

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:

WARNING — to reduce the risk of burns, electrical shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 4.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" below.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers — for example, closed glass jars — may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual.
7. As with any appliance, close supervision is necessary when used by children.
8. 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.
9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not use outdoors.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. See door cleaning instructions on page 14.
16. To reduce the risk of fire in the cavity:
 - a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. 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.

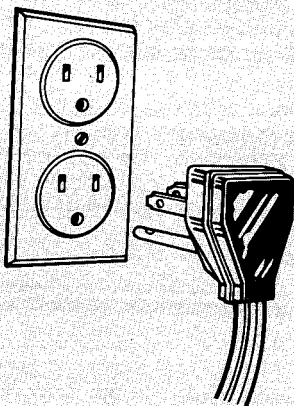
SAVE THESE INSTRUCTIONS

INSTALLATION INSTRUCTIONS UNPACKING THE OVEN

Visually inspect oven for any damage such as damaged gasketing around the door, dents or holes in the door screen, or dents inside the oven cavity.

Any dents or breakage should be reported to your Amana Dealer immediately. Your Amana Dealer will tell you if the unit will operate correctly.

GROUNDING INSTRUCTIONS



INSURE PROPER GROUND
EXISTS BEFORE USING.

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. Do not use a two-prong adaptor.

WARNING - Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The extension cord must be rated at a minimum of 15 amps, 120 volts, and should be no more than six feet in length. This oven should be plugged into a separate 120 volt, 15 amp, 60 hertz circuit. When a microwave oven is on a circuit with other appliances, an increase in cooking times may be required and fuses can be blown.

SAFETY INSTRUCTIONS

Read and follow these Rules for Safe Operation.

This microwave oven is designed to be safe and reliable. As with all appliances, there are certain rules to follow. Make sure everyone who cooks with this oven is familiar with this product's operation and with these precautions.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) 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.
- (b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) 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: (a) Door (bent), (b) hinges and latches (broken or loosened), (c) door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

PRECAUTIONS

- (a) Always press **RESET** before programming the oven.
- (b) **WARNING:** Liquids must be briskly stirred or poured (to mix in air) before being heated in a microwave oven. If air is not mixed into a liquid, the liquid can erupt in the oven or after removal from the oven.
- (c) **Eggs** must not be cooked or reheated in the shell, or with an unbroken yolk, since this may result in a pressure build-up and eruption. Pierce the yolk with a fork or knife before cooking.
Do not reheat previously cooked eggs in the microwave oven unless finely chopped or scrambled.
- (d) **Home canning** must not be done in a microwave oven. Home canning is generally done with metal lids. Since metal lids reflect microwaves, you cannot be assured that the food product will be heated uniformly to 212°F or above, and there is a probability of deterioration of the food product. USDA extension specialists do not recommend home canning in microwave ovens.
- (e) **Deep fat frying** must not be done in any microwave oven. The fat could overheat and be hazardous to handle.
- (f) **WARNING: Do not heat sealed containers in any microwave oven. Containers with restricted openings** such as syrup bottles must not be used for cooking. Food or liquid could expand quickly and cause the container to break.
- (g) **Regular cooking thermometers** must not be used in a microwave oven. Most cooking thermometers contain mercury and may cause "arcing", malfunction, and/or damage to the oven.
- (h) **Plastic bags (and other air-tight containers)** must always be pierced or opened before heating in a microwave oven. This is needed to allow steam to escape during cooking.
- (i) **Metal or ceramic accessories** which have been specially designed to absorb microwave energy to provide heat ("active" accessories such as browning skillets) may be used with caution. Be sure to test any such device before use and to read carefully and follow manufacturer's instructions provided with the accessory. Any questions concerning these accessory products should be referred to the accessory manufacturer. Amana Refrigeration, Inc., does not endorse any brand of accessory. Remember that all microwave accessories are not "top quality"; some may not be suitable for microwave cooking. Caution must be used when purchasing microwave accessories.
- (j) **Newspapers** must never be used in a microwave oven since they may ignite.
- (k) **Paper towels** which contain nylon or other synthetic fibers woven through them must not be used because the heated synthetics could melt and cause the paper to ignite.
- (l) **Use only popcorn in packages designed and labeled for microwave use.** You may place the package on the oven rack, if your microwave oven has this feature, or on an inverted microwave-safe glass loaf dish, as needed, to increase popped volume. Pop according to package directions, beginning with the minimum amount of time recommended. Pop until bag has expanded and there are one to two seconds between pops. Popcorn yields may vary. Do not continue to heat after popping has stopped, since popcorn will scorch or burn. Do not leave oven unattended. Use caution when handling the hot oven rack or glass loaf dish.
- (m) **If you're using a microwave popcorn popper,** use according to manufacturer's instructions. Do not continue to heat after popping has stopped, since popcorn will scorch or burn. Do not leave oven unattended.

CHECKING OVEN OPERATION

- A. **Set the optional entry tone.** Your oven is designed to give you the option of a "beep" signal whenever a pad is pressed. This signal lets you know the control panel has "read" and accepted your entry. If pad does not beep when pressed, the entry was incorrect and was not accepted by the control panel.

To set the entry tone:

1. Plug in the oven. Dash lines will appear in the display.

2. Press **0**.
3. Press **RESET**. The oven should "beep" now and whenever the oven is being programmed.
4. To cancel the optional entry tone **unplug the oven.**
Reconnect the oven then press RESET.

