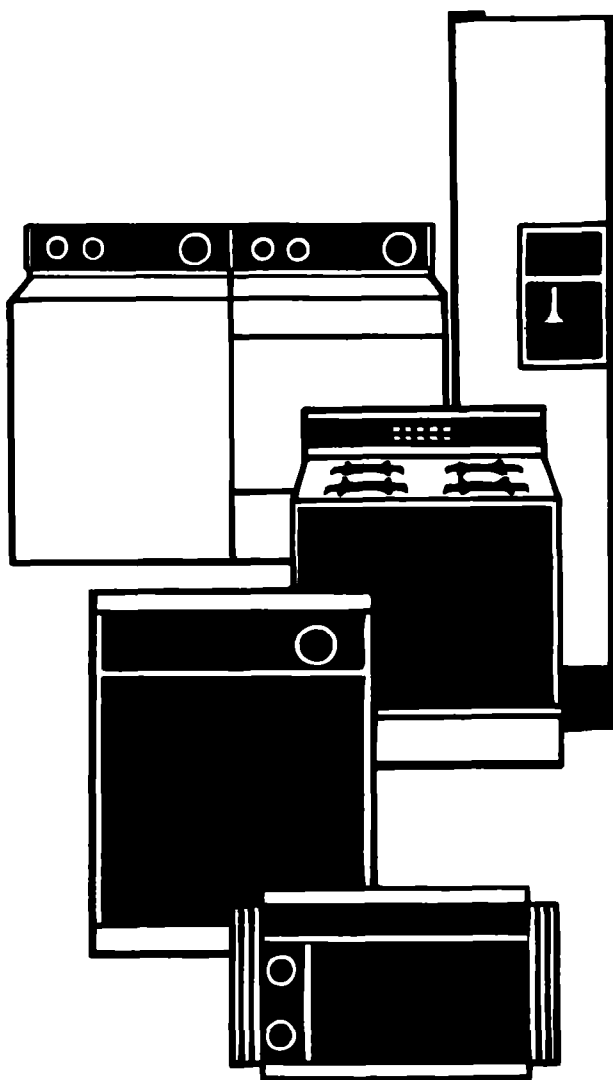




Use And Care GUIDE



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| 1-800-44-ROPER Call us with questions or comments. | |

MICROWAVE HOOD COMBINATION

PART NO. 3874W501072/4359228

7195

MODEL MHE11RD

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A Note to You

Thank you for buying a ROPER® appliance.

Your ROPER microwave oven gives you all the functionality of name brand appliances at a value price. To ensure that you enjoy years of trouble-free operation, we developed this Use and Care Guide. It is full of valuable information about how to operate and maintain your appliance properly and safely. Please read it carefully. Also, please complete and mail the Ownership Registration Card provided with your appliance. This will help us notify you about any new information on your appliance.

Please record your model's information.

Whenever you call to request service for your appliance, you need to know your complete model number and serial number. You can find this information on the model and serial number plate (see diagram on page 11 for location of plate).

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

Model Number _____

Serial Number _____

Purchase Date _____

Dealer Name _____

Dealer Address _____

Dealer Phone _____

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

Your safety is important to us.

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

WARNING

This symbol will help alert you to such dangers as fire, electrical shock, burns, and personal injury.

**Our Consumer Assistance Center
number is toll-free 24 hours a day. 1-800-253-1301**

Microwave Oven Safety

IMPORTANT SAFETY INSTRUCTIONS

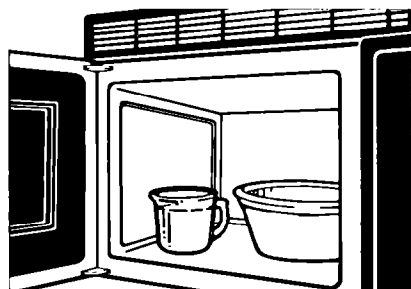
Microwave ovens have been thoroughly tested for safe and efficient operation. However, as with any appliance, there are special installation and safety precautions which must be followed to ensure safe and satisfactory operation and prevent damage to the unit.

⚠ WARNING

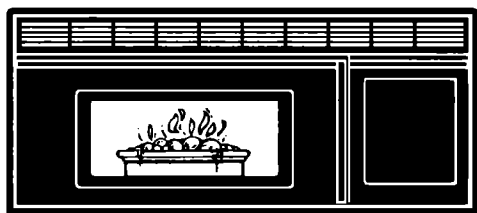
To reduce the risk of fire, electrical shock, burns, injury to persons, exposure to excessive microwave energy, or damage when using the microwave oven, follow basic precautions, including the following:

- Read all instructions before using the microwave oven.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 6.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found in the Installation Instructions.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- Some products such as whole eggs in the shell and sealed containers – for example, closed glass jars – could explode and should not be heated in this oven.
- Do not heat, store, or use flammable materials in or near the oven. Fumes could create a fire hazard or explosion.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate this appliance if it is not working properly, or if it has been damaged. Electrical shock, fire, or other hazards could result.
- This appliance should be serviced only by qualified service personnel. Call an authorized Roper service company for examination, repair, or adjustment.
- Do not cover or block any opening on the appliance. Fire could result.
- Do not store this appliance outdoors. Do not use this product near water – for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- This appliance is suitable for use above both gas and electric cooking equipment 36 inches or less wide.
- See door surface and interior cleaning instructions on page 36.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking. Paper could char or burn, and some plastics could melt if used when heating foods.
 - Do not deep fry in oven. Microwavable utensils are not suitable and it is difficult to maintain appropriate deep frying temperatures.

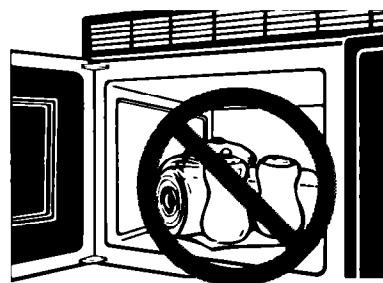
MICROWAVE OVEN SAFETY



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



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



- Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- Because of the automatic exhaust fan feature, the following cautions must be observed:
 - Do not leave the area when using your cooktop at a high setting. Accidental fires from boilovers or spattering on the surface unit could spread, especially if the exhaust fan is operating.
 - Do not allow grease and soil to build up in the grease filter. Exhaust fan efficiency will decrease and fire could result. Clean often following the filter cleaning instructions on page 37.
 - Do not change the cooktop or oven lights without turning the power off at the main power supply (see page 38). Electrical shock could result.
 - Do not flame foods on a cooktop surface below this unit. The fan, if operating, could spread the flame and cause personal injury or property damage.
- Use care when cleaning the vent hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, could damage filter.
- Read and follow "Operating safety precautions" starting on page 7.

continued on next page

MICROWAVE OVEN SAFETY

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used temporarily, (a) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (b) the extension cord must be a grounding-type, 3-wire cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the appliance, and (c) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.
4. A qualified electrician must install a properly grounded and polarized 3-prong receptacle near the appliance.

– SAVE THESE INSTRUCTIONS –

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

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

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

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

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

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

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

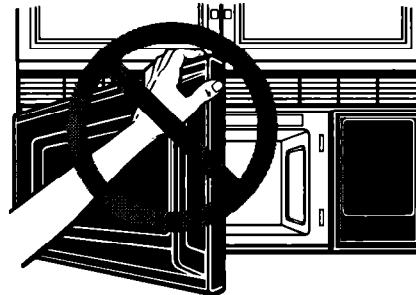
The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

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

Operating safety precautions

⚠ WARNING

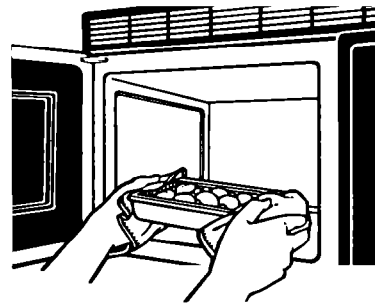
To reduce the risk of fire, electrical shock, burns, injury to persons, or damage when using the microwave oven, follow the precautions on pages 7-8.



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



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

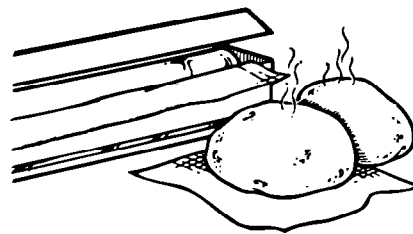


Use hot pads. Microwave energy does not heat containers, but the hot food does.



