



Wave Oven™ AOWS2030

Owner's Manual

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Model Identification

Complete enclosed registration card and promptly return. Any questions or if registration card is missing, call Consumer Affairs Department at 1-800-843-0304 inside U.S.A. 1-319-622-5511 outside U.S.A.

When contacting Amana, provide product information. Product information is on oven serial plate located on lower right-hand side of oven. Record the following information:

Model Number: _____
Manufacturing Number: _____
Serial or S/N Number: _____
Date of purchase: _____
Dealer's name and address: _____

Parts and Accessories

Purchase replacement parts and additional accessories (e.g. refrigerator shelves, dryer racks, or cooktop modules) over the phone. To order accessories for your Amana product, call 1-800-843-0304 inside U.S.A. or 319-622-5511 outside U.S.A.

Service

Keep a copy of sales receipt for future reference or in case warranty service is required. Any questions or to locate an authorized servicer, call 1-800-NAT-LSVC (1-800-628-5782) inside U.S.A. 319-622-5511 outside U.S.A. Warranty service must be performed by an authorized servicer. Amana also recommends contacting an authorized servicer if service is required after warranty expires.

IMPORTANT SAFETY INSTRUCTIONS



Recognize this symbol as a **SAFETY** message



Recognize this symbol as a **HOT SURFACE** warning



WARNING

When using electrical oven, basic safety precautions should be followed to reduce the risk of burns, electrical shock, fire, or injury to persons.

1. **READ** all instructions before using oven.
2. This oven **MUST BE GROUNDED**. Connect only to properly grounded outlet. See ***GROUNDING INSTRUCTIONS*** on page 5.
3. Install or locate this oven **ONLY** in accordance with the installation instructions in this manual.
4. Use this oven **ONLY** for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this oven. This type of oven is specifically designed to heat or cook. It is not designed for industrial or laboratory use.
5. **DO NOT** store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
6. As with any oven, **CLOSE SUPERVISION** is necessary when used by **CHILDREN**.
7. **DO NOT** operate this oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
8. Do not operate oven without air filters in place.
9. This oven, including power cord, must be serviced **ONLY** by qualified service personnel. Special tools are required to service oven. Contact nearest authorized service facility for examination, repair, or adjustment.
10. **DO NOT** cover or block any openings on the oven.
11. **DO NOT** store or use this oven 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.
12. **DO NOT** immerse cord or plug in water.
13. Keep cord **AWAY** from **HEATED** surfaces.
14. **DO NOT** let cord hang over edge of table or counter.
15. **DO NOT** place paper or plastic products in oven.
16. Replace glass shields **ONLY** with glass shields provided by Amana or an authorized oven supplier.
17. **DO NOT** clean with metal scouring pads. Pieces can break off the pad and touch electrical parts involving risk of electrical shock.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

WARNING

To avoid severe burns, wear dry fireproof oven mitts or use pan grips when handling utensils, racks, glass shields, and door. Oven interior becomes hot during operation.

CAUTION

To avoid personal injury or property damage, observe the following:

1. Do not use glass cookware not intended for cooking in oven. Glass can shatter when exposed to high temperatures.
2. Do not unplug oven immediately after use. Internal fan must cool oven to avoid damage of electrical components.
3. Do not use oven without glass shields in place. Shields must be in place to prevent contact of food with lamps.
4. Do not immerse hot glass utensils or glass shields in water. Glass utensils and shields can shatter if exposed to extreme temperature change.
5. Never use your oven to warm or heat room.
6. Do not leave children alone. Children should not be left alone or unattended in area where oven is in use. They should never be allowed to sit or stand on any part of the appliance.
7. Wear proper apparel. Loose fitting or hanging garments should never be worn while using the oven.
8. Never store flammable materials in or near oven.
9. Do not use water on grease fires. Smother or use dry chemical extinguisher to extinguish fire or flame.

10. Use only dry fireproof oven mitts. Moist or damp potholders on hot surfaces can result in burns from steam. Do not use towel or other bulky cloth.
11. Use care when opening oven door. Let hot air or steam escape before removing or replacing food.
12. Do not heat unopened food containers. Pressure build-up can cause container to burst resulting in injury.
13. Keep oven vent ducts unobstructed.
14. Always place oven racks in desired position while oven is cool. If rack must be moved while oven is hot, use care not to touch hot surfaces.
15. Do not use oven in poorly ventilated areas.

CAUTION

To reduce the risk of fire:

1. **DO NOT** overcook food.
2. Do not use paper, plastic, or other combustible materials in oven. Material can ignite.
3. **KEEP** oven **DOOR CLOSED**, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel, if materials inside the oven should ignite. Fire may spread if door is opened.

SAVE THESE INSTRUCTIONS

Grounding Instructions

Installation

WARNING

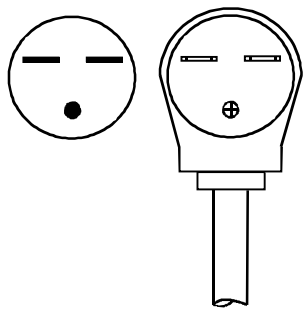
To avoid the risk of electrical shock or death, this oven must be grounded.

To avoid the risk of electrical shock or death, do not alter the plug.

This oven **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 oven is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into a properly installed and grounded outlet.

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

Do not use an extension cord. If the oven power cord is too short, have a qualified electrician install a three-slot receptacle. This oven should be plugged into a separate 60 hertz circuit with the electrical rating as shown in the appropriate drawing. **Models rated at 240 supply voltage.** When Amana Wave Oven™ is on a circuit with another appliance or supply voltage varies, an increase in cooking times may be required and fuses can be blown.



Receptacle / Plug
NEMA 6-30R/6-30P
250V-30AMP

AOWS2030*

Unpacking Oven

- Remove packing and printed material from oven cavity.
- Report any dents or breakage to source of purchase immediately.
- Inspect oven for damage such as dents in door or inside oven cavity.
- Inspect grill accessory in oven cavity for damage.
- Inspect cord and plug for damage.

Oven Placement

- Leave at least 1 inch/2.54 centimeters on side of oven with air vents to ensure adequate air flow around oven. Restricted airflow may cause oven to operate improperly and shorten life of electrical parts.
- Do not block air exhaust duct or air filter.
- Install according to all local building codes and ordinances.
- Amana Wave Oven™ must be built into cabinets. Use only Amana "AXL" trim kit.

Oven Features

Halogen Lamp Banks

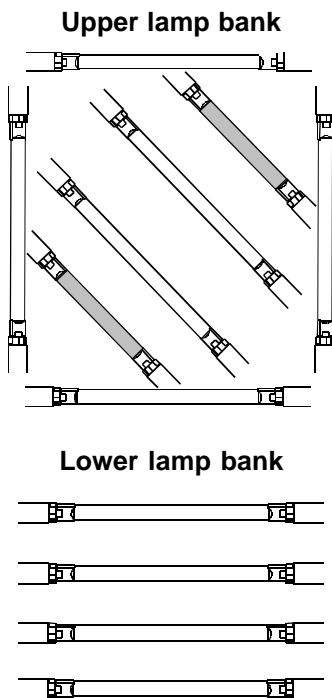
The Amana Wave Oven™ has 2 banks of halogen bulbs. Upper lamp bank is located on oven ceiling and has 8 bulbs. Lower lamp bank is located oven floor and has 4 bulbs. Upper lamp bank heats center and edge of food while lower lamp bank heats utensil. Each lamp bank can be adjusted independently.

Upper and lower lamp banks do not heat simultaneously. When upper lamp bank is operating, lower lamp bank is off. However, to provide light for the oven cavity, outer bulbs in upper lamp bank turn on while lower bank heats. Oven display shows “OFF” when upper lamp bank provides light for oven cavity.

Lamp banks have 4 settings, “OFF”, “LO”, “MED”, and “HI”. Adjust lamp bank intensity on top and bottom independently to perfect recipes. Press *OFF*, *LO*, *MED*, or *HI* pad to adjust before or during cooking.

CAUTION

To avoid burns, cuts, and damaging halogen bulb, wear cotton gloves or grasp bulb with clean cotton cloth when handling halogen bulbs. Oil from hands will reduce halogen bulb life.



Defrost

Amana Wave Oven™ defrosts frozen food. After defrosting, cook food with standard or custom recipes in Amana Wave Oven™. Press *DEFROST/2* pad, then select food type to be defrosted. Select pad *8* for seafood, pad *9* for poultry, or pad *0* for meat. Check food and add time if food is not defrosted.

Standard Recipes

Cook with Amana’s recipes. Pads *3-9*, *0* contain preprogrammed recipes. Standard recipes can not be lost or changed. To view recipes, press number pad repeatedly until desired recipe shows. See table for pads and recipes. See “Standard Recipe Guide” section for cooking times.

Pad	Type	Recipe
3	Appetizers	NACHOS QUESADILLAS BUFFALO WINGS MOZZARELLA STIX
4	Vegetables	FROZEN CORN FROZEN CARROTS FROZEN PEAS FROZEN BROCCOLI FRESH CARROTS FRESH BROCCOLI
5	Toasted Items	BAGELS ENGLISH MUFFINS FRENCH BREAD
6	Baked Items	CRESCENT ROLLS BISCUITS BREAD STICKS MUFFINS COOKIES CINNAMON ROLLS
7	Pizza/ Sandwiches	RAW DOUGH CRUST PARBAKED CRUST FROZEN PIZZA FRENCH BR PIZZA GRILLED CHEESE HAM & CHEESE RUEBEN ROAST BEEF
8	Seafood	FISH FILLETS FISH STEAKS FISH STICKS SHRIMP
9	Poultry	CHICKEN BREASTS CHICKEN FINGERS CHICKEN NUGGETS
0	Meat	NEW YORK STRIP SIRLOIN T-BONE STEAK HAMBURGER PORK CHOPS

Custom Recipes

Cook with recipes you have saved. Recipes you create can be saved under pads 1-9, 0. Recipes can be changed or improved. Use food types beside pads to categorize recipes.

Timed Cooking

The Amana Wave Oven™ does not require preheating. Set time, lamp intensity, and press *START* pad. Adjust lamp bank intensity independently while cooking. When oven stops heating or is paused, display prompts user to continue or save recipe. To continue, press numbered pads to enter additional cooking time. If food is cooked to preference, cooking sequence can be saved for future use in programmable number pad. See "Saving Recipe" section of manual.

Cooking Time

Cooking times range from 1 second (00:01) to 19 minutes, 99 seconds (19:99).

Add Time

Oven signals and "ADD TIME" shows in display when cooking time counts down to 10 seconds. To add additional cooking time in 30 second increments, press 1 number pad.

Control Lock

Press *LOCK* pad once to disable pads. If pads are pressed, oven does not operate. Press *LOCK* pad again to enable pads. Number pads signal when disabled. "Locked" shows in display.

Changing Oven Signal

Change end-of-cycle signal volume. Simultaneously, press *SEAFOOD* pad and *MEAT* pad on words to change oven signal volume. Settings include "HI", "MED", "LO", and "OFF". Continue to press pads to advance through settings.

Add or Remove Scrolling Messages

Add or remove scrolling messages from display. Simultaneously, press *POULTRY* pad and *MEAT* pad on words to add or remove scrolling messages.

Oven Fan

Oven fan operates while oven cooks. Fan can operate at any time to cool oven cavity and components.

Auto Voltage Compensation

Standard recipes were created with 240 oven supply voltage. If supply voltage is above or below 240, cooking times can vary. High voltage shortens cooking times. Low voltage lengthens cooking times. Amana Wave Oven™ measures supply voltage and adjusts Standard Cooking Times and defrosting automatically.

Cooking Displays

Scrolling Messages

While operating Amana Wave Oven™, messages can scroll across display. Scrolling messages instruct user what to do or press. If unsure of next step, wait and in most displays scrolling message appears.

Displays

Display descriptions do not cover all possible displays. Some displays prompt user to next step or describe options. Descriptions below help interpret commonly encountered displays. See displays below text.

When oven is connected to power or *STOP/RESET* pad is pressed, "Amana Wave Oven" and scrolling message show in display .

Amana Wave Oven
Select FOOD, DEFROST or

If pad 3-9, or 0 is pressed, display shows recipe information for standard recipe or saved custom recipe. "MED" indicates upper lamp bank setting. "OFF" indicates lower lamp bank setting. "NACHOS" indicates menu item. "3:00" is cooking time.

"COOKING" shows in display after *START* pad is pressed. If *STOP/RESET* pad is pressed or oven door opened, "PAUSE" shows instead of "COOKING".

Oven signals and "ADD TIME" shows in display when cooking time counts down to 10 seconds. To add additional cooking time in 30 second increments, press 1 number pad.

OFF ■ NACHOS
OFF ■ COOKING 3:00

After *TIME ENTRY* pad is pressed or lamp intensity is changed during standard recipe, lamp intensity settings, "MANUAL COOK", and cooking time show. "MANUAL COOK" indicates oven is no longer cooking according to standard recipe.

Lamp banks have 4 settings, "OFF", "LO", "MED", and "HI". Adjust lamp bank intensities on top and bottom independently to perfect recipes. Press *OFF*, *LO*, *MED*, or *HI* pad to adjust before or during cooking.

