

Microwave Oven Use and Care Guide



Appliances
MME 08XW

Thank you for choosing a Roper appliance

This Use and Care Guide will help you operate and maintain your new, qualitybuilt Roper microwave oven. Keep this Use and Care Guide in a safe place for future reference.

Complete and mail the Product Registration Card

This card enters your warranty into our warranty system that insures efficient claim processing, can be used as a proof of purchase for insurance claims and helps Roper to contact you immediately in the unlikely event of a product-safety recall.

Please remember

It is your responsibility to be sure that your microwave oven:

- Has been properly installed and leveled where it is protected from the elements and on a surface strong enough to support its weight. (See the Installation Instructions.)
The microwave oven should be at a temperature above 50°F (10°C) for proper operation.
- Has been properly connected to electrical supply and grounded. (See the Installation Instructions.)
- Is not used by children or anyone unable to operate it properly.
- Is properly maintained.
- Is used only for jobs expected of a home microwave oven.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY . . .

DO NOT attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

DO NOT place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

DO NOT operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- (1) Door (bent),
- (2) Hinges and latches (broken or loosened),
- (3) Door seals and sealing surfaces.

DO NOT operate the microwave oven if the door window is broken.

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

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

DO NOT operate the microwave oven with the outer cabinet removed.

IMPORTANT SAFETY INSTRUCTIONS

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

WARNING

To reduce the risk of fire, electrical shock, injury to persons or damage when using the microwave oven, follow basic precautions, including the following:

- Read all instructions before using appliance.
- Read and follow the specific "Precautions To Avoid Possible Exposure To Excessive Microwave Energy" found on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions found on page 5.
- Install or locate this appliance only in accordance with the provided Installation Instructions found on page 6.
- Some products such as whole eggs and sealed containers-for example, closed glass jars-may explode and should not be heated in this oven.
- Use this appliance only for its intended use as described in this manual.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped. Electrical shock, fire or other hazards may result.
- This appliance should be serviced only by qualified service personnel. Call an authorized RoperSM service company for examination, repair or adjustment.
- Do not cover or block any opening on the appliance. Fire may result.
- Do not use outdoors. Damage to the oven or electrical shock may result.
- Do not immerse cord or plug in water. Electrical shock may result.
- Keep cord away from heated surfaces. Electrical shock may result.
- Do not let cord hang over edge of table or counter. Electrical shock may result.
- Follow door surface and interior cleaning instructions on page 15.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking. Paper can char or burn, and some plastics can melt if used when heating foods.
 - Do not deep fry in oven.
 - **Test dinnerware or cookware before using.** See page 23. Some dishes (melamine, Centura[®], etc.) absorb microwave energy, becoming too hot to handle and slowing cooking times. Remove wire twist-ties from paper or plastic bags before placing bag in oven. Cooking in metal containers can damage the oven. So can containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).
 - If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
- Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.
- Read and follow "SAFETY PRECAUTIONS" on page 15 and "OTHER HELPFUL INSTRUCTIONS" on page 18.

SAVE THESE INSTRUCTIONS

TABLE OF CONTENTS

INSTALLATION	5
FEATURES	7
CONTROL PANEL	8
OPERATING INSTRUCTIONS	
1. SETTING TIME OF DAY	9
2. HI-POWER/MULTI-POWER COOKING	10
3. MULTI-STAGE COOKING	11
4. DELAY START COOKING	12
5. HOLD WARM	13
6. AUTO WEIGHT DEFROST	14
CARE OF YOUR MICROWAVE OVEN	15
SAFETY PRECAUTIONS	16
QUESTIONS AND ANSWERS	17
OTHER HELPFUL INSTRUCTIONS	18
TECHNICAL SPECIFICATIONS	19
MICROWAVE COOKING RECIPES AND TABLES	20
HOW YOUR MICROWAVE OVEN WORKS	20
GETTING THE BEST RESULTS WITH YOUR MICROWAVE OVEN	20
HOW CHARACTERISTICS OF FOODS AFFECT MICROWAVE COOKING	21
SPECIAL TECHNIQUES IN MICROWAVE COOKING	21
MICROWAVE-SAFE UTENSILS	23
SOME MICROWAVING TIPS	24
MICROWAVE POWER LEVELS	25
AUTO WEIGHT DEFROST	25
MEAT	28
POULTRY	32
FISH & SHELLFISH	34
CAKE & PIES	36
VEGETABLES	38
RECIPES	42
APPENDIX	47
WARRANTY	BACK COVER

INSTALLATION

A. EXAMINE OVEN

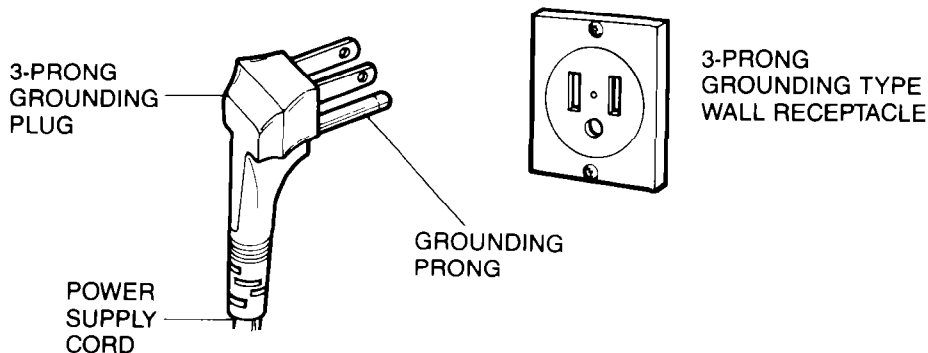
Empty the microwave oven and clean inside it with a soft, damp cloth. Check for damage such as misaligned door, damage around the door or dents inside the oven or on the exterior. If there is any damage, please do not operate the unit until it has been checked by an authorized service technician and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

B. GROUNDING INSTRUCTIONS:

⚠ WARNING

Electrical Shock Hazard

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



ENSURE PROPER GROUND EXISTS
BEFORE USE

For your personal safety, this appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electrical shock by providing an escape wire for the electric current. This appliance is equipped with a polarized 3-prong grounding plug. It must be plugged into a correctly polarized mating 3-prong grounding type wall receptacle (refer to Figure 1), properly installed and grounded in accordance with local codes and ordinances. If a mating wall receptacle is not available or if you are not sure if the wall receptacle is properly grounded and polarized, have it checked by a qualified electrician.

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

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

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

C. CIRCUITS

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

D. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage. Low voltage will cause slow cooking. In case your microwave oven does not perform normal operations in accordance with AC power source and voltage, remove the power cord and then insert it again.

E. LOCATION OF THE OVEN

Your microwave oven can easily be placed in your kitchen, family room or any other room in your home. Place the oven on a flat surface such as a kitchen counter top or a specially-designed microwave oven cart. **(The control side of the unit is the heavy side. Use care when handling.)** The weight of the oven is approximately 30.9 lbs. (14 kg). Do not place oven above a gas or electric range. Free air flow around the oven is important.

CAUTION

Do not install the oven next to a conventional surface unit or in any area where excessive heat and steam are generated. This could damage the outside of the cabinet.

F. DO NOT BLOCK VENTS

All air vents should be kept clear during cooking. If air vents are covered during oven operation, the oven may overheat. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently. Make sure the microwave oven legs are in place to ensure proper air flow.

G. TEST THE OVEN

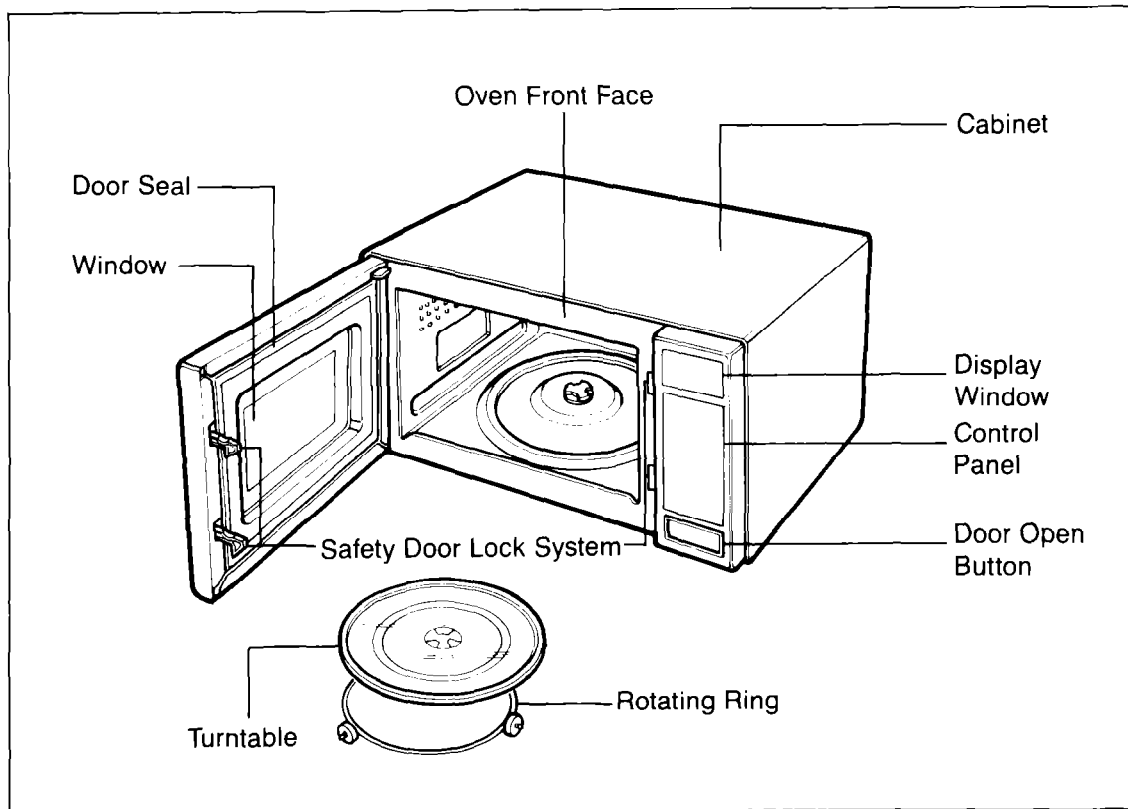
To test the oven, plug it into the proper electrical outlet. Put about one cup (250 mL) of cold water in a glass container in the oven. Close the door. Make sure it latches. Follow the directions on page 10 to set the oven to cook for 2 minutes. When the time is up, the water should be heated.

H. USE OVEN PROPERLY

This microwave oven is designed for use in the household only and must not be used for commercial purposes.

Do not remove the door, control panel or cabinet at any time. The unit is equipped with high voltage and should not be serviced unless by an authorized service technician.

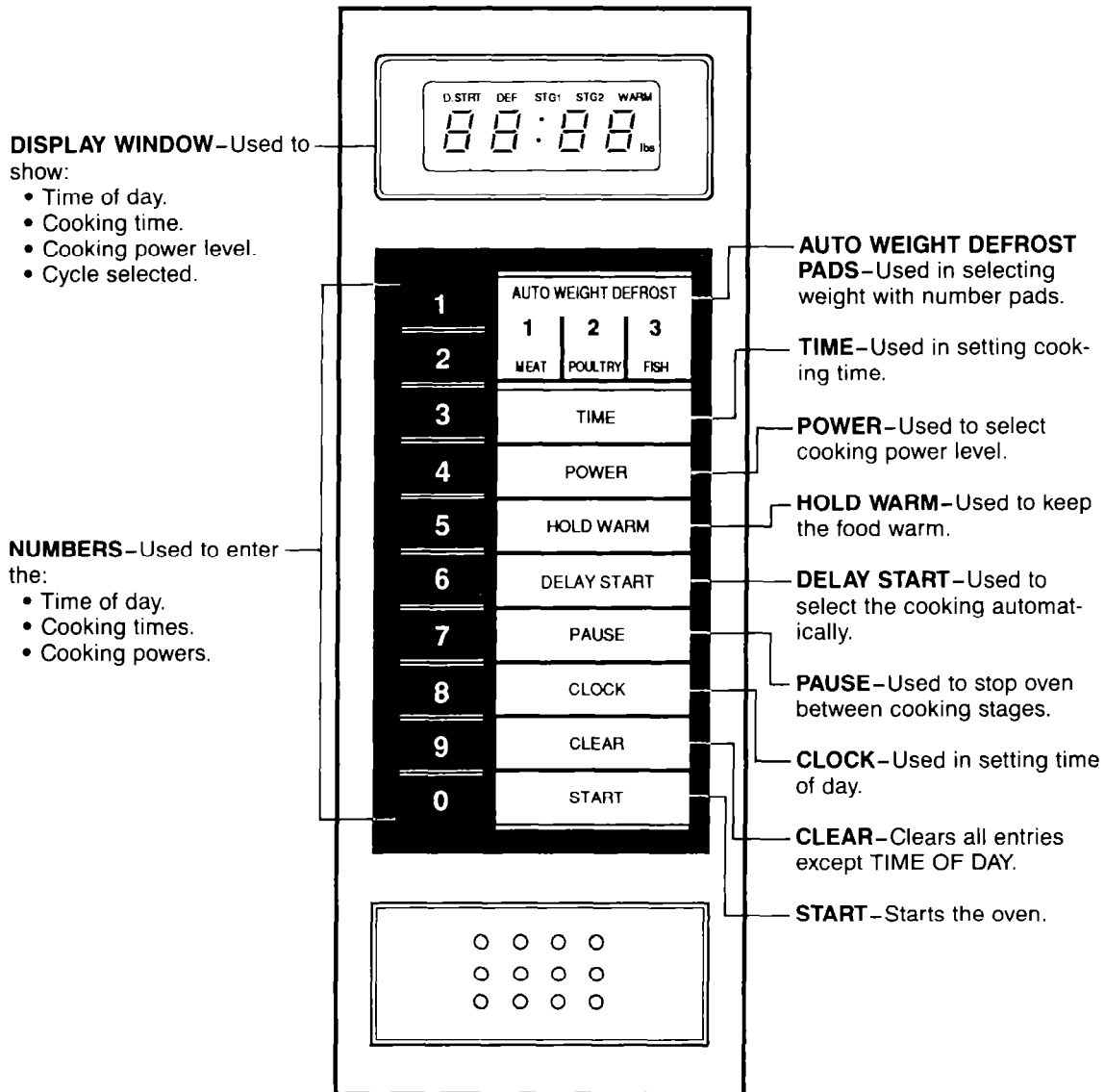
FEATURES



Remove your Microwave Oven and all material from the shipping carton.
Your oven will be paked with the following material:

