

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

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Use and Care of  
 model  
**MVH100E**  
 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:

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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.

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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 only 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 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.

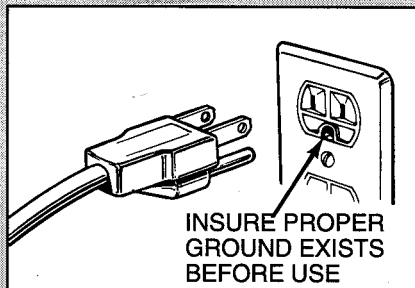
*(continued next page)*



# IMPORTANT SAFETY INSTRUCTIONS (continued)

## ▲ WARNING—

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



Consult a qualified electrician or serviceperson 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 in 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 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.

(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.

(1) **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.

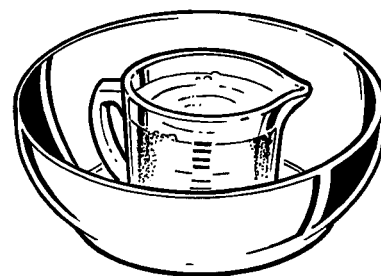
—**Never flame foods under the oven with the exhaust fan operating** because it may spread the flames.

—**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 Cooking Guide.

• **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.



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## 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.

- 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, power level or food weights for Auto Accu-Thaw.
- 5. 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.
- 6. 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.

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

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

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

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

**11. Start.** Touch this pad to begin any function.

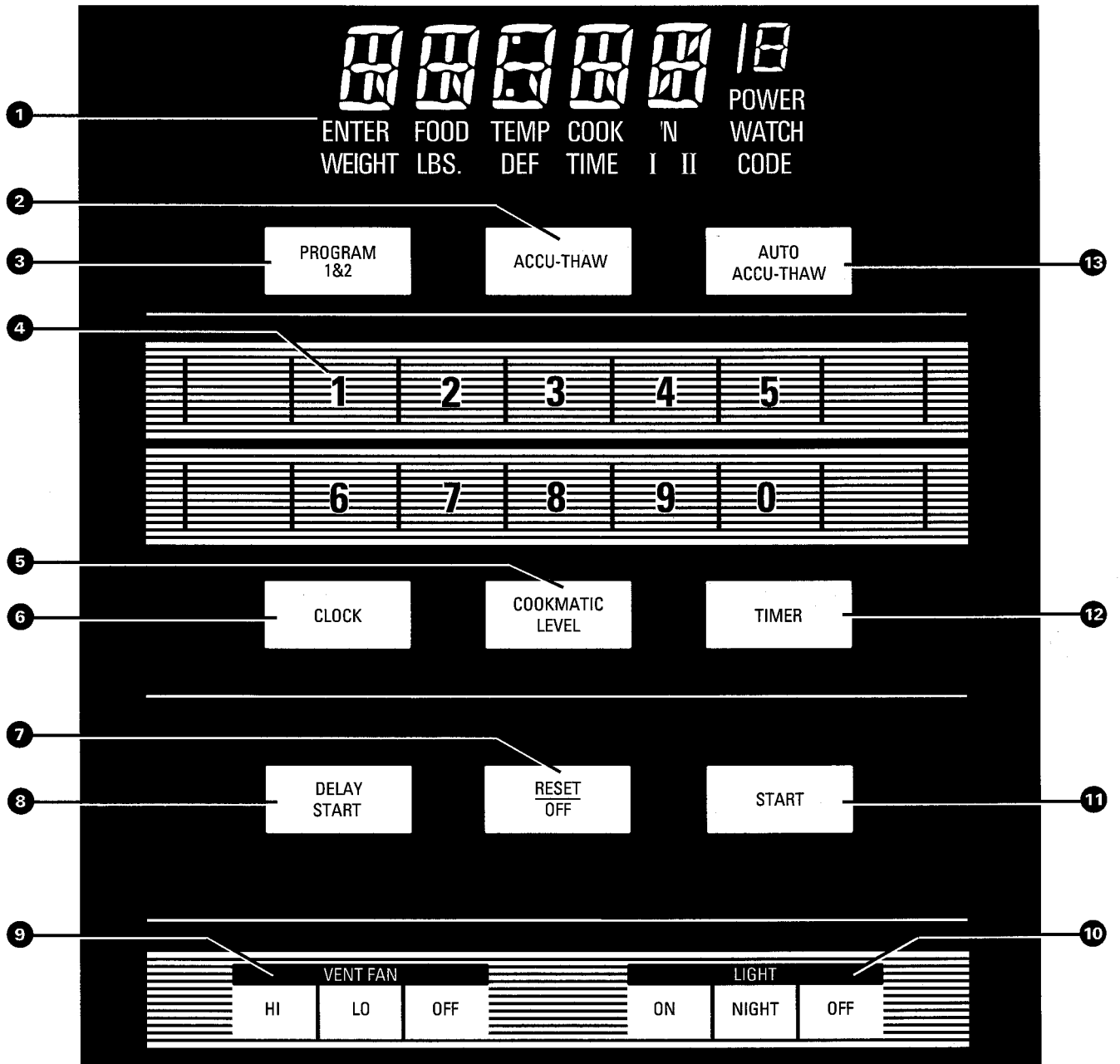
**12. Timer.** This feature uses no microwave energy. It functions as either a kitchen timer, as a holding period after defrost or as a delay timer before cooking.