Stir before heating

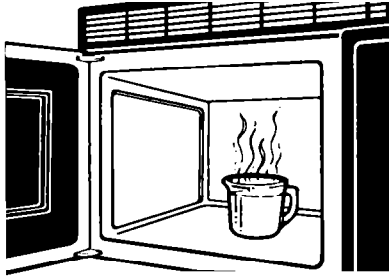
For best results, stir any liquid several times before heating or reheating. Liquids heated in certain containers (especially cylindrical containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (coffee granules, tea bags, etc.)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



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

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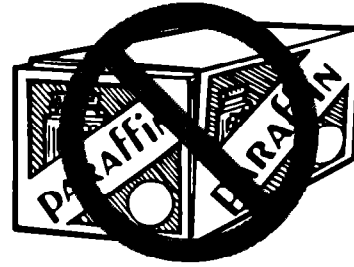
MICROWAVE OVEN SAFETY



Do not start a microwave oven when it is empty. Product life may be shortened.

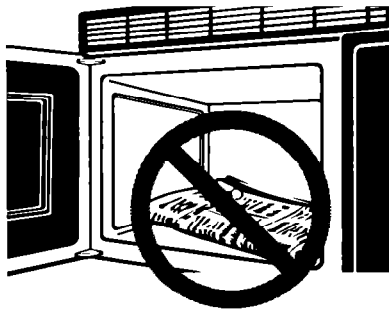
If you practice programming the oven, **put** a container of water in the oven.

It is normal for the inside of the oven door to look wavy after the oven has been running for a while.



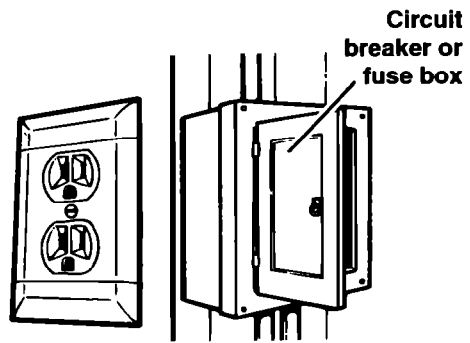
Do not try to melt paraffin wax in the oven. Paraffin wax will not melt in a microwave oven because it allows microwaves to pass through it.

General information



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.

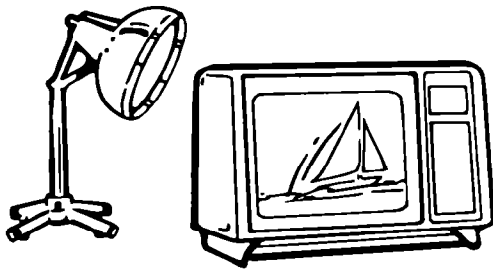


If your electrical power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.

Getting to Know Your Microwave Hood Combination

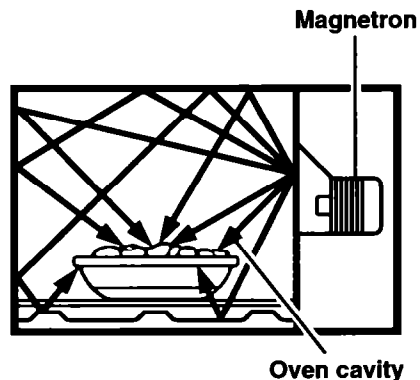
This section discusses the concepts behind microwave cooking and introduces you to the basics you need to know to operate your microwave oven. Please read this information before use.

How microwave cooking works



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

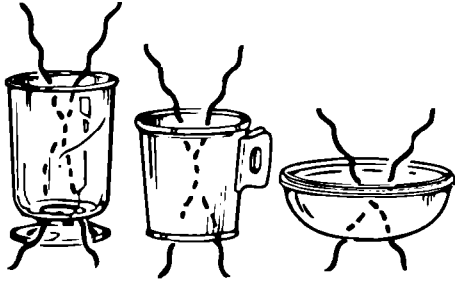
Microwaves are like TV waves or light waves. You cannot see them, but you can see what they do.



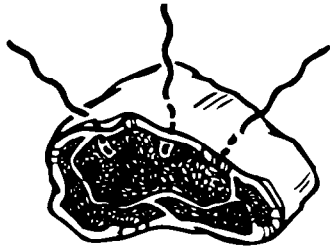
A magnetron in the microwave oven produces microwaves. The microwaves move into the oven where they contact the food.

continued on next page

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION



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



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

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

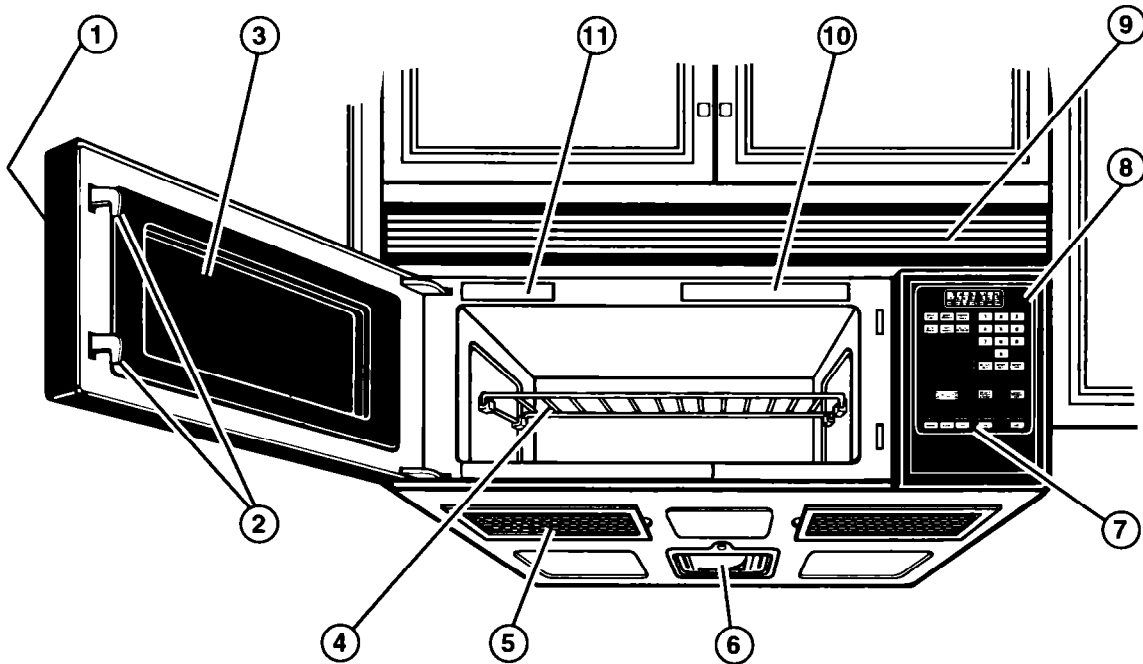
Radio interference

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

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

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

Microwave oven features



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

- 1. Door Handle.** Pull to open door.
- 2. Door Safety Lock System.** The oven will not operate unless the door is securely closed.
- 3. Window with Metal Shield.** Shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
- 4. Two-Position Bi-Level Cooking Rack Accessory (optional).** Use for extra space when cooking in more than one container at the same time. See page 18 for more information.
- 5. Filter.** See page 37 for cleaning information.
- 6. Cooktop/Countertop Light.** Turn on to light your cooktop or countertop or turn on as a night light. See page 16 for more information.