If you do not wish to use the entry tone:

1. Plug in the oven. Dash lines will appear in the display.
 2. Press **RESET**.
- B. Set the clock.**
To set the time of day:
1. Press **RESET**.
 2. Enter the time of day by pressing the numbers in sequence. For example, if it is 10:35 (a.m. or p.m.) press the number pads in sequence beginning with the **1**, then the **0**, followed by the **3** and ending with the **5**.
 3. Press **CLOCK** twice. The clock is now set.
If power to the oven is interrupted (for example, if the oven is unplugged or there is a power failure), dash lines will appear in the display. To reset the clock, complete steps "A" for optional entry tone) and "B" above. If there is a problem with resetting the clock, unplug the oven and reconnect it, then set the clock.
- C. Check the operation of the interlock systems.** The **START** and **STOP** pads turn the oven on and off. Microwave energy is generated only when the door is closed, the automatic cooking program, cooking time or temperature has been set, and **START** has been pressed. In addition, the oven has interlock switches to

ensure that no microwave energy is generated when the door is open.

To check or remove food from the oven before the cooking time has elapsed, you may either press **STOP** or simply open the door to turn the oven off. Before the oven door opens, hidden interlock switches sense the motion of the door handle and automatically turn the oven off.

Here is how you may check the operation of the **START** and **STOP** and the interlock switches.

1. Put a glass of water in the Radarange Oven and close the oven door.
2. Press **RESET**
3. Press **5**, then **0**.
4. Press **START**. The oven should now be operating. The oven interior light should be on.
5. Press **STOP**. The oven should shut off immediately. The sound of the motor should cease. The oven interior light should come on when the door is opened.
7. Press **RESET**.
If under any of the preceding conditions the oven does not operate as stated, do not use it. Call your Amana dealer or authorized servicer.

IF YOU MAKE A MISTAKE

At some time while you're learning to use your Radarange Oven you may make a programming mistake. If you do make a mistake, or are confused about what you've done—it's easy to get back on the right track.

—If the oven isn't operating— Press **RESET**.

This will cancel all the instructions you've given the oven and you can start again.

—If the oven is operating—Press **RESET**.

Pressing the pad tells the control you want to know what's happening inside the oven **right now**. If the oven appears to be doing something other than what you intended, press **STOP** then press **RESET**.

This will erase everything you've set the oven to do and you can start again.

LEARNING THE CONTROLS

The control panel on your microwave oven is amazingly simple to use! You can cook automatically or add your personal touch to any cooking operation. Take a few minutes now to become familiar with the controls:

Display—Normally shows the time of day. The words light up to let you know which pads you have pressed.

P "Pounds". Appears when a weight is displayed. For example, "1.5P" would indicate one-and-a-half pounds.

F "Fahrenheit". Appears when a temperature is displayed (ACCU-TEMP). For example, "150F" would indicate 150 degrees Fahrenheit.

LOF "Low Fahrenheit". Appears when food temperature is less than 100 degrees Fahrenheit.

H "Hours". Appears when oven automatically calculates a cooking time longer than 60 minutes. For example, "1H23" would indicate a cooking time of one hour and 23 minutes.

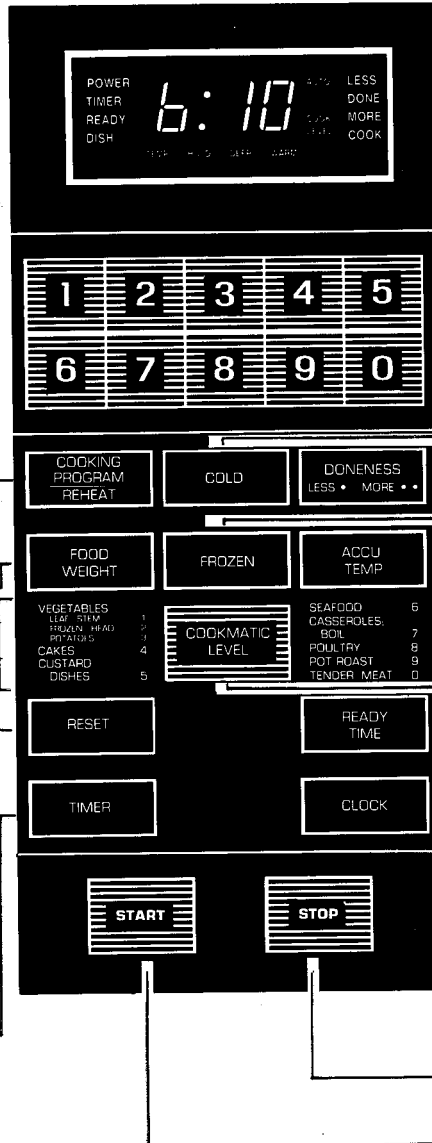
COOKING PROGRAM/REHEAT—Use to program automatic cooking after pressing number for food category.

FOOD WEIGHT—Use to enter weight of food for Automatic Cooking. Weight is entered by pressing number pads, the **FOOD WEIGHT**.

FOOD CHART—Lists general food types for automatic cooking. To use, simply press the corresponding number. (Refer to your Amana cookbook for specific food types.)

RESET—Erases instructions when the oven is not operating. The display will return to the time of day. If the oven is operating, press **RESET** to see what the oven is doing "right now".

TIMER—Use like a kitchen timer to time a separate activity.



NUMBERS—Use to (a) Select food type for automatic cooking.; (b) Set exact length of time when cooking by time; (c) Set desired end temperature when cooking to temperature with ACCU-TEMP; (d) Set timer, clock and ready time.

COLD—Use when (a) Cooking refrigerated (not frozen) foods, or (b) Extended cooking time if food is slightly underdone after automatic cooking.

DONENESS—Adjusts to cooking program to cook to desired degree of doneness. Press once to achieve slightly undercooked or "rare" results, press twice to achieve "well done" results. Food will cook to "medium" doneness if pad is not pressed.

