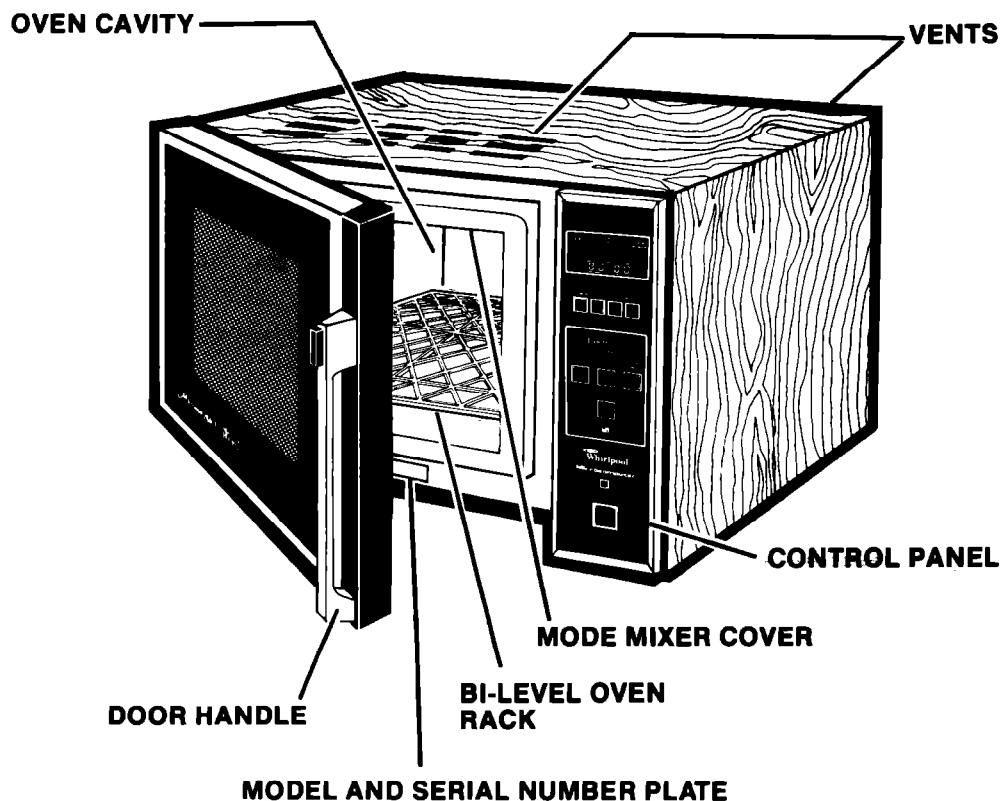


Whirlpool
CORPORATION

microwave oven

**USE and CARE
GUIDE**

MODEL RJM 7600



SAFETY PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) Door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.
- The oven should be checked for microwave leakage by qualified personnel after a repair is made.
- Do not operate the oven if the door glass is broken.
- Do not operate the microwave oven with the outer cabinet removed.

• Do not attempt to cook eggs in the shell in the microwave oven. Steam build-up within the egg will cause it to burst. Damage to the oven or injury to the user may result.

Before You Use Your Microwave Oven

Whirlpool Microwave Ovens are built to last. It is up to you to make sure your microwave oven is properly installed, used and maintained. You have to be sure that your Whirlpool Microwave Oven is . . .

- installed according to installation instructions.
- installed where it is protected from the weather.
- installed on a counter, or shelf strong enough for its weight.
- connected to an electrical circuit according to the installation instructions.
- grounded according to the installation instructions.
- used only for the job expected of a home microwave oven.
- not used by children or others who might not understand how to use it properly.
- kept clean and in good repair.
- serviced or repaired only by qualified service technicians.

Contents

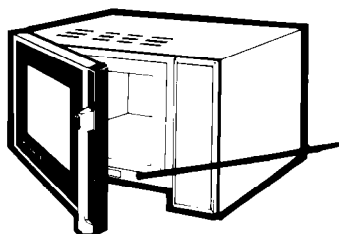
	<i>Page</i>
Introduction	3
Safety Precautions	2
Before You Use Your Microwave Oven	2
Installation Instructions	4
How a Microwave Oven Works	4
How to Use Your Microwave Oven	5
• Using the Controls	6
• Cooking With Time	7
• Defrosting	7
• Using the Control as a Minute Timer	8
• To Check, Change or Cancel Instructions	8
• To Stop or Restart the Oven	8
• Bi-Level Oven Rack	8
Tips on Microwave Oven Use	
• Do's, Don'ts and Hints	9
• Replacing the Oven Light Bulb	11
• Care and Cleaning	11
• Before Calling for Service	12
• If you need service	12

First

... please read this guide all the way through. Save it for future use when you may wish to look up some helpful fact or suggestion.