Turntable	1
Owner's Manual & Cooking Guide	1
Rotating Ring	1

CONTROL PANEL

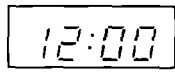
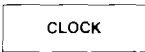
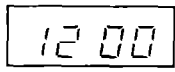



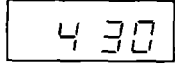
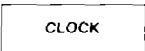
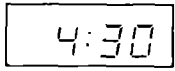


NOTE: To enter a setting, touch a word or number pad. A beep sounds when a pad on the control panel is touched to indicate a setting has been entered.

OPERATING INSTRUCTIONS


1. SETTING TIME OF DAY

To set the TIME OF DAY, enter the correct time of day 4:30.

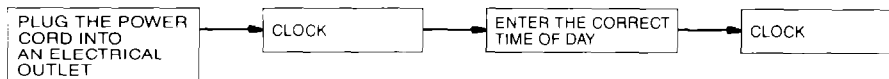
STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Plug the power cord into an electrical outlet.			"12:00" will show in the display.
2. Touch CLOCK.			"12 00" will show without the colon.
3. Enter the correct time of day.	  		The time will be set.
4. Touch CLOCK again.			

NOTE:

This is a 12 hour clock.

 will appear in the display window and a tone will sound if you attempt to enter an incorrect clock time, for example 3:78 or 14:02. To erase the incorrect clock setting, touch CLEAR pad.


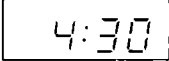

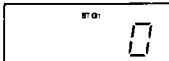



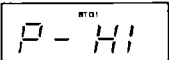

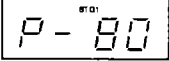

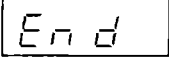
OPERATION SUMMARY



2. HI-POWER/MULTI-POWER COOKING

HI-POWER COOKING gives the highest cooking power possible with your microwave oven. It is the recommended setting for cooking foods with high moisture content or for cooking foods that need fast cooking to maintain their natural flavor and texture. Many foods need slower cooking (at less than HI power) in order to give you the best results. In addition to HI-POWER cooking there are nine multi-power settings. The cooking guide section of this book (starting on page 25) tells you which power setting is recommended for the food being cooked.

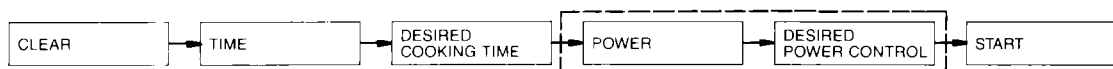
EXAMPLE: If you want to cook food on Power 80% for 5 minutes 30 seconds (Current time of day is 4:30):

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.			Erases all previous settings except time of day.
2. Touch TIME.			"0" light will show in the display window, and "STG1" light will blink.
3. Touch the correct numbers on the control panel to set the cooking time.			The set time will show in the display window.
4. Touch POWER.			"P-HI" will show.
5. Touch 8			"P-80" will show.
6. Touch START.			The oven begins to cook and the time will begin to count down in the display window. Two short and one long tone will sound and the word "End" will show in the display window when the 5 minutes 30 seconds is over.

NOTE:

If you do not select the power level, the oven will operate at power level HIGH. To set HI-POWER cooking, skip steps 4-5 above.


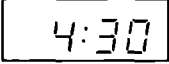





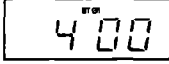

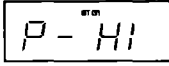

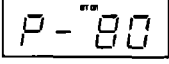



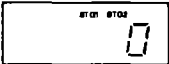






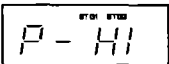

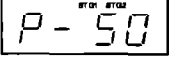

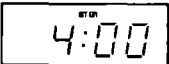
OPERATION SUMMARY



Skip these steps to set HI-POWER COOKING.

3. MULTI-STAGE COOKING

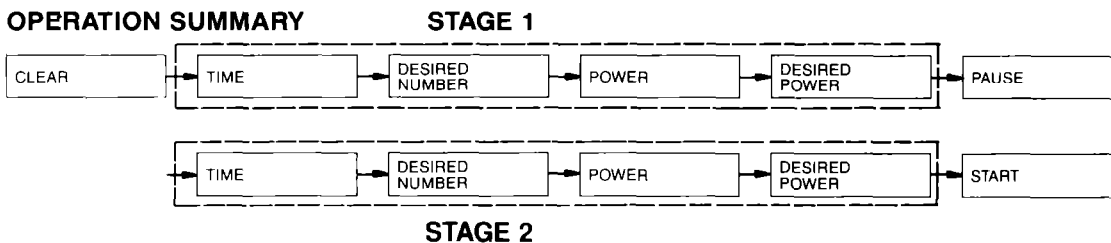
This cooking allows you to set the oven to cook in the first stage at a certain power level for a chosen time and then in the second stage at a different power level for a chosen time. (If you want to cook food on Power 80% for 4 minutes in the first stage and Power 50% for 10 minutes in the second stage.) (Current time of day is 4:30):

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.			Erases all previous settings except time of day.
2. Touch TIME.			
3. Set 4 minutes by touching "4, 0 and 0".	  		"400" will show in the display window.
4. Touch POWER.			"P-HI" will show in the display window.
5. Touch 8.			The first stage has been set.
6. Touch PAUSE.			
7. Touch TIME.			"STG2" will blink in the display window.
8. Set 10 minutes by touching "1, 0, 0 and 0".	   		"1000" will show.
9. Touch POWER.			
10. Touch 5.			
11. Touch START.			The oven will begin cooking stage 1 and the display window will show the time counting down. "STG1" light will show.

NOTE:

After the PAUSE, touch START to restart the oven.


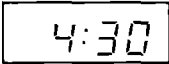



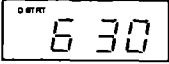

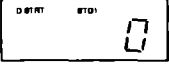


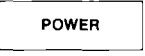
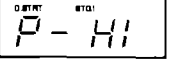

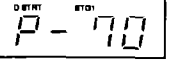

OPERATION SUMMARY



4. DELAY START COOKING

DELAY START cooking can be done by starting the cooking automatically at a preset delay time for the chosen cooking time.

EXAMPLE: If you want to start at 6:30 (Current time of day is 4:30):

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.			
2. Touch DELAY START.			"D.STRT" light will blink.
3. Touch numbers for the time of day to start cooking.			A preset delay time must be less than 12 hours.
4. Touch TIME.			"STG1" light will blink.
5. Touch numbers for cooking time.			
6. Touch POWER.			
7. Touch number for desired power level.			
8. Touch START.			The present time of day will show in the display window. As soon as the clock shows the preset cook start time, the oven will start cooking and the cooking time will count down in the display window.

NOTE:

1. DELAY START cooking must always be used after TIME OF DAY is set.
2. If you change the delay start time during DELAY START operation, touch PAUSE and DELAY START again, and then follow the above steps numbered 3-8.

⚠ WARNING

To avoid sickness and food waste when using delay start:

- Do not use foods that will spoil while waiting for cooking to start, such as dishes with milk or eggs, cream soups, and cooked meats or fish. Any food that has to wait for cooking to start should be very cold or frozen before it is put in the oven. **MOST UNFROZEN FOODS SHOULD NEVER STAND MORE THAN TWO HOURS BEFORE COOKING STARTS.**
- Do not use foods containing baking powder or yeast when using delay start. They will not rise properly.
- Do not allow food to remain in oven for more than two hours after end of cooking cycle.

OPERATION SUMMARY



5. HOLD WARM

Your oven has a HOLD WARM feature that keeps the food warm after the cooking is done.

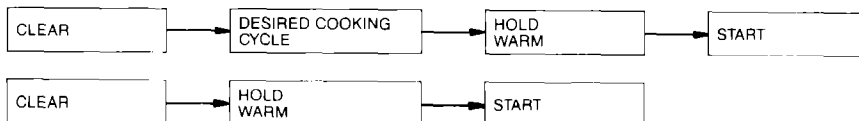
EXAMPLE: If you want to cook food at HI-POWER for 6 minutes (Current time of day is 4:30):

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.	CLEAR	4:30	Erases all previous settings except time of day.
2. Touch TIME.	TIME	STG1 0	"STG1" will blink in the display window.
3. Set 6 minutes by touching "6, 0 and 0".	6 0 0	STG1 6:00	
4. Touch HOLD WARM.	HOLD WARM	Ho Id	Hold Warm will show in the display window.
5. Touch START.	START	End	When the cooking cycle is over, the oven will switch into HOLD WARM to keep the food warm. The cook control setting changes to power level 1.

NOTE:


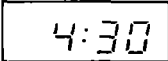

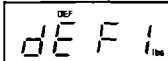


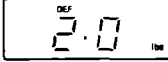

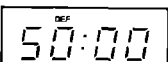
The HOLD WARM will continue for up to 60 minutes if CLEAR has not been touched. At this time, "End" will show in the display window with two short and one long tones. The HOLD WARM function can be independently.

OPERATION SUMMARY



6. AUTO WEIGHT DEFROST

EXAMPLE: If you want to defrost 2 pounds of Ground Beef (Current time of day is 4:30):

STEP	KEY BOARD	DISPLAY WINDOW	REMARKS
1. Touch CLEAR.			
2. Touch MEAT.			"DEF" light will show in the display window.
3. Select the desired cooking weight by using Number key pad. (Ex: To select 1.0 ~ 5.9 lbs.)	 		"2.0" will show in the display window.
4. Touch START.			"50:00" will show in the display window and the oven will begin the defrosting you selected. At the end of the required time, two short and one long beep will sound. The oven shuts off automatically.

OPERATION SUMMARY



CARE OF YOUR MICROWAVE OVEN

To Clean Your Oven

1. Keep the inside of the oven clean. Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking time. Use a damp cloth to wipe up crumbs that fall between the door and the frame.

It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a sudsy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The turntable can be washed by hand or in the dishwasher.

⚠ CAUTION

Abrasive cleansers, steel wool pads, gritty wash cloths, etc., can damage the control panel, and the interior and exterior oven surfaces. Use a soft cloth or a sponge with a mild detergent or spray glass cleaner.

2. Keep the outside of the oven clean. Clean the outside of your oven with soap and water then rinse with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent oven from accidentally starting, and wipe with a damp cloth followed immediately by a dry cloth. Touch clear pad after cleaning.
3. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

SAFETY PRECAUTIONS

1. Do not attempt to tamper with, or make any adjustments or repairs to door, control panel, safety interlock switches or any other part of the oven. Repairs should be done by qualified service personnel only.
2. Be certain to place the front surface of the door three inches or more away from the countertop edge to avoid accidental tipping of the appliance in normal usage.
3. For the most accurate programming of the electronic units, touch the center of each pad securely. Do not touch several pads at one time or touch in between pads. A beep should be heard with each touch when pad is touched correctly.
4. Do not hit or strike the control with objects such as silverware, utensils, etc. Breakage may occur.
5. Be careful when taking the cooking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot. Use hot pads. Microwave energy does not heat containers, but the hot food does.
6. Do not rinse cooking utensils by immediately placing them into water just after cooking. This may cause breakage. Allow the turntable to cool down before cleaning.