FROZEN—Use for (a) Defrosting plus automatic cooking, or (b) Automatic defrosting only.

ACCU-TEMP—Use to (a) Cook to temperature and hold at that temperature; or (b) Display the programmed temperature when cooking to temperature; (c) Review the actual food temperature.

COOKMATIC LEVEL—Use with the number pads to manually select a cooking power level from 10% to 100% (70-700 watts) of power when cooking by time or to temperature. (Oven automatically selects proper cook level when using automatic cooking programs.)

READY TIME—Use (a) When entering the time you want the oven to have food ready to eat. Set for times up to 12 hours later. For example, if you want to serve dinner at 5:00, this pad will program the oven to start cooking at the proper time so food is cooked by 5:00; (b) To determine when cooking will be completed.

CLOCK—Use with number pads to set the time of day.

START—Starts oven operation.

STOP—Stops oven operation. The oven can also be stopped by opening the oven door.

COOKING WITH AUTOMATIC CONTROLS

The Amana Radarange control panel on your microwave oven offers an easy and exciting way to cook automatically. Simply press in the **COOKING PROGRAM** number and **FOOD WEIGHT** and the oven calculates the time and power level that will give the best results. This will be especially convenient for foods with the weight printed on the package. For example, most meat items give you the exact weight on the label. If you have a kitchen scale, you will find it helpful in weighing foods, that do not have a package weight. The scale will allow you to expand the use of automatic cooking in your oven. For your convenience, we have included a conversion chart for converting ounces into tenths of pounds, since this is how the weight of food is entered into the oven.

OUNCE

TENTH OF POUND

1	.1
2	.1
3	.2
4	.3
5	.3
6	.4
7	.4
8	.5
9	.6
10	.6
11	.7
12	.8
13	.8
14	.9
15	.9
16	1.0

TRY IT! HEATING AND REHEATING

Basic Procedure:

RESET ► **COOKING PROGRAM REHEAT** ► **ENTER FOOD WEIGHT** ► **FOOD WEIGHT** ► **COLD (If Needed)** ► **START**

It's easy to reheat food in your Radarange Oven. Use a cup of water to practice.



Step 3



Step 4



Step 5



Step 6

1. Place water in oven.
2. Press **RESET**.
3. Press **COOKING PROGRAM/REHEAT**. This tells the oven you want to reheat the food.
 - "OP" appears in the display.
 - "AUTO" and "COOK" are displayed, indicating that the oven is to cook automatically.
4. Enter the weight of the food using the number pads. For example, if you have one pound of food, press **1, 0**, then press **FOOD WEIGHT**. The weight of the food will appear in the display.

NOTE: Weights are given in pounds and tenths of pounds.
5. Press **COLD** if the food is "refrigerator" cold.
 - "WARM" is displayed, indicating that the oven will automatically warm the food.
6. Press **START**. The display will show the total cooking time and begin to count down.
 - "POWER" is displayed, indicating that the magnetron tube is generating microwave energy.
7. While the cooking time is counting down, press **STOP** or open the oven door. Look at the display. Notice that the instructions are not erased when cooking is interrupted.
8. Press **START** again. The oven automatically resumes its heating countdown time from where it was stopped.
9. If you want to stop cooking anytime, press **STOP** or open the oven door. Press **RESET** to return the display to the time of day.

NOTE:

 - If the food is still slightly underdone for your taste at the end of automatic cooking, you may want to add a little more cooking time by pressing **COLD** after the end-of-cooking signal has sounded. Then press **START**.

DEFROSTING WITH AUTOMATIC PROGRAMS

Your Radarange Oven makes it easy to defrost most foods. Each Automatic Cooking Program has a built-in defrost program.

TRY IT! DEFROSTING WITHOUT COOKING

Basic Procedure

RESET ► **COOKING PROGRAM NO.** ► **FROZEN** ► **ENTER FOOD WEIGHT** ► **FOOD WEIGHT** ► **START**

Assume you want to defrost a three and one-half pound chicken. Use a glass measuring cup and cold water to practice.

1. Place water in oven.
2. Press **RESET**.
3. Press **8** for Program 8 (Poultry).
4. Press **FROZEN** to select automatic defrost only.
 - "DEFR" is displayed, indicating that you have selected defrost.
5. Enter the weight of the chicken using number pads. Press **3, 5**, then press **FOOD WEIGHT**. The food weight will appear in the display.
6. Press **START**. The display will show the total defrost time and begin to count down.
7. If you want to stop cooking anytime, press **STOP** or open the oven door. Then press **RESET** to return to time of day.

NOTE:

- To defrost frozen, **cooked** foods, skip Step "3".
- There is no defrost time for **Vegetables**, because frozen vegetables do not need to defrost before cooking.



Step 4



TRY IT! COOKING WITH AUTOMATIC COOKING PROGRAMS

Basic Procedure:



The Radarange Oven can also automatically cook many foods to perfection. Just enter the number of the cooking program and follow the same steps as for heating and reheating. The oven instantly calculates the correct power level and cooking time for you. That's automatic operating ease!

Assume you want to cook one pound frozen peas in a casserole dish. According to the control panel food chart, Program 2 is for frozen vegetables. The number printed after a food type on the chart is the number you press to program the oven to cook that particular food. Use a glass measuring cup and cold water to practice.



Step 3



Step 4

1. Place water in oven.
2. Press **RESET**.
3. Press **2**, then press **COOKING PROGRAM/REHEAT**. This tells the oven you want to cook automatically on Program 2.
 - "OP" appears in the display.
 - "2", "AUTO" and "COOK" are displayed, indicating that the oven will cook automatically in Program "2".
4. Enter the weight of the food using the number pads. Press **1, 0**, then press **FOOD WEIGHT**.
5. Press **START**. The display will show the total cooking time and begin to count down. The word "POWER" will be displayed, indicating that the magnetron tube is generating microwave energy.

