

Amana[®]

.8 Cubic Foot

Microwave Oven

Model M86P

Use & Care Manual

600 Watts

Read and understand this manual before operating the oven.

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For future reference, record the following information found on the product name plate (open door and look on left side of oven cavity) and retain a copy of your sales receipt for proof of purchase.

Model No. _____ **M86P** _____

Mfg. No. _____

Serial No. _____

Date of Purchase _____

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.

SAFETY INSTRUCTIONS

Read and follow these rules for safe operation.

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

IMPORTANT SAFETY INSTRUCTIONS

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

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

1. Read all instructions before using this appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on this page.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 3.
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 a microwave 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 dropped or damaged in any manner.
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, plug, or appliance in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. See door surface cleaning instructions on page 13.
16. To reduce the risk of fire in the oven 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 the bag in the oven.
 - c) If materials inside the oven should ignite, **keep oven door closed**, press RESET, unplug the power cord or shut off power at the fuse or circuit breaker panel.

SAVE THESE INSTRUCTIONS

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 cleanser 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:
 - (1) door (bent)
 - (2) hinges and latches (broken or loosened)
 - (3) door seals and sealing surfaces.
- (d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

PRECAUTIONS FOR MICROWAVE

- **Always press RESET before programming the oven to cancel any previously programmed instructions.**
- **To prevent spontaneous boiling (eruption), 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.
- **Do not operate** the oven without food since this could damage the oven if done for a prolonged amount of time.
- **Eggs** must not be cooked or reheated in the shell, since this may result in a pressure build-up and eruption. When cooking an egg not in the shell, 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.
- **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.
- **Deep fat frying** must not be done in any microwave oven. The fat could overheat and be hazardous to handle.
- **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.
- **Regular cooking thermometers** must not be used in the microwave oven. Most cooking thermometers contain mercury and can cause "arcing", malfunction, and/or damage to the oven.
- **Plastic cooking bags (and other air-tight containers)** must always be pierced or opened before heating by microwave. This is necessary to allow steam to escape during cooking.
- **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.

- **Newspapers** must never be used in the oven since they may ignite.
- **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.
- **Use only popcorn in packages designed and labeled for microwave use.** You may place the package 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 can scorch or catch fire. Do not leave oven unattended. Use caution when handling hot glass loaf dish or popcorn bag. Use caution when opening popcorn bags as steam may be present.
- **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 can scorch or catch fire. Do not leave oven unattended.
- **Pot holders** may be needed when cooking by microwave. Containers can become hot when heat is transferred from cooked food.
- **Do not cook without the glass tray** in the proper place as food may not cook as desired.

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 immedi-

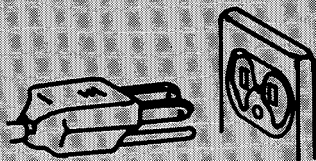
ately. You will be told if the unit will operate correctly. Place the glass oven tray in the oven. **Do not operate the oven without the glass tray in place.**

OVEN PLACEMENT

Do not build the oven in with the sides, top or bottom airflow restricted. The oven must have sufficient airflow around it. Allow 4" from the top of the unit to the cabinet and 4" from the hinge side of the unit to the cabinet. Locate the oven on a flat and stable surface. Do not place oven in a hot or damp location (i.e., near

gas or electric ranges). Do not block air vents. All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case, a thermal sensitive safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

GROUNDING INSTRUCTIONS



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.

CHECKING OVEN OPERATION

Please check for proper operation of your microwave oven when you first unpack the unit and at any time you are not sure the oven is working properly.

1. Plug oven into a grounded wall receptacle.
2. Place a heat-resistant glass or ceramic cup filled with water (at room temperature) inside the oven on the glass tray.
3. Set clock by entering desired time of day and **press CLOCK** (see page 5).
4. **Press COOK.**
5. **Press 0** to enter full power level.
6. **Press 1, 0**, then **0** to enter 1 minute of cooking time.
7. **Press START.** The oven should operate and the oven light should come on.
8. **Press PUSH-TO-OPEN DOOR LEVER.** The door will open and the oven should shut off immediately. The sound of the motor should cease and "PAUSE" should blink in the display.
9. Close oven door. **Press START** again. The oven should operate again.

10. When remaining time has elapsed, oven will sound four short signals, flash "END" and shut off. Oven light will turn off. Time of day will return to display.

11. If the oven is operating normally, the water will be hot.

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.

