



# IMPORTANT SAFETY INSTRUCTIONS



Recognize this symbol as a SAFETY message

## WARNING

WHEN USING ELECTRICAL APPLIANCES, THESE BASIC SAFETY PRECAUTIONS SHOULD BE FOLLOWED, TO REDUCE THE RISK OF BURNS, ELECTRICAL SHOCK, EXPOSURE TO EXCESSIVE MICROWAVE ENERGY, FIRE, DEATH, INJURY TO PERSONS OR PROPERTY DAMAGE.

1. READ all instructions before using this appliance.
2. READ AND FOLLOW specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 3.
3. USE this appliance ONLY for its intended use as described in this manual.
4. Closely SUPERVISE any use by CHILDREN.
5. This appliance MUST BE GROUNDED! Connect only to a properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 3.
6. Keep this appliance and cord AWAY from HEATED surfaces.
7. Read and follow "door surface cleaning" instructions, found on page 12.
8. Install or locate this appliance in accordance with the provided installation instructions found on page 3.
9. DO NOT immerse cord or plug in water.
10. DO NOT let cord hang over edge of table or counter.
11. DO NOT cover or block any openings on this appliance.
12. DO NOT use outdoors.
13. DO NOT heat whole eggs or sealed containers — for example closed jars — they may explode.
14. DO NOT use this appliance for canning, deep fat frying, or heating baby bottles.
15. 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.

## TO REDUCE THE RISK OF FIRE IN THE OVEN CAVITY:

- a. DO NOT OVERCOOK FOOD. Carefully attend the 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 smoke or ignite, keep the oven door closed, turn the oven off, and disconnect the power cord or shut off power at the fuse or circuit breaker. IF THE DOOR IS OPENED THE FIRE MAY SPREAD!

THIS APPLIANCE *MUST* BE SERVICED ONLY BY QUALIFIED SERVICE PERSONNEL. CONTACT YOUR NEAREST AUTHORIZED SERVICE FACILITY FOR EXAMINATION, REPAIR OR ADJUSTMENT.

## SAVE THESE INSTRUCTIONS

# SAFETY INSTRUCTIONS CONT.

## 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

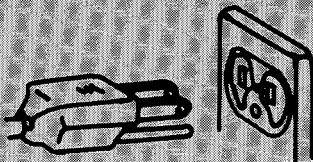
- (a) **DO NOT** attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **DO NOT** place any object between the oven front face and the door or allow soil or 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.

## 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. After removing package material, place tray in oven so "REMOVABLE-DISHWASHER SAFE" is readable. Do not operate without tray in place.

## 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 or death.

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.

## 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 the oven is placed on a countertop and one side of the microwave is installed flush to the wall, the opposite side or top must be open. 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. If the oven is to be mounted under a cabinet, use only Amana Mounting Kit No. MLMTK1A, which can be purchased from your Amana Dealer. Remove and save the four caps on top of the oven. The caps must be re-installed later if the oven is moved to a countertop.

# SAFETY INSTRUCTIONS CONT.

## ⚠ CAUTIONS

- (a) **Do not operate the oven when door seal is damaged**, to do so could allow microwave energy to escape.
- (b) **Extreme overcooking** can cause the food to smoke or possibly ignite.
- DO NOT OPEN THE DOOR
  - TURN THE OVEN OFF
  - DISCONNECT THE POWER CORD
  - SHUT OFF THE POWER AT FUSE OR CIRCUIT BREAKER PANEL
- If this happens: keep door closed, disconnect the power cord, or shut off power at the fuse or circuit breaker.
- (c) **⚠ WARNING To prevent spontaneous boiling (eruption)**, liquids must be briskly stirred or poured (to mix in air) before being heated in a microwave oven. **DO NOT OVERHEAT**. If air is not mixed into a liquid, the liquid can erupt in the oven or after removal from the oven.
- (d) **Eggs** must **NOT** be cooked or reheated in the shell, or with an unbroken yolk, since this may result in a pressure build-up and eruption. Pierce the yolk with a fork or knife before cooking. Do **NOT** reheat previously cooked eggs in the microwave oven unless finely chopped or scrambled.
- (e) **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.
- (f) **Deep fat frying** must **NOT** be done in any microwave oven. The fat could overheat and be hazardous to handle.
- (g) **⚠ 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.
- (h) **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.
- (i) **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.
- (j) **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. To prevent possible damage to the tray, do **NOT** use an "active" accessory in which the "active area" is less than one inch above the tray. Test any such device before use and 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.
- (k) **Newspapers** must **NEVER** be used in a microwave oven since they may ignite.
- (l) **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.
- (m) **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 will scorch or burn. Do **NOT** leave oven unattended. Use caution when handling the hot glass loaf dish or hot popcorn bag.
- (n) **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.
- (o) **Pot Holders** may be needed when cooking by microwave. Containers can become hot when heat is transferred from cooked food.