NOTE:

Some cooking programs will automatically use a lower power level. When one of these programs is selected. The word "POWER" will flash on and off as the magnetron tube cycles on and off to produce the lower power level.

6. If you want to stop cooking anytime, press **STOP** or open the oven door. Press **RESET** to return the display to the time of day. (Remember, if you press **RESET** when the oven is not operating, all instructions will be cancelled and you must start over at step "1".)

TRY IT! SELECTING DEGREE OF DONENESS

Basic Procedure:



The Radarange Cooking Programs are designed to cook food to an average or medium degree of doneness. Occasionally, you may want to cook a food shorter or longer than the usual automatic time. This is especially convenient when the **Tender Meats** program is used. The **DONENESS** pad lets you make this adjustment with accurate results. For shorter times and "rare" results, press the pad once. For longer times and "well done" results, press the pad twice.

This pad can also be used to adjust cooking times for other

foods. For example, the **Vegetables** cooking programs are designed to cook to a "crisp-tender" doneness. But if you like vegetables very crisp or very soft, the **DONENESS** pad will help you achieve the desired results.

Assume you want to cook a 3 pound refrigerated tender beef roast so it comes out "rare". According to the control panel food chart, the number to press for **Tender Meats** is "0". Use a glass measuring cup and cold water to practice.

1. Place water in oven.
2. Press **RESET**.
3. Press **0**, then press **COOKING PROGRAM/REHEAT**, for Program 0.



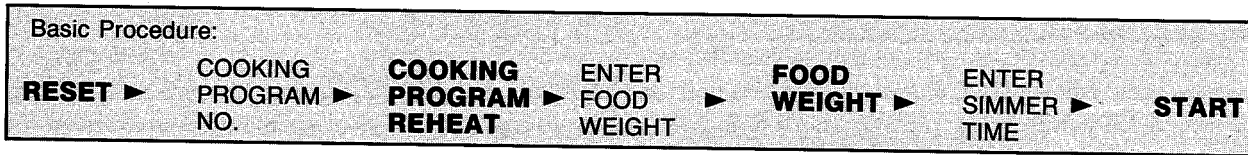
Step 6

4. Press **3, 0**, then press **FOOD WEIGHT**. The weight of the food will appear in the display.
5. Press **COLD**, if the food was refrigerated.
6. Press **DONENESS/LESS/MORE**, once for "rare".
 - "LESS DONE" appears in the display, indicating the food will be cooked to rare (less-than-average) doneness.
7. Press **START**. The display will show the total cooking time and begin to count down.
8. If you want to stop cooking anytime, press **STOP** or open the oven door. Then press **RESET** to return to time of day.

HOW TO USE THE DONENESS PAD

Press Pad	Degree of Doneness
Not At All	Medium or Average
One Time	Less Done/Rare
Two Times	Done More/Well Done
Three Times	Return to Medium or Average

TRY IT! USING AUTOMATIC SIMMER



Some recipes require a simmer period to allow flavors to blend or foods such as sauces to thicken slowly. Your Radarange Oven lets you accomplish this automatically. Simply select the cooking program number, enter the food weight, and enter the automatic simmer time.

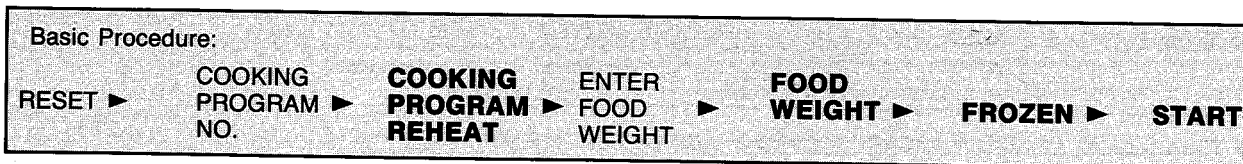
The oven will heat the food, then automatically let it simmer.

Simmer time can be added at the end of any automatic cooking program.

Assume you want to prepare the Sunny Autumn Cider recipe (1½ pounds) found in your Amana cookbook. In this recipe, you heat the ingredients, then let them simmer. Use a glass measuring cup and water to practice.

1. Place water in oven.
2. Press **RESET**.
3. Press **7**, then press **COOKING PROGRAM/REHEAT** for Program 7.
4. Press **1, 5**, then press **FOOD WEIGHT**. The weight of the food will appear in the display.
5. Press **5, 0, 0** for five minutes automatic simmer time.
6. Press **START**. The total cooking time plus automatic simmer time will appear in the display. The oven-calculated time will count down first, then the automatic simmer time will appear and begin to count down. During auto simmer "4 Cook Level" will be displayed, indicating that the water is automatically simmering at Cook Level 4.
 - "POWER" flashes on and off as the magnetron tube cycles on and off to produce the lower cook level.
7. If you want to stop cooking anytime, press **STOP** or open the oven door. Then press **RESET** to return the oven display to the time of day.

TRY IT! DEFROSTING WITH AUTOMATIC COOKING



Assume you want to defrost and cook one pound frozen ground beef. Use a glass measuring cup and cold water to practice.

