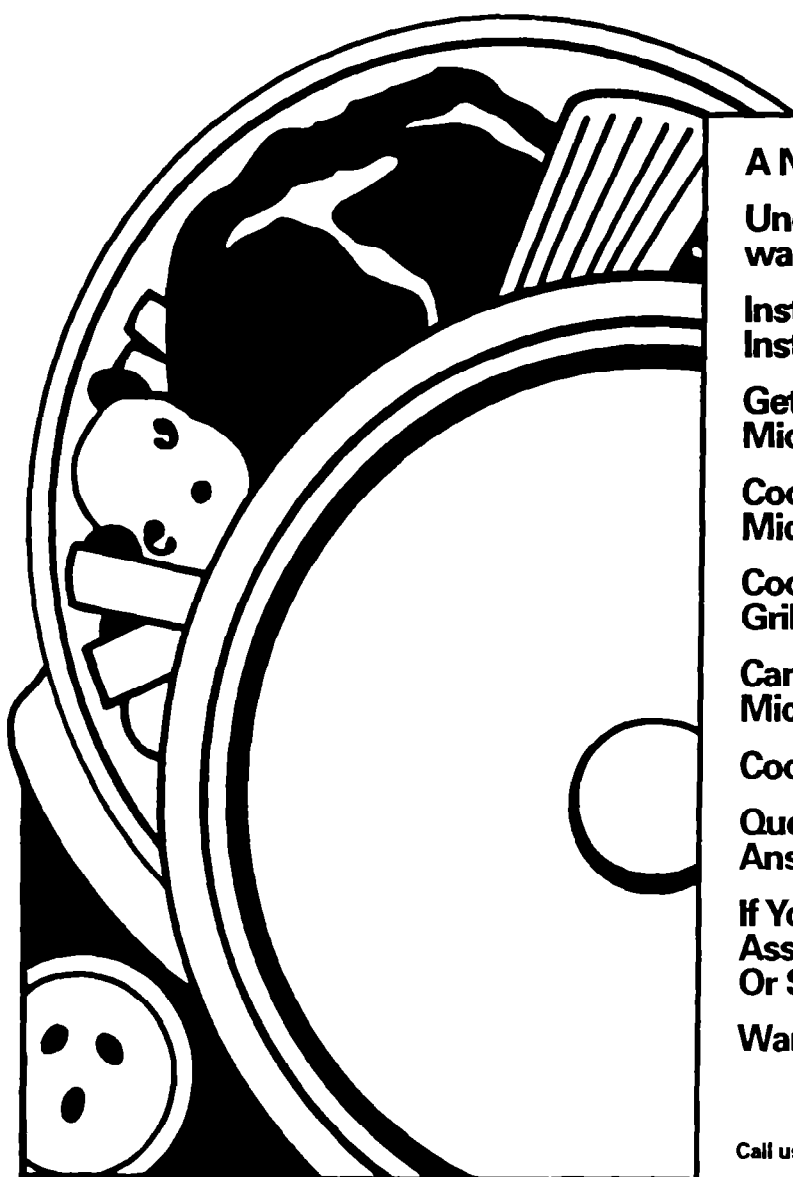




Use And Care

G U I D E



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1-800-253-1301

Call us with questions or comments.

VIP*crispwave*[™] MICROWAVE OVEN WITH GRILL ELEMENT

MODELS MG2070XAQ/B

MG3090XAQ/B

A NOTE TO YOU

A Note To You

Thank you for buying a Whirlpool® appliance.

You have purchased a quality, *world-class* home appliance. Years of engineering experience have gone into its manufacturing. To ensure that you will enjoy many years of trouble-free operation, we have developed this Use and Care Guide. It is full of valuable information on 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.

Your safety is important to us.

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

WARNING

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

CAUTION

This symbol will help you avoid actions which could cause product damage (scratches, dents, etc.) and damage to your personal property.

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

If you ever have a question concerning your appliance's operation, or if you need service, first see "If You Need Assistance Or Service" on page 47. If you need further help, feel free to call our Consumer Assistance Center. When calling, you will need to know your appliance's complete model number and serial number. You can find this information on the model and serial number plate (see diagram on page 12). For your convenience, we have included a handy place below for you to record these numbers, the purchase date from the sales slip and your dealer's name and telephone number. Keep this book and the sales slip together in a safe place for future reference.

Model Number _____

Dealer Name _____

Serial Number _____

Dealer Phone _____

Purchase Date _____

Understanding 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

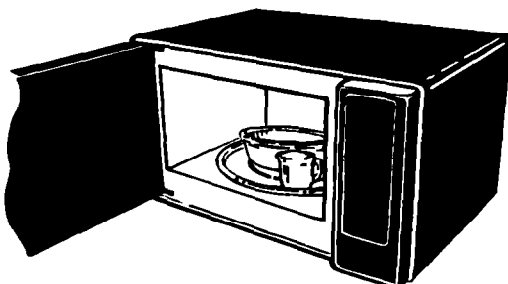
To reduce the risk of burns, fire, electrical shock, injury to persons, exposure to excessive microwave energy, or damage when using the microwave oven, follow basic precautions, including the following:

- 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 5.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 9.
- Install or locate this appliance only in accordance with the provided Installation Instructions found on page 8.
- Some products such as whole eggs in the shell and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
- Do not heat, store or use flammable materials in or near the oven. Fumes can 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 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.
- Be careful when removing food after using the grill element. Element will still be hot and can cause burns.
- When grilling/crisping, do not use plastic utensils on the CRISPWARE™ Crisper Pan or grill. The utensils may melt.
- This appliance should be serviced only by qualified service personnel. Call an authorized WhirlpoolSM service company for examination, repair or adjustment.
- Do not cover or block any opening on the appliance. Fire may result.
- Do not store or use 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.
- See door surface and interior cleaning instructions on page 40.
- 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 microwave cooking. Paper can char or burn, and some plastics can melt if used when heating foods. Do not use any combustible materials when using the CRISPWARE™ Crisper Pan or the grill feature.

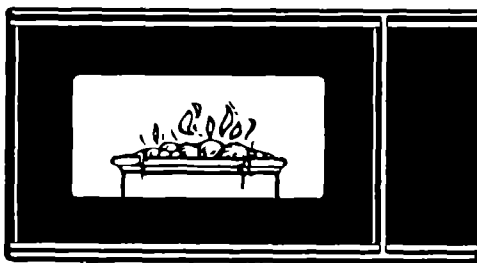
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UNDERSTANDING MICROWAVE OVEN SAFETY

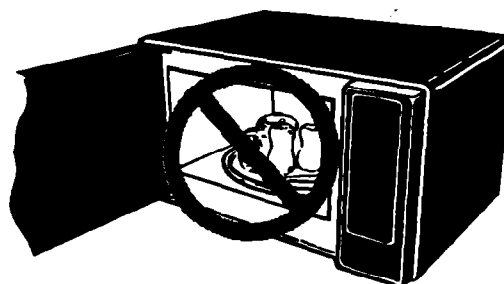
- Do not deep fry in oven. Microwavable utensils are not suitable and it is difficult to maintain appropriate deep frying temperatures.



- **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 can damage the oven, as can 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 anything in the cavity when not in use.
- Do not mount over a sink.
- Do not store anything directly on top of the appliance when appliance is in operation.
- Read and follow "Operating safety precautions" starting on page 6.
- 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.

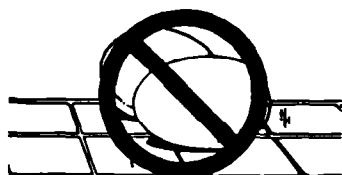
Do not operate the microwave oven with the outer cabinet removed.

UNDERSTANDING MICROWAVE OVEN SAFETY

Operating safety precautions

⚠ WARNING

To reduce the risk of burns, fire, electrical shock, injury to persons, or damage when using the microwave oven, follow the precautions on pages 6-7.



Never cook or reheat a whole egg inside the shell. Steam build-up 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.

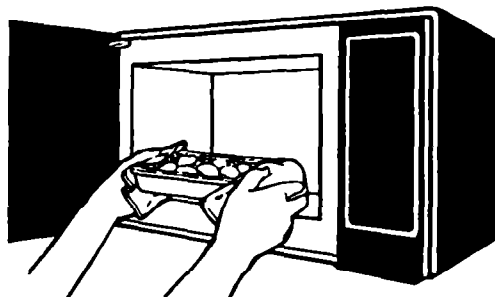


Stir before heating

For best results, stir thick liquids 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, etc.) resulting in harm to the oven and possible personal injury.