- 7. Exhaust Fan and Cooktop Light Switches.** See pages 15-18 for more information.
- 8. Control Panel.** Touch the pads on this panel to perform all functions. See pages 12-14 for more information.
- 9. Vent Grille.**
- 10. Cooking Guide.** Use as a quick reference for Auto Cook and Auto Defrost settings.
- 11. Model and Serial Number Plate.**

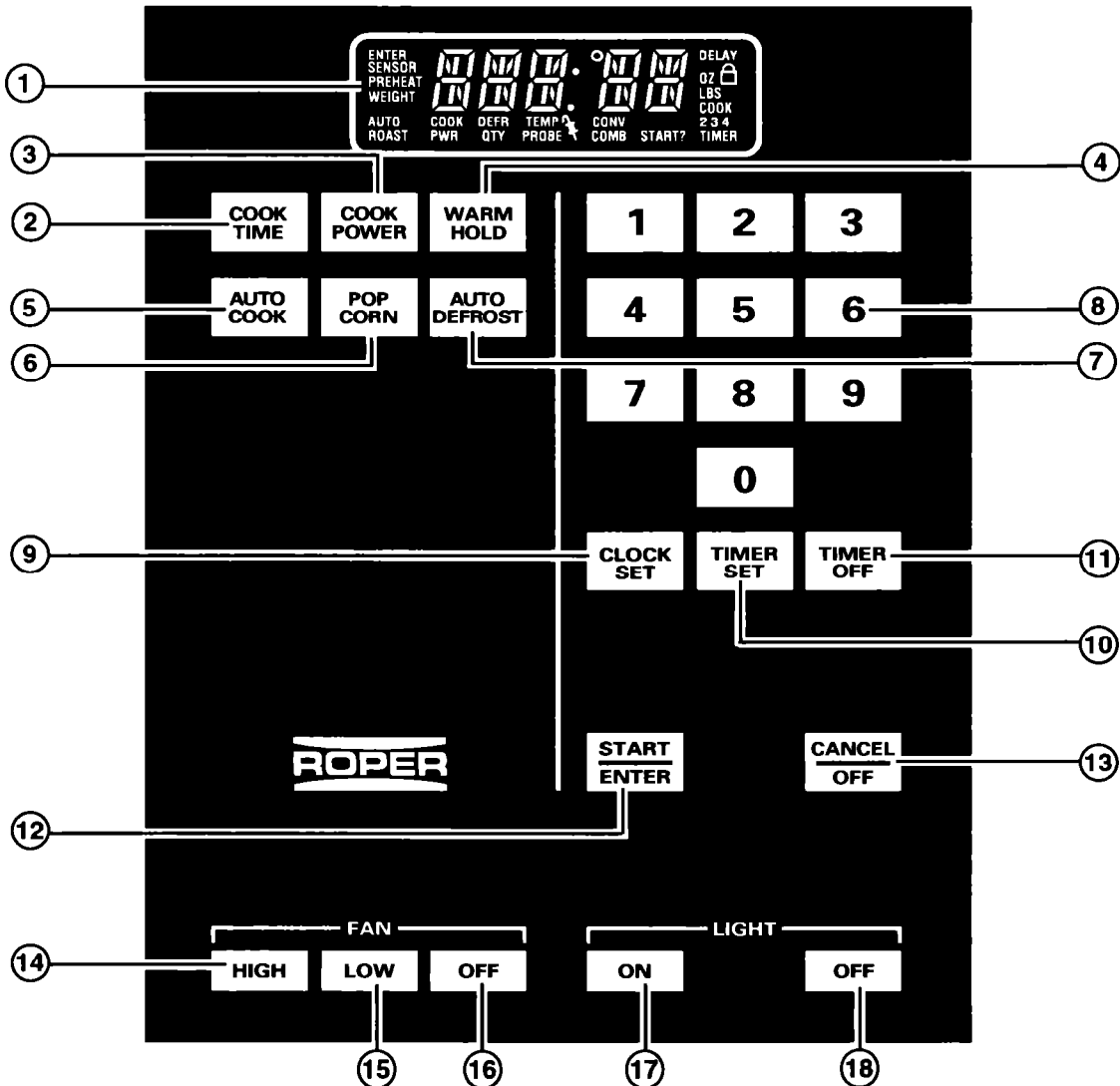
Smoke deflector accessory kit

A smoke deflector kit for your model is available from your Roper parts dealer to use when installing this microwave oven over cooking products with a grill or griddle. Ask your Roper dealer for details on Kit No. 4358723 – Smoke Deflector Kit.

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

Control panel features

Your microwave oven control panel lets you select the desired cooking function quickly and easily. All you have to do is touch the necessary Command Pad. The following is a list of all the Command and Number Pads located on the control panel. For more information, see pages 15-35.



1. **Display.** The Display includes a clock and indicators to tell you time of day, cooking time settings, and cooking functions selected.
2. **COOK TIME.** Touch this pad followed by Number Pads to set a cooking time. See pages 22, 24, and 25 for more information.

3. **COOK POWER.** Touch this pad after the cook time has been set, followed by a Number Pad to set the amount of microwave energy released to cook the food. The higher the number, the higher the microwave power or "cooking speed." See page 23 for more information. See the "Microwave cooking chart" on page 41 for specific Cook Powers to use for the foods you are cooking.

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

4. **WARM HOLD.** Touch this pad to keep hot, cooked foods safely warm in your microwave oven for up to 99 minutes, 99 seconds. WARM HOLD can be used by itself, or it can automatically follow a cooking cycle. See page 33 for more information.
5. **AUTO COOK.** Touch this pad to cook common microwave-prepared foods without needing to program times and Cook Powers. See page 26 for more information.
6. **POPCORN.** Touch this pad when popping popcorn in your microwave oven. The oven will automatically heat for a preset time at a preset Cook Power. See page 34 for more information.
7. **AUTO DEFROST.** Touch this pad followed by Number Pads to thaw frozen meat by weight. See page 28 for more information.
8. **Number Pads.** Touch Number Pads to enter cooking times, Cook Powers, quantities, weights, or food categories.
The following Number Pads also have other functions:
 - **Number Pad 7** shortens cooking times by 10% (see page 35).
 - **Number Pad 9** lengthens cooking times by 10% (see page 35).
 - **Number Pad 8** returns a changed cooking time to the preset cooking time (see page 35).
9. **CLOCK SET.** Touch this pad to enter the correct time of day. See page 19 for more information.
10. **TIMER SET.** Touch this pad to set the Minute Timer. See page 20 for more information.
11. **TIMER OFF.** Touch this pad to cancel the Minute Timer. See page 20 for more information.
12. **START/ENTER.** Touch this pad to start a function. If you open the door after the oven begins to cook, retouch START/ENTER. See page 14 for more information.
13. **CANCEL/OFF.** Touch this pad to erase an incorrect command, cancel a program during cooking, or to clear the Display. See page 14 for more information.
14. **HIGH.** Touch this pad to turn on the fan at high speed. See page 15 for more information.
15. **LOW.** Touch this pad to turn on the fan at low speed. See page 15 for more information.
16. **OFF.** Touch this pad to turn off the fan. See page 15 for more information.
17. **ON.** Touch this pad to turn on the cooktop/countertop light. See page 16 for more information.
18. **OFF.** Touch this pad to turn off the cooktop/countertop light. See page 17 for more information.

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

Audible signals

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

- **A programming tone will sound** each time you touch a pad.
- **One long tone** signals the end of a Minute Timer countdown.
- **Four tones** signal the end of a cooking cycle.
- **Two tones** sound once every minute after an End-of-Cooking signal as a reminder if food has not been removed from oven.
- **Three tones** sound if you have made an incorrect entry.

To disable audible signals:

- **Touch and hold** Number Pad 1 for four seconds to disable programming tone and End-of-Cooking and End-of-Cycle signals.

OR

- **Touch and hold** Number Pad 2 for four seconds to disable all signals.

To turn signals back on:

Repeat steps under "To disable audible signals" above.

NOTE: Three tones, followed by two tones, will sound when audible signals are turned on or off. The three tones will be omitted if all tones are disabled.

Interrupting cooking

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

To restart cooking, close the door and

TOUCH



If you do not want to continue cooking:

- **Close** the door and the light goes off.

OR


- **TOUCH**




Using the safety lock

The safety lock prevents unwanted use of the microwave oven by disabling the control panel Command Pads.

To lock or deactivate the control panel:

Touch and hold Number Pad 3 for four seconds. Three tones, followed by two tones, will sound and  will appear on the Display.

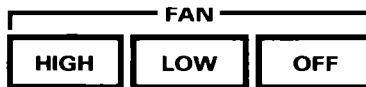
To cancel the safety lock:

Touch and hold Number Pad 3 for four seconds. Two tones will sound and  will be cleared from the Display.

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

Using the exhaust fan

The three pads on the bottom left of the control panel control the 2-speed Exhaust Fan.



1. Choose fan speed.

NOTE: If the temperature gets too hot around the microwave oven, the exhaust fan in the vent hood will automatically turn on at the LOW setting to protect the oven. It may stay on up to an hour to cool the oven. When this occurs, the Fan OFF Pad will not turn the fan off.

