

Amana®

Model R310T, R320T, R340P

Use & Care Manual

700 WATTS

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Record in the space below the Model No., Manufacturing (Mfg) No. and Serial No. found on the nameplate of your oven. The nameplate is located at the back of the oven interior in the upper left hand corner.

Model No. _____

Mfg. No. _____

Serial No. _____

Date Installed _____

Selling Dealer _____

Retain these numbers and your Sales Receipt for proof of purchase should warranty questions arise. Your Sales Receipt is required if warranty service is needed. Complete the registration card, which is included with the packet that comes with the oven. This must be filled out and returned to Amana Refrigeration, Inc. Federal regulations require that all manufacturers of microwave ovens have a permanent record of the owners of each oven.

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 3.
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 11.
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

UNPACKING THE OVEN

Inspect the oven for any damage such as dents or holes in the screen of the door or dents inside the oven cavity. Any dents

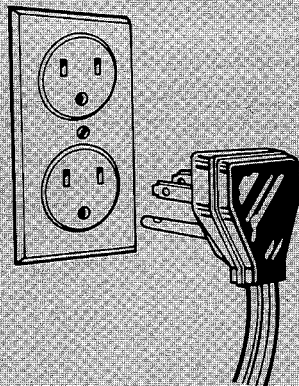
or breakage should be reported to your Amana Dealer immediately. You will be told if the unit will operate correctly.

OVEN PLACEMENT

Do not build the oven in with the sides, top or bottom airflow restricted. The oven must have sufficient airflow around it. If you wish to build in this Radarange Oven, use only Amana

model "RS" trim kits that have a label identifying which Amana Radarange Oven Model Series may be used. Trim kits can be purchased from your Amana Dealer.

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. To do so 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 carefully read 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, glass loaf dish, or hot popcorn bag.
- (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 signal.** This optional signal can be set to "beep" whenever a pad is pressed. It confirms the oven has "read" and accepted your entry.
To program the entry signal:
 - 1. Plug in the oven. Dash lines will appear in the display.
 - 2. **Press 0.** The oven will "beep" now and whenever you press any pad.

To cancel the entry signal:

Unplug the oven and reconnect it, but do not press **0**. Dash lines will appear in the display. The oven will not beep when you press the pads.

- B. **To deactivate the end-of-cycle signal.**

This optional signal can be set to "beep" to indicate when cooking time has elapsed and when food has

reached a set temperature. The signal is automatically set when you plug in the oven.

To cancel the end-of-cycle signal:

Press **TIMER** before setting the clock (while the dash lines are still displayed).

Note: Throughout this manual, you will note references to a tone that signals the end of a cooking or timing operation. If you have cancelled the end-of-cycle signal, disregard these references.

C. **Oven Light**

The oven light will come on when the door is opened. It will also come on when the oven is operating.

D. **Set the Clock (R320 and R340).**

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 numbers pads **1, 0, 3** and **5**, in that order.

3. Press **CLOCK** twice. The clock is now set. If oven power is interrupted (for example, if the supply circuit is disconnected, or if there is a power failure), all programming instructions will be erased, and dashes will appear in the display. You must then reset the desired signal options and clock as indicated above.

E. **Check 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, cooking time or temperature has been set, and

START has been pressed. In addition, the oven has interlock switches to assure no microwave energy is generated when the door is open. To check or remove food before the cooking time has elapsed, you may

either press **STOP** or open the oven 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

START, STOP and the interlock switches:

1. Place a glass of water in oven and close oven door.

2. Press **RESET**

3. Press **5**, then **0**.

4. Press **START**. The oven should operate and the oven light should come on.

5. Press **STOP**. The oven should shut off immediately and the sound of the motor should cease. The oven light should go out.

6. Open the oven door fully. The oven light should come on when the door is opened. (R310 excluded)

7. Press **RESET**.

If under any of the preceding conditions the oven does not operate as stated, do not use it. Call your dealer or authorized service agency.