OFF ■ MANUAL COOK
OFF ■ COOKING 0:00

"CHECK LAMP SHIELDS" and scrolling message show in display if shields are removed or are not in place while oven is connected to power. Oven does not operate if shields are not in place.

Amana Wave Oven
CHECK LAMP SHIELDS

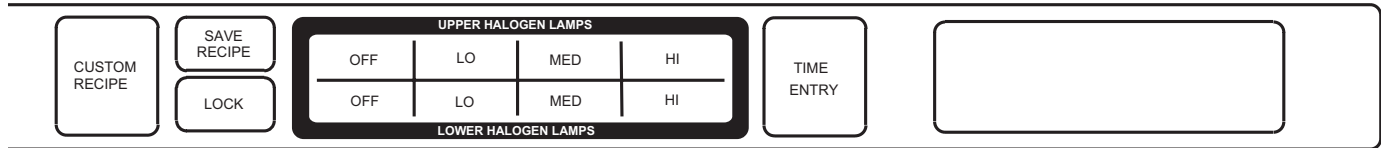
"Oven Cool Down" and scrolling message show in display after cooking while fan cools oven.

■ Oven Cool Down ■
Scrolling message

"OVEN HOT!" and "OVEN COOL DOWN, Please Wait." show in display if oven temperature exceeds temperature limit. See "Before Calling for Service" section if oven continues to overheat.

■■ OVEN HOT! ■■
OVEN COOL DOWN, Please

Pads



CUSTOM RECIPE

Selects "CUSTOM RECIPES" and sets back to "STANDARD RECIPES".

SAVE RECIPE

Saves last cooking cycle to custom recipe when oven is paused or finished cooking.

OFF/LOW/MED/HI

Lamp banks have 4 settings, "OFF", "LO", "MED", and "HI". Adjust lamp bank intensities on top and bottom independently to perfect recipes. Press *OFF*, *LO*, *MED*, and *HI* pad to adjust before or during cooking.

LOCK

Press *LOCK* pad once to disable pads. Press *LOCK* pad again to enable pads. Number pads signal when disabled. "Locked" shows in display.

TIME ENTRY

Selects "Manual Time Entry Cooking". Oven cooks according to time and lamp intensity entered.

1-9,0

Begins preprogrammed "STANDARD" or programmed "CUSTOM" recipes. Sets time. Press on numbers unless instructed differently.

30 SEC/1

Adds 30 seconds of cooking time.

DEFROST/2

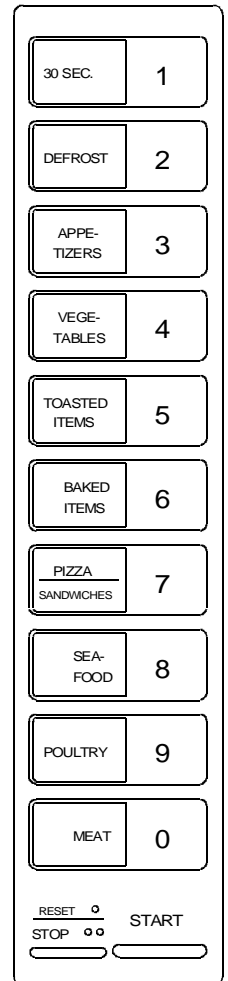
Selects "Defrost" heating. Choose to defrost *Seafood*, *Poultry*, or *Meat*.

RESET•/STOP••

Pauses cooking and cancels cooking after pause. Cancels entries.

START

Begins and resumes cooking.



Operation

30 Second Pad

Cook in 30 second increments. Oven must show "STANDARD RECIPES" in scrolling message.

1. Place food in oven.
 - Always place food on rack. Food placed on lower glass shield will burn.
2. Press *30 SEC./1* pad.
 - Press *30 SEC./1* pad once to add 30 seconds, twice for 1 minute, or more for more time.
3. Set lamp intensities. See "Halogen Lamp Banks" section.
4. Press *START* pad to begin cooking.
 - Press *30 SEC./1* pad to add cooking time while cooking or after cooking stops.
 - Adjust lamp bank intensities at any time while cooking. See "Halogen Lamp Banks" section.

Pause, Continue, or Stop Cooking

- To pause cooking, open door or press *STOP/RESET* pad once.
- To continue cooking, close door, and press *START* pad.
- To stop cooking cycle, press *STOP/RESET* pad twice.

Defrost

Defrost frozen food. Oven must show "STANDARD RECIPES" in scrolling message.

1. Place food in oven.
 - Always place food on rack. Food placed on lower glass shield will burn.
2. Press preprogrammed number *2* pad.
3. Press preprogrammed number *8*, *9*, or *0* pad to select seafood, poultry, or meat.
4. Press *START* pad.
 - Watch food while it defrosts. Defrost time is no set according to portion.
 - If lamps are adjusted above "LO" setting, oven cooks according to "Manual Time Entry Cooking" instructions.
5. Stop oven when defrosting is finished.

Pause, Continue, or Stop Cooking

- To pause cooking, open door or press *STOP/RESET* pad once.
- To continue cooking, close door, and press *START* pad.
- To stop cooking cycle, press *STOP/RESET* pad twice.

Cooking with Standard Recipe

Cook with Amana's recipes.

1. Place food in oven.
 - Always place food on rack. Food placed on lower glass shield will burn.
2. Press preprogrammed pad number (*3-9,0*).
 - Each number pad is next to cooking time or food type. When pad is pressed, settings and title display. Press pad repeatedly to view different recipes under food type.
3. Press *START* pad when correct recipe displays.
 - Adjust lamp bank intensities at any time while cooking. See "Halogen Lamp Banks" section.
 - Press *30 SEC./1* pad to add cooking time while oven is cooking.
 - Press *SAVE RECIPE* pad when oven is paused or finished cooking to save last cooking cycle. See "Saving Recipes" section.

Pause, Continue, or Stop Cooking

- To pause cooking, open door or press *STOP/RESET* pad once.
- To continue cooking, close door, and press *START* pad.
- To stop cooking cycle, press *STOP/RESET* pad twice.

Manual Time Entry Cooking

Oven cooks according to time and lamp intensity entered. The Amana Wave Oven™ does not require preheating. Time and lamp intensity can be adjusted while cooking. Save cooking sequence when finished if desired.

1. Place food in oven.
 - Always place food on rack. Food placed on lower glass shield will burn.
2. Press *TIME ENTRY* pad.
3. Press number pads to enter cooking time.
 - For example, press 2, 3, and 0 pad for 2 minutes and 30 seconds of cooking.
4. Set lamp intensities. See “Halogen Lamp Banks” section.
5. Press *START* pad to begin cooking.
 - Adjust lamp bank intensities at any time while cooking.
 - Press *30 SEC./1* pad to add cooking time after cooking stops or when oven displays “ADD TIME?”.
 - Press *SAVE RECIPE* pad when oven is paused or finished cooking to save last cooking cycle as a custom recipe. See “Saving Recipes” section.

Pause, Continue, or Stop Cooking

- To pause cooking, open door or press *STOP/RESET* pad once.
- To continue cooking, close door, and press *START* pad.
- To stop cooking cycle, press *STOP/RESET* pad twice.

Saving Recipe

Cook according to “Manual Time Entry Cooking”, “Standard Recipes”, or “Custom Recipes” section. If desired, save cooking cycle when cooking is paused or after cooking is finished. Oven retains times, lamp intensity level, and changes while cooking to create recipes. Save recipes on preprogrammed pads. Save up to 10 custom recipes. Standard recipes are never replaced.

1. Pause or finish cooking.
2. Press *SAVE RECIPE* pad.
3. Press number pad (1-9,0).
 - Select pad according to food type.
 - Recipe is saved as custom recipe.

Cooking with Custom Recipe

Cook with recipes you have saved.

1. Place food in oven.
 - Always place food on rack. Food placed on lower glass shield will burn.
2. Press *CUSTOM RECIPE* pad.
 - If “CUSTOM RECIPES” displays, go to step 3.
 - If “STANDARD RECIPES” displays, press *CUSTOM RECIPE* pad again.
3. Press pad number (1-9,0).
 - Select number pad according to food type.
4. Press *START* pad.
 - Adjust lamp bank intensities at any time while cooking. See “Halogen Lamp Banks” section.
 - Press *30 SEC./1* pad to add cooking time after cooking stops or when oven displays “ADD TIME?”.
 - Press *SAVE RECIPE* pad when oven is paused or finished cooking to save last cooking cycle. See “Saving Recipes” section.

Pause, Continue, or Stop Cooking

- To pause cooking, open door or press *STOP/RESET* pad once.
- To continue cooking, close door, and press *START* pad.
- To stop cooking cycle, press *STOP/RESET* pad twice.

Amana Wave Oven™ Cooking

Cooking Guidelines

The Amana Wave Oven™ uses high intensity radiant energy to cook, brown, grill, sear, and heat foods. Amana Wave Oven™ minimizes cooking times while maximizing food quality.

The Amana Wave Oven™ does not require preheating.

Amana Wave Oven™ uses 2 independent lamp banks to heat food. The upper lamp banks heat food directly while the lower bank heats cooking utensil or grill. Because the grill or utensils absorb radiant energy, light does not need to shine on the bottom of the food.

Upper and lower lamp banks do not heat simultaneously. When upper lamp bank is operating, lower lamp bank is off. However, to provide light for the oven cavity, upper lamp bank turns on while lower bank heats. Oven display shows "OFF" when upper lamp bank provides light for oven cavity.

When developing recipes, watch the food while it cooks. How food looks and smells while cooking provides the best indication of how the food is cooking.

Use "Manual Time Entry Cooking" section to create a new recipe and "Saving Recipe" section to quickly save the recipe. If food bubbles or browns excessively, adjust lamp bank intensities to lower radiant energy intensity. By watching the food, recipes can be developed, perfected, and saved quickly.

Recipes were developed when oven cavity was at room temperature. If oven cavity is warm, decrease cooking times slightly.

Use these guidelines to achieving best results.

- Use only rack or grill while cooking. When utensils are placed over each other, food is shielded from radiant energy and cooks unevenly.
- Distribute small pieces of food evenly. Overlapping food, like beef or chicken fajita strips, fish fillets, french fries, and appetizers, shields food from radiant energy and food cooks unevenly.
- Use dark, aluminum pan when cooking foods that require uniform bottom cooking. Foods like pizza, fajitas, grilled sandwiches, and appetizers, require a dark aluminum pan.
- Watch irregularly shaped foods closely. Edges or high points of food, like bone-in chicken breast or rack of ribs, can burn quickly if not watched closely.
- Use recommended utensils when following "Cooking Guide" or "Recipes" section. Size, shape, and material impact cooking times and results.

- Use recommended cooking times. Most recipes give ranges of cooking times. Set your oven to the lowest cooking time, check the food, and add time if necessary.
- Measure ingredients carefully.
- Allow food to stand after cooking. Food continues to cook after it is removed from oven.

Frozen or Thick Food Guidelines

Heat frozen foods using lower lamp intensity and longer heating times. Frozen foods require a long heating period at low lamp intensity to defrost before cooking.

Repeatedly increase and then decrease lamp intensity levels while cooking food over 4 inches thick. This cooking method grills exterior while allowing food to cook to center.

Converting Conventional Recipes

See "Cooking Guide" or "Recipes" section and find food similar to conventional recipe. Use cooking time and utensil recommended for Amana Wave Oven™ recipe. Watch the food while it cooks. How food looks and smells while cooking provides the best indication of how the food is cooking. Adjust time and lamp intensity as needed.

Eliminating or Reducing Oven Smoke

Clean Amana Wave Oven™ and grill frequently to reduce or eliminate oven smoke. When cooking with Amana Wave Oven™, food can create smoke comparable to open door oven broiling or a downdraft grill. Foods that are high in sugar and fat content will create more smoke than most foods. However, to eliminate or reduce oven smoke follow the points below:

- Clean oven and grill frequently. Clean grill after every cooking cycle. Though the grill does not appear to be soiled, small amounts of grease and food residue can create smoke.
- Do not allow drippings to fall on glass shield. Because glass shield becomes very hot, food that falls onto glass shield will create smoke.
- Do not over season or over baste. Because utensils become very hot, seasonings or marinades on exposed utensil will create smoke.
- Use properly sized utensils. Areas on grill or utensils that are not covered by food will smoke if grease or food residue falls on them. To minimize the exposed area, use utensils that are approximately the size of the food item.

