

How to get the best from **Your** **Microwave Oven**

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Use and Care of
models
MVH200E1
MVH200W1
750 watts*

*Wattage rating based
on the IEC-705 test.
The prior one liter test
method resulted in a
650 watt rating.

Help us help you...

Before using your oven, read this book carefully.

It is intended to help you operate and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, call our toll free consumer information line:
1-800-843-0304.

Write down the model, serial and manufacturing numbers.

You'll find them on a label inside the oven.

These numbers are also on the Consumer Product Ownership Registration Card that came with your microwave oven. Before sending in this card, please write these numbers here:

Model Number

Serial Number

Manufacturing Number

Use these numbers in any correspondence or service calls concerning your microwave oven.

Be sure your microwave oven is registered.

It is important that we know the location of your microwave oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser, please write to us, stating model, serial and manufacturing numbers.

This appliance must be registered. Please be certain that it is.

Write to:

Amana Refrigeration, Inc.
Customer Relations Dept.
Amana, IA 52204

If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the oven.

Save time and money. Before you request service...

Check the Problem Solver in the back of this book. It lists causes of minor operating problems that you can correct yourself.

This microwave oven is UL listed for installation over electric and gas ranges.

This microwave oven is specifically designed to heat or cook food, and is not intended for laboratory, commercial or industrial use.

Optional Accessories

available at extra cost from your Amana dealer.

MVHRK1 Recirculation Kit for non-vented installation.

MVHTK36 Trim Kit for installation in a 36 inch location.

All these things are normal with your microwave oven.

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.

- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

IMPORTANT SAFETY 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 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:

- (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.

READ AND SAVE THESE INSTRUCTIONS

▲ Recognize this symbol as a safety precaution IMPORTANT SAFETY INSTRUCTIONS

▲ WARNING—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."
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS."
4. Do not mount this appliance over a sink. Install or locate this appliance only in accordance with the provided Installation Instructions.
5. Use this appliance for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.
6. Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.

7. As with any appliance, close supervision is necessary when used by children.

8. Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.

9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

10. Do not cover or block any openings on the appliance.

11. Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement or near a swimming pool.

12. Do not immerse power cord or plug in water.

13. Do not let cord hang over the edge of table or counter.

14. Do not use this appliance for canning, deep fat frying, or heating baby bottles.

15. Keep power cord away from heated surfaces.

16. See door surface cleaning instructions in the Care and Cleaning section(s) of this book.

17. To reduce the risk of **fire in the oven cavity**:

- a. Do not use the oven for storage purposes. Do not leave paper products, cooking utensils, or food in the oven when not in use.

b. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

c. Remove wire twist-ties from paper or plastic bags before placing bags in oven.

d. If materials inside oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at the fuse or circuit breaker panel.

UNPACKING THE OVEN

Inspect the oven for any damage, such as dents or holes on 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.

GROUNDING INSTRUCTIONS

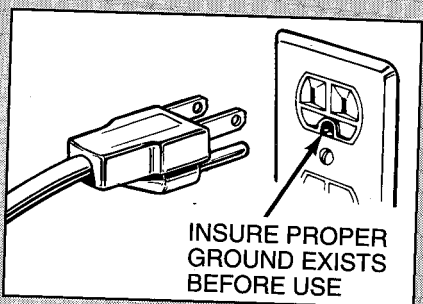
This appliance **must** be grounded. In the event of an electrical short circuit, grounding reduces the risk of electrical shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an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

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

⚠ WARNING—

Improper use of the grounding plug can result in a risk of electrical shock.



Consult a qualified electrician or serviceworker if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. This oven should be plugged into a separate 120 volt, 15 amp, 60 hertz circuit. When a microwave is on a circuit with other appliances, an increase on cooking time may be required and fuses can be blown.

SAFETY INSTRUCTIONS

Read and follow these Rules for Safe Operation.

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

PRECAUTIONS

Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.

(a) **Always press RESET/OFF before programming the oven.**

(b) ⚠ WARNING—

Liquids must be briskly stirred or poured (to mix in air) before being heated in a microwave oven. If air is not mixed into a liquid, the liquid can erupt in the oven or after removal from the oven.

(c) **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.

(d) **Deep fat frying** must not be done in any microwave oven. The fat could overheat and be hazardous to handle.

(e) ⚠ 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.

(f) **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.

(g) **Plastic bags (and other airtight containers)** must always be pierced or opened before heating in a microwave oven. This is needed to allow steam to escape during cooking.

(h) **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.

(i) **Newspapers** must never be used in a microwave oven since they may ignite.

(j) **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.

(k) **Use only popcorn packages designed and labeled for microwave use.** 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.

(l) **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.

THE EXHAUST HOOD

(a) **Have it installed and properly grounded by a qualified installer.** See the special installation booklet packed with the microwave oven.

▲ CAUTION—To avoid personal injury, turn power OFF before cleaning or servicing blower.

(b) This product is equipped with a thermostat which may start the blower automatically.

(c) **The exhaust fan in the oven will operate automatically under certain conditions (see Automatic Fan Feature). While the fan is operating, caution is required to prevent the starting and spreading of accidental cooking fires while the exhaust fan is in use. For this reason:**

—**Never leave surface units unattended at high heat settings.** Boilover causes smoking and greasy spillovers that may ignite and spread if exhaust fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat settings only when necessary.

—**In the event of a grease fire,** smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.

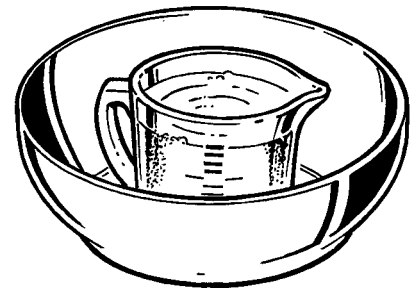
—**Never flame foods under the oven with the exhaust fan operating** because it may spread the flames.

—**Keep hood and grease filters clean,** according to instructions in the Exhaust Feature section, to maintain good venting and avoid grease fires.

SAVE THESE INSTRUCTIONS

Microwaving Tips

• **Make sure all cookware used in your microwave oven is suitable for microwaving.** Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."



If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with one cup water—set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be used for microwaving. If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.

• **Paper towels, waxed paper and plastic wrap** can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.

• **Some microwaved foods require stirring, rotating or rearranging.** Check the cookbook.

• **Steam builds up pressure in foods which are tightly covered by a skin or membrane.** Pierce potatoes, egg yolks and chicken livers to prevent bursting.

Your Touch Control Panel

The touch control panel allows you to set the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand. With your microwave oven, you have the option of using your automatic cooking control pads for quick and easy convenience cooking. Or you may make your own programs to suit your individualized cooking style.

When You Plug in the Oven

The display panel displays five 8's, "18 POWER" and all of the oven functions. After 15 seconds, all lights disappear and "RESET" appears in the upper portion. Touch the RESET/OFF pad, set the clock and oven is ready for use.

If power is disrupted at any time, the above sequence recurs, and you must reset clock after touching the RESET/OFF pad.

