120
Cauliflower, Head	137
Corn on Cob — 4	120
Potatoes — 4	120
Squash — 1 lb.	100
Zucchini — 1 lb.	100
Vegetables (Frozen)	
10-oz. pkg.	70

Care for Your Microwave Oven

BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

Your new Microwave Oven is a valuable appliance. Protect it from misuse by following these rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps "air-out" the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils with your oven.** The inside and outside oven walls can be scratched. The control panel can be damaged.
- **Don't remove the cover over the antenna** at the top of the oven (microwave feature 4 on page 6). You will damage the oven.



How to Clean the Inside

Walls, floor and plastic cover.

Because there is little heat except in the food, or sometimes in the utensils, spills and spatters are easy to remove. Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry. Do not use abrasive cleaners on oven wall. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door (inside). Glass: Wipe up spatters daily, wash when soiled, with a minimum of sudsy warm water. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. **DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL MAR THE SURFACE.**

Special note when using Brown-ing Dish: High heat generated on bottom of dish can cause scorched appearing stains to bake onto the oven floor if grease is present. These may be removed with Bar Keepers Friend® Cleanser by SerVaas Laboratories, Inc.

After using Bar Keepers Friend® Cleanser, rinse and dry thoroughly, following instructions on can. Do not use Bar Keepers Friend® Cleanser on the painted surfaces such as the walls. It may scratch the paint.

Bar Keepers Friend® Cleanser is sold in many grocery, hardware, and department stores.

Selectaprobe. Probe is sturdy, but care should be taken in handling. Do not twist or bend; avoid dropping temperature probe.

Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with plastic scouring ball if necessary. Rinse and dry. (Or wash in dishwasher.)

How to Clean the Outside

Case. Clean the outside of your oven with soap and water, then rinse and dry. The outer pane of the window is glass. Just wipe clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

Control Panel. Wipe with a damp cloth. Dry thoroughly. Do not use abrasives or sharp objects on the panel—they can damage it.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

Power Cord. If the cord becomes soiled, unplug and wash with damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse and dry thoroughly before plugging cord into outlet.

Oven Lamp Replacement

First, unplug the oven. Then remove lamp compartment cover by removing screw which holds cover in place. Cover is located at the rear of outer case.

Replace with 40 watt appliance bulb. (It is available in drug and hardware stores.) Replace compartment cover. Plug in the oven.

The Problem Solver

If you have a problem, it may be minor. You may be able to correct it yourself. Just use this Problem Solver to locate your problem and then follow the suggested recommendations.

Save time and money. . . before you request service, check the following:

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN DOES NOT COME ON	<ul style="list-style-type: none">• Main circuit breaker is tripped.• One of house fuses has blown.• 3-prong plug isn't fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none">• Make sure you touched START button.• Door is not securely closed.• You have already entered another program and not touched CLEAR/OFF to cancel it.• Temperature probe not inserted properly or not being used during Roast Matic or Temp Cook.• You have not entered numbers after Time Cook.• You have not entered desired finished temperature after Temp Cook.• CLEAR/OFF was touched accidentally.• After touching Cooking Program or Roast Matic pads, no code number was entered.• Be sure temperature set is higher than actual food temperature.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	<ul style="list-style-type: none">• Not enough time set when using Time Cook function because of variance of starting food temperatures.• The density and amount of foods will vary and thus may need more time for completion.• Probe not inserted properly into meat or dish. Check Roast Matic section in this book for specific probe placement.• Incorrect Cooking Program numbers entered.• Incorrect Power Level entered.• Dish was not rotated, turned or stirred if these instructions were given in recipe.• Too many dishes in oven at same time.• You did not enter a different Power Level as suggested in recipe.
"PF" APPEARS ON DISPLAY	<ul style="list-style-type: none">• When oven is first plugged in.• When power to oven has been interrupted, and then is resumed. Touching CLEAR/OFF erases "PF" and clock must be reset.
"EE EE" APPEARS ON DISPLAY	<ul style="list-style-type: none">• When using Temp Cook/Hold, a temperature less than 90° or more than 199° has been entered.• When using Clock, you have not entered a valid clock time.• When using Cooking Program, you have not entered a valid Code. Code must be 2 or 3 digits.
"PROB" APPEARS ON DISPLAY	<ul style="list-style-type: none">• Probe has been forgotten or not seated properly in oven wall when using Roast Matic or Temp Cook/Hold functions.

All these things are normal on your Microwave Oven:

1. Steam or vapor escaping from around the door.
2. Light reflection around door or outer case.
3. Dimming oven light and change in blower sound may occur while operating at power levels other than high.
4. Dull thumping sound while operating at power levels other than high.
5. Some TV-radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

Quality, Reliability and Integrity

Your Caloric product was manufactured utilizing highly reliable and thoroughly tested componentry. However, due to highly complex assembly procedures, complicated circuitry integration, and the addition of consumer convenience and safety systems, all of today's home appliances are experiencing a higher service incidence ratio. If your product should require servicing, you can assure yourself of "good as new" performance if you insist that "genuine" Caloric replacement parts are to be used in the repair of your product. When you see the name "Caloric" on the wrapper, you know its backed by quality, reliability and integrity.

Appliance Maintenance Agreement

Caloric offers an appliance maintenance agreement which makes it possible to protect yourself against future unexpected investments in functional replacement components and related labor costs on your products after the expiration of your existing new product warranty. The protection provided by this plan goes into effect the day that your original warranty expires or when your payment is processed. You can have months of peace of mind for only pennies a day.