Now

... is a good time to fill in the spaces below. You will need this information if you call for service or to ask questions about your microwave oven. Model and serial numbers are located behind the door of the microwave oven, as illustrated. Be sure to record all letters and numbers.



MODEL AND SERIAL NUMBER PLATE

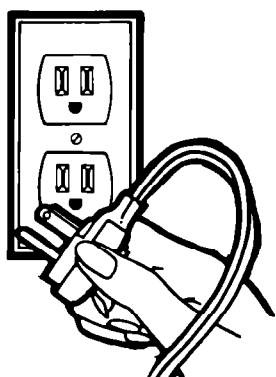
MODEL NO. _____

SERIAL NO. _____

PURCHASE DATE _____

SERVICE COMPANY TELEPHONE NO. _____

Installation Instructions



First: Take everything out of the oven. Wipe out the inside with a damp cloth.

Second: Put the microwave oven on a counter, table or shelf which has enough strength to hold it. For ventilation, leave two inches between the back of the oven and the wall. **Do not block the vents on top.** They are needed for air flow and even cooking.

This oven can be built into a wall or cabinet. Kits RCK703 and RCK707 are available from your dealer for recessed installation. It can also be installed, with those kits, above Whirlpool RDE, REE and RGE series single ovens, or Hardwick 7200 single gas ovens. Follow the manufacturer's installation instructions. The RCK710, RCK711, and RCK713 kits can be used for surface mounting on a wall. The MICRO SHELF* Hood, Model RJH 3330, is available for mounting the microwave oven above a range or cooktop.

Third: For your safety, this oven must be grounded. Its cord has the 3-prong grounding plug. **DO NOT CUT THE ROUND GROUNDING PRONG FROM THE PLUG.** If the wall receptacle doesn't have the right plug-in, or if the plug-in isn't grounded according to the National Electrical Code and local codes or ordinances, you must have a qualified electrician put in the right outlet.

Fourth: The outlet must supply 120 volts, 60 Hz., A.C. The microwave oven will use about 1450 watts when it is operating, so no other major household appliance should share the circuit.

Fifth: Fill a glass container with about one cup (250 mL) of cold water and put it in the oven. Turn the oven on full power for 1 to 1½ minutes (see page 7). When the time is up, the water should be heated.

Sixth: If the microwave oven has been stored in a cool room, the fan may run slower than usual until the oven warms up to room temperature.

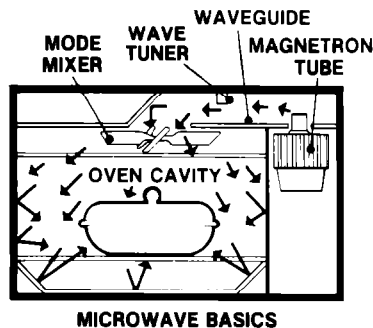
*Tmk.

How a Microwave Oven Works

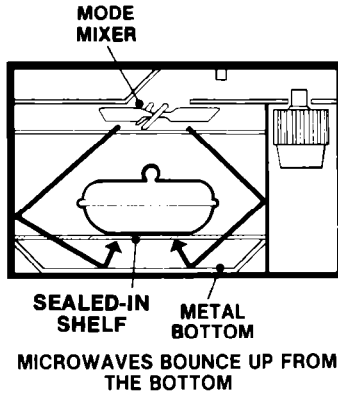
Microwaves are like radio waves or radar waves. They will **pass through** glass, plastic, paper and most other types of containers that are not metal. Microwaves **bounce off** metal and are absorbed by food. When food absorbs microwaves, heat is created because water molecules in the food are disturbed and bounce around colliding with each other. Heat is created by this bouncing and colliding ... like when you warm your hands by rubbing them together.