7. Do not use metal utensils. See cooking guide section of this manual.
8. Starting a microwave oven when it's empty is not recommended. If you experiment, put a container of water in the oven.
It is normal for the inside of the oven door to look wavy after the oven has been running for a while.
9. Do not heat unopened food containers in the oven. Pressure build-up can cause the container to burst, resulting in injury.
10. Do not use newspaper or other printed paper in the oven. Fire could result.
Do not dry flowers, fruit, herbs, wood, paper, gourds or clothes in the oven. Fire could result.
11. Only use thermometers approved for microwave oven cooking.
12. Be certain the turntable is in place when you operate the oven.
13. Pierce the skin of potatoes, whole squash, apples or any fruit or vegetable which has a skin covering, before cooking.
Do not overcook potatoes. Fire could result. At the end of the recommended cooking time they should be slightly firm. Wrap in foil and set aside for 5 minutes. They will finish cooking while standing.
14. Never use your microwave oven to cook eggs in the shell or to cook or reheat a whole egg. Steam build-up may cause them to burst and burn you, and possibly damage the oven. Slice hard boiled eggs before heating. In rare instances, poached eggs have been known to explode. Cover poached eggs and allow a standing time of one minute before cutting into them.
15. Do not pop popcorn, except in a microwave approved popcorn popper or commercial package designed especially for microwave ovens.
Never try to pop popcorn in a paper bag. Overcooking may result in smoke and fire.
16. Liquids heated in certain containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (coffee, etc.) resulting in harm to the oven and possible personal injury. For best results stir any liquid several times before heating or reheating.
17. Never lean on the door or allow a child to swing on it when the door is open. Injury could result.
18. Do not do canning of foods in the oven. Closed glass jars may explode resulting in damage to the oven or possible personal injury.
19. Do not use the oven to sterilize objects (baby bottles, etc.). It is difficult to maintain the high temperature required for safe sterilization.
20. Do not deep fry in the oven. Microwavable utensils are not suitable and it is difficult to maintain appropriate deep frying temperatures.
21. Do not use the oven for storage. Do not leave paper products, books or cooking utensils in the oven when not in use. Fire may result if someone accidentally starts the oven.
22. Do not let food or containers touch the top or sides of the oven.
23. If a fire should start in the oven cavity: do not open oven door; turn oven off; unplug the oven or turn off the power at the main power supply.
24. Do not place anything on top of the oven. Damage to the oven may result.
25. Do not try to melt paraffin wax in the oven. You may be burned.

QUESTIONS AND ANSWERS

- Q. What's wrong when the oven light will not glow?
- A. There may be several reasons why the oven light will not glow.
- Door is not closed.
 - Light bulb is burned out.
 - START has not been touched.
- Q. Why is steam coming out of the air exhaust vent?
- A. Steam is normally produced during cooking operations. The microwave oven has been made to vent this steam out of the bottom vent and the side vent.
- Q. Does microwave energy pass through the viewing screen in the door?
- A. No. The holes, or ports are made to allow light to pass; they do not let microwave energy through.
- Q. Why does the beep tone sound when a pad on the Control Panel is touched?
- A. The beep tone sounds to assure that the setting is being properly entered.
- Q. Will the microwave oven be damaged if it operates empty?
- A. Yes. Never run it empty and without the turntable.
- Q. Why do eggs sometimes pop?
- A. When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.
- Q. Why is a standing time recommended after microwave cooking is over?
- A. After microwave cooking is finished, foods keep on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.
- Q. Why doesn't my oven always cook as fast as the cookbook says it should?
- A. Check with your cookbook again to make sure you've followed directions exactly and to see what might cause variations in cooking time.
- Cookbook times and heat settings are suggestions, chosen to help prevent over-cooking . . . the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and density of the food could require longer cooking time. Use your own judgment along with the cookbook suggestions to test for doneness, just as you would do with conventional cooking.
- Make sure the power level is at the recommended setting and that you are allowing for more time when cooking more food at one time.
- Also, the electric supply to your home or wall outlets may be low or lower than normal. Your electric company can tell you if the line voltage is low. Your electrician or service technician can tell you if the outlet voltage is low.
- Q. What should I do if the fan seems to be running slower than usual?
- A. The fan will run slower if the oven has been stored in a cold area. Let the oven warm up to normal room temperature.
- Q. What should I do if the microwave oven will not run?
- A. Make sure you touched START and that the door is firmly closed and latched. Check to see if you have set delay start.
- Q. What should I do if nothing operates?
- A. Check to make sure the power supply cord is plugged into a live circuit with the proper voltage. Also check your home's main fuses or circuit breaker box. Check your electric company for a power failure.

OTHER HELPFUL INSTRUCTIONS

For best results and more enjoyable cooking, please read the cooking guide section of this manual.

For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking occasionally for doneness.
The microwave oven cooks so quickly, it is easy to overcook foods.
2. Small quantities of food, or foods with low water content may dry out and become hard if cooked too long.
3. Do not use the oven for drying kitchen towels or paper products. They may burn.
4. Don't cook eggs, in their shell, in the microwave oven.
5. For food items such as apples, potatoes, egg yolks, chicken livers, etc., be sure to pierce the skin or membrane to prevent bursting of the food while cooking in the oven.

Defrosting Frozen Foods:

1. Foods that have been frozen can be placed directly in the oven for thawing. (Be certain to remove any metallic ties or wraps.)
2. Defrost according to the defrost charts found in the cooking guide section of this manual.
3. For areas of the food thawing faster than others, cover with small pieces of aluminium foil. This helps slow down or stop the defrosting process.
4. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen.
5. It may be necessary to increase or decrease the cooking time in some recipes, depending on the starting temperature of the foods.

NOTE: Air from the vent may become warm during cooking. This is normal.

TECHNICAL SPECIFICATIONS

Power Input	: 120V, 60Hz, 10.1 A AC only, 3-prong grounded plug
Power Output	: 650 Watts (Max.)
Microwave Frequency	: 2,450 MHz
Outer Dimensions	: 495(W) × 288(H) × 345(D) mm
Cavity Dimensions	: 313(W) × 210(H) × 341(D) mm
Cavity Volume	: 0.8 Cu-ft.
Net Weight	: 30.9 lbs. (Approx.)
Shipping Weight	: 34.9 lbs. (Approx.)
Power Consumption	: 1150 Watts

Weights and dimensions shown are approximate.
Specifications are subject to change without notice.

The serial number is found on the back of this unit. This number is unique to this unit and not available to others. You should record requested information here and retain this guide as a permanent record of your purchase.	Data of Purchase _____
	Dealer Purchased From _____
	Dealer Address _____ _____
	Dealer Phone No. _____
	Model No. MME08XW _____
	Serial No. _____

MICROWAVE COOKING RECIPES AND TABLES

How Your Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves. Your microwave oven is constructed in such a way as to take advantage of microwave energy. Electricity is converted into microwave energy by the magnetron tube, and microwaves are then sent into the cooking area through openings at the top of the oven. Microwaves reflect off the metal walls of the oven. Since microwaves do not penetrate metal, cooking utensils made of metal are not used for cooking in the microwave. They can neither reflect nor absorb the microwaves. The microwaves can however be transmitted through glass, paper, wicker and microwavable cooking dishes. Microwaves do not heat the cookware, though vessels will eventually feel hot from the heat generated by the food. Microwaves are attracted to the moisture in foods and cause the water molecules to vibrate, 2,450 million times per second. This is called absorption. As the water molecules vibrate they rub against each other, producing friction. This friction, in turn, causes the food to get hot. If you have trouble imagining how this is possible, just think how hot your hands would get if you rubbed your palms together 2,450 million times per second!

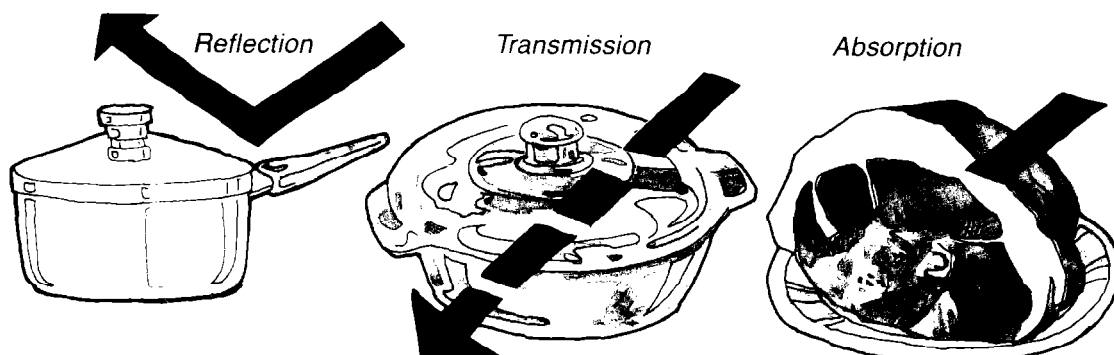
A very safe appliance: Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. By the time microwave energy has been converted into heat in the process of making food hot, the microwaves have completely dissipated.

Getting the Best Results From Your Microwave Oven

Keeping an eye on things: #The recipes in this book have been formulated with great care, but your success in preparing them depends on how much attention you pay to the food as it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation. You can see inside the oven and check the progress of your food. Directions given in recipes to "stir", "rotate", etc., should be thought of as the minimum steps recommended for even cooking and speed in the microwave.

Factors affecting cooking time: The cooking times given in the recipes in this book are approximate. Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in the cooking time. For example a cake made with cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature.

Range of cooking times: Most of the recipes in this book give a range of cooking times. In general, you will find that the food remains undercooked at the lower end of the time range. You may sometimes want to cook your food beyond the maximum time given. Personal preferences vary, as do the cooking speeds of different ovens under different conditions. While undercooked food may always be cooked a bit more, overcooked food can be ruined.



Some of the recipes, particularly those for breads, cakes, and meats suggest that food be removed from the oven when it is still slightly undercooked. This is not a mistake. When allowed to stand, the food will continue to cook outside the oven, as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked. As you gain experience in using your microwave oven, you will become increasingly skillful in estimating both cooking and standing times for various foods.

How Characteristics of Foods Affect Microwave Cooking

Quantity: The greater the volume of food, the longer it takes to cook it. In general, cooking time is increased by almost 50 percent when doubling a recipe. Time is reduced by approximately 40 percent when cutting a recipe in half.

Density: Light, porous food such as cakes and breads cook more quickly than heavy, dense food such as roasts, potatoes, and casseroles.

Height: #Whether conventional or microwave cooking methods are used, areas of food close to the energy source may need to be turned over or shielded for even cooking.

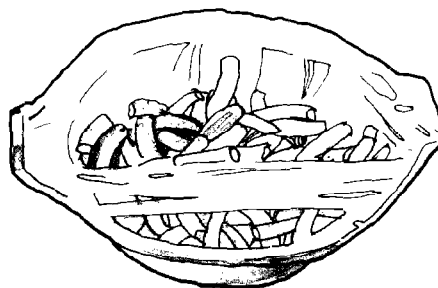
Shape and Size: For more even cooking results, choose food pieces that are similar in size and shape. Arrange small, thin pieces toward the center of the dish and thicker pieces toward the outside of the dish.

Sugar, Fat, and Salt: #Food with high sugar, fat, and salt content cooks faster than food low in these elements.

Special Techniques in Microwave Cooking

Browning: Meat and poultry with high fat content that are cooked 10 to 15 minutes or longer, will brown lightly. Food that is cooked for a shorter period of time may be brushed with a browning agent to achieve an appealing color. The most commonly used browning sauces are Worcestershire sauce, soy sauce, and barbecue sauce.

Covering: A cover traps heat and steam causing the food to cook more quickly. You may either use a lid or plastic wrap with a corner folded back to vent the excess steam. Recipes calling for covered microwavable casseroles use the glass casserole covers to help retain the steam; however, the covers can become hot during cooking so handle carefully. Waxed paper effectively prevents food from spattering in the oven and helps food retain some heat. Sandwiches and many other foods can be wrapped in paper towels to prevent them from drying out.



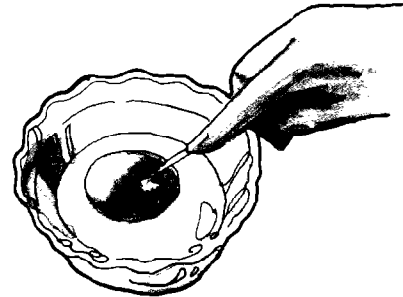
Spacing: Individual foods such as baked potatoes, cupcakes, and hors d'oeuvres will cook more evenly if placed in the oven at least an inch apart, preferably in a circular pattern.

Stirring: Stirring is an important microwaving technique. Microwaved foods are stirred in order to blend flavors and redistribute heat. Always stir from the outside toward the inside, since the outside of the food heats first.