# 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. Set the Clock.
3. Press **RESET**.
4. **Enter the time of day by pressing the numbers in sequence.** For example, if it is 10:35 (a.m. or p.m.), press number pads **1, 0, 3** and **5**, in that order.
5. 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.

**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

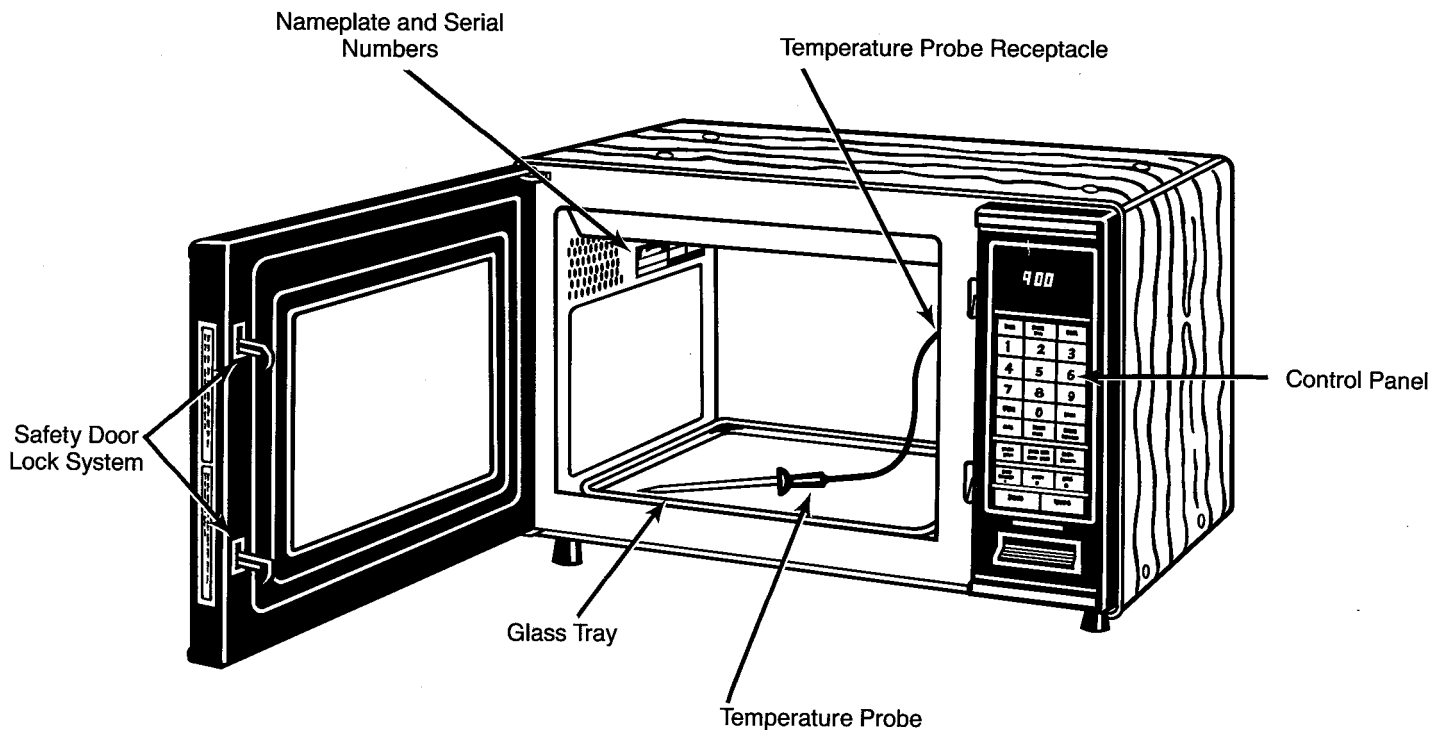
may either press **STOP** or open the oven door to turn the oven off. Before the oven door opens, hidden interlock switches sense the motion of the door handle and automatically turn the oven off.