When all safety systems are secure (door shut completely and the START button pushed), electric current is allowed to reach the **magnetron tube**. The magnetron tube uses electricity to create microwaves. They pass through a metal tunnel called the **waveguide**, past the **wave tuner**, into the oven cavity.

Just at the point where the microwaves are about to go into the oven cavity, Whirlpool Microwave Ovens use a **mode mixer** (a slow-moving metal fan) to scatter them. If all the microwaves went in the same direction, they'd all bounce in the same direction, like water from a hose. Some parts of the food wouldn't be touched. The mode mixer works like a sprinkler to spread microwaves all around.



How a Microwave Oven Works (cont.)



The walls, top and bottom of the oven cavity are metal. Microwaves will bounce around inside the oven until they are absorbed by food.

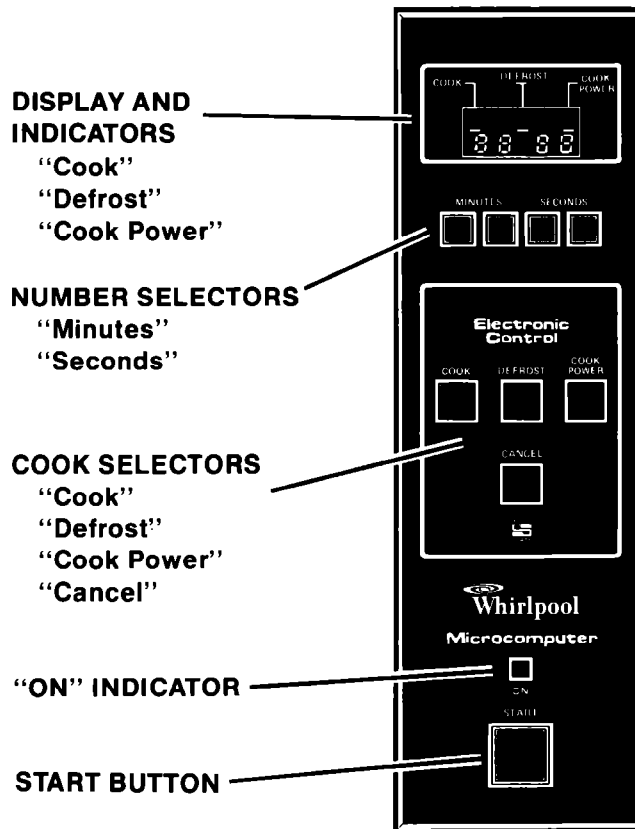
The food container rests on a sealed-in shelf above the metal bottom of the oven cavity. Because food is above the metal bottom, microwaves can get under it, through the shelf, to bounce up from the bottom into the food.

The screen in the door is designed to keep microwaves in the oven, yet allow you to see inside.

There are three safety interlock switches designed to make sure that the microwave oven will not operate unless the door is closed and microwaves are sealed inside.

Do not tamper with any of these interlock switches.

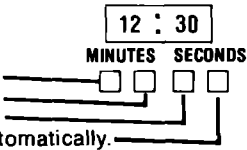
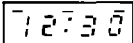
How to Use Your Microwave Oven



Before you set the microwave oven controls, **open the door.**

Two dots  will show in the display. Put the food in the oven and close the door. When these dots are on, you can set your microwave oven to cook. The dots will glow when the door is open, when the oven is set, and for 1 minute after the door is closed or after the cook cycle ends.

READ THIS CHART TO DECIDE WHICH CONTROLS TO USE

Control	Use for:	What happens:
COOK 	Setting the oven to cook with time	Push the Cook button. The display will show four zeros and the Cook indicator will glow. You can then set a time and press start. The cooking time countdown will show in the display. At the end of the cooking time, the oven will buzz four times.
DEFROST 	Setting the oven for a defrost time	Push the Defrost button. The display will show four zeros and the Defrost indicator will glow. Set a time and press START. The Defrost time countdown will show in the display. At the end of the Defrost time, the oven will buzz four times. When you set Defrost and Cook, the oven will automatically Hold (no cooking) for the same time as the Defrost time. The Hold time countdown will show in the display. At the end of the Hold time, the oven will buzz once before cooking in Cook.
COOK POWER 	Setting the oven to cook at a power level other than HIGH	After setting a cook time, you can set the oven to cook at a power level other than HIGH. Many recipes call for lower power level setting. The oven will automatically cook on HIGH unless you push the Cook Power button and select a different power level. Push and hold the Cook Power button until the power level you want shows on the left side of the display.  The Cook Power indicator will glow during cooking and the Cook Power setting will periodically show at the left side of the display.
CANCEL 	Changing or cancelling what you set	All instructions set will be cancelled and the two dots will glow about 1 minute. You can then reset the oven, if desired.
MINUTES/SECONDS 	Setting cooking times	Push and hold each button or push the button once until the number you want shows in the display. Example, To set 12 minutes and 30 seconds,  Push once until "1" shows Push and hold until "2" shows Push and hold until "3" shows "0" will show in the display automatically.
INDICATORS 	Checking what cook selectors were set or checking the oven as it cooks	The corresponding indicator will glow when you push the Cook, Defrost, or Cook Power button. The appropriate indicator also will glow as the oven cooks. The "ON" indicator glows when the oven is on.