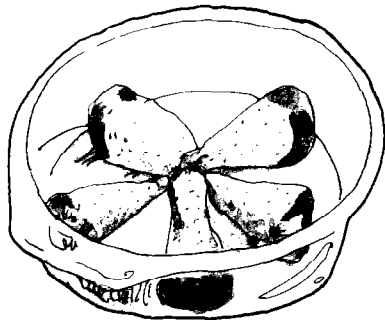
Turning Over: Larger sized food such as roasts and whole poultry should be turned over so that the top and bottom will cook evenly. It is also a good idea to turn over chicken pieces and chops.



Piercing: To prevent bursting, food enclosed in a shell, skin or membrane must be pierced prior to cooking. Such foods include both the yolks and whites of eggs, hot dogs, clams, oysters, and many whole vegetables, such as potatoes and squash.



Arrangement: Since dense foods cook more slowly in the microwave, it makes sense to place thicker portions of meat, poultry, fish and vegetables to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly. Also, arrange food in a single layer rather than stacking to permit more even cooking.



Testing for Doneness: Because foods cook so quickly in a microwave oven, it is necessary to test for doneness frequently. Check recipes for specific visual doneness information.

Standing Time: Food is often allowed to stand for 2 to 10 minutes after being removed from the microwave oven. Usually the food is covered during standing time to retain heat. Most foods are removed from the oven while still slightly undercooked, and finish cooking during standing time. The internal temperature of food will rise about 10° during standing time.

Shielding: Strips of aluminum foil, which block microwaves, are sometimes placed over the corners or edges of square and rectangular shaped pans to prevent those portions from overcooking. Irregular food shapes such as poultry legs and wings tips can be shielded with foil to keep them from overcooking. Keep foil at least one inch away from the oven walls.

Microwave-Safe Utensils

Never use metal or metal-trimmed utensils in your microwave oven. Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause “arcing”, which resembles lightning. Most heat-resistant, nonmetallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable for microwave cooking. If you have any doubts about a particular utensil, there’s a simple way to find out if it can be used in your microwave oven.

Testing Utensils for Microwave Use: Place the utensil in question next to a glass measure filled with water in the microwave oven. Cook 1 minute at Power Level 10. If the water is warm and the utensil remains cool, the utensil is microwavable. However, if the utensil becomes warm, microwaves are being absorbed by the utensil and it should not be used in the microwave oven.

You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Read through the following checklist.

1. Dinner Plates: Many kinds of tableware are microwavable. This would include most brands of oven-tempered glass cookware. Do not, however, use delicate tumblers, wine glasses, etc. in the oven, as they may possibly shatter.

2. Glassware: Some glassware that is heat-resistant is microwavable. This would include all brands of oven-tempered glass cookware. Do not, however, use delicate tumblers, wine glasses, etc. in the oven, as they may possibly shatter.

3. Paper: Paper plates and containers without wax coatings are convenient and safe to use in your microwave oven for short cooking times. Paper towels are also very useful for absorbing moisture and grease. In general, use white paper, as some dyes may separate.

4. Plastic Storage Containers: These can be used to hold foods that are to be quickly reheated. However, they should not be used to heat foods that will need considerable time in the oven, as hot foods will eventually warp or melt the containers.

5. Cooking Bags: Cooking bags are microwavable. Make sure to make a slit in the bag so that steam can escape. Substitute string or microwavable closure for metal twist ties.

6. Plastic Microwave Cookware: A variety of cookware is available. Certain specialty items such as plastic ring molds, muffin pans, etc. are convenient. Check the manufacturer’s instructions.

7. Pottery, Stoneware, and Ceramic: Containers made of these materials are usually fine for use in your microwave oven. They should be checked by using the dish test.

8. Wicker, Straw, Wood: All of these materials are safe for brief use in your microwave oven. Remove any metal fittings.

9. Metal Utensils: Metal utensils and utensils with metal straps, clips, or screws should not be placed in your microwave oven while the oven is in operation. Use wooden skewers, which are available at most cookware shops.

10. Browning Skillets: Browning skillets or grills are useful to provide extra surface browning of meats such as steaks and hamburgers. They heat to a very high temperature and should be handled with great care. Follow the manufacturer’s guidelines for directions and proper use.

Do not use these utensils



Some Microwaving Tips

Boiling Water: Place 1 cup of water in a 2-cup glass measure and cook uncovered 2½ to 3½ minutes at Power Level 10, or until boiling.

Instant Coffee: Place 6 ounces of water in a microwavable cup or mug. Cook uncovered 2 to 2½ minutes at Power Level 10, or until hot. Stir in coffee crystals.

Hot Cocoa: Place 1 or 2 teaspoons each of cocoa powder and sugar in an 8-ounce mug. Gradually add 6 ounces of milk stirring to blend. Cook uncovered 2 to 3 minutes at Power Level 8, or until hot, stirring once.

NOTE: For safe heating of liquids in a microwave oven, see precaution #16 on page 16.

Heating Syrup or Honey: Place in a glass pitcher and cook uncovered at Power Level 10 until warm. Stir once. One cup syrup or honey will take 2 to 3 minutes.

Melting Butter or Margarine: Place butter or margarine in a custard cup or glass measuring cup. Cook uncovered at Power Level 10 until melted.

Softening Butter, Margarine or Cream Cheese: Unwrap and place on a serving plate. Cook uncovered at Power Level 1 checking at 20 second intervals.

Melting Chocolate Squares and Chocolate Pieces: Place in a custard cup or glass bowl and cook uncovered at Power Level 7. One square of unsweetened chocolate or 1 cup of chocolate pieces will take 3 to 4 minutes. Two squares of unsweetened chocolate or 2 cups of chocolate pieces will take 4 to 6 minutes. Stir until smooth.

Melting Caramels: Combine one 14-ounce package of caramels and 2 tablespoons of water in a 4-cup glass measuring cup. Cook uncovered 3 to 4 minutes at Power Level 7, or until melted, stirring every minute.

Toasting Almonds: Place sliced or slivered almonds in a shallow baking dish and add 1 teaspoon of butter or margarine per ½ cup of nuts. Cook uncovered 3 to 4 minutes at Power Level 10, or until light brown, stirring every minute.

Toasting Coconut: Place unsweetened, flaked or grated coconut in a 9-inch glass pie plate. Cook uncovered 3 to 4 minutes at Power Level 7, or until light brown. Stir every minute.

Freshening Up Stale Chips and Pretzels: Place chips or pretzels in a napkin-lined wicker basket. Cook uncovered about 30 seconds per cup at Power Level 10, or until snacks feel warm. Let stand a few minutes to cool before serving.

Warming Bread and Rolls: #Wrap in a napkin or place in a napkin lined wicker basket. Cook uncovered 30 seconds to 1 minute at Power Level 8, or until bread or rolls feel warm.

Cooking Bacon: Place bacon slices on a double thickness of paper towel on a paper plate and cover with a paper towel. Cook uncovered 1 to 1½ minutes per slice at Power Level 10, or until crisp. If you wish to save the drippings, cook bacon on a rack placed inside a microwavable baking dish.

Microwave Power Levels

Your microwave oven is equipped with ten power levels (11 levels including 0) to give you maximum flexibility and control over cooking. When your cooking program is completed, a beep automatically sounds. The table below will give you some idea of which foods are prepared at each of the various power levels.

MICROWAVE POWER LEVEL CHART

Power Level	Use
10	<ul style="list-style-type: none"> • Boil water. • Brown ground beef. • Make candy. • Cook poultry pieces, fish, vegetables. • Cook tender cuts of meat.
9 (Saute)	<ul style="list-style-type: none"> • Reheat rice, pasta & vegetables.
8 (Reheat)	<ul style="list-style-type: none"> • Reheat prepared foods quickly. • Reheat sandwiches.
7 (Medium High)	<ul style="list-style-type: none"> • Cook egg, milk and cheese dishes. • Cook cakes, breads. • Melt chocolate.
6 (Medium)	<ul style="list-style-type: none"> • Cook veal. • Cook whole fish. • Cook puddings and custards
5 (Medium Low)	<ul style="list-style-type: none"> • Cook ham, whole poultry, lamb. • Cook rib roast, sirloin tip.
4 (Defrost)	<ul style="list-style-type: none"> • Thaw meat, poultry and seafood.
3 (Low)	<ul style="list-style-type: none"> • Cook less tender cuts of meat. • Cook pork chops, roast.
2 (Simmer)	<ul style="list-style-type: none"> • Take chill out of fruit. • Clarify butter.
1 (Warm)	<ul style="list-style-type: none"> • Keep casseroles and main dishes warm. • Soften butter and cream cheese
0	<ul style="list-style-type: none"> • Standing time. • Independent timer.

Auto Weight Defrost

To help you become thoroughly familiar with the convenient Auto Weight Defrost method and its use, we have provided step-by-step instructions for you. You will soon see how microwave defrosting can transform defrosting from a time consuming nuisance to a simple preparation step. Let's begin by defrosting 1 pound 8 ounces of ground beef.

1. Unwrap beef and place in a microware-safe dish or tray (to catch drippings). Set dish in the oven on the glass tray.
2. Touch CLEAR.
3. Ground beef defrosts on Auto Weight Defrost. Touch MEAT. The "DEF" and "DEF 1" will shown, and the "lbs" will flash.
4. Enter the weight of your food in decimal increments from 0.1 pound to 5.9 pounds. Remember to convert ounces to tenths of a pound. To defrost 1 pound 8 ounces of ground beef, touch number pads "1" and "5" for 1.5 pounds. The display window will show "1.5".
5. Touch START. The oven will begin the defrosting sequence, and the display window will show the total time as it "counts down". The oven will sound the beep at the end of 70% power.
6. At the beep, follow the guide instructions: Remove thawed portions with fork, turning beef over and also removing thawed portion from bottom. Return remainder to oven.

NOTE: If the oven door is not opened during the beep, the oven will continue defrosting. Because turning, rotating, and separating are usually necessary for proper defrosting, follow steps 1 through 7 for best results.

7. After performing guide instructions, touch START. The oven resumes defrosting and the display window shows the time remaining. At the end of the required time, a beep will sound and "End" will appear in the display and remain until the door is opened or CLEAR is pressed. The oven shuts off automatically.

AUTO WEIGHT DEFROST GUIDE — MEAT

Food	Setting	At Beep	Special Instructions
BEEF			
Ground beef (bulk)	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence. Do not defrost less than ¼ lb. Freeze in doughnut shape.
Ground beef (patties)	MEAT	Separate and rearrange.	Do not defrost less than two 4-oz. patties. Depress center when freezing.
Hamburger patty	MEAT	Separate and rearrange.	Place on microwavable roast rack.
Pot roast, chuck roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
Rib roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
Rolled rump roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
Round steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
Stew beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in microwavable baking dish.
Tenderloin steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
LAMB			
Chops (1-inch thick)	MEAT	Separate and rearrange.	Place on microwavable roast rack.
Cubes for stew	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place in microwavable baking dish.
Rolled roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
PORK			
Bacon	MEAT	Separate and rearrange.	Place on microwavable roast rack.
Chops (½-inch thick)	MEAT	Separate and rearrange.	Place on microwavable roast rack.
Country-style ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
Hot dogs	MEAT	Separate and rearrange.	Place on microwavable roast rack.
Rolled roast, boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
Sausage bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in microwavable baking dish.
Sausage links	MEAT	Separate and rearrange.	Place on microwavable roast rack.
Spare ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack.
VEAL			
Cutlets (1 lb., ½-inch knife alt)	MEAT	Separate and rearrange.	Place on microwavable roast rack.

AUTO WEIGHT DEFROST GUIDE — POULTRY

Food	Setting	At Beep	Special Instructions
CHICKEN			No poultry over 5.9 lbs. should be defrosted using AUTO WEIGHT DEFROST, nor should any whole turkeys defrosted with this setting.
Breasts (boneless)	POULTRY	Separate and turn over. Cover with waxed paper.	Place on a microwavable roast rack. Finish defrosting by immersing in cold water.
Cut up	POULTRY	Separate pieces and rearrange. Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack. Finish defrosting by immersing in cold water.
Whole (under 4 lbs.)	POULTRY	Turn over (end defrost breast-side down). Cover warm areas with aluminum foil.	Place chicken breast-side-up on microwavable roast rack. Finish defrosting by immersing in cold water. Remove giblet when chicken is partially defrosted.
CORNISH HENS Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack. Finish defrosting by immersing in cold water.
TURKEY Breast (under 6 lbs.)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on microwavable roast rack. Finish defrosting by immersing in cold water.

AUTO WEIGHT DEFROST GUIDE — FISH AND SHELLFISH

Food	Setting	At Beep	Special Instructions
FISH Fillets	FISH	Turn over. Separate fillets when partially thawed.	Place in microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Turn over.	Place in microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave. Finish defrosting by immersing in cold water.
SHELLFISH Crabmeat	FISH	Break apart. Turn over.	Place in microwavable baking dish.
Lobster tails	FISH	Turn over and rearrange.	Place in microwavable baking dish.
Shrimp	FISH	Break apart and rearrange.	Place in microwavable baking dish.
Scallops	FISH	Break apart and rearrange.	Place in microwavable baking dish.