1. Place water in oven.
2. Press **RESET**.
3. Press **0**, then press **COOKING PROGRAM/REHEAT**, for Program 0.



Step 3



Step 4



Step 5

4. Press **1, 0**, then press **FOOD WEIGHT**. The weight of the food will appear in the display.
5. Press **FROZEN** to tell the oven that the food to be cooked is frozen.
 - “DEFR” and “COOK” are displayed, indicating that you want the oven to automatically cook the food.
6. Press **START**. The display will show the total cooking and defrosting time and begin to count down.
 - “DEFR” will be displayed as the defrost time counts down. The word “WARM” is displayed briefly, then “COOK” appears and remains until cooking time is finished and the oven sounds a tone.
7. If you want to stop cooking at any time, press **STOP** or open the oven door. Then press **RESET** to return the display to the time of day.

USING THE READY TIME

Important Rules and Hints

The **Ready Time** feature allows you to prepare a food and put it in the Radarange Oven up to 12 hours before you want it to finish cooking. The perfect way to come home to a piping hot dinner after a long day at the office or an afternoon shopping spree! Here are a few common sense rules you **must** follow when using the **Ready Time** feature:

1. Do not hold foods longer than three hours unless the food is frozen when placed in the oven. Foods which are highly perishable (e.g. milk, eggs, fish, stuffing) should not be held for use with the **Ready Time** feature. This precaution is to prevent the growth of bacteria and production of toxins.
2. Caution children and others in the home **not** to touch the control panel after it is programmed. If several pads are pressed there is a possibility the cooking instructions could be altered.
3. When using the **Ready Time** feature on your Radarange Oven, be very careful that the correct cooking program is entered. If mistakenly programmed to cook at too high a power for too long a time in an unattended home, there is a remote chance a fire could occur inside the oven.

The **Ready Time** feature is especially recommended for frozen casseroles or main dishes, solidly frozen meats and non-frozen soups or casseroles which don't contain meat, milk or eggs.

General Hints for Using the Ready Time Feature With Frozen Main Dishes and Frozen Meats.

1. Hints for Selecting Recipes and Foods.

Select a recipe which will work well with the **Ready Time** feature. Select one which is safe for holding (for example, no fish, eggs, milk or stuffing). Use only frozen foods if the food is to be held longer than three hours before cooking.

Select a food which requires little or no stirring. We do not recommend using the **Ready Time** feature for recipes which suggest frequent stirring. If you are not there to stir the food when suggested, results will not be optimum.

Foods we especially recommend include:

- solidly frozen meats
- frozen casseroles
- non-frozen soups or casseroles which don't contain milk, meat, fish or eggs.

Foods we do **not** recommend include non-frozen meats and poultry, milk, stuffings and egg dishes.

2. Hints for freezing

Freeze the main course directly in the cooking dish intended for reheating. Line the dish with freezer cellophane or paper. Allow the paper to overlap the dish enough to finish wrapping later. Pour in the cooked and cooled food. Freeze. When the food is frozen, lift it out and finish wrapping. Label the food and return it in the freezer.

TRY IT! USING THE READY TIME

Basic Procedure:

RESET ► **ENTER READY TIME** ► **READY TIME** ► **COOKING PROGRAM NO.** ► **COOKING PROGRAM REHEAT**

ENTER FOOD WEIGHT ► **FOOD WEIGHT** ► **COLD or FROZEN (If Needed)** ► **ENTER SIMMER TIME (If Needed)** ► **START**

To use the **Ready Time** feature, first check to make sure the microwave oven clock has the correct time. Enter the time you want food to be ready then press **READY TIME**. Set the oven for the cooking program desired. The oven will calculate the cooking time and automatically start the oven so

the food is ready when you want.

Assume you want to defrost and cook the recipe for split pea soup, which has been assembled and frozen. Use a glass measuring cup and cold water to practice.

1. Place water in oven.
2. Make sure oven has the correct time of day.



Step 5



Step 6



Step 7



Step 8



Step 9



Step 10



Step 11



Step 11

3. Press **RESET**.
 4. Press the numbers for the time you want food to be ready. Then press **READY TIME**. In this example the soup should take about 22 minutes. Choose a "ready time" about 22 minutes from now. If it is now 10:06, press **1, 0, 3, 0** for a 10:30 ready time. Then press **READY TIME**.
 - The Ready Time and the word "READY" are displayed.
- NOTE:**
If you select a Ready Time which does not allow enough time to defrost and/or cook the food, the oven will begin defrosting or cooking immediately. The display will show the actual time the food will be ready. Press **RESET** and the display will show the defrosting or cooking countdown.
5. Press **7**, then **COOKING PROGRAM/REHEAT**, for program 7.
 6. Press **5**, then press **FOOD WEIGHT**. The weight of the food will appear in the display.
 7. Press **FROZEN**.
 8. Press **1, 0, 0, 0** to tell the oven you want 10 minutes automatic simmer time.
 9. Press **START**. The display will show the total defrosting and simmering time.
 10. Press and hold **READY TIME** to see when the food will begin defrosting or cooking. The selected ready time will appear when you release **READY TIME**.
 11. Press **RESET** to return display to the total cooking time. The oven will automatically turn on when the oven clock reaches its calculated start time. As the oven defrosts and cooks, press **READY TIME**. The display will first go blank, then show the selected Ready Time when the pad is released. Press **RESET** to return the display to the defrosting and cooking time countdown.
 12. If you want to stop cooking any time, press **STOP** or open the oven door. Then press **RESET** to return the display to the time of day and to cancel any remaining instructions.

TRY IT! COOKING WITH FULL POWER



This is the fastest and easiest way to cook.

1. Place food in oven and close oven door. When using the oven, always have food or water inside to absorb microwave energy.
2. Press **RESET** once.
3. Press numbers for cooking time (to cook 1 minute 10 seconds, press **1, 1, 0**). The display will show the time you have set. If you make a mistake, simply press **RESET** once and enter the desired time.
4. Press **START** and the oven will begin operating. The display will show "COOK" to indicate the oven is cooking. "POWER" indicates the oven is operating at Full Power.
5. The oven will stop and sound a signal at the end of cooking time.