TOUCH



OR



2. Turn off fan when desired.

TOUCH



To set fan to run for a specific time:

1. Start fan.

TOUCH



OR



2. Choose timer.

NOTE: If both the fan and light are operating and the TIMER SET Pad is touched twice, both the fan and light will be controlled by the timer. The Display will alternate between "FAN" and "LIGHT" one time before "STOP" is displayed.

TOUCH



(twice within 3 seconds)

YOU SEE



continued on next page

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

3. Set stop time.

Example to stop the fan at 5 o'clock, when time of day is 12 o'clock:

NOTE: You can set the stop time up to the next 12 hours.

TOUCH

5

0

0

YOU SEE

ENTER 5:00
TIMER

4. Start timer.

TOUCH

START
ENTER

YOU SEE

4 12:00
TIMER

At end of time, the current time of day will show and no tones will sound.

OR

TIMER
SET

To check the stop time:

The set time will be displayed for three seconds.

TOUCH

TIMER
SET

To cancel timer:

NOTE: Canceling the timer will cause the fan to shut off; however, canceling the fan will not cancel the timer.

TOUCH

TIMER
OFF

Using the cooktop/countertop light

The two pads on the bottom right of the control panel control the cooktop/countertop light.

LIGHT

ON OFF

1. Turn on light.

TOUCH

ON

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

2. Turn off light when desired.

TOUCH



To set light to be on for a specific time:

1. Turn on light.

TOUCH



2. Choose timer.

NOTE: If both the fan and light are operating and the TIMER SET Pad is touched twice, both the fan and light will be controlled by the timer. The Display will alternate between "FAN" and "LIGHT" one time before "STOP" is displayed.

TOUCH



(twice within 3 seconds)

YOU SEE

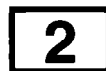


3. Set stop time.

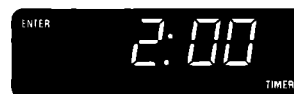
Example to turn off light at 2 o'clock, when time of day is 12 o'clock:

NOTE: You can set the time up to the next 12 hours.

TOUCH



YOU SEE



4. Start timer.

TOUCH



OR



YOU SEE



At end of time, the current time of day will show and no tones will sound.

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

To check the stop time:

The set time will be displayed for three seconds.

TOUCH

TIMER
SET

To cancel timer:

NOTE: Canceling the timer will cause the light to shut off; however, canceling the light will not cancel the timer.

TOUCH

TIMER
OFF

Using the bi-level cooking rack

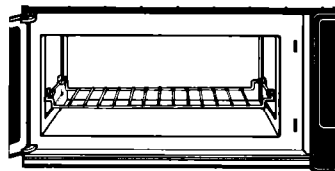
You can order a Bi-Level Cooking Rack (Part No. 4358524) from your Roper dealer for extra space when cooking in more than one container at the same time. The metal rack can be turned upside-down to help fit taller containers on the bottom of the oven.

If your Roper dealer does not stock the rack, you can order it, by part number, by writing to:

Whirlpool Corporation
Attention: Customer Service Dept.
1900 Whirlpool Drive
LaPorte, IN 46350

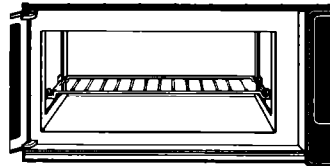
Inserting the rack

First position



First position: Insert the rack securely into the rack supports on the side walls of the oven.

Second position



Second position: Turn rack upside-down when using a taller container on the bottom of the oven.

⚠ WARNING

Burn Hazard

Use hot pads when removing rack from oven after cooking.
Failure to do so could cause burns.

NOTES:

- **Do not store** the metal rack in the oven. Arcing and damage to the oven could result if someone accidentally starts the oven.
- **Do not operate** the oven with the metal rack stored on the floor of the oven. Damage to the interior finish will result.
- **Use rack** only in the microwave oven.
- **Do not use rack** with browning dish.
- **Do not let food** container on rack touch the top or sides of the oven.
- **Do not cook foods** directly on rack without putting them in containers first.
- **Do not place** a metal cooking container on rack. Place a microwave-safe plate under container.
- **Only use** the Bi-Level Cooking Rack when cooking at more than one level.

GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

Setting the clock

When your microwave oven is first plugged in, or after a power failure, the Display will show "888:88". For the first 30 seconds after the power is on, you can set the clock time without touching CLOCK SET. After 30 seconds has gone by, you must follow the directions below to set the time. If a time of day is not set, "888:88" will show on the Display until you touch CLOCK SET.

NOTES:

- **You can** only set the clock if the oven is not cooking food.
- **If you touch in** an incorrect time and touch CLOCK SET, three tones will sound. Enter the correct time.
- **If you touch** CANCEL/OFF while setting the clock, the Display will show the last time of day set or ":" if no time of day has been set.

To set time:

1. Choose setting.

TOUCH



YOU SEE



(for 3 seconds)

2. Enter time of day.

Example for 12:00:

TOUCH



YOU SEE



3. Complete entry.

TOUCH



OR



YOU SEE



GETTING TO KNOW YOUR MICROWAVE HOOD COMBINATION

Using the Minute Timer

You can use your microwave oven as a minute timer. Use the Minute Timer for timing up to 99 minutes, 99 seconds.

NOTE: The oven can operate while the Minute Timer is in use. To see the Minute Timer while the oven is cooking, touch **TIMER SET**. To return the Display to the cooking time countdown, touch **TIMER SET** again.

1. Touch **TIMER SET**.

TOUCH



YOU SEE

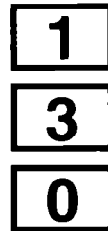


2. Enter time to be counted down.

Example for 1 minute, 30 seconds:

NOTE: If you enter more than four digits, three tones will sound. Touch **START/ENTER** to count down the 3-digit time you have entered or touch **TIMER OFF** to clear the Display. To start over, touch **TIMER SET** and re-enter desired time.

TOUCH



YOU SEE



3. Start countdown.

NOTE: If you do not do this step within three seconds of doing Step 2, "START?" will be displayed. You then have one minute to touch **START/ENTER** or **TIMER SET** before the Display returns to time of day.

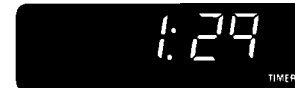
TOUCH



OR



YOU SEE



At end of countdown:

YOU SEE



(one tone will sound)

To cancel Minute Timer:

During countdown:

TOUCH



YOU SEE



After countdown:

OR



(time of day)

Using Your Microwave Oven

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

Getting the best cooking results

- **ALWAYS** cook food for the minimum recommended cooking time. Then check for doneness to avoid overcooking the food.
- **Stir, turn over, or rearrange** food being cooked about halfway through the cook time for most even doneness with all recipes.
- **If a glass cover is not available, use** wax paper, paper towels, or microwave-approved plastic wrap. **Turn back** a corner to vent steam during cooking.
- **Although a new rating method*** rates this oven at 850 watts, you may use a reliable cookbook and recipes developed for microwave ovens previously rated at 700-800 watts.

*IEC-705 Test Procedure. The IEC-705 Test Procedure is an internationally recognized method of rating microwave wattage output and does not represent an actual change to output power or cooking performance.

USING YOUR MICROWAVE OVEN

Cooking at high cook power

1. Put food in oven and close the door.

2. Set cooking time.

TOUCH



YOU SEE



Example for 1 minute, 30 seconds:

TOUCH



YOU SEE



3. Start oven.

TOUCH



YOU SEE



At end of cooking time:

YOU SEE



Changing instructions

You can change the cooking time any time by repeating Steps 2 and 3.

USING YOUR MICROWAVE OVEN

Cooking at lower cook powers

For best results, some recipes call for lower Cook Powers. The lower the Cook Power, the slower the cooking. Each Number Pad also stands for a different percentage of Cook Power. Many microwave cookbook recipes tell you by number, percent, or name which Cook Power to use.