MEAT

Now with the help of your microwave, you can serve twice the meal in half the time. Best of all, you don't have to remember to take the meat out of the freezer in the morning for an evening meal. Defrosting techniques and fast cooking eliminate all these meal-planning roadblocks.

Cooking Meat: Tips & Techniques

- Defrost meat completely before cooking.
- Trim off excess fat.
- Place meat fat side down on microwavable roast rack.
- Turn over halfway through cooking to ensure even cooking.
- Arrange meat so thicker portions are toward outside of dish.
- Drain juices as they accumulate to minimize spattering and avoid undercooking bottom of meat.
- Shield thin or bony portions with strips of foil to prevent overcooking. Keep foil at least one inch from oven walls, and do not cover more than one-third of the meat at any one time.
- Cover meat with waxed paper to prevent spattering.
- Let meat stand covered with foil 10 to 15 minutes after removing from microwave. Internal temperature of meat may rise 5°F to 15°F during standing time.
- Use oven cooking bags for less tender cuts of meat.

MEAT COOKING TABLE

Meat	Power Level	Cooking Time	Special Instructions
BEEF Corned beef (3 lbs.)	(Stage 1), 10 then (Stage 2), 3	15 minutes then 25-30 minutes per pound	Place corned beef in 3-quart microwavable casserole. Pour 1 cup water and desired seasonings over corned beef. Cook covered. Turn over beef during cooking. Shield thinner ends with foil. Cook until fork-tender. Let stand covered 15 minutes. Thinly slice beef diagonally across grain.
Cubes for stew (2 lbs., inch cubes)	(Stage 1), 10 then (Stage 2), 3	10 minutes 27-32 minutes per pound	Place cubes in 2½-quart microwavable casserole. Pour 1 cup water or broth over cubes. Cook covered. Stir cubes halfway through cooking. Cook until fork-tender. Let stand covered 10 minutes. Note: For faster cooking and slightly less tenderness, beef cubes for stew may be cooked at PL 10 for 10 minutes, then at PL 3 for 35 minutes per pound.
Ground beef (1 lb.)	10	4-5 minutes	Crumble beef and place in microwavable sieve or colander. Place sieve in bowl to collect drippings. Cover with waxed paper. Stir after 2½ minutes to break meat apart. After cooking let stand covered 2 minutes. If meat is still pink, cover and cook 1 more minute.
Hamburgers, Fresh or defrosted frozen (4 oz, each) 1 patty 2 patties 4 patties	10	¾-1¼ minutes 1¼-2 minutes 2½-3½ minutes	Form patties with depression in center of each. Place on microwavable roast rack. Brush with browning agent, if desired. Cover with waxed paper. Turn over halfway through cooking. Let stand covered 1 minute.
Pot roast (3-4 lbs.)	(Stage 1), 10 then (Stage 2), 3	15 minutes then 30-35 minutes per pound	Pierce roast deeply on both sides in several places. Place roast in large cooking bag; place in microwavable dish. Add desired seasonings and 1 cup liquid over roast. Close bag loosely with microwavable closure or string. Carefully turn over meat after 45 minutes. Continue cooking until fork-tender. Let stand covered 10 minutes.

MEAT COOKING TABLE (continued)

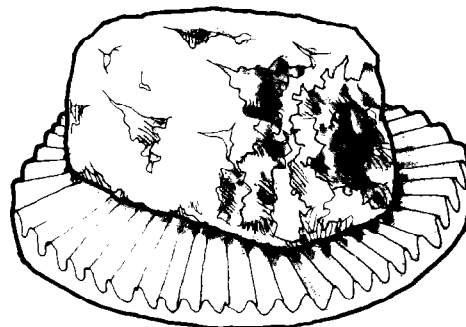
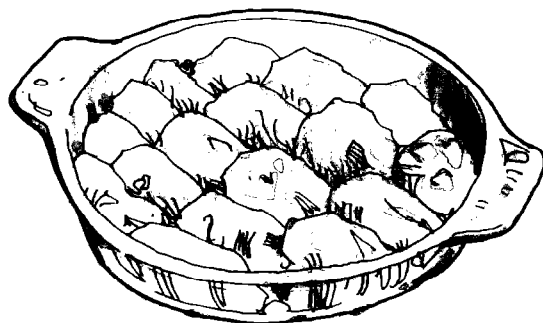
Meat	Power Level	Cooking Time	Special Instructions
Rib roast, rolled (3-4 lbs.)	5	10-11 minutes per pound RARE (135°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with waxed paper. Turn over meat halfway through cooking and shield if necessary. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).
		11-13 minutes per pound MEDIUM (155°F)	
		12-14 minutes per pound WELL (165°F)	
Rump roast, rolled (3-4 lbs.)	3	16-18 minutes per pound RARE (135°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with waxed paper. Turn over meat halfway through cooking and shield if necessary. Let stand covered with foil 15 minutes. Remove roast from microwave when desired temperature is reached. (Temperature may rise about 10°F).
		18-20 minutes per pound MEDIUM (155°F)	
Sirloin tip roast (3-4 lbs.)	5	9-11 minutes per pound RARE (135°F)	Place roast fat side down on microwavable roast rack. Add desired seasonings and cover with waxed paper. Turn over meat halfway through cooking and shield if necessary. Remove roast from microwave when desired temperature is reached. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).
		11-13 minutes per pound MEDIUM (155°F)	
Veal cutlets, (about 1 lb.) 4 pieces	6	7-8 minutes per pound	Place cutlets in bottom of oiled microwavable baking dish. Add desired seasonings and cover with waxed paper. Turn over and rearrange cutlets halfway through cooking. Let stand covered 2 minutes. Drain on paper towel.
LAMB Lamb roast, rolled, boneless (3-4 lbs.)	5	12-13 minutes per pound RARE (135°F) 13-14 minutes per pound MEDIUM (145°F) 15-16 minutes per pound WELL (155°F)	Place roast fat side up on microwavable roast rack. Brush lamb with marinade or desired seasonings such as rosemary, thyme or marjoram. Cover with waxed paper. Turn over roast after 15 minutes, and again after 30 minutes. Shield if necessary. Remove roast from microwave when desired temperature is reached. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F).
Lamb stew cubes (2 lbs.)	(Stage 1), 10 then (Stage 2), 3	10 minutes 30 minutes per pound	Place cubes in 2-quart microwavable casserole. Add desired seasonings such as rosemary, thyme and marjoram and 1 cup water. Cook covered. Stir cubes twice during cooking. Cook until fork-tender. Let stand covered 15 minutes. Note: For faster cooking and slightly less tenderness, lamb cubes for stew may be cooked at PL 10 for 10 minutes, then at PL 3 for 35 minutes per pound.

MEAT COOKING TABLE (continued)

Meat	Power Level	Cooking Time	Special Instructions
PORK			
Bacon slices	10		Place bacon slices on microwavable roast rack. Cover with paper towels. After cooking let stand 1 minute.
2 slices		1½-2 minutes	
4 slices		2½-3½ minutes	
6 slices		4-5 minutes	
Canadian bacon	10		Place meat on microwavable roast rack. Cover loosely with waxed paper. After cooking let stand 1 minute.
2 slices		30-45 seconds	
4 slices		45 seconds-1 minute	
6 slices		1-1½ minutes	
Chops (5-7 oz. each)	3		Place chops in microwavable baking dish. Add desired seasonings and cover with plastic wrap; vent. Turn over chops halfway through cooking. Let stand covered 5 minutes. (Temperature may rise about 10°F).
2 chops		19-20 minutes per pound	
4 chops		16-17 minutes per pound (165°F)	
Hot dogs	10		Pierce hot dogs and place on microwavable roast rack. Cover with waxed paper. If in bun, wrap in paper towel or paper napkin to absorb moisture. After cooking, let stand 1 minute.
1		20-30 seconds	
2		30-45 seconds	
4		45 seconds-1 minutes	
Ham, boneless fully cooked	5		Place ham on microwavable roast rack. Cover with waxed paper. Turn over ham halfway through cooking. Let stand covered 10 minutes.
2 lbs.		13-14 minutes per pound	
5 lbs.			
Ham, center slice (1 lb.)	7	4½-5½ minutes	Place slices on microwavable roast rack. Cover with plastic wrap; vent. Let stand covered 1 minute.
Loin Roast, rolled, boneless (3½-4½ lbs.)	3	16-17 minutes per pound (165°F)	Place roast in cooking bag in microwavable dish. Add seasonings and browning agent if desired. Close bag loosely with microwavable closure or string. Turn over roast halfway through cooking. After cooking let stand in bag 15 minutes. (Temperature may rise about 10°F). Internal temperature of pork should reach 170°F before serving.
Sausage links, Fresh (1-2 oz. each)	10		Pierce links and place on microwavable roast rack. Cover with waxed paper or paper towel. After cooking let stand covered 1 minute.
2 links		45-60 seconds	
4 links		1¼-1½ minutes	
6 links		1½-2 minutes	

MEAT COOKING TABLE (continued)

Meat	Power Level	Cooking Time	Special Instructions
Sausage patties, Fresh (2 oz. each) 2 patties	10	1½-2 minutes	Place sausage patties in a circle on microwavable roast rack. Brush with browning agent if desired. Cover with waxed paper. Turn patties over halfway through cooking. After cooking let stand 2 minutes.
4 patties		2½-3 minutes	
8 patties		4½-5 minutes	
Spare ribs (2½-3½ lbs.)	5	22-27 minutes per pound (165°F)	Place ribs, cut into serving size pieces, bone side down in large cooking bag. Place bag in 3-quart microwavable casserole. Add 1 cup water to bag. Close bag loosely with microwavable closure or string. Turn over ribs, rearranging carefully, halfway through cooking. Cook until meat is fork-tender. Carefully remove ribs.
	then 5	10 minutes	If desired, brush sauce over ribs. Cook covered with waxed paper. Let stand covered 10 minutes. (Temperature may rise about 10°F).*
			* Internal temperature of pork should reach 170°F before serving.



Stuffed Flank Steak

- 1 cup finely chopped onion
- 1 clove garlic, minced
- ¼ cup butter or margarine
- 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- ¼ teaspoon ground thyme
- ¼ teaspoon ground black pepper
- 1 beef flank steak (about 1½ pounds)
- 1 cup beef broth
- 1 can (10¾ ounces) condensed cream of mushroom soup
- ¼ cup white wine (optional)

1. Combine onion, garlic, and butter in a 2-quart microwavable casserole. Cook uncovered 5 to 6 minutes at Power Level 10 or until onion is tender; stir once. Add spinach, thyme, and pepper. Cook covered 3 minutes at Power Level 10. Stir once.
2. Pound flank steak with mallet to flatten. Spread spinach mixture on steak and roll up jellyroll-fashion starting from the long edge. Tie with string. Place in 2-quart microwavable casserole.
3. Combine remaining ingredients and pour over steak. Cook covered 8½ minutes at Power Level 10. Cook covered 45 to 50 minutes per pound at Power Level 3 or until tender; turn steak over twice during cooking. Let stand covered 10 minutes.

Makes 4 servings.

POULTRY

Microwave-cooked chicken is juicy and succulent. Whole poultry becomes golden but not crisp. For the crisper, conventional crust, pop the poultry in your conventional oven at 450°F for 10 to 15 minutes. The same technique is also convenient when barbequing. Defrost and precook in your microwave oven then flash-cook on the grill for that barbeque flavor.

Cooking Poultry: Tips & Techniques

- Defrost poultry completely before cooking.
- Arrange poultry so that thicker pieces face the outside of the baking dish. If cooking legs, arrange them like spokes of wheels.
- Cover the baking dish with waxed paper to minimize spattering.
- Turn over both whole poultry and poultry pieces to ensure even cooking.
- Drain and discard juices as they accumulate.
- Shield thin or bony pieces with small strips of aluminum foil to prevent over cooking. Keep foil at least one inch from oven walls and other pieces of foil.
- Use a browning agent or cook with a sauce to give browned appearance.
- Cook poultry until no longer pink and juices run clear. Temperatures in thigh meat should be 185°F when done. Let stand covered with foil 10 minutes.