TRY IT! USING THE TIMER

You can use the oven like a separate timer to time mixing, steeping or even telephone calls!

If the oven is not cooking:

1. Press **RESET** once.
2. Press the number for the time desired.
3. Press **TIMER**. The display will "count down" and show "TIMER", indicating the timer function is in use.
4. A signal will sound when the time has elapsed.

If the oven is cooking:

1. Press numbers for the time desired. Do not stop the oven.
2. Press **TIMER**. The display will "count down" the timer time and show "TIMER" along with other ongoing oven functions. The oven will continue to cook undisturbed. When timer has

elapsed, a signal will sound, the display will show any remaining cooking time and the oven will finish cooking.

3. To change a timer setting, simply press the new time desired and press **TIMER** again. Do not stop the oven.
4. To check cooking time remaining before timer has elapsed, press **RESET**

TRY IT! COOKING AT COOKMATIC COOKING LEVELS

Basic Procedure:

RESET ▶ **COOKING LEVEL NO.** ▶ **COOKMATIC LEVEL** ▶ **ENTER COOKING TIME** ▶ **START**

Just as some foods cook better conventionally at lower rather than higher oven temperatures, some foods cook better at lower rather than higher microwave power levels. This oven has 10 power levels, each well-suited for different types of foods.

The cookbook provided with this oven specifies the proper power levels to be used for optimum cooking. When no power level is programmed, the oven operates at Full Power.

1. Place food or water in oven and close oven door.
2. Press **RESET** once.
3. Press number for Cookmatic Level (to cook at level 8, press **8**, which is 80% of Full Power). The number will appear in the display.
4. Press **COOKMATIC LEVEL**.
5. Press numbers for cooking time. The time will appear in the display.
6. Press **START** and the oven will operate. The display will show "COOK" and the power level selected (for example, "8 COOK LEVEL" for Level 8). The magnetron tube cycles on and off to cook at lower power levels, so "POWER" flashes on and off accordingly as microwave energy is produced.
7. To change power levels during cooking, press the number for the new power level, then simply press **COOKMATIC LEVEL**. The oven display will change accordingly. You do not need to stop the oven. To change to Full Power, simply press **0**, then press **COOKMATIC LEVEL**.
8. The oven will stop and sound a signal at the end of cooking time.

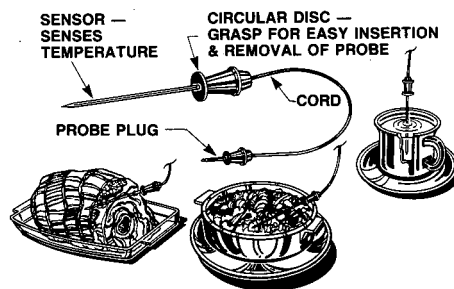
USING THE AUTOMATIC TEMPERATURE CONTROL SYSTEM

Read these special hints first.

Use the automatic temperature control system to cook foods, especially meats, to a precise temperature. It can also be used for reheating leftovers, warming soups and beverages and many other tasks. And you can hold a casserole, fondue, meat or almost any other food at serving temperature for even the latest of the late-arrivals.

1. Do not use the temperature probe to cook candies. The highest temperature sensed by the probe is 195°F, while most candies require temperatures of 230°F or higher.
2. Insert the temperature probe as shown at right:
Meats — Insert probe sensor tip in the thickest lean section, halfway between the center and the exterior, but away from fat and bone.
Casseroles, Leftovers, Beverages — Insert probe sensor tip in center.
3. Be sure probe is securely inserted into food. If the probe accidentally falls out of food, air temperature will be sensed and food will not cook properly. The probe could become damaged.
4. Do not use the probe with foil or other metal. Arcing could result. If the recipe suggests using foil, do not use the probe.
5. Do not operate the oven if probe is caught in oven door.

6. Do not use the automatic temperature control system when cooking different foods at the same time. Different foods cook at different speeds, and the results may be unsatisfactory.
7. Do not force the temperature probe into frozen food. The sensor tip could be damaged or the probe could break.
8. Use a hot pad to remove the hot temperature probe. During cooking, the probe could become hot enough to burn you.
9. Always remove the probe after use. Do not store it in the oven. Keep it in a place where it won't become lost or damaged.
10. Wash the probe with hot, soapy water. Do not immerse the probe plug in water or wash in an automatic dishwasher. Rinse and dry probe thoroughly.



TRY IT! COOKING TO TEMPERATURE/ HOLDING AT TEMPERATURE

Basic Procedure:

INSERT
TEMP. ► **RESET** ► ENTER
PROBE DESIRED ► **START**
TEMP.

Note: The Temperature-Hold feature is designed to operate when the set temperature is 140°F or above. Food such as

cooked meat, poultry or fish should be held at 140°F or above to prevent the growth of bacteria or the production of toxins.