"PROBE" Appears on the Display

- Probe has been forgotten when Auto Roast or Accu-Temp function is being used.
- Probe is not securely seated in oven wall receptacle.

1. Display Panel. Displays time of day, time during cooking functions, power level being used, cooking mode and instructions.

2. Accu-Thaw. Gentle thawing at automatic power level 3, or change power level after entering time.

3. Program 1 & 2. Microwave for a preset amount of time using automatic power level 10. If desired, you may change power level after entering cooking time.

4. Number Pads. Touch these pads to enter cook time, defrosting time, time of day, temperature, power level, Auto Codes, or food weights for Auto Accu-Thaw.

5. Clock. Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3 and 0 and "1:30" will appear on the display. Then touch the START pad. If you wish to reset or change time, simply repeat above process.

6. Delay Start. Allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay.

7. Reset/Off. When touched, it shuts off the oven and erases all settings (except time of day).

8. Auto Roast. Insert probe, touch this pad and then number pad for desired code number to slow-cook or temperature cook meat with automatic preset program.

9. Vent Fan. Press HI, LO or OFF for desired fan speed.

10. Timer. This feature uses no microwave energy. It functions as either a kitchen timer, as a holding period after defrost or as a delay timer before time or temperature cooking.

11. Accu-Temp. Use the temperature probe to cook by using a preset temperature. Once food reaches preset temperature, oven switches to HOLD setting and maintains that temperature until you touch the RESET/OFF pad.

12. Min. Use with number pads to enter whole minutes. For example, for 4 minutes touch 4 and MIN.

13. Cookmatic Level. Touch this pad before entering another power level number if you want to change from automatic power level 10 (High) for cooking or power level 3 (Low) for Accu-Thaw.

14. Start. Touch this pad to begin any function.

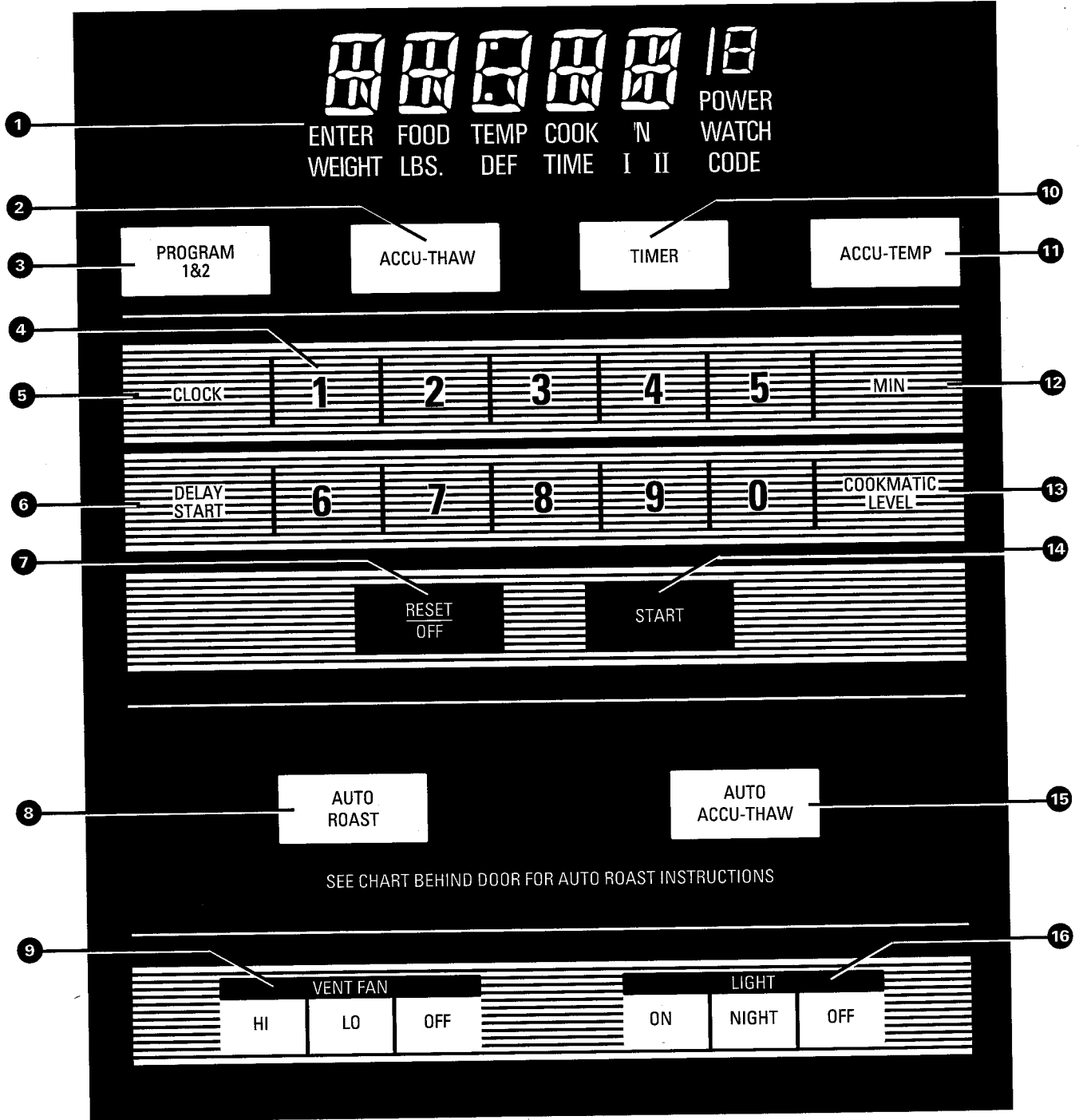
15. Auto Accu-Thaw. Touch this pad and food weight. The oven automatically sets power levels and defrosting time.

16. Light. Touch desired pad to illuminate counter or to turn on night light.

AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

To prevent overheating from taking place, the exhaust fan is designed to automatically turn on at a low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.