POULTRY COOKING TABLE

Poultry	Power Level	Cooking Time	Special Instructions
CHICKEN			
Breasts, boneless	10	6-6½ minutes per pound	Wash and dry poultry. Remove skin and place breasts, thickest portion to outside, in microwavable baking dish. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Cook until no longer pink and juices run clear. Let stand covered 3 minutes.
1 half breast (4-5 oz.)			
1 whole breast (10-12 oz.)		5½-6½ minutes per pound	
2 whole breasts (20-24 oz.)		5-6 minutes per pound	
Cut up fryer (2½-3 lbs.)	10	5-6 minutes per pound	Wash and dry poultry. Place pieces in single layer in microwavable baking dish with thicker pieces to the outside. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Cook until no longer pink and juices run clear. Let stand covered 5 minutes.
Whole (3-3½ lbs.)	5	13-14 minutes per pound	Wash and dry poultry. Place breast side down on microwavable roast rack. Brush with butter, or browning agent and seasoning if desired. Cover with waxed paper. Cook ⅓ of estimated time. Turn breast side up, brush on butter, or browning agent. Replace waxed paper. Cook ⅓ of estimated time again. Shield if necessary. Cook remaining ⅓ of estimated time or until no longer pink and juices run clear. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in thigh should be 180°F-185°F when done.
TURKEY			
Breast, boneless (2-3 lbs.)	5	18-20 minutes per pound (165°F)	Place thawed turkey breast, on microwavable roast rack. Cover with waxed paper. Cook ⅓ of estimated time. Turn breast over. Replace waxed paper. Cook ⅓ of estimated time again. Turn breast over. Shield if necessary. Cook remaining ⅓ of estimated time or until no longer pink and juices run clear. Remove from microwave when desired temperature is reached. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.

POULTRY COOKING TABLE (continued)

Poultry	Power Level	Cooking Time	Special Instructions
Breast, whole (4-9 lbs.)	10 then	4 minutes per pound	Wash and dry poultry. Place turkey breast meat side down on microwavable roast rack. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. After first cooking time is done turn meat side up. Remove and discard drippings. Brush on butter or browning agent and seasonings if desired. Replace waxed paper. Cook until no longer pink and juices run clear. Remove breast from microwave when desired temperature is reached. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.
	5	7-8 minutes per pound (165°F)	
Drumsticks (1½-2 lbs.)	5	14-16 minutes per pound	Wash and dry poultry. Place pieces with thickest portion to outside on microwavable roast rack. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Turn over pieces, shield bone ends with small pieces of foil and replace waxed paper halfway through cooking. Cook until no longer pink and juices run clear. Let stand covered 5 minutes.
Whole (up to 12 lbs.)	10 then	4 minutes per pound then	Wash and dry poultry. Place turkey, breast side down, on microwavable roast rack. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Turn breast side up. Brush with butter or browning agent before cooking at PL 5, if desired. Remove and discard drippings 1 or 2 times during second cooking time. Cook until no longer pink and juices run clear. Let stand covered with foil 15 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F and temperature in thigh should be 185°F before serving.
	5	6-7 minutes per pound	
CORNISH HENS Whole (1-1½ lbs. each)	10	4½-5½ minutes per pound (165°F)	Wash and dry poultry. Tie wings to body of hen and the legs to tail. Place hens breast side down on microwavable roast rack. Cover with waxed paper. Shield bone ends of drumsticks with foil. Remove and discard drippings. Brush with butter or browning agent and seasonings if desired. Cook until no longer pink and juices run clear. Remove hens from microwave when desired temperature is reached. Let stand covered with foil 5 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.
DUCKLING (4-5 lbs.)	10	10 minutes	Wash and dry poultry. Tie legs together and tie wings to body. Place breast side down on microwavable roast rack. Brush with butter or browning agent and seasonings if desired. Cover with waxed paper. Turn breast side up halfway through second cooking time. Shield if necessary. Remove and discard fat 1 or 2 times during cooking. Let stand covered with foil 10 minutes. (Temperature may rise about 10°F). Temperature in breast should be 170°F before serving.
	5	7-9 minutes per pound	

FISH & SHELLFISH

Fish and shellfish cook well in the microwave. Their naturally high moisture content means fast cooking. In just a few minutes, your seafood will be tender and moist, keeping its true flavor and mild taste.

Cooking Fish & Shellfish: Tips & Techniques

- Completely defrost fish and shellfish before cooking.
- Arrange unevenly shaped pieces with thicker parts toward the outside of the dish. Arrange shellfish in a single layer for even cooking.
- Always use the shortest cooking time. Fish is done the moment it turns opaque and the thickest part begins to flake. Shellfish is done when the shell turns from pink to red and the flesh is opaque and firm.
- The type of cover used will determine whether fish is baked or poached. For poached fish cover with microwavable lid or plastic wrap, vented; for baked fish place waxed paper over container.
- Cook fish that is coated or prepared with sauce uncovered or lightly covered with waxed paper. This keeps the coatings from becoming soggy and the sauce from getting watery.

FISH AND SHELLFISH COOKING TABLE

Fish	Power Level	Cooking Time Minutes Per Pound	Special Instructions
Fish fillets	10	4 to 5 minutes	Arrange fish in single layer with thickest portion toward outside edge of 1½ to 2-quart microwavable baking dish. Brush with melted butter and season, if desired. Cook covered with plastic wrap; vented. Let stand covered 2 minutes.
Fish steaks	10	4 to 5 minutes	
Whole fish	7	5½ to 6½ minutes	
Scallops	10	4 to 5 minutes	Prepare as directed above.
Shrimp, shelled	10	4 to 5 minutes	
Lobster tail	10	4 to 5 minutes	Cut hard shell down middle with knife. Grasp tail with both hands and open flat. Place flesh side up in 8×8×2-inch square glass baking dish. Cook covered with waxed paper. Let stand covered 2 minutes.

- 4 Orange Roughly fillets (1 to 1½ pound)**
- ½ cup dry white wine**
- 3 tablespoons butter, or margarine cut into ¼-inch slices**
- 2 tablespoons finely chopped green onion**
- ¼ teaspoon ground black pepper**

- ½ cup butter or margarine, cut into pieces**
- ¼ cup finely chopped parsley**
- 1 tablespoon lemon juice**
- 1½ to 2½ pounds whole whitefish, cleaned**

Poached Fish Fillets

1. Arrange fillets with thicker piece to the outside in a 2-quart microwavable baking dish. Pour wine over fillets. Dot with butter. Sprinkle with onion and pepper.
2. Cook covered with waxed paper 3½ to 5½ minutes at Power Level 10 or until fish flakes easily when tested with fork. Let stand covered 5 minutes.

Makes 4 servings.

Baked Whitefish Meuniere

1. Combine butter, parsley and lemon juice in a 1½-quart microwavable baking dish. Cook uncovered 1 to 2 minutes at Power Level 10 or until butter is melted; stir once.
2. Place fish in baking dish and turn to coat with butter mixture. Cover with plastic wrap; vent. Cook 10 to 11 minutes at Power Level 7 or until fish flakes easily when tested with fork; turn fish over after 5 minutes cooking. Let stand covered 5 minutes.

Makes 3 to 4 servings.

CAKES & PIES

Make your very next cake or pie in the microwave. Not only do they cook in half the time, but they are delicious! Cakes are superior in texture, height, and lightness to conventional ones. Pie crust comes out extra flaky.

Microwave Cakes & Pies: Tips & Techniques

- When making pie fillings, slightly reduce the amount of liquid given in the conventional recipe.
- Pastry will not brown, but it does come out extra flaky. To add color, brush prepared shell with vanilla extract before cooking.
- All pies should be cooked in a microwavable pie plate. Prick pastry before cooking. To check, the bottom of the crust should look opaque and dry.
- Crumb crusts work well in the microwave.
- Because microwave cooked cakes rise much higher than those conventionally baked, fill dish only half full.
- Cakes are done when a toothpick inserted near the center of the layer comes out clean. There may be some moist spots on top immediately after removing from the oven. These will disappear during the stand time.
- Angel food cake, chiffon cake and cream puffs need dry heat so bake in a conventional oven for best results.

CONVENIENCE CAKES AND MIXES COOKING TABLE

Cakes & Mixes	Power Level	Cooking Time	Special Instructions
Brownie Mix (23.6 oz.)	7	14-15 minutes	Prepare as directed on package. Spread batter into greased 7×11-inch microwavable baking dish. Shield corners with foil halfway through cooking. When done, top will appear puffy and dry and will spring back when lightly pressed with finger. Let stand covered with waxed paper on flat surface 10 minutes. Remove waxed paper. Cool before cutting.
Cake, layer (17-18½ oz.)	7	5-6 minutes	Prepare as directed on package. Divide batter between two paper towel-lined 8-inch microwavable cake dishes. Fill each dish half full. Any extra batter may be used for cupcakes. Cover with paper towel. When done, wooden pick inserted near center will come out clean. Let stand covered on flat surface 5 minutes. Invert onto serving plate. Carefully remove paper towel. Repeat with second layer.
Cake, tube (17-18½ oz.)	7	10-12 minutes	Prepare as directed on package. Pour batter into paper towel-lined 10- to 12-cup microwavable fluted tube dish. Cover with paper towel. When done, wooden pick inserted near center will come out clean. Let stand covered on flat surface 10 minutes. Invert onto serving plate. Cool.

CONVENIENCE CAKES AND MIXES COOKING TABLE (continued)

Cakes & Mixes	Power Level	Cooking Time	Special Instructions
Cupcakes			
4 cupcakes	7	1½-2 minutes	Prepare as directed on package. Place 2 paper cupcake liners in each microwavable muffin ring cup. Fill each cup two-thirds full with batter (about 3 tablespoons). When done, tops will appear moist and wooden pick inserted near center will come out clean. Let stand 2 minutes. Remove cupcakes to rack. Repeat with remaining batter.
6 cupcakes	7	2-2½ minutes	
Date Bread Mix (17 oz.)	7	10-11 minutes	Prepare as directed on package. Pour batter into waxed paper-lined 9×5×3-inch microwavable loaf dish. Shield corners with foil halfway through cooking. When done, top will appear moist and wooden pick inserted near center will come out clean. Let stand covered with waxed paper on flat surface 5 minutes. Remove from dish and carefully peel off waxed paper. Cool on rack.
Muffins (13 oz.)	7	2½-3 minutes	Prepare as directed on package. Place 2 paper liners in each microwavable muffin ring cup. Fill each cup two-thirds full with batter (about 3 tablespoons). When done, tops will appear moist and wooden pick inserted near center will come out clean. Let stand 2 minutes. Remove muffins to rack. Repeat with remaining batter.

Fruitcake

- 1 cup chopped dried apricots**
- 1 cup raisins or dried currants**
- 1 cup slivered almond**
- ¾ cup candied cherries, halved**
- ¾ cup candied pineapple**
- ¾ cup flour**
- ¾ cup packed dark brown sugar**
- ½ cup shortening**
- 3 eggs**
- 2 tablespoons rum or brandy**
- 2 teaspoons vanilla extract**
- ¼ teaspoon almond extract**
- ½ teaspoon ground nutmeg or mace**
- ½ teaspoon baking powder**
- ½ teaspoon salt**

1. Line a 10 to 12-cup microwavable tube dish with paper towels; set aside.
2. Combine ingredients in a mixing bowl; blend thoroughly. Pour batter into prepared pan. Cook covered with paper towel 12 to 13 minutes at Power Level 7 or until cake pulls away from the sides of the pan. Let stand 15 minutes on a flat surface before inverting onto a rack to cool. To store, wrap in foil or plastic wrap and refrigerate no longer than 4 weeks.

Makes 1 cake.

VEGETABLES

VEGETABLE COOKING TABLE

Vegetables	Cooking Time Power Level 10	Special Instructions
Beets, Fresh (1 lb.)	14½-15½ minutes	Place beets and ¼ cup water in 1½-quart microwavable covered casserole. Rearrange halfway through cooking. Cook until beets pierce easily with fork. Let stand covered 2 minutes. Peel after cooking.
Broccoli, Fresh, spears (1 lb.)	5-6 minutes	Place broccoli in single layer in 2-quart baking dish with flowerets toward center of dish. Add 2 tablespoons water. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 2 minutes.
Frozen, chopped (10 oz.)	6-7 minutes	Remove outer wrapping from box. Place on 2 paper towels. After cooking let stand 2 minutes.
Frozen, spears (10 oz.)	5½-6½ minutes	
Brussels Sprouts Fresh, (1 lb.) 3-4 cups	5½-6½ minutes	Place Brussel sprouts and 2 tablespoons water in 2-quart microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.
Frozen, (10 oz.)	5½-6½ minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Cabbage, Fresh, chopped (1 lb.) 1 medium	6½-7½ minutes	Place cabbage and ¼ cup water in 2-quart microwavable covered casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.
Wedges, (1 lb.) 1 medium	6½-7½ minutes	Place cabbage and ¼ cup water in 2-quart microwavable covered casserole. Cook until tender-crisp. Let stand covered 2 minutes.
Carrots, Fresh, sliced 2 cups	5-6 minutes	Place carrots and 2 tablespoons water in 1-quart covered casserole. Stir halfway through cooking. Cook until fork-tender. Let stand covered 2 minutes.
Frozen, crinkle cut (10 oz.)	5½-6½ minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Frozen, whole baby (10 oz. pouch)	6½-7½ minutes	Remove pouch from box. Pierce pouch with fork. Place in 1½-quart microwavable casserole. After cooking let stand 2 minutes.
Cauliflower Fresh, whole (1 lb.)	6-7 minutes	Place trimmed cauliflower and 2 tablespoons water in 1 or 1½-quart covered microwavable casserole. Cook until tender-crisp. Let stand covered 2 minutes.
Fresh, flowerets 2 cups	3-4 minutes	
Frozen, flowerets (10 oz.)	4½-5½ minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Celery, Fresh, sliced 4 cups, 1 inch pieces	6-7 minutes	Place sliced celery and 2 tablespoons water in 1½-quart covered microwavable casserole. Stir halfway through cooking. Cook until tender-crisp. Let stand covered 2 minutes.