THE CONTROL PANEL

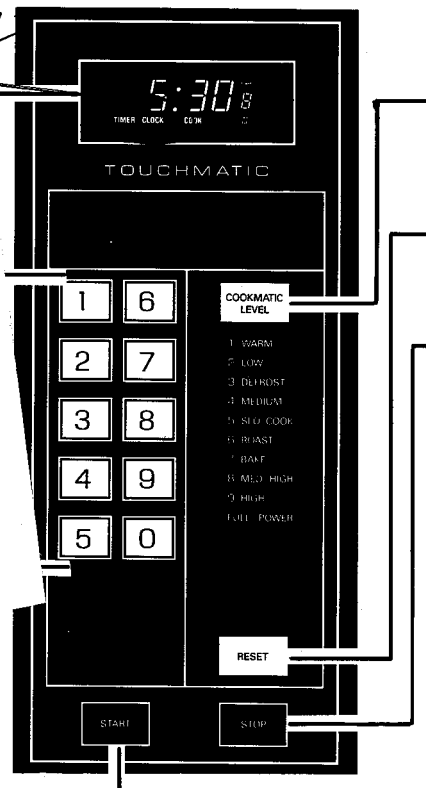
Model R310T

misleading says clock

READOUT DISPLAY — Shows remaining cooking time.

NUMBERS — Always press numbers first when programming the oven. Press in the same order as you would write them.

*R310T
No clock*



COOKMATIC LEVEL — Programs cooking power level. Press after pressing number pad corresponding to cook levels imprinted on control panel. (See page 5.)

RESET — Always press before programming oven. Can also be pressed during programming to cancel mistakes.

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

START — Starts oven operation.

IF YOU MAKE A MISTAKE

- If the oven is not operating yet, press **RESET**. This cancels everything. You must program the oven again.
- If the oven is operating, press **STOP**, then press **RESET**. This cancels everything. You must program the oven again.

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.**
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, press **RESET** and enter the desired time.

4. **Press START** and the oven will begin operating. "MICRO" and "POWER" will be displayed. "MICRO" indicates the oven is programmed to cook. "POWER" is displayed whenever microwave energy is produced. Here, "POWER" is displayed continuously, indicating the oven is operating at Full Power.
5. **The oven will stop and sound a signal at the end of cooking time.**

TRY IT! DEFROSTING/ USING COOKMATIC® POWER LEVELS

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, including defrost, each well-suited for different types of foods. Most frozen foods can be defrosted quickly by using Cookmatic Level 3, while other foods may defrost better at other Cookmatic levels. **NOTE:** Many foods, especially meats, must be defrosted completely before cooking begins. If ice crystals remain inside foods, cooking will be uneven, because the outside of food will be done, but the inside will be underdone. For best defrosting and cooking results at low power levels, carefully follow the appropriate instructions for the desired foods in the cookbook that came with this oven.

1. **Place food in oven and close oven door.** If food is inside a plastic bag, slit the bag to allow steam to escape.
2. **Press RESET.**
3. **Press numbers for Cookmatic level** (to defrost at level 3, press **3**, which is 30% of Full Power). The number will appear in the display.

4. **Press COOKMATIC LEVEL.** The display will show the number you pressed and "COOK LEVEL".
5. **Press numbers for operating time.** The numbers will be displayed.
6. **Press START** and the oven will operate. The display will show "MICRO" and "POWER" and the power level selected. (For example, "3 COOK LEVEL" for Level 3). "MICRO" indicates the oven is programmed to cook. The magnetron tube cycles on and off to achieve the lower power level, so "POWER" flashes on and off accordingly.
7. **To change power levels during operation,** simply press the number for the new power level, then press **COOKMATIC LEVEL**. The display will change accordingly and the oven will operate at the new power level. You do not need to stop the oven. To change to Full Power, press **0**, then **COOKMATIC LEVEL**.
8. **The oven will stop and sound a signal at the end of cooking time.**

THE CONTROL PANEL

Model R320T

READOUT DISPLAY — Normally shows time of day.

• Shows remaining time when cooking by time or using the **TIMER**.

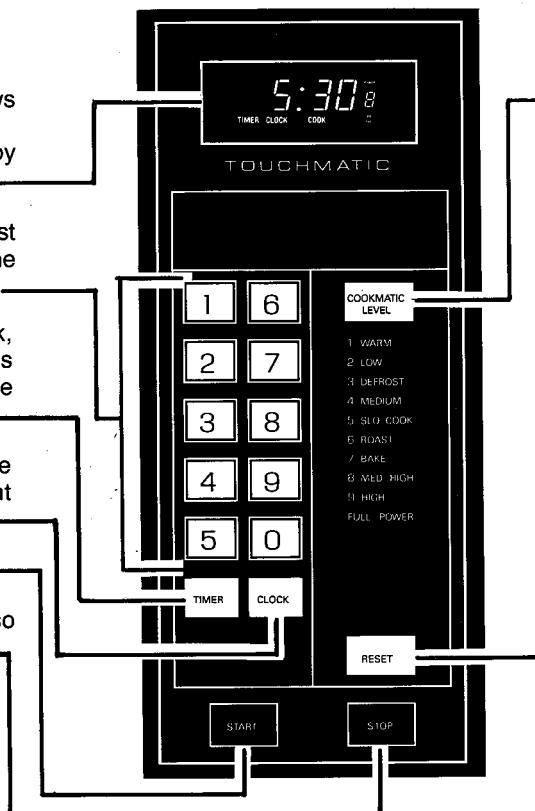
NUMBERS — Always press numbers first when programming the oven. Press in the same order as you would write them.