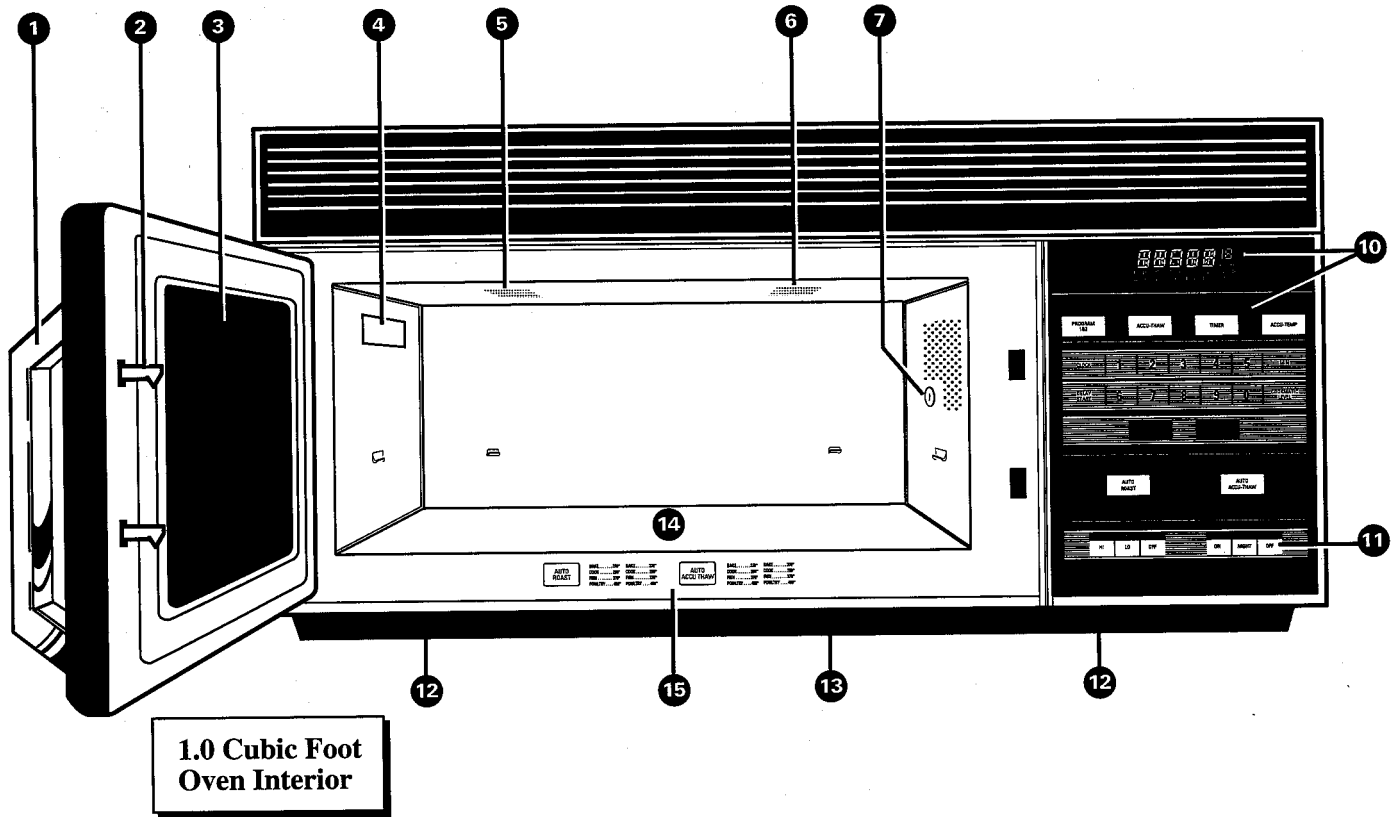
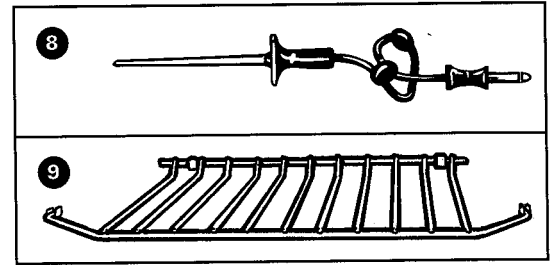


Features of Your Microwave Oven

Cooking Complete Reminder

(For all cooking features except Auto Roast Code 4.)

To remind you that you have food in the oven, the oven will display "End" and beep once a minute until you either open the oven door or touch the RESET/OFF pad.



**1.0 Cubic Foot
Oven Interior**

- 1. Door Handle.** Pull to open door. Door must be securely latched for oven to operate.
- 2. Door Latches.**
- 3. Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in oven.
- 4. Model, Serial and Manufacturing Numbers.**
- 5. Oven Vent.**

- 6. Oven Light.** Light comes on when door is opened or when oven is operating in any function.
- 7. Receptacle for Temperature Probe.** Probe must be securely inserted into receptacle before oven will start any temperature or Auto Roast cooking.
- 8. Temperature Probe.** Use with Accu-Temp and Auto Roast functions only.

- 9. Two Position Metal Rack.** Doubles the oven capacity when reheating or cooking smaller food items. (For complete use of rack, see Guide to Use of the Oven Rack.)
- 10. Touch Control Panel and Digital Display.** For detailed information on each feature, see the section on Your Touch Control Panel.
- 11. Hood Controls: Fan Pads.** Press HI, LO, or OFF. **Light Pads.** Press ON, NIGHT or OFF.
- 12. Grease Filters.**
- 13. Cooktop Light.**
- 14. Oven Floor.**
- 15. Auto Roast & Auto Accu-Thaw Guide.**

This is to certify that this unit has been tested in conformance with AMCA Bulletin No. 210	C.F.M.	SONES
	at 0.10 WG	6.3 Vert.
	215 Vert.	5.9 Hor.
	224 Hor.	

Defrosting by Time

Accu-Thaw is designed for speedy thawing of frozen food and is one of the great advantages of a microwave oven.

Use Accu-Thaw to quickly thaw foods such as bread, rolls, vegetables, fruits and frozen dinners. Auto Accu-Thaw is preferred for meat and poultry because the oven sets the defrosting time and power levels for you.

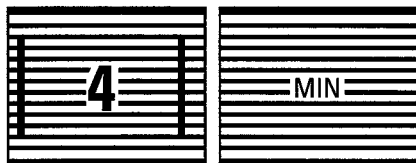
- Power level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your cookbook for defrosting help.

To become better acquainted with the defrost function, defrost frozen pork chops by following the steps below.

Step 1: Place package of frozen chops in the oven and close door. Be sure package contains no metal.



Step 2: Touch ACCU-THAW.



Step 3: Select one half of the total defrosting time recommended in your cookbook. For example, touch 4 and MIN pad for 4 minutes.

How to Change Power Level

After setting defrosting time, touch COOKMATIC LEVEL pad, then touch desired number for new power level.



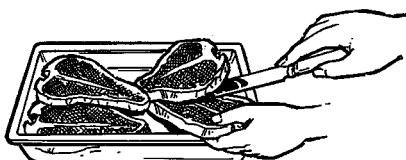
Step 4: Touch START. "DEF TIME" shows and time counts down on display. When cycle is completed, the oven signals and flashes "End," then automatically shuts off.

Step 5: Turn package over, close door and repeat Steps 2 and 3 to set remaining half of defrosting time and touch START.

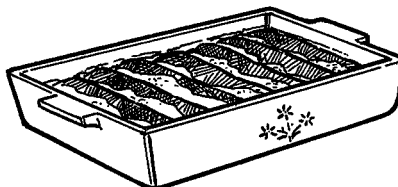
Step 6: When oven signals and flashes "End," open door, remove package and separate chops to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.



- For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.



- Family-size, pre-packaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- Check your cookbook for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull, thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a power level lower than 10 (High).

Q. Can I defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the power level after entering the time by touching the desired power level pad. Power level 7 cuts the total defrosting time in about 1/2; power level 10 cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

Q. Why don't the defrosting times in the cookbook seem right for my food?

A. Cookbook times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your cookbook. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

Q. Should all foods be completely thawed before cooking?

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

Q. Can I open the door during defrosting to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START. The oven begins operating if time is left on timer. If not, reset timer.