VEGETABLE COOKING TABLE (continued)

Vegetables	Cooking Time Power Level 10	Special Instructions
Corn, Fresh, 2 ears	7½-9½ minutes	Place husked corn and 2 tablespoons water in 1½-quart microwavable baking dish. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 5 minutes.
4 ears	9½-11½ minutes	
Frozen, on cob 2 ears	5-6 minutes	Place corn in 1½-quart microwavable baking dish. Cover with plastic wrap and vent. Cook until tender-crisp. Let stand covered 5 minutes.
4 ears	10½-11½ minutes	
Frozen, kernels (10 oz.)	4-5 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Eggplant Fresh, whole (1 lb.)	5½-6½ minutes	Pierce eggplant with fork and place on 2 paper towels. Turn over halfway through cooking. Cook until fork pierces skin easily. Let stand 2 minutes. Cut in half to remove pulp.
Fresh, cubed (1 lb.) 5 cups	4½-5½ minutes	Place eggplant and 2 tablespoons water in 2-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Leeks, Fresh, sliced (8 oz.) 3 cups	4½-5½ minutes	Place sliced leeks and 2 tablespoons water in 1-quart microwavable covered casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Mixed Vegetables Frozen (10 oz.)	6-7 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Mushrooms, Fresh, sliced (½ lb.)	2½-3½ minutes	Place sliced mushrooms in 1 to 1½-quart covered microwavable casserole. Stir halfway through cooking. As soon as mushrooms begin to darken, remove and let stand covered 2 minutes.
(1 lb.)	4½-5½ minutes	
Okra Frozen, whole (10 oz.)	7-8 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Frozen, sliced (16 oz.)	8½-9½ minutes	Place okra and 2 tablespoons water in 2-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Onions, Fresh, whole pearl (10 oz. pkg.)	4½-5½ minutes	Place peeled onions and 2 tablespoons water in 1-quart covered microwavable casserole. Stir halfway through cooking. Cook until onions are translucent. Let stand 2 minutes.
Fresh, chopped (8 oz.) 2 medium	4-5 minutes	
Parsnips, Fresh sliced (1 lb.)	5½-6½ minutes	Place parsnips and 2 tablespoons water in 1½-quart microwavable covered casserole. Stir halfway through cooking. Cook until fork tender. Let stand covered 2 minutes.
Pea pods Frozen (1 oz.)	2½-3½ minutes	Remove pouch from box. Pierce pouch with fork. Place in 1-quart microwavable casserole. After cooking let stand 2 minutes.
Peas and Carrots Fresh (10 oz.)	5-6 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.

VEGETABLE COOKING TABLE (continued)

Vegetables	Cooking Time Power Level 10	Special Instructions
Peas, black eyed Frozen (16 oz.)	9-10 minutes	Place peas and 2 tablespoons water in 1½-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Peas, green Fresh (1 lb.) 4 cups	11-13 minutes	Place shelled peas and 2 tablespoons water in 1½-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Frozen (9 oz. pouch)	3-4 minutes	Remove outer wrapping from box or pouch. Place box on 2 paper towels. Pierce pouch with fork and place in 1½-quart microwavable casserole. After cooking let stand 2 minutes.
Frozen (10 oz.)	3½-4½ minutes	
Potatoes, sweet cut up (6-8 oz. each) 3 medium	6½-7½ minutes	Place potatoes and 2 tablespoons water in 1½-quart microwavable covered casserole. Stir halfway through cooking. Let stand covered 2 minutes.
whole, (6-8 oz. each) 1 medium potato	2-4 minutes	Pierce potatoes several times with fork. Place in circle on 2 paper towels. Turn over potatoes and rearrange halfway through cooking. Remove potatoes when soft to the touch. Wrap in foil and let stand 5 minutes.
2 medium potatoes	4-6 minutes	
4 medium potatoes	6-8 minutes	
Potatoes, white cut up (6-8 oz. each) 4 medium	9-11 minutes	Place potatoes and 2 tablespoons water in 1½-quart covered microwavable casserole. Stir halfway through cooking. Let stand covered for 2 minutes.
White, whole baking (6-8 oz. each) 1 potato	3½-5½ minutes	Pierce potatoes several times with fork. Place in circle on 2 paper towels. Turn over potatoes and rearrange halfway through cooking. Remove potatoes when soft to touch. Wrap in foil and let stand 5 minutes.
2 potatoes	5½-7½ minutes	
4 potatoes	10-12 minutes	
Rutabaga, Fresh, whole (1 lb.)	9½-10½ minutes	Pierce rutabaga through waxy coating several times with fork. Place on 2 paper towels. Remove halfway through cooking. Cut into quarters, peel and dice. Place diced rutabaga and 2 tablespoons water in 1½-quart microwavable covered casserole. After cooking let stand covered 2 minutes.
Spinach, Fresh, leaf (1 lb.)	5½-6½ minutes	Place spinach and 2 tablespoons water in 3-quart covered microwavable casserole. After cooking let stand covered 2 minutes.
Frozen, chopped (9 oz. pouch)	4½-5½ minutes	Remove outer wrapping from box or pouch. Place box on 2 paper towels. Pierce pouch with fork and place in 1½-quart microwavable casserole. After cooking let stand 2 minutes.
(10 oz.)	4-5 minutes	
Frozen, leaf (10 oz.)	6½-7½ minutes	

VEGETABLE COOKING TABLE (continued)

Vegetables	Cooking Time Power Level 10	Special Instructions
Squash, spaghetti Fresh, (2-3 lbs.) 1 medium whole	11-12 minutes	Pierce squash several times with fork. Place squash on 2 paper towels. Turn over several times during cooking. Let stand 2 minutes. Cut in half. Remove fibrous strands and seeds from center.
Succotash, Frozen, (10 oz.)	5-6 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.
Turnips, Fresh, (1 lb.)	9-10 minutes	Pierce turnips through waxy coating several times with fork. Place on paper towel. Remove halfway through cooking. Cut into quarters, peel and dice. Place diced turnips and 2 tablespoons water into 1½-quart microwavable covered casserole. After cooking let stand covered 2 minutes.
Zucchini Fresh, sliced (1 lb.) 4 cups	7-8 minutes	Place zucchini and 2 tablespoons water in 1½-quart microwavable covered casserole. Stir halfway through cooking. Let stand covered 2 minutes.
Fresh, whole (1 lb.)	6-7 minutes	Pierce zucchini several times with fork. Place on 2 paper towels. Turn zucchini over and rearrange halfway through cooking. Let stand 2 minutes.
Frozen, sliced (16 oz.)	7-8 minutes	Remove outer wrapping from box. Place box on 2 paper towels. After cooking let stand 2 minutes.

NOTE: Frozen vegetables in larger or smaller quantities than listed in the chart or those in non-microwavable bags may be cooked approximately 3 to 4 minutes per cup of vegetables. Measure desired amount of vegetables into microwavable covered casserole and cook.

RECIPES

- 15 tortilla chips
- 3 tablespoons jalapeno bean dip
- ½ cup shredded Cheddar cheese

Nachos

1. Spread each tortilla chip with bean dip; top with cheese. Place chips on a paper plate.
2. Cook uncovered 1 to 1½ minutes at Power Level 6 or until cheese is melted.

Makes 15 appetizers.

- 1 can (3¾ ounces) tuna, drained and flaked
- 1 package (3 ounces) cream cheese, softened
- 2 tablespoons crushed pineapple, drained
- ½ tablespoon white vinegar
- ⅙ teaspoon curry powder
- 24 crackers or melba toast rounds

Sweet and Sour Tuna Crackers

1. Combine ingredients, except crackers in a mixing bowl; blend thoroughly.
2. Spread mixture on crackers. Arrange 8 crackers in a circle on a paper plate. Cook uncovered 25 to 30 seconds at Power Level 10 or until tuna mixture bubbles. Repeat with remaining crackers.

Makes 24 appetizers.

- ½ cup finely chopped onion
- 1 clove garlic, pressed or finely chopped
- 2 tablespoons olive oil
- 1 can (15 ounces) tomato sauce
- 1½ teaspoons dried basil leaves
- 1½ teaspoons dried oregano leaves
- ¼ teaspoon ground black pepper

Spaghetti Sauce

1. Combine onion, garlic, and oil in a 1-quart microwavable casserole. Cook uncovered 1 to 1½ minutes at Power Level 10 or until onion is tender.
2. Add remaining ingredients. Cook covered 3 minutes at Power Level 10 and then 8½ minutes at Power Level 5; stir twice.

Makes about 1¾ cups.

- ¼ cup sugar
- 1 tablespoon cocoa
- 1 teaspoon flour
- dash of salt
- 2 tablespoons milk
- 2 teaspoons butter or margarine
- 2 teaspoons light corn syrup
- ¼ teaspoon vanilla extract

Chocolate Sauce

1. Combine dry ingredients in a 1-quart glass measuring cup; stir in milk. Add butter and corn syrup.
2. Cook uncovered 1 to 2 minutes at Power Level 10 or until sauce is thickened and smooth; stir twice. Stir in vanilla extract.

Makes ½ cup.

Onion Soup

- 1 cup thinly sliced onions
- 2 tablespoons butter or margarine
- 1 can (10½ ounces) condensed beef broth
- 1 slice of toasted French bread
- ½ cup shredded Swiss cheese
- 2 tablespoons grated Parmesan cheese

1. Combine onions and butter in a 1-quart microwavable casserole. Cook uncovered 2 to 3 minutes at Power Level 10 or until onions are soft; stir twice.
2. Add beef broth. Cook uncovered 2½ to 3½ minutes at Power Level 10 or until hot; stir once after 2 minutes.
3. Ladle into large soup bowl. Cover with bread slice and sprinkle with cheeses. Cook uncovered 45 seconds to 1 minute at Power Level 10 or until cheese is melted.

Makes 1 serving.

Cheesy Meatloaf

- ½ pound ground lean beef
- 1 egg, slightly beaten
- ½ cup soft, fresh bread crumbs
- ¼ cup shredded Cheddar cheese
- 3 tablespoons finely chopped onion
- 2 tablespoons tomato sauce
- 1 tablespoon finely chopped green pepper
- ½ teaspoon dried thyme leaves
- ½ teaspoon salt
- ½ teaspoon ground black pepper

1. Combine ingredients in a mixing bowl; mix thoroughly.
2. Shape into loaf and place on a microwavable roast rack. Cook covered with waxed paper 3½ to 4½ minutes at Power Level 10 or until center is no longer pink. Let stand covered 5 minutes.

Makes 2 servings.

Barbecued Chicken

- 1½ to 2 pounds chicken pieces, skinned
- ½ cup barbecue sauce

1. Arrange chicken with thicker pieces to the outside in an 8×8×2-inch square glass baking dish. Cook covered with waxed paper 2 minutes at Power Level 10. Drain and turn chicken over.
2. Brush half of barbecue sauce onto chicken. Cook covered 2 minutes at Power Level 10. Turn chicken over and brush with remaining sauce; cook covered 6½ to 7½ minutes at Power Level 10 or until juices run clear. Let stand covered 3 minutes.

Makes 2 servings.

Sherried Chicken

- 2½ to 3 pound chicken, cut into serving pieces, skinned
- ¼ teaspoon ground black pepper
- 1 large onion, thinly sliced
- ½ cup dry sherry
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon flour

1. Arrange chicken with thicker pieces to the outside in an 8×8×2-inch square glass baking dish. Sprinkle with pepper and top with onion. Combine remaining ingredients in a bowl. Pour mixture evenly over chicken. Cover with plastic wrap; vent.
2. Cook 15 to 17 minutes at Power Level 10 or until chicken is no longer pink and juices run clear; turn over halfway through cooking. Let stand covered 5 minutes. Stir pan juices until smooth and spoon over chicken.

Makes 4 servings.

