

# Welcome to Electric cooking:

Whether you chose an AMANA Electric Range for its energy conserving ideas, its safety-minded design, or its convenience and attractiveness, we want you to enjoy every feature to its fullest.

To operate your AMANA range in the easiest, safest and most energy-wise manner, you will want to read this Use and Care Manual and keep it handy. With proper use and maintenance of your range, we are confident that it will serve you well and be a pleasure to use.

All of us who designed and produced your AMANA range wish you many years of creative cooking.



Record in space below the Model No., Serial No., and Manufacturing No. recorded on the nameplate of your range. To locate nameplate, open oven door and look on frame above oven.

Model No. \_\_\_\_\_

Serial No. \_\_\_\_\_

Manufacturing No. \_\_\_\_\_

Purchase Date \_\_\_\_\_

Retain these numbers for future reference and note product identification on page 37.

# Contents

<b>Important precautions for safe cooking:</b>	3, 4
<b>Range features and controls:</b>	5, 6
<b>How to start surface cooking:</b>	7
Which pots to use	8
What heat settings to use	9
Rangetop hints	10
<b>How to use the oven:</b>	11
Oven features and controls	11
Baking (without automatic timing)	12
Baking Time and Temperature Chart	14
Roasting (without automatic timing)	15
Roasting Time and Temperature Chart	16
Broiling	17
Broiling Time and Temperature Chart	19
Setting automatic timing to start "now"	20
Setting automatic timing to start "later"	21
Oven hints	22
Solutions to baking problems	23
<b>How to clean the range:</b>	24
Range cleaning chart	25, 26, 27
<b>How to care for the range top</b>	28
Save on clean-up time	28
Daily care	28
Cleaning Materials	29
<b>How to care for the oven:</b>	30
What happens before self-cleaning cycle	30
Setting self-cleaning cycle	31
What happens during self-cleaning cycle	32
To interrupt self cleaning cycle	32
What happens after self-cleaning cycle	33
<b>How to replace the lights:</b>	34
Backsplash fluorescent tube	34
Oven light bulb	34
<b>Energy saving ideas</b>	35
<b>If you need service</b>	36
Your range identification	37

We designed our product to be **safe** and **reliable**. Now we ask you to do your part. As with all appliances, there are certain rules to follow, some that apply to **all** ranges and some which are unique. Make sure everyone who cooks is familiar with this product's operation and with these precautions.

**CAUTION:**

**Do not store items of interest to children in cabinets above your range or on the backguard of a range — children climbing on the range to reach items could be seriously injured.**

**Do not touch surface units or adjacent surfaces, oven elements, or interior surfaces** — surface units and adjacent surfaces, oven elements, and interior surfaces may be hot enough to cause burns even though they look cool. During and after use, do not touch or let clothing or other flammable materials contact surface units and adjacent surfaces, oven elements, and interior surfaces until they have had sufficient time to cool. Other surfaces of the appliance may become hot enough to cause burns — among these surfaces are the top of the oven door, the grill above the oven door, and the front edge of the cooking surface.

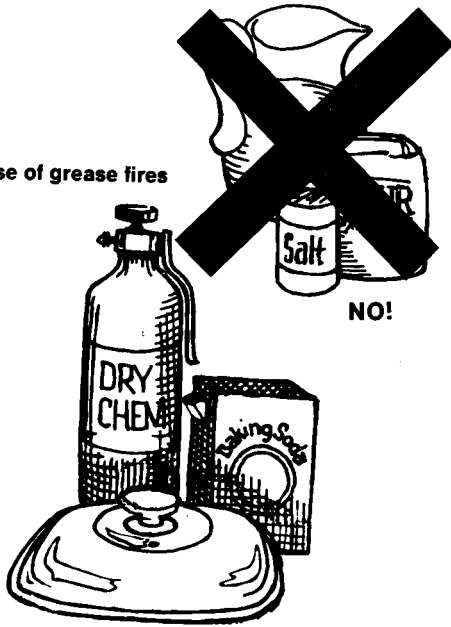
**General cooking precautions:**

- Do be sure your range is properly installed and grounded by a qualified technician.
- Don't use your range or oven for warming or heating the room.
- Don't leave small children unattended near a range when it is in use. Never allow them to sit or stand on any part of the range.
- Do dress appropriately — don't risk burns — fasten long hair, avoid wearing synthetic wigs and loosely hanging clothing or accessories that might accidentally contact hot surfaces.
- Don't repair or service any part of the oven or rangetop. Our warranty applies only when repairs are made by an authorized Amana Service Center.
- Don't store flammable materials in an oven, or near surface units, or in storage drawer.
- Don't use water on grease fires. Smother (with non-flammable lid) or use dry chemical (baking soda) or foam type extinguisher. Not salt. Not flour.
- Don't use damp potholders or dishtowels when touching hot utensils or oven racks to avoid steam burns. Don't let potholder or towel touch hot oven elements.
- Don't mix household cleaning products. Chemical mixtures may interact with objectionable or even hazardous results.
- Do remember your range is a cooking device and will get hot. Train yourself and your family to avoid hot surfaces.
- Don't put plastic items on warm surface units. They will melt and stick.

**Rangetop precautions:**

- Don't touch surface units until they have cooled sufficiently. Heating elements (coils) may be hot even though they are dark and look cool.
- Do choose pans having flat bottoms large enough to cover the heating area. This assures most effective energy utilization. If you must use a small pan on a large heating area, be careful of loose clothing, potholders, paper towels, etc., which can burn on contact with exposed part of the range.
- Don't leave rangetop cooking unattended (especially foods cooking on higher heat settings and fats). Boilovers can smoke and ignite.
- Don't use earthenware, pottery, glass ovenware, stoneware or china on the rangetop. They may break due to sudden change of temperature unless their manufacturer states otherwise.
- Don't use utensils which extend more than 1 inch over edge of surface unit. Damage to the rangetop and inefficient cooking result.

In case of grease fires



NO!

YES!

When cleaning ...  
Never mix  
cleaning products



NO!

Turn pot handles away from outer edge and don't extend them over adjacent heating area. This minimizes your risk of burns, ignition of flammable material and spillage due to accidentally hitting the handle.

Milk or acid spills (fruit juices, vinegar, tomato, etc.) may damage porcelain rangetop. Do mop immediately with **dry** paper towel or cloth. Be careful not to touch hot surface units. Wash and rinse properly when rangetop has cooled.

Don't immerse surface heating elements (coils) in water or detergent. Don't put surface heating elements in dishwasher or in oven clean cycle. Such will create shock hazard and damage element.

Do be certain reflector bowls and surface heating elements (coils) are properly in place whenever using rangetop. Reflector bowls increase efficiency and protect electrical and porcelain parts.

Don't line reflector bowls with aluminum foil. Aluminum foil can melt.

Don't put reflector bowls or surface heating elements (coils) in oven clean cycle. High temperature will discolor nickel chrome-plated reflector bowls and damage surface units.

#### Oven precautions:

Do open oven door slowly. Let hot air or steam escape before removing or replacing food.

Don't heat unopened food containers. Pressure build-up may cause container to burst and result in injury.

Keep oven vent ducts unobstructed.

Do place oven rack in desired position while oven is cool. If you must move rack while oven is hot, do not let potholder contact hot heating elements in oven.

Do not clean door gasket — it is essential for a good seal. Take care not to rub, damage or move the gasket.

Don't use harsh abrasives, chemicals, commercial chemical-type oven cleaners or line protective coatings on the interior of the range. If cleaners are not entirely removed (they are not always visible) a reaction may result with the oven interior at the high temperature of the self-cleaning cycle, causing etching of oven interior.

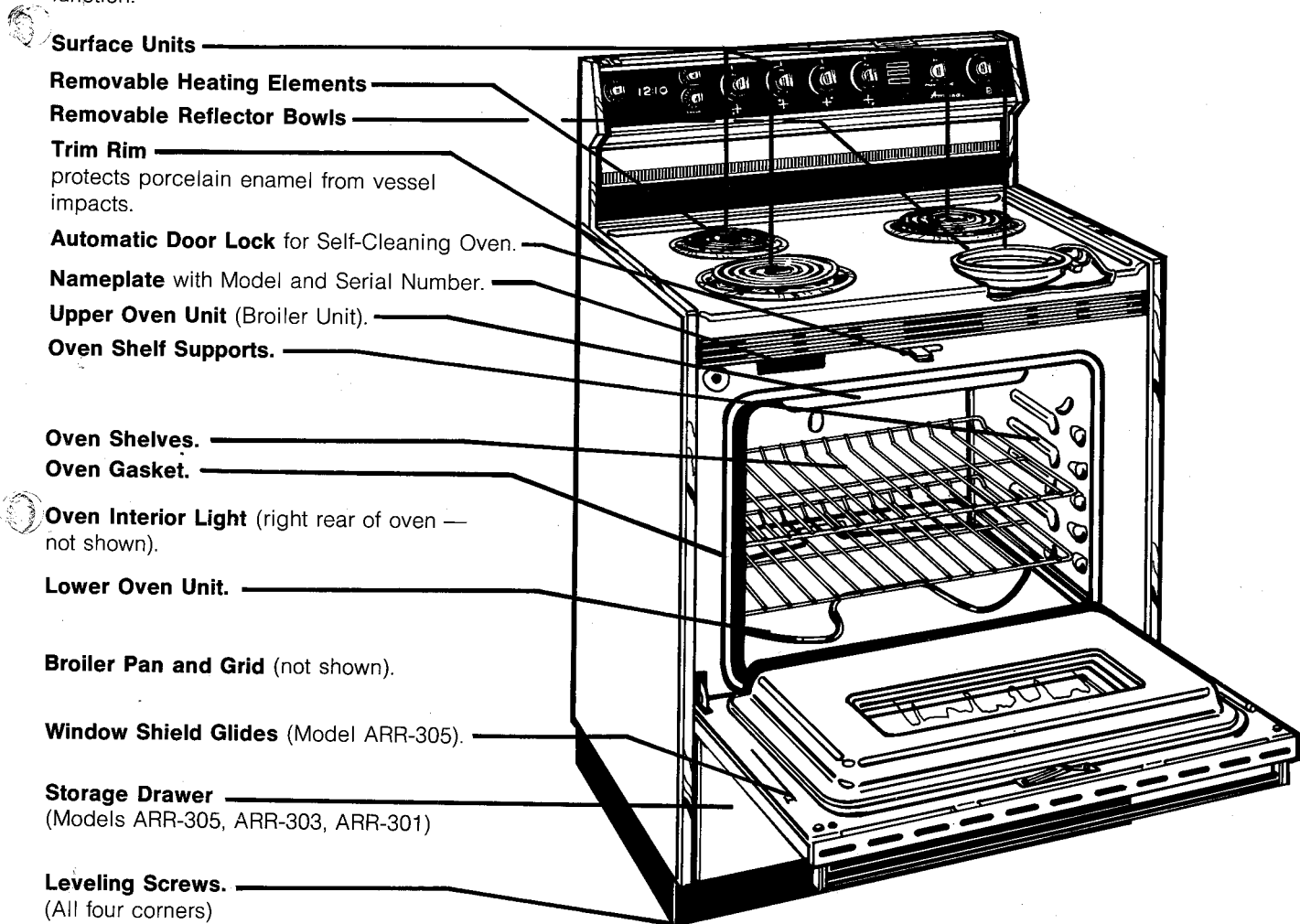
Clean only parts listed in this guidebook.

Do remove broiler pan, and any other utensils before self-cleaning the oven.

Do lubricate sides of oven shelves with cooking oil after self-cleaning the oven. This will help to avoid damaging the oven shelf guides and let the shelf slide easier.