Set the Time

Microwave Oven Controls

To turn on the control panel, open the door.

You can set Defrost and Cook in any order. When you start the microwave oven, it will automatically go through the cycles in order (Defrost — Hold — Cook).

- The oven will cook on HIGH unless you set a different **COOK POWER** level or **DEFROST** setting.
- If you set two instructions for the same cycle, the second instructions erase the first.
- The oven will buzz once between Hold and Cook. You can use this signal as a reminder to stir or turn food or to add ingredients.

To Cook With Time

Cook

1. Put the food into the microwave oven and shut the door.
2. Push Cook button.
3. Set *cooking time*. Push and hold the Minutes or Seconds button below the number you want to set (see page 6).
4. Set Cook Power, if desired. Push and hold Cook Power button until the power you want shows in the display. See page 6 for power level settings.
5. Push **START** button. At the end of the cooking cycle, the oven will buzz four times.

Defrost

1. Put the food into the microwave oven and shut the door.
2. Push *Defrost* button.
3. Set *defrost time*.
4. Push **START** button. At the end of the defrost cycle, the oven will buzz four times.

NOTE: The Defrost setting is 30% of power. If you want to defrost foods faster (may cause cooking on outside of food before the inside is defrosted) or slower, use Cook and set a lower or higher cook power level (20% or 40%).

Defrost and Cook

1. Put the food into the microwave oven and shut the door.
2. Push *Defrost* button.
3. Set *defrost time*.
4. Push Cook button.
5. Set Cook cooking time.
6. Set *Cook Power*, if desired.
7. Push **START** button.

At the end of the Defrost time, the oven will hold (no cooking) for the same time as the Defrost time. The oven will buzz once after the hold time. At the end of the Cook cycle, the oven will buzz four times. Hold time (standing time) is usually necessary for complete thawing of foods before cooking.

Minute Timer

You can use the microwave oven control as a Minute Timer to remind you to turn off another appliance, make a call, etc.

1. Open the door to turn on the power to the control. Close the door.
2. Push Cook button.
3. Set Minute Timer time.
4. Push and hold Cook Power button until "00" shows on the left side of the display (0% power — no cooking).
5. Push START button. At the end of the set time, the oven will buzz four times.

To check instructions . . .

- Touch the button for the setting you want to check. For example, to check the cook time, push the Cook button. To check the Cook Power, push Cook then Cook Power.

To change or cancel instructions . . .

- After the oven has started, push **Cancel**. All instructions will be erased.
- Before the oven has started, push the button for the setting you want to change. (Example: To change cook time, push the Cook button and reset the time.)

To stop oven . . .

- Push **Cancel** (instructions will be erased).
or
- Open the door.

To restart oven . . .

- Close the oven door.
- If the oven is set, press START button.
- If you pushed Cancel, reset the oven and push START button.

BI-LEVEL OVEN RACK

Use the BI-LEVEL OVEN RACK when cooking more than one food. The rack has two positions. If dishes don't fit properly, reverse the rack for more space. See BI-LEVEL COOKING GUIDE that is provided with the rack.

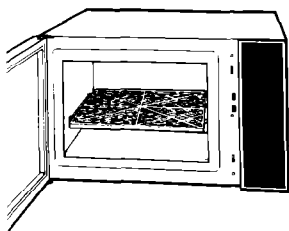
CLEANING THE OVEN RACK

Wash in the top rack of dishwasher or wash by hand using a mild detergent and a non-abrasive plastic scrubber or sponge. Avoid using harsh abrasives or scouring pads.