Basic Scrambled Eggs

Eggs	Tablespoons of Milk	Teaspoons of Butter	Cooking time Power Level 7	Special Instructions
1	1	1	50 to 60 seconds	Use 10-ounce microwavable bowl or custard cup for 1 to 2 eggs; use 1-quart microwavable casserole for 4 to 6 eggs. Place butter in dish. Cook uncovered 20 to 40 seconds at Power Level 10 or until butter melts. Beat eggs and milk together with fork until well blended; stir into melted butter. Cook uncovered as directed in chart at Power Level 8. Break up and stir eggs with fork halfway through cooking. Cover with waxed paper and let stand 1 to 3 minutes. Stir and season to taste.
2	2	2	2 to 2½ minutes	
4	4	4	3½ to 4 minutes	
6	6	6	5 to 6 minutes	

Basic Omelet

- 1 **tablespoon butter or margarine**
- 2 **eggs**
- 2 **tablespoons milk**
- ¼ **teaspoon salt**
- dash of ground black pepper**

1. Place butter in a 9-inch glass pie plate. Cook uncovered 15 to 20 seconds at Power Level 10 or until melted. Tilt plate to cover bottom with melted butter.
2. Beat eggs, milk, salt, and pepper in a small bowl. Pour mixture into pie plate. Cook uncovered 2 to 3 minutes at Power Level 7 or until almost set; stir after 1 minute. Cover with plastic wrap and let stand 2 minutes.

Makes 1 to 2 servings.

Cheeseburgers

- 1 **pound ground lean beef**
- 4 **slices American process cheese**
- 4 **hamburger buns**

1. Shape ground beef into four 4-inch patties. Arrange on a microwavable roast rack. Cover with waxed paper and cook 3 to 3½ minutes at Power Level 10 or until desired doneness; turn patties over halfway through cooking; drain liquid.
2. Top patties with cheese. Cook 30 seconds at Power Level 6. Let stand 2 minutes. Serve on hamburger buns.

Makes 4 servings.

Reuben Sandwiches

- 8 **slices dark rye or pumpernickel bread, toasted**
- ½ **pound cooked corned beef, sliced**
- 1 **can (8 ounces) sauerkraut, rinsed and drained**
- ½ **cup creamy Russian or Thousand Island dressing**
- 4 **slices Swiss cheese**

1. Layer corned beef, sauerkraut, and dressing on 4 bread slices. Top each with cheese and remaining bread slices. Wrap each sandwich with a paper towel and place on a microwavable roast rack.
2. Cook 4½ to 5½ minutes at Power Level 5 or until sandwich is heated through.

Makes 4 servings.

Banana Bread

- 2 cups buttermilk baking mix**
- ½ cup packed dark brown sugar**
- 3 tablespoons flour**
- ¼ teaspoon ground nutmeg or mace**
- ¼ cup milk**
- 1 egg, slightly beaten**
- ⅔ cup mashed banana**
- ⅔ cup chopped dates**
- ⅔ cup chopped walnuts**

1. Combine baking mix, brown sugar, flour, and nutmeg in a mixing bowl, stir to blend. Combine milk, egg, and banana in a mixing bowl and add to dry mixture; stir only until dry ingredients are moistened. Stir in dates and nuts. Pour batter into a waxed paper-lined 9×5×3-inch microwavable loaf dish.

2. Cook 10 to 11 minutes at Power Level 7; shield corners with foil halfway through cooking. When done, top will appear moist and wooden pick inserted near center will come out clean. Let stand covered with waxed paper on a flat surface for 5 minutes. Remove from dish and peel off waxed paper. Cool on rack.

Makes 1 loaf.

Bran Muffins

- ½ cup milk**
- 1 egg**
- ¼ cup whole bran cereal**
- ¼ cup vegetable oil**
- ¼ cup raisins**
- ¼ cup molasses**
- ¾ cup flour**
- 1 teaspoon baking powder**
- 1 teaspoon baking soda**
- ¼ teaspoon ground cinnamon**
- ¼ teaspoon salt**

1. Beat milk and egg together in a mixing bowl, stir in bran cereal and let stand 1 minute. Stir in oil, raisins, and molasses. Add flour, baking powder, baking soda, cinnamon, and salt; stir only until dry ingredients are moistened. Place 2 paper liners in each microwavable muffin ring cup. Fill each cup two-thirds full (about 3 tablespoons).

2. Cook uncovered 2½ to 3 minutes at Power Level 7. Remove muffins to a rack. Let stand 2 minutes.

Makes 6 muffins.

Peachy Cheesecake

- 1 can (16 ounces) peach halves, drained**
- 1 package (8 ounces) cream cheese, softened**
- ½ cup sugar**
- 2 eggs**
- 1 tablespoon lemon juice**
- ¼ teaspoon vanilla extract**
- 1 graham cracker crust**

1. Puree peaches in blender or food processor. Add remaining ingredients, except pie crust; blend until smooth.

2. Pour mixture into crust. Cook uncovered 19½ to 20½ minutes at Power Level 7 or until center is almost set. Cool. Chill 3 hours or overnight.

Makes 6 to 8 servings.

Cherry Cordial Pie

- 3 cups miniature marshmallows**
- ½ cup milk**
- ½ cup maraschino cherries, drained and chopped**
- ¼ cup cherry liqueur**
- 1 cup whipping cream, whipped**
- 1 9-inch baked chocolate cookie crumb crust**
- whipped cream**
- maraschino cherries halves**

1. Combine marshmallows and milk in a 2-quart microwavable casserole. Cook uncovered 1 to 1½ minutes at Power Level 10 or until marshmallows melt and puff; stir until smooth. Add chopped cherries and liqueur; blend thoroughly. Cool to room temperature about 30 minutes.

2. Fold whipped cream into marshmallow mixture and spoon filling into prepared crumb crust. Refrigerate 4 hours. Garnish with whipped cream and maraschino cherry halves.

Makes 1 pie.

¾ cup milk
2 eggs
2 tablespoons sugar
2 tablespoons grated lemon peel
½ teaspoon vanilla extract
pinch of salt
ground nutmeg

Egg Custard

1. Pour milk into a 2-cup glass measuring cup. Cook 3½ to 4½ minutes at Power Level 6 or until almost boiling. Beat eggs slightly in a mixing bowl; add remaining ingredients except nutmeg. Stir milk into egg mixture.
2. Pour custard mixture into two buttered 6-ounce custard cups. Place cups in oven. Cook uncovered 7 to 8 minutes at Power Level 4 or until set. Remove cups and sprinkle with nutmeg. Set on rack to cool.

Makes 2 servings.

¼ cup butter or margarine
1 package (3½ ounces) instant vanilla pudding
1 teaspoon cinnamon
3 eggs, slightly beaten
3 cups milk
1 can (8½ ounces) crushed pineapple, undrained
½ cup flaked coconut
1 teaspoon rum extract (optional)
8 slices white bread, French bread, or raisin-nut bread, cut into ½-inch cubes
1 tablespoon cinnamon-sugar

Pineapple Bread Pudding

1. Melt butter in a 2-quart glass measuring cup 45 seconds at Power Level 10. Add pudding mix, cinnamon, eggs, milk, undrained pineapple, coconut and rum extract; blend thoroughly.
2. Fold in bread cubes. Pour mixture into a 2-quart microwavable baking dish. Sprinkle with cinnamon-sugar. Cook uncovered 30 to 32 minutes at Power Level 7 or until knife inserted near center comes out clean. Let stand on a flat surface for 10 minutes. Serve warm.

Makes 12 servings.

½ cup butterscotch pieces
2 tablespoons butter or margarine
2½ cups miniature marshmallows
2½ cups crisp rice cereal

Butter Scotch Krispie Treats

1. Combine butterscotch pieces and butter in a 2-quart microwavable glass casserole. Cook uncovered 2 to 3 minutes at Power Level 7 or until melted. Stir in marshmallows. Cook uncovered 3 to 4½ minutes at Power Level 6 or until marshmallows are softened; stir twice. Blend until smooth.
2. Stir rice cereal into marshmallow mixture. Press into buttered 8×8×2-inch microwavable baking dish. Let stand until cool and set. Cut into squares.

Makes about 25 squares.

¾ cup water
1 rounded teaspoon instant coffee granules
2 teaspoons sugar
2 tablespoons Irish whiskey
whipped cream

Irish Coffee

1. Combine water, instant coffee, and sugar in an 8-ounce microwavable coffee cup. Cook uncovered 1 to 1½ minutes at Power Level 10 or until hot.
2. Stir in whiskey and garnish with whipped cream.

Makes about 1 cup.

APPENDIX

REHEATING

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will heat more evenly if covered with a microwavable lid or plastic wrap, vented. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

Item	Power Level	Cook Time	Special Instructions
Sliced meat 3 slices (1/2-inch thick)	8	30 to 60 seconds	Place sliced meat on microwavable plate. Cover with plastic wrap; vent. * NOTE: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast	8	1 1/2 to 2 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap; vent.
1 leg and thigh	8	1 to 1 1/2 minutes	
Fish fillet (6-8 oz.)	8	1 1/2 to 2 minutes	Place fish on microwavable plate. Cover with plastic wrap; vent.
Lasagna 1 serving (10 1/2 oz.)	8	3 1/2 to 4 1/2 minutes	Place lasagna on microwavable plate. Cover with plastic wrap; vent.
Casserole 1 cup	8	1 to 1 1/2 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
4 cups	8	5 to 5 1/2 minutes	
Casserole, cream or cheese 1 cup	5	2 to 3 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
4 cups	5	11 1/2 to 12 1/2 minutes	
Sloppy joe or barbecued beef 1 sandwich (1/2 cup meat filling without bun)	9	45 to 60 seconds	Reheat filling and bun separately. Cook filling covered in microwavable casserole; stir once. Heat bun as directed in chart below.
Mashed potatoes 1 cup	8	3 to 3 1/2 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
4 cups	8	6 to 6 1/2 minutes	
Baked beans 1 cup	9	2 to 2 1/2	Cook covered in microwavable casserole; stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup	9	2 to 3 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
4 cups	9	7 to 8 minutes	
Rice 1 cup	9	1 to 1 1/2 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
4 cups	9	3 1/2 to 4 minutes	
Sandwich roll or bun 1 roll	8	10 to 15 seconds	Wrap in paper towel and place on roast rack.
Vegetables 1 cup	9	1 to 1 1/2 minutes	Cook covered in microwavable casserole; stir once halfway through cooking.
4 cups	9	1 to 1 1/2 minutes	

LIMITED WARRANTY

ROPER

Appliances

LENGTH OF WARRANTY (From date of purchase)	PRODUCTS COVERED	WHAT WE WILL PAY FOR
FULL ONE YEAR WARRANTY	All Roper Appliances	Replacement parts and repair labor to correct defects in materials or workmanship.
FULL FIVE YEAR WARRANTY	Refrigerators Freezers Air Conditioners	Replacement parts and repair labor for the sealed refrigeration system (compressor, evaporator, condenser, drier or connecting tubing) which we find to be defective in materials or workmanship.
LIMITED 2ND-5TH YEAR WARRANTY	Microwave Ovens	Repair or replacement of magnetron tube which we find to be defective in materials or workmanship.
LIMITED 2ND-5TH YEAR WARRANTY	Automatic Washers	Repair or replacement of any part of the gear case assembly which we find to be defective in materials or workmanship.

WHAT WE WILL NOT PAY FOR

A. SERVICE CALLS TO:

1. Correct the installation of your appliance.
2. Instruct you how to use your appliance.
3. Replace house fuses or correct house wiring or plumbing.
4. Replace owner accessible light bulbs.

B. Repairs when appliance is used in other than normal, single-family household use.

C. Pick up and delivery. Your appliance is designed to be repaired in the home.

D. Damage to appliance caused by accident, misuse, fire, flood, acts of God, or use of product not approved by use.

E. Any labor costs during the limited warranties.

This Roper appliance is warranted by Whirlpool Corporation. Under no circumstances shall it be liable under this warranty for incidental or consequential damages and all implied warranties are limited to the same time periods stated in the express warranties for Roper Brand Appliances. Some states do not allow the exclusion or limitation of incidental or consequential damages or limitations of how long an implied warranty may last, so that above limitations or exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Outside the United States, a different warranty may apply. For details, please contact your franchised Roper distributor or military exchange.

HOW TO GET SERVICE OR ASSISTANCE

If you need service, first see the "Before You Call For Service" section of this book. If you still need service after checking this section additional help can be found if you:

- Contact your selling dealer for the authorized servicer in your area:

OR

- Phone 1-800-44-ROPER (1-800-447-6737) between 8:00 a.m. and 4:30 p.m. Eastern Time, Monday through Friday*.
- For further information, write to: Consumer Relations Dept., Roper Brand Appliances, 2000 M-63 North, Benton Harbor, MI 49022

OR

- * When requesting assistance, please provide the model and serial numbers, date of purchase, and a complete description of the problem. The model and serial numbers are located on back of unit.

If you are not satisfied with the service received, contact the Major Appliance Consumer Action Panel (MACAP). MACAP is a group of independent consumer experts that voices consumer views at the highest levels of the major appliance industry.

Contact MACAP only when the dealer, authorized servicer or Roper Brand Appliance warrantor have failed to resolve your problem:

MACAP will in turn inform us of your action.

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