Oven Light

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

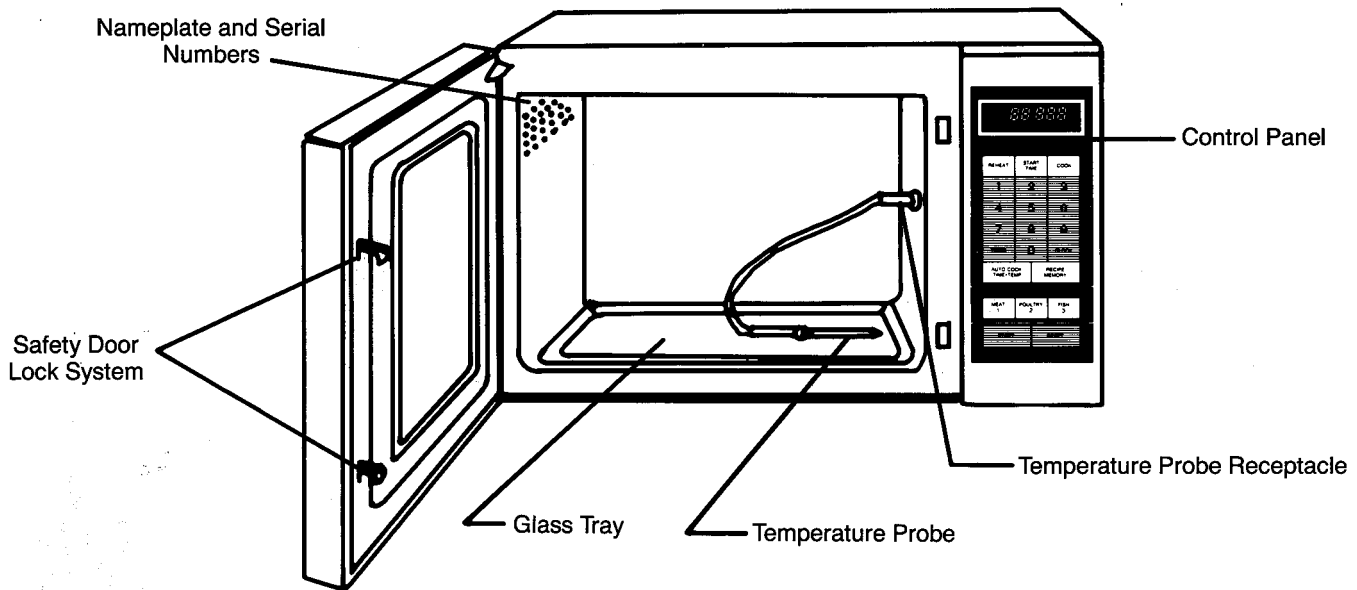
Opening Door

Opening the door during cooking will stop the cooking progress without cancelling the program. Cooking resumes as soon as the door is closed and **START** is pressed.

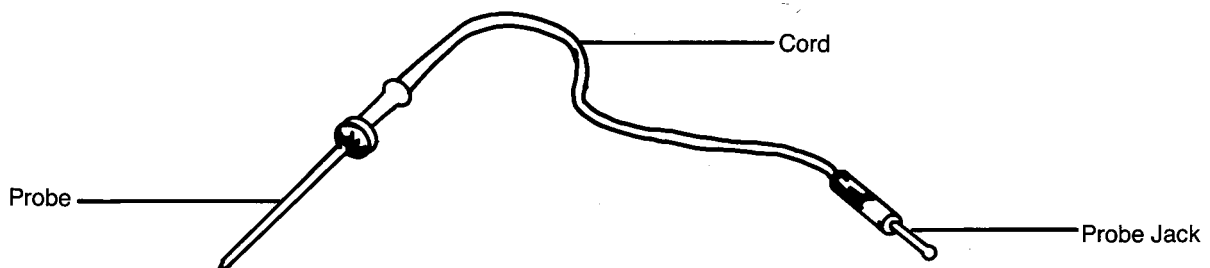
Oven Signals

One signal will sound between stages and when a pad is touched correctly. If a pad is pressed and no signal is heard, the unit has not or cannot accept the instruction. Four signals will sound when a cooking program is finished and the cooking time has elapsed. Signal will also sound periodically during Temp Hold program.

OVEN FEATURES



TEMPERATURE PROBE



CONTROL PANEL

READOUT DISPLAY — Normally shows time of day.

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

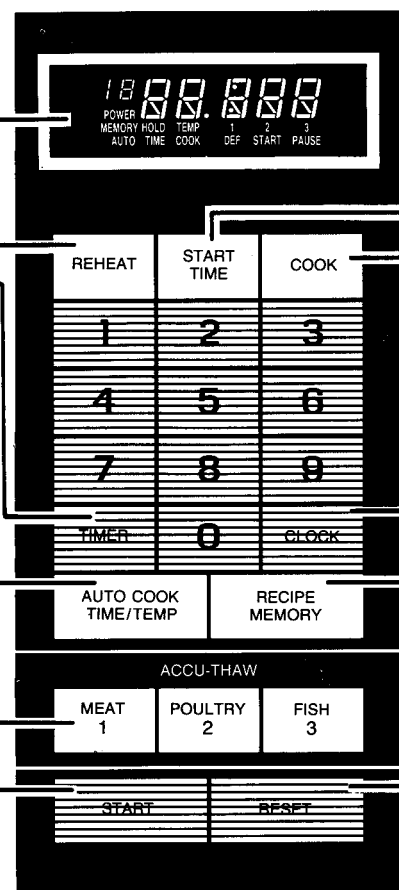
REHEAT — Automatically programmed to reheat a plate of food (see page 12).

TIMER — Used to preset and program a timed pause (no power) during the cooking cycle. Lets you time a separate task (see page 6).

AUTO COOK TIME/TEMP — Allows you to cook certain foods without having to select cooking times, temperatures or power levels (see page 8 and 11).

ACCU-THAW — There's no need to worry about time or power settings as you defrost meats, poultry or fish by the pound. Simply select category 1 or 2 or 3 by touching the desired category pad. Then enter the weight of your frozen food by touching the appropriate numbers (see page 7).

START — Starts oven operation.



START TIME — Programs oven to start later. Press before entering the time of day you want oven operation to begin (see pages 12 and 13).

COOK — Programs the oven to cook by time or temperature. Press before entering desired time or temperature (see pages 6 and 10).

CLOCK — Used to set the time of day. Press after pressing numbers for time of day (see page 5).

RECIPE MEMORY — Programs and recalls timings or temperatures for three of your favorite recipes. Press before entering time or temperature cooking procedures (see page 12).

RESET — Press once to clear previously programmed instructions. When oven is operating, press once to temporarily stop cooking process, then press again to cancel the whole program and return time of day to display. Press once to cancel Temp Hold program.

TO SET CLOCK

Note: The clock should be set before programming the oven.

1. When the oven is first plugged in, the digital display window will be blank except "TIME" indicator light will flash.
2. Enter the time of day by pressing the appropriate number pads in sequence.
Example: If it is 12:59 (a.m. or p.m.), press the the number pads... **1**, **2**, **5**, and **9** in sequence. The display window will show 12 59.
3. Press **CLOCK**. "TIME" indicator light disappears and colon appears. The clock is set and will keep the time of day

as long as the unit is plugged in and electric energy is supplied.