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

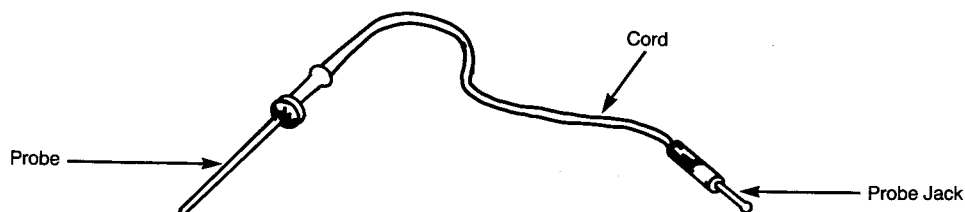
1. Place a glass of water in oven and close oven door.
2. Press **RESET**.
3. Press **5**, then **0**.
4. Press **START**. The oven should operate and the oven light should come on.
5. Press **STOP**. The oven should shut off immediately and the sound of the motor should cease. The oven light should go out.
6. Open the oven door fully. The oven light should come on when the door is opened.
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.

# 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.

**CLOCK** — Sets time of day. Press twice after pressing numbers for the current time. (See page 5).

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

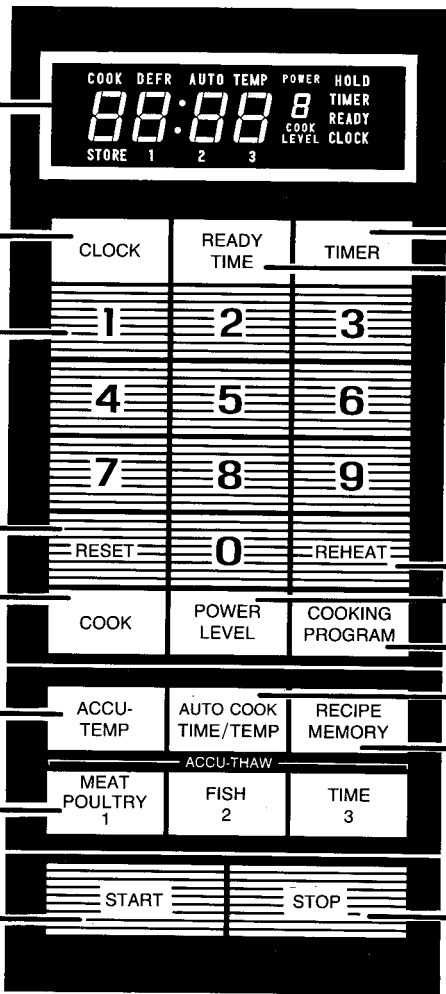
**RESET** — Press to change instructions.

**COOK** — Used with automatic cooking programs. Programs oven to cook by time. Press after pressing numbers for the cooking time.

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

**ACCU-THAW** — There's no need to worry about time or power settings as you defrost meats, poultry or fish by the pound. Simply enter the weight of your frozen food by touching the appropriate numbers. Then select category 1 or 2 by touching the desired category pad. Defrost items by time with category 3. (See page 8.)

**START** — Starts oven operation.



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

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

**REHEAT** — Automatically programmed to reheat a plate of food. (See page 7.)

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

**COOKING PROGRAM** — Press after 0 to find out what's happening right now. Use to program 4 cooking programs. (See page 7.)

**AUTO COOK TIME/TEMP** — Allows you to cook certain foods without having to select cooking times, temperatures or power levels (see page 9).

**RECIPE MEMORY** — Programs and recalls timings or temperatures for three of your favorite recipes. Press before entering time or temperature cooking procedures (see page 10.)