# Range features and controls

NOTE: Throughout this manual, we illustrate Model ARR-305. However, Models ARR-303, ASR-303 and ARR-301 are similar in design and function.



**Surface Units**

**Removable Heating Elements**

**Removable Reflector Bowls**

**Trim Rim**

protects porcelain enamel from vessel impacts.

**Automatic Door Lock** for Self-Cleaning Oven.

**Nameplate** with Model and Serial Number.

**Upper Oven Unit** (Broiler Unit).

**Oven Shelf Supports.**

**Oven Shelves.**

**Oven Gasket.**

**Oven Interior Light** (right rear of oven — not shown).

**Lower Oven Unit.**

**Broiler Pan and Grid** (not shown).

**Window Shield Glides** (Model ARR-305).

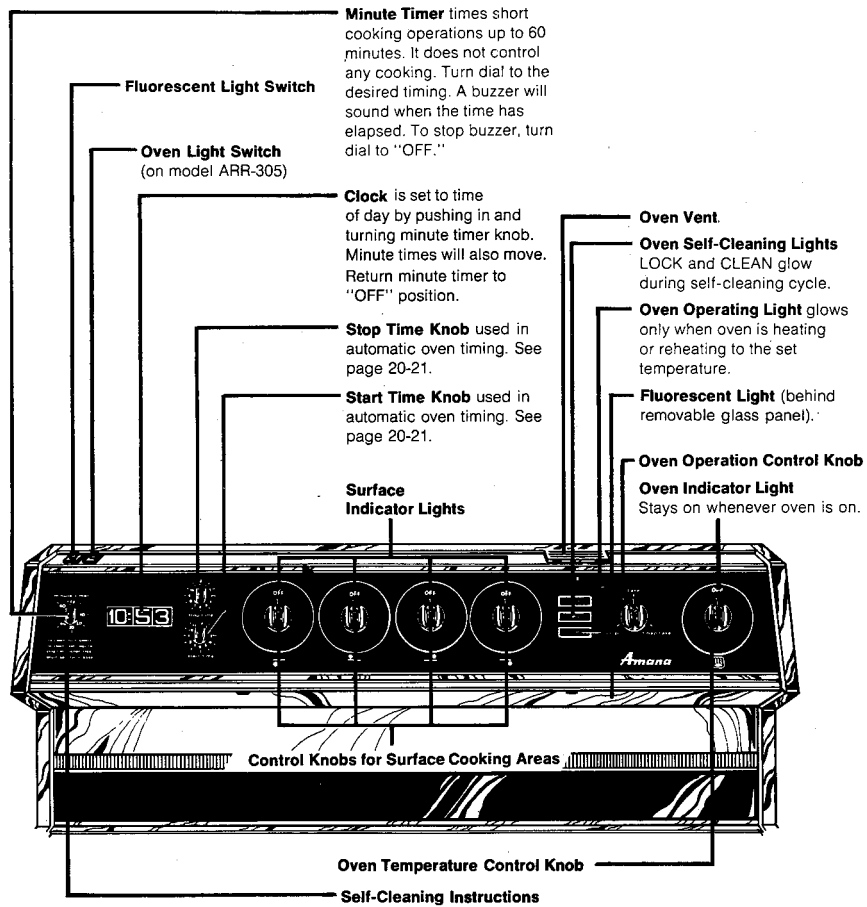
**Storage Drawer**

(Models ARR-305, ARR-303, ARR-301)

**Leveling Screws.**

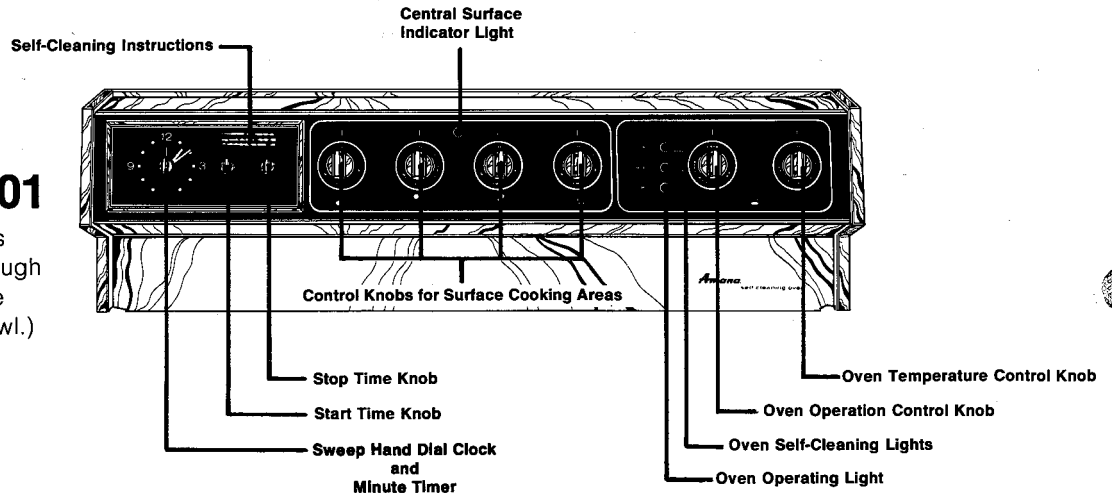
(All four corners)

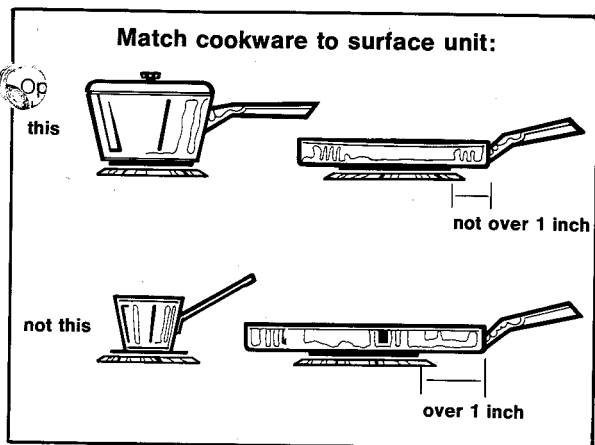
**Models:**  
**ARR-305**  
**ARR-303**  
**ASR-303**



**Model:**  
**ARR-301**

(NOTE: Oven on this model is vented through the right rear surface element reflector bowl.)



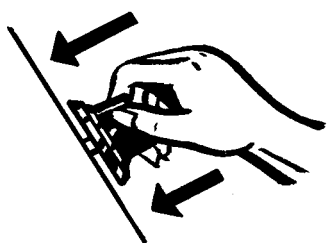


You will find that your rangetop will serve you best if you remember some of its special features when you start to cook, and follow the suggested steps that appear below. They can help you **avoid unnecessary cleaning, prevent over-cooking and save on electrical power.**

Before using the rangetop for the first time, it is best to clean it thoroughly (see chart on pages 25-27).

To use the surface units, follow these basic steps:

1. Make certain reflector bowls and surface heating elements are properly in place.
2. Choose appropriate cookware with tight-fitting lids (see page 8).
3. Make sure bottoms of cookware are clean, dry and smooth to absorb full heat output.
4. Center cookware on surface unit which most nearly matches the size of the bottom of the cookware. (Diameter of large surface units is 8 inches, while small units are 6 inches across.)
5. Push in and turn the control knob in either direction to start cooking. A chart of suggested heat settings is on page 9.
6. Reset the control knob as necessary for required changes in cooking.
7. When cooking is completed and entire rangetop has cooled, remove surface heating elements and reflector bowls. Wash reflector bowls with dishes. Wipe rangetop with clean cloth or sponge dampened with detergent water, rinse with dampened cloth, and dry. Do not immerse or dampen heating elements. Reassemble surface units (For detailed cleaning instructions, see page 28).



Push in control knob ...

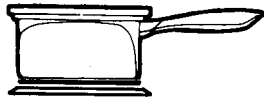


**and turn in either direction. Selected heat setting will be illuminated on all models except ARR-301, which has a single central indicator light.** (Surface element control knobs on Model ARR-301 look different than knob shown above.)

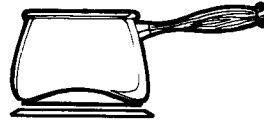
### Important:

Flat-bottomed utensils are necessary for good heat conduction, your safety, and prolonged life of the range. Unusual gourmet equipment without flat bottoms, such as the Oriental wok, are not recommended. High temperatures essential to such cookery can shorten life of surface units and damage the porcelain enamel rangetop.

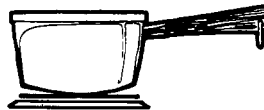
# 8 Which pots and pans to use



this



not this



not this



not this



not this

For best cooking results, energy conservation, and safety, always use cookware which is:

1. **Flat**
2. **Stays flat when heated**
3. **Most nearly matches the size of the heating area**
4. **Well balanced**
5. **Has a tight-fitting lid**
6. **Of a material which conducts heat well**

Some materials conduct heat well, meaning they respond quickly to changes in temperature. Utensils made of such materials are ideal for frying, braising, egg cookery, and certain gourmet operations.

Other materials heat slowly and stay hot once heated. Cookware made of these materials is most suitable for long, low temperature cooking with water.

## Match the utensil material to the cooking method:

1. **Aluminum** — Excellent heat conductor. Distributes heat quickly and evenly. Lightweight yet durable. Won't rust, but is affected by food acids and alkalies which turn it dark. Versatile. Good choice for frying, braising, pot roasting.
2. **Cast Iron** — Heats slowly, retains heat well. Heavy, brittle, rusts without proper care. Good for slow, low-heat cooking, pan broiling.
3. **Copper** — Excellent heat conductor. Must be lined with another material (usually tin or stainless steel) to prevent toxic reactions with foods. Often used for gourmet and egg cookery.
4. **Enamelware** — Porcelain enamel over base metal. Characteristics and best uses depend upon base metal.
5. **Glass-Ceramic** — Absorbs heat slowly, retains heat well. Not affected by acids or alkalies. Follow manufacturer's instructions and be certain the utensil is suitable for rangetop cookery. Many must be used at lower heat settings and with a protective metal grid between the utensil and surface unit. Best use is long, low temperature cooking with liquids.
6. **Stainless Steel** — Easy to clean and keep clean. Resistant to most food acids and alkalies. Usually combined with other metals (e.g. copper bottoms or copper and iron cores) for more even and faster heating. Best use depends upon other materials with which it is combined.



## What heat settings to use

Cooking Method	Foods	Setting to Start Cooking	Setting to Finish
<b>Blanching</b>	Fruits, Vegetables, Nuts	<b>Hi</b>	<b>Hi</b>
<b>Boiling</b>	Cereals Pastas	<b>Hi</b> — to boil water <b>Hi</b> — to boil water	<b>Low</b> — to cook <b>Hi or Med Hi</b> — to cook
<b>Braising &amp; Fricasseeing</b>	Meats & Poultry	<b>Hi or Med Hi</b> — to melt fat, brown surface	<b>Low</b> — to cook
<b>Deep Fat Frying</b>	Vegetables, Meats, Pastry, etc.	<b>Hi</b> — to bring fat to temperature	<b>Med Hi</b> — or setting to maintain temperature
<b>Frying, Grilling</b>	Eggs Meats Pancakes	<b>Med</b> — to melt butter <b>Hi</b> — to preheat skillet <b>Med</b> — to heat skillet	<b>Low</b> — to cook <b>Med Hi or Med</b> — to cook <b>Med</b> — to cook
<b>Melting</b>	Butter, Cheese, Chocolate	<b>Low</b>	<b>Low</b>
<b>Percolating</b>	Coffee	<b>Hi</b> — to bring to fast perk	<b>Med Low or Low</b> — to maintain perk
<b>Pressure Cooking</b>	Meats, Poultry, Vegetables	<b>Hi</b> — to bring to pressure	<b>Med Hi or Med</b> — to maintain pressure
<b>Simmering</b>	Eggs, Gravies, Sauces, Stews, Vegetables, etc.	<b>Hi or Med Hi</b>	<b>Med or Low</b>

### For Canning Instructions Contact:

Your local extension office

U. S. Dept. of Agriculture  
Washington, D.C. 20250

Ball Brothers Company  
Consumer Service Dept.  
1509 S. Macedonia Ave.  
Muncie, Indiana 47302

Kerr Glass Mfg. Corp.  
Research and Development Dept.  
Consumer Products Division  
Sand Springs, Okla. 74063

**Remember:**

- Do not use aluminum foil or place foods packaged in aluminum foil directly on the rangetop for cooking. Aluminum foil can melt.
- Do not use rangetop as a cutting board
- Do not put plastic, paper, or cloth items on rangetop. Such items can burn or melt on contact with hot surfaces.