Grill

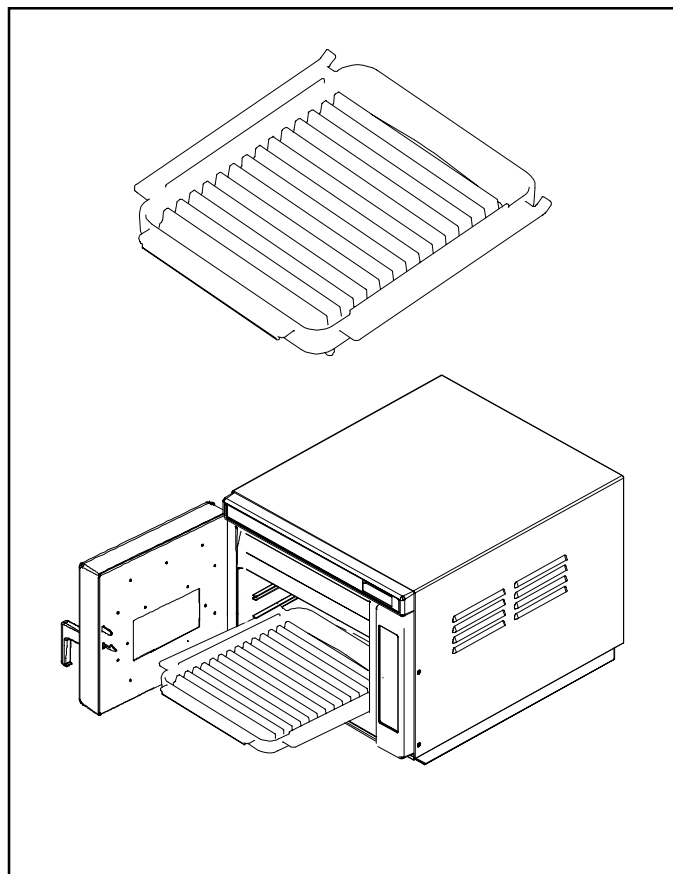
Use grill accessory for cooking meat, poultry, fish, vegetables, or fruits. To use, place food on grill and slide in rack guides. Grill design directs grease and juices away from food. Grill tines create grill marks on underside of food while cooking. Wells on sides of grill collect grease and juices. After grill cools remove grill from oven and pour off grease and juices after each cooking cycle or before wells fill.

WARNING

To avoid severe burns, wear fireproof oven mitts or use pan grips when handling grill, utensils, racks, glass shields, and door. Allow oven to cool before reaching into oven. Oven interior becomes hot during operation.

CAUTION

To avoid damaging grill surface, do not use grill without food.



Removing Grill and Rack

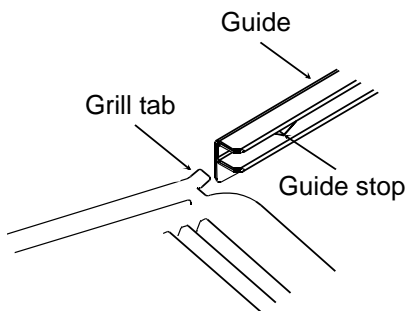
WARNING

To avoid severe burns, wear fireproof oven mitts or use pan grips when handling grill, utensils, racks, glass shields, and door. Oven interior becomes hot during operation.

To avoid burns and damage to countertop, do not remove grill until cool. Grease and juices can splash and burn skin. A hot grill will burn or discolor countertops and combustible surfaces.

Grill and rack must be tilted to place in or remove from oven. Grill tabs and bend in rack contact guide stop when sliding grill and rack out of oven. Guide stop prevents rack and grill from sliding out of oven unintentionally.

After grill cools remove grill from oven and pour off grease and juices after each cooking cycle or before wells fill. If grill is removed when wells are full, grease and juices can spill into oven. If wells become full, allow grill to cool and use baster or towels to remove grease and juices from grill.



Utensils

Use correct cookware to achieve best cooking results. If unsure of cookware see "Cooking Guide" section and choose similar food type.

- Use dark metal pans for searing foods, flat grilling sandwiches, cooking pizza, stir frying, and to sauté.
- Use shiny metal pans to create golden brown surfaces on baked goods.
- Use metal skewers for kabobs.
- Use glass utensils to steam or bake food. Glass does not convey heat to food as well as metal.
- Use properly sized utensils. Areas on grill or utensils that are not covered by food will smoke if grease or food residue falls on them. To minimize the exposed area, use utensils that are approximately the size of the food item.

CAUTION

To avoid fire in oven, do not use paper, plastic, or other combustible materials in oven. Material can ignite.

Utensils

Use	Do not use
Grill accessory	Paper
Dark metal pans	Plastic wrap, containers, or utensils with plastic handles
Shiny metal pans	Wooden skewers
Glass	Cloth napkins or dishcloths
Metal Skewers	Ceramic dishes
	Straw baskets

Care and Cleaning

Clean Amana Wave Oven™ frequently to maximize oven life, performance, and efficiency. A dirty oven cooks inefficiently because moisture, spills, and grease shield radiant energy. If oven is not cleaned frequently, residual grease in Amana Wave Oven™ will smoke during and after cooking.



WARNING

To avoid electrical shock which can cause severe personal injury or death, unplug power cord or open circuit breaker to oven before cleaning.

To avoid severe burns, wear fire proof oven mitts or use pan grips when handling utensils, racks, glass shields, and door. Allow oven to cool before reaching into oven. Oven interior can become hot during operation.

Eliminating or Reducing Oven Smoke

Clean Amana Wave Oven™ and grill frequently to reduce or eliminate oven smoke. When cooking with Amana Wave Oven™, food can create smoke comparable to conventional oven broiling or downdraft grilling. Foods that are high in sugar or fat content can create smoke. To eliminate or reduce oven smoke follow points below:

- Clean oven and grill frequently. Clean grill after every cooking cycle. Though the grill does not appear to be soiled, small amounts of grease and food residue can create smoke.
- Avoid food or food residue on glass shields. Because glass shields become very hot, food that falls onto glass shield will create smoke. Check shield for food residue before cooking or after oven cools.
- Do not over season or over baste. Because utensils become very hot, seasonings or marinades on exposed utensil will create smoke.
- Use properly sized utensils. Areas on grill or utensils not covered by food will smoke if grease or food residue falls on them. To minimize the exposed area, use utensils close to the size of the food item.

Cleaning Oven Cavity and Exterior

Before cleaning, allow oven to cool for 15 minutes. Clean surfaces with a clean cloth, sponge, or nylon pad, and mild detergent diluted in warm water. Use degreaser if heavily soiled. Wipe interior with damp, clean cloth or sponge thoroughly and dry after cleaning.

- Do not use harsh or abrasive cleaners, or cleaners containing ammonia.
- Remove excess water from cloth before wiping oven.
- Always clean oven cavity with shields in place to avoid damaging halogen bulbs.

Cleaning Grill

Before cleaning, allow grill to cool for 15 minutes. Wear fireproof oven mitts or use pan grips when hot. Grill is dishwasher safe.

1. Pour off grease and juices from grill.
2. Wipe grill surface with paper towel.
 - If heavily soiled, wash with mild detergent diluted in warm water, and clean cloth or sponge.
 - To remove baked-on material, use a plastic nonabrasive cleaning pad. Do not use an abrasive pads. Abrasive pads can damage nonstick grill surface.

Cleaning Oven Racks

Clean oven racks and rack guides with detergent diluted in warm water or in dishwasher. Scrub with soft nylon pad to remove baked-on material. Do not remove oven rack guides.

Cleaning Glass Shields

Wipe shields regularly when cooking greasy food for best performance. Most cleaning does not require removing upper shield.

For more thorough cleaning, remove oven racks and then glass shields. Remove upper shield before lower shield so any falling material is caught by lower shield. If food falls onto bulb gently brush off with clean dry cloth. See "Removing Glass Shields" section.

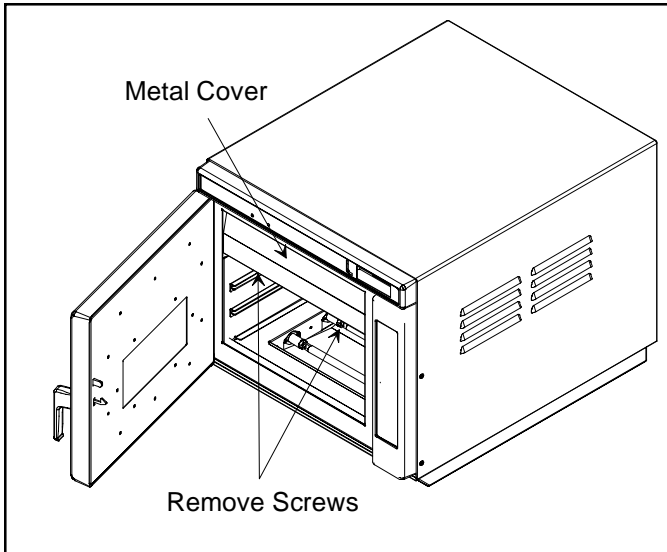
Clean surfaces with a clean cloth, sponge, or nylon pad, and mild detergent diluted in warm water. Glass cleaner can also be used oven surfaces. Wipe dry after cleaning.

- Use degreasers for grease laden surfaces.
- Use safety scraper to remove baked-on material and stains from glass shields.
- Do not touch halogen bulbs with bare fingers. Oil from hands can cause premature bulb failure. If bulbs are touched with bare fingers, clean with rubbing alcohol.

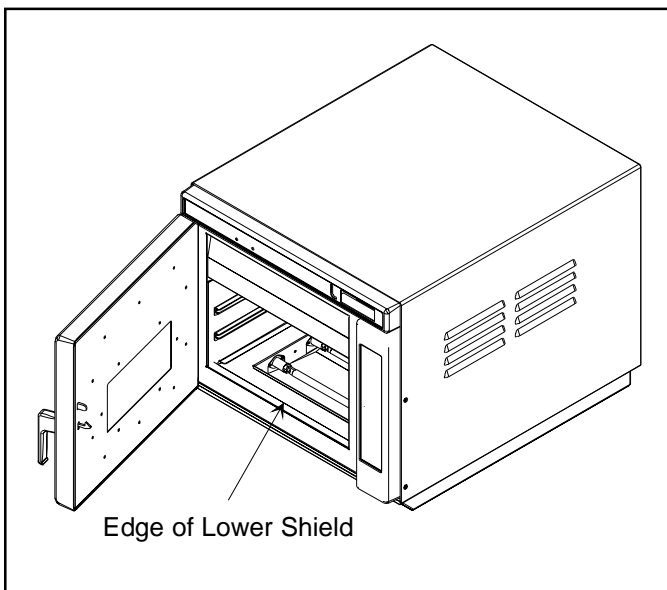
Removing Glass Shields

Remove upper shield before lower shield so any falling material is caught by lower shield. If material falls onto bulb gently brush off with clean dry cloth. Oven does not operate if shields are not in place. Filter is customer replaceable.

1. Disconnect power to oven.
2. Remove screws located on front of oven cavity ceiling.
 - Use Phillips screwdriver.



3. Remove metal cover and place aside.
4. Slide upper glass shield out of oven cavity.
 - Wipe up any food that falls on lower glass shield.
5. Grasp edge of lower glass shield, lift, and slide out of oven cavity.



6. Reverse instructions to reinstall.

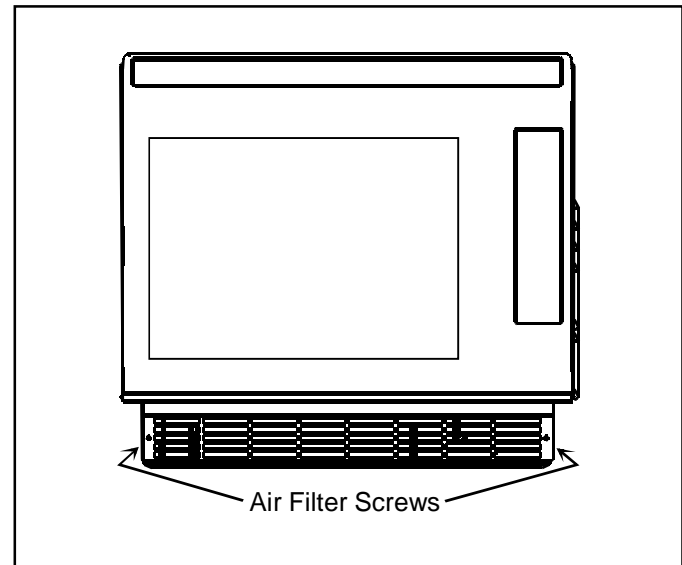
Cleaning Air Filter

Some ovens include air filter located directly below oven door. Filter is customer replaceable. Clean if filter shows debris or lint build-up.



To avoid overheating and oven damage, clean air filter regularly.

1. Remove air filter by removing thumb screws, located on outside edges of filter.



2. Wash filter with mild detergent diluted in warm water. Rinse and dry thoroughly.
3. Replace filter by reversing step 1.

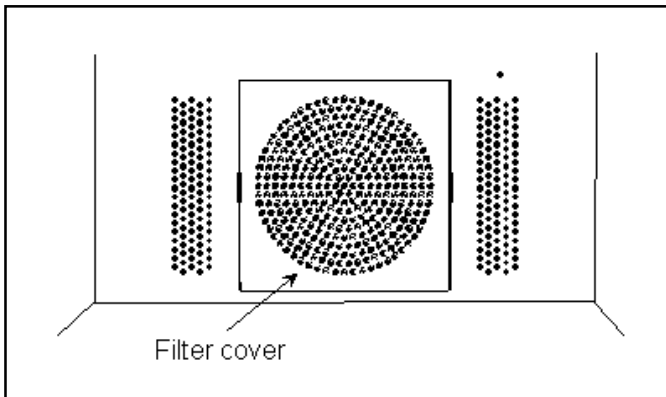
Cleaning Oven Cavity Filter

After cooking, clean oven cavity filter with mild detergent diluted in warm water. A clean filter assures proper airflow. Filter and filter cover can be cleaned in dishwasher. Filter is customer replaceable. Remove filter to clean.