1. Read the rules and hints on the previous page.
2. Place food in oven. Insert temperature probe tip into food, insert probe plug into right oven interior wall and close oven door.
3. Press **RESET** once.
4. Press numbers for desired temperature (to cook to 140°F, press **1, 4, 0**). The numbers will be displayed. The probe's temperature sensing range is 100° to 195° F.
5. Press **ACCU-TEMP**. The display will show "TEMP" if the probe has been inserted securely. (If the probe is not inserted securely or is damaged, the display will show "F" and the Error Signal will sound when you press **START**. Reinsert probe and reprogram instructions. If the problem persists, see page 12 to correct the problem.)
6. Press **START** and the oven will operate. (You don't program cooking time, because the oven will cook to temperature only.) The display will show "POWER" and the actual temperature of the food. To see the end temperature, press **ACCU-TEMP**.
7. To change the set temperature during cooking, press numbers for the new temperature, then press **ACCU-TEMP**. Do not stop the oven.
8. When set temperature is reached, the oven will sound a signal. If the set temperature is 139° F or lower, the oven will automatically stop when the temperature is reached.
AUTOMATIC HOLD — If the set temperature is 140°F or higher, the oven will automatically "hold" food at that temperature for 60 minutes or until you press **STOP**. To see the actual temperature, press **RESET**. To see the amount of time remaining, press **TIMER**.)
9. When cooking is finished, press **STOP**, then press **RESET** once to return to the time of day. Remove probe from the oven.

TRY IT! USING THE TEMPERATURE PROBE WITHOUT COOKING

You can use the temperature probe as a thermometer, even when the oven isn't cooking. For example, you may want to

see if tap water is warm enough to soften dry yeast (112°F), or if food is less than serving temperature (less than 140°F).

1. Place food or water item in the oven.
2. Insert temperature probe tip into item and probe plug into oven cavity wall receptacle.
3. Press **RESET** once.
4. Press **ACCU-TEMP**. The number displayed is the actual temperature of the item.
5. Remove probe and press **RESET** once to return display to the time of day.

TRY IT! USING THE OVEN RACK

The oven rack may be used to double the amount of food placed in your oven. To install the rack in the oven, open the oven door as wide as possible and place the rack in the rack supports located on the left and right sides of the oven interior. To clean the rack, wipe it with a soft sponge or cloth dampened with mild, sudsy water, or hand-wash in sink. Do not wash in a dishwasher or use harsh, abrasive cleanser.

Placement of food

Dishes may be placed on the floor and rack. Space must be allowed between foods for proper cooking results.

The following dish sizes will fit together on either the oven rack or floor with the rack in place:

- 9 x 5 x 2-inch loaf dish and 1½-quart utility dish
- 9 x 5 x 2-inch loaf dish and 1-quart covered casserole
- 1½-quart covered casserole
- 9-inch round cake dish or pie plate

Do not use a browning skillet on the rack. Heat from the skillet could damage the rack and oven interior.

Reheating

Plates of food may be easily reheated in the oven. Leftovers taste as good as they did the first time! Place one plate above the other. Heat at Full Power and switch plate positions halfway through cooking time. For best results, cover plates loosely with plastic wrap.

Defrosting

Baked products may be defrosted on the rack. Donuts, breads, cakes and sandwiches may become soggy if placed on the oven floor while defrosting.

Cooking a Meal

To cook a meal, select foods which cook well at Full Power. Foods that have the longest cooking times should be placed on the rack. Arrange other food on the oven floor.

NOTE: Rack should not be in oven unless as needed for the multiple meal concept.

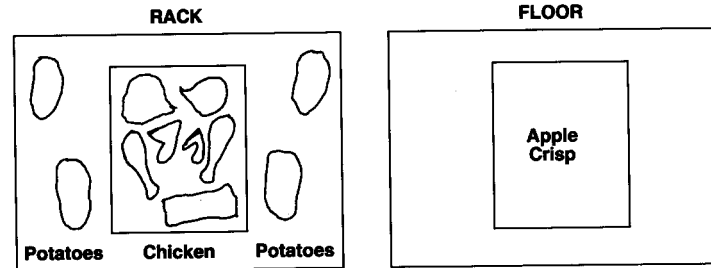
To estimate total cooking time, add recommended times for each food from the cookbook. Cook for half of total time.

Reverse position of foods from rack to floor. Cook for remaining time, checking for doneness three to five minutes before end of estimated time.

Sample meal for four:

Menu	Estimated Time
Baked Chicken, covered	21 minutes
Baked potatoes, pierced	12 minutes
Apple crisp	11 minutes
<hr/>	
	Total 44 minutes

Food Placement:



Other meats and main dishes that may work well are whole chicken, macaroni and cheese, turkey breast, or sausages.

PRECAUTIONS

TO AVOID DAMAGE TO OVEN CAVITY FINISH:

- USE RACK ONLY ACCORDING TO INSTRUCTIONS IN THIS USE AND CARE MANUAL
- WHEN USING THE RACK, IT MUST BE FULLY ENGAGED IN RACK SUPPORTS BEFORE OPERATING OVEN
- WHEN INSTALLED, RACK MUST NOT TOUCH THE OVEN CAVITY WALLS
- DO NOT LAY RACK ON BOTTOM OF OVEN
- DO NOT STORE RACK IN OVEN. KEEP IT IN A PLACE WHERE IT WON'T BECOME LOST OR DAMAGED

MAINTENANCE — CLEANING THE OVEN

To Clean The Oven and Door Interior

If the inside walls, floor, door and splatter shield at the top of the oven should become splattered, simply wipe them with a paper towel or clean with a mild detergent in warm water using a soft sponge or cloth. If desired, a cup of water can be boiled in the oven to loosen soil before cleaning. After boiling the water, allow the water vapor to settle on the oven walls and soften the soil for several minutes before you open the door.

Do not use an abrasive cleanser to clean the inside. It might damage the finish. Never pour water into the bottom of the oven.

To Clean The Splatter Shield

The splatter shield keeps the top of the oven and antenna from getting dirty. Normally, a damp cloth will remove any splatter from the shield. However, if you want to clean it more thoroughly, remove the splatter shield. Be careful not to bend the antenna when removing the splatter shield. The shield snaps into a lip in the front of the oven and three slots in the back wall. Place your thumbs in the two indentations in the front of the shield. Press lightly towards the back and carefully lower the shield away from the antenna. Pull the shield out of the back slots and out of the oven.