**Hints for using the rangetop:**

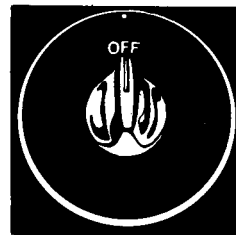
- When bringing to boil use "Hi" setting and cover cookware.
- Whenever possible, start liquids boiling before adding other ingredients. This will keep starchy foods, such as potatoes, from sticking.
- If a boilover is developing, remove the cover or take the cookware off the cooking area.
- It's wise to start with a lower setting and increase heat gradually if needed. Quicker changes in cooking action can be observed when settings are turned up than when settings are turned down due to the retained heat.
- When turning setting down to slow the rate of cooking, allow time for the retained heat in the cookware and surface unit to be used.
- When cooking is almost completed, make use of the heat retained in the cookware and surface unit to finish the cooking. Turn the **control knob** to "OFF" and leave the cookware in place until cooking is finished.
- Some foods, such as eggs, are more sensitive to heat than others and cook in a short period. With foods that tend to scorch or burn easily, start with the lowest recommended setting. For example, the suggested setting for sauce indicates Hi or Med Hi, so start with Med Hi. Setting can then be increased if more heat is needed.
- The surface indicator light(s) were designed for safety and convenience. Whenever a cooking operation is completed, take a second glance at the controls to make certain no red indicators are glowing.

**How the surface indicator lights work:**

- On models ARR-305, ARR-303 and ASR-303, each surface element control is illuminated from the back to show your heat setting and to remind you that the control is turned on. When each control is turned off, its individual light goes out.



- When control is on, heat setting is illuminated from the back.



- When control is off, light goes out.

**Important:**

Even though a surface unit has been turned "OFF" and is dark in color, it may still be much too hot to handle.

- Model ARR-301 has a single central indicator light that glows when any of the surface element controls is turned on.

## Oven cooking controls:

**Oven operation control knob:** the three settings are as follows:

- "BAKE" — use this setting for all normal baking and broiling operations.
- "TIMED BAKE" — use this setting to operate oven automatically as described on pages 20-21.
- "CLEAN" — see oven self-cleaning instructions on pages 30-33.

**Oven indicator light** (On Models ARR-305, ARR-303 and ASR-303): this light glows continuously whenever the oven temperature control knob is turned to an "ON" setting, even if power is cycled off by the thermostat. (No oven indicator light on Model ARR-301.)

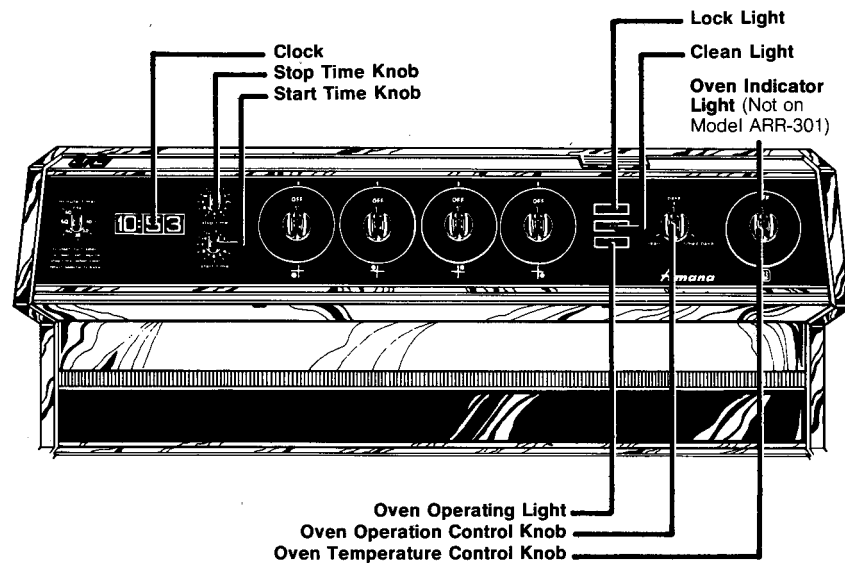
**Oven temperature control knob:** the basic heat control for all oven cooking operations (baking, roasting and broiling). Settings range from "WARM" to "500" and "BROIL."

**Oven operating light** (On all models): this light glows until the oven heats to the desired temperature setting. It then cycles on and off during baking to indicate power is cycling on and off to maintain oven temperature. In recipes calling for the oven to be "preheated" wait for this light to turn off before placing food in the oven. It also operates during oven self-cleaning.

**Oven clean light** and **oven lock light:** these lights glow only when the oven is self-cleaning (see pages 30-33).

**Start time knob** and **stop time knob:** used in automatic oven operation (see pages 20-21).

**Clock:** linked to the **start time** and **stop time** knobs to aid in automatic oven operation (see pages 20-21).



## Baking (without automatic timing\*):

\*For automatic oven timing, see pages 20-21. Use the **minute timer** for manual oven operations up to 60 minutes (see page 6). It does not control oven operation, but can be used as an audible reminder when oven times are finished.

### Prior to baking:

1. Place oven shelves in proper position (see baking hints page 13).
2. Check that **oven vent** is not covered. (NOTE: On Model ARR-301, the oven is vented through the right rear surface element reflector bowl.)

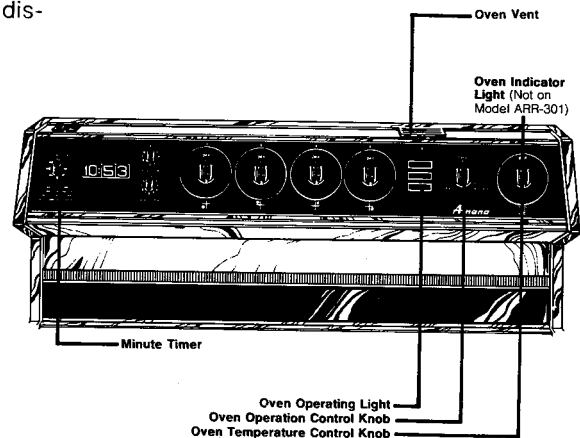
### To bake:

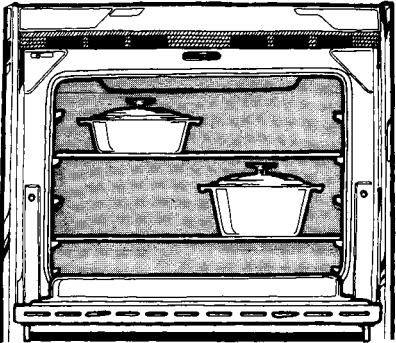
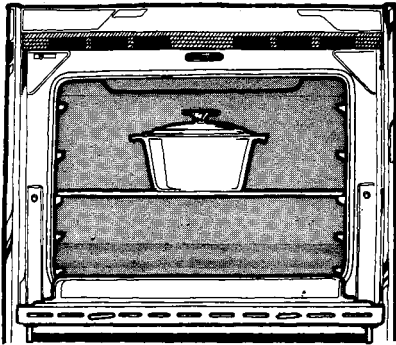
1. Check that **oven operation control knob** is on "BAKE."
2. Turn **oven temperature control knob** to desired temperature. (See time and temperature chart for baking, page 14). The **oven indicator light** (on Models ARR-305, ARR-303 and ASR-303) will glow. The **oven operating light** (on all models) will go on and off during baking to indicate power is cycling on and off to maintain oven temperature.
3. Place food in oven when **oven operating light** goes off. Oven is then pre-heated.
4. Turn **oven temperature control knob** to "OFF" when food is done.

### This is how oven operates during baking:

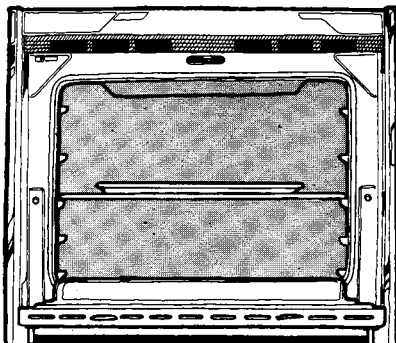
Lower oven unit comes on at full power and cycles off and on during baking. The upper oven unit cycles on one-fourth power to help maintain even distribution of heat for best baking results.

**NOTE:** Only the lower oven unit will glow red.



**Spacing shelves**

**Cookie sheet, jelly roll pan, etc. Use one rack at a time for best results.**

**Baking hints:**

- Follow recipe instructions.
- Choose and use correct bakeware.
- Use size pans as recommended in recipe.
- Use flat bottom pans. Warped or dented pans may cause uneven browning.
- Spacing shelves:
  1. If foods are to be baked on one shelf, use one of the middle shelf positions.
  2. If foods are to be baked on two oven shelves, place shelves in the second and fourth from top shelf positions of oven, if possible.
- Spacing pans:
 

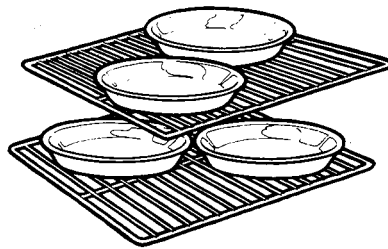
To allow for proper circulation of heat:

  1. Pans should never touch each other or any side of the oven. Allow at least one inch of space between pans, oven walls and oven door.
  2. Stagger pans so that one is not placed directly above another.
  3. Cookie sheets should be at least two inches smaller than the oven.
- Only open oven after minimum baking time has elapsed. For example, if recipe suggests baking for 20–30 minutes, set timer for 20 minutes to check.

**Note:** If glass or glass-ceramic cake dishes are used, temperature settings should be lowered about 25°F as glass absorbs heat faster than metal.

**Remember:**

1. Do not place aluminum foil on oven bottom, oven unit or cover entire oven shelf as this will interfere with proper heat circulation.
2. Do not place anything directly on heating unit in the oven or oven vent on top of control panel.

**Spacing pans**

**Baking time and temperature chart:**

Baking times and temperatures given are guides only.  
 Recipes, utensils and personal preferences may alter these.