TIMER — Lets you time a separate task, even when the oven is cooking. Press after pressing numbers for time to be measured. (See below.)

CLOCK — Sets time of day. Press twice after pressing numbers for the current time. (See pages 4.)

START — Starts oven operation.

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



COOKMATIC LEVEL — Programs cooking power level. Press after pressing number pad corresponding to cook level imprinted on control panel. (See page 7.)

RESET — Always press before programming oven. Can also be pressed during programming to cancel mistakes. When using **TIMER** while cooking, press to see cooking time.

IF YOU MAKE A MISTAKE

- If the oven is not operating yet, press **RESET**. This cancels everything. You must program the oven again.
- If the oven is operating, press **STOP**, then press **RESET**. This cancels everything. You must program the oven again.

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**.
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, press **RESET** and enter the desired time.

4. Press **START** and the oven will begin operating. "MICRO" and "POWER" will be displayed. "MICRO" indicates the oven is programmed to cook. "POWER" is displayed whenever microwave energy is produced. Here, "POWER" is displayed continuously, indicating 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, sleeping or even telephone calls.

If the oven is not cooking:

1. Press **RESET**.
2. Press the numbers for the time desired.
3. Press **TIMER**. (NOTE: Do not press **START**.

The **START** pad is used **only** when you want to cook.) 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. Do not stop the oven. Press numbers for the time

desired. The numbers will replace the cooking time in the display, but the oven will continue to cook.

2. Press **TIMER**. The display will "count down" the timer time and show "TIMER". The oven will continue to cook undisturbed. To check remaining cooking time before the timer stops, press **RESET**. Press **TIMER** to see the timer again. When timer time has elapsed, a signal will sound, the display will show the 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.

TRY IT! DEFROSTING/ USING COOKMATIC® POWER LEVELS

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, including defrost, each well-suited for different types of foods. Most frozen foods can be defrosted quickly by using Cookmatic Level 3, while other foods may defrost better at other Cookmatic levels. **NOTE:** Many foods, especially meats, must be defrosted completely before cooking begins. If ice crystals remain inside foods, cooking will be uneven, because the outside of food will be done, but the inside will be underdone. For best defrosting and cooking results at low power levels, carefully follow the appropriate instructions for the desired foods in the cookbook that came with this oven.

1. **Place food in oven and close oven door.** If food is inside a plastic bag, slit the bag to allow steam to escape.
2. **Press RESET.**
3. **Press numbers for Cookmatic level** (to defrost at level 3, press **3**, which is 30% of Full Power). The number will appear in the display.

4. **Press COOKMATIC LEVEL.** The display will show the number you pressed and "COOK LEVEL".
5. **Press numbers for operating time.** The numbers will be displayed.
6. **Press START** and the oven will operate. The display will show "MICRO" and "POWER" and the power level selected, (For example: "3 COOK LEVEL" for Level 3). "MICRO" indicates the oven is programmed to cook. The magnetron tube cycles on and off to achieve the lower power level, so "POWER" flashes on and off accordingly.
7. **To change power levels during operation,** simply press the number for the new power level, then press **COOKMATIC LEVEL.** The display will change accordingly and the oven will operate at the new power level. You do not need to stop the oven. To change to Full Power, press **0**, then **COOKMATIC LEVEL.**
8. **The oven will stop and sound a signal at the end of cooking time.**

Model R340P

READOUT DISPLAY — Normally shows time of day.

- Shows remaining time when cooking by time or using the **TIMER**.
- Shows actual or set temperature when cooking to temperature.