Wash the shield in hot soapy water. Do not wash in a dishwasher. Do not use harsh or abrasive cleansers. When

replace, fit shield tabs into the three slots at the top of the back. Lift front until shield snaps into place.

To check antenna operation, place a glass or cup of water in the unit, close the door and start the unit. A rotating shadow should be visible above the splatter shield.

To Clean The Temperature Probe, wash the metal probe in hot, soapy water. Do not immerse the probe or wires in water. Do not wash probe in dishwasher.

To Clean The Oven Exterior, use a soft sponge or cloth dampened with mild, sudsy water. Do not use abrasive cleaners.

To Clean The Discharge Air Vents

There will be a slight buildup of cooking vapors along the discharge louvers in the back of the oven on the right hand side. Clean the air vent with a damp cloth.

Always Keep the Control Panel Clean

To clean the control panel, wipe with a damp cloth or sponge. If the time of day is accidentally erased from the control, press **RESET** once, then set the correct time of day. If you wish to use the optional entry tone, unplug the oven, then follow Step A on page 4 before setting the clock.

HOW TO CHANGE THE OVEN LIGHT

The lightbulb for the inside of the oven can be changed only from the back. On the upper left hand side of the oven back is a metal plate with one screw. The lightbulb is located behind this plate.

Follow these steps to change the bulb:

- Unplug the oven from the electrical outlet.
- Facing the oven back, remove the screw and remove the plate.
- To remove the bulb, turn it counterclockwise, being careful not to burn fingers or break the bulb.
- Replace the bulb with a 40 watt, 115-125 volt appliance bulb, which can be purchased at grocery or hardware stores. To replace bulb, turn it clockwise.

- Reposition the plate, being careful not to bend the hinge tab. Replace and tighten the screw. Do not operate the oven without having the plate in place.
- Connect the oven to power outlet.



To remove bulb turn in the direction shown.

BEFORE YOU CALL FOR SERVICE:

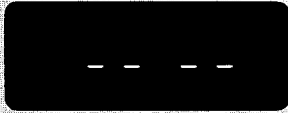
Be sure you have read and followed the operating instructions. Avoid unnecessary service calls. The space-age, electronic control module used in this microwave oven is the finest in versatility, quality and reliability. In many cases, a customer call for module timer service is caused by conditions other than failure of the controls. That's why you should read the following before calling for service.

IF MICROWAVE POWER WON'T COME ON:

- Did you press **START** ?
- Is the oven door securely closed?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE OVEN LIGHT PULSES DIMMER, THEN BRIGHTER:

- Is the line voltage to your home low or lower than usual? (The power company in your area should be able to tell you if there is low voltage to your home.)



NOTE: A Power Interruption Signal (dash lines) will appear in the display whenever the oven is initially plugged into an electrical outlet. The lines will also appear whenever electrical power to the oven has been interrupted and then restored. When you see these lines, simply set the clock.

If condition remains unchanged, please perform the following steps:

- Check to see if a fuse or circuit breaker is open.
- Unplug the oven.
- Reconnect the oven to the wall outlet. Dash lines will appear in the display.
- Press **RESET** once. (Dash lines will disappear.)

YOUR OVEN MUST BE ON A GROUNDED, POLARIZED CIRCUIT.

IF THE READOUT DISPLAY DOESN'T LIGHT UP:

- Is the oven plugged securely into the proper power outlet?
- Is a fuse blown or circuit breaker open?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE READOUT APPEARS WRONG:

- Did you remember to press **RESET** once before programming the oven?
- Have you (or someone else) pressed the controls after cooking has started?
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF THE CONTROL WILL NOT ACCEPT YOUR INSTRUCTIONS:

- For cooking to temperature, was "TEMP" displayed when you connected the temperature probe? If not, check to see if the probe jack is securely inserted into the oven receptacle. (Review explanation, page 12 & 13.)
- For cooking by time, if the condition remains unchanged, perform the steps listed in the box on this page.

IF ANOTHER FEATURE DOESN'T APPEAR TO BE OPERATING CORRECTLY:

- Have you followed the use and care instructions exactly? Review them to be sure.
- Did you press **RESET** once before programming the oven?
- Is the oven plugged into a properly grounded and polarized outlet as described in the grounding instructions (page 3 & 4)? Improper installation can result in erratic operation.
- If the condition remains unchanged, perform the steps listed in the box on this page.

IF ROOM LIGHTS DIM OR PULSE DIMMER, THEN BRIGHTER WHEN THE OVEN IS IN USE:

- Is the microwave oven on a separate circuit? (Review grounding instructions on page 3.)

IF THE TEMPERATURE PROBE APPEARS NOT TO FUNCTION CORRECTLY:

- Is the probe jack securely inserted into the receptacle? This tells the oven that it is about to be set to cook to temperature.
- Is the food you're attempting to heat already hotter than the temperature you've programmed?
- Is the food completely defrosted?
- Has the probe been accidentally left in the oven when cooking by a method other than temperature cooking? The probe could be destroyed by leaving it in the oven when cooking by a method other than temperature cooking.

IF FOOD IS OVERCOOKED:

- Did you remember to program the correct cooking power level? (Review instructions, page 12)

IF FOOD IS UNDERCOOKED:

- Are there other energy-consuming appliances on the same circuit as the microwave oven? (Review grounding instructions, page 3)
- Is the line voltage to your home low or lower than usual? (The power company in your area should be able to tell you if there is low voltage to your home.)
- Did you remember to program the correct cooking power level? (Review instructions, page 12).