CAUTIONS

Use BI-LEVEL OVEN RACK only in your microwave oven.

- Do not use in conventional ovens or under broiler.
- Do not use in microwave oven without food.
- Do not use with browning dish.
- Do not allow foods placed on rack to touch the top of the oven.
- Use only when cooking more than one food at a time.
- Do not store rack in oven.



SOME DO'S, DON'TS, AND HINTS

DO:

- Plug the microwave oven into a separate 15 ampere circuit. Use only an electrically grounded 3-pronged wall outlet.
- Remove metal ties from plastic bags before placing them in the oven to avoid arcing and possible oven damage. Check carryout food containers for metal before reheating foods in them.
- Use your microwave oven only for cooking, reheating and defrosting.
- Slice whole eggs before reheating to avoid a steam buildup and possible bursting.
- For cooking times longer than four minutes, avoid using paper containers and be careful of the plastics you use. (Some plastics may get hot and melt.)
- Follow recipe instructions to stir, turn or add foods between cooking cycles to avoid possible damage to the utensil or oven.

DON'TS:

- Your microwave oven uses 1450 watts at full power. It can't share an outlet with another operating appliance.
- Be careful that food or utensils do not push against the plastic mode mixer cover. Don't remove the cover.
- Harsh abrasives may scratch the oven finish.
- Don't use dishes or utensils with metal trim, staples, closures or liners.

Metals should not be used in the oven unless especially directed in the MICRO MENUS* Cookbook.

- Always have food in the microwave oven before operating it to avoid possible damage to the oven.
- Store **nothing** in the microwave oven.
- Scorched or burned foods are overcooked. Continued cooking can only burn them further and may cause them to flame... especially potatoes, corn-on-the-cob, and snacks.
- Do not hold START button in after oven is started or try to operate oven by continuously pressing the START button.

HINTS:

1. Most of the oven's weight is on one side (the side with the controls) and it may be awkward to move.
2. INDICATORS may flicker when the microwave oven is on. This is normal.
3. If your line voltage is low (less than 120 volts), heating and cooking times may have to be longer.
4. When using recipes other than those from the **MICRO MENUS* Cookbook**, you may have to experiment with cooking times and power level settings. Cook foods according to the times and quantities given in the Whirlpool cookbook. As in conventional cooking, over-cooking can burn food and it may flame. Shorten cooking time for smaller quantities.

SOME DO'S, DON'TS, AND HINTS (cont'd)

5. Popcorn should be made only in a popper designed for microwave use. Follow instructions received with the popper. The results are the responsibility of the popcorn popper manufacturer.

6. Liquids heated in certain containers may overheat and flash into vapor. Water can splash out of the container and make a loud noise. This is not dangerous and will not harm the oven. You may wish to avoid using such containers for heating liquids again.

7. **DO NOT OVERCOOK POTATOES.** At the end of the recommended cooking time, the potatoes should be slightly firm. Wrap potatoes in foil and set aside for five minutes. Potatoes will finish cooking while standing.

Some potato varieties may cook faster than others. Overcooking may result in poor flavor and texture and potatoes may scorch or flame.

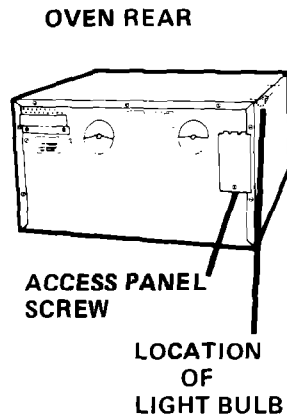
8. Do not store utensils in the oven.

9. Use hot pads . . . some utensils can be hot.

10. Do not block the vents. Normal exhaust from cooking is vented out the top and back. Depending on the food, exhaust may be hot.

11. The inner door liner may appear wavy after the microwave oven has been operated for a long time. This is normal.

HOW TO REPLACE OVEN LIGHT BULB



1. Unplug the oven power cord.
2. Remove screw and access panel shown in illustration.
3. Replace bulb with a 40 watt appliance bulb only. (Bulb can be seen with the access panel removed.)
4. Replace the access panel. The panel has tabs at the top. Insert the tabs in the top of the opening (behind the enclosure) to hold the panel in place.
5. Replace the screw.