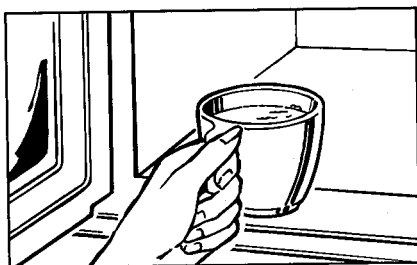
Cooking by Time

The Program 1 & 2 feature allows you to preset the cooking time.

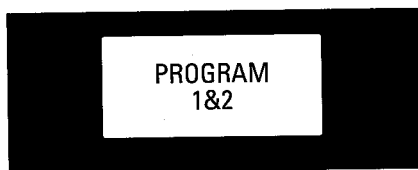
The oven shuts off automatically.

Power level 10 (High) is recommended for most cooking, but you may change this for more flexibility.

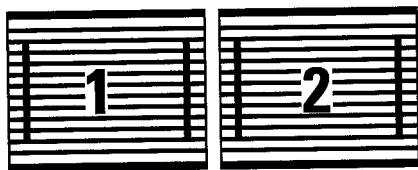
To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water, add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave-safe (see Microwaving Tips). Place cup in oven and close door.



Step 2: Touch PROGRAM 1 & 2.



Step 3: Select your time. Touch 1, 2 and 0 for a minute and 20 seconds.

Because automatic power level 10 is recommended for this cup of coffee, there is no need to change the power level. (If power level 10 is not appropriate, see "How to Change Power Level" at right.)

Step 4: Touch START.

Step 5: When time is up, the oven signals and flashes "End." Oven, light and fan shut off.

Step 6: Open the door.

Using the Program 2 Feature

The Program 2 feature lets you set two time cooking functions within one program. This is ideal if you want to change power levels during your cooking operations. Here's how to do it.

Step 1: Place food in oven in microwave-safe container and close the door.

Step 2: Touch PROGRAM 1 & 2.

Step 3: Select your cooking time. For example, touch 2, 1 and 5 for two minutes and 15 seconds.

Step 4: Touch PROGRAM 1 & 2.

Step 5: Set your cooking time.

How to Change Power Level

After setting cooking time, touch COOKMATIC LEVEL pad, then touch desired number for new power level.

Step 6: Touch START.

Step 7: At the end of "COOK TIME I," the second power level is displayed and "COOK TIME II" is shown counting down.

Step 8: When time is up, the oven signals and flashes "End." The oven, light and fan shut off.

Step 9: Open the door.

How to Use Delay Start

The Delay Start feature allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay.

To Use Delay Start:

Step 1: Enter your desired cooking program.



Step 2: Touch DELAY START pad (instead of START pad).

Step 3: Enter the time you want the oven to start. (Be sure your microwave oven clock shows the correct time of day.)

Step 4: Touch START pad. The oven will automatically start at the desired time.

See precautions under Safety Instructions for recommended food items.

Questions and Answers

Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my food wasn't done. What happened?

A. Since house power varies due to time or location, many time cooking recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your food a little longer, if necessary.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The PROGRAM 1 & 2 pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I want to cook on a power level other than High. What do I need to do?

A. To change the power level, touch the COOKMATIC LEVEL pad, then touch desired number for new power level.

Q. Can I interrupt a program to check the food?

A. Yes. To resume cooking, simply close the door and press the START pad. The timer must be reset for cooking to resume unless time is remaining on timer.

Cooking by Temperature

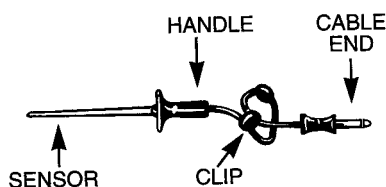
Internal temperature is the best test of doneness for many foods.

Use Accu-Temp to cook a variety of foods to the desired finished food temperature. The Program 1 & 2 setting is recommended for batters, doughs, frozen foods and foods which are difficult to cook precisely with the probe.

Accu-Temp takes the guesswork out of cooking, because the oven automatically switches to "Hold" setting after reaching the preset food temperature and maintains that temperature for up to one hour or until you touch the RESET/OFF pad.

Note: Oven automatically switches to "Hold" when preset food temperature is reached.

The Temperature Probe



The temperature probe is a food thermometer that gauges the internal temperature of the food; it must be used when using Accu-Temp or Auto Roast. To use the probe properly, follow directions in the Automatic Roasting section.

How to Cook a Rolled Beef Rib Roast to Medium Using Accu-Temp

Step 1: Insert temperature probe and attach probe securely in oven wall. Close the door.

Step 2: Touch ACCU-TEMP pad.

Step 3: Touch 1, 6 and 0 for 160°F.

Step 4: Touch COOKMATIC LEVEL pad. "ENTER POWER" flashes. Touch 5 for medium power.

Step 5: Touch the START pad. If internal temperature of the roast is less than 90°F, display will show "COOL"; if temperature is 90°F or above, display shows temperature counting up.

Step 6: When 160°F is reached, the oven will sound and display "Hold." The oven will then hold the temperature.

Step 7: Touch the RESET/OFF pad to stop the cycle.

Step 8: Remove probe and food from the oven.

Cooking Tips

- Use a lower power level; foods will heat more evenly though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Cover foods loosely for moisture control and quick, even heating.
- Use the clip to keep the probe in place while heating.

Questions and Answers

Q. Are there any foods I can't cook using Accu-Temp?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc., soften rapidly at warm temperatures. Batters, doughs and frozen foods are also difficult to cook precisely with the probe. It's best to Time Cook these foods.

Q. Why did "PROBE" flash on the display after I touched the START pad?

A. "PROBE" will flash if you don't seat the cable end of the probe securely into the receptacle in the oven wall or if you touch the ACCU-TEMP pad and forget to use the probe.

Q. Can I leave my probe in the oven if it's not inserted in food?

A. No, if it touches the oven wall, it may damage the oven.

Q. Can I cook different portions of food at different temperatures using Accu-Temp?

A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place probe in food and change temperature setting as needed.

Auto Roast Guide

- Place meats in a cooking bag in microwave-safe dish. (Refer to package instructions for proper use of cooking bag.)
- Recommended codes are shown on guide behind door, on front of oven.
- Insert probe as described in the Automatic Roasting section.

Food	Code	Minimum End Temp.	Approx. Time (minutes per pound)	Hold* Minutes	Doneness Display
Beef (5 lb. max.)					
Tender Roast	1	160°F.	13-15	0	MED
Medium	2	170°F.	15-17	5-10	WELL
Well					
Pork (5 lb. max.)					
Loin Roast	2	170°F.	15-19	10	WELL
Poultry (6 lb. max.)					
Turkey Breast (Insert probe horizontally into meatiest area.)	3	185°F.	17-20	10-15	WELL

*Recommended standing time before serving.