The following chart gives the percentage of Cook Power each Number Pad stands for, and the Cook Power name usually used. It also tells you when to use each Cook Power. Follow recipe or food package instructions if available.

| COOK POWER | NAME | WHEN TO USE IT |
|------------------------------|---------------------|---|
| Automatic 100% of full power | High | <ul style="list-style-type: none"> • Quick heating many convenience foods and foods with high water content, such as soups and beverages • Cooking tender cuts of meat, ground meat, poultry pieces, fish fillets, and vegetables |
| 9=90% of full power | | <ul style="list-style-type: none"> • Heating cream soups |
| 8=80% of full power | | <ul style="list-style-type: none"> • Heating rice, pasta, or casseroles |
| 7=70% of full power | Medium-High | <ul style="list-style-type: none"> • Cooking and heating foods that need a Cook Power lower than high (for example, whole fish and meat loaf) or when food is cooking too fast • Reheating a single serving of food |
| 6=60% of full power | | <ul style="list-style-type: none"> • Cooking requiring special care, such as cheese and egg dishes, pudding, and custards • Finishing cooking casseroles |
| 5=50% of full power | Medium | <ul style="list-style-type: none"> • Cooking ham, whole poultry, and pot roasts • Melting chocolate |
| 4=40% of full power | | <ul style="list-style-type: none"> • Simmering stews • Heating pastries |
| 3=30% of full power | Medium-Low, Defrost | <ul style="list-style-type: none"> • Defrosting foods, such as bread, fish, meats, poultry, and precooked foods |
| 2=20% of full power | | <ul style="list-style-type: none"> • Softening butter, cheese, and ice cream |
| 1=10% of full power | Low | <ul style="list-style-type: none"> • Keeping food warm • Taking chill out of fruit |

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

continued on next page

USING YOUR MICROWAVE OVEN

1. Put food in oven and close the door.

2. Set cooking time.

TOUCH



YOU SEE



Example for 7 minutes, 30 seconds:

TOUCH



YOU SEE



3. Set Cook Power.

TOUCH



YOU SEE



Example for 50% Cook Power:

TOUCH



YOU SEE



4. Start oven.

TOUCH



YOU SEE



At end of cooking time:

YOU SEE



Changing instructions

You can change the cooking time or Cook Power any time by repeating Steps 2 and/or 3 and 4.

USING YOUR MICROWAVE OVEN

Cooking with more than one cook cycle

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

1. Put food in oven and close the door.

2. Set cooking time for first cycle.

TOUCH

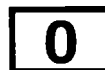


YOU SEE



Example for 7 minutes, 30 seconds:

TOUCH



YOU SEE

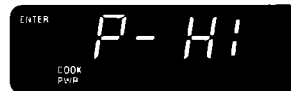


3. Set Cook Power for first cycle.

TOUCH



YOU SEE

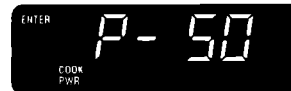


Example for 50% Cook Power:

TOUCH



YOU SEE



4. Repeat Steps 2 and 3 to set cooking time and Cook Power for each additional cycle.

continued on next page

USING YOUR MICROWAVE OVEN

5. Start oven.

After the first cycle is over, the next cycle(s) will count down.

At end of cooking time:

TOUCH



YOU SEE



(first cycle)

YOU SEE



Changing instructions

You can change times or Cook Powers for a cycle any time after that cycle starts by repeating Steps 2 and/or 3 and 4.

Using AUTO COOK

Cooking with AUTO COOK lets you cook common microwave-prepared foods without needing to program times and Cook Powers. AUTO COOK has preset times and Cook Powers for five major food categories: Casserole, Baked Potato, Bread, Fresh/Canned Vegetables, and Frozen Vegetables. All you do is touch the Number Pad assigned

to the desired category and enter the number of items or servings being heated. Your microwave oven does the rest.

NOTE: See "Microwave cooking chart" on page 41 when cooking with cooking time and Cook Power.

1. Put food in oven and close door.

2. Choose AUTO COOK.

TOUCH



YOU SEE



USING YOUR MICROWAVE OVEN

3. Choose food category.

Touch any of Number Pads 1-5.

NOTE: See "Auto cook chart" on page 28 or the Cooking Guide label on the frame behind the door for food categories available.

Example for Category 1 (casserole):

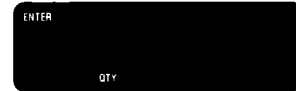
TOUCH



YOU SEE



Then:



4. Enter quantity/servings.

Example for two servings:

NOTE: If the quantity you entered is not correct, you can change it by touching AUTO COOK again and starting over.

TOUCH



YOU SEE



5. Start oven.

TOUCH



YOU SEE



At end of cooking time:

YOU SEE



USING YOUR MICROWAVE OVEN

Auto cook chart

| CATEGORY | FOOD | NUMBER OF SERVINGS/ ITEMS YOU CAN COOK |
|----------|-------------------------|---|
| 1 | Casserole | 1-2 |
| 2 | Baked Potato | 1-4 |
| 3 | Bread | 1-2 |
| 4 | Fresh/Canned Vegetables | 1-4 |
| 5 | Frozen Vegetables | 1-4 |

Using AUTO DEFROST

Your microwave oven automatically defrosts a variety of common meats at preset Cook Powers for preset times. The 3-stage defrost cycle is programmed for meat, poultry, and fish. All you do is touch the Command Pad assigned to the desired category and enter the weight of the items being defrosted. Your microwave oven does the rest.

NOTES:

- See the "Auto defrost chart" on page 30 for defrosting directions for each food.
- To defrost items not listed in "Auto defrost chart" on pages 30 and 31, use 30% Cook Power. Refer to a reliable cookbook for defrosting information.

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

2. Choose AUTO DEFROST.

TOUCH



YOU SEE



3. Choose food category (1 for meat, 2 for poultry, 3 for fish).

Example for meat:

TOUCH



YOU SEE



Then:



USING YOUR MICROWAVE OVEN

4. Enter food's weight (in pounds and tenths of a pound).

Example for 1.2 lbs:

NOTES:

- For converting fractions of a pound to decimals, see "Weight conversion chart" on page 32.
- If you enter an incorrect weight, touch AUTO DEFROST again and enter the correct weight.

TOUCH

1

2

YOU SEE

ENTER 1.2 LBS

5. Start oven.

TOUCH

START
ENTER

YOU SEE

AUTO DEFR 16:00 TIME

6. After half the cook time is over, Display will prompt you to turn over food while oven continues to defrost.

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

NOTE: If you do not open the door within two minutes, the Display will resume the countdown.

YOU SEE

TURN

OVER

7. Restart oven.

TOUCH

START
ENTER

YOU SEE

AUTO DEFR 8:00 TIME

(time remaining)

At end of defrosting time:

YOU SEE

END COOK

USING YOUR MICROWAVE OVEN

Auto defrost chart

Meat setting

| FOOD | AT PAUSE | SPECIAL INSTRUCTIONS |
|-------------------------------|---|---|
| Beef | | Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost cycle. |
| Ground Beef, Bulk | Remove thawed portions with fork. Turn over. Return remainder to oven. | Do not defrost less than 1/4 lb. Freeze in doughnut shape. |
| Ground Beef, Patties | Separate and rearrange. | Do not defrost less than two 4 oz patties. Depress center when freezing. |
| Round Steak | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Tenderloin Steak | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Stew Beef | Remove thawed portions with fork. Separate remainder. Return remainder to oven. | Place in a microwavable baking dish. |
| Pot Roast, Chuck Roast | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Rib Roast | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Rolled Rump Roast | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Lamb | | |
| Cubes for Stew | Remove thawed portions with fork. Return remainder to oven. | Place in a microwavable baking dish. |
| Chops (1 inch thick) | Separate and rearrange. | Place on a microwavable roasting rack. |
| Pork | | |
| Chops (1/2 inch thick) | Separate and rearrange. | Place on a microwavable roasting rack. |
| Hot Dogs | Separate and rearrange. | Place on a microwavable roasting rack. |
| Spareribs, Country-Style Ribs | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |
| Sausage, Links | Separate and rearrange. | Place on a microwavable roasting rack. |
| Sausage, Bulk | Remove thawed portions with fork. Turn over. Return remainder to oven. | Place in a microwavable baking dish. |
| Loin Roast, Boneless | Turn over. Cover warm areas with aluminum foil. | Place on a microwavable roasting rack. |

USING YOUR MICROWAVE OVEN

Fish setting

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

Poultry setting

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

USING YOUR MICROWAVE OVEN

Weight conversion chart

You are probably used to food weights as being in pounds and ounces that are fractions of a pound (for example 4 ounces equals $\frac{1}{4}$ pound). However, in order to enter food weight in AUTO DEFROST, you must specify pounds and tenths of a pound.

If the weight on the food package is in fractions of a pound, you can use the following chart to convert the weight to decimals.