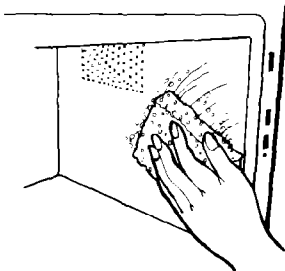
CLEANING YOUR MICROWAVE OVEN

Your microwave oven is designed for easy cleaning. Most soils require only wiping with warm sudsy water.

For cooked-on or other stubborn soils, boil a cup of water (250 mL) in the oven for 2 or 3 minutes. The steam will condense and soften the soils. They should be less stubborn after this treatment.

Do not operate the microwave oven with soil or any other objects between the door and the oven frame.

Do not use abrasive cleansers or scouring pads to clean the microwave oven interior or inside of the door.



If you need service or help, we suggest you follow these three steps:

1. Before calling for service . . .

Performance problems are sometimes caused by little things you can correct without tools. Before you call for service, check this list.

- A.** If the oven lights and display won't turn on at all:
- Is the unit plugged into the outlet firmly?
 - Have you checked to be sure a fuse or circuit breaker is not open?
- B.** If microwave power won't come on:
- Are all the controls set properly?
 - Have you pressed the START button? Do not hold the START button in.
 - Is the door firmly closed?
- C.** If the cooking times seem too long:
- Is the line voltage to your home low or lower than normal? The public utility in your area may be able to tell you if the voltage is low.
 - Are you allowing more cooking time when you increase the quantity (or number) of food being cooked in the microwave oven?
 - Is the Cook Power set at the desired power?
- D.** If the display shows a time counting down but the oven is not cooking . . .
- Is the oven door closed completely?

2. If you need service*:



If your WHIRLPOOL® appliance ever needs service anywhere in the United States, help is just a phone call away . . . to your nearest Whirlpool franchised TECH-CARE® service representative.

Whirlpool maintains a nationwide network of franchised TECH-CARE service companies to fulfill your warranty and provide after-warranty service and maintenance to keep your WHIRLPOOL appliance in peak condition.

You'll find your nearest TECH-CARE service company listed in your local telephone book Yellow Pages under APPLIANCES—HOUSEHOLD—MAJOR SERVICE & REPAIR.

Should you not find a listing, dial free, the Whirlpool COOL-LINE® service assistance telephone number.

When calling from:

Michigan (800) 632-2243
Alaska & Hawaii (800) 253-1121
All other states (800) 253-1301

If you move . . . To make sure that your appliance is correctly installed and to insure its continued satisfactory operation, please telephone your nearest TECH-CARE® service company for installation or to get the name of a qualified installer. (Installation cost will, of course, be paid by you.)

Helpful hints . . . You can help your TECH-CARE service representative give you faster service if you include the model and serial number of your appliance when requesting service. Also, retain your sales slip and warranty to verify your warranty status.

Remember . . . Your TECH-CARE service representative is specially trained in the expert repairing and servicing of your WHIRLPOOL appliances. He can help you maintain the quality originally built into your WHIRLPOOL appliance. So why not take the time, now, to look up his telephone number and jot it down in the space provided on the cover.

3. If you have a problem*:

Call Whirlpool Corporation in Benton Harbor at the COOL-LINE service assistance telephone number (see Step 2) or write:

Mr. Stephen E. Upton, Vice President
Whirlpool Corporation
Administrative Center
2000 U.S. 33 North
Benton Harbor, Michigan 49022

FSP is a registered trademark of Whirlpool Corporation for quality parts. Look for this symbol of quality whenever you need a replacement part for your Whirlpool appliance. FSP replacement parts

will fit right and work right, because they are made to the same exacting specifications used to build every new Whirlpool appliance.



Quality. Our way of life.

Benton Harbor, Michigan. Automatic Washers, Clothes Dryers, Freezers, Refrigerator-Freezers, Ice Makers, Dishwashers, Built-in Ovens and Surface Units, Ranges, Microwave Ovens, Compactors, Room Air Conditioners, Dehumidifiers, Central Heating and Air Conditioning Systems.

***If you must call or write,** please provide: your name, address, telephone number, type of appliance, brand, model, serial number, date of purchase, the dealer's name, and a complete description of the problem. This information is needed in order to better respond to your request for assistance.