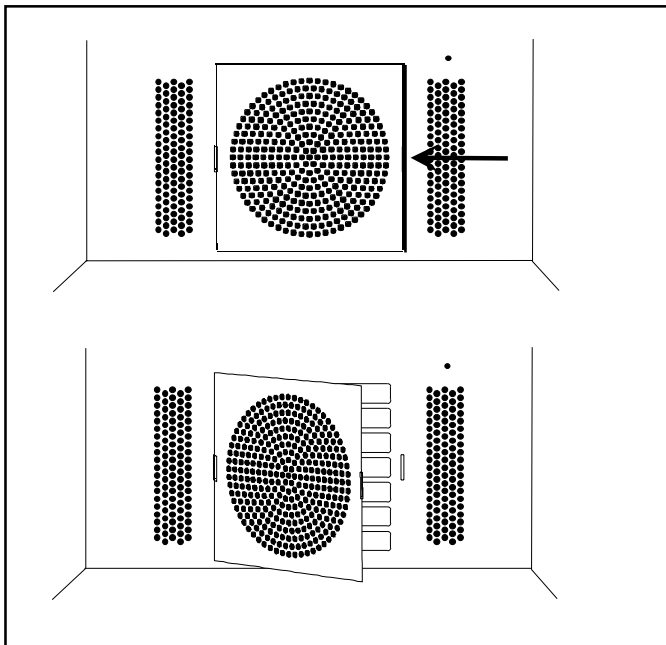
WARNING

To avoid property damage, including fire damage, do not operate oven without filter and filter cover in place.

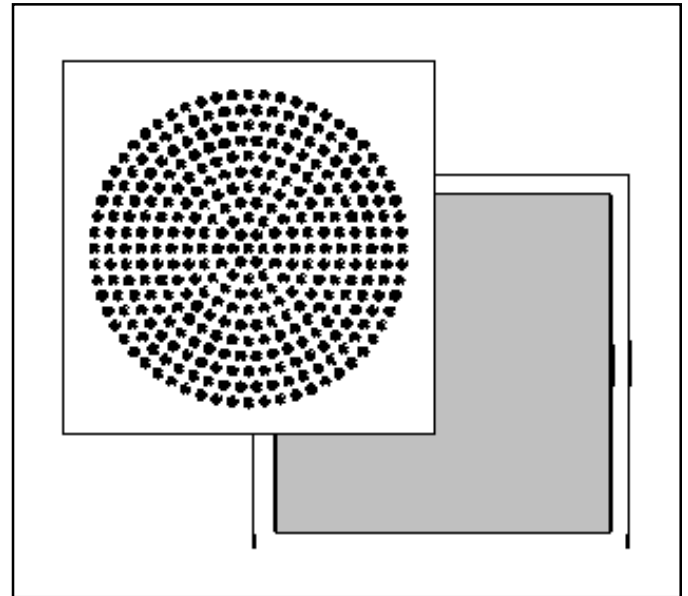
1. Open oven door and locate filter cover on rear wall of oven cavity.



2. Place fingers on right side of filter cover and slide towards center of filter.
 - Filter cover clips will disengage from slots in rear wall. Remove from oven cavity.



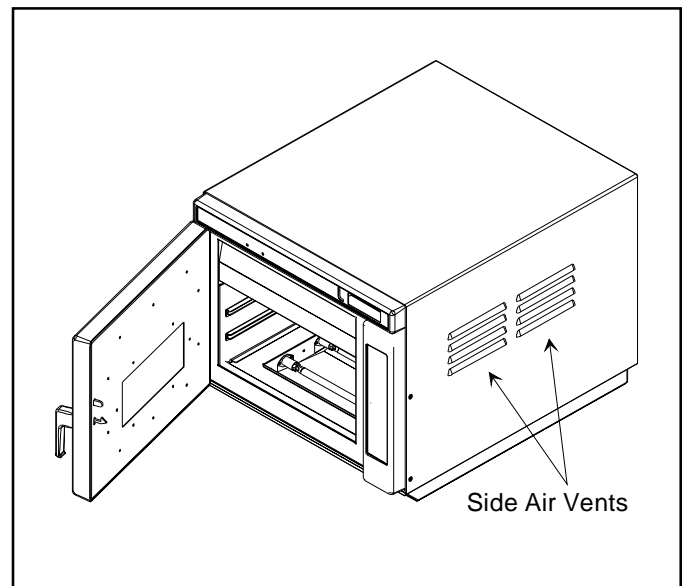
3. Remove filter from filter cover.
 - Filter sets inside filter cover.



4. Reverse process to reinstall.

Cleaning Side Air Vents

Check for a buildup of cooking vapors along discharge louvers on side of oven. Clean air vent with damp cloth to ensure proper airflow. Dry thoroughly.



Replacing Halogen Bulbs

WARNING

To avoid severe burns, wear fire proof oven mitts or use pan grips when handling utensils, racks, glass shields, and door. Allow oven to cool before reaching into oven. Oven interior becomes hot during operation.

To avoid electrical shock which can cause severe personal injury or death, unplug power cord or open circuit breaker to oven before changing bulbs.

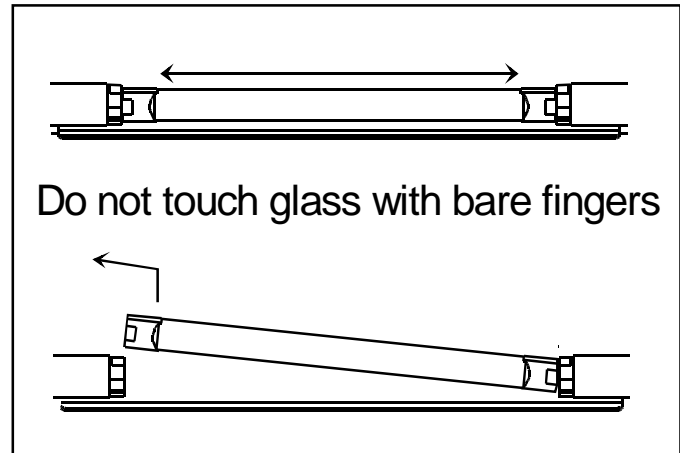
CAUTION

To avoid burns, cuts, and damaging halogen bulb, wear cotton gloves or grasp bulb with clean cotton cloth when handling halogen bulbs. Oil from hands will reduce halogen bulb life.

Before changing bulbs, allow oven to cool for 15 minutes. Failed halogen bulbs affect cooking performance. Replace failed halogen bulbs immediately. Always wear cotton gloves when replacing halogen bulbs. Cotton gloves protect hands against cuts if the bulb breaks and protects halogen bulbs against oils from hands that reduce bulb life. Bulbs are customer replaceable. To purchase replacement halogen bulbs, contact Amana at 1-800-843-0304 or your oven supplier.

1. Disconnect power to oven.
2. Remove glass shields.
 - See "Removing Glass Shield" section.

3. Grasp halogen bulb at end and slide bulb towards opposite socket until end of bulb clears near socket.
 - Do not touch halogen bulbs with bare fingers. Oil from hands can cause premature bulb failure. If bulbs are touched with bare fingers, clean with rubbing alcohol.



4. Lift bulb end up and away from near socket until bulb is clear of both sockets.
5. Reverse steps 2-4 to reinstall halogen bulb.
 - Verify halogen bulb configuration. See "Halogen Lamp Banks" section.
6. Reconnect power and confirm new bulb operates.

Service Codes

During operation, oven display may show service codes. If service code appears in display, press *STOP/RESET* pad to reset oven. If service code continues to appear, disconnect power to oven (turn off at circuit breaker), wait for 1 minute, and reconnect power to oven. Contact an authorized servicer if oven display still shows codes.

Service code: 10

Service code: 20

Service code: 21

Service code: 30

Service code: 31

Service code: 50

Service code: 60

If service codes below show in oven display, call electrician or electric company. Extreme high or low supply voltage is present.

Service code: 40

LINE VOLTAGE LOW

Service code: 41

LINE VOLTAGE HIGH

Before Calling for Service



WARNING

To avoid electrical shock which can cause severe personal injury or death, do not remove outer case at any time. Only authorized servicer should remove outer case.

Any questions or to locate an authorized servicer, call 1-800-843-0304 inside U.S.A. 1-319-622-5511 outside U.S.A.

Warranty service must be performed by an authorized servicer. Amana also recommends contacting an authorized servicer if service is required after warranty expires.

Problem	Cause/Solution
Wave Oven™ smokes during or after cooking.	Clean oven before next use.
If Amana Wave Oven™ repeatedly shows “AUTO COOL DOWN” or “OVEN HOT!” in display:	<ul style="list-style-type: none"> • Verify if oven was operating for an extended period of time. • Clean air filter. See “Cleaning Air Filter” section. • Confirm proper air vent side clearance. Leave at least 1 inch/2.54 centimeters on oven side with air vents to ensure adequate air flow around oven. • Confirm air exhaust is not blocked. • Confirm oven is not placed above heat source like an oven or fryer.
Wave Oven™ does not operate.	<ul style="list-style-type: none"> • Confirm oven is plugged into dedicated circuit. • Confirm oven is on grounded and polarized circuit. (Contact electrician to confirm.) • Check fuse or circuit breaker.
Wave Oven™ operates intermittently.	Check air inlet and discharge areas for obstructions.
Wave Oven™ does not accept entries when pad is pressed.	Open and close oven door. Press pad again.
Wave Oven™ shows service code, malfunctions or displays random characters.	Disconnect power to oven (turn off at circuit breaker), wait for 1 minute, and plug in oven. If oven continues to malfunction, call for service.
Wave Oven™ constantly cooks unevenly.	Check for failed and halogen bulbs configuration. See “Halogen Lamp Banks” section.
If Amana Wave Oven™ display show “OFF” when outer bulbs of upper lamp bank are turned on:	Oven is operating normally. Upper lamp bank turns on to provide light for the oven cavity.
If Standard Recipe or defrost times change:	Auto Voltage Compensation feature has adjusted cooking times. See “Auto Voltage Compensation” section.
If Wave Oven™ displays service code 40 or 41.	If service codes below show in oven display, call electrician or electric company. Extreme high or low supply voltage is present.
Oven fan turns on while oven is cooking.	Wave Oven™ is operating normally.
Light is visible through lower air filter or oven bottom.	Wave Oven™ is operating normally.

Cooking Guides

Standard Recipe Guide consists of the recipes that are programmed in The Amana Wave Oven™. To achieve the best cooking results, duplicate the information in *Standard Recipe Guide* when using the preprogrammed standard recipe pads. These recipes cannot be changed or deleted.

Defrost Guide consists of the defrost cycles that are programmed in The Amana Wave Oven™. To achieve the best defrosting results, watch food while defrosting. Defrost times often exceed required defrost time. These recipes cannot be changed or deleted.

Custom Recipe Guide consists of recipes for commonly cooked foods. The recipes should be used as a reference for creating and saving new recipes.

Standard Recipe Guide

Cook with Amana's recipes. Pads 3-9, 0 contain preprogrammed recipes. Standard recipes can not be lost or changed. Cooking times can change because Amana Wave Oven™ measures supply voltage and adjusts times automatically. Recipe times listed in this manual are for 240 supply voltage. For best results, always check food at minimum time.