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

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

4. **Press START** and the oven will begin operating. The display will show "COOK" to indicate the oven is cooking. The oven always starts cooking in Program 1. "POWER" indicates the oven is operating at Full Power.
5. **The oven will stop and sound a signal at the end of cooking time.**

## TRY IT! USING THE TIMER

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

**If the oven is not cooking:**

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

**If the oven is cooking:**

1. **Press numbers for the time desired.** Do not stop the oven.

2. **Press TIMER.** The display will "count down" the timer time and show "TIMER" and "POWER" along with other ongoing oven functions. The oven will continue to cook undisturbed. When timer time has elapsed, a signal will sound, the display will show any remaining cooking time and the oven will finish cooking.

3. **To change a timer setting, simply press the new time desired and press TIMER again.** Do not stop the oven.
4. **To check cooking time remaining before timer has elapsed, press 0 and COOKING PROGRAM.**

## TRY IT! REHEATING WITH 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 programmed to provide 3 minutes of Full Power. The perfect amount of time for reheating a plate of food.

1. Place plate of food in oven and close oven door.
2. Press **RESET**.
3. Press **REHEAT**, 3:00 will appear on the display.
4. Press **START** and the oven will operate. The display will show the time "counting down", "COOK" and "POWER", indicating the oven is operating at Full Power.

5. The oven will stop and sound a signal at the end of reheating time.

If you wish to change the automatic reheat setting to an amount of time other than 3:00.

1. Press **RESET**.
2. Enter the new reheat time desired.
3. Press **REHEAT**. The new time will now appear whenever the automatic reheat feature is used. \*If there is a power interruption, or the unit is unplugged, the reheat time will automatically return to 3:00.

## TRY IT! COOKING AT 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, each well-suited for different types of foods. The cookbook provided with this oven specifies the proper power levels to be used for optimum cooking. When no power level is programmed, the oven operates at Full Power.

1. Place food or water in oven and close oven door.
2. Press **RESET**.
3. Press numbers for Power Level (to cook at Level 8, press **8**, which is 80% of Full Power). The number will appear in the display.
4. Press **POWER LEVEL**.
5. Press numbers for cooking time. The time will appear in the display.

6. Press **START** and the oven will operate. The display will show "COOK", and the power level selected (for example, "8 POWER LEVEL" for Level 8). The magnetron tube cycles on and off to cook at lower power levels, so "POWER" flashes on and off accordingly as microwave energy is produced.

7. To change power levels during cooking, press the number for the new power level, then simply press **POWER LEVEL**. The oven display will change accordingly. You do not need to stop the oven. To change to Full Power, simply press **0**, then press **POWER LEVEL**.

8. The oven will stop and sound a signal at the end of cooking time.

## TRY IT! PROGRAMMED COOKING USING 2, 3, OR 4 COOKING PROGRAMS

This oven can remember up to four cooking programs, so you can defrost food and cook, all with one set of instructions, simply by pressing **COOKING PROGRAM** between each instruction.

1. Put food in oven.
2. Close oven door.
3. Press **RESET**.
4. Enter the desired **POWER LEVEL** and cooking times. Be sure to press a cooking function (**COOK** or **ACCU-THAW**) before advancing to Program 2.
5. Press **COOKING PROGRAM** to "step" or "advance" to Program 2. The display will show P2 for 1 second and then go blank.
6. Enter your instructions for Program 2, as done in step 4. If this is the last program recheck all instructions (see step 10), then press **START**.
7. If a third program is required, press **COOKING**

**PROGRAM** to advance to Program 3. The display will flash "P3" for 1 second then go blank.

8. Enter your instructions for Program 3. If this is your last program, recheck all instructions (see Step 10), then press **START**.
9. If a fourth program is required, press **COOKING PROGRAM** to advance to Program 4. The display will flash "P4" for 1 second and then go blank. Recheck all instructions (see Step 10), then press **START**.
10. Always check programming instructions before starting the oven. Uncorrected mistakes can cause food to cook improperly or be ruined. To check, press **COOKING PROGRAM** until the time of day is displayed. Then press **COOKING PROGRAM** again. This display will flash "P1" for 1 second and then display the programmed instructions. Repeat for Programs 2, 3 and 4.