<b>Food</b>	<b>Oven Temperature</b>	<b>Approx. Time in Minutes</b>
<b>BREADS, QUICK</b>		
Biscuits	450°F	10 to 15
Corn Bread	425°F	20 to 25
Gingerbread	350°F	30 to 40
Muffins	425°F	20 to 25
Nut Bread*	350°F	60 to 75
Popovers	400°F	45 to 50
Quick Coffee Cakes	400°F	25 to 30
<b>BREADS, YEAST</b>		
Loaves*	375°F	45 to 60
Rolls, Plain	400°F to 425°F	15 to 20
Rolls, Sweet	375°F	20 to 25
Coffee Cakes	375°F	25 to 30
<b>CAKES</b>		
Angel Food*	325°F to 375°F	40 to 65
Sponge*	350°F	40 to 45
Cup Cakes	375°F	15 to 25
Layer	350°F to 375°F	30 to 40
Square or Oblong	350°F	30 to 40
Loaf*	325°F	45 to 60
Fruit		
Large	250°F	3 to 4 hours
Small	250°F to 300°F	1½ to 2 hours
Pound	325°F	60 to 75
<b>COOKIES</b>		
Bar	350°F	25 to 30
Drop	375°F	10 to 15
Rolled	375°F	8 to 10
Refrigerator	375°F	10 to 15
<b>PIES</b>		
Shell Only	450°F	10 to 15
Tart Shells	450°F	5 to 10
2-Crust, Fruit, Fresh	425°F	40 to 60
2-Crust, Fruit, Frozen	400°F	45 to 75
Custard	375°F to 400°F	30 to 45
Pumpkin	375°F to 400°F	45 to 60
<b>MISCELLANEOUS</b>		
Baked Potatoes	400°F	45 to 60
Scalloped Potatoes	350°F	40 to 50
Souffle Dishes	325°F	35 to 45
Candied Sweet Potatoes	375°F	45 to 60
Baked Macaroni and Cheese	350°F	40 to 50
Baked Apples	400°F	30 to 40
Rice Pudding	325°F	50 to 60

\*Shelf position. Second from bottom of oven.

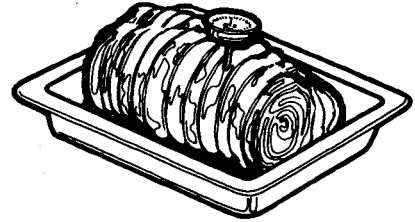
## Roasting (without automatic timing\*):

\*For automatic oven timing see pages 20-21.

### Prior to roasting:

- Place meat with fat side up in an open shallow container.
- To reduce spattering, select container as close to the size of the meat as possible.
- Use a small rack or trivet under the meat unless bones form a natural rack, as on a standing rib roast.
- Do not add water or cover meat, unless recommended by recipe.
- A meat thermometer is the most accurate means of judging the degree of doneness. Insert it so:
  - point is in the center of thickest part of lean meat.
  - it does not touch bone, gristle or fat.

For unstuffed poultry, insert meat thermometer so that point is in center of inside thigh muscle, or the thickest part of the breast.



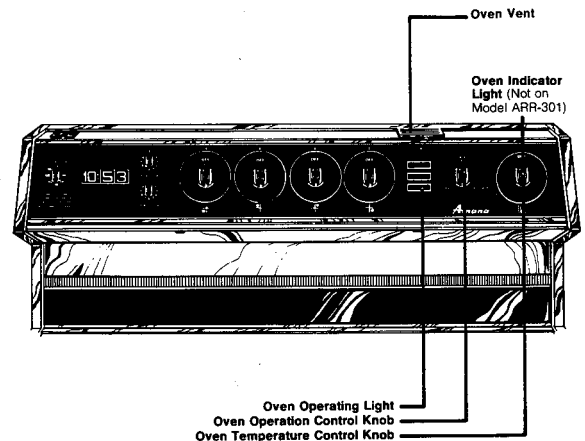
### To roast:

Before turning **oven temperature control knob**, check that:

- **Oven vent** is not covered. (Note: On Model ARR-301, the oven is vented through the right rear surface element reflector bowl.)
- **Oven operation control knob** is on "BAKE."
- Place oven shelf on lowest oven shelf support.
- Consult time and temperature chart on page 16 for roasting.

### Roasting hints:

- Defrosted meat takes less electricity to cook. However, when roasting meat that is still frozen:
  - allow about  $\frac{1}{3}$  to  $\frac{1}{2}$  more cooking time for unthawed meat, depending on size and shape of meat.
  - insert meat thermometer after meat has cooked long enough for easy insertion of thermometer.
- Allow meat to stand 15 to 30 minutes after removing from oven before carving. This sets the juices and makes carving easier.
- Use meat drippings in skillet to make gravy while meat is standing.



**Roasting time and temperature chart:**

Roasting times and temperatures given are guides only. Size, shape, fat-covering, and initial temperature of roast influence the total cooking time. Roasting times are based on refrigerated meat. Thaw frozen meat before following this chart.

Food	Pounds Approx.	Oven Temperature	Internal Temperature	Approx. Min. Per Pound	
<b>BEEF ROASTS</b>					
Standing Rib —	3 to 4	300°F	Rare	140°F	22 to 26
			Medium	160°F	26 to 30
			Well-done	170°F	33 to 35
Standing Rib —	6 to 8	300°F	Rare	140°F	22 to 28
			Medium	160°F	25 to 30
			Well-done	170°F	33 to 37
Rolled Rib —	5 to 7	300°F	Rare	140°F	25 to 30
			Medium	160°F	30 to 33
			Well-done	170°F	35 to 40
<b>VEAL ROASTS</b>					
Loin	4 to 5	300°F	180°F	35 to 40	
Shoulder, Whole	3 to 5	300°F	180°F	35 to 40	
Shoulder, Boned	4	300°F	180°F	40 to 45	
<b>LAMB ROASTS</b>					
Leg	5 to 6	300°F	180°F	30 to 35	
Shoulder, Rolled	3 to 5	300°F	180°F	40 to 45	
<b>PORK ROASTS, FRESH</b>					
Loin, Center	5	325°F	170°F	35 to 40	
Boston Butt	4	325°F	170°F	45 to 50	
Picnic Shoulder, Whole	5	325°F	170°F	40 to 45	
<b>PORK ROASTS, SMOKED</b>					
<i>Cook-Before-Eating</i>					
Ham, Piece	4 to 5	300°F	160°F	30 to 35	
Ham, Whole	8 to 10	300°F	160°F	20 to 25	
Picnic Shoulder, Whole	5 to 7	300°F	170°F	30 to 35	
<i>Fully-Cooked</i>					
Ham, Whole	8 to 10	300°F	130°F	12 to 15	
<b>POULTRY, STUFFED</b>					
Chicken	4 to 5	325°F	185°F	25 to 35	
Turkey	6 to 12	325°F	185°F	30 to 35	
	12 to 16	325°F	185°F	24 to 27	
	16 to 20	325°F	185°F	23 to 26	

For Poultry — If thermometer is placed in center of stuffing, roast to 165°F. Unstuffed turkeys require about 5 minutes per pound less time than stuffed.



## Broiling:

### Prior to broiling:

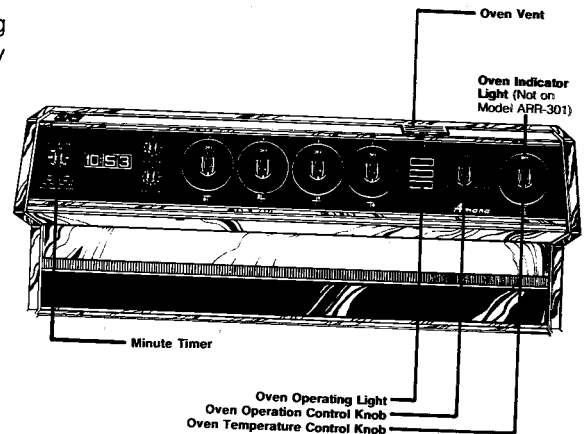
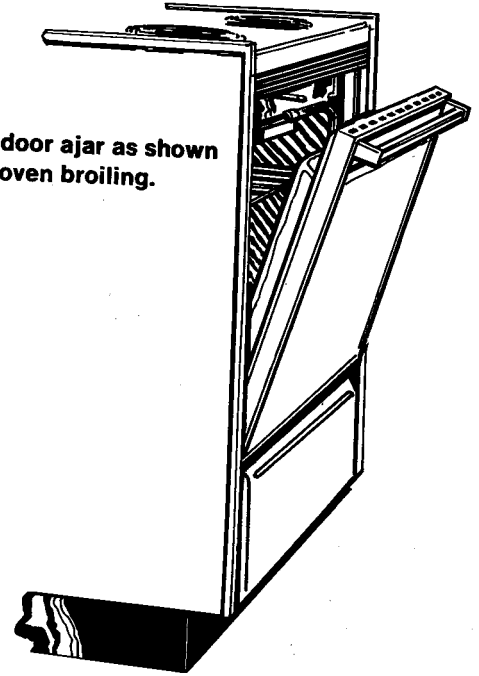
- Prepare meat:
- Allow frozen meat to thaw before broiling to save energy.
- Meats for broiling should be tender cuts and preferably at least  $\frac{3}{4}$ -inch thick.
- Cut excess fat from meats and slash remaining fat edge of meat to prevent curling while broiling.
- Arrange food on grid of broiler pan. Always use grid as it allows fats to drip away from the meat as it cooks, thus reducing smoking. A small amount of water in the bottom of the broiler pan (under rack) also helps cut down on smoke.

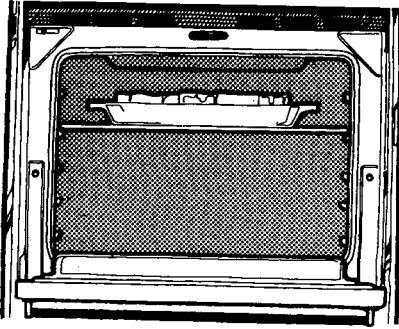
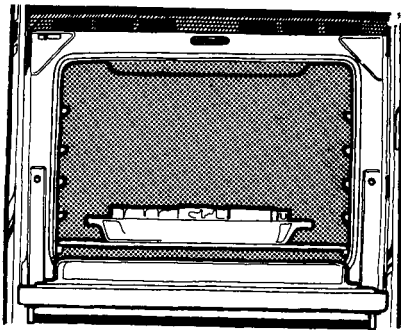
### To broil:

Before turning **oven temperature control knob** to "BROIL," check that:

- **Oven operation control knob** is on "BAKE."
- **Oven vent** is not covered. (NOTE: On Model ARR-301, the oven is vented through the right rear surface element reflector bowl.)
- Consult time and shelf position chart for broiling (page 19).
- Turn **oven temperature control knob** to "BROIL". The **oven indicator light** (on Models ARR-305, ARR-303 and ASR-303) and **oven operating light** (on all models) will stay on during broiling.
- Broiler unit (upper oven unit) operates alone for broiling.
- Center broiler pan under the broiler unit on overt shelf. Use **minute timer** for convenience in timing.
- Leave door partly open at the "stop" position for all broiling. A spring mechanism in the door will hold it ajar. This allows the broiler unit to stay "on" and reduces spattering.
- Turn **oven temperature control knob** to "OFF" when broiling is completed. Remove broiler pan from oven . . . if pan and grid are left in heated oven they will be more difficult to clean.

**Note:**  
Leave door ajar as shown  
for all oven broiling.



**Close:****Quick brown, rare meat e.g. rare steaks****Farther away:****Slow brown, well done e.g. chicken****General broiling rule:**

The closer the meat is placed to the broiler unit, the faster the surface browns and the rarer the meat will be . . . and . . . the farther away the meat is placed, the slower the surface browns and the more well done the meat will be. For very rare meat, preheat broiler unit and place food close to unit.

**Broiling hints:**

- For rare, brown steaks, select cuts 1½" or thicker.
- Turn meat with tongs to avoid piercing and loss of juices.
- Test meat for doneness by cutting a slit in the meat near the bone and noting the inside color.
- Remove meat just before it reaches the degree of doneness desired. Cooking will continue after removing from heat.
- As soon as broiling is completed, remove broiler pan from oven.
  - drain drippings from pan.
  - for easier cleaning sprinkle grid and pan with undiluted detergent or cleanser.
  - place dampened paper towels on detergent.
  - when cool, wash pan and grid.