Automatic Simmer Guide (Auto Roast Code 4)

Food	Final Temp.	Approx. Time/Hours	Doneness Display	Comments
Beef				
Pot Roast	180°F.	5-7	SIM	Add enough liquid to just cover meat. If adding vegetables make sure they are completely covered by liquid.
Chili	180°F.	5-8	SIM	Precook meat. Place probe 1 inch from top surface. Stir after 3 hours, if possible.
Chicken				
Stewing	180°F.	4-6	SIM	Add 4 cups liquid. Insert probe into meatiest area of inner thigh from below end and parallel to leg. Turn over after 1/2 of time.
Broiler/Fryer	180°F.	3-4	SIM	Same procedure as above.
Ham/Pork				
Roast	180°F.	4-6	SIM	Add 4 cups liquid.
Soup				
Stock/ Vegetable	180°F.	7-10	SIM	Make sure that vegetables and meat are covered by liquid. Stir every 3 hours.
Split Pea	180°F.	5-7	SIM	Add enough liquid to cover peas at least 2 inches. Stir after 3 hours.

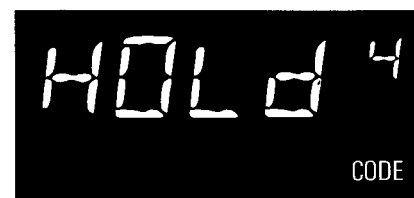
Automatic Simmer

(Auto Roast Code 4)

Total time includes time to bring food to 180°F., and hold at that temperature until done.



Set Auto Simmer like Auto Roast as explained on previous page. Display shows "SIM" and "CODE 4."



Oven switches to Hold at 180°F., and continues holding at 180°F. until you remove food and turn off oven. If stirring is recommended, you can restart oven by touching the START pad again. Touch RESET/OFF pad after cooking.

Automatic Defrosting with Auto Accu-Thaw

With the Auto Accu-Thaw feature, the oven automatically sets the defrosting times and power levels for you.

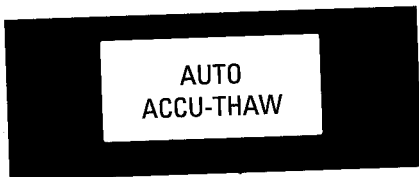
Use the Auto Accu-Thaw guide on the next page. Enter the food weight in pounds and tenths of a pound (see Conversion Guide at right). Then touch the START pad.

The oven calculates defrosting time and changes power levels during defrosting to give even defrosting results.

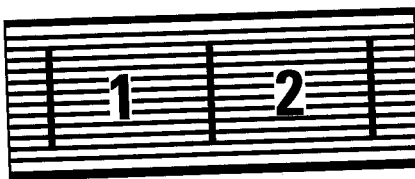
How to Set Auto Accu-Thaw

Before you begin, check the guide located at front of the oven, visible when you open the door. It shows minimum and maximum food weights for a variety of foods. You will need to know the food's weight before setting Auto Accu-Thaw.

1. Remove food from package, place in oven on microwave-safe dish and close door.



2. Touch AUTO ACCU-THAW pad.



3. Enter weight. For example, touch number pads 1 and 2 for a weight of 1.2 pounds (1 pound, 3 ounces; see Conversion Guide at right).



4. Touch START pad. Display shows defrost time counting down.



Twice during defrosting, the oven beeps 4 times and "TURN" flashes on the display. "TURN" flashes until you open the door, attend the food (see guide on next page), close the door and touch the START pad.

When defrosting time is completed, "End" flashes and oven beeps 4 times. "End" remains on display and oven beeps every minute until door is opened or RESET/OFF pad is touched.

Stand Time

When using the Auto Accu-Thaw feature, it is necessary to allow the food to stand in order to finish defrosting the inside. You may take the food out of the oven if you wish. Stand time recommendations are given in the guide on the next page.

Conversion Guide

If weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

Auto Accu-Thaw Guide

RECOMMENDED FOODS	MIN.-MAX. WEIGHT	FIRST SIGNAL	SECOND SIGNAL	STAND TIME
Meat				
Chops	0.1 - 5.0 lbs.	Turn over.	Separate and shield where necessary.	5 minutes
Frankfurters, Sausage	0.1 - 5.0 lbs.	Separate.	Remove defrosted pieces.	2 minutes
Ground Meat	0.1 - 5.0 lbs.	Turn over.	Remove defrosted areas and break apart.	5 minutes
Beef Patties	0.1 - 5.0 lbs.	Turn over.	Separate patties.	5 minutes
Roast	0.1 - 5.0 lbs.	Turn over and shield.	Shield if necessary.	90 minutes
Ribs	0.1 - 5.0 lbs.	Turn over.	Remove defrosted pieces. Shield if necessary.	10 minutes
Steak	0.1 - 5.0 lbs.	Turn over.		5 minutes
Stew	0.1 - 5.0 lbs.	Turn over and separate.	Separate and remove defrosted pieces.	5 minutes
Poultry				
Whole Chicken	0.1 - 5.0 lbs.	Turn over and shield.	Turn over and shield.	10 minutes; run cold water in cavity.
Turkey Breast (breast side up)	0.1 - 5.0 lbs.	Turn over.	Shield where necessary.	20 minutes in refrigerator
Chicken Pieces	0.1 - 5.0 lbs.	Turn over.	Separate and remove defrosted pieces.	5 minutes
Cornish hens (whole)	0.1 - 5.0 lbs.	Remove wrapper and turn over.		10 minutes; run cold water in cavity.
Cornish hens (split)	0.1 - 5.0 lbs.	Turn over.		5 minutes
Seafood				
Fish fillets	0.1 - 3.0 lbs.	Turn over.	Separate and remove defrosted pieces.	5 minutes
Shrimp, scallops	0.1 - 3.0 lbs.	Separate.	Separate and remove defrosted pieces.	5 minutes
Whole fish	0.1 - 3.0 lbs.	Turn over and shield tail and head.		Hold under cold running water.

Edges or thin areas of meat will defrost more rapidly than other areas. After first or second signal, shield warm areas with small pieces of foil.

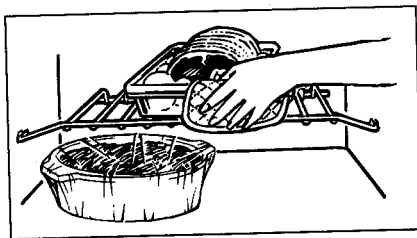
Guide to Use of the Oven Rack

- Do not store or cook with metal rack on floor of oven. Product damage may result.
- Use pot holders when handling metal rack and cookware. They may be hot.
- Do not store microwave browning dish on metal rack.

The two position wire rack is specifically designed for added capacity heating and reheating in your microwave oven. Now more than one food may be heated or reheated and ready to serve at the same time.

When microwaving with the oven rack, some techniques will differ from the Cookbook that came with your oven. It is important to arrange foods properly (shown on the next page). Cookware size is important; select from among the suggestions at right. Also, food size should be considered; foods over 3½ inches high, or 3 pounds are not recommended for rack cooking.