Write today indicating model number, serial number, and the date the product was purchased, for an application for a Caloric Appliance Maintenance Agreement.

CALORIC®

MODELS MPR 215, MPD 218, MPD 219 Countertop Microwave Ovens LIMITED APPLIANCE PARTS WARRANTY

LIMITED ONE YEAR WARRANTY ON ALL PARTS

Caloric warrants all PARTS of this Caloric appliance against defects in material and workmanship for a period of one (1) year from the date of initial delivery. Any replacement parts furnished at no cost to the purchaser in fulfillment of this warranty, are warranted only for the unexpired portion of the original warranty. Caloric's appliance parts warranty pertains only to the PARTS of the appliance, not the labor required for repair or replacement, which is the responsibility of the source from whom this appliance was purchased.

EXTENDED LIMITED FOUR YEAR WARRANTY ON MAGNETRON TUBE

As a special extension of its PARTS WARRANTY, Caloric warrants the MAGNETRON TUBE in the microwave portion of this Caloric appliance against defects in material and workmanship for a period of five (5) years from the date of its initial delivery. Any replacement magnetron tube furnished at no cost to the purchaser in fulfillment of this warranty is warranted only for the unexpired portion of the original warranty. Caloric's EXTENDED LIMITED FOUR YEAR MAGNETRON TUBE WARRANTY pertains only to that PART of the appliance and not to any other part of the appliance or the total appliance.

WARRANTY SERVICE

The selling dealer, builder, or utility from whom this appliance was purchased is responsible for advising the purchaser of the period of no charge warranty service labor coverage, and how and from whom warranty service is available. Replacement parts under the terms of this warranty must be furnished by a franchised Caloric dealer or authorized Caloric service agency.

OWNERSHIP

This appliance PARTS warranty remains in force for one year from the initial delivery of the appliance, and continues in force even if relocated by the first or subsequent purchaser(s).

The EXTENDED LIMITED FOUR YEAR MAGNETRON TUBE WARRANTY stated above remains in force for five (5) years from the initial delivery of the appliance, and continues in force even if relocated by the first or subsequent purchaser(s).

WARRANTY CONDITIONS

Caloric's LIMITED APPLIANCE PARTS WARRANTY DOES NOT apply to any appliance which has been subjected to alteration, misuse, abuse, accident, improper installation, delivery damage, or other than normal household use and service. OPERATING THE MICROWAVE OVEN WHEN EMPTY OR USING METAL UTENSILS IN THE OVEN WILL BE CONSTRUED AS APPLIANCE MISUSE AND ABUSE.

Caloric PARTS warranty is LIMITED STRICTLY to the terms indicated herein, and no other expressed warranties or remedies thereunder shall be binding on us. TO THE EXTENT CONSISTENT WITH STATE AND FEDERAL LAWS: (1) ANY IMPLIED WARRANTIES SHALL BE LIMITED TO THE SAME TIME PERIODS STATED HEREIN FOR CALORIC'S EXPRESSED WARRANTIES, AND (2) CALORIC SHALL NOT BE LIABLE FOR CONSEQUENTIAL DAMAGES UNDER ANY EXPRESSED OR IMPLIED WARRANTIES RELATING TO THE CALORIC APPLIANCE.

Caloric's warranty obligation on appliances located outside the contiguous 48 U.S. states and the District of Columbia shall be LIMITED STRICTLY to furnishing replacement parts and shall EXCLUDE service labor.

FEDERAL REGULATORY PROVISIONS

Some states do not allow limitations on how long an implied warranty lasts nor limitations or exclusions of incidental or consequential damages, so the above limitations or exclusions 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, as well as rights under Federal Laws.

PURCHASER'S RESPONSIBILITIES

The purchaser will be responsible for the costs of any service calls requested to demonstrate or confirm the proper operation of the appliance, to correct an improper installation that the purchaser may have performed, or to correct malfunctions in the appliance created by operation of the appliance in a manner not prescribed by or cautioned against, in the Caloric Use and Care Instructions.

PURCHASE REGISTRATION CARD

THE SELLING DEALER, BUILDER, OR UTILITY IS REQUIRED BY GOVERNMENT REGULATIONS TO REGISTER WITH CALORIC OR TO PRESERVE THEIR OWN RECORDS OF ALL FIRST PURCHASES OF MICROWAVE OVENS FOR PURPOSES OTHER THAN RESALE. To ensure that Caloric obtains information enabling it to identify the location of the total appliance for service and other related purposes, we URGE you to return the PURCHASE REGISTRATION CARD included in your Owner's Manual. Your warranty rights are not conditioned upon the return of the Purchase Registration Card.

MODEL AND SERIAL NUMBERS

The appliance model and serial number can be found on a nameplate attached to the appliance. The purchaser should always use the model number and serial number when talking to or writing to the dealer, builder, or utility from whom this appliance was purchased, the local authorized service agency, or Caloric.

FACTORY ASSISTANCE

If the purchaser is unable to locate an authorized service agency, or if the purchaser does not receive satisfaction from the source from whom the appliance was purchased, or from the local servicing dealer or agency, write to: Caloric Corporation, Consumer Relations Department, Topton, Pennsylvania, 19562, or call AC215-682-4211.

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