**Remember:**

- Do not use Teflon II® coated griddle or fry pan with non-removable handle for broiling.
- Don't cover broiler rack with foil. It prevents fat from draining and can cause fire or smoke.
- Do use the broiler rack in the proper position. If it is put in upside down, grease will collect in the rim and could be hazardous.

**Broiling time and temperature chart:**

Broiler times given are guides only. Individual preferences vary greatly in meat broiling. Raise or lower shelf position and adjust time to suit personal preference. Meat temperature also influences broil time.

Food	Thickness	Shelf Position from Top of Oven	Approx. Minutes	
			1st Side	2nd Side
<b>BEEF STEAKS</b>				
Rare	1 inch	1st	5 to 6	4 to 5
Medium	1 inch	2nd	9 to 10	6 to 8
Well-done	1 inch	3rd	12 to 14	10 to 12
<b>BEEF STEAKS</b>				
Rare	1½ inch	2nd	8 to 10	6 to 8
Medium	1½ inch	2nd	12 to 14	9 to 11
Well-done	1½ inch	3rd	18 to 22	16 to 18
<b>GROUND BEEF PATTIES</b>				
Rare	¾ inch	1st	4 to 5	3 to 4
Medium	¾ inch	2nd	6 to 7	4 to 5
Well-done	¾ inch	3rd	8 to 9	6 to 7
<b>LAMB CHOPS</b>				
	1 inch	3rd	10 to 12	9 to 11
<b>LIVER</b>				
	½ inch	2nd	5 to 7	3 to 5
<b>CHICKEN, Broiler</b>				
	Split and flattened	4th or 5th	20 to 25	15 to 20
<b>HAM SLICE, Precooked</b>				
	1 inch	3rd	12 to 13	11 to 12
<b>FISH</b>				
Small Fish	—	3rd	18 to 22	—
Large Fish	—	3rd	25 to 27	—
Lobster Tails, Thawed	—	2nd	8 to 10	—
<b>FRANKFURTERS</b>				
	—	3rd	7 to 9	3 to 5
<b>BACON</b>				
	—	3rd	5 to 6	1 to 2
<b>FRUITS &amp; VEGETABLES</b>				
Fruits, Canned	—	3rd	10 to 11	—
Grapefruit Halves	—	3rd	10 to 11	—
Tomato Halves	—	3rd	10 to 11	—
Mushrooms	—	2nd	6 to 8	—
Sweet or White Potatoes, Cooked	—	2nd	5 to 6	3 to 4

Frozen Foods — Allow about ⅓ to ½ more cooking time. Lower the oven shelf.  
For Increased Browning — Preheat until broiler unit is red hot (about 5 minutes).

### Setting automatic oven to start "now":

1. Place food in oven.
2. Check that **clock** is set at correct time of day.
3. Set controls as follows:
  - Check if **start time knob** is set to correspond with the time on the **clock**.
  - Push in and turn **stop time knob** to time you wish food to stop cooking.
  - Turn **oven operation control knob** to "TIMED BAKE."
  - Turn **oven temperature control knob** to correct cooking temperature.

### Example:

If the time of day is 2:00 p.m., and the food is to be cooked 2½ hours at 325°F, here's what you do:

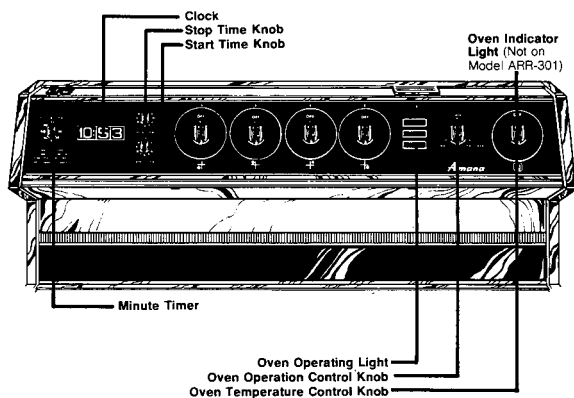
- Push in and turn **stop time knob** to 4:30 p.m.
- Turn **oven operation control knob** to "TIMED BAKE."
- Turn **oven temperature control knob** to 325°F.

### Here is what happens:

- The oven comes on immediately and both the **oven indicator light** (on Models ARR-305, ARR-303 and ASR-303) and the **oven operating light** (on all models) will glow at once.
- When selected temperature of 325°F is reached, **oven operating light** cycles off indicating oven temperature is being maintained.
- At 4:30 the oven turns off automatically. Both the **oven indicator light** and **oven operating light** turn off.
- Food is finished cooking.

### When food is cooked and to reset oven for regular use:

- Turn **oven temperature control knob** to "OFF."
- Turn **oven operation control knob** to "BAKE."



### Setting automatic oven to start "later":

1. Place food in oven.
2. Check that **clock** is set at correct time of day.
3. Set controls as follows:
  - Push in and turn **start time knob** to the time of day food is to start cooking.
  - Push in and turn **stop time knob** to time you wish food to stop cooking.
  - Turn **oven operation control knob** to "TIMED BAKE."
  - Turn **oven temperature control knob** to correct cooking temperature.

#### Example:

If the time of day now is 1:00 p.m., and food is to be cooked for 2 hours at 350°F, and should be ready to serve at 6:00 p.m. . . . here's what to do:

- Push in and turn **start time knob** to "4" o'clock. (3 hours ahead.)
- Push in and turn **stop time knob** to "6" o'clock.
- Turn **oven operation control knob** to "TIMED BAKE."
- Turn **oven temperature control knob** to 350°F.

#### Here is what happens:

- At 4:00 p.m., start time setting will turn oven on. Both the **oven indicator light** (on Models ARR-305, ARR-303 and ASR-303) and the **oven operating light** (on all models) will glow.
- When selected temperature of 350°F is reached, **oven operating light** begins cycling off and on indicating that temperature is being maintained.
- At 6:00 p.m. the **stop time knob** will turn oven off automatically.
- Both **oven indicator light** and **oven operating light** will turn off.
- Oven is now completely turned off until you are ready to reset it for another use.

#### To stop or interrupt automatic oven cooking:

- Turn **oven temperature control knob** to "OFF."
- Turn **oven operation control knob** from "TIMED BAKE" to "BAKE."

#### To reset oven for regular use:

- Turn **oven temperature control knob** to "OFF."
- Turn **oven operation control knob** to "BAKE."

### Automatic oven hints:

An excellent use of this feature is for a complete oven meal.

When setting automatic oven to start cooking later, choose foods that can stand at room temperature with no danger of spoilage, such as:

- Cured or frozen meats
- Most fruits and vegetables

Foods of highly perishable nature, such as milk, eggs, fish, stuffings, poultry and pork should be used in oven cooking that is "Start Now," not "Start Later."

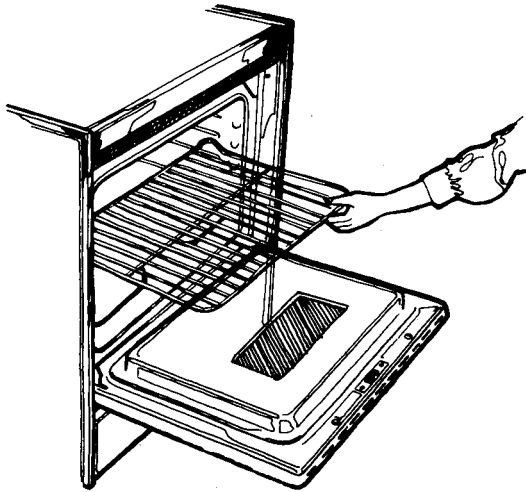
In all cases, choose foods which cook at the same temperature for about the same length of time.

### Remember:

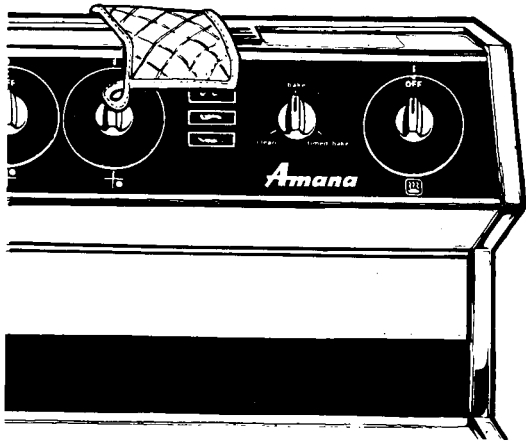
Set "stop time" as close to the time for serving as possible. Retained heat in the oven will continue to cook the food after the oven turns off.

### Oven hints:

- Before oven is turned on and heats, check that oven shelves are correctly placed. Oven shelf supports on opposite sides of oven provide four shelf positions for easy adjustments to any baking or broiling operations.
- Oven shelves can be pulled forward to the shelf lock "stops" for safe, easy loading and unloading. Shelves should have the turned corners to rear.
- To remove shelves, pull out to "stop" position, then lift up and out.
- To replace shelves, place on selected shelf supports with turned up corners to the rear and push, lifting the front edge slightly to slide past lock "stop".



Keep oven vent clear\*



### Remember:

- Do not place anything on oven vent when oven is being used (baking, roasting, broiling) or while in self-clean process.
- Do not place aluminum foil directly on oven bottom, on oven unit or cover entire oven shelf.
- If oven shelves remain in oven during cleaning cycle, wipe shelf sides with cooking oil after cleaning to prevent damage to the porcelain oven interior.
- Use care when opening oven door — let hot air or steam escape before removing or replacing food.
- Don't let potholder contact hot heating elements in oven if oven shelves must be moved while oven is hot.

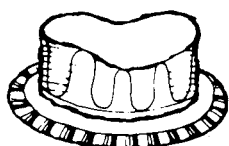
\*(NOTE: On Model ARR-301, the oven is vented through the right rear surface element reflector bowl.)

## Solutions to baking problems:



### Flat Cake

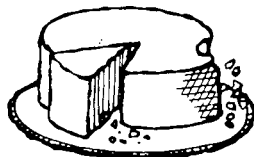
- Oven temperature too high or too low
- Pan too large
- Overmixing or undermixing
- Too much or too little liquid
- Improper placement of oven shelf



### Fallen Cake

(or dipped in center)

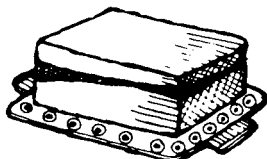
- Oven temperature too low
- Pan too small
- Baking time too short
- Oven door opened too soon
- Too much or too little liquid



### Crumbly

(or dry)

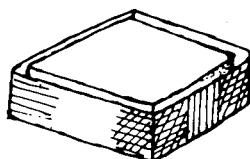
- Oven temperature too high
- Baking time too long
- Too little liquid



### Uneven Layers

(or uneven browning)

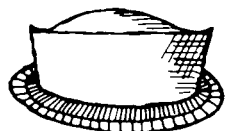
- Uneven heat circulation
- Bent or warped pans
- Pans too close together or too close to oven walls
- Range not level



### Excessive Shrinkage

(from sides of pan)

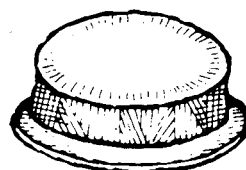
- Oven temperature too high
- Pans placed too close together or too close to oven walls
- Baking time too long
- Overmixing



### Humped cake

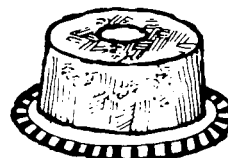
(or peaked in center)

- Oven temperature too high
- Pan too small
- Pans placed too close together or too close to oven walls
- Baking time too long
- Overmixing
- Too little liquid



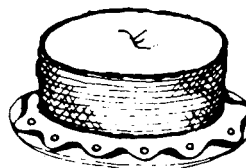
### Pale Top Crust

- Oven temperature too low
- Pan too large
- Opening oven door too often
- Overmixing
- Too much liquid



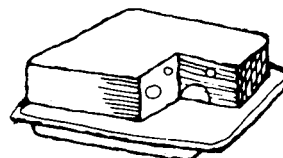
### Uneven Texture

- Oven temperature too low
- Baking time too short
- Undermixing
- Too much liquid



### Crack on Top

- Oven temperature too high
- Overmixing
- Too much leavening



### Holes and Tunnels

- Oven temperature too high
- Baking time too long
- Overmixing or undermixing
- Improper placement of oven shelf

### High altitude baking:

When baking at high altitudes, recipes and baking times vary. For accurate information write the Extension Service of your state college or university or Extension Service, Colorado State University, Fort Collins, Colorado 80521. There may be a cost for the bulletins . . . do specify the type of information you want (i.e. cakes, cookies, breads, etc.)