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

### 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.

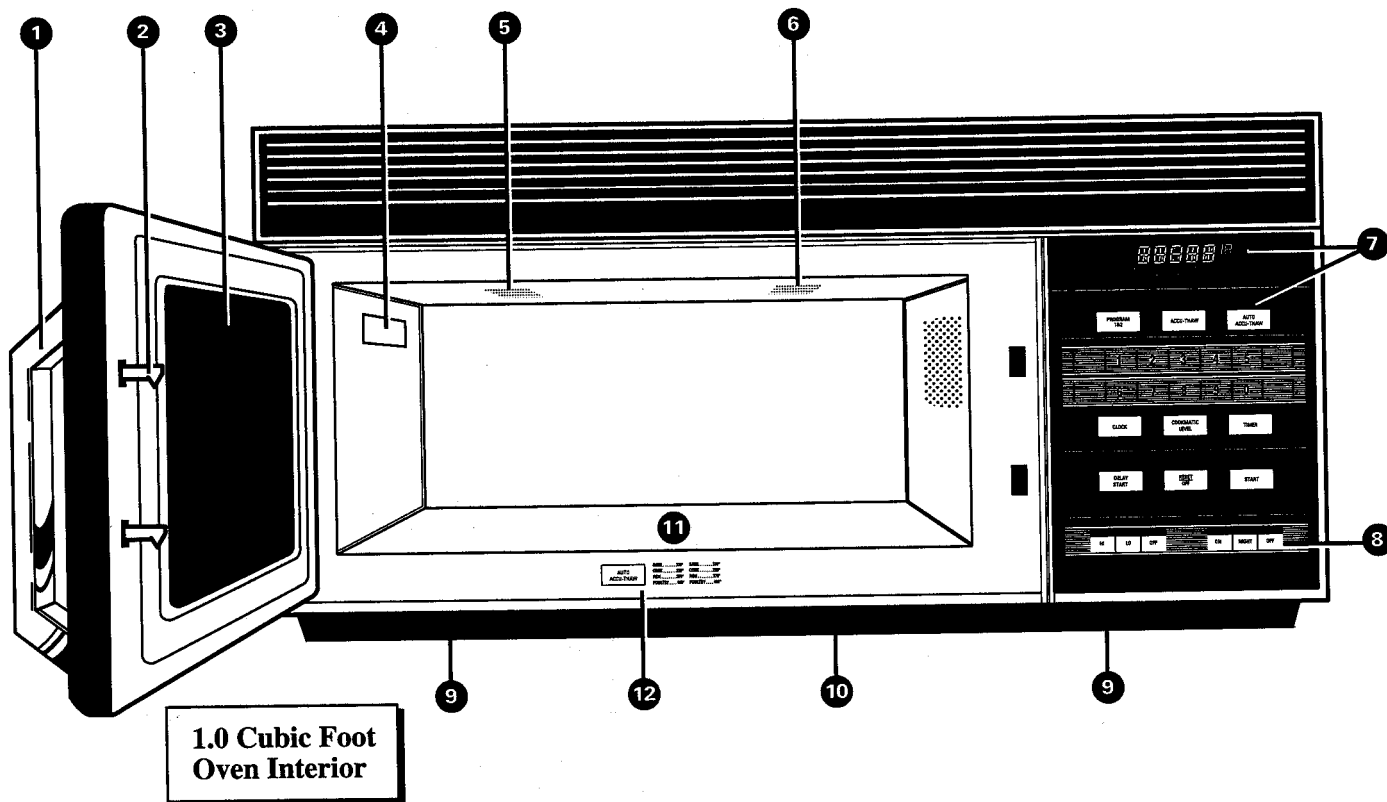
To prevent overheating from taking place, the exhaust fan is designed to automatically turn on at a low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately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