NOTE: To reset the time of day in the display window **press CLOCK**. The display window will be blank and "TIME" will blink. Enter the correct time of day by following the above procedure in steps 2-3. If an improper time is entered, the word **ERROR** will appear and the end-of-cycle signal will sound.

IF YOU MAKE A MISTAKE WHEN PROGRAMMING

Before Cooking: Press **RESET** once to clear all previously programmed instructions. Then program the oven again.

During Cooking: Press **RESET** once temporarily to stop cooking process. Press **RESET** again to cancel entire program and time of day will return to display. Then program the oven again.

TRY IT! USING THE TIMER

You can use the oven like a separate timer to time mixing, steeping or even telephone calls! Note: The **TIMER** can only be used when the oven is not cooking or defrosting.

1. Press **RESET**.
2. Press **TIMER**.
 - Time of day clock disappears.
 - “HOLD,” “TIME” and “1” indicator lights appear in the display.
3. Press numbers for desired time.
 - The time will appear in the display.

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 **COOK**.
 - The time of day clock disappears.
 - “POWER” indicator light will flash.
 - “TIME COOK” and “1” indicator lights appear in the display.
4. Press **0**. This sets the oven to cook at HIGH (Full Power).
 - Selected power level appears in the display.
 - “TIME COOK” indicator lights will flash.

TRY IT! COOKING WITH 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 600 watt 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. Use the chart below to correlate the power level words in the cookbook with power level numbers.

1. Place food or water in oven and close oven door.
2. Press **RESET**.
3. Press **COOK**.
 - The time of day clock disappears.
 - “POWER” indicator light will flash.
 - “TIME COOK” and “1” indicator lights appear in the display.
4. Press number for desired Power Level. For example, to select **MED-HIGH**, press **7**. This will give you 70% of the full power.
 - Selected power level appears in the display.
 - “TIME COOK” indicator lights will flash.

4. Press **START**. The display will “count down,” indicating the timer function is in use. The oven door must be closed.
5. When “timing” is finished, the display will flash “End” and sound 4 short signals. The time of day will reappear in the display.

NOTE: If the oven door is opened when the **TIMER** is running, “PAUSE” will flash in the display and the **TIMER** “count down” will stop. To continue timing, shut door and press **START**.

5. 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** and re-enter the desired instructions.
6. Press **START** and the oven will begin operating.
 - The display will show the time counting down second by second and the power level selected.
 - “TIME COOK” and “1” indicator lights remain in the display during cooking.
7. At the end of cooking time, the oven display will flash “End” and sound 4 short signals. The time of day will reappear in the display.

5. Press numbers for cooking time. The time will appear in the display.
6. Press **START** and the oven will operate. Since the magnetron tube cycles on and off to cook at lower power levels, the oven can be heard pulsing on and off during cooking.
 - The display will show the time counting down second by second and the power level selected.
 - “TIME COOK” and “1” indicator lights remain in the display during cooking.
7. At the end of cooking time, the oven display will flash “End” and sound 4 short signals. The time of day will reappear in the display.

POWER LEVEL	CORRESPONDING NUMBER	% POWER
HIGH	0	100%
MED-HIGH	7	70%
MED	5	50%
LOW	3	20%

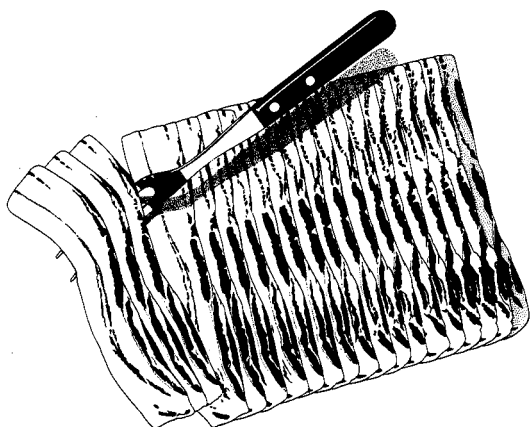
TRY IT! DEFROSTING WITH THE ACCU-THAW FEATURE

Most frozen foods can be defrosted quickly by using **ACCU-THAW**, which automatically selects various power levels for optimum defrosting results, without much of the premature cooking that occurs with many ordinary microwave oven defrost cycles. It pulses microwave energy on and off at the proper power levels. During the "on" periods, the exterior of the food is heated. During the "off" periods, heat is conducted to the interior of the food, allowing uniform defrosting with little or no cooking on the exterior. 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 the food will be done, but the inside will be underdone.

This feature allows you to defrost meat (1), poultry (2) or fish (3) by weight. Simply program the **ACCU-THAW** category number and the weight of the food. The oven will automatically select the optimum time and power levels to defrost that food.

To defrost foods using ACCU-THAW:

1. Place frozen food inside 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 the desired **ACCU-THAW** number pad to select one of the three different categories (see chart below).
For example, to defrost ham, press **ACCU-THAW** pad **1**.
— Time of day clock disappears.
— Selected **ACCU-THAW** category number appears in the display.
— "AUTO" and "DEF" indicator lights appear in the display.
4. Enter the weight of your meat, poultry or fish by pressing the appropriate number pads to the nearest 10th of a pound.
For example, to enter 3½ pounds, press **3, 5**.
— Selected weight appears in the display.
5. Press **START** and the oven will operate. The display will show the preprogrammed defrosting time.
— "AUTO" and "DEF" indicator lights remain in the display during defrosting.
6. When **ACCU-THAW** ends, the display will flash "End" and sound 4 short signals.
— Time of day will reappear in the display.