# TRY IT! CHANGING A COOKING PROGRAM AFTER THE OVEN STARTS

To change part of a cooking program sequence after the oven starts, proceed as follows:

1. To change the program in which the oven is cooking, simply enter the correct instructions while the oven continues to operate. The oven will immediately follow the new instructions.

2. To change one program while the oven cooks in another program, press **COOKING PROGRAM** to advance to the program to be changed. Enter new instructions, then press **COOKING PROGRAM** to return the display to the current program.

# TRY IT! INSTANT REPLAY

Your oven has "instant replay" features that let you ask questions about what you've programmed before and after the oven starts. Just press the word pad that describes what you want to know and the answer will be displayed. Always press

**COOKING PROGRAM** to return to the original read-out. To ask the oven:

- "WHAT TIME OF DAY IS IT?" — Press **CLOCK** and the answer will be displayed.
- "WHAT DID I TELL YOU TO DO IN THE SECOND COOKING PROGRAM?" (when using 2 cooking programs) — Press **COOKING PROGRAM** repeatedly until P2 flashes in the display for 1 second. The answer will also be displayed.

# 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, poultry (1), fish (2), by weight, or by time (3). Simply enter the weight of the food and select defrost categories 1 or 2. When cooking by weight the oven will automatically select the optimum time and power levels to defrost that food. When defrosting by time, enter the amount of time, touch the **TIME** pad, and press **START**.

To defrost foods using **ACCU-THAW** by weight:

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. 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 defrost ham by weight: Enter 3-1/2 pounds, press **3, 5**. — Selected weight appears in the display.
4. Press the desired **ACCU-THAW** number pad (1 or 2). — "P" will be displayed following the weight. For example, 3-1/2 pounds will be displayed as 35P. — "DEFR" indicator light appears in the display.
5. Press **START** and the oven will operate. The display will show the preprogrammed defrosting time. — "POWER" and "DEFR" indicator lights remain in the display during defrosting.
6. When **ACCU-THAW** ends, a sound will signal. — Time of day will reappear in the display.

Accu-Thaw weight defrost can be used for food ranging in weight from 0.1 pounds to 5 pounds. (Refer to charts below.)

Category Number	Food	Item	Max. Weight
1	MEAT	Ground meats, roast, ribs, stew meats, chops, steaks, frankfurters, ham	5 lb.
	POULTRY	Whole or cut-up chicken, whole cornish hens, whole turkey	5 lb.
2	FISH	Shrimp, sea scallops, whole fish	5 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
0-1/2	.96 — .05	0.0
1 — 2	.06 — .15	0.1
2 1/2 — 4	.16 — .25	0.2
4 1/2 — 5 1/2	.26 — .35	0.3
6 — 7	.36 — .45	0.4
7 1/2 — 8 1/2	.46 — .55	0.5
9 — 10	.56 — .65	0.6
10 1/2 — 12	.66 — .75	0.7
12 1/2 — 13 1/2	.76 — .85	0.8
14 — 15 1/2	.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 3, 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 7 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 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.
4. Press **AUTO COOK TIME/TEMP**.
  - "A" will be displayed before the category number. For example, using category 4, for 4 baked potatoes, A4 will appear in the display.
  - "AUTO" and "COOK" indicator lights appear in the display.
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.
  - "COOK", "AUTO", and "POWER" indicator lights remain in the display during cooking.
6. At the end of **AUTO TIME** cooking, a sound will signal. 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 **1, AUTO TIME/TEMP COOK**, 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 **2, AUTO TIME/TEMP COOK**, 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 **3, AUTO TIME/TEMP COOK**, 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 **4, AUTO TIME/TEMP COOK**, 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 **5, AUTO TIME/TEMP COOK**, 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 **6, AUTO TIME/TEMP COOK**, and **START**.
2. After cooking stage 1 (1:45), stir eggs. Recover. Press **START**. After cooking stage 2 (1:45), stir once. Recover. Press **START**. Stir before serving.