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

Defrosting tips

- **When using AUTO DEFROST**, the weight to be entered is the net weight in pounds and tenths of pounds (the weight of the food minus the container).
- **Only use AUTO DEFROST** for raw food. AUTO DEFROST gives best results when food to be thawed is a minimum of 0°F. If food has been stored in a refrigerator-freezer that does not maintain a temperature of 0°F or below, always program a lower food weight (for a shorter defrosting time) to prevent cooking the food.
- **If the food is kept outside** the freezer for up to 20 minutes, enter a lower food weight.
- **If the food is kept outside** the freezer for more than 20 minutes, and for defrosting ready-made food, defrost by time and power and let stand after defrosting.
- **The shape of the package** alters the defrosting time. Shallow rectangular packets defrost more quickly than a deep block.
- **Separate pieces** as they begin to defrost. Separated pieces defrost more easily.
- **You can use small pieces** of aluminum foil to shield foods like chicken wings, leg tips, and fish tails, but the foil must not touch the side of the oven. Foil can damage the oven lining.
- **Shield areas of food** with small pieces of foil if they start to become warm.
- **For better results, a preset standing time** is included in the defrosting time. This may make the defrosting time seem longer than expected. (For more information on standing time, see "Microwave cooking tips" on page 42.)

USING YOUR MICROWAVE OVEN

Using WARM HOLD

You can safely keep hot, cooked food warm in your microwave oven for up to 99 minutes, 99 seconds (about 1 hour, 40 minutes). You can use WARM HOLD by itself, or to automatically follow a cooking cycle.

NOTES:

- **WARM HOLD** operates for up to 99 minutes, 99 seconds.
- **Opening** the oven door cancels WARM HOLD. Close the door and touch WARM HOLD, then touch START/ENTER if additional WARM HOLD time is desired.
- **Food cooked covered** should be covered during WARM HOLD.
- **Pastry items** (pies, turnovers, etc.) should be uncovered during WARM HOLD.
- **Complete meals** kept warm on a dinner plate should be covered during WARM HOLD.
- **Do not use** more than one complete WARM HOLD cycle (about 1 hour, 40 minutes). The quality of some foods will suffer with extended time.

1. Put hot, cooked food in oven and close the door.

2. Choose setting.

TOUCH



YOU SEE



3. Start oven.

TOUCH



YOU SEE



To make WARM HOLD automatically follow another cycle:

- **While you are touching in cooking instructions, touch WARM HOLD** before touching START/ENTER.
- **When the last cooking cycle is over, you will hear two tones.** "WARM" will come on while the oven continues to run.
- **You can set WARM HOLD to follow** AUTO DEFROST, COOK, or multi-cycle cooking.

USING YOUR MICROWAVE OVEN

Using POPCORN

POPCORN lets you pop commercially packaged microwave popcorn by touching just one pad. Pop only one package at a time. If you are using a microwave popcorn popper, follow manufacturer's instructions. You can set your microwave oven to pop different size bags of popcorn. You specify the setting by the number of times you touch POPCORN. To correctly set your microwave oven, follow this chart:

| | | |
|-------------------|------|-------|
| Bag Size – ounces | 3.5 | 1.75 |
| Touch POPCORN | once | twice |

Cooking performance may vary with brand. Try several brands to decide which gives best popping results. For best results, use fresh bags of popcorn.

NOTE: If you want to change the popping time after choosing POPCORN, see "Changing preset cooking times" on page 35.

1. Place bag in oven and close door.

2. Choose POPCORN.

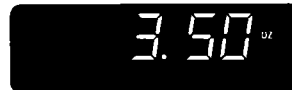
Example for 3.5 oz regular bags:

TOUCH



once

YOU SEE



After three seconds, oven starts popping popcorn:

YOU SEE



(time counts down)

⚠ WARNING

Fire Hazard

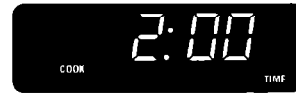
Do not repop unpopped kernels and do not reuse popcorn bags.

Doing so could result in fire.

USING YOUR MICROWAVE OVEN

Every 10 seconds the Display will alternate between "POP-" and "CORN" and then show the time remaining.

YOU SEE



(time remaining)

At end of popping time:

YOU SEE



Changing preset cooking times

If a preset cooking time is too long or too short, you can lengthen or shorten the cooking time by 10% after choosing the function. You can only change cooking times before cooking starts.

To lengthen cooking time by 10%:

TOUCH



YOU SEE



(example for auto cook)

To shorten cooking time by 10%:

TOUCH



YOU SEE



To reset to the original cooking time:

TOUCH



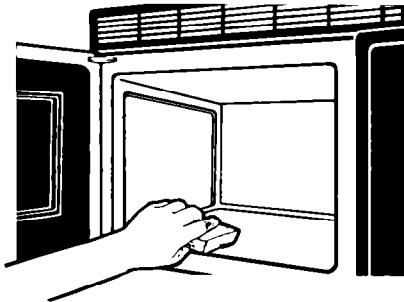
YOU SEE



Caring for Your Microwave Hood Combination

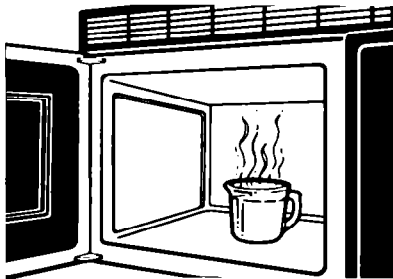
To make sure your microwave oven looks good and works well for a long time, you should maintain it properly. For proper care, please follow these instructions carefully.

Cleaning the microwave oven



For interior surfaces: Wipe often with warm, sudsy water and a sponge or soft cloth. Use only mild, nonabrasive soaps or a mild detergent. Be sure to keep the areas clean where the door and oven frame touch when closed. Wipe well with clean water.

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



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

NOTE: Abrasive cleaners, steel-wool pads, gritty wash cloths, some paper towels, etc., can damage the control panel, and the interior and exterior oven surfaces.

Cleaning the bi-level cooking rack

- Wash by hand with a mild detergent and a soft or nylon scrub brush. Dry completely.
- Do not use abrasive scrubbers or cleansers to clean rack.

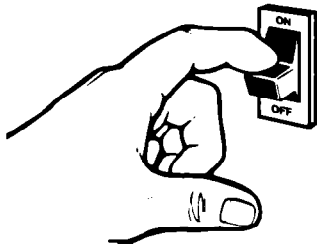
CARING FOR YOUR MICROWAVE HOOD COMBINATION

Caring for the filters

The grease filters should be removed and cleaned often, at least once a month.

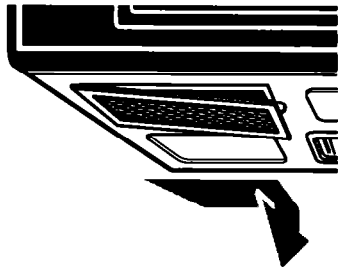
NOTE: If your microwave hood combination is installed to recirculate air, the charcoal filter (Part No. 4158311 [black] or 4158439 [white]) should be replaced every 6-12 months. The charcoal filter cannot be cleaned.

Before caring for filters:

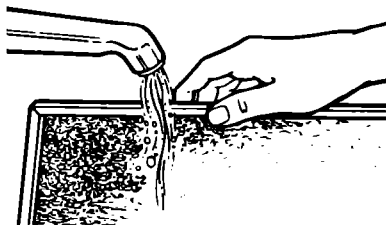


- For your personal safety, **turn off** the electric power at the main power supply.

Grease filters



1. To remove grease filters, slide each filter to the side. Pull filters downward and push to the other side. The filter will drop out.



2. Soak grease filters in hot water and a mild detergent. **Scrub and swish** to remove embedded dirt and grease.

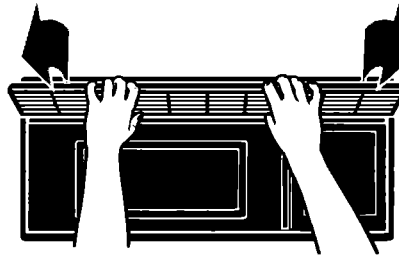
Rinse well and shake to dry. Do not use ammonia or place in a dishwasher. The aluminum will darken.