Batters and dough foods and also uncooked foods which need to be prepared from scratch should be cooked without the oven rack, following cookbook directions.

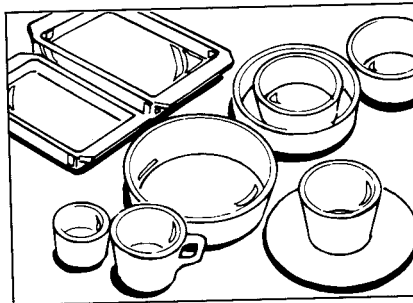


Use pot holders when handling foods heated together with your oven rack, especially when heating larger amounts of food in 8-inch square or other 2-quart size casseroles.

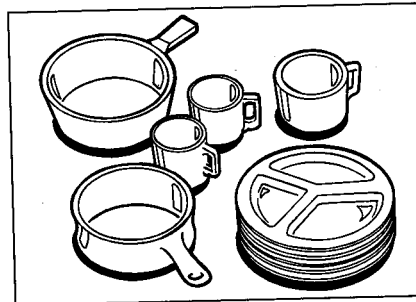
Extra steam generated from multiple food cooking may make cookware hotter than with regular microwaving.

Cookware for Rack Heating and Reheating

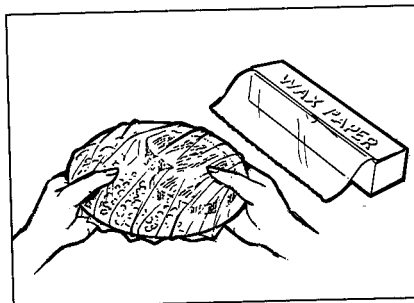
Before placing food in the dishes, check to see that they will fit together on or under the rack. Also, be sure cookware is microwave safe.



Cookware for heating or reheating include 1 cup measuring cup, 8x4x3-inch loaf dishes, 9x5x3-inch loaf dishes or 9-inch pie plates.

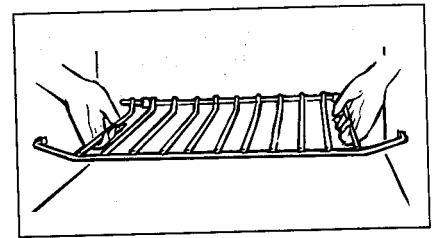


Leftovers may be placed in small individual ceramic or plastic bowls or divided plates.

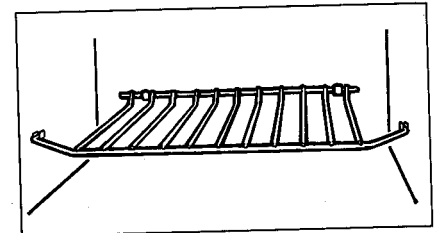


Use wax paper or plastic wrap instead of lids on casseroles. Lids may add too much height to dish.

Positioning the Rack



To insert rack, tip the back slightly and fit the rack support guides onto the support guides located on each side of the oven in the rear.

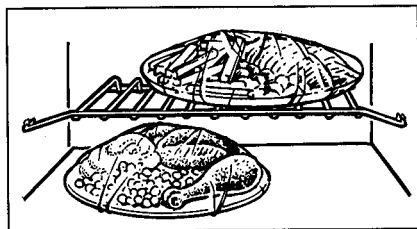


Next, lower the front until the rack support guides fit onto the support guides located at each side of the oven in the front.

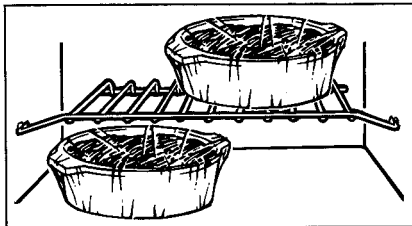
When properly positioned, the rack should fit snugly in place, be level and not touch the back or side wall of the oven.

If arcing occurs when using the rack to cook more than one food at the same time, turn the oven off. Make sure the rack is positioned right-side-up on all four rack supports and not touching oven walls. To prevent arcing, remove the rack when you are not using it.

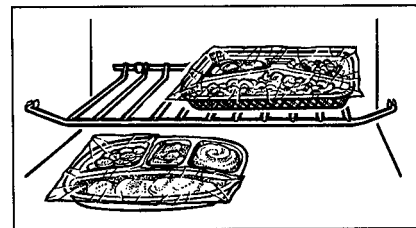
How to Heat or Reheat Similar Types of Food



Two plates of leftovers may be reheated together. Arrange thick or dense foods to outside edges of plate and cover with plastic wrap. Microwave at High (10) for 2 to 3 minutes. Reverse position of plates (top to bottom) and rotate 1/2 turn. Continue microwaving at High (10) for 2 to 3 minutes. Continue heating, if necessary, until hot.



Reheating two casseroles (height should be less than 3½ inches) is possible. Cover with plastic wrap. Use staggered arrangements of food, placing food on right side of rack and left side of floor. Refer to Heating or Reheating Guide in cookbook for suggested microwave time per casserole and add the times together. Microwave at High (10) reversing position of foods (top to bottom) after half of time. Several small bowls of leftovers may be heated in the same way, stirring and reversing positions after half of time.



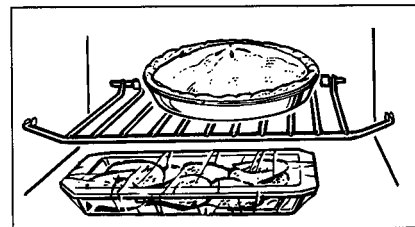
Two frozen individual entrees (5 to 7 oz. each) or two TV dinners (10 to 12 oz. each) are both ready to serve at the same time. Remove trays of food from their boxes and turn back one corner of the plastic cover to vent. If there are foil covers, remove them and return the trays of food to their boxes. Place in oven with one TV dinner on right rack and the second dinner on left floor. Microwave at High (10) for 7 minutes. Reverse positions (top to bottom) and rotate foods 1/2 turn. Continue microwaving at High (10) for 7 minutes. Check dinners for heating. If one dinner seems less done than desired, return it to the box and continue heating on floor 1 to 2 more minutes.

How to Reheat Several Different Types of Foods Together

When heating several different types of food together, foods which should be served hot must be placed on the oven floor, while foods which need only to be warmed should be placed on the rack. This is because microwave energy enters the oven from the bottom only. Also, it is important to remember that foods absorb microwave energy at different rates. Rates can be affected by the size of the food, and its starting temperature.

Because of the varying rates, you may need to start reheating a large or dense food a few minutes ahead of time, then add other smaller or less dense foods. Alternately, if one of the foods you are heating seems undercooked but the others are heated satisfactorily, let the underheated food continue cooking.

Heat or reheat different types of food at High (10). To determine heating times, add times for all foods together. (See heating in cookbook.) After half of time, stir or rearrange foods (do not reverse positions). Check foods (especially those on the oven floor) after 3/4 of total time and remove any which are done. Continue cooking others.