## TRY IT! RECIPE MEMORY

With RECIPE MEMORY you can program three of your favorite recipes, for up to four stages each, using either time or temperature cooking. Note: When programming four stages for one recipe, you must program all time or all temperature in the four stage cooking program sequence (page 7).

To program recipe memory instructions:

1. Press **RESET**.
2. Press **1**. This assigns your recipe a reference number.  
— The assigned recipe number appears in the display.
3. Press **RECIPE MEMORY**  
— “store 1” will appear in the display.  
Note: When programming for recipe 2 and 3 “store 2” or “store 3” will appear in the display.
4. Program in cooking time or temperature instructions. For up to four stage recipe cooking, use **COOKING PROGRAM** procedures on page 7. For one stage recipes use **POWER LEVEL** instructions on page 7. To program using power level you must press **COOK** pad after entering instructions.
5. Press **RECIPE MEMORY**. This enters recipe instructions into the oven memory.

6. Repeat steps #1 - 5 to program recipes 2 and 3.

To review the programmed recipes:

1. Press **RESET**.
2. Press **1** and **RECIPE MEMORY**.  
— The selected recipe number will appear in the display.
3. Press **COOKING PROGRAM** until you have reviewed all the stages of that recipe.
4. Press **RESET**. Repeat steps 2-4 for any other recipes you want to review.

To begin cooking using recipe memory:

1. Press **1, 2, or 3**, whichever recipe you want to use.  
— Recipe number will appear in display.
2. Press **RECIPE MEMORY**.  
— The first stage of the recipe instructions will appear in display.
3. Press **START**. The oven will operate according to the instructions entered for recipes 1, 2, or 3, whichever you have selected.

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

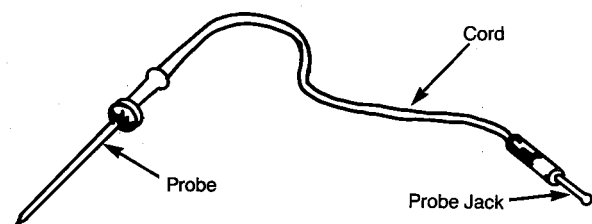
## USING THE AUTOMATIC TEMPERATURE CONTROL SYSTEM

Read these special hints first.

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

1. Do not use the temperature probe to cook candies. The highest temperature sensed by the probe is 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 or 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. Insert temperature probe tip into

food, insert probe plug into right oven interior wall and close oven door.

3. Press **RESET**.
4. Press numbers for desired temperature (to cook to 140°F, press **1, 4, 0**). The numbers will be displayed. The probe's temperature sensing range is 100° to 190°F.

5. Press **ACCU-TEMP**. The display will show "TEMP" and the set temperature if the probe has been inserted securely. (If the probe is not inserted securely or is damaged, the display will show the clock and the Error Signal will sound when you press **ACCU-TEMP**. Reinsert probe and reprogram instructions. If the problem persists, see page 13 to correct the problem.)
6. Press **START** and the oven will operate. (You don't program cooking time, because the oven will cook to temperature only.) The display will show "TEMP", "POWER" (after 3 seconds) and the actual temperature of the food. To see the end temperature, press **COOKING PROGRAM**. The display will show "P1" for 1 second and then display the set temperature.
7. To change the set temperature during cooking, press numbers for the new temperatures, then press **ACCU-TEMP**. Do not stop the oven.
8. When set temperature is reached, the oven will sound a signal. If the set temperature is 139°F or lower, the oven will automatically stop when the temperature is reached. **AUTOMATIC HOLD** — If the set temperature is 140°F or higher, the oven will automatically "hold" at that temperature for 60 minutes or until you press **STOP**. To see the actual temperature, press **ACCU-TEMP**.
9. When cooking is finished, press **STOP**, then press **RESET** to return to the time of day. Remove probe from the oven.

## TRY IT! USING THE TEMPERATURE PROBE WITHOUT COOKING

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You can use the temperature probe as a thermometer, even when the oven isn't cooking. For example, you may want to see if tap water is warm enough to soften dry yeast (112°F), or if food is less than serving temperature (less than 140°F).

1. Place food or water item in the oven.
2. Insert temperature probe tip into item and probe plug into oven cavity wall receptacle.