## How to Clean the Range

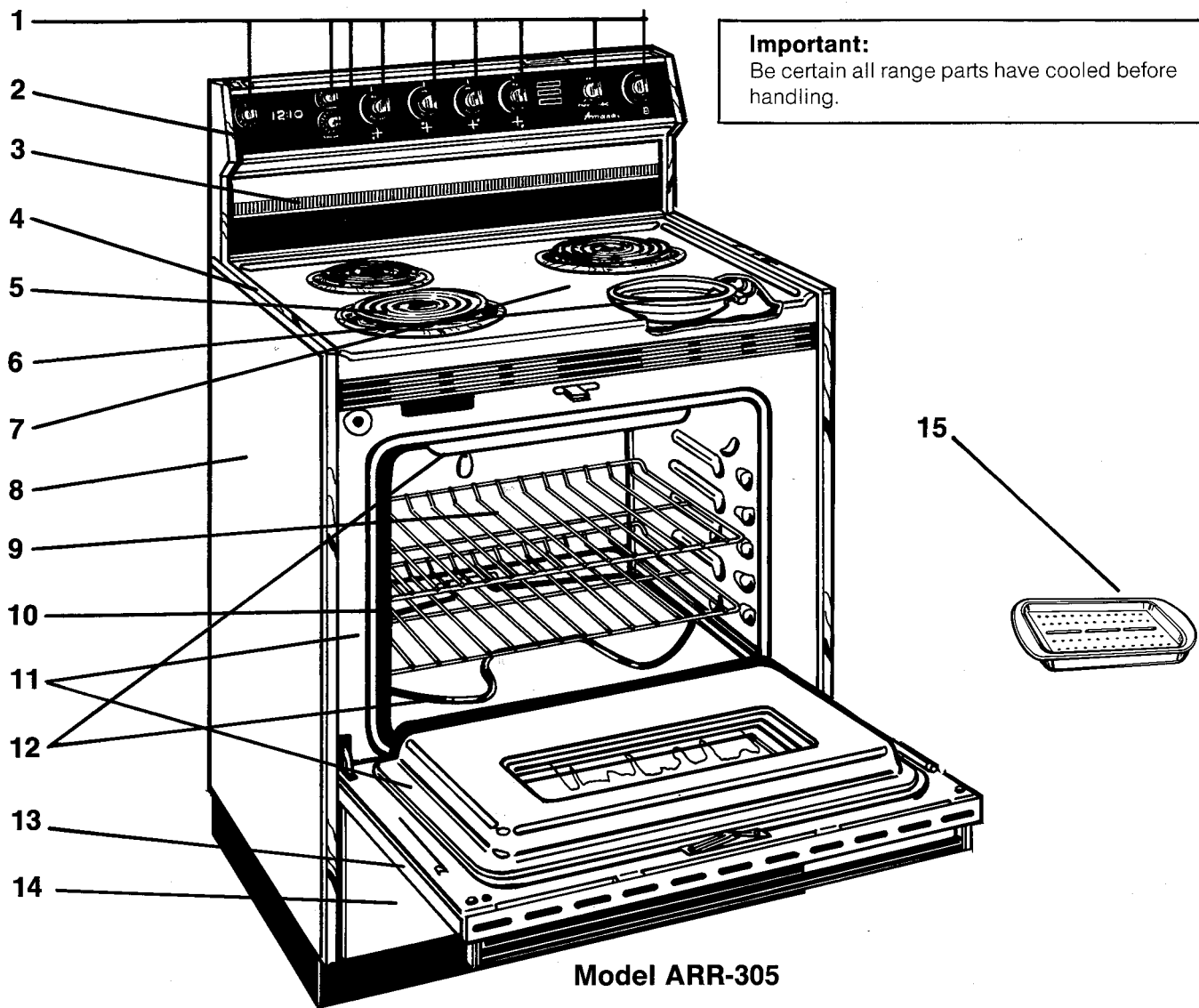
Your Amana Electric Range will serve you best if it is kept sparkling clean. For example, the shiny, nickel-chrome-plated reflector bowls literally reflect heat back up to the pot or pan, increasing the efficiency of surface cooking. If allowed to become heavily soiled, the unit will become less efficient.

Every cooking operation on the rangetop or in the oven produces moisture and grease which deposits on the range. Although this soil may not be visible at first, if it is not removed after each use, it will build up and cook on. This build-up of cooking soils can become difficult to remove.

Therefore, you will want to develop a regular cleaning routine for maintaining the efficiency and attractiveness of your range.

The chart on these pages is intended as a quick reference for cleaning your range. More detailed cleaning hints and instructions can be found on succeeding pages. Once you have familiarized yourself with the detailed directions, you may discover that you need only open to this section of your manual to refresh your memory.





Model ARR-305

Part	Cleaning Aids	How to Clean	Tips and Precautions
1 Chrome-Plated Control Knobs	<ul style="list-style-type: none"> <li>• Soap and water</li> <li>• Bristle brush, if necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Be certain control is "OFF"</li> <li>• Remove knobs by pulling straight toward yourself.</li> <li>• Wash with dishes, rinse, dry.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not clean in Oven Clean Cycle. Chrome will discolor. Knobs will melt.</li> </ul>

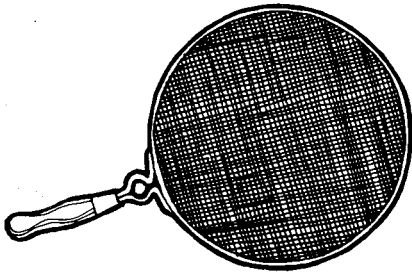
Part	Cleaning Aids	How to Clean	Tips and Precautions
2 Glass Control Panel	<ul style="list-style-type: none"> <li>● Glass cleaner, e.g. Windex®</li> </ul>	<ul style="list-style-type: none"> <li>● Remove control knobs.</li> <li>● Clean with glass cleaner.</li> <li>● Wipe with lintless cloth or towel.</li> </ul>	<ul style="list-style-type: none"> <li>● Be careful not to spray cleaner inside panel. Shafts are gasketed to help prevent this.</li> </ul>
3 Painted & Brushed Aluminum Backsplash	<ul style="list-style-type: none"> <li>● Soap and water</li> </ul>	<ul style="list-style-type: none"> <li>● Wash, rinse, dry with soft cloth.</li> </ul>	<ul style="list-style-type: none"> <li>● Avoid abrasive cleansing powders which might scratch finish.</li> </ul>
4 Stainless Steel Trim Rim	<ul style="list-style-type: none"> <li>● Soap and water</li> </ul>	<ul style="list-style-type: none"> <li>● Wash, rinse, dry with soft cloth.</li> </ul>	<ul style="list-style-type: none"> <li>● Avoid abrasive cleansers which might scratch or dull the finishes.</li> </ul>
5 Surface Heating Elements	<ul style="list-style-type: none"> <li>● Dry cloth</li> </ul>	<ul style="list-style-type: none"> <li>● Spatters "burn off."</li> <li>● May wipe off any dust or film.</li> </ul>	<ul style="list-style-type: none"> <li>● Do not immerse or use cleaners.</li> <li>● Do not put in oven Clean Cycle. High temperatures will damage elements.</li> <li>● Prevent boilovers &amp; spatters: use proper heat setting, large enough cookware, spatter shield.</li> </ul>
6 Chrome-Plated Reflector Bowls	<ul style="list-style-type: none"> <li>● Soap and water</li> <li>● Dishwasher</li> <li>● Soap filled scouring pads</li> <li>● Nylon/plastic pads</li> </ul>	<ul style="list-style-type: none"> <li>● After each use, wash, rinse, dry with dishes to prevent difficult soils.</li> <li>● For difficult soil build-up: gently use scouring pads, being careful not to scratch.</li> </ul>	<ul style="list-style-type: none"> <li>● Clean after each use.</li> <li>● Prevent boilovers &amp; spatters: use proper heat setting, large enough cookware, spatter shield.</li> <li>● May be cleaned in Oven Clean Cycle but high heat will discolor plating, not recommended.</li> </ul>
7 Porcelain Enamel Rangetop (also area beneath surface units, & oven door on models without glass door).	<ul style="list-style-type: none"> <li>● Soap and water</li> <li>● Non-abrasive cleaners</li> <li>● Baking soda</li> <li>● Diluted household ammonia</li> <li>● Nylon or plastic pads</li> </ul>	<ul style="list-style-type: none"> <li>● Regular cleaning with soap and water, when cool.</li> <li>● For tough spots: baking soda or tablespoon ammonia in detergent water. Or use plastic pads. Rinse and dry.</li> <li>● Remember to wipe area beneath surface units; clean regularly.</li> </ul>	<ul style="list-style-type: none"> <li>● Immediately wipe acid spills (milk, fruits, tomato, etc.) with dry cloth. Acids may destroy glossy finish. Then clean when cool.</li> <li>● Do not subject porcelain enamel to sudden temperature changes (e.g. frozen item on hot range top). Porcelain may "craze" or "etch."</li> <li>● Do not use rangetop as cutting board. It will scratch.</li> <li>● Prevent boilovers &amp; spatters: use proper heat setting, large enough cookware, spatter shield.</li> <li>● Do not use abrasive cleansers. They will scratch surface.</li> </ul>