Food Items	Food Quantity	Utensils Glass, Grill, Shiny or Dark Metal	Rack Position Upper, Middle, or Lower	Cook Time (min.) and Lamp Setting (T)op or (B)ottom Lamp/ (L)O, (M)ED, or (H)I
Appetizers Nachos	5 oz. chips 6 oz. cheese, shredded ¾ C salsa	12" round dark	Middle	3:00 T/M
Buffalo wings, frozen	14 oz.	9 x 13 shiny	Middle	8:00 B/L, turn over at 5:00 2:00 T/M
Mozzarella sticks, frozen	8 oz.	10 x 12 insulated shiny	Middle	1:30 T/H 3:00 T/M
Quesadillas	Two 8" tortillas, ¼ C beans, ¼ C hamburger, ¾ C cheese	9" round dark	Middle	1:45 T/H 0:45 B/H 0:40 T/H
Vegetables Corn, frozen	10 oz.	1 qt. glass dish with lid	Lower	4:30 B/H
Carrots, frozen	1 lbs.	1½ qt. glass dish with lid	Lower	7:00 B/H
Carrots, fresh baby whole	10 oz.	1½ qt. glass dish with lid, Add 3 T water	Lower	6:30 B/H 3:00 T/H
Peas, frozen	1 lbs.	1 qt. glass dish with lid	Lower	4:30 B/H
Broccoli, frozen	10 oz.	1½ qt. glass dish with lid	Lower	4:30 B/H, stir 2:30 T/H
Broccoli, fresh	1 lbs.	1½ qt. glass dish with lid, Add 3 T water	Lower	4:30 B/H
Toasted Items Bagels	2	Oven rack	Middle	1:35 B/H 0:55 T/H
English muffins	2	Oven rack	Middle	1:30 B/H 1:05 T/H
French bread	one half loaf with butter and seasonings	Oven rack	Middle	1:00 T/H 1:00 B/M

Food Items	Food Quantity	Utensils Glass, Grill, Shiny or Dark Metal	Rack Position Upper, Middle, or Lower	Cook Time (min.) and Lamp Setting (T)op or (B)ottom Lamp/ (L)O, (M)ED, or (H)I
Baked Items				
Crescent rolls	8 oz. tube refrigerated	10 x 12 insulated shiny	Middle	8:15 B/M
Bread sticks	8 sticks refrigerated tube	10 x 12 insulated shiny	Middle	8:15 B/M
Biscuits	7.5 oz.	10 x 12 insulated shiny	Middle	7:00 B/M
Cookies, refrigerated raw dough	9 cookies approx. 2 tbs dough per cookie	10 x 12 insulated shiny	Middle	6:00 B/M
Muffins	6 muffins from batter. Fill muffin cup ² / ₃ full.	Muffin tin, shiny	Middle	9:30 B/M, turn pan at 4:50 0:15 T/M
Cinnamon rolls	12.4 oz. tube	8" round shiny	Middle	8:00 B/L
Pizza				
12" parbaked crust	17 oz. crust, single topping	Oven rack	Middle	1:30 B/H 2:15 T/H
12" raw dough crust	regular thickness crust, single topping	12" round dark	Middle	3:45 B/M 2:05 T/M 0:45 B/M
12" frozen	22 oz.	Oven rack	Middle	1:45 T/M 1:10 B/H 1:00 T/M 2:00 T/H
Frozen French bread pizza	4.65 oz.	10 x 12 insulated shiny	Middle	4:00 T/L 2:00 T/M 3:15 B/M
Sandwiches				
Ham and cheese	2 sandwiches, per sandwich- same as grilled cheese plus 2.5 oz. ham	12" round dark	Middle	0:40 T/H 1:25 B/M 0:15 B/H
Grilled cheese	2 sandwiches. per sandwich- 2 slices bread buttered 2 slices American cheese	12" round dark	Middle	0:50 T/H 1:30 B/H

Food Items	Food Quantity	Utensils Glass, Grill, Shiny or Dark Metal	Rack Position Upper, Middle, or Lower	Cook Time (min.) and Lamp Setting (T)op or (B)ottom Lamp/ (L)O, (M)ED, or (H)I
Sandwiches Rueben	2 sandwiches, per sandwich- 2 slices rye bread buttered on 1 side, $\frac{1}{8}$ C 1000 Island dressing, 2.5 oz. Corn beef, 2 slices Swiss Cheese, $\frac{1}{8}$ C sauerkraut	12" round dark	Middle	1:00 T/H 1:30 B/M 0:10 B/H
Roast beef	2 sandwiches, per sandwich- 3 oz. shaved roast beef, bun buttered on both sides.	12" round dark	Middle	2:00 T/M 0:45 B/M
Seafood Fish sticks	15 sticks	10 x 12 shiny insulated	Middle	3:50 T/M 0:20 T/H
Fish filets	1.5 lbs. for 2 fillets	Grill	Middle	5:50 B/H 4:00 T/H
Fish steaks	1 lb. for 2 steaks	Grill	Middle	5:00 B/H 2:30 T/H
Shrimp	12 oz. jumbo shrimp, 2T. butter, parsley, garlic	9" glass pie plate	Middle	2:05 T/H 1:15 B/H
Poultry Breast	1-1 $\frac{1}{4}$ lbs. boneless and skinless	Grill	Middle	4:00 B/H 3:00 T/H
Chicken fingers, frozen	9 oz.	10 x 12 shiny insulated	Middle	6:00 T/M
Chicken nuggets, frozen	13.5 oz.	10 x 12 shiny insulated	Middle	5:00 B/M 2:15 T/H
Meat NY strip	2, 1 $\frac{1}{4}$ " thick steaks, 1 $\frac{1}{2}$ lbs. total	Grill	Middle	5:30 B/H 3:00 T/H
Sirloin	2, 1 $\frac{1}{4}$ " thick steaks, 1 lb. total	Grill	Middle	5:00 B/H 2:30 T/H
T-bone	2, $\frac{3}{4}$ " thick steaks, medium, 2 lbs. total	Grill	Middle	5:30 B/H 3:00 T/H 3:30 B/H
Hamburger	4, $\frac{1}{3}$ lb. patties	Grill	Middle	3:15 B/H 3:15 T/H
Pork chops	4, $\frac{3}{4}$ " thick chops	Grill	Middle	6:00 B/H 7:00 T/M

Defrost Guide

Follow these recommendations as a guide for times and lamp intensities. Times, rack position, and lamp intensities may vary depending on conditions and food type. For best results, always watch food at minimum time.

Food Items	Utensils Glass, Grill, Shiny or Dark Metal	Rack Position Upper, Middle, or Lower	Cook Time (min.) and Lamp Setting (D)efrost
Seafood	Grill	Middle	18:00 B/D
Poultry	Grill	Middle	18:00 B/D
Meat	Grill	Middle	18:00 B/D

Custom Recipe Guide

Follow these recommendations as a guide for times and lamp intensities. Times, rack position, and lamp intensities may vary depending on conditions and food type. For best results, always check food at minimum time.

Oven can sear a roast prior to conventional oven roasting. For example, place a 3 lb. boneless beef chuck roast in a dark metal pan in the middle rack position. Set 3:00 B/H, then 3:00 T/H.)

Meat

Food Items	Food Quantity	Utensils Glass, Metal, or Grill	Rack Position Upper, Middle, or Lower	Cook Time (min.) and Lamp Setting (T)op or (B)ottom Lamp/ (L)O, (M)ED, or (H)I
Hamburger patties pre-pressed, pierce with fork	4 to 6 ¼ lb. patties	Grill	Middle	3:00 to 3:30 B/H 2:30 to 3:00 T/H
prepressed, pierce with fork	2 to 4 ⅓ lb. patties	Grill	Middle	3:00 to 3:30 B/H 3:00 to 3:30 T/H
Beef cube steak	2 to 4 ⅓ lb. each	Grill	Middle	3:30 to 4:00 B/H 1:30 to 2:00 T/H
NY Strip 1¼-inch med. rare	2 steaks 1½ lbs.	Grill	Middle	5:00 B/H 2:30 to 3:00 T/H
1¼-inch med. rare	4 steaks 3 lbs.	Grill	Middle	5:00 B/H 3:30 T/H
Ribeye Steak ¾-inch med. rare	4 steaks ½ lb. each	Grill	Middle	3:00 B/H 2:00 to 2:30 T/H
¾-inch medium	4 steaks ½ lb. each	Grill	Middle	3:30 B/H 2:30 T/H
¾-inch med. well	4 steaks ½ lb. each	Grill	Middle	3:30 B/H 3:00 to 3:30 T/H
1¼-inch med. rare	2 steaks 2 lbs.	Grill	Middle	5:00 B/H 3:15 T/H
1¼-inch med. rare	4 steaks 4 lbs.	Grill	Middle	5:00 B/H 4:00 T/H

Food Items	Food Quantity	Utensils Glass, Metal, or Grill	Rack Position Upper, Middle, or Lower	Cook Time (min.) and Lamp Setting (T)op or (B)ottom Lamp/ (L)O, (M)ED, or (H)I
T-Bone Steak ¾-inch rare	2 steaks ¾ lb. each	Grill	Middle	2:30 B/H 2:30 T/H
¾-inch medium	2 steaks	Grill	Middle	3:30 B/H 2:30 T/H
¾-inch medium	4 steaks	Grill	Middle	3:30 B/H 2:30 T/H
1¼-inch	2 steaks 2 lb.	Grill	Middle	5:00 B/H 3:30 T/H
Porterhouse Steak ¾-inch med. rare	2 steaks 1½ lbs.	Grill	Middle	3:30 B/H 3:00 to 3:30 T/H
¾-inch med. well	2 steaks 1½ lbs.	Grill	Middle	3:30 B/H 4:00 to 4:30 T/H
1¼-inch	2 steaks 2 lbs.	Grill	Middle	5:00 B/H 3:30 T/H
Bacon wrapped filet med. rare	2 steaks 1lb.	Grill	Middle	5:30 B/H 6:30 T/M
Beef tenderloin 1¼-inch med. rare	6 steaks 3 lbs.	Grill	Middle	5:00 B/H 3:30 T/H
Wieners	4	Grill	Middle	1:30 B/H 2:30 T/H
Bratwurst	4	Grill	Middle	3:00 B/H 2:30 to 3:00 T/H 1:00 B/H
Ham steak	1½ lbs.	Grill	Middle	3:00 B/H 2:00 T/H
Pork tenderloin raw, breaded	2 loins ⅓ lb. each	Grill	Middle	3:00 to 3:30 B/H 2:00 to 2:30 T/H
Pork patties raw, breaded	4 patties 5 oz. each	Grill	Middle	3:30 to 4:00 B/H 3:00 to 3:30 T/H
Pork minute steak	2 loins ⅓ lb. each	Grill	Middle	3:00 B/H 2:30 T/H
	4 loins ⅓ lb. each	Grill	Middle	4:00 B/H 2:00 T/H
	6 loins ⅓ lb. each	Grill	Middle	4:00 B/H 3:00 T/H
	4 loins ⅓ lb. each	Grill	Middle	4:00 B/H 3:00 to 3:30 T/H
Pork loin center cut Pork chops ¾" thick	4 chops	Grill	Middle	6:00 B/H 7:00 to 7:30 T/M
Pork chops 1¼ " thick	2 chops ¾ lbs. each	Grill	Middle	7:00 B/H 8:00 to 8:30 T/M
Lamb chops	4 chops ¼ lb. each	Grill	Middle	3:30 B/H 3:00 T/H

Poultry

Food Items	Food Quantity	Utensils Glass, Metal, or Grill	Rack Position Upper, Middle, or Lower	Cook Time (min.) and Lamp Setting (T)op or (B)ottom Lamp/ (L)O, (M)ED, or (H)I
Chicken breast Boneless/skinless	20 oz. pkg 3 or 4 pcs	Grill	Middle	3:00 B/H 3:00 T/H
Chicken patties Raw, breaded	2 to 4 6 oz. each	Grill	Middle	4:00 B/H 3:00 to 3:30 T/H
Turkey filet	1.5 to 3 lbs.	Grill	Middle	4:30 B/H 2:30 to 3:00 T/H

Sea Food

Haddock	2 fillets 1 lb. each	Grill	Middle	4:00 B/H 3:30 to 4:00 T/H
Lobster tail with 3 T water	2 tails 5 oz. ea.	1 qt. glass dish with lid	Lower	6:00 B/H 3:00 to 4:00 T/H
Orange roughy	2 fillets 8 oz. each	Grill	Middle	4:00 B/H 3:30 to 4:00 T/H
Salmon steak	2 to 4 steaks 8 oz ea.	Grill	Middle	4:00 B/H 4:00 to 4:30 T/H
Scallops 6 to 8/serving	2 servings 1 lb.	Grill	Middle	3:00 B/H 2:30 to 3:00 T/H
Shrimp 6 to 8/serving	2 servings 1 lb.	Grill	Middle	2:00 B/H 2:00 - 2:30 T/H
6 to 8/serving	1 serving ½ lb.	1 qt. glass dish with lid	Lower	2:00 B/H 2:00 T/H

Vegetables

Asparagus frozen	10 oz.	1 qt. glass dish with lid	Lower	4:00 to 4:30 B/H
Beans, Green fresh Add 3 T water	1 lb.	1 qt. glass dish with lid	Lower	4:00 to 4:30 B/H 2:00 to 2:30 T/H
Beans, Green frozen	1 lb.	1.5 qt. glass dish with lid	Lower	4:30 to 5:00 B/H
Broccoli fresh Add 3 T water	1 lb.	1.5 qt. glass dish with lid	Lower	4:00 to 4:30 B/H
frozen	10 oz.	1.5 qt. glass dish with lid	Lower	4:00 B/H 2:00 to 2:30 T/H
Carrots, Baby whole, fresh Add 3 T water	1 lb.	1.5 qt. glass dish with lid	Lower	5:30 to 6:00 B/H 3:00 to 3:30 T/H
whole, frozen	1 lb.	1.5 qt. glass dish with lid	Lower	6:00 to 6:30 B/H

Food Items	Food Quantity	Utensils Glass, Metal, or Grill	Rack Position Upper, Middle, or Lower	Cook Time (min.) and Lamp Setting (T)op or (B)ottom Lamp/ (L)O, (M)ED, or (H)I
Carrots, Cut frozen	1 lb.	1.5 qt. glass dish with lid	Lower	4:30 to 5:00 B/H
	10 oz.	1 qt. glass dish with lid	Lower	3:45 to 4:15 B/H
	1 lb.	1 qt. glass dish with lid	Lower	5:30 to 6:00 B/H
Mushrooms sliced Portabella, fresh brushed with garlic butter	6 oz.	dark metal pan	Lower	1:00 B/H 1:00 to 1:30 T/H
sliced or whole, fresh	8 oz.	1 qt. glass dish with lid	Lower	3:00 to 3:30 B/H
Peas frozen	10 oz.	1 qt. glass dish with lid	Lower	3:45 to 4:15 B/H
	1 lb.	1 qt. glass dish with lid	Lower	4:00 to 4:30 B/H
Pea pods, frozen	1 lb.	1 qt. glass dish with lid	Lower	4:30 to 5:00 B/H
Squash acorn, fresh quartered and cleaned	1 medium	2 qt. glass dish with lid	Lower	5:00 to 5:30 B/H 4:00 to 4:30 T/H
winter, frozen	12 oz.	1 qt. glass dish with lid	Lower	4:00 to 4:30 B/H 4:00 to 4:30 T/H
Vegetable mixture frozen	1 lb.	1.5 qt. glass dish with lid	Lower	6:00 to 6:30 B/H
Zucchini fresh, sliced lengthwise	2 medium	grill	Middle	3:00 B/H 2:00 to 2:30 T/H
Sliced Add 3 T water	2 medium	1 qt. glass dish with lid	Lower	3:00 B/H 2:00 to 2:30 T/H

Recipes

Appetizers

Honey-Glazed Snack Mix

4 cups crispy corn squares cereal
1 (5 ounce) container chow mein noodles
1 cup peanuts
¼ cup butter or margarine, melted
¼ cup honey
2 tablespoons soy sauce
1 teaspoon five-spice powder
½ teaspoon garlic powder
½ teaspoon ground ginger
¼ teaspoon ground red pepper

In medium bowl combine cereal, noodles and peanuts. In small bowl combine butter or margarine, honey, soy sauce, five-spice powder, garlic powder, ginger and red pepper. Pour butter mixture over cereal, mixing well. Spread in greased 9x13-inch pan. Bake on middle oven rack with lower halogen lamps on "LO" for 7 to 8 minutes or until toasted. Stir mixture every 2 minutes. Makes 8 cups.