3. Press **RESET**.
4. Press **ACCU-TEMP**. The number displayed is the actual temperature of the item.
5. Remove probe and press **RESET** once to return display to the time of day.

## USING READY TIME

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Read these rules and hints first.

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

1. **Do not hold any 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.
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 READY 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. **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.
8. **Be sure the oven time-of-day clock is correct.**
9. **Remember to press START** before you leave the oven. Otherwise, the oven will not operate for the programmed Ready Time.

## TRY IT! READY TIME

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1. Read the rules and hints listed above.
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 numbers for the desired Ready Time.
6. Press **READY TIME**.
7. Enter the desired cooking instructions.
8. Press **START**. The oven will automatically calculate when to start.
9. To check the time of day before the oven starts, press **CLOCK**, then press **READY TIME**.
10. The oven will automatically start operating at the time needed to ensure the food is ready when you want.

# TRY IT! USING READY TIME LIKE AN ALARM CLOCK

You can use the **Ready Time** feature like an alarm clock to remind you when to take medicine or when it's time to leave for an appointment!

1. Press **RESET**.
2. Check to be sure the clock is set at the correct time of day.

3. Press the numbers for the time (within the next 12 hours) when you'd like to be reminded to do something (For example, if you need to take a pill at 9:00, press **9, 0, 0**.)
4. Press **READY TIME**. The reminder signal will sound at the time you have set.

## 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. 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, "----" will appear 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 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:

- 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 3)? 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 the 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 in the house wiring.
2. Unplug the oven.
3. Reconnect the oven to the wall outlet. ("----" will appear 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 jack securely inserted into the receptacle? This tells the oven that it is about to be set to cook to temperature.
- Is the food you're attempting to heat already hotter than the temperature you've programmed?
- Is the food completely defrosted?
- Has the probe been accidentally left in the oven when cooking by a method other than temperature cooking? The probe could be destroyed by leaving it in the oven when cooking by a method other than temperature cooking.

IF FOOD IS OVERCOOKED:

- Did you remember to program the correct cooking power level? (Review instructions, page 7.)

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 7.)

OVEN LIGHT:

- ~~The oven light bulb is not customer serviceable.~~

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 12.)
  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.

## WHEN SERVICE IS REQUIRED

Call the nearest authorized Amana service agency. (The dealer from whom you purchased your microwave oven can give you the name of your authorized 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

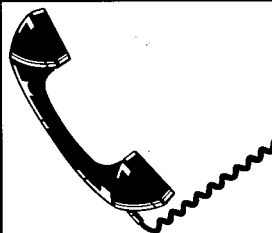
Or dial: (319) 622-5511 Monday through Friday (8 a.m. - 4:30 p.m., Central Time Zone) and ask for Customer Relations.

**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.

Or contact us: **Amana Refrigeration, Inc.**  
**Customer Service Department**  
Amana, Iowa 52204  
(319) 622-5511  
Monday through Friday  
(8 a.m. - 4:30 p.m., Central Time Zone)