Part	Cleaning Aids	How to Clean	Tips and Precautions
8 Painted Steel Range Sides	<ul style="list-style-type: none"> <li>● Soap and water</li> </ul>	<ul style="list-style-type: none"> <li>● Clean regularly when range has cooled.</li> </ul>	
9 Chrome-Plated Oven Shelves	<ul style="list-style-type: none"> <li>● Soap and water</li> <li>● Soap filled scouring pads</li> </ul>	<ul style="list-style-type: none"> <li>● Wash, rinse, dry regularly.</li> <li>● For stubborn spots: use scouring pads.</li> </ul>	<ul style="list-style-type: none"> <li>● May be cleaned in Oven Clean Cycle, but will discolor due to high temperatures.</li> <li>● Do not allow spills and spatters to "bake" on.</li> </ul>
10 Fiberglass Oven Gasket	<ul style="list-style-type: none"> <li>● None</li> </ul>	<ul style="list-style-type: none"> <li>● Do not clean.</li> </ul>	<ul style="list-style-type: none"> <li>● Do not scrub or clean gasket. Cleaning will deteriorate this special heat-saving seal.</li> </ul>
11 Porcelain Enamel Oven frame, Oven interior, Door liner	<ul style="list-style-type: none"> <li>● Soap and water</li> <li>● Non-abrasive cleaners</li> <li>● Self-cleaning cycle</li> </ul>	<ul style="list-style-type: none"> <li>● Before setting self-cleaning cycle:               <ol style="list-style-type: none"> <li>1. Remove any items in oven.</li> <li>2. Wipe all interior areas noted to prevent burn on of heavy soils and excessive smoking.</li> </ol> </li> <li>● Set Oven Clean Cycle. Review detailed instructions on pages</li> </ul>	<ul style="list-style-type: none"> <li>● Lower oven heating unit lifts up for easier wiping of oven interior.</li> <li>● Do not clean range control knobs or utensils in self-cleaning cycle.</li> <li>● Clean oven before it becomes "excessively soiled."</li> </ul>
12 Upper & Lower Oven Heating Units	<ul style="list-style-type: none"> <li>● None</li> </ul>	<ul style="list-style-type: none"> <li>● Bake and broil units clean themselves during operation and self-cleaning cycle.</li> </ul>	<ul style="list-style-type: none"> <li>● Do not clean with any water or cleansers. Electrical parts can be damaged.</li> </ul>
13 Porcelain Enamel or Glass Oven Door & Storage Drawer Exteriors	<ul style="list-style-type: none"> <li>● Soap and water</li> <li>● Non-abrasive cleaners</li> <li>● Glass cleaner</li> </ul>	<ul style="list-style-type: none"> <li>● Depending on your model, if porcelain enamel, see 7 above; if glass, see 2 above.</li> </ul>	
14 Storage Drawer and Floor Covering	<ul style="list-style-type: none"> <li>● Soap and water</li> </ul>	<ul style="list-style-type: none"> <li>● Remove storage drawer by pushing down to disengage 2 metal clips on runners. Lift out drawer for easier cleaning of drawer and floor.</li> </ul>	<ul style="list-style-type: none"> <li>● Replace drawer by setting on runners. Clips will automatically realign when drawer is closed.</li> </ul>
15 Broiler Grid and Broiler Pan	<ul style="list-style-type: none"> <li>● Soap and water</li> <li>● Undiluted detergent</li> <li>● Paper toweling</li> </ul>	<ul style="list-style-type: none"> <li>● Remove from oven promptly after broiling and drain drippings.</li> <li>● Sprinkle grid &amp; pan with detergent.</li> <li>● Place damp toweling on detergent.</li> <li>● When cool, wash, rinse, dry.</li> </ul>	<ul style="list-style-type: none"> <li>● Do not leave in oven after broiling. Soil will burn on, danger of grease fire.</li> <li>● Do not clean in Oven Clean Cycle.</li> </ul>

# How to care for the rangetop

Because a clean rangetop is an asset not only to an inviting kitchen, but also to an energy-wise pocket book, it is important to keep it clean.

It is easiest to maintain a clean rangetop if these guidelines are followed:



Use a spatter shield

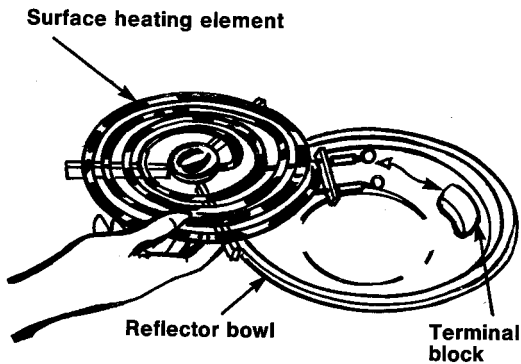
## 1. Save on clean-up time:

- Before cooking, make sure bottom of cookware, reflector bowl, heating element, and rangetop are clean and dry.
- Eliminate boilovers and spatters by selecting correct heat settings and using cookware large enough to accommodate food and liquid.
- Use a spatter shield when shallow frying.

## 2. Daily Care:

Prevent soil build-up: **After the rangetop has cooled**, remove grease and moisture deposits before using the rangetop again.

- To remove surface units: grasp the cooled **element** firmly, tilt the unattached portion slightly upward, and pull straight back from the **terminal block**.
- Do not immerse or attempt to clean **elements** with any product or water. This will damage the elements and create electrical hazard. (Elements may be wiped with a clean cloth to remove any dust, etc.) Elements clean themselves during cooking.
- Lift out **reflector bowls** and wash with dishes in soap and water or in dishwasher.
- Wipe porcelain rangetop and area beneath surface units with a sponge or cloth dampened with soap and water. Rinse and dry.





Use non-abrasive cleaners



Use to clean and polish chrome-plated reflector bowls and stainless steel mounting rim.

DELETE® cleaner is available at better food markets nationally.

BAR KEEPERS FRIEND® may also be used and may be found at hardware, houseware or food stores.

In general, the following products can be used for cleaning the rangetop (except the heating elements).

The Range Cleaning Chart on pages 25-27 will also help you choose the best cleaning aid for each part of the range.

**Do use:**

1. Dishwashing Liquid.
2. Baking soda as a cleaning powder.
3. A fine-polishing cleansing powder such as BON AMI® polishing powder.
4. Non-impregnated plastic and nylon pads. Some examples are: DOBIE® scouring pad, SKRUFFY scouring brush, TUFFY® plastic mesh ball.
5. PAN DANDY.
6. DELETE® cleaner. Specially formulated to clean hard water spots.
7. BAR KEEPERS FRIEND.®

**Do not use:**

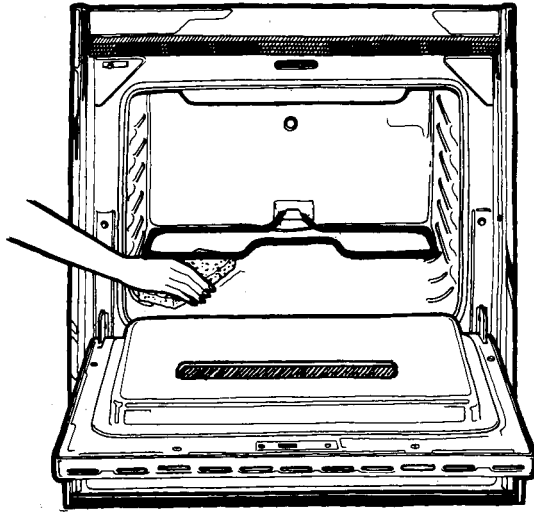
Avoid abrasive, heavy-duty powders such as: AJAX® cleanser, COMET® cleanser — these can scratch and dull, depending on their abrasiveness and the cleaning pressure applied in use.

Avoid chemical oven cleaners — these can etch the porcelain enamel surface and are caustic.

Avoid metal pads such as: CHORE GIRL® pot cleaners, KURLY KATE pot cleaners, S.O.S.® soap pads, PADDY® soap pads — these can scratch the porcelain enamel, glass, and painted areas.

**Remember:**  
Do not use harsh abrasives, chemicals or any of the commercial chemical-type oven cleaners on the interior or exterior of the range.

# How to care for the oven

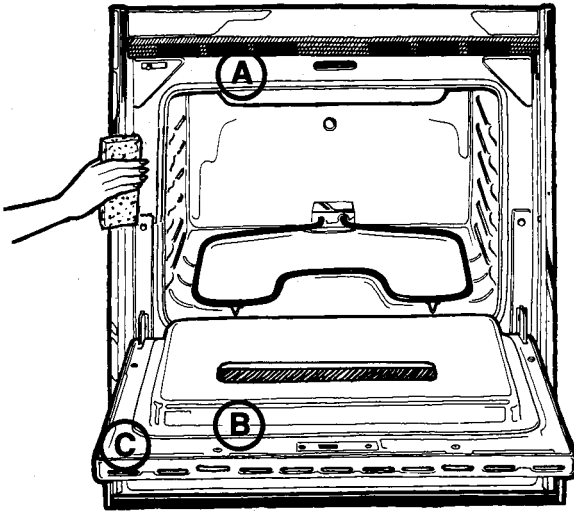


## What happens before self-cleaning cycle:

1. Remove all pots, pans, broiler pans, and anything else that may be stored in the oven.
2. Remove shelves unless they need cleaning. Shelves change color with heat and may stick after cleaning. Most color change occurs during the first few cleaning operations.
3. Wipe excessive grease and spillovers from bottom of oven. *Heavy spillovers that can be readily wiped up should be removed from the oven before the cleaning cycle is started.* These thick spillovers keep the cleaning heat from reaching the bottom of the spillover and could leave small dark uncleaned spots. Removing the heavy spillovers also helps eliminate excessive smoking during the self-cleaning cycle. The lower oven unit lifts up for ease in removing these spillovers.
4. Remove all soil from:
  - oven frame (area around gasket) (A)
  - side of raised portion on door (B)
  - door liner (area around raised section on door) (C)

Wipe entire surface even though it may not appear dirty. The reason—heat will cause sometimes unnoticeable soil and spatters to bake on and they will be more difficult to remove after self-cleaning cycle. If necessary, sponge areas (A, B, C) with detergent water or mild cleanser and use steel wool soap pads to remove soil.

**Note:** Surface cooking units may be used during self-cleaning cycle.



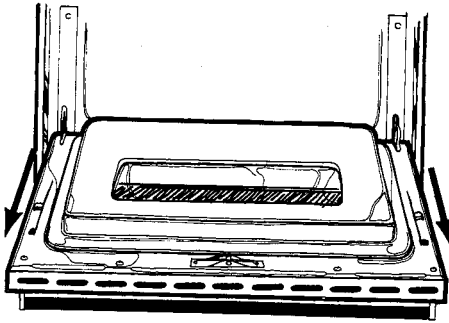
### Remember:

- Wipe sides of oven shelves with cooking oil after cleaning cycle is completed. This helps shelves slide easily and avoids damaging the porcelain oven interior.
- Do not use chemical oven cleaners. If cleaners are not entirely removed (they are not always visible), they may have a reaction with oven interior at the high temperature of the self-cleaning cycle, causing etching of oven interior.
- Do not scrub or clean oven gasket.

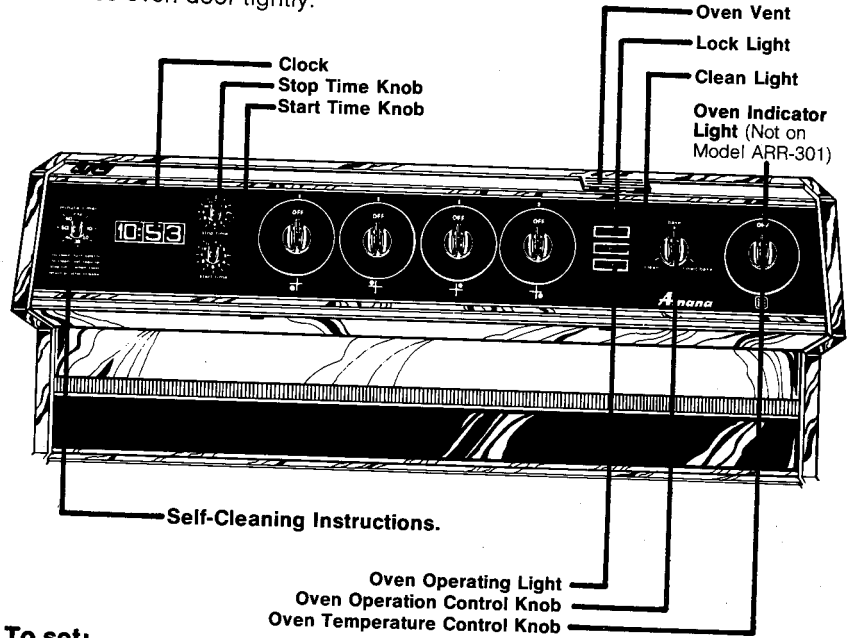
**Setting self-cleaning cycle:**  
**Prior to setting:**

**Prior to setting:**  
 ARR-305 only

Open oven door and raise the window heat shield. Slide the two side glides to door top until both snap into holding position.