Mexican Chicken Nuggets

1 cup crushed corn chip crumbs (about 3 cups whole chips)
1 teaspoon Mexican seasoning
½ teaspoon ground cumin
1 whole chicken breast (12 oz.) cut into 1¼ inch cubes
1 egg white, slightly beaten

Dipping Sauce:

½ cup chunky salsa
¼ sour cream

In a resealable plastic storage bag combine crumbs, seasoning and cumin. Dip chicken into beaten egg white. Transfer chicken to crumb mixture. Seal bag, shaking to coat chicken with crumb mixture.

Place chicken pieces on 12x14-inch insulated baking sheet. Bake on middle oven rack with lower halogen lamps on "HI" for 1½ minutes. Rotate pan. Continue baking on middle oven rack with upper halogen lamps on "HI" for 1½ to 2 minutes or until chicken is no longer pink and juices run clear.

For sauce, combine salsa and sour cream in small bowl. Serve with nuggets. Makes 2 to 2½ dozen.

Orange Spiced Nuts

2 tablespoons butter or margarine, melted
2 tablespoons brown sugar
2 teaspoons finely shredded orange peel
2 teaspoons ground cinnamon
1 teaspoon ground coriander
½ teaspoon ground allspice
¼ teaspoon ground red pepper
1 (12-ounce) can mixed nuts

In medium bowl combine butter, brown sugar, orange peel, cinnamon, coriander, allspice and red pepper. Stir in nuts, mixing until well coated. Spread nuts in 9x13-inch baking pan. Bake on middle oven rack with lower halogen lamps on "LO" for 5 to 7 minutes or until nuts are toasted. Stir every 2 minutes. Makes 3 cups.

Pesto Cheese Braid

½ cup (2-ounces) finely crumbled feta cheese
⅓ cup prepared pesto sauce
1 (2-ounce) jar diced pimento, drained
1 (8-ounce) package refrigerated crescent rolls
Sesame seeds

In medium mixing bowl combine feta cheese, pesto sauce and pimento. Set aside.

Unroll crescent dough onto a lightly floured sheet of waxed paper. Pinch together seams and pat or roll dough into a 12x8-inch rectangle. Invert dough onto an insulated 12x14-inch baking sheet. Remove waxed paper.

Spread pesto mixture lengthwise down center 2-inches of dough. Make cuts 1-inch apart on each side of rectangle just to edge of filling. To give braided appearance, fold strips of dough at an angle halfway across filling, alternating from side to side. Sprinkle braid with sesame seeds. Bake on middle oven rack with lower halogen lamps on "LO" for 10 to 12 minutes or until golden brown. Rotate pan halfway through baking time. Cut into slices. Serves 8.

Crab and Spinach Stuffed Mushrooms

1 (10-ounce) package frozen, chopped spinach, thawed and well drained
1 (8-ounce) package imitation crab meat, finely chopped
1 (5-ounce) container garlic and herb cheese
½ grated Parmesan cheese
2 tablespoons lemon juice
18 large mushroom caps (approximately 2½-inches in diameter)
Grated Parmesan cheese

In medium bowl combine spinach, imitation crab, garlic and herb cheese, ½ cup Parmesan cheese and lemon juice. Stuff mushroom caps with 1 rounded tablespoon of spinach mixture. Sprinkle with additional Parmesan cheese. Place 9 mushrooms in 9x13-inch baking pan, Bake on middle oven rack with lower halogen lamps on "LO" 8 to 10 minutes or until heated through. Continue baking with upper halogen lamps on "HI" for 1½ to 2 minutes or until bubbly and cheese is golden. Repeat with remaining mushrooms. Makes 18.

Breads

Cranberry Orange Scones

2½ cups all-purpose flour
¼ cup sugar
1 tablespoon baking powder
½ teaspoon salt
3 tablespoons butter or margarine
¾ cup dried cranberries
2 teaspoons finely shredded orange peel
1 cup whipping cream
1 egg white, slightly beaten
Granulated sugar

In medium mixing bowl combine flour, sugar, baking powder and salt. Cut in butter or margarine until crumbly. Stir in dried cranberries and orange peel. Add whipping cream, stirring just until moistened.

Turn dough out onto a lightly floured surface. Knead dough by folding and pressing gently for 10 to 12 strokes. Pat or lightly roll dough into an 8-inch diameter circle. Cut dough into 12 wedges. Brush top of dough with beaten egg white; sprinkle with sugar.

Place scones in rows on insulated 12x14-inch baking sheet. Bake on middle oven rack with lower halogen lamps on "LO" for 8 to 9 minutes or until set. Rotate pan halfway through baking time. Continue baking on middle oven rack with upper halogen lamps on "HI" for 30 to 45 seconds or until tops are golden brown. Makes 12.

Almond Crusted Coffecake

Topping:
¼ cup sugar
1 tablespoon flour
1 tablespoon milk
3 tablespoons butter or margarine
½ cup sliced almonds
½ teaspoon almond extract

Cake:
¼ cup butter or margarine
⅔ cup butter or margarine
1 egg
½ teaspoon almond extract
1 cup all-purpose flour
1½ teaspoons baking powder
½ cup milk

For topping, in 2-cup glass measure blend together ¼ cup sugar and 1 tablespoon flour. Gradually blend in 1 tablespoon milk. Add butter. Heat in microwave on high for 45 seconds to 1 minute 15 seconds until thickened and bubbly. Stir halfway through cooking time. Stir in almonds and ½ teaspoon almond extract. Set aside.

For cake, combine flour and baking powder in small bowl; set aside. In medium mixer bowl cream ¼ cup butter or margarine and ⅔ cup sugar until fluffy. Beat in egg and ½ teaspoon almond extract. Add flour mixture to creamed mixture alternately with milk just until blended. Spread batter into 9-inch round baking pan. Bake on middle oven rack with lower halogen lamps on "LO" for 7 to 9 minutes or until top springs back when pressed lightly with finger. Rotate pan one quarter turn half way through baking time. Immediately spread topping evenly over warm cake. Continue baking on middle oven rack with upper halogen lamps on "HI" for 1 to 1½ minutes or until topping is bubbly and edges begin to brown. Serves 8.

Caramel Pecan Rolls

¼ cup butter or margarine, melted
¼ cup brown sugar
2 tablespoons light corn syrup
¼ cup chopped pecans
¼ teaspoon cinnamon
1 (16-ounce) loaf frozen white bread dough, thawed
2 tablespoons butter or margarine, softened
3 tablespoons sugar
1 teaspoon cinnamon

In small bowl whisk together melted butter or margarine, brown sugar, corn syrup and cinnamon until well blended. Spread evenly into a greased 9½-inch deep dish pie plate. Sprinkle with pecans. Set aside.

Place dough onto a lightly floured surface. Roll into a 12x8-inch rectangle. Spread with softened butter or margarine. In small bowl combine sugar and 1 teaspoon cinnamon; sprinkle over rectangle. Tightly roll up rectangle, jelly-roll style, starting from one of the long sides. Pinch dough along seam to seal.

Cut roll into 12 pieces. Place into prepared pan. Cover and let rise in warm place until nearly double (about 1 hour).

Uncover rolls. Bake on middle oven rack with lower halogen lamps on "LO" for 8 to 9½ minutes or until golden brown. Invert rolls onto a serving platter. Makes 12.

Parmesan Chive Bread

½ cup mayonnaise
¼ cup grated Parmesan cheese
1 tablespoon snipped chives
1 teaspoon Worcestershire sauce
1 clove garlic, minced
1 (8-ounce) loaf French bread
¼ cup butter or margarine, softened

In small bowl combine mayonnaise, Parmesan cheese, chives, Worcestershire sauce and garlic until well blended. Set aside.

Slice bread in half lengthwise. Spread butter or margarine evenly over each half. Place bread on an insulated 12x14-inch baking sheet. Bake on middle oven rack with lower halogen lamps on "MED" for 6 to 7 minutes or until bread is heated through and slightly toasted. Spread mayonnaise mixture evenly over bread halves. Continue baking on middle oven rack with upper halogen lamps on "HI" for 1 to 1½ minutes or until top is bubbly and browned. Serves 6 to 8.

Cheese and Jalapeno Cornbread

1 cup yellow cornmeal
1 cup all-purpose flour
¼ cup sugar
4 teaspoon baking powder
¼ teaspoon salt
1 cup milk
2 eggs
¼ cup cooking oil
1 cup (4-ounces) shredded Monterey Jack cheese with jalapenos

In medium bowl combine cornmeal flour, sugar, baking powder and salt. In small bowl combine oil, milk and eggs. Add liquid ingredients to dry ingredients, stirring just until moistened and smooth. Gently stir in cheese. Pour batter into greased 7x11-inch glass baking dish. Bake on middle oven rack with lower halogen lamps on "LO" for 8 to 9½ minutes or until top springs back when lightly pressed with finger. Rotate pan halfway through baking time. Continue baking on middle oven rack with upper halogen lamps on "HI" for 20 to 30 seconds or until top is golden brown. Serves 8 to 9.

Desserts

Cinnamon Apple Crumble

6 cups peeled and cored apple slices
½ cup sugar
1 tablespoon cornstarch
½ teaspoon cinnamon
½ cup apple juice or water

Topping:

1 cup all-purpose flour
¾ cup sugar
2 teaspoons baking powder
½ teaspoon cinnamon
1 egg, slightly beaten
3 tablespoons butter or margarine, melted
Vanilla ice cream

Place apples in an 11x7-inch glass baking dish. In small bowl combine ½ cup sugar, cornstarch and ½ teaspoon cinnamon. Whisk in apple juice or water. Pour over apple slices, stirring to coat. Set aside.

For topping, combine flour, ¾ cup sugar, baking powder and cinnamon. Add egg and butter or margarine, stirring to blend. (Mixture will be stiff.) Spread batter evenly over apples. Bake on middle oven rack with lower halogen lamps on "LO" for 13 to 15 minutes or until apples are tender. Rotate pan halfway through cooking time. Serve warm with vanilla ice cream. Serves 6 to 8.

Chocolate Mint Shortbread

½ cup powdered sugar
½ cup butter
½ teaspoon mint extract
1 cup all-purpose flour
3 tablespoons unsweetened cocoa
¼ cup miniature semi-sweet chocolate chips

Glaze:

3 tablespoons miniature semi-sweet chocolate chips
½ teaspoon shortening

In medium mixer bowl cream powdered sugar, butter and extract until fluffy. Add flour and cocoa, mixing just until combined. Stir in ¼ cup chocolate chips. Spread dough into a 9-inch round baking pan. Bake on middle oven rack with lower halogen lamps on "LO" for 5 to 6 minutes or until top appears dry and set. Rotate pan one quarter turn halfway through cooking time. Immediately cut shortbread into 12 wedges.

For glaze, combine 3 tablespoons chocolate chips and shortening in 1 cup glass measure. Heat in microwave oven on high for 30 to 60 seconds or until melted and smooth. Stir halfway through cooking time. Drizzle over shortbread. Makes 1 dozen.

Lemon Bars

Crust:

2 cups all-purpose flour
⅔ cup powdered sugar
1 cup butter or margarine

Topping:

2 cups sugar
¼ cup all-purpose flour
4 eggs, slightly beaten
6 tablespoons lemon juice
2 teaspoons finely shredded lemon peel
Powdered sugar

For crust, combine flour and powdered sugar in medium bowl. Cut in butter or margarine until crumbly. Pat into 9x13-inch baking pan. Bake on middle oven rack with lower halogen lamps on "LO" for 5 to 6 minutes or until crust appears dry and set. Rotate pan halfway through baking time.