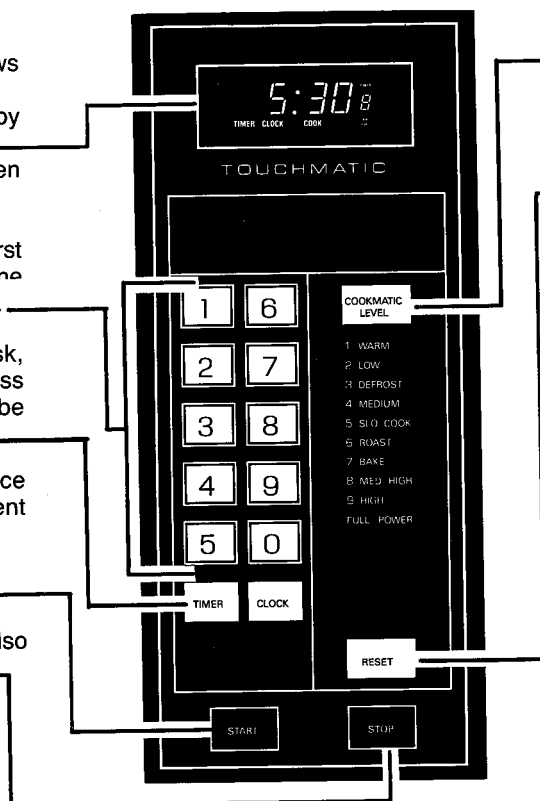
NUMBERS — Always press numbers first when programming the oven. Press in the same order as you would write them.

TIMER — Lets you time a separate task, even when the oven is cooking. Press after pressing numbers for time to be measured. (See below.)

CLOCK — Sets time of day. Press twice after pressing numbers for the current time. (See page 4.)

START — Starts oven operation.

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



COOKMATIC LEVEL — Programs cooking power level. Press after pressing number pad corresponding to cook level imprinted on control panel. (See page 4.)

RESET — Always press before programming oven. Can also be pressed during programming to cancel mistakes. When using **TIMER** while cooking, press to see cooking time.

IF YOU MAKE A MISTAKE

- If the oven is not operating yet, press **RESET**. This cancels everything. You must program the oven again.
- If the oven is operating, press **STOP**, then press **RESET**. This cancels everything. You must program the oven again.

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.**
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, press **RESET** and enter the desired time.

4. **Press START** and the oven will begin operating. "MICRO" and "POWER" will be displayed. "MICRO" indicates the oven is programmed to cook. "POWER" is displayed whenever microwave energy is produced. Here, "POWER" is displayed continuously, indicating 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, sleeping or even telephone calls.

If the oven is not cooking:

1. **Press RESET.**
2. **Press the numbers for the time desired.**
3. **Press TIMER.** (NOTE: Do not press **START**.)

The **START** pad is used **only** when you want to cook.) 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. **Do not stop the oven. Press numbers for the time**

desired. The numbers will replace the cooking time in the display, but the oven will continue to cook.

2. **Press TIMER.** The display will "count down" the timer time and show "TIMER". The oven will continue to cook undisturbed. **To check remaining cooking time before the timer stops, press RESET.** Press **TIMER** to see the timer again. When timer time has elapsed, a signal will sound, the display will show the 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.

TRY IT! DEFROSTING/ USING COOKMATIC® POWER LEVELS

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, including defrost, each well-suited for different types of foods. Most frozen foods can be defrosted quickly by using Cookmatic Level 3, while other foods may defrost better at other Cookmatic levels. **NOTE:** Many foods, especially meats, must be defrosted completely before cooking begins. If ice crystals remain inside foods, cooking will be uneven, because the outside of food will be done, but the inside will be underdone. For best defrosting and cooking results at low power levels, carefully follow the appropriate instructions for the desired foods in the cookbook that came with this oven.

1. **Place food in oven and close oven door.** If food is inside a plastic bag, slit the bag to allow steam to escape.
2. **Press RESET.**
3. **Press numbers for Cookmatic level** (to defrost at level 3, press **3**, which is 30% of Full Power). The number will appear in the display.

4. **Press COOKMATIC LEVEL.** The display will show the number you pressed and "COOK LEVEL".
5. **Press numbers for operating time.** The numbers will be displayed.
6. **Press START** and the oven will operate. The display will show "MICRO" and "POWER" and the power level selected. (For example, "3 COOK LEVEL" for Level 3). "COOK" indicates the oven is programmed to cook. The magnetron tube cycles on and off to achieve the lower power level, so "POWER" flashes on and off accordingly.
7. **To change power levels during operation,** simply press the number for the new power level, then press **COOKMATIC LEVEL.** The display will change accordingly and the oven will operate at the new power level. You do not need to stop the oven. To change to Full Power, press **0**, then **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. 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 190°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 nor wash in an automatic dishwasher. Rinse and dry probe thoroughly.