Place on the floor larger or more dense foods, which need the most heating, such as leftover fried chicken, casseroles of canned or leftover vegetables, rice or pasta. Place on the oven rack those foods which need only be warmed, such as bakery pies, rolls, muffins or breads.

How to Use the Timer

The **TIMER** has three timing functions:

- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The **TIMER** operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch **TIMER** pad.
2. Touch number pads 3 and **MIN** (for 3 minutes and no seconds).
3. Touch **START**. Display shows time counting down.
4. When time is up, oven signals, flashes "End," and display shows time of day.

Programming a Holding Time

The **Timer** can also be used to program a "holding time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A holding or standing time may be requested in some of your own recipes or in a cookbook.

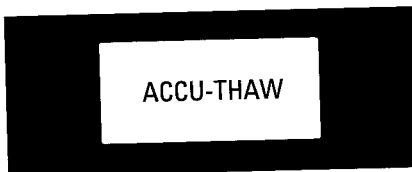
Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, either touch **PROGRAM 1 & 2**, **ACCU-TEMP** or **AUTO ROAST** and enter cook time, temperature or code. Touch **TIMER** and enter number of minutes to delay cooking. When delaying **Accu-Temp** or **Auto Roast** cooking, be sure probe is in food. Touch **START**. **Timer** will count down to zero and cooking will begin.

How to Defrost, Hold and Time Cook

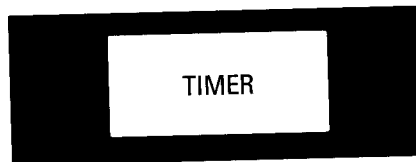
Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then cook for 25 minutes. Here's how to do it:

Step 1: Take casserole from freezer and place in oven.



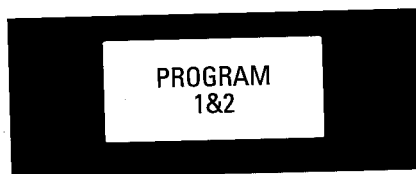
Step 2: Touch **ACCU-THAW** pad.

Step 3: Touch pads 1, 5 and **MIN** for 15 minutes defrosting time. (Defrosting is automatically set on power level 3 but can be changed by touching the **COOKMATIC LEVEL** pad and the desired power level.)



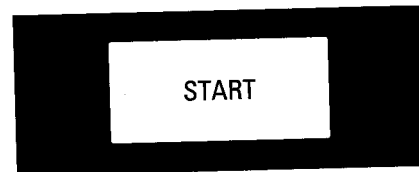
Step 4: Set standing or hold time by touching **TIMER**.

Step 5: Touch 1, 0 and **MIN** to hold for ten minutes.



Step 6: Touch **PROGRAM 1 & 2** pad.

Step 7: Touch 2, 5 and **MIN** for 25 minutes of cooking time.



Step 8: Touch **START**. As each function is automatically performed, oven display shows instructions entered and the function.

Step 9: When time is up, the oven signals, flashes "End" and shuts off.

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

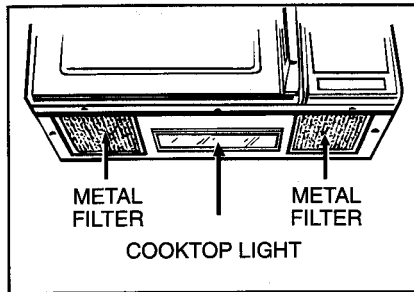
A. Yes. Sometimes you may only want to defrost a food, hold it and cook it later. All you need to do is program in defrost and amount of time. Then program a holding time (example in steps 4 and 5 at left). Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Let foods remain at room temperature only as long as safe. Times will vary.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

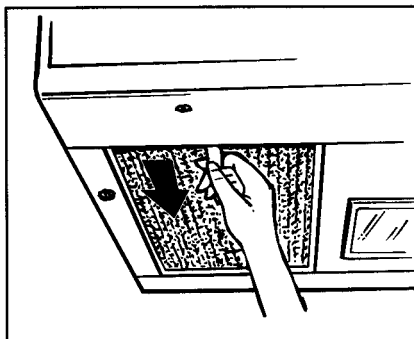
A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to Defrost for 4 minutes, Hold/Time for 2 minutes and then Defrost for 6 minutes. In this case, the oven would Defrost for 6 minutes and Hold/Time for 2 minutes.

The Exhaust Feature

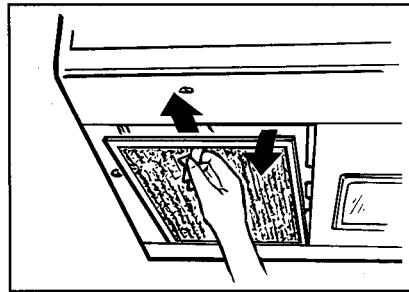


The exhaust hood feature on your microwave oven is equipped with two metal filters which collect grease. When the fan is operated, air is drawn up through the filters and is then discharged through the provided venting to the outside. The hood also has a light for illuminating the counter space.

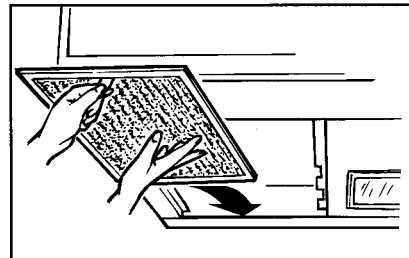
When the NIGHT LIGHT pad is touched, the hood light operates at a lower intensity for use as a night light.



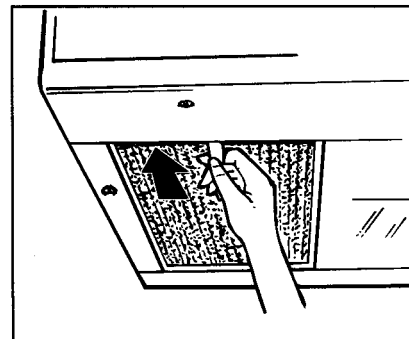
To remove grease filter, grasp the "finger hold" on the filter and slide to the rear.



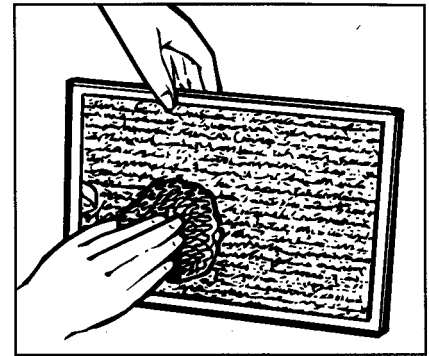
Then pull filter downward and to the front. The filter will drop out.



To replace grease filter, slide the filter in the frame slot on the back of the opening.



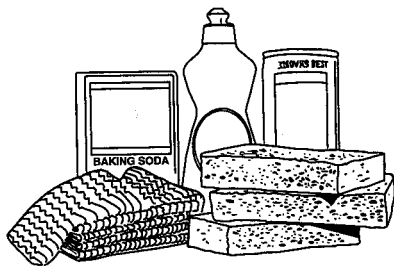
Pull filter upward and to the front to lock into place.