# Features of Your Microwave Oven

## Cooking Complete Reminder

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. Touch Control Panel and Digital Display.** For detailed information on each feature, see the section on Your Touch Control Panel.

**8. Hood Controls: Fan Pads.** Press HI, LO, or OFF. **Light Pads.** Press ON, NIGHT or OFF.

**9. Grease Filters.**

**10. Cooktop Light.**

**11. Oven Floor.**

**12. Auto Accu-Thaw Guide.**

This is to certify that this unit has been tested in conformance with AMCA Bulletin No. 210	C.F.M. at 0.10 WG 215 Vert. 224 Hor.	SONES 6.3 Vert. 5.9 Hor.
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# 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. The display shows “: 0” and “ENTER TIME” flashes.
2. Touch number pads 3, 0 and 0 (for 3 minutes and no seconds). Display shows “3:00” and “TIME.”
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 the Cooking Guide.

## Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, touch **PROGRAM 1 & 2** and enter cook time. Touch **TIMER** and enter number of minutes to delay cooking. Touch **START**. Timer will count down to zero and cooking will begin.

See precautions under Safety Instructions for recommended food items.

## 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, 0 and 0 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**. The display shows “: 0” and “ENTER TIME” flashes.

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



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

**Step 7:** Touch 2, 5, 0 and 0 for 25 minutes of cooking time.



**Step 8:** Touch **START**. “DEF TIME” and “15:00,” counting down, show on display. 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.

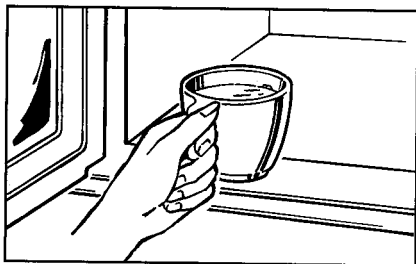
# Cooking by Time

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

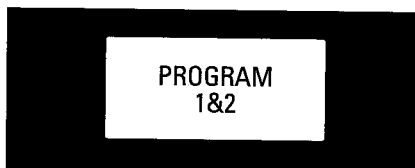
The oven shuts off automatically.

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 cooking 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. "COOK TIME I," "POWER 10" and time counting down show on display.

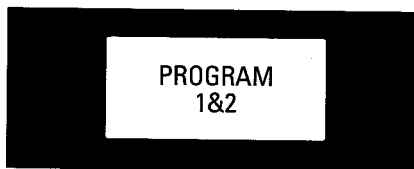
**Step 5:** When time is up, the oven signals and flashes "End." Oven, light and fan shut off.

**Step 6:** Open the door.

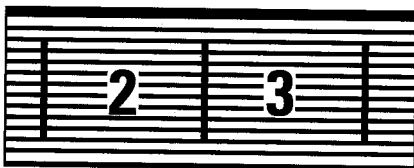
## Using the Program 2 Feature

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. Display shows "2:15" and "POWER 10." "COOK TIME I" flashes.

**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:** "POWER 10" is displayed and "COOK TIME I" counts down.

**Step 8:** At the end of "COOK TIME I," the second power level is displayed and "COOK TIME II" is shown counting down.

**Step 9:** When time is up, the oven signals and flashes "End." The oven, light and fan shut off.

**Step 10:** Open the door.

## How to Use Delay Start

**Delay Start 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.

# 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.

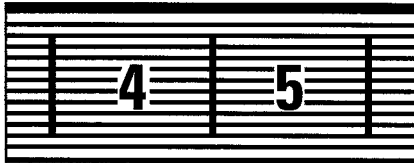
- Power level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See the Defrosting Guide for defrosting help.

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, 0 and 0 for 4 minutes.

**How to Change Power Level**  
After setting defrosting time, touch COOKMATIC LEVEL pad, then touch desired number for new power level.