For topping, combine sugar and flour in medium bowl. Whisk in eggs, lemon juice and peel. Pour over warm crust. Continue baking on middle oven rack with lower halogen lamps on "LO" for 7½ to 9½ minutes or until set and edges begin to brown. Rotate pan halfway through baking time. Cool completely. Sprinkle top of bars with additional powdered sugar. Makes 2 dozen.

Chocolate Macaroon Bars

Crust:

1¼ cups all-purpose flour
1 cup sugar
⅓ cup unsweetened cocoa
1 teaspoon baking powder
½ cup butter or margarine
2 eggs

Filling:

1 (7-ounce) package flaked coconut
1 (14-ounce) can sweetened condensed milk

Topping:

1 (12-ounce) package semi-sweet chocolate chips
½ cup peanut butter

In a medium mixing bowl combine flour, sugar, cocoa and baking powder. Cut in butter or margarine until crumbly. Add eggs; mix well. Spread in greased 9x13-inch pan. Bake on middle oven rack with lower halogen lamps on "LO" for 3½ to 4½ minutes or until crust is slightly set. Rotate pan halfway through baking time.

For filling, sprinkle warm crust with coconut; drizzle with sweetened condensed milk. Continue baking on middle oven rack with lower halogen lamps on "LO" for 6 to 7½ minutes or until bubbly and edges begin to brown. Rotate pan halfway through baking time.

For topping, combine chocolate chips and peanut butter in 1-quart glass measure. Heat in microwave oven on high for 1½ to 2½ minutes or until melted. Stir halfway through cooking time. Spread over coconut layer. Makes 2 dozen bars.

Mocha Chip Pecan Pie

¾ cup sugar
¼ cup cornstarch
⅓ cup butter or margarine, melted
2 eggs, slightly beaten
¼ cup coffee flavored liqueur or strong coffee
½ cup semi-sweet chocolate chips
½ cup coarsely chopped pecans
1, 9-inch unbaked pie crust in glass pie plate
¾ cup whole pecans

In medium mixing bowl combine sugar and cornstarch. Whisk in butter or margarine, eggs and liqueur or coffee. Stir in chocolate chips and chopped pecans. Pour into unbaked pie crust. Arrange whole pecans decoratively on top of pie. Bake on middle oven rack with lower halogen lamps on "LO" for 10 to 12 minutes or until filling is set. Rotate pie one quarter turn halfway through baking time. Serves 8.

Eggs

Four Cheese and Bacon Quiche

1 (3-ounce) package cream cheese with chives, softened
4 eggs
½ cup milk
¼ cup grated Parmesan cheese
¼ teaspoon pepper
1 cup (4-ounces) shredded Gouda cheese
1 cup (4-ounces) shredded cheddar cheese
6 slices bacon, cooked and crumbled
1, 9-inch unbaked pie crust

In a large bowl beat cream cheese until smooth. Add eggs one at time, beating well after each addition. Add milk, Parmesan cheese and pepper; mix well. Sprinkle Gouda cheese, cheddar cheese and bacon over bottom of pie crust. Toss lightly to mix. Pour egg mixture over cheeses and bacon. Bake on middle oven rack with lower halogen lamps on "LO" for 11½ to 13 minutes or until egg mixture is set. Rotate quiche one quarter turn halfway through baking time. Serves 6.

Country Egg Bake

1 (24-ounce) package frozen shredded hash browns, thawed
2 cups diced ham (about 12 ounces)
½ cup chopped green bell peppers
½ cup chopped red bell peppers
1 cup (4-ounces) shredded cheddar cheese
¼ cup (1-ounce) grated Parmesan cheese
1 teaspoon instant minced onion
8 eggs
1 cup milk
1 tablespoon Dijon mustard
½ teaspoon basil leaves, crushed
¼ teaspoon garlic powder
¼ teaspoon hot pepper sauce

In a greased 9x13-inch baking pan layer hash browns, ham, peppers, cheeses and instant minced onion. Stir gently to mix. In a medium mixing bowl whisk together eggs, milk, mustard, basil, garlic powder and pepper sauce. Pour over potato mixture. Bake on middle oven rack with lower halogen lamps on "MED" for 14 to 15 minutes or until eggs are set. Rotate pan halfway through baking time. Let stand 10 minutes before serving. Serves 12.

*Note: May be prepared ahead and refrigerated overnight. 1 to 2 additional minutes may need to be added to the baking time.

Fiesta Omelet

4 eggs
¼ cup sliced black olives
¼ cup canned, diced green chilies
⅛ teaspoon salt
½ cup finely shredded cheddar and Monterey Jack cheeses with jalapeno peppers
salsa
sour cream

In a small bowl beat eggs. Add olives, chilies, hot pepper sauce and salt. Pour mixture into a dark, non-stick 9-inch round baking pan. Bake on middle oven rack with lower halogen lamps on "HI" for 1½ minutes. Continue baking with upper halogen lamps on "HI" for 30 to 60 seconds or until omelet is set. Immediately sprinkle cheese on ½ of the omelet; fold in half. Transfer to plate, topping with salsa and sour cream to taste. Serves 2.

Baked Praline French Toast

6 1-inch thick slices white bread
6 eggs
2 cups light cream or milk
1 teaspoon vanilla
1 teaspoon cinnamon
½ teaspoon nutmeg

Topping:

1 cup brown sugar
½ cup butter or margarine, softened
½ chopped pecans

Arrange bread in greased 9x13-inch baking pan. In medium bowl beat together eggs, light cream or milk, vanilla, cinnamon and nutmeg; mix well. Pour egg mixture over bread slices, cover and refrigerate overnight.

For topping, cream together brown sugar and butter or margarine. Stir in pecans. Spread mixture evenly over refrigerated bread. Bake on middle oven rack with lower halogen lamps on "MED" for 10 to 12 minutes or until bread begins to puff and topping is bubbly and golden. Rotate pan one half turn halfway through cooking time. Serves 6.

Creamy Tomato and Chive Scrambled Eggs

12 eggs
½ cup milk
2 tablespoons snipped chives
¼ teaspoon salt
¼ teaspoon pepper
1 (3-ounce) package cream cheese, cubed
1 medium tomato, chopped (about 1 cup)

In large bowl whisk together eggs and milk until light. Stir in chives, salt and pepper. Pour egg mixture into a greased 9½ -inch deep dish pie plate. Cook on middle oven rack with lower halogen lamps on "HI" for 4 minutes. Stir. Continue cooking eggs with upper halogen lamps on "HI" for 1 minute. Stir in cream cheese and tomatoes. Cook with upper halogen lamps on "HI" for 30 to 60 seconds or until eggs are set and cheese begins to melt. Serves 6.

Fish

Steamed Fish and Vegetables

1 pound orange roughy, cut into serving pieces
2 teaspoons parsley flakes
1 teaspoon lemon and pepper seasoning
1 teaspoon dill weed
4 cups any combination julienne vegetables (carrots, celery, any color bell pepper, zucchini, summer squash, etc.)
¼ cup lemon juice

Place fish in greased 7x11-inch glass baking dish.

In small bowl combine parsley flakes, lemon and pepper seasoning and dill weed. Sprinkle half of the mixture evenly over fish. Spread vegetables evenly over fish. Sprinkle with remaining herb mixture. Drizzle lemon juice over all. Cover dish with foil. Cook on middle oven rack with lower halogen lamps on "HI" 8 to 10 minutes or until fish flakes easily with a fork. Serves 4.

Baked Lemon Cod

1 pound cod fillets (or other fish)
½ cup seasoned dry bread crumbs
2 tablespoons butter or margarine, melted
2 teaspoons parsley flakes
1 teaspoon finely shredded lemon peel
½ teaspoon dill weed
¼ teaspoon garlic powder

Cut fish into serving size pieces. Place in a greased 8x8x2-inch baking dish.

Thoroughly combine remaining ingredients in small bowl; sprinkle over fish. Cook on middle oven rack with lower halogen lamps on "MED" for 6½ to 7½ minutes or until fish flakes easily with a fork. Serves 4.

Grilled Lemon Pepper Salmon

4 (7 to 8-ounce) salmon fillets, ¾ to 1-inch thick
½ cup lemon juice
¼ cup olive oil
2 cloves garlic, minced
1 tablespoon finely shredded lemon peel
1 teaspoon parsley flakes
1 teaspoon dried thyme leaves, crushed
½ teaspoon pepper
½ teaspoon salt

Place salmon in a gallon-size resealable plastic bag.

In small bowl combine all remaining ingredients. Pour over salmon. Seal bag and marinate at least 4 hours or overnight. Discard marinade.

Place salmon, skin side down, on grill. Cook on middle oven rack with lower halogen lamps on "HI" for 6 minutes. Continue cooking with upper halogen lamps on "HI" for 3½ to 4½ minutes or until fish flakes easily with a fork. Serves 4.

Lime Tarragon Shrimp Kabobs

1 pound large shrimp, peeled and deveined
2 tablespoons olive oil
2 tablespoons butter or margarine, melted
2 tablespoons lime juice
1 teaspoon dried tarragon leaves, crushed
1 teaspoon finely shredded lime peel
2 cloves garlic, minced

Place shrimp in gallon-size resealable bag.

In small bowl combine all remaining ingredients; pour over shrimp. Seal bag and refrigerate 4 to 6 hours. (Mixture will thicken.) Discard marinade.

Divide shrimp evenly among 4 (10-inch) wooden skewers. Place skewers on grill. Cook on middle oven rack with lower halogen lamps on "HI" for 3 minutes. Continue cooking with upper halogen lamps on "HI" for 2 to 3 minutes or until shrimp is done. Serves 4.

Baked Salmon Cups

1 (14.75-ounce) can pink salmon, drained,
skin and bones removed
½ cup seasoned dry bread crumbs
½ cup milk
⅓ cup finely chopped onion
1 egg, slightly beaten
2 teaspoons finely shredded lemon peel
1 teaspoon parsley flakes
½ teaspoon rosemary, crushed
¼ teaspoon garlic powder
¼ teaspoon pepper
Prepared lemon and herb or regular tartar sauce

In medium bowl thoroughly combine all ingredients except tartar sauce. Evenly divide mixture among 6 greased muffin cups (about ⅓ cup each). Cook on middle oven rack with lower halogen lamps on "MED" for 12 to 13 minutes or until cups are set and edges begin to brown. Serve with lemon and herb tartar sauce. Serves 6.

Meat

Fajitas

1 pound pork tenderloin cut into bite-size strips
½ cup lime juice
2 to 3 cloves garlic, minced
1 teaspoon leaf oregano, crushed
1 teaspoon ground cumin
¼ teaspoon crushed red pepper
¼ teaspoon salt
1 small onion, thinly sliced
1 small red pepper, cut into strips
1 small green pepper, cut into strips
8 (7-inch) flour tortillas
Salsa
Shredded cheese
Sour cream

In a gallon-size resealable plastic bag combine pork, lime juice, garlic, oregano, cumin, pepper and salt. Seal bag; shake to mix. Marinate in refrigerator 4 hours or overnight. Drain.

Place drained pork, onion, red pepper and green pepper in greased dark, nonstick 7x11-inch pan. Cook on middle oven rack with upper halogen lamps on "HI" for 3 minutes. Stir. Continue cooking with upper halogen lamps on "HI" for 2½ to 3½ minutes or until pork is thoroughly cooked and no longer pink.

Place pork and vegetables on tortillas. Top with salsa, cheese and sour cream as desired; roll up and serve immediately. Serves 4.

Ham Balls

Sauce:
1 (10 ¾-ounce) can tomato soup
½ cup vinegar
1 cup brown sugar
1 tablespoon dry mustard

Ham Balls:
1 pound ground, precooked ham
1 pound lean ground pork
1 cup graham cracker crumbs
2 eggs
⅓ cup milk

For sauce, combine all sauce ingredients in small bowl. Set aside.

For ham balls, combine all ham ball ingredients, mixing thoroughly. Form into balls using a rounded tablespoon for each ham ball. Place ham balls in 9x13-inch baking pan. Cook on middle oven rack with lower halogen lamps on "HI" for 5 minutes. Continue cooking with upper halogen lamps on "HI" for 3 to 4 minutes or until ham balls are done. Drain. Pour sauce over ham balls. Continue cooking with lower halogen lamps on "MED" for 5 to 6 minutes or until sauce is heated through and bubbly. Serves 6 to 8.

Grilled Ham Steak

¼ cup cranberry orange or crushed
berry cranberry sauce*
¼ cup apricot preserves
1 (1 to 1¼-pounds) fully cooked ham steak cut ½ to ¾-
inch thick

In a small bowl blend together cranberry sauce and apricot preserves.

Place ham steak on cooking grill. Spread cranberry mixture on ham steak. Cook on middle oven rack with lower halogen lamps on "HI" for 4 minutes. Continue cooking with upper halogen lamps on "HI" for 2 to 3 minutes or until heated through and glaze is bubbly. Serves 4 to 5.

*Note: If cranberry orange sauce is unavailable, add ½ teaspoon of finely shredded orange peel to the crushed berry cranberry sauce.