To clean grease filter, soak, then agitate filter in solution of hot water and detergent. Don't use ammonia or other alkali because they will darken metal. Light brushing can be used to remove embedded dirt. Rinse, shake and remove moisture before replacing. **Filters should be cleaned at least once a month.**

Never operate your hood without the filter in place. In situations where flaming might occur on surfaces below hood, filter will retard entry of flames into the unit.

Care and Cleaning



Your new microwave oven is a valuable appliance. Protect it from misuse by following these rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps air out the interior. An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

- **Don't use sharp-edged utensils with your oven.** The inside and outside oven walls can be scratched and the control panel can be damaged.

⚠ CAUTION—to avoid the risk of electrical shock, disconnect oven power cord from electrical outlet before cleaning.

⚠ CAUTION—to avoid burns allow oven parts to cool before touching or handling. Proper care and cleaning procedures are essential for a long and satisfactory life for your oven.

How to Clean the Inside

Walls and floor. Some food soils can be removed with a paper towel, while others may require a damp cloth. Remove greasy food soils with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners on oven walls. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door (inside). Window: Wipe up food soils daily and wash when soiled with a damp cloth. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. **DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL MAR THE SURFACE.**

Special note when using browning dish: If grease is present, high heat generated on bottom of a browning dish may cause the grease to burn onto the oven floor. This may be removed with a cleanser such as Bon Ami® brand cleanser.

After using this cleanser, rinse and dry thoroughly, following instructions on can. Do not use it on the painted surfaces such as the walls—it may scratch the paint.

Automatic Temperature Probe. Probe is sturdy, but care should be taken in handling. Do not twist or bend; avoid dropping temperature probe.

Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with plastic scouring ball if necessary. Rinse and dry or wash in dishwasher.

Rack Accessory. Your rack accessory is designed for use in a microwave oven only; do not use in a conventional oven. Do not use a browning dish with the rack. Arcing could occur.

Clean rack with mild soap and water or in the dishwasher. **Do not clean in a self-cleaning oven.**

How to Clean the Outside

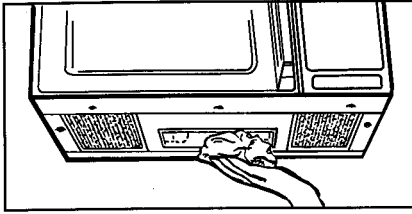
Case. Clean the outside of your oven with soap and a damp cloth, rinse with a damp cloth and then dry. Wipe the window clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

Control Panel. Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it.

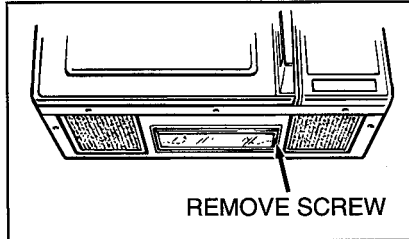
Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

Power Cord. If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

Cooktop Light/Night Light



Clean off the grease and dust on hood surfaces often. Use a solution of warm water and detergent. About 1 tablespoon of ammonia may be added to the water. Take care not to touch the filters and enamel surfaces with this solution; ammonia will darken metal.



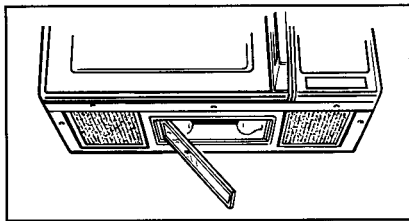
REMOVE SCREW

CAUTION

To avoid the risk of burns or electrical shock:

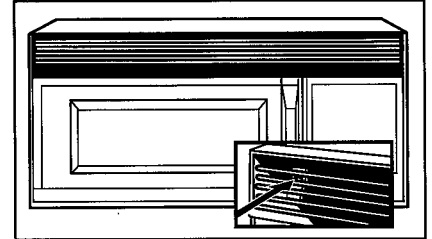
- Disconnect the electric current to the appliance at the wall outlet fuse or breaker box.
- Wait until the oven and/or light bulbs are cool.

To replace combination cooktop light/night light, first disconnect power at main fuse or circuit breaker panel or pull plug. Remove screw on right side of light compartment cover and lower cover until it stops.



Be sure bulbs to be replaced are cool before removing. Break the adhesive seal by gently unscrewing the bulbs. High intensity 40-watt bulbs (40S11N/1), which are available in supermarkets and hardware stores, may also be used for replacements. Raise light compartment cover and replace screw. Connect electrical power to microwave oven.

Oven Light

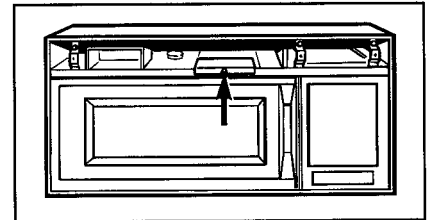


CAUTION

To avoid the risk of burns or electrical shock:

- Disconnect the electric current to the appliance at the wall outlet fuse or breaker box.
- Wait until the oven and/or light bulbs are cool.

To replace your oven light, first disconnect power at main fuse or circuit breaker panel or pull plug. Remove the top grill by taking out the 2 screws that hold it in place.



Next, remove the single screw located above door near center of oven that secures light housing. Replace burned-out bulb with a 30-watt incandescent bulb (R0712011), available from your Amana dealer. Secure light housing with screw.

Before You Call For Service

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT COME ON	<ul style="list-style-type: none"> • A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker. • Unplug your microwave oven, then plug it back in. • Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none"> • Door not securely closed. • START pad must be touched after entering cooking selection. • Another selection entered already in oven and RESET/OFF pad not touched to cancel it. • Make sure you have entered cooking time after touching PROGRAM 1 & 2 pad. • RESET/OFF pad was touched accidentally. Reset cooking program and touch START pad. • Make sure you have entered a temperature after touching ACCU-TEMP pad. • Make sure you entered a code number after touching AUTO ROAST or ACCU-THAW pad.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	<ul style="list-style-type: none"> • Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch PROGRAM 1 & 2 pad and additional cooking time for completion. • Incorrect power level entered. Check cookbook for recommended power level. • Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check cookbook or recipe for instructions. • Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check cookbook for recommendation on increasing time. • Probe not inserted properly into meat or dish when using Accu-Temp or Auto Roast function. Check cookbook for specific instructions.
"PROBE" APPEARS ON DISPLAY	<ul style="list-style-type: none"> • Probe has been forgotten or not seated properly in oven wall when using Accu-Temp or Auto Roast function. Check cookbook for specific instructions.

All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dull thumping sound while oven is operating.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

If you need more help...call, toll free:
1-800-843-0304
 consumer information line

If you need service

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are two steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased, write all the details—including your phone number—to:

Amana Refrigeration, Inc.
Customer Relations Dept.
Amana, IA 52204

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

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



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, IA 52204
(319) 622-5511
Monday through Friday
(8 a.m.–4:30 p.m., Central Time Zone)

For questions concerning product usage, installation and warranty.

☎ CONSUMER INFORMATION LINE
AMANA TOLL-FREE NUMBER
1-800-843-0304