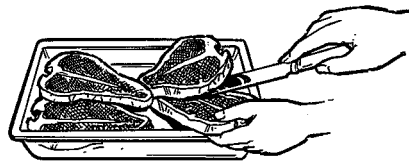
**Step 4:** Touch START. "DEF TIME" shows and time counts down on display. When cycle is completed, the oven signals and flashes "End," then automatically shuts off.

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

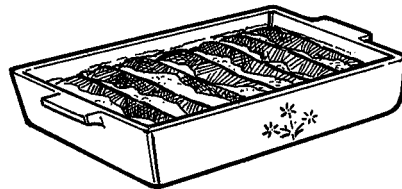
**Step 6:** When oven signals and flashes "End," open door, remove package and separate chops to finish defrosting.

## 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 the Defrosting Guide 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 Defrosting Guide seem right for my food?**

**A.** These times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in the Defrosting Guide. 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.

# 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.

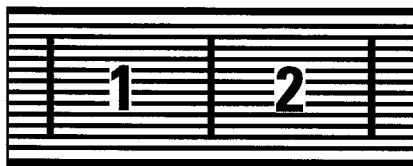
## How to Set Auto Accu-Thaw

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
<b>Meat</b>				
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
<b>Poultry</b>				
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
<b>Seafood</b>				
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.

# Glossary of Microwave Terms

**When adapting recipes for the microwave, it is best to start with a familiar recipe. Knowing how the food should look and taste will help when adapting recipes for microwaving. Foods that require browning or crisp, dry surfaces will cook better conventionally.**

- Moist foods, such as vegetables, fruits, poultry and seafood, microwave well.
- Rich foods, such as bar cookies, moist cakes and candies, are suitable for microwaving because of their high fat and sugar content.
- Reduce conventional cooking time by one-half to one-third. Check food after minimum time to avoid overcooking.
- Small amounts of butter or oil can be used for flavoring, but are not needed to prevent sticking.
- Seasonings may need to be reduced. Salt meats and vegetables after cooking.

**Covering.** In both conventional and microwave cooking, covers hold in moisture, allow for more even heating and reduce cooking time. Conventionally, partial covering allows excess steam to escape. Venting plastic wrap or covering with wax paper serves the same purpose when microwaving.

**Venting.** After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

**Arranging Food in Oven.** In conventional baking, you position foods, such as cake layers or potatoes, so hot air can flow around them. When microwaving, you arrange foods in a ring, so that all sides are exposed to microwave energy.

**Stirring.** In range-top cooking, you stir foods up from the bottom to heat them evenly. When microwaving, you stir cooked portions from the outside to the center. Foods that require constant stirring conventionally will need only occasional stirring when microwaving.

**Turning Over.** In range-top cooking, you turn over foods, such as hamburgers, so both sides can directly contact the hot pan. When microwaving, turning is often needed during defrosting or when cooking certain foods, such as frozen hamburgers.

**Standing Time.** In conventional cooking, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.

**Shielding.** In a conventional oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.

**Arcing.** Sparks caused by too much metal in the microwave oven or metal touching the side of the oven or foil that is not molded to food.

**Prick Foods to Release Pressure.** Steam builds up pressure in foods that are tightly covered by a skin or membrane. Prick foods, such as potatoes (as you do conventionally), egg yolks and chicken livers, to prevent bursting.

**Rotating.** Occasionally, repositioning a dish in the oven helps food cook more evenly. To rotate 1/2 turn, turn the dish until the side that was to the back of the oven is to the front. To rotate 1/4 turn, turn the dish until the side that was to the back of the oven is to the side.

## Basic Microwave Guidelines

**Density of Food.** In both conventional and microwave cooking, dense foods, such as potatoes, take longer to cook than light, porous foods, such as rolls, bread or pieces of cake.

**Round Shapes.** Since microwaves penetrate foods to about one inch from top, bottom and sides, round shapes and rings cook more evenly. Corners receive more energy and may overcook. This may also happen when cooking conventionally.

**Delicacy.** Foods with a delicate texture, such as custards, are best cooked at lower power settings to avoid toughening.

**Natural Moisture** of food affects how it cooks. Very moist foods cook evenly because microwave energy is attracted to water molecules. Food that is uneven in moisture should be covered or allowed to stand so heat can disperse evenly.

**Piece Size.** Small pieces cook faster than large ones. Pieces that are similar in size and shape cook more evenly. With large pieces of food, reduce the power setting for even cooking.