**1-800-843-0304**

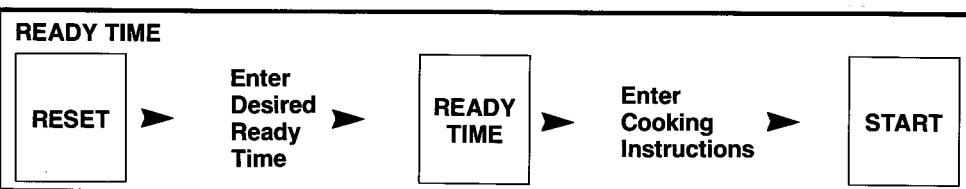
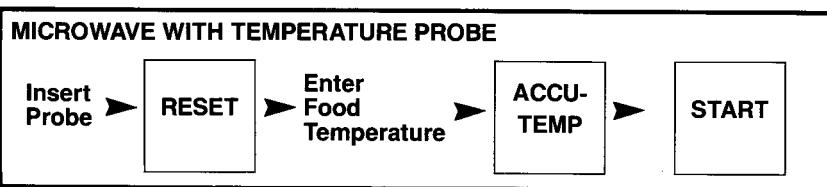
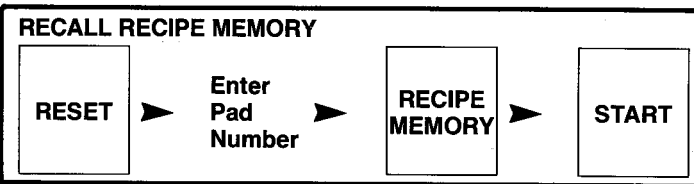
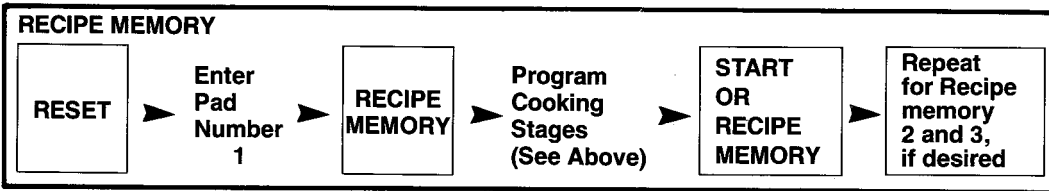
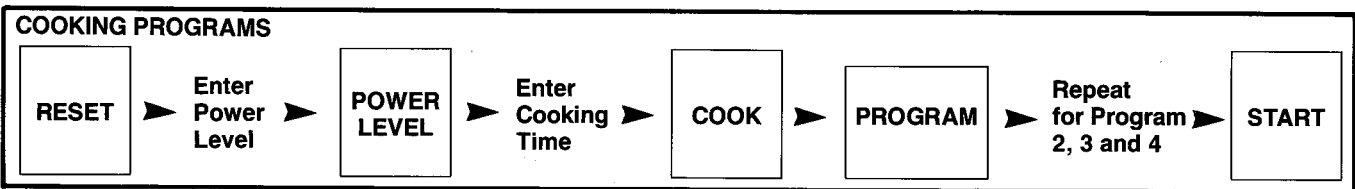
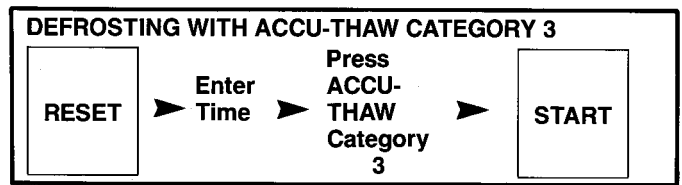
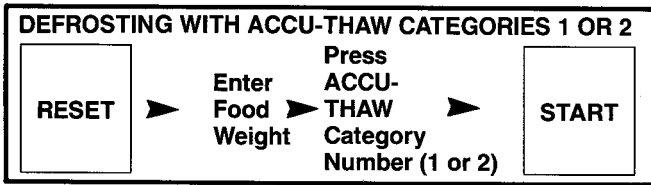
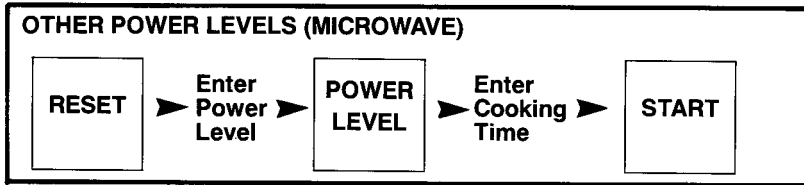
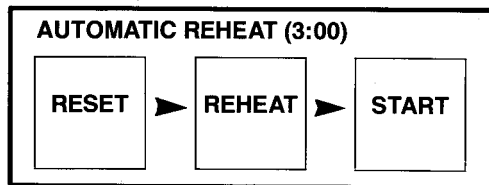
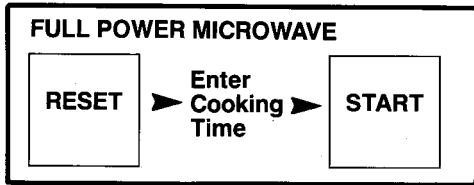


**TOLL-FREE**  
**Amana®**

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

# 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).



For more detailed instructions and programming steps for other oven features, refer to the sections in the manual.