Peppery London Broil

1 (1 to 1¼-pound) beef flank steak
1 clove garlic, minced
½ teaspoon seasoned salt
½ teaspoon ground coriander
¼ teaspoon crushed red pepper
3 tablespoons Worcestershire sauce

With a meat fork, poke holes in both sides of meat. Make a paste with garlic, seasoned salt, coriander and crushed red pepper; rub over both sides of meat. Place steak in a gallon-size resealable plastic bag. Add Worcestershire sauce and close bag. Refrigerate for at least 4 hours or overnight, turning occasionally. Remove meat; discard marinade. Place on grill. Cook on middle rack with lower halogen lamps on "HI" or 5 minutes. Continue cooking with upper halogen lamps on "HI" or 3 to 5 minutes or until desired doneness. Serves 4 to 5.

Salisbury Steak

1 pound lean ground beef
1 egg, slightly beaten
⅓ cup finely chopped onion
⅓ cup finely chopped green pepper
¼ cup seasoned dry bread crumbs
1 tablespoon prepared horseradish
1 clove garlic, minced
¼ teaspoon salt
¼ teaspoon pepper
1 (12-ounce) jar beef gravy
1½ cups sliced fresh mushrooms

In a medium bowl combine ground beef, egg, onion, green pepper, bread crumbs, horseradish, garlic, salt and pepper. Mix thoroughly; shape into four patties. Place in 9x9x2-inch glass baking dish. Cook on middle oven rack with lower halogen lamps on "HI" for 4 minutes. Continue cooking with upper halogen lamps on "HI" for 3 minutes. Drain.

In small bowl combine gravy and mushrooms. Pour over patties. Cover top of dish with foil. Cook with lower halogen lamps on "MED" for 5 to 6 minutes or until heated through and bubbly. Serves 4.

Poultry

Orange Teriyaki Chicken

½ cup orange marmalade
¼ cup teriyaki sauce
2 teaspoons cornstarch
½ teaspoon dry mustard
¼ teaspoon ground ginger
4 teaspoons olive oil
Fresh ground black pepper

In small saucepan blend together marmalade, teriyaki sauce, cornstarch, mustard and ginger. Heat over medium heat until thickened and bubbly, stirring constantly. Set aside.

Brush both sides of breasts with olive oil. Sprinkle with pepper. Place chicken in greased 8x8x2-inch baking dish. Cook on middle oven rack with lower halogen lamps on "HI" for 4 minutes. Continue cooking with upper halogen lamps on "HI" for 3 minutes. Pour sauce over chicken. Cook with upper halogen lamps on "HI" for 45 seconds to 1 minute 15 seconds or until heated through and bubbly. Serve with rice. Serves 4.

Oriental Turkey Salad

Sauce:

1 (10½-ounce) can cream of chicken soup
⅓ cup mayonnaise
1 tablespoon lemon juice
1 tablespoon soy sauce
1½ teaspoons curry powder

Salad:

2½ cups cooked and cubed turkey
1 (15 to 16-ounce) can pineapple tidbits, drained
1 cup chopped celery
1 cup seedless green grapes, halved
1 (8-ounce) can sliced water chestnuts, drained
¼ cup sliced green onions
1 (2-ounce) jar pimento, drained
⅔ cup sliced almonds

For sauce, combine soup, mayonnaise, lemon juice, soy sauce and curry powder in medium mixing bowl. Set aside.

For salad, combine turkey, pineapple, celery, grapes, water chestnuts, onions and pimento in large bowl. Pour sauce over turkey mixture, stirring until thoroughly combined. Pour salad into greased 7x11-inch baking dish. Sprinkle with almonds. Bake on middle oven rack with lower halogen lamps on "MED" for 8½ to 10 minutes or until mixture is heated through and bubbly. Serves 6.

Chicken Parmesan

½ cup Italian seasoned dry bread crumbs
⅓ cup grated Parmesan cheese
2 eggs, slightly beaten
6 boneless, skinless chicken breast halves (about 1 1/2 lbs.)
1 (14-ounce) jar spaghetti sauce
1½ cups (6-ounces) finely shredded 6 blend Italian cheese or mozzarella cheese

In a gallon-size resealable plastic bag combine bread crumbs and Parmesan cheese. Place eggs in a 9-inch pie plate. Dip chicken in egg then in crumb mixture, shaking bag to coat. Place chicken in greased 9x13-inch pan. Cook on middle oven rack with lower halogen lamps on "HI" for 4½ minutes. Continue cooking with upper halogen lamps on "HI" for 3 to 4 minutes or until chicken is done. Pour spaghetti sauce over chicken; sprinkle with cheese. Continue cooking with lower halogen lamps on "MED" for 4 to 5 minutes or until sauce is heated through and cheese is melted. Serves 6.

Chicken Almond Stir Fry

1 (2.25-ounce) package whole almonds (⅓ cup)
1 pound boneless, skinless chicken breast cut into bite-size strips
1 cup sugar snap pea pods
1 cup sliced yellow squash or zucchini
1 cup julienne carrots
½ cup red pepper chunks
½ cup sliced green onions
1 cup prepared stir fry sauce
Hot cooked rice

Place almonds in greased 7x11-inch dark, nonstick baking pan. Cook on middle oven rack with upper halogen lamps on "HI" for 1 minute. Stir. Continue cooking with upper halogen lamps on "HI" for 30 to 45 seconds or until almonds are toasted. Remove almonds from pan and set aside.

Add chicken to pan. Cook on middle oven rack with upper halogen lamps on "HI" for 2 minutes. Stir. Continue cooking with upper halogen lamps on "HI" for 30 seconds. Add vegetables. Continue cooking with upper halogen lamps on "HI" for 2 minutes. Stir. Continue cooking with upper halogen lamps on "HI" for 1 minute more. Add stir fry sauce, stirring until well blended. Cook with upper halogen lamps on "HI" for 30 to 60 seconds or until sauce is heated through. Serve stir fry over cooked rice. Sprinkle with toasted almonds. Serves 4.

Sandwiches

Grilled Chicken Sandwiches

4 boneless, skinless chicken breast halves
4 teaspoons olive oil
2 cloves garlic, minced
Salt and pepper
4 Kaiser rolls, split
¼ cup prepared dill or ranch dip
Spinach leaves
4 tomato slices

In small bowl combine olive oil and garlic. Spread on each side of breast halves. Season with salt and pepper to taste. Place chicken on grill. Cook on middle oven rack with lower halogen lamps on "HI" for 4 minutes. Continue cooking with upper halogen lamps on "HI" for 3 to 4 minutes or until chicken is fork tender and juices run clear.

Spread 1 tablespoon dill dip on each roll. On bottom half of each roll, layer spinach leaves, tomato slice and chicken breast; replace top half of roll. Serves 4.

Italian Meatball Subs

1 pound bulk Italian sausage
¼ cup Italian seasoned dry bread crumbs
1 egg, slightly beaten
2 tablespoons grated Parmesan cheese
2 teaspoons instant minced onion
1 (14-ounce) jar pizza sauce
4 hoagie buns, split
1 cup (4-ounces) shredded mozzarella cheese

In medium bowl combine sausage, bread crumbs, egg, Parmesan cheese and minced onion; mix well. Shape into 16 (1½-inch) meatballs. Place meatballs in 9-inch round baking pan. Cook on middle oven rack with lower halogen lamps on "HI" for 5 minutes. Continue cooking with upper halogen lamps on "HI" for 3 to 4 minutes or until meatballs are done.

Transfer meatballs to a 1-quart glass casserole. Add pizza sauce, stirring to coat meatballs with sauce. Cover casserole with lid or aluminum foil. Cook on middle oven rack with lower halogen lamps on "MED" for 4 to 5 minutes or until sauce is heated through and bubbly.

Place 4 meatballs in each hoagie bun; spoon sauce over meatballs. Sprinkle with cheese. Serves 4.

Mexican Pork Burgers

1 pound lean ground pork
¼ cup finely chopped onion
¼ cup salsa
1 teaspoon Mexican seasoning
¼ teaspoon pepper
½ (2-ounces) finely shredded cheddar and Monterey Jack cheeses with jalapeno peppers
4 hamburger buns, split
lettuce leaves
salsa
sour cream

In a medium bowl combine pork, onion, 1/4 cup salsa, Mexican seasoning and pepper; mix well. Shape meat mixture into 4 patties. Place patties on grill. Cook on middle oven rack with lower halogen lamps on "HI" for 6 minutes. Continue cooking with upper halogen lamps on "HI" for 3 to 4 minutes or until pork is thoroughly cooked. Immediately sprinkle cheese evenly over burgers.

Place lettuce leaves and burgers on bun bottoms. Top sandwiches with salsa and sour cream as desired. Replace top half of bun. Serves 4.

Zesty Sloppy Joes

1 pound lean ground beef
½ cup catsup
1 tablespoon brown sugar
1 tablespoon Worcestershire sauce
1 tablespoon vinegar
1 tablespoon prepared yellow mustard
2 teaspoons instant minced onion
1 teaspoon chili powder
½ teaspoon salt
¼ teaspoon pepper
6 hamburger buns

Place ground beef in 1-quart glass casserole dish. Cook on middle oven rack with lower halogen lamps on "HI" for 4 minutes. Stir. Continue cooking with upper halogen lamps on "HI" for 1½ to 2 minutes or until done. Drain.

Add remaining ingredients except buns, stirring until thoroughly blended. Cover casserole dish with lid or aluminum foil. Cook on lower oven rack with lower halogen lamps on "MED" for 3 to 4 minutes or until heated through and bubbly. Serve on buns. Serves 6.

Toasted Tuna Salad Sandwiches

1 (3-ounce) package cream cheese with chives
2 tablespoons mayonnaise
1 tablespoon lemon juice
1 teaspoon dill weed
1/8 teaspoon pepper
1 (6-ounce) can tuna, drained
½ cup shredded carrots
¼ cup chopped celery
¼ cup chopped red bell pepper
¼ cup butter or margarine, softened
8 slices bread

In a medium mixing bowl, beat cream cheese, mayonnaise, lemon juice, dill weed and pepper until smooth. Add the tuna, carrots, celery and red pepper; mix well.

Spread 1½ teaspoons softened butter over each slice of bread. Place 4 slices of bread, buttered side down, on a 12-inch round dark, nonstick pan. Evenly divide ½ of the tuna mixture on 2 of the bread slices on the pan. Cook on middle rack of the oven with lower halogen lamps on "HI" for 1 minute 15 seconds. Continue cooking with upper halogen lamps on "HI" for 1 minute to 1 minute 15 seconds or until tuna is heated through. Place empty toasted slice of bread atop hot tuna mixture. Repeat with remaining slices of bread and tuna mixture.* Serves 4.

*Note: Cooking times may need to be cut back slightly with the remaining 2 sandwiches.

Quick Reference Instructions

Read "Important Safety Information" before using "Quick Reference Instructions". If there are unanswered questions, see detailed sections of this manual.

30 Second Pad

Cook in 30 second increments.

1. Place food in oven.
2. Press *30SEC./1* pad.
3. Set lamp intensities.
4. Press *START* pad to begin cooking.

Defrost

Defrost frozen food.

1. Place food in oven.
2. Press preprogrammed *DEFROST/2* pad.
3. Press preprogrammed number *8, 9, or 0* pad.
4. Press *START* pad.

Cooking with Standard Recipe

Cook with Amana's recipes.

1. Place food in oven.
2. Press preprogrammed pad number (*3-9,0*) until recipe displays.
3. Press *START* pad when correct recipe displays.

Manual Time Entry Cooking

Cook with any time entered. The Amana Wave Oven™ does not require preheating.

1. Place food in oven.
2. Press *TIME ENTRY* pad.
3. Set lamp intensities.
4. Press number pads to enter cooking time.
5. Press *START* pad to begin cooking.

Saving Recipe

Save up to 10 custom recipes. Standard recipes are never replaced.

1. Pause or finish cooking.
2. Press *SAVE RECIPE* pad.
3. Press number pad (*1-9,0*).
 - Recipe is saved as custom recipe.

Cooking with Custom Recipe

Cook with recipes you have saved.

1. Place food in oven.
2. Press *CUSTOM RECIPE* pad.
3. Press pad number (*1-9,0*).
4. Press *START* pad.

Pause, Continue, or Stop Cooking

- To pause cooking, open door or press *STOP/RESET* pad once.
- To continue cooking, close door and press *START* pad.
- To stop cooking cycle, press *STOP/RESET* pad twice.

Adjusting Lamps

Lamp banks have 4 settings, "OFF", "LO", "MED", and "HI". Adjust lamp bank intensities on top and bottom independently to perfect recipes. Press *OFF, LO, MED,* and *HI* pad to adjust before or during cooking.

Control Lock

Press *LOCK* pad once to disable pads. Press *LOCK* pad again to enable pads. Number pads signal when disabled. "Locked" shows in display.

Changing Oven Signal

Change end-of-cycle signal volume. Simultaneously, press *SEAFOOD* pad and *MEAT* pad on words to change oven signal volume. Settings include "HI", "MED", "LO", and "OFF". Continue to press pads to advance through settings.

Add or Remove Scrolling Messages

Add or remove scrolling messages from display. Simultaneously, press *POULTRY* pad and *MEAT* pad on words to remove or restore scrolling messages.