**Shape of Food.** In both types of cooking, thin areas cook faster than thick areas. This can be controlled in microwaving by placing thick pieces near the outside edge and thin pieces in the center.

**Starting Temperature.** Foods taken from the freezer or refrigerator take longer to cook than foods at room temperature. Timings in our recipes are based on the temperatures at which you normally store the foods.

**Quantity of Food.** In both types of cooking, small amounts usually take less time than large amounts. This is most apparent in microwave cooking, where time is directly related to the number of servings.

**Shelf** (on models so equipped). Use the shelf to heat more than one dish at one time. Take the shelf out when you are not using it.

# Microwave Cookware Guide & Microwave Adapting

Type of Cookware	Microwave Uses
Foil-lined paper bags and boxes	Avoid using.
Foil baking trays	You can use foil trays that are no higher than 3/4-in. (Foil or metal will reflect microwaves and cause uneven heating.) Arcing can occur if foil is closer than 1 inch to oven walls.
Aluminum foil	Use for shielding.
Metal or partially metal pots, pans, thermometers, skewers and twist ties	Do not use. Microwave-safe thermometers and skewers are available.
Glass jars and bottles	Generally, glass jars can be used to warm food. However, do not heat baby food in jars, even without lids, because food will heat unevenly. Do not warm foods in narrow-necked bottles because pressure can build up.
Microwave plastics	Cooking and heating.
Paper or Styrofoam plates and cups	Heating and serving of foods and beverages. Styrofoam will melt if food is too hot or if food is cooked for a long time.
Oven glass and ceramic	Cooking and heating.
Dinnerware	Heating and some cooking. Follow dinnerware manufacturer's recommendations. Avoid using dishes with metal trim.
Paper towels, paper napkins and wax paper	Absorbing moisture, and preventing spatters. Heating and serving of sandwiches or appetizers. Light covering to hold in steam. Do not use paper towels that have synthetic fibers, such as nylon, woven into them. Synthetic fibers may cause the towel to ignite. Avoid using recycled paper.
Plastic wrap, cooking bags, boil-in bags and storage bags	Covering to hold in steam (wrap). Cooking (cooking and boil-in bags). Heating (storage bags).
Paperboard trays used for frozen entrees and dinners	Cooking and heating.
Plastic trays and plates used for frozen entrees and dinners	Cooking and heating.
Straw, wicker and wood	Warming.

## Cookware Tips

- Always check the cookware manufacturer's recommendations before using any cookware in the oven.
- Before purchasing cookware or preparing food in cookware, check its size to make sure it will fit in the oven.

# Heating or Reheating Guide

- Directions below are for heating or reheating already-cooked foods stored in refrigerator or at room temperature. Use microwave-safe cookware.
- Cover most foods for fastest heating. Exceptions are some sandwiches, griddle foods and baked items.
- Bubbling around edges of dish is normal, since the center is the last to heat. Foods heated to 160°F. to 165°F. will provide safe, palatable results. Adjust temperatures to suit your personal taste. Let foods stand a few minutes before serving.