To use, simply program the **ACCU-THAW** defrost category **1, 2** or **3** and the weight of food in pounds (1.0) and tenths of a pound (.1). See example in step 4 above. **ACCU-THAW** weight defrost can be used for food ranging in weight from 0.1 pounds to 6 pounds.

Category Number	Food	Item	Max. Weight
1	MEAT	Ground meats, roast, ribs, stew meats, chops, steaks, frankfurters, ham	6 lb.
2	POULTRY	Whole or cut-up chicken, whole cornish hens, whole turkey	6 lb.
3	FISH	Shrimp, sea scallops, whole fish	6 lb.

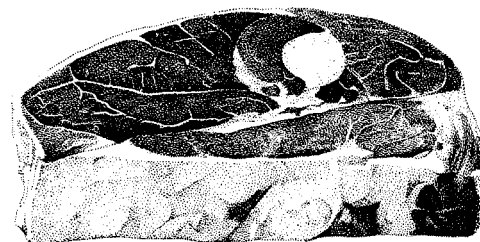
Follow this chart to convert ounces and hundredths of a pound into tenths of a pound.

PACKAGE WEIGHTS		PROGRAMMING WEIGHT
OUNCES	HUNDREDTHS OF A POUND	TENTHS OF A POUND
0 — ½	.96 — .05	0.0
1 — 2	.06 — .15	0.1
2½ — 4	.16 — .25	0.2
4½ — 5½	.26 — .35	0.3
6 — 7	.36 — .45	0.4
7½ — 8½	.46 — .55	0.5
9 — 10	.56 — .65	0.6
10½ — 12	.66 — .75	0.7
12½ — 13½	.76 — .85	0.8
14 — 15½	.86 — .95	0.9

Note: If a roast weighs 3.95 pounds or 3 pounds 14 ounces, program 3.9 pounds. If a roast weighs 3.99 pounds, or 4 pounds 0 ounces, program 4 pounds (4.0).

Defrosting Using Power Levels

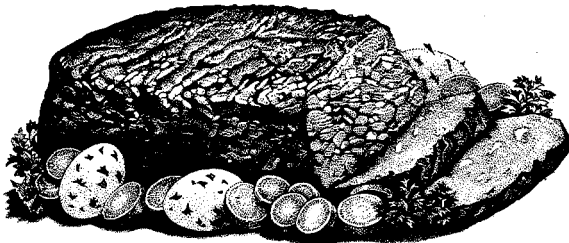
Most frozen foods can be defrosted quickly by using Power Level 5, while other foods may defrost better at other power levels. For best defrosting at lower power levels, carefully follow the appropriate instructions for the desired foods in the cookbook that came with this oven. To program power levels, see page 6 of this manual.



TRY IT! USING AUTO TIME COOKING

Auto Time Cook allows you to cook most of your favorite foods without having to select cooking times and power levels. The oven does it automatically.

1. Place food in oven.
2. Press **RESET**.
3. Press **AUTO COOK TIME/TEMP**.
 - The time of day disappears.
 - "A" and "0" appear in the display.
 - "AUTO TIME" and "COOK" indicator lights appear in the display.
4. Press desired **AUTO TIME COOK** category number (see this page). For example, press **4**, to automatically cook 4 baked potatoes.
 - Auto category number appears in the display, replacing the "0".
5. Press **START**. The oven will operate automatically according to the selected food category.
 - The display will show the time counting down second by second and the preprogrammed power level.
 - "AUTO TIME", "COOK" and "POWER" indicator lights remain in the display during cooking.
 - Each of the **AUTO TIME COOK** categories cooks in one to three different stages. Indicator lights "1, 2 and 3" will appear in the display during the corresponding cooking stages and oven will sound a short signal each time it moves to another stage.
6. At the end of **AUTO TIME** cooking, the display will flash "End" and sound 4 short signals. The time of day will reappear in the display.



AUTO COOK #1: BACON

4 slices bacon

1. Arrange bacon on paper towel-lined plate. Cover with another paper towel. Press **AUTO TIME/TEMP COOK, 1, and START**.

AUTO COOK #2: HOT DOGS

4 hot dogs and buns

1. Place each wiener in a bun. Wrap each in a paper towel. Press **AUTO TIME/TEMP COOK, 2, and START**.

AUTO COOK #3: HAMBURGERS

1 lb. ground beef

1 egg

1/3 cup tomato sauce

1/4 cup chopped onion or green pepper

1/4 cup dry bread crumbs

1 teaspoon salt

1/4 teaspoon pepper

1. In medium mixing bowl, combine all ingredients. Mix well. Shape into 4 patties. Indent center of patties. Place in baking dish. Press **AUTO TIME/TEMP COOK, 3, and START**.
2. After cooking stage 1, turn hamburgers over, if necessary. Press **START**.

AUTO COOK #4: BAKED POTATOES

4 potatoes (6 oz. each)

1. Choose potatoes of equal size. Pierce skin of potatoes. Arrange in circle on paper towels in oven.
2. Press **AUTO TIME/TEMP COOK, 4, and START**.

AUTO COOK #5: MEATLOAF

2 lbs ground beef

1/2 cup tomato sauce

3/4 cup finely-chopped onion

1/4 cup dry bread crumbs

2 tablespoons packed brown sugar

1 egg

1 teaspoon salt

1/2 teaspoon prepared mustard

1/4 teaspoon pepper

1. In medium mixing bowl, combine all ingredients. Mix well. Transfer mixture to loaf dish. Shape into loaf. Brush with ketchup. Cover dish with vented plastic wrap. Press **AUTO TIME/TEMP COOK, 5, and START**.
2. After cooking stage 1, drain fat if necessary. Press **START**.

AUTO COOK #6: SCRAMBLED EGGS

4 eggs

2 tablespoons milk or half-and-half

2 tablespoons butter or margarine - melted, salt and pepper to taste.