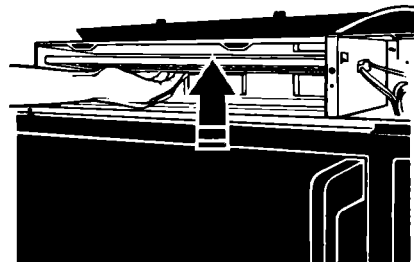
3. To replace grease filters, slide filter in the frame slot on one side of the opening. Push filter upward and push to the other side to lock into place.

Charcoal filters

To remove:



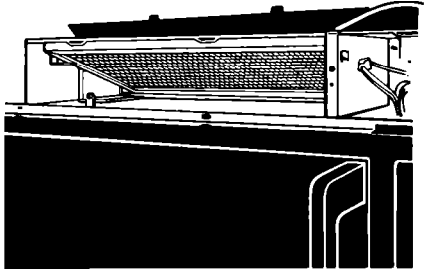
1. Remove the vent cover mounting screws.
2. Tip the cover forward, then lift out to remove.



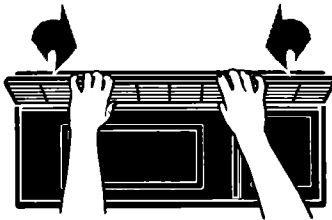
3. Lift the back of the charcoal filter. Slide the filter straight out.

CARING FOR YOUR MICROWAVE HOOD COMBINATION

To replace:



1. **Slide** a new charcoal filter into place. The filter should rest at the angle shown.



2. **Slide** the bottom of the vent cover into place. **Push** the top until it snaps into place. **Replace** the mounting screws.

After caring for filters:

- **Turn** the power back on at the main power supply.



- **Do not operate** the hood without the filters in place.

Replacing the cooktop and oven lights

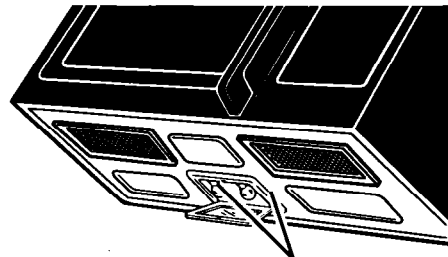
⚠WARNING

Fire Hazard

Use only candelabra-base bulbs, 30-watt maximum.

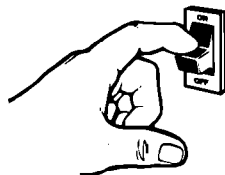
Turn off power at main power supply before replacing the light bulb.

Failure to follow the above could result in fire or electrical shock.



Bulb cover mounting screws

The cooktop light

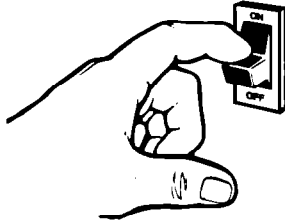


1. **Turn off** power at the main power supply.

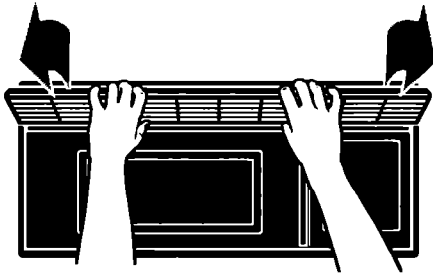
2. **Remove** the bulb cover mounting screws.
3. **Replace** bulb(s) with candelabra-base 30-watt bulb(s) available from your authorized Roper service company (Part No. 4158432).

CARING FOR YOUR MICROWAVE HOOD COMBINATION

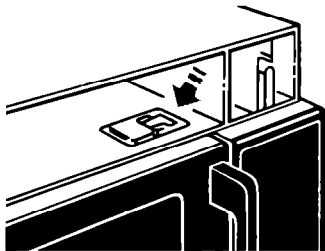
The oven light



1. Turn off power at the main power supply.

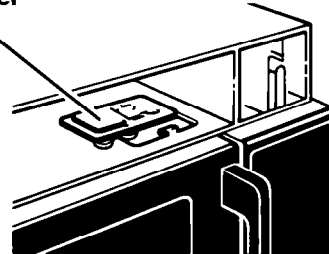


2. Remove the vent cover mounting screws.
3. Tip the cover forward, then lift out to remove.

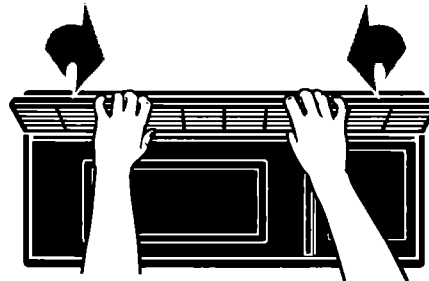


4. Remove bulb holder mounting screw.

Bulb holder



5. Lift up the bulb holder.
6. Replace the bulb with a candelabra-base 30-watt bulb available from your authorized Roper service company (Part No. 4158432).
7. Replace the bulb holder and mounting screw.



8. Slide the top of the vent cover into place. Push the bottom until it snaps into place. Replace the mounting screws. Turn the power back on at the main power supply.

Cooking Guide

Reheating chart

Times are approximate and may need to be adjusted to individual taste.

| ITEM | STARTING TEMP | TIME/POWER | PROCEDURE |
|--|--|--|--|
| Meat (Chicken pieces, chops, hamburgers, meat loaf slices) 1 serving 2 servings | Refrigerated Refrigerated | 1-2 min at 70% 2½-4½ min at 70% | Cover loosely. |
| Meat Slices (Beef, ham, pork, turkey) 1 or more servings | Room temp Refrigerated | 45 sec-1 min per serving at 50% 1-3 min per serving at 50% | Cover with gravy or wax paper. Check after 30 sec per serving. |
| Stirrable Casseroles and Main Dishes 1 serving 2 servings 4-6 servings | Refrigerated Refrigerated Refrigerated | 2-4 min at 100% 4-6 min at 100% 6-8 min at 100% | Cover. Stir after half the time. |
| Nonstirrable Casseroles and Main Dishes 1 serving 2 servings 4-6 servings | Refrigerated Refrigerated Refrigerated | 5-8 min at 50% 9-12 min at 50% 13-16 min at 50% | Cover with wax paper. |
| Soup, Cream 1 cup 1 can (10¾ oz) | Refrigerated Room temp | 3-4½ min at 50% 5-7 min at 50% | Cover. Stir after half the time. |
| Soup, Clear 1 cup 1 can (10¾ oz) | Refrigerated Room temp | 2½-3½ min at 100% 4-5½ min at 100% | Cover. Stir after half the time. |
| Pizza 1 slice 1 slice 2 slices 2 slices | Room temp Refrigerated Room temp Refrigerated | 15-25 sec at 100% 30-40 sec at 100% 30-40 sec at 100% 45-55 sec at 100% | Place on paper towel. |
| Vegetables 1 serving 2 servings | Refrigerated Refrigerated | ¾-1½ min at 100% 1½-2½ min at 100% | Cover. Stir after half the time. |
| Baked Potato 1 2 | Refrigerated Refrigerated | 1-2 min at 50% 2-3 min at 50% | Cut potato lengthwise and then several times crosswise. Cover with wax paper. |
| Breads (Dinner or breakfast roll) 1 roll 2 rolls 4 rolls | Room temp Room temp Room temp | 8-12 sec at 50% 11-15 sec at 100% 18-22 sec at 100% | Wrap single roll, bagel, or muffin in paper towel. To reheat several, line plate with paper towel. Cover with another paper towel. |
| Pie Whole 1 slice | Refrigerated Refrigerated | 5-7 min at 70% 30 sec at 100% | |

Microwave cooking chart

Times are approximate and may need to be adjusted to individual taste. **NOTE:** See "Using AUTO COOK" on page 26 for instructions on how to cook without entering cooking times or Cook Powers.

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

Microwave cooking tips

Amount of food

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

Starting temperature of food

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

Composition of food

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

Size and shape

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

Stirring, turning foods

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

Covering food

Cover food to:

- **Reduce** splattering
- **Shorten** cooking times
- **Retain** food moisture

All coverings that allow microwaves to pass through are suitable.

Releasing pressure in foods

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

Using standing time

- **Always allow food to stand** for a while after cooking. Standing time after defrosting, cooking, or reheating always improves the result since the temperature will then be evenly distributed throughout the food.
- **When cooking in a microwave oven**, food continues to cook even when the microwave energy is turned off. Food is no longer cooked by microwaves, but it is still being cooked by the high heat left over from the microwave oven.
- **The length of the standing time** depends on the volume and density of the food. Sometimes it can be as short as the time it takes you to remove the food from the oven and take it to the serving table. However, with larger, denser food, the standing time may be as long as 10 minutes.