- Be sure foods are heated throughout before serving. Steaming or bubbling around edges of dish does not necessarily mean food is heated throughout.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Item	Amount	Power Level	Time
<b>Appetizers</b>			
<b>Dips:</b> cream or processed cheese	½ cup	Medium (5)	2½ to 3½ min.
	1 cup	Medium (5)	3 to 5 min.
<b>Pastry bites:</b> small pizzas, egg rolls, etc.	2 to 4 servings	High (10)	2 to 4 min.
<b>Saucy:</b> meatballs, riblets, cocktail franks, etc. (½ cup per serving)	1 to 2 servings	High (10)	2 to 4 min.
	3 to 4 servings	High (10)	5 to 7 min.
<b>Tip:</b> Cover saucy appetizers with wax paper. Cover dips with plastic wrap. Microwave pastry bites uncovered to retain their crispness.			
<b>Bakery Foods</b>			
<b>Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread</b>	1 piece	Low (3)	½ to 1 min.
	2 pieces	Low (3)	1 to 2 min.
	4 pieces	Low (3)	1½ to 2½ min.
	9-in. cake or 12 rolls or doughnuts	Low (3)	2 to 4 min.
	<b>Dinner rolls, muffins</b>	1	Medium (5)
	2	Medium (5)	½ to 1 min.
	4	Medium (5)	1 to 1½ min.
	6 to 8	Medium (5)	1 to 2 min.
<b>Pie:</b> fruit, nut or custard 1 slice=¼ of 9-in. pie (use minimum time for custard)	1 slice	High (10)	½ to 1 min.
	2 slices	High (10)	1 to 1½ min.
	4 slices	Med-High (7)	2½ to 3 min.
	9-in. pie	Med-High (7)	5 to 7 min.
<b>Beverages</b>			
<b>Cocoa, other milk based</b> (6 oz./cup) (9 oz./cup)	1 to 2 cups	Med-High (7)	3 to 4 min.
	1 to 2 cups	Med-High (7)	5 to 7 min.
<b>Coffee, tea, cider</b> (6 oz./cup) (9 oz./cup)	1 to 2 cups	High (10)	1 to 3 min.
	1 to 2 cups	High (10)	6 to 7 min.
<b>Gravies &amp; Sauces</b>			
<b>Desserts:</b> chocolate, butterscotch, etc. 1 cup	½ cup	High (10)	1 to 2 min.
	High (10)	2 to 3 min.	
<b>Gravies:</b> giblet or creamy 1 cup	½ cup	High (10)	1 to 2 min.
	High (10)	2 to 3 min.	
<b>Meat or main dish sauces,</b> such as spaghetti sauce, etc.	½ cup	High (10)	2 to 3 min.
	1 cup	High (10)	3 to 4 min.
	1 can (16 oz.)	High (10)	3 to 4 min.
<b>Tip:</b> Cover food to prevent spattering.			
<b>Griddle Foods</b>			
<b>Pancakes, french toast or waffles:</b> Plain, no topping Syrup & butter	2 or 3 pieces	High (10)	1 to 1½ min.
	2 or 3 pieces	High (10)	1 to 1½ min.
<b>Tip:</b> Do not cover.			



Item	Amount	Power Level	Time
<b>Meats and Main Dishes</b>			
<b>Chicken pieces</b>	1 to 2 pieces	High (10)	2 to 3 min.
	3 to 4 pieces	High (10)	3 to 4 min.
<b>Hamburgers or meatloaf</b> (4 oz. per serving)	1 to 2 servings	High (10)	2 to 3 min.
	3 to 4 servings	High (10)	4 to 5 min.
<b>Hot dogs and sausages</b>	1 to 2	High (10)	½ to 1 min.
	3 to 4	High (10)	1 to 2 min.
<b>Rice and pasta</b> (¾-¾ cup per serving)	1 to 2 servings	High (10)	1 to 3 min.
	1 to 2 servings	High (10)	3 to 5 min.
<b>Saucy, main dishes:</b> chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. (¾-1 cup per serving)	3 to 4 servings	High (10)	6 to 9 min.
	1 can (16 oz.)	High (10)	5 to 7 min.
<b>Steaks, chops, ribs, meat pieces</b>	1 to 2 servings	Med-High (7)	2 to 4 min.
	3 to 4 servings	Med-High (7)	5 to 7 min.
<b>Thinly-sliced meat</b> (3 to 4 oz. per serving)	1 to 2 servings	Med-High (7)	1 to 3 min.
	3 to 4 servings	Med-High (7)	2 to 5 min.
<b>Topped or mixed with sauce</b> (¾-¾ cup per serving)	1 to 2 servings	High (10)	3 to 5 min.
	3 to 4 servings	High (10)	5 to 6 min.
<b>Tip:</b> Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with wax paper. When heating or reheating 3 to 4 servings of meat slices or pieces, rotate dish 1/2 turn after half of cooking time.			
<b>Plate of Leftovers</b>			
Meat plus 2 vegetables	1 plate	High (10)	3 to 4 min.
<b>Tip:</b> Cover plate of food with wax paper or plastic wrap.			
<b>Sandwiches</b>			
<b>Meat-cheese filling:</b> with 2 slices of bread	1 to 2 servings	Med-High (7)	1 to 3 min.
	3 to 4 servings	Med-High (7)	3 to 4 min.
<b>Moist filling:</b> Sloppy Joes, barbecue, ham salad, etc. in bun (½ cup per serving)	1 to 2 servings	Med-High (7)	1 to 2 min.
	3 to 4 servings	Med-High (7)	2 to 3 min.
<b>Tip:</b> Use paper towel or napkin to cover sandwiches.			
<b>Soups</b>			
<b>Milk-based</b> (6 oz. per serving)	1 to 2 servings	Med-High (7)	2 to 3 min.
	3 to 4 servings	Med-High (7)	5 to 7 min.
	1 can (10 oz.)	Med-High (7)	6 to 7 min.
<b>Water-based</b> (6 oz. per serving)	1 to 2 servings	High (10)	1 to 2 min.
	3 to 4 servings	High (10)	3 to 5 min.
	1 can (10 oz.)	High (10)	4 to 6 min.
<b>Tip:</b> Cover soups with wax paper or plastic wrap.			
<b>Vegetables</b>			
<b>Large pieces or whole:</b> asparagus spears, corn on the cob, etc.	1 to 2 servings	High (10)	1 to 2 min.
	3 to 4 servings	High (10)	2 to 3 min.
	1 can (16 oz.)	High (10)	4 min.
<b>Mashed</b> (½ cup per serving)	1 to 2 servings	High (10)	1 to 2 min.
	3 to 4 servings	High (10)	3 to 4 min.
<b>Small pieces:</b> peas, beans, corn, etc. (½ cup per serving)	1 to 2 servings	High (10)	1 to 2 min.
	3 to 4 servings	High (10)	2 to 3 min.
	1 can (16 oz.)	High (10)	2 to 4 min.
<b>Tip:</b> Cover vegetables for most even heating.			