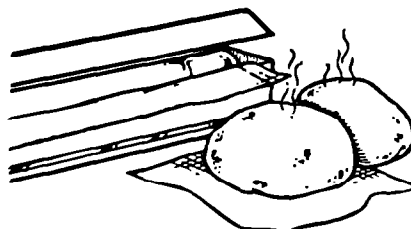


Never lean on the door or allow a child to swing on it when the door is open. Injury could result.



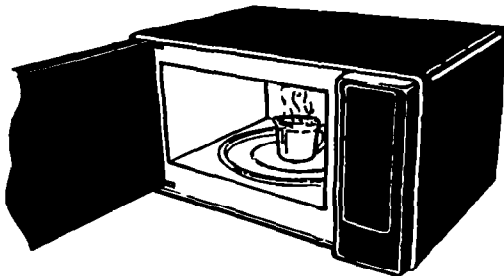
Use hot pads. Microwave energy does not heat containers, but the hot food does.

NOTE: Heat from the grill will cause container and oven parts to become hot. Also, the Crisper Pan always becomes very hot when used. Use oven mitts when touching containers, oven parts, and pan after grilling to prevent burns.



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.

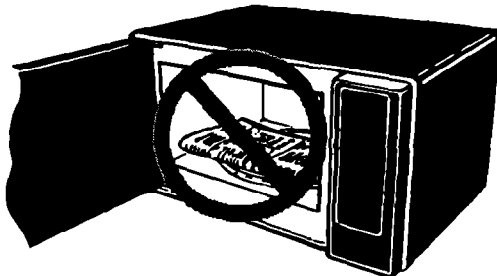
UNDERSTANDING MICROWAVE OVEN SAFETY



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

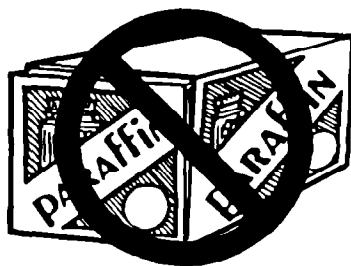
If you practice programming the oven, **put** a container of water in the oven.

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

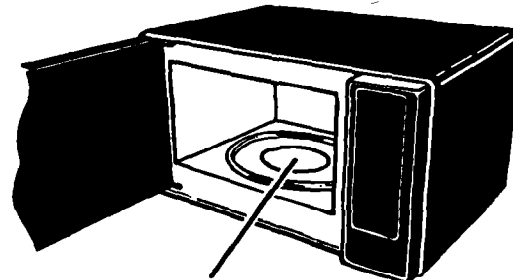


Do not use newspaper or other printed paper in the oven. Fire could result.

Do not dry flowers, fruit, herbs, wood, paper, gourds or clothes in the oven. Fire could result.



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.



Glass turntable

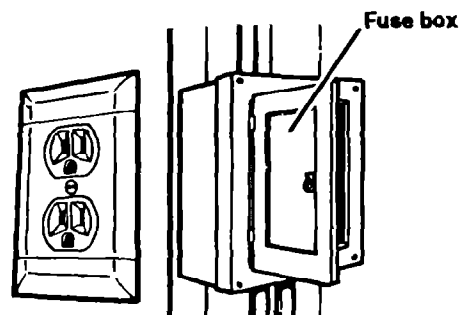
Do not operate in the microwave mode unless the glass turntable is securely in place and can rotate freely. The turntable can rotate in either direction.

Make sure support base is all the way on the shaft in oven cavity floor. **Make sure** support rollers are completely inside center circle of turntable for proper rotation.

Make sure the glass turntable is correct-side up in oven. **Carefully place** cookware on glass turntable to avoid possible breakage.

Handle glass turntable with care when removing from oven to avoid possible breakage. If glass turntable cracks or breaks, contact your Whirlpool dealer for a replacement.

General information



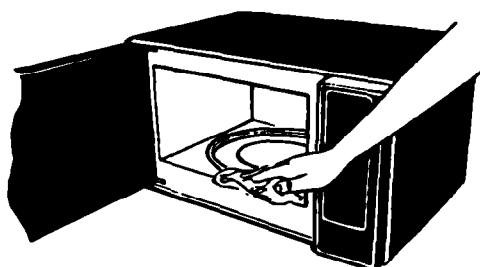
If your electric power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.

INSTALLATION INSTRUCTIONS

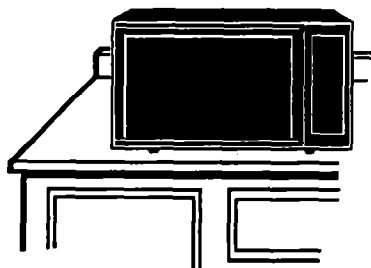
Installation Instructions

Before you begin operating the oven, carefully read the following instructions.

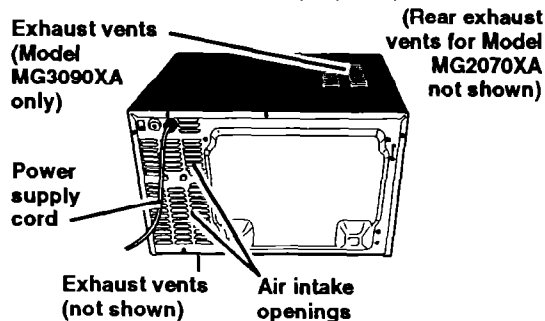
Installing your microwave oven



1. **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, do not operate the unit until it has been checked by an authorized WhirlpoolSM service technician and any repairs made.



2. **Put** the oven on a cart, counter, table, or shelf that is strong enough to hold the oven and the food and utensils you put in it. **(The control side of the unit is the heavy side. Use care when handling.)** The weight of Model MG2070XA is approximately 35 lbs (15.75 kg). The weight of Model MG3090XA is approximately 50 lbs (22.5 kg). The microwave oven should be at a temperature above 50°F (10°C) for proper operation.



⚠ WARNING

Fire, Electrical Shock, Excessive Exposure To Microwave Energy, Personal Injury and Product Damage Hazard

- Do not block the rear air intake openings or exhaust vents. Allow a few inches of space at back of oven where intake opening and exhaust vents are located. Blocking the air intake openings and exhaust vents could cause damage to the oven and poor cooking results. Make sure the microwave oven legs are in place to ensure proper airflow.
- Do not install the oven next to or over a heat source (for example, a cooktop or range). Also, do not install oven in any area where excessive heat and steam are generated. This could cause a fire, electrical shock, excessive exposure to microwave energy, other personal injury or damage to the outside of the cabinet.

Built-in kits

You can build your microwave oven into a wall or cabinet by using one of the following kits. Do not build in your microwave oven within 2 feet of any gas or electric range, cooktop or oven.

For Model MG3090XA:

- 24" for black models (MK3094XAB [4319249])
- 24" for white models (MK3094XAQ [4319248])

For Model MG2070XA:

- 24" for black models (MK2074XAB [4378054])
- 24" for white models (MK2074XAQ [4378053])

These kits are available from your Whirlpool Dealer. If your dealer does not stock the kit, it can be ordered by writing to:

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

OR by returning the customer order card enclosed with your Use and Care Guide.

INSTALLATION INSTRUCTIONS

3. Electrical requirements

Observe all governing codes and ordinances. A 120 Volt, 60 Hz, 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.

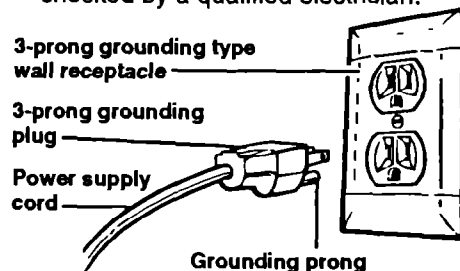
4. GROUNDING INSTRUCTIONS

⚠ 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.**

5. 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, properly installed and grounded in accordance with the National Electrical Code and 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.

6.  To test the oven, plug it into the proper electrical outlet. Put about one cup (250mL) of cold water in a glass container in the oven. Close the door. Make sure it latches. Follow the directions on page 19 to set the oven to cook for 2 minutes. When the time is up, the water should be heated.

7. **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 be serviced by an authorized WhirlpoolSM service technician.

- SAVE THESE INSTRUCTIONS -

GETTING TO KNOW YOUR MICROWAVE OVEN

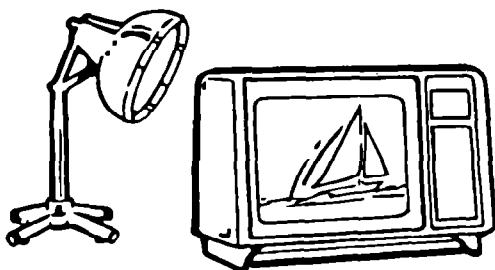
Getting To Know Your Microwave Oven

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.