1. Place eggs in bowl. Add milk. Beat until well blended. Add butter. Cover bowl with vented plastic wrap. Press **AUTO TIME/TEMP COOK, 6, and START**.
2. After cooking stage 1 (oven stops), stir eggs. Recover. Press **START**. After cooking stage 2 (oven stops again), stir once. Recover. Press **START**. Stir before serving.

TEMPERATURE PROBE COOKING GUIDELINES

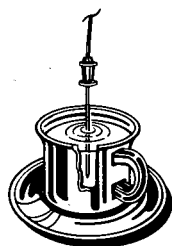
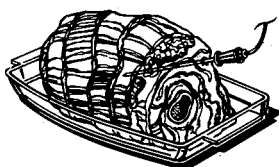
The **temperature probe** allows you to cook foods to a precise temperature. It can be used for not only cooking foods, but also reheating leftovers, warming soups, and for a variety of other food preparations. You can also hold foods such as casseroles and meats at serving temperature for even the latest of late arrivals or use it to simmer foods. Read this introductory temperature probe page and then refer to each section for programming instructions.

Hints to Know Before Using the Temperature Probe

- The temperature probe's programming range is 100°F to 195°F.
- The temperature probe can be programmed in 5°F increments. (For example, 145°F can be programmed, if desired).
- 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.
- Do not use the probe with foil or other metal since arcing could result. If the recipe suggests using foil, do not use the probe.

- Do not use the temperature probe system when cooking several different foods at the same time. Different foods cook at different speeds and the results may be unsatisfactory.
- Do not use probe with any type of browning dish—arcing may occur causing damage to probe or oven.
- **AUTOMATIC HOLD** — When using the temperature probe, the oven automatically “holds” the food at the programmed temperature for 60 minutes or until you stop the oven. (Note: Perishable foods such as meat, poultry, fish, casseroles, etc., should be held at 140°F or above to prevent regrowth of bacteria or the production of toxins.) When holding, the oven will sound a signal every minute during the hold time until the food is removed from the oven. Note: Once the oven door is opened, the “HOLD” feature is eliminated and the program is cancelled.
- Note that the temperature probe cannot be used in non-temperature programs.

How to Use and Insert the Probe



- 1) To program the oven for temperature probe cooking, plug must be connected to oven wall receptacle.
- 2) Insert the temperature probe into food as shown.
Meats — Insert the probe sensor tip into the thickest lean portion of the meat, but away from any fat or bone. Inaccurate probe readings can occur when the sensor tip is touching fat or bone and the meat will not cook to the desired doneness.
Casseroles, Leftovers, Beverages — Insert probe sensor tip in center of food. See left.
See additional guidelines in cookbook for particular foods.
- 3) Probe should be inserted **at least one inch** into center of food to insure accurate temperature reading. If probe is not inserted securely into the food, it may fall out accidentally and the air temperature will be sensed and food will not cook properly. Arcing (bluish sparks) and damage to the probe can result.
- 4) **Do not force the temperature probe into frozen food.** The sensor tip could be damaged or the probe could break.
- 5) Do not allow temperature probe tip to touch surface of oven wall. Damage to probe and/or oven can result.
- 6) Do not hit or drop probe. Damage may occur causing incorrect temperature readings and inaccurate cooking results.
- 7) **Do not operate the oven if probe is caught in oven door.**
- 8) **Use a hot pad to remove the hot temperature probe.** During cooking, the probe and oven can 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. If oven should be turned on accidentally, damage to probe and/or oven can result.
- 10) **Do not immerse probe in water or wash in dishwasher.** Wash the probe by hand with hot, soapy water. Rinse and dry probe thoroughly.
- 11) If wires should ever become exposed on the probe, do not use the temperature probe.

TRY IT! COOKING TO TEMPERATURE/ HOLDING AT TEMPERATURE

Note: Food such as cooked meat, poultry, fish or casseroles should be held at 140°F or above to prevent the growth of bacteria or the production of toxins.

1. **Read and follow guidelines on page 9.**
2. **Insert temperature probe tip into food. Place food in oven. Insert probe plug into receptacle on right oven interior wall near the back. Close oven door.**
3. **Press RESET.**
4. **Press COOK.**
 - Time of day clock disappears.
 - “POWER” indicator light will blink. “0” appears above “POWER”.
 - “TEMP COOK” and “1” indicator lights appear in the display.
5. **Press number for desired Power Level.** For example, to select HIGH, **press 0.**
 - Selected power level appears in the display.
 - “TEMP COOK” indicator lights will blink.
 - “F” appears in the display.
6. **Set desired temperature (100°F-195°F) by pressing appropriate number pad (see chart). For example, if 140°F is desired, press “5”.**
 - Selected temperature appears in the display.
 - “TEMP COOK” indicator light will blink.
 - “1” indicator light remains in the display.
7. **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 the current temperature of food being cooked, rising in 5°F increments. If the starting temperature of the food is lower than 90°F, “L90F” will be displayed until food reaches 90°F.
 - When food reaches the set end temperature, the display will show “End,” sound 4 short signals and “Hold” will appear and remain in the display for up to 1 hour or until the door is opened. The oven will sound a signal every minute during the hold time until the food is removed from the oven.

Note: Once the oven door is opened, the “Hold” feature is eliminated and the program is cancelled. Time of day will return to display.

Temperature Chart

Temperature	Pad Number	Press Pad
100°F	1	Once
105°F	1	Twice
110°F	2	Once
115°F	2	Twice
120°F	3	Once
125°F	3	Twice
130°F	4	Once
135°F	4	Twice
140°F	5	Once
145°F	5	Twice
150°F	6	Once
155°F	6	Twice
160°F	7	Once
165°F	7	Twice
170°F	8	Once
175°F	8	Twice
180°F	9	Once
185°F	9	Twice
190°F	0	Once
195°F	0	Twice

Note: Pressing the same numeric pad twice, increases the programmed temperature by 5°F. For example, by pressing pad “5” once, the oven will be programmed to cook to 140°F. By pressing pad “5” a second time, the oven will be programmed to cook to 145°F. Pressing that pad a third time returns the program to 140°F.