TRY IT! COOKING TO TEMPERATURE/ HOLDING AT TEMPERATURE

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 above.**
2. **Place food in oven.**
3. **Insert temperature probe plug into receptacle** located in the right oven interior wall near the back.
4. **Insert probe tip into food** and close oven door.
5. **Press RESET.**
6. **If less than full microwave power is desired**, press number for Cookmatic power level, then press **COOKMATIC LEVEL.**
7. **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 190° F.
8. **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 "MICRO" and the actual temperature of the food.

9. **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 end temperature is 140°F or higher, the oven will automatically "hold" food at that temperature for 60 minutes or until you press **STOP**. The display will show the set temperature and "HOLD". If you stop and restart the oven during the hold period, the timing of the 60 minutes will begin again.

10. **When cooking is finished, press STOP.** Remove probe from the oven 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 a sink. Do not wash in a dishwasher or use harsh, abrasive cleansers.

Placement of Food

Dishes may be placed on the oven 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 on 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. Refer to the cookbook that came with this oven for approximate defrosting times.

Cooking a Meal

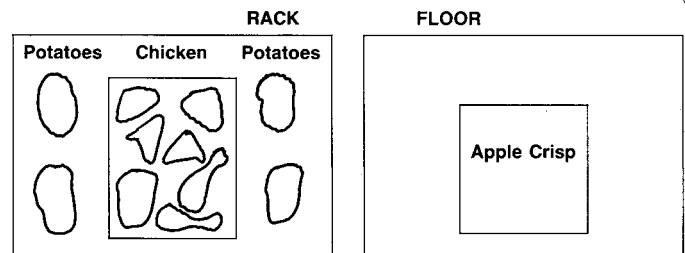
To cook a meal, select foods which cook well at Full Power. Foods that have the longest cooking times should be placed on the rack. Arrange other food on the oven floor.

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 3 to 5 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 |

Food Placement:



Other meats and main dishes that may work well are whole or cut-up 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 ALL MODELS

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 to clean the inside. It might damage the finish. Never pour water into the bottom of the oven.

To Clean the Splatter Shield Inside Oven

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 replacing, again be careful not to bend the antenna. To

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, 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 3 before setting the clock.

HOW TO CHANGE THE OVEN LIGHT



To remove bulb, turn it in the direction shown.

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:

- a. Unplug the oven from the electrical outlet.

- b. Facing the oven back, remove the screw and remove the plate.
- c. To remove the bulb, turn it counterclockwise, being careful not to burn fingers or break the bulb.
- d. 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.
- e. Reposition the plate, being careful not to bend the hinge tab. Tighten the screw. Do not operate the oven without having the plate in place.
- f. Connect the oven to power outlet.

BEFORE YOU CALL FOR SERVICE:

Be sure you have read and followed the operating instructions. Avoid unnecessary service calls. The 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.



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.

SERVICE CONTINUED

IF THE READOUT DISPLAY DOESN'T LIGHT UP, PLEASE CHECK:

- 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** 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: (MODEL R340P)

- For cooking to temperature, check to see if the probe jack is securely inserted into the oven receptacle. (Review explanation, page 9.)
- 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** before programming the oven?
- Is the oven plugged into a properly grounded and polarized outlet as described in the grounding instructions (page 2)? Improper installation can result in erratic operation.
- If the condition remains unchanged, perform the steps listed in the box on this page.

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 box on this page.

If condition remains unchanged, please perform the following steps:

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

YOUR OVEN MUST BE ON A GROUNDED, POLARIZED CIRCUIT.

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.)

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 2.)

IF THE TEMPERATURE PROBE APPEARS NOT TO FUNCTION CORRECTLY: (Model R340P).

- 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, in individual model section.)

IF FOOD IS UNDERCOOKED:

- Are there other energy-consuming appliances on the same circuit as the microwave oven? (Review grounding instructions, page 2.)
- 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, in individual model section.)

WHEN SERVICE IS REQUIRED:

Call nearest authorized service agency. (The dealer from whom you purchased your microwave oven can give you the name of your authorized Amana Service Center.) Help them give you prompt service by providing:

1. An accurate description of the trouble.
2. Complete model and serial numbers. (See front cover.)
3. Date of installation. (We also suggest you retain your sales receipt.)

Remember, repair by an unauthorized service person that results in subsequent failure will void the warranty promise. 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 Monday through Friday (8 a.m.-4:30 p.m., Central Time Zone) and ask for Customer Relations.



Amana is pleased to offer an important opportunity for long-term service protection on your new Amana appliance. The Amana Asure Extended Service Plan is specially designed to supplement the strong warranty that already accompanies your appliance, and it combines with this standard warranty to provide budget-protecting coverage on your appliance for up to five full years, covering parts, labor and travel charges. Your participating Amana dealer has details.