# Defrosting Guide

1. Food packaged in paper or plastic may be defrosted without unwrapping. If food is foil wrapped, remove foil and place food in cooking dish for defrosting. Most food defrosts well using Defrost (3). For more even defrosting of larger foods, such as beef, lamb and veal roasts, use Warm (1).
2. After first half of defrosting time, unwrap package and check food. Turn food over, if necessary; break apart or separate food if possible. Shield any warm areas with small pieces of foil.
3. Be sure large meats are completely defrosted before cooking.
4. When defrosted, food should be cool but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes.

Food	First Half Time, Min.	Second Half Time, Min.	Comments
<b>Breads, Cakes [Power Level: Defrost (3)]</b>			
<b>Bread, buns or rolls</b> (8 to 16 oz.)	2 to 3	1 to 2	Remove metal twist tie. Turn over after first half of time.
<b>Cake, frosted, 2 to 3 layer</b> (17 oz.)	2 to 3	none	Let stand 5 to 10 minutes before serving.
<b>Cake, plain, 1 layer</b>	2 to 3	none	Let stand 5 minutes before serving.
<b>Cheesecake, plain or fruit-topped (17 to 19 oz.)</b>	3 to 6	none	
<b>Coffee cakes</b> (11 to 14¾ oz.)	6 to 7	none	
<b>Cream or custard pie</b> (14 oz.)	1 to 2	1 to 2	Reposition after first half of time. Let stand 5 minutes before serving.
<b>Crunch cakes &amp; cupcakes</b>	½ to ¾ each	none	
<b>Doughnuts</b> (1 or 2) (4 to 6)	½ to 1 1 to 2	none 1 to 2	Rearrange after first half of time.
<b>French toast (2 slices)</b>	2	1	Turn over after first half of time.
<b>Fruit or nut pie (8 in.)</b>	7 to 9	none	
<b>Pound cake (11¼ oz.)</b>	2 to 4	none	Let stand 5 minutes before serving.
<b>Sweet rolls</b> (8¾ to 12 oz.)	2 to 3	2 to 3	Rearrange after first half of time.
<b>Fish &amp; Seafood [Power Level: Defrost (3)]</b>			
<b>Filletts:</b>			
Pre-packaged (1 lb.)	4 to 5	5 to 7	Place unopened package in oven. (If fish is frozen in water, place in cooking dish.) Turn package over after first half of time. After second half of time, hold under cold water to separate.
Freshly frozen (1 lb.)	4 to 5	5 to 7	
<b>Shellfish, blocks:</b>			
Crab meat (6-oz. package)	2	2	Place block in casserole. Turn over and break up with fork after first half of time.
Oysters (12-oz. can)	4 to 6	4 to 6	Place block in casserole. Break up with fork after first half of time.
Scallops (1-lb. package)	4 to 6	4 to 6	Place block in casserole. Turn over and break up after first half of time