TRY IT! USING AUTO TEMPERATURE COOKING

Auto Temperature is designed for automatically cooking foods to a selected temperature using preprogrammed power levels.

1. Insert temperature probe horizontally (when possible) into center of food and place in oven. Connect probe plug to oven receptacle.
2. Press **RESET**.
3. Press **AUTO COOK TIME/TEMP**.
 - The time of day clock disappears.
 - "A" and "0" appear in the display.
 - "AUTO" and "TEMP COOK" indicator lights appear in the display.
4. Press desired AUTO TEMP COOK category number (see this page). For example, press **3**, to automatically cook a beef roast to medium doneness.
 - Auto temperature category number appears in the display, replacing the "0".
5. Press **START**. The oven will operate automatically according to the selected **AUTO TEMPERATURE** category.
 - The display will show the actual food temperature, rising in 5°F increments and the preprogrammed power level.
 - "AUTO" and "TEMP COOK" indicator lights remain in the display during cooking.
 - Each of the **AUTO TEMP COOK** categories cooks in one to three different stages. Indicator lights "1, 2 and 3" will appear in the display during the corresponding cooking stages and oven will sound a short signal each time it moves to another stage.
6. When food reaches the preprogrammed end temperature (see this page), the display will flash "End," sound 4 short signals and "Hold" will appear and remain in the display. The oven will hold the food at the end temperature for up to 1 hour or until the oven door is opened. The oven will sound a signal every minute during the hold time until the food is

removed from the oven. Once the oven door is opened, the "Hold" feature is eliminated and the program is cancelled. Time of day will return to display. NOTE: If meat is not to be held, let stand, covered, 10 minutes before serving.

Note: The number pads change in function according to your selection by pressing **AUTO COOK TIME/TEMP** before pressing the number pad.

Category Number	Food Item	Final Temp	Hold Time
1	Heating Liquids to Dissolve Yeast	115°F	60 min.
2	Beef (Rare)	125°F	60 min.
3	Beef (Medium)	155°F	60 min.
4	Beef and Pork (Well Done)	175°F	60 min.
5	Casseroles	190°F	60 min.
6	Beverage	190°F	60 min.

Preparing Food for Auto Temperature Cooking

1. For roasts, place roast on trivet in microwave safe dish. Insert probe horizontally into the thickest lean portion of the meat, not touching bone or fat (see guidelines page 9). Cover with wax paper.

Place meat in oven with probe to the right; insert cable end of probe firmly into receptacle on oven wall.
2. For casseroles or liquids, place probe as near to the center of the food as possible (see guidelines on page 9).

Place food in oven with probe to the right, insert cable end of probe firmly into receptacle on oven wall.

TRY IT! PROGRAMMED COOKING USING 3 COOKING STAGES

This oven can remember up to three cooking stages, so you can program the oven to cook by time or temperature, using different power levels, all with one set of instructions. This feature can also be programmed in combination with the Accu-Thaw defrost feature, if desired. If used, the Accu-Thaw defrost feature must be programmed first.

NOTE: When programming, you must program all time or all temperature settings in the 3 stage sequence. (For time and temperature programming steps, refer to respective sections of this manual.)

1. **Place food in oven.** (If using temperature probe, insert tip of probe into center of food before placing food in oven. Connect probe plug to oven receptacle.)
2. Press **RESET**.
3. Press **COOK**.
 - The time of day clock disappears.
 - "POWER" indicator light will blink.
 - "TIME COOK" or "TEMP COOK" and "1" indicator lights appear in the display.
4. Press number for desired power level.
 - Selected power level appears in the display.
 - "TIME COOK" or "TEMP COOK" indicator lights will blink.
5. Press numbers for cooking time or appropriate pad for desired temperature.

6. **To advance to stage 2, press COOK.** Enter your instructions in stage 2, as you did in steps #4 and #5.
 - "2" indicator light appears in the display.
7. **To advance to stage 3, press COOK.** Enter your instructions in stage 3 as you did in steps #4 and #5.
 - "3" indicator light appears in the display.
8. **Always check programming instructions before starting the oven.** Uncorrected mistakes can cause food to cook improperly or be ruined. **To check** what you have programmed in either the Time or Temperature method of cooking, press **COOK** once, twice or three times (depending on the Stage 1, 2 or 3) that you want to confirm. The Time or Temperature for that Stage will appear in the display window for approximately 2-3 seconds.
9. Press **START** and the oven will operate.
 - The "1, 2 or 3" indicator light will appear in the display to correlate with the stage in which the oven is cooking. If using Accu-Thaw defrost, this will appear first followed by the other 1, 2, or 3 cooking stages.

NOTE: No changes in cooking stages can be made after the oven has started operating. To make a change you must stop the oven, press **RESET**, and reprogram the entire cooking sequence. When making changes in this manner be careful to take into account time already elapsed or temperature reached in the old program before entering the new program.

TRY IT! RECIPE MEMORY

With RECIPE MEMORY you can program three of your favorite recipes, for up to three stages each, using either time or temperature cooking. Note: When programming three stages for one recipe, you must program all time or all temperature in the three stage sequence.

1. Press **RESET**.
2. For recipe 1, program in cooking time or temperature instructions (for up to three stages), using **Cooking Stage** procedures on page 11.
3. Press **RECIPE MEMORY**.
 - “MEMORY” indicator light appears in the display.
 - “A” and “0” appear in the display.
4. Press **1**. This assigns your recipe a reference number.
 - The assigned recipe number appears in the display.
5. Press **START**. This enters the recipe instructions into the oven memory.
6. Using above procedures, enter your cooking instructions for recipes 2 and 3, **pressing 2 and 3** respectively in step #4, to assign recipe reference numbers.
7. To recall instructions for recipe 1, press **RECIPE MEMORY**.