1. Check inside of oven (read: "What happens before self-cleaning cycle" on page 30).
2. Make sure the **clock** and **start time knob** (shaft in "out" position) are set for correct time of day.
3. **Oven temperature control knob** is in "OFF" position.
4. **Oven vent** is not covered. (NOTE: On Model ARR-301, the oven is vented through the right rear surface element reflector bowl.)
5. Close oven door tightly.

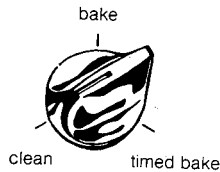


**To set:**

**When you do this:**

**This happens:**

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Turn <b>oven operation control knob</b> to "CLEAN."</li> </ol>  | <ol style="list-style-type: none"> <li>1. The door is automatically locked by the latch in top edge of the oven. You can hear a noise as door is locked. The <b>oven indicator light</b> (on Models ARR-305, ARR-303 and ASR-303) will come on and remain on during the cleaning cycle.</li> </ol>  |
| <ol style="list-style-type: none"> <li>2. Push in and turn <b>stop time knob</b> to the time you wish the oven to stop cleaning. Recommended cleaning time is 2-3 hours depending upon the amount of soil in the oven.</li> </ol> | <ol style="list-style-type: none"> <li>1. The oven will begin heating.</li> <li>2. The <b>oven operating light</b> and <b>clean light</b> (on all models) will come on.</li> <li>3. When the oven reaches self-cleaning temperature, the <b>lock light</b> will come on indicating the door can't be opened.</li> <li>4. The <b>oven operating light</b> will cycle on and off to indicate the power is cycling on and off to maintain oven temperature.</li> </ol> |



**What happens during self-cleaning cycle:**

- Both the upper and lower oven units are on during cleaning.
- The temperature will continue to rise to about 900°F where it will stay for the remainder of the cleaning time. (NOTE: The first few times the self-cleaning system is used, there may be minor smoking and a slight odor as the oven insulation "cures." This will disappear after the first few cleaning cycles.)
- The vapor and smoke generated during the self-cleaning cycle is catalytically cleaned before discharge into the room.
- The oven vent exhausts vapor and warm air during self-cleaning cycle. It should always be left uncovered. Air circulation around oven sides and back (double wall construction) helps to keep side panels at a safe temperature.
- You may notice some wisps of smoke from around the door or oven vent at the beginning of the cleaning cycle.
- The **clean light** will go out at the end of the cleaning time.

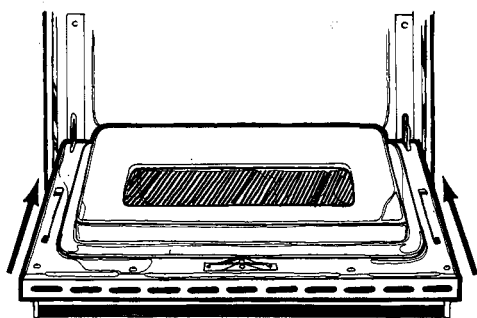
**To interrupt self-cleaning cycle:**

1. Before "**lock**" light goes on:
  - Turn **stop time knob** to correspond with the time on the **clock** (shaft will pop out). **Oven operating light** will go off.
  - Turn **oven operation control knob** to "BAKE."
2. After "**lock**" light has gone on:
  - Turn **stop time knob** to correspond with the time on the **clock** (shaft will pop out). **Oven operating light** will go off.
  - Allow oven to cool until "**lock**" indicator light goes out.
  - Turn **oven operation control knob** to "BAKE."

**Safety features:**

- The "locking system" during the self-cleaning cycle is designed so that the door can NOT be opened when oven is at self-cleaning temperatures (**lock light** is "on") even if the oven operation control knob is accidentally turned back to "BAKE" while the oven is in the self-cleaning cycle or before the oven has cooled to a safe temperature.
- Range has UL designation (located on the nameplate) which shows it has passed Underwriters' Laboratories, Inc. safety tests.





**After self-cleaning cycle:**

ARR-305 only

Open oven door and lower the window heat shield. Press in the two side glides and slide towards door bottom until entire window is revealed.

**What happens after self-cleaning cycle:**

The oven temperature will drop to about 550°F and the **lock light** will go out.

1. Turn **oven operation control knob** from "CLEAN" to "BAKE." This unlocks oven door.
2. Leave door ajar to finish cooling oven.
3. Remove any ash from bottom of oven with a damp paper towel. If small, dark burned-on spots remain they may require some manual cleaning.
4. Remove any baked-on soil from around oven door and oven frame with damp cloth and cleanser.
5. Lubricate sides of oven shelves with a little cooking oil. The shelves will slide more easily and the oil prevents friction and possible damage to oven shelf supports.

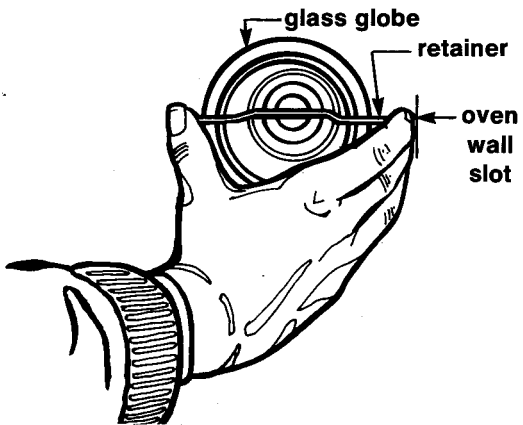
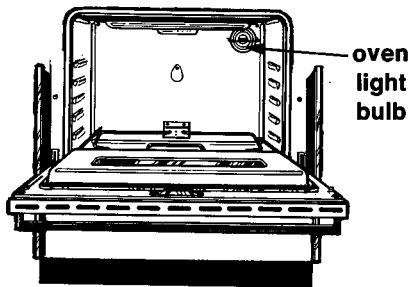
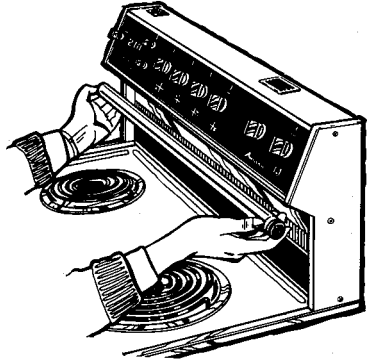
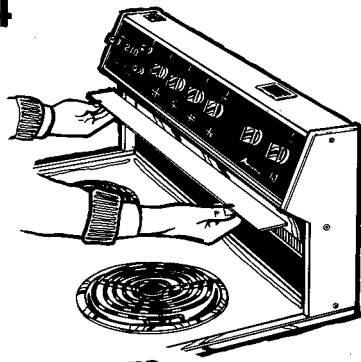
**Oven self-cleaning hints:**

- A convenient time to self-clean the oven is in the evening, when normal oven use is completed.
- It is normal to notice a slight amount of smoke escaping around upper part of door during self-cleaning when soil is heavy. **Excessive** smoke may indicate excessive spillovers have not been wiped up or there may be a faulty gasket which should be checked by an authorized service man.
- If oven shelves are left in during self-cleaning, shelves will change color after a few cleanings. This does not affect their performance.
- The oven should be cleaned before it gets "excessively dirty" — which means something different to every cook! If the oven is not clean after one cycle, repeat cleaning cycle.

**Suggested self-cleaning times:**

Light soil	1½ hours
Moderate soil	2 hours
Heavy soil	3 hours

# How to replace the lights



## Backsplash fluorescent tube (Not on Model ARR-301):

### To remove glass cover:

To remove the protective glass cover underneath the fluorescent tube on the back panel:

- Press in with thumbs (toward back panel) on the small clips located on both sides of the glass panel.
- While pressing in, pull clips downward and let glass roll onto fingertips for easy removal.

### To replace glass cover:

Holding glass horizontal, (smooth side down) and parallel to range with thumbs on clips (see illustration), push into opening fully to depress springs located below bulb. Rotate top of glass upwards into top slot and release clips so the glass locks into place.

### To remove fluorescent light tube:

Place fingers under tube on both sides. Rotate towards back panel and let tube roll into hands.

### To replace fluorescent light tube:

Slide tube pins located at each end of tube into lamp holder slots. Push up slightly and roll towards you until you hear it click into socket.

## Oven light bulb:

### To remove glass globe:

- Hold hand under glass globe to prevent its falling when freed.
- With the fingers and thumb of the same hand, press the retainer wire toward the globe until the wire slips out of the oven wall slot and frees the globe.

### To replace the light bulb:

- Turn the bulb counterclockwise to remove. (A dry oven mitt or cloth will protect against broken glass.)
- Replace with a 40-watt appliance bulb, rotating it clockwise.
- Secure the glass globe over the bulb by reinserting the retainer wire into the oven wall slots.

### Important:

Before removing or replacing the lights:

1. Disconnect the electric current to the range at the fuse box or circuit breaker box.
2. Wait until the oven and/or light has cooled.

## Here's what WE did:

1. Surface heating elements have more "turns," providing more contact area with cookware bottoms.
2. Surface heating elements are made to be flat and stay flat as long as possible for good contact with cookware bottoms.
3. Shiny nickel-chrome-plated reflector bowls "reflect" heat back to cookware.
4. Thicker insulation surrounds oven cavity — even in the door.
5. Broiler unit has six passes to provide fast even broiling.

Although your Amana® Electric Range has been designed for efficient use of energy, the range cannot perform at top efficiency by itself.

All of the effort devoted to providing you with an energy efficient range will be wasted unless you practice wise use.

The following ideas should help you to conserve energy every time the range is used.

## Here's what YOU can do for rangetop efficiency:

1. Use flat-bottomed utensils.
2. Match the size of the cookware bottom to the size of the surface unit.
3. Use a tight-fitting lid, when possible.
4. Use utensils of materials which conduct heat well, when applicable (see page 8).
5. Use lowest heat setting necessary.
6. Shorten cooking time by using a minimum of liquid or fat.
7. Never use surface units without reflector bowls in place.
8. Keep reflector bowls shiny clean. If placed in oven during self clean cycle, bowls will discolor — not recommended.
9. Don't use surface units (or oven) to heat the room.
10. Turn surface units OFF when food is almost cooked. Leave pot on surface unit to finish cooking with retained heat.

## Here's what YOU can do for oven efficiency:

1. Never use the oven (or surface units) to heat the room.
2. When convenient, thaw foods in the refrigerator before cooking. It takes extra energy to cook food directly from the frozen state.
3. Preheat only when necessary and for a minimum time. Put food into oven as soon as the **oven light** goes out.
4. Don't preheat when broiling or roasting.
5. Take advantage of the large oven cavity and plan to cook several foods all at once.
6. Minimize door openings — **don't peek** unless you absolutely have to.

# When you need repair service

The dealer from whom you purchased the range can give you the name of your nearest Authorized Service Center.

## Before calling for service:

1. If range does not heat, check the power source (fuse or circuit breaker).
2. Review use-and-care instructions.
3. Check the suspected defect a second time.
4. If oven does not come on, check to see that oven operation control knob is on "BAKE."

## When service is required

Call nearest authorized service agency and help them give you prompt service by giving them:

1. An accurate description of the trouble.
2. Complete model and serial numbers located on oven frame behind oven door.

Repair by an unauthorized servicer that results in subsequent failure will void the warranty. Warranty details are contained in the warranty certificate enclosed with this booklet.

Keep an accurate record of any service calls: what was done, who serviced the range, and the date.

Amana has a large network of Authorized Service Centers in the U.S. However, if you should have a service problem that is not resolved locally,

Write:

**Customer Relations Department**

**Amana Refrigeration, Inc.**

**Amana, Iowa 52204**

or Dial:

**(319) 622-5511**

Please include model and serial numbers, date of purchase, and selling dealer.