In This Section

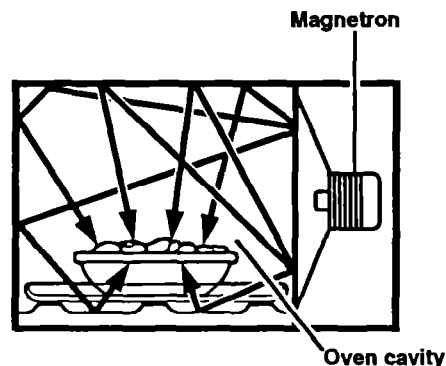
	Page		Page
How your microwave oven works	10	Control panel features	14
Microwave oven features	12	Setting the clock	16
Utensils	13	Using the Minute Timer	17

How your microwave oven 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.

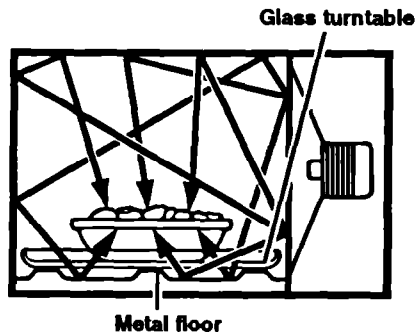
Microwaves are like TV waves or light waves. You cannot see them, but you can see what they do.



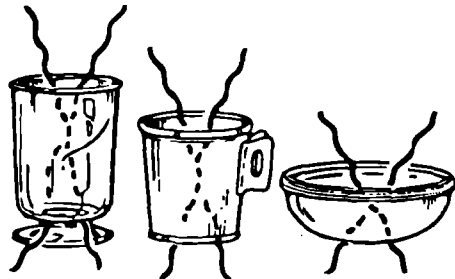
A magnetron in the microwave oven produces microwaves. The microwaves move into the oven where they contact food as it turns on the glass turntable.

Your microwave oven has the Whirlpool patented DUO SYSTEM™ heating system, which releases microwaves in two locations (one above food and one at bottom of food) for perfectly uniform cooking.

GETTING TO KNOW YOUR MICROWAVE OVEN

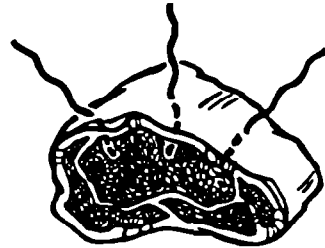


The glass turntable of your microwave oven lets microwaves pass through. Then they bounce off a metal floor, back through the glass turntable, and are absorbed by the food.



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 do heat the CRISPWARE™ Crisper Pan, however. The rubberized pad on the bottom of the Crisper Pan is made of a special material which absorbs microwaves. This heats the pan very rapidly, browning and crisping the bottom of the food.



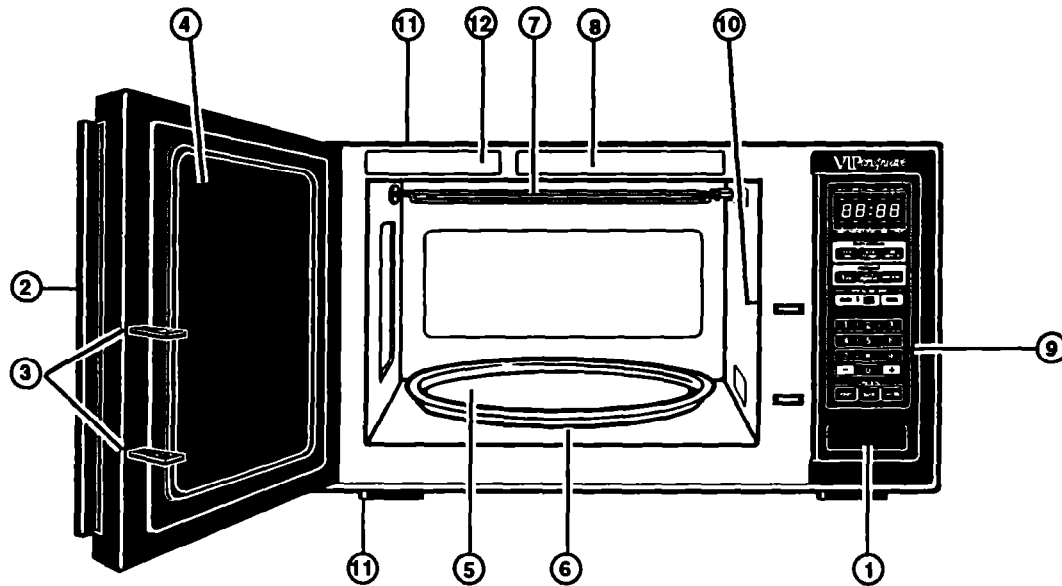
In most microwave ovens, microwaves may not reach the center of a roast. The heat spreads to the center from the outer, cooked areas just as in conventional cooking. This is one of the reasons for letting some foods (for example, roasts or baked potatoes) stand for a while after cooking, or for stirring 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.

Although your VIP CRISPWAVE™ microwave oven cooks this way also, the DUO SYSTEM™ heating system allows microwaves to reach the center of the food more easily. This results in faster cooking.

GETTING TO KNOW YOUR MICROWAVE OVEN

Microwave oven features



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

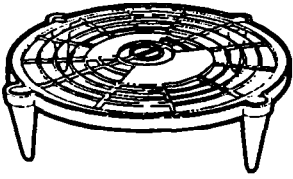
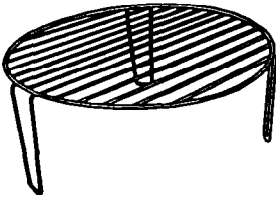
1. **One-Touch Door Open Button** (on Model MG3090XA). Push to open door.
2. **Door Handle** (on Model MG2070XA).
3. **Door Safety Lock System.** The oven will not operate unless the door is securely closed.
4. **Window with Metal Shield.** Shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
5. **Glass Turntable.** This turntable turns food as it cooks for more even cooking. It must be in the oven during operation for best cooking results. See pages 7, 11 and 40 for more details.
6. **Removable Turntable Support** (under turntable).
7. **Swing-Down Grill Element** (on Model MG3090XA). This element is used for the CRISP 1 & 2, PIZZA CRISP and GRILL functions. See pages 33-39 and page 41 for more information.
NOTE: Model MG2070XA has a quartz grill element hidden in the ceiling.
8. **Cook Guide Label.**
9. **Control Panel.** Touch pads on this panel to perform all functions. See pages 14 and 15 for more information.
10. **Light.** Automatically turns on when door is opened or when oven is operating.
11. **External Oven Air Vents.** (On top and bottom of Model MG3090XA. Model MG2070XA has vents on bottom and in back.)
12. **Model and Serial Number Plate.**

NOTE: For information on the utensils that come with your microwave oven, see "Utensils" on page 13.

GETTING TO KNOW YOUR MICROWAVE OVEN

Utensils

Your microwave oven comes with a variety of useful cooking utensils. Please review this chart to become familiar with their use.

UTENSIL	HOW TO USE IT
BI-Level Cooking Shelf 	Use to cook food on two levels at the same time. Place one plate of food on the turntable and another one above it on the shelf. Do not use this shelf when grilling or when cooking foods (for example, microwave popcorn) prepackaged in containers with susceptor material. Because the shelf is made of plastic, it may melt. See page 32 for more information on susceptor material.
Grilling Rack 	Use for faster browning of small amounts of food. Place rack securely on turntable. Using rack will put food close to the grill element.
CRISPWARE™ Crisper Pan 	Use to give foods such as pizza and pies a nice crisp, brown bottom surface. Do not place any other utensils on the Crisper Pan since the pan quickly becomes very hot and can cause damage to the utensil. Always use the turntable as support for the Crisper Pan. The Crisper Pan is designed specifically for use with the patented DUO SYSTEM™ heating system in this oven. Do not use Crisper Pan in any other microwave oven or in a thermal oven. The Crisper Pan is dishwasher-safe. NOTE: Scratches on the Crisper Pan surface will occur with normal use.

Pan order chart

For Model MG3090XA	For both models
12 1/4" x 1" Crisper Pan P.N. 4378130	10" x 1" Crisper Pan P.N. 4378133
11 1/2" x 1" Crisper Pan P.N. 4378131	8 1/4" x 2 1/4" Baking Pan P.N. 4378134
11" x 1 3/8" Baking Pan P.N. 4378132	

To order additional Crisper or Baking Pans, see chart below and write to:

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

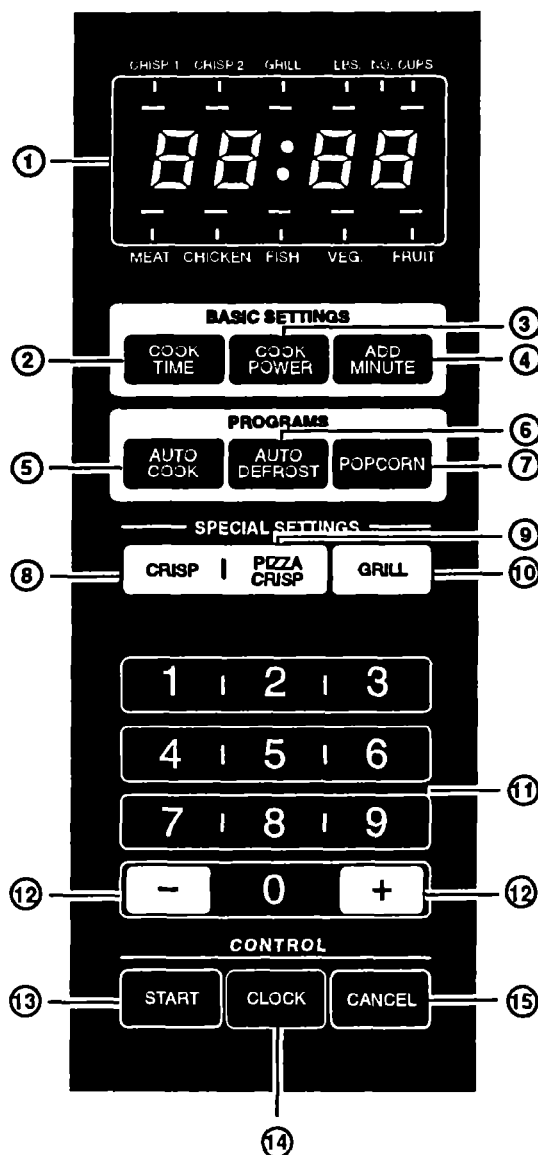
OR Use the CRISPWARE™ order card included with your Use and Care Guide.

GETTING TO KNOW YOUR MICROWAVE OVEN

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 16-39.

1. **Display.** This display includes indicators to tell you cooking time settings and cooking functions selected.
2. **COOK TIME.** You can touch this pad before entering a cooking time. However, touching this pad is optional. See pages 19 and 21 for more information on entering cooking times.
3. **COOK POWER.** Touch this pad 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 20 for more information. See the "Microwave cooking chart" on page 43 for specific Cook Powers to use for the foods you are cooking.
4. **ADD MINUTE.** Touch this pad to cook for one minute at 100% Cook Power or to add an extra minute to your cooking cycle. See page 23 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 24 for more information.
6. **AUTO DEFROST.** Touch this pad followed by Number Pads to thaw frozen food by weight. See page 27 for more information.
7. **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 31 for more information.
8. **CRISP.** Touch this pad to crisp precooked pizza and other dough-based foods. Use it also for baking and to fry bacon and eggs, sausages, etc. See page 33 for more information.
9. **PIZZA CRISP.** Touch this pad to cook pizza without having to enter cooking times or Cook Powers. See page 36 for more information.



GETTING TO KNOW YOUR MICROWAVE OVEN

10. **GRILL.** Touch this pad to prepare hamburgers, sausages, steaks and cutlets. See page 37 for more information.
11. **Number Pads.** Touch Number Pads to enter cooking times, Cook Powers, food classes, quantities or weights.
NOTE: You can change Cook Powers during cooking for every function except AUTO DEFROST and the Crisp functions. You can change times during cooking for every function except AUTO DEFROST.
12. **Minus And Plus Pads.** Touch the minus (-) or plus (+) pad to enter amounts or to change cooking times when the microwave oven is in cycle. Each touch of the minus (-) pad decreases the amount by a set number. Each touch of the plus (+) pad increases the amount by a set number. See page 23 for more information.
13. **START.** Touch this pad after setting a function on the microwave oven to start the function. If you open the door after the oven begins to cook, retouch START.
14. **CLOCK.** Touch this pad to enter the correct time of day. See page 16 for more information.
15. **CANCEL.** Touch this pad to erase an incorrect command, to cancel a program during cooking, or to clear the Display.

NOTES:

- **If you touch** two Command Pads for the same cycle (for example, AUTO DEFROST and AUTO COOK), the second command will cancel the first.
- **If you attempt** to enter unacceptable instructions, nothing will appear in the Display and nothing will sound. **Touch** CANCEL and **re-enter** the instructions.

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.
- **Three tones** signal the end of a cooking cycle.
- **To cancel tones, hold down** CANCEL until you hear a tone (about 3 seconds). Repeat to turn tones back on.

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**

A rectangular button with the word "START" in white capital letters on a dark background.

If you do not want to continue cooking:

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

OR

- **Touch**

A rectangular button with the word "CANCEL" in white capital letters on a dark background.

GETTING TO KNOW YOUR MICROWAVE OVEN

Setting the clock

When your microwave oven is first plugged in or after a power failure, the Display will only show “:.”. If a time of day is not set, then the Display will only show “:.” until the cooking time is set.

NOTE: You can only set the clock if the oven is not cooking food or timing with the Minute Timer.

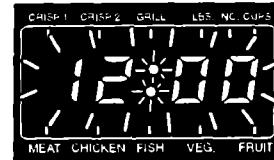
To set time:

1. Choose setting.

TOUCH

CLOCK

YOU SEE



(you will hear 3 short tones)

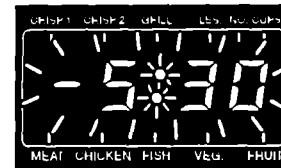
2. Enter time of day.

TOUCH

5 3 0

(example for 5:30)

YOU SEE



3. Exit from clock setting.

TOUCH

CLOCK

YOU SEE



(set time)

NOTE: If you touch CANCEL while setting the clock, the clock will be cleared and the Display will show “:.”.

GETTING TO KNOW YOUR MICROWAVE OVEN

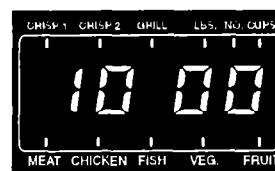
Using the Minute Timer

Your microwave oven can be used as a kitchen timer. Use the Minute Timer for timing up to 99 minutes, 99 seconds.

1. Enter time to be counted down.

TOUCH **1 0 0 0**
(example for 10 minutes)

YOU SEE



2. Enter 0 Cook Power so oven does not go on.

TOUCH



YOU SEE



TOUCH

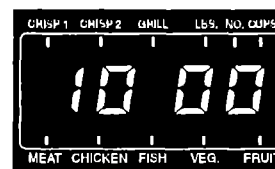


YOU SEE



After
3 seconds:

YOU SEE



(set time)

3. Start count down.

TOUCH



YOU SEE



(display shows time
counting down/oven
does not start)

COOKING WITH MICROWAVES ONLY

Cooking With Microwaves Only

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

In This Section

	Page		Page
To get the best cooking results	18	Auto cook chart	26
Cooking at high cook power	19	Using AUTO DEFROST	27
Cooking at lower cook powers	20	Auto defrost chart	29
Using ADD MINUTE	23	Defrosting tips	30
Using the “-” and “+” pads	23	Using POPCORN	31
Using AUTO COOK	24		

To get the best cooking results:

- **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.
- **ALWAYS** cook food for the minimum recommended cooking time. If necessary, touch ADD MINUTE or “+” pad while the oven is operating or after it has completed the cooking cycle (see page 23 for more information). Then check for doneness to avoid overcooking the food.
- **Stir thick liquids** being heated about halfway through the heating 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.

*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.

COOKING WITH MICROWAVES ONLY

Cooking at high cook power

1. Put food in oven and close door.

2. Set cooking time.

TOUCH **1 3 0**
(example for one
minute, 30 seconds)

YOU SEE



The digital display shows a dash followed by 1:30. Above the display are labels: CRISP 1, CRISP 2, GRILL, LBS, NO. CUPS. Below the display are labels: MEAT, CHICKEN, FISH, VEG., FRUIT.

NOTE: A dash (-) will appear in every space where a number has not been entered. The dash(es) will remain until you touch START.

3. Start oven.

TOUCH **START**

YOU SEE

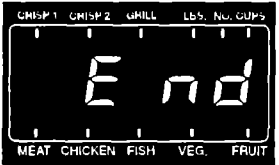


The digital display shows 1:29. Above the display are labels: CRISP 1, CRISP 2, GRILL, LBS, NO. CUPS. Below the display are labels: MEAT, CHICKEN, FISH, VEG., FRUIT.

(oven automatically
cooks at high Cook
Power/display counts
down time)

At end of cooking time:

YOU SEE



The digital display shows the word "End". Above the display are labels: CRISP 1, CRISP 2, GRILL, LBS, NO. CUPS. Below the display are labels: MEAT, CHICKEN, FISH, VEG., FRUIT.

(three tones also
sound)

4. After cooking, open the door.

OR TOUCH **CANCEL**

NOTE: If you want to change the cooking time while cooking is in progress, repeat only Step 2 or use ADD MINUTE or the "-" or "+" pads.

COOKING WITH MICROWAVES ONLY

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:

COOK POWER	WHEN TO USE IT
Automatic 100% of full power HIGH	Quick reheating of foods with high water content, such as beverages. If food contains eggs or cream, choose a lower power.
9=90% of full power	Heating large quantities of liquids, such as water or soup stock.
8=80% of full power	Reheating soups or casseroles.
7=70% of full power MED-HIGH	Cooking and heating vegetables, fish, meat, etc. when you need a Cook Power lower than HIGH or when food is cooking too fast.
6=60% of full power	Cooking requiring special care, such as for high protein sauces, cheese and egg dishes, and casseroles that need to finish cooking.
5=50% of full power MED	Starting cakes which must be finished on HIGH power or finishing cooking of a large roast.
4=40% of full power	Simmering stews, reheating pastry.
3=30% of full power MED-LOW, DEFROST	Defrosting of foods such as bread, shellfish, and precooked foods.
2=20% of full power	Defrosting and softening butter, cheese and ice cream.
1=10% of full power LOW	Keeping one food serving warm.

COOKING WITH MICROWAVES ONLY

1. Put food in oven and close door.

2. Set cooking time.

TOUCH

1 0 3 0

(example for 10 minutes,
30 seconds)

YOU SEE

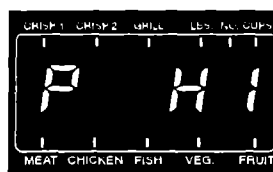


3. Set Cook Power.

TOUCH

COOK
POWER

YOU SEE



TOUCH

6

(example)

YOU SEE



4. Start oven.

TOUCH

START

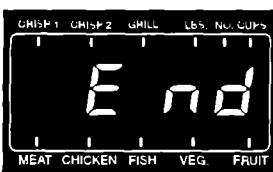
YOU SEE



(display counts down
time)

At end of cooking time:

YOU SEE



(three tones also sound)

COOKING WITH MICROWAVES ONLY

5. After cooking, open the door.

OR TOUCH

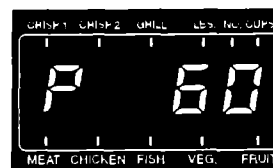
CANCEL

To check Cook Power after cooking has started:

TOUCH

COOK
POWER

YOU SEE



(chosen Cook Power is displayed for 3 seconds/ after 3 seconds, display returns to counting down cook time)

To change Cook Power after cooking has started:

- Set a Cook Power lower than HIGH. (See Step 3 on page 21.)

OR

- Touch

COOK
POWER

COOK
POWER

twice to change from a lower Cook Power to HIGH.

NOTES:

- **When setting** a lower Cook Power, you must touch the desired Number Pad within 3 seconds after touching COOK POWER. There is, however, no time limit when cooking is interrupted and the door is open.
- **You cannot** change the Cook Power when oven is operating during AUTO DEFROST, GRILL or CRISP.

COOKING WITH MICROWAVES ONLY

Using ADD MINUTE

ADD MINUTE lets you cook from standing for one minute at 100% Cook Power or add an extra minute to your cooking cycle. You can also use it to extend cooking time in multiples of one minute.

NOTES:

- To **extend** cooking time in multiples of one minute, **touch** ADD MINUTE repeatedly during cooking.
- You can **enter** ADD MINUTE only after closing the door.
- You **cannot use** ADD MINUTE with AUTO DEFROST.

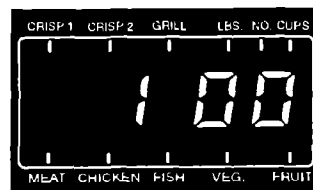
1. Make sure food is in oven.

2. Choose setting.

TOUCH



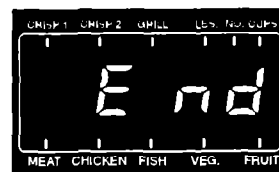
YOU SEE



(example for one minute)

When cooking time ends:

YOU SEE

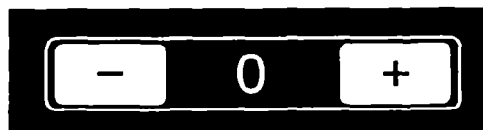


(three tones also sound)

Using the "-" and "+" pads

You can use the minus (-) and plus (+) pads instead of the Number Pads to enter amounts or to change cooking times when the microwave oven is in cycle. Each touch of the minus or plus pad decreases/increases amounts:

- In **30-second** increments from 0 to 16:00
- In **1-minute** increments from 16:00 to 25:00
- In **5-minute** increments from 25:00 to 99:00



COOKING WITH MICROWAVES ONLY

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 six major food categories: Baked Potatoes; Rolls, Muffins; Fresh Vegetables; Frozen Vegetables; Canned Vegetables; Casseroles (see chart on page 26). All you do is touch the Number Pad assigned to the desired category and enter the number of items being heated. Your microwave oven does the rest.

1. Put food in oven and close door.

2. Choose setting.

TOUCH



YOU SEE



3. Choose food class.

TOUCH



(example for
Food Class 1)

YOU SEE



NOTE: To choose the desired food class, see the "Auto cook chart" on page 26.

Depending on the food class chosen, the indicator under either "NO." or "CUPS" flashes on the Display.

4. Enter number of items (or cups) to be heated.

TOUCH



(example)

YOU SEE



COOKING WITH MICROWAVES ONLY

5. Start oven.

TOUCH



YOU SEE



(display counts down time)

At end of cooking time:

YOU SEE



(three tones also sound)

6. After cooking, open the door.

OR

TOUCH



COOKING WITH MICROWAVES ONLY

Auto cook chart

CLASS	FOOD	AMOUNT	PROCEDURE
1	Baked Potatoes	1-6 med size	Prick; place on paper towel directly on turntable. After cooking, remove from oven and let stand wrapped in foil 5 minutes. NOTE: For large (8-10 ounce) potatoes, enter a quantity greater than the actual number of potatoes to be cooked. (Example: for one large potato, enter "4".) For small (4 ounce) potatoes, enter a quantity less than the actual number of potatoes to be cooked. (Example: for three small potatoes, enter "1" or "2".) Use ADD MINUTE or the "+" or "-" pads to change cooking time. See page 23 for more information.
2	Rolls, Muffins	1-6 pieces	Arrange on a double layer of paper towels; cover with another towel.
3	Fresh Vegetables	1-4 cups	Place in a microwave-safe container. For beans, carrots, corn, and peas, add 1 tablespoon water per cup. For broccoli, brussels sprouts, cabbage and cauliflower, cook immediately after washing with no additional water. If you like tender-crisp vegetables, set the Auto Cook quantity for half the amount of vegetables you are actually cooking. For example, when cooking 2 cups of vegetables, set AUTO COOK for 1 cup. Cover with lid or plastic wrap. After cooking, remove from oven, stir, cover and let stand 3 to 5 minutes before serving.
4	Frozen Vegetables	1-4 cups	Place in a microwave-safe container. Cover with lid or plastic wrap. After cooking remove from oven, stir, cover and let stand 3 minutes before serving.
5	Canned Vegetables	1-4 cups	Place in a microwave-safe container. Cover with lid or plastic wrap. After cooking remove from oven, stir, cover and let stand 3 minutes before serving.
6	Casseroles	1-4 cups	To reheat, flatten on plate or place in bowl. Cover with vented plastic wrap. Stir before serving, if possible.

NOTE: When cooking a 10 oz package of frozen vegetables (this equals about 1½ cups), touch "1" for 1 cup of "tender crisp" vegetables (you cannot enter ½ cup amounts) or touch "2" for two cups of vegetables more fully cooked.

COOKING WITH MICROWAVES ONLY

Using AUTO DEFROST

Your microwave oven automatically defrosts a variety of common foods at preset Cook Powers for preset times. The 3-stage Auto Defrost Cycle is programmed for Meat, Poultry, Fish, Vegetables, and Fruit. All you do is touch the Number Pad assigned to the desired category and enter the weight of the items being heated. Your microwave oven does the rest.

NOTE: Standing time is included in AUTO DEFROST times. This may make defrost times seem longer than in other microwave ovens. (See page 30 for more information.)

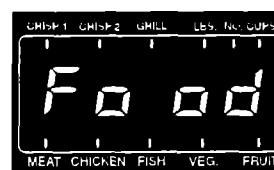
1. Put frozen food in oven and close door.

2. Choose setting.

TOUCH

AUTO
DEFROST

YOU SEE



3. Choose food class.

TOUCH

3

(example for
Food Class 3)

YOU SEE



NOTE: To choose the desired food class, see the "Auto defrost chart" on page 29.

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

TOUCH

1 5 0

(example for 1½ lbs)

YOU SEE



NOTES:

- See the "Weight conversion chart" on page 30 for help in converting food weight to decimals.
- See the "Auto defrost chart" on page 29 for weight ranges available for each food category.

COOKING WITH MICROWAVES ONLY

5. Start oven.

TOUCH



YOU SEE



(display counts down time)

At end of defrosting time:

YOU SEE



(three tones also sound)

6. After defrosting, open the door.

OR

TOUCH



COOKING WITH MICROWAVES ONLY

Auto defrost chart

CLASS	FOOD	MINIMUM WEIGHT	MAXIMUM WEIGHT
1	Meat • Pork Chops • Steaks • Roasts • Ground Meat	.10 lb (2 oz)	6.60 lbs (6 lbs, 10 oz)
2	Poultry • Chicken, Whole or In Pieces • Turkey • Cornish Hens • Whole Duckling	.10 lb (2 oz)	6.60 lbs (6 lbs, 10 oz)
3	Fish • Steaks • Fillets • Whole Fish • Lobster Tails • Shrimp, Scallops	.10 lb (2 oz)	4.40 lbs (4 lbs, 6 oz)
4	Vegetables • Broccoli • Cauliflower • Mixed Vegetables • Other Frozen Vegetables	.10 lb (2 oz)	4.40 lbs (4 lbs, 6 oz)
5	Fruit • Strawberries • Blueberries • Raspberries • Mixed Fruit	.10 lb (2 oz)	4.40 lbs (4 lbs, 6 oz)

NOTES:

- **If you enter** an amount not shown in the chart above, 3 tones will sound. AUTO DEFROST will only operate within the weight ranges shown in the chart. **Round** weights of food items to the nearest tenth of a pound.
- **To defrost items** not listed in AUTO DEFROST, **use** 30% Cook Power. See the Microwave Cookbook provided with your oven for defrosting information.

COOKING WITH MICROWAVES ONLY

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 (taken directly from a "true" freezer). 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 stored outside** the freezer for up to 20 minutes, enter a lower food weight.
- **If the food is stored outside** the freezer for more than 20 minutes, and for defrosting ready-made food, defrost by time and power (see chart in Cookbook) 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 "Cooking tips" on page 44.)

COOKING WITH MICROWAVES ONLY

Using POPCORN

POPCORN lets you pop popcorn by touching just one pad.

1. Place bag in center of turntable and close door.

2. Choose setting.

TOUCH
once for most
regular-size
(3.5 oz) bags
of microwave
popcorn

POPCORN

YOU SEE

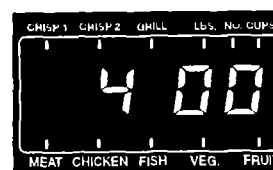


OR

TOUCH
twice for
big (7.0 oz)
bags

POPCORN

YOU SEE



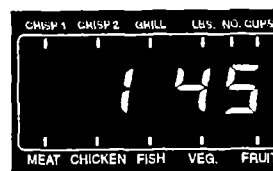
POPCORN

OR

TOUCH
3 times for
most single
serving
(1.75 oz) bags

POPCORN

YOU SEE



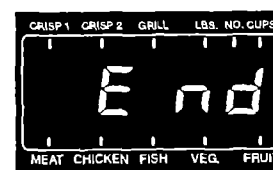
(display counts down
time)

POPCORN

POPCORN

At end of cooking time:

YOU SEE



(three tones also sound)

NOTES:

- On Model MG2070XA, touching POPCORN twice will pop a single serving (1.75 oz) bag. There is no setting for big (7.0 oz) bags.
- The oven will start automatically two seconds after you release the command pad.

COOKING WITH MICROWAVES ONLY

3. After cooking, open the door.

OR TOUCH

CANCEL

NOTES:

- **Cooking performance** may vary with brand. Try several brands to decide which gives best popping results. For best results, use fresh bags of popcorn.
- **POPCORN** is designed for commercially bagged microwave popcorn. If you are using a microwave popcorn popper, follow instructions with the popper for cooking time.
- **Use only 1 package** at a time.
- **Use only popcorn packages** designed for microwave ovens or a microwave-approved popcorn popper.
- **Do not use** the Bi-Level Cooking Shelf when popping bagged microwave popcorn or other convenience foods that may be packaged in a container with susceptor material. The susceptor material gets very hot, which helps to heat, brown or crisp food. This high heat can melt the shelf.

⚠ WARNING

Fire and Burn Hazard

- Do not try to repop unpopped kernels and do not reuse popcorn bags. Fire could result.
- If you remove the turntable right after popping popcorn, use oven mitts. It will be very hot and could burn you.

Cooking With The Grill Element

This section gives you step-by-step instructions for operating each grill function. Please read these instructions carefully.

In This Section		Page	Page
Using CRISP	33	Using GRILL	37
Using PIZZA CRISP	36		

Using CRISP

Use CRISP to crisp or bake. Use it also to fry bacon and eggs, sausages, and other similar foods. You must place food on the CRISPWARE™ Crisper Pan when using this function. (See "Utensils" on page 13 for more information on the Crisper Pan.) Microwaves heat the Crisper Pan very rapidly to brown and crisp the bottom of your food, while the grill element cooks your food from the top.

There are two Crisp settings from which you can choose. **Crisp 1** uses the grill element for the first 50% of the total cooking time and microwaves for the rest of the time. Use this setting for fish dishes, meatloaf and nachos. **Crisp 2** uses microwaves only for the first 60% of the total cooking time and the grill element for the rest of the time. Use this setting for cakes, pies, brownies, and egg rolls.

NOTE: Refer to the Cookbook for examples of types of food that cook best in each Crisp setting.

WARNING

Burn Hazard

Use oven mitts when removing the hot Crisper Pan. Use caution when allowing children to use Crisper Pan. Failure to do so could result in burns.

COOKING WITH THE GRILL ELEMENT

1. Place food on Crisper Pan, put pan on turntable, and close door.

NOTES:

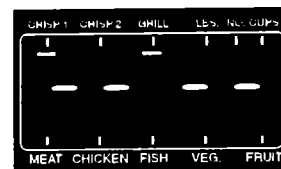
- **The Crisper Pan** can be preheated before use.
- **Spray** Crisper Pan with nonstick cooking oil or brush pan with oil before use. This will make it easier to remove food from the pan and to clean pan after use.

2. Choose setting.

TOUCH
once
for Crisp 1

CRISP

YOU SEE



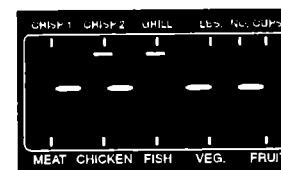
OR

TOUCH
twice
for Crisp 2

CRISP

CRISP

YOU SEE



3. Set cooking time.

TOUCH

1 0 0 0

(example for 10 minutes)

YOU SEE



(example for Crisp 1)

4. Start oven.

TOUCH

START

YOU SEE

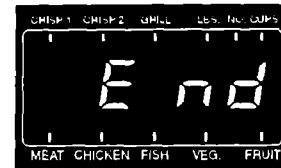


(display counts down time)

COOKING WITH THE GRILL ELEMENT

At end of cooking time:

YOU SEE



(three tones also sound)

5. After cooking, open the door.

OR TOUCH

CANCEL

To add cooking time during cooking:

If you are cooking with Crisp 2 and have one minute left to grill:

Set additional cooking time.

TOUCH



(example for
an additional
5 minutes)

YOU SEE



(example for Crisp 2)

The oven will grill for the one minute remaining of the original set time and heat with microwaves for four minutes. The oven will always cook only with microwaves during additional time.

COOKING WITH THE GRILL ELEMENT

Using PIZZA CRISP

PIZZA CRISP lets you heat pizza by touching just one command pad. It gives you a crisp crust just like oven-baked pizzas.

1. Place pizza on Crisper Pan, put plate on turntable, and close door.

NOTES:

- The Crisper Pan can be preheated before use.
- Brush Crisper Pan with ½ tsp or less of oil before use. This will make it easier to remove pizza from the pan and to clean pan after use.

NOTE: To get a crisper crust, or when cooking a pizza with a thick crust or thick topping, use ADD MINUTE to add a minute to cooking time. When cooking a pizza with a thin crust, use the "-" pad to shorten cooking time.

2. Choose setting.

TOUCH
once
for 8"
pizzas

PIZZA
CRISP

YOU SEE



OR

TOUCH
twice
for 10"
pizzas

PIZZA
CRISP

YOU SEE



OR

TOUCH
3 times
for 12"
pizzas

PIZZA
CRISP

PIZZA
CRISP

PIZZA
CRISP

YOU SEE



(display counts down
time)

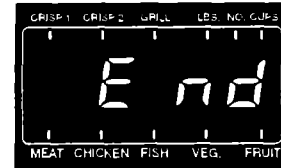
NOTES:

- Model MG2070XA has only one setting, for 8" pizzas.
- The oven will start automatically two seconds after you release the command pad.

COOKING WITH THE GRILL ELEMENT

At end of cooking time:

YOU SEE



(three tones also sound)

3. After cooking, open the door.

OR TOUCH

CANCEL

Using GRILL

GRILL lets you prepare hamburgers, sausages, steaks and cutlets. The grill element in the oven ceiling will quickly broil your food.

NOTES:

- **Make sure** utensils are heat resistant and oven-proof before grilling with them. Plastics, paper, or wood are not recommended.
- **Do not use** the Bi-Level Cooking Shelf when grilling. It is made of plastic and will melt.
- **For faster grilling of small amounts of food**, use the Grilling Rack provided with your oven. (See "Utensils" on page 13 for more information.) **On Model MG3090XA**, you may want to remove the turntable support when grilling small amounts. This will ensure that the food remains beneath the grill element for the entire cooking cycle.
- **Preheat** the grill for a few minutes before use.
- **For best results**, reposition food and turn over halfway through cooking.
- **Do not leave** the oven door open for long periods when the grill is in operation. This will cause temperature to drop.
- **You cannot use** GRILL if the oven is already running.
- **Model MG2070XA** has lower wattage than Model MG3090XA. When using Model MG2070XA for grilling, use maximum times shown in the Cookbook recipe.

COOKING WITH THE GRILL ELEMENT

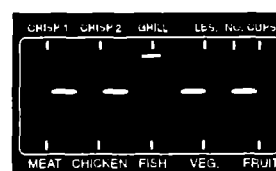
1. Put food in oven and close door.

2. Choose setting.

TOUCH



YOU SEE



3. Set cooking time.

TOUCH



(example for 5 minutes)

YOU SEE



4. Start oven.

TOUCH



YOU SEE



(display counts down time)

At end of cooking time:

YOU SEE



(three tones also sound)

COOKING WITH THE GRILL ELEMENT

Combination grill/microwave cooking

You can cook with the grill element part of the time and with microwaves the other part of the time by setting each function separately.

NOTES:

- **Make sure** utensils are oven-proof and allow microwaves to pass through them.
- **Make sure** food, containers, and coverings do not come in direct contact with oven walls or ceiling.

Utensil materials

This chart tells you which utensil materials can be used in each type of cooking.

MATERIAL	GRILL COOKING	MICROWAVE COOKING	COMBINED COOKING
Glass (General)	No	Yes (1)	No
Glass (Heat-Resistant)	Yes	Yes	Yes
Glass-Ceramic And Ceramic (Heat-Resistant)	Yes	Yes (1)	Yes (1)
Earthenware	Yes	Yes	Yes
China (Heat-Resistant)	Yes	Yes	Yes
Plastic (General)	No	Yes (2)	No
Plastic (Heat-Resistant)	No	Yes (2)	No
Aluminum Foil Containers/Alumi- num Foil	Yes	Yes (3)	Yes
Metal (Pots, Pans, etc.)	Yes	No	No
Paper	No	Yes	No

1. Without metal parts or metal trims.
2. Some plastics are heat-proof only to certain temperatures.
3. You can use aluminum foil to shield delicate areas of food. (This prevents overcooking.)

CARING FOR YOUR MICROWAVE OVEN

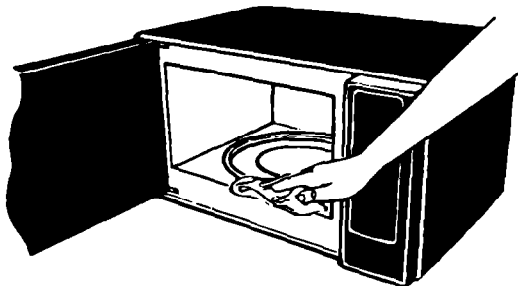
Caring For Your Microwave Oven

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

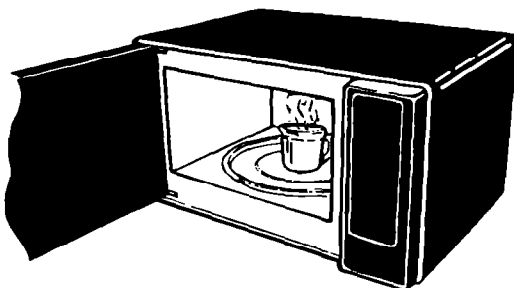
Cleaning the microwave oven

NOTES:

- Your **VIP CRISPWAVE™** microwave oven has a stainless steel interior. Unlike the painted steel interiors found in most other microwave ovens, the surface will not chip, rust or corrode.
- **Do not use** metal scouring pads on inside of oven cavity. They will scratch the surface.

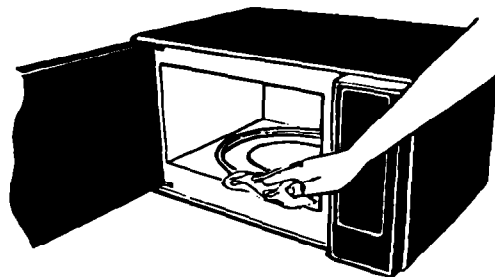


Wipe often with warm, sudsy water and a sponge or paper towel. You can remove the glass turntable to clean the oven cavity floor; however, this oven is designed to operate with the turntable in place. **Do not** operate the microwave oven when turntable is removed for cleaning. See page 7 for further information about the turntable.



For stubborn soil, **boil** a cup of water in the oven for 2 or 3 minutes. Steam will soften the soil. To get rid of odors inside the oven, **boil** a cup of water with lemon juice.

40

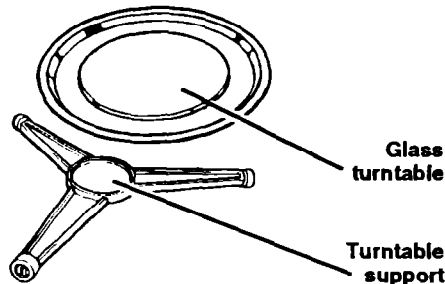


Be sure to keep the areas clean where the door and oven frame touch when closed. Use only mild, nonabrasive soaps or detergents applied with a sponge or paper towel when cleaning surfaces. **Rinse** well.

⚠ CAUTION

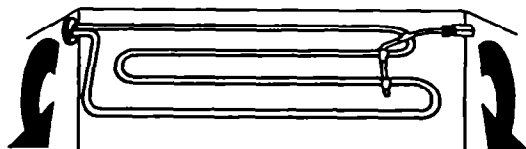
Product Damage Hazard

Abrasive cleansers, steel-wool pads, gritty wash cloths, etc., can damage the control panel, and the interior and exterior oven surfaces. Use a sponge with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to paper towel; do not spray directly on oven.

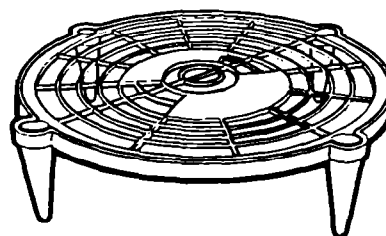


To clean turntable and turntable support, wash in mild, sudsy water; for heavily soiled areas **use** a mild cleanser and scouring sponge. The turntable and turntable support are dishwasher-safe.

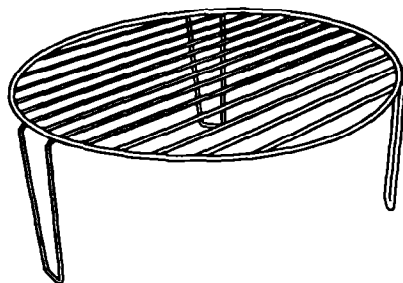
CARING FOR YOUR MICROWAVE OVEN



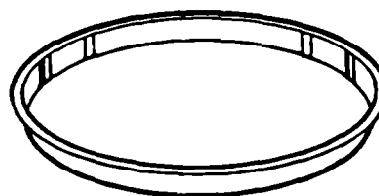
Model MG3090XA only: To clean under the grill element, swing element down from the front. Wash under the element with warm, sudsy water and a sponge or paper towel.



To clean the BI-Level Cooking Shelf, wash in mild, sudsy water; for heavily soiled areas use a mild cleanser and scouring sponge. Shelf is dishwasher-safe.



To clean the Grilling Rack, wash with steel-wool pad and warm, soapy water. Rack is dishwasher-safe.



To clean CRISPWARE™ Crisper Pan, wash in mild, sudsy water; for heavily soiled areas use a mild cleanser and scouring sponge. Pan is dishwasher-safe.

COOKING GUIDE

Cooking Guide

Reheating chart

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

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. (Do not cover when grilling.)
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. (Do not cover when grilling.) 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 preheated CRISPWARE™ Crisper Pan.
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.

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

Cooking tips

Amount of food

- **The more food** you want to 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 Shelf. For example, you can cook two frozen dinners or reheat two plates of food by placing one on the shelf and one under the shelf. The DUO SYSTEM™ heating system will heat both servings equally.

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. (See "Utensil materials" on page 39.)

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 with a fork, cocktail pick or toothpick.

NOTE: Food cooked in the CRISPWARE™ Crisper Pan will not burst and does not need to be pricked.

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. During standing time, the internal food temperature will rise as much as 46°F as the food finishes cooking.

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.
- **Choose a tall, narrow container** rather than a low and wide container. When reheating gravy, sauce or soup, do not fill the container more than $\frac{2}{3}$.
- **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. It is possible to use disposable containers, but it generally takes longer and the final result will not be as good as if food were placed in plastic or paper containers. If you use aluminum containers without package instructions, follow these guidelines:

- **Do not place** container on the wire Grilling Rack. Sparking may occur.

- **Place** container in a glass bowl and add some water so that it covers the bottom of the container, not more than $\frac{1}{4}$ inch 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 $\frac{3}{4}$ ".
- **Container must be** half filled.
- **To avoid sparking**, there must be a minimum $\frac{1}{4}$ " between the aluminum container and the walls of the oven and also between two aluminum containers.
- **Always place** container on turntable.
- **Thickness of the food layer** must be greater than thickness of the aluminum.
- **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 2-3 minutes after heating so that heat is spread evenly throughout container.

NOTE: Because of the unique design of the aluminum CRISPWARE™ Crisper Pan and the DUO SYSTEM™ microwave system, the Crisper Pan is quite safe to use.

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 oven to sterilize objects (baby bottles, etc.). It is difficult to maintain the high temperature required for safe sterilization.

QUESTIONS AND ANSWERS

Questions And Answers

QUESTIONS	ANSWERS
Can I operate my microwave oven without the turntable or turn the turntable over to accommodate a large dish?	No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable.
Can I use a rack in my microwave oven so that I may reheat or cook on two levels at a time?	Yes. Use the Bi-Level Cooking Shelf provided with your oven.
Can I use either metal or aluminum pans for microwave cooking?	Useable metal includes aluminum foil for shielding (use small, flat pieces), small skewers and shallow foil trays (if tray is $\frac{3}{4}$ inch deep and filled with food to absorb microwave energy). When grilling, use the specially designed CRISPSWARE™ Crisper Pan that comes with your oven. Never allow metal to touch walls or door. (For more information, see page 45.)
Is it normal for the turntable to turn in either direction?	Yes. The turntable rotates clockwise or counter-clockwise, depending on the rotation of the motor when the cooking cycle begins.
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 food becomes hot it will conduct the heat to the dish. Also, when grilling keep in mind that the CRISPSWARE™ Crisper Pan is made of a special material that absorbs microwave energy, making the pan very hot for browning. Be prepared to use hot pads to remove food after cooking and grilling.
The first time I preheated the grill element I smelled something and saw smoke. Why?	The grill element was burning off the factory coating used during manufacturing.
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 when the popping slows to a "pop" every one or two seconds. Do not try to 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 or on plastic Bi-Level Cooking Shelf.

IF YOU NEED ASSISTANCE OR SERVICE

If You Need Assistance Or Service

This section is designed to help you save the cost of a service call. Part 1 of this section outlines possible problems, their causes, and actions you can take to solve each problem. Parts 2 and 3 tell you what to do if you still need assistance or service. When calling our Consumer Assistance Center for help or calling for service, please provide a detailed description of the problem, your appliance's complete model and serial numbers and the purchase date. (See page 2.) This information will help us respond properly to your request.

1. Before calling for assistance ...

Performance problems often result from little things you can find and fix without tools of any kind. Please check the chart below for problems you can fix. It could save you the cost of a service call.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Nothing will operate	The power supply cord is not plugged into a live circuit with the proper voltage. A household fuse has blown or a circuit breaker has tripped. The electric company has experienced a power failure.	Plug power supply cord into a live circuit with the proper voltage. (See pages 7 and 9.) Replace household fuse or reset circuit breaker. Check electric company for a power failure.
The microwave oven will not run	You are using the oven as a timer. The door is not firmly closed and latched. You did not touch START. You did not follow directions exactly. An operation that was programmed earlier is still running.	Touch CANCEL to cancel the Minute Timer. Firmly close and latch door. Touch START. Check instructions for the function you are operating. Touch CANCEL to cancel previous programming.
Microwave cooking times seem too long	The electric supply to your home or wall outlets is low or lower than normal. The Cook Power is not at the recommended setting. There is not enough cooking time for the amount of food being cooked.	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. Check "Microwave cooking chart" on page 43. Allow for more time when cooking more food at one time.
The Display shows a time counting down but the oven is not cooking	The oven door is not closed completely. You have set the controls as a kitchen timer.	Completely close oven door. Touch CANCEL to cancel the Minute Timer.

continued on next page

IF YOU NEED ASSISTANCE OR SERVICE

PROBLEM	POSSIBLE CAUSE	SOLUTION
You do not hear the Program- ming Tone	The command is not correct.	Re-enter command.
The fan seems to be running slower than usual	The oven has been stored in a cold area.	The fan will run slower until the oven warms up to normal room temperature.

2. If you need assistance ...

Call Whirlpool Consumer Assistance Center telephone number. Dial toll-free from anywhere in the U.S.A.:

1-800-253-1301

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.

If you prefer, write to:

Mr. William Clark
Consumer Assistance Representative
Whirlpool Corporation
2000 M-63
Benton Harbor, MI 49022

Please include a daytime phone number in your correspondence.

3. If you need service ...



Whirlpool has a nationwide network of authorized WhirlpoolSM service companies. Whirlpool service technicians are trained to fulfill the product warranty and provide after-warranty service, anywhere in the United States. To locate the authorized Whirlpool service company in your area, call our Consumer Assistance Center telephone number (see Step 2) or look in your telephone directory Yellow Pages under:

**• APPLIANCE-HOUSEHOLD-
MAJOR, SERVICE & REPAIR**

- See: Whirlpool Appliances or
Authorized Whirlpool Service
(Example: XYZ Service Co.)

**• WASHING MACHINES &
DRYERS, SERVICE & REPAIR**

- See: Whirlpool Appliances or
Authorized Whirlpool Service
(Example: XYZ Service Co.)

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

- 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 and Whirlpool have failed to resolve your problem.
Major Appliance Consumer Action Panel
20 North Wacker Drive
Chicago, IL 60606
- MACAP will in turn inform us of your action.

WHIRLPOOL®

Microwave Oven Warranty

LENGTH OF WARRANTY	WHIRLPOOL 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 Whirlpool SM 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.
WHIRLPOOL WILL NOT PAY FOR	
A. Service calls to: 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. B. Repairs when your microwave oven is used in other than normal, single-family household use. C. Pickup and delivery. Your microwave oven is designed to be repaired in the home. D. Damage to your microwave oven caused by accident, misuse, fire, flood, acts of God or use of products not approved by Whirlpool. E. Any labor costs during limited warranty. F. Repairs to parts or systems caused by unauthorized modifications made to the appliance.	

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WHIRLPOOL CORPORATION SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion 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 Whirlpool distributor or military exchange.

If you need service, first see the "Assistance or Service" section of this book. After checking "Assistance or Service," additional help can be found by calling our Consumer Assistance Center telephone number, **1-800-253-1301**, from anywhere in the U.S.A.