- “MEMORY” indicator light appears in the display.
- “A” and “0” appear in the display.

8. Press **1**.
 - The selected recipe number will appear in the display.
9. Press **START**. The oven will operate according to the instructions entered for recipe 1.
10. Repeat steps #7-9 to recall recipes 2 and 3.

To review the programmed recipes:

1. Press **RESET**.
2. Press **RECIPE MEMORY**.
3. Press corresponding number pad for recipe 1, 2, or 3, whichever recipe you want to review.
 - Recipe number will appear in display.
4. Press **RECIPE MEMORY** until you have reviewed all the stages of that recipe.
5. Press **RESET**. Repeat steps 2-4 for any other recipes you want to review.

Note: If power to the oven is interrupted, Recipe Memory is lost and must be reprogrammed.

TRY IT! REHEATING WITH THE AUTOMATIC REHEAT FEATURE

One of the advantages of microwave cooking is the fact that previously cooked food can be reheated quickly and with restored taste. The reheat feature is automatically preprogrammed to provide 3 minutes at **HIGH**, the perfect amount of time for reheating a plate of food.

1. Place food in oven.
2. Press **RESET**.
3. Press **REHEAT**.
 - Time of day clock disappears.
 - “POWER” and “TIME COOK” indicator lights appear in the display.

4. Press **START** and the oven will operate.
 - Time appears in the display and counts up second by second.
 - Oven will sound a short signal after each minute of cooking.
5. When 3:00 is reached, the display will flash “End” and sound 4 short signals.
 - Time of day will appear in the display.

Note: The temperature probe cannot be used with this feature.

TRY IT! USING AUTOMATIC START TIME

Read these rules and hints first.

The automatic start time feature lets you program the oven to start cooking food up to twelve hours later. Remember:

1. Do not hold any frozen, highly perishable food longer than four (4) hours. Highly perishable foods such as milk, eggs, fish, poultry and stuffing should not be cooked using the automatic start time feature unless frozen.
2. Use only frozen foods if the food is to be held longer than 1 hour before cooking.
3. Use foods that require little or no stirring or turning. If you are not there to turn or stir food when suggested, cooking results will be less than optimum.
4. The safest foods to use are frozen casseroles and main dishes, or non-frozen soups or casseroles that do not contain meat, milk or eggs.
5. To Prepare Frozen Main Course For Automatic Start Time: Freeze food directly in the cooking dish, or line dish with enough freezer cellophane or paper to finish wrapping after food is frozen. If a temperature probe will be used during cooking, freeze food with a clean, rigid plastic straw inserted slightly off center in the food, without touching the

bottom of the dish. Cut top of straw so only 1/4 inch to 1/2 inch is visible above the food. Insert probe through the straw when food is taken out of the freezer. Remove freezer wrap and cover food with plastic wrap or a glass lid before cooking.

6. Be sure the correct cooking sequence is programmed. If the oven is programmed to cook unattended too fast or too long, there is a remote chance a fire could occur. Extreme overcooking can cause food to smoke or char.
7. Be sure to set the correct Start Time. A good formula to remember is:
Serving Time – Approximate Oven Time = Start Time.
For example, if you want to eat at 5:00 p.m., and cooking time will take one hour, set the oven to start at 4:00 p.m.
8. Caution children and others not to touch the control panel after the oven is programmed. If any pads are pressed, cooking instructions could be altered.
9. Be sure the oven time-of-day clock is correct.
10. Remember to press **START** before you leave the oven. Otherwise, the oven will not operate at the programmed Start Time.

TRY IT! AUTOMATIC START TIME

1. Read the rules and hints listed on previous page.
2. Place food in oven and close oven door.
3. Press **RESET**.
4. Check that the oven clock has the correct time of day.
5. Press **START TIME**.
 - Time of day clock disappears.
 - "0", "AUTO" and "START" indicator lights appear in the display.
6. Press numbers for desired start time. (This time must be 1 minute greater than the present clock time.)
 - Auto start time appears in the display.
7. Enter the desired cooking instructions.
 - Cooking instructions appear in the display.
 - Note: **ACCU-THAW** and **REHEAT** cannot be programmed with this feature.
8. Press **START**.
 - The selected cooking instructions disappear from the display and time of day clock appears.
9. The oven will start operating at the start time you have programmed.

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. Do not use harsh detergents or abrasives. 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 surfaces, since it might damage the finish. Never pour water into the bottom of the oven.

Keep the inside of the oven clean. Food particles or spilled liquids stick to oven walls and between seal and door surface and will absorb microwaves and reduce efficiency of the oven. Wipe up all spills with a damp cloth.

To Clean the Oven Tray

It is occasionally necessary to remove the glass tray for clean-

ing the tray or oven. To prevent breakage, do not place tray into water just after cooking. The tray is also heavy and can be broken if dropped. Wash it carefully in warm, sudsy water or in a dishwasher.

To Clean the Oven Exterior

The outside surface of the oven should be cleaned occasionally with soap and damp cloth, rinsed, and dried with a soft cloth. Do not use abrasive cleaners. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

To Clean the Oven Door Window

The door window should be washed with very mild soap and water. Be sure to use a soft cloth to avoid scratching.

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.

BEFORE YOU CALL FOR SERVICE:

Be sure you have read and followed the operating instructions to 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: Whenever power to the oven has been interrupted, "TIME" will flash in the display. The clock should be set before programming the oven.

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 in the house wiring?
- If the condition remains unchanged, perform the steps listed in the box on next 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 the next page.