Arranging food

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

- **If you are cooking several items of the same food**, such as baked potatoes, **place** them in a ring pattern for uniform cooking.
- **When cooking foods of uneven shapes or thickness**, **place** the smaller or thinner area of the food towards the center of the dish where it will be heated last.
- **Arrange uneven foods**, such as fish, in the oven with the tails to the center.
- **If you are saving a meal in the refrigerator** or “plating” a meal for reheating, **arrange** the thicker, denser foods to the outside of the plate and the thinner or less dense foods in the middle.
- **Place thin slices of meat** on top of each other or interlace them.
- **Place thicker slices of meat**, such as meat loaf and sausages, close to each other.
- **Reheat gravy or sauce** in a separate container.
- **When you cook or reheat whole fish**, **score** the skin – this prevents cracking.
- **Shield the tail and head of whole fish** with small pieces of foil to prevent overcooking and ensure the foil does not touch the sides of the oven.
- **Do not** let food or container touch the top or sides of the oven. This will prevent possible arcing.

Using aluminum foil

Metal containers usually should not be used in a microwave oven. There are, however, some exceptions. If you have purchased food which is prepackaged in an aluminum foil container, then refer to the instructions on the package. When using aluminum foil containers, cooking times may be longer because microwaves will only penetrate the top of the food.

If you use aluminum containers without package instructions, follow these guidelines:

- **Place** container in a glass bowl and add some water so that it covers the bottom of the container, not more than ¼" high. This ensures even heating of the container bottom.
- **Always remove** the lid to avoid damage to the oven.
- **Use only** undamaged containers.
- **Do not use** containers taller than ¾".
- **Container must be** half filled.
- **To avoid sparking**, there must be a minimum ¼" between the aluminum container and the walls of the oven and also between two aluminum containers.
- **Reheating food** in aluminum foil containers usually takes up to double the time compared to reheating in plastic, glass, china, or paper containers. The time when food is ready will vary a great deal.
- **Let food stand** for two to three minutes after heating so that heat is spread evenly throughout container.

Cooking you should not do in your microwave oven

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

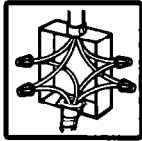
Questions and Answers

| QUESTIONS | ANSWERS |
|--|---|
| Can I use a rack in my microwave oven so that I may reheat or cook on two levels at a time? | You can use a rack only if rack is supplied with your microwave oven. Use of any rack not supplied with the microwave oven can result in poor cooking performance and/or arcing. |
| Can I use either metal or aluminum pans in my microwave oven? | Useable metal includes aluminum foil for shielding (use small, flat pieces), small skewers, and shallow foil trays (if tray is 3/4 inch deep and filled with food to absorb microwave energy). Never allow metal to touch walls or door. (For more information, see page 43.) |
| Sometimes the door of my microwave oven appears wavy. Is this normal? | This appearance is normal and does not affect the operation of your oven. |
| What are the humming noises that I hear when my microwave oven is operating? | You hear the sound of the transformer when the magnetron tube cycles on. |
| Why does the dish become hot when I microwave food in it? I thought that this should not happen. | As the food becomes hot it will conduct the heat to the dish. Be prepared to use hot pads to remove food after cooking. |
| What does "standing time" mean? | "Standing time" means that food should be taken out of the oven and covered for additional time after cooking. This process allows the cooking to finish, saves energy and frees the oven for another purpose. |
| Can I pop popcorn in my microwave oven? How do I get the best results? | Yes. Pop packaged microwave popcorn following manufacturer's guidelines or use the preprogrammed Popcorn pad. Do not use regular paper bags. Use the "listening test" by stopping the oven as soon as the popping slows to a "pop" every one or two seconds. Do not repop unpopped kernels. You can also use special microwave poppers. When using a popper, be sure to follow manufacturer's directions. Do not pop popcorn in glass utensils. |
| Why does steam come out of the air exhaust vent? | Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the top vent. |

Troubleshooting

Most cooking problems often are caused by little things you can find and fix without tools of any kind. Check the lists below and on the next page before calling for assistance or service. If you still need help, see "Requesting Assistance or Service" on page 47.

If nothing operates, check the following:



Is the microwave oven wired into a live outlet with the proper voltage?
(See Installation Instructions.)



Have you blown a household fuse or tripped a circuit breaker?



Has the electric company experienced a power failure?



Other possible problems and their causes:

| PROBLEM | CAUSE |
|--|--|
| The microwave oven will not run | <ul style="list-style-type: none"> • You are using the oven as a timer. Touch TIMER OFF to cancel the Minute Timer. • The door is not firmly closed and latched. • You did not touch START/ENTER. • You did not follow directions exactly. • An operation that was programmed earlier is still running. |
| Microwave cooking times seem too long | <ul style="list-style-type: none"> • The electric supply to your home or wall outlets is low or lower than normal. Your electric company can tell you if the line voltage is low. Your electrician or service technician can tell you if the outlet voltage is low. • The Cook Power is not at the recommended setting. Check "Microwave cooking chart" on page 41. • There is not enough cooking time for the amount of food being cooked. |

continued on next page

TROUBLESHOOTING

| PROBLEM | CAUSE |
|---|---|
| The Display shows a time counting down but the oven is not cooking | <ul style="list-style-type: none">• The oven door is not closed completely.• You have set the controls as a kitchen timer. Touch TIMER OFF to cancel the Minute Timer. |
| You do not hear the Programming Tone | <ul style="list-style-type: none">• The command is not correct. |
| The Display shows "888:88" | <ul style="list-style-type: none">• There has been a power interruption. Reset the clock. |

If none of these items was causing your problem, see "Requesting Assistance or Service" on page 47.

Requesting Assistance or Service

Before calling for assistance or service, please check "Troubleshooting" on pages 45-46. It may save you the cost of a service call. If you still need help, follow the instructions below.

1. If you need assistance* ...

Call our toll-free telephone number.



Dial toll-free from
anywhere in the U.S.A.:

1-800-44-ROPER
(1-800-447-6737)

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

For further information, write to:

Mr. William Clark
Consumer Assistance Representative
Roper Brand Appliances
2000 North M-63
Benton Harbor, MI 49022-2692

Please include a daytime phone number in your correspondence.

2. If you need service* ...



Contact the dealer from whom you purchased the appliance or the authorized servicer in your area. For help finding an authorized servicer in your area, call our toll-free telephone number in Step 1.

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

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

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

- MACAP will in turn inform us of your action.

***When asking for help or service:**

Please provide a detailed description of the problem, your appliance's complete model and serial numbers, and the purchase date. (See page 3.) This information will help us respond properly to your request.

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ROPER®

Microwave Oven Warranty

| LENGTH OF WARRANTY | WE WILL PAY FOR |
|--|--|
| FULL ONE-YEAR WARRANTY From Date of Purchase | FSP® replacement parts and repair labor to correct defects in materials or workmanship. Service must be provided by an authorized Roper service company. |
| LIMITED FOUR-YEAR WARRANTY Second Through Fifth Year From Date of Purchase | FSP replacement magnetron tube on microwave ovens if defective in materials or workmanship. |
| WE WILL NOT PAY FOR | |
| <p>A. Service calls to:</p> <ol style="list-style-type: none"> 1. Correct the installation of your microwave oven. 2. Instruct you how to use your microwave oven. 3. Replace house fuses or correct house wiring. 4. Replace owner-accessible light bulbs. <p>B. Repairs when your microwave oven is used in other than normal, single-family household use.</p> <p>C. Pickup and delivery. Your microwave oven is designed to be repaired in the home.</p> <p>D. Damage to your microwave oven caused by accident, misuse, fire, flood, acts of God, or use of products not approved by us.</p> <p>E. Any labor costs during limited warranty.</p> <p>F. Repairs to parts or systems caused by unauthorized modifications made to the appliance.</p> | |

6/94

This Roper appliance is warranted by Whirlpool Corporation. Under no circumstances shall it be liable under this warranty for incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion or limitation may not apply to you.

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

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

If you need service, first see the "Requesting Assistance or Service" section of this book. After checking "Requesting Assistance or Service," additional help can be found by calling our toll-free telephone number, **1-800-44-ROPER (1-800-447-6737)**, from anywhere in the U.S.A.