IF THE CONTROL WILL NOT ACCEPT YOUR INSTRUCTIONS:

- Is the temperature probe plug securely inserted into the oven wall receptacle? (See page 9.)
- For cooking by time, if the condition remains unchanged, perform the steps listed in the box on next 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 3)? Improper installation can result in erratic operation.
- If the condition remains unchanged, perform the steps listed in the box on next 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 next page.

If condition remains unchanged, please perform the following steps:

1. Check to see if a fuse or circuit breaker is open in the house wiring.
2. Unplug the oven.
3. Reconnect the oven to the wall outlet. ("TIME" will flash in display.)
4. Press **RESET** and set oven clock.

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 3.)

IF THE TEMPERATURE PROBE APPEARS NOT TO FUNCTION CORRECTLY:

- Is the probe plug securely inserted into the receptacle?
- 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 damaged if left in oven when not plugged into food and oven wall receptacle.

IF FOOD IS OVERCOOKED:

- Did you remember to program the correct cooking power level? (Review instructions, page 6.)

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 6.)

OVEN LIGHT:

- The oven lightbulb is not customer serviceable.

WHEN SERVICE IS REQUIRED

Call the 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™
Asure
EXTENDED SERVICE PLAN

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.

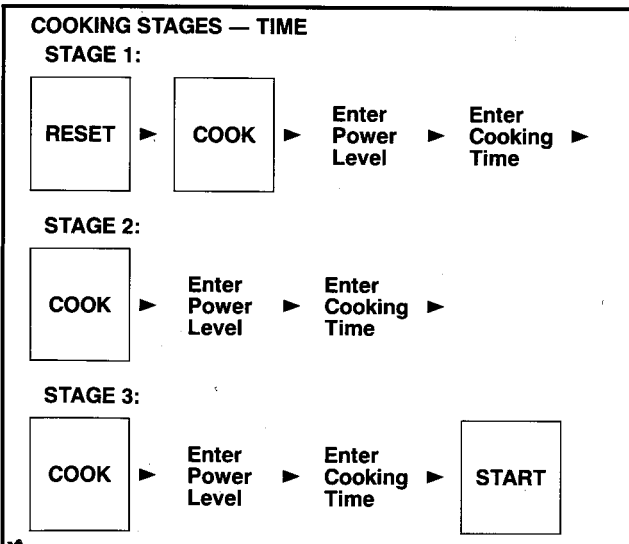
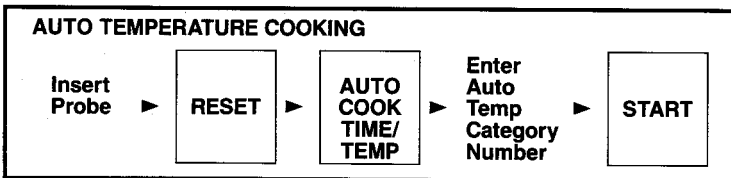
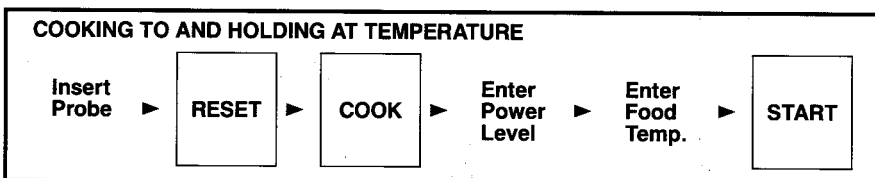
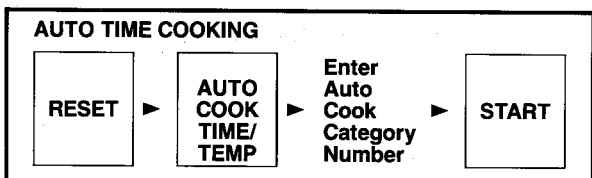
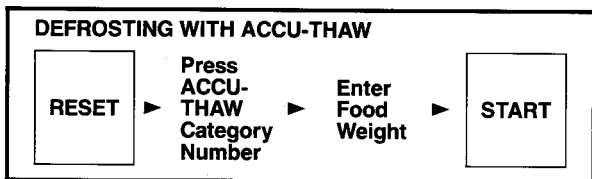
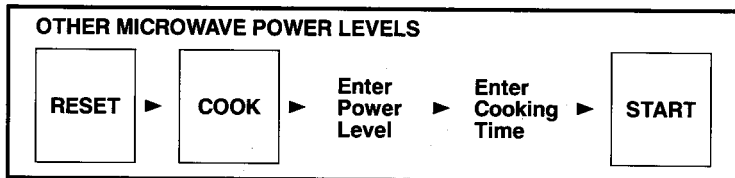
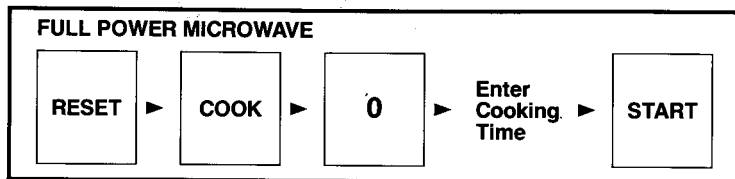
RADIO INTERFERENCE

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

1. Clean door and sealing surfaces of the oven. (See cleaning/maintenance instructions found on page 13)
2. Place the radio, TV, etc away from the microwave oven as far as possible.
3. Use a properly installed antenna to obtain stronger signal reception.

PROGRAM SUMMARY GUIDE

The following program summaries will help simplify programming your oven. Use these when practicing, and for quick reference, you can clip this page and keep it inside your cookbook. Enter instructions from left to right (follow arrows).



1-800-843-0304

(In Iowa Call 1-800-332-3039)



TOLL-FREE

Amana®

Information on product usage, installation, warranty and dealer/service can be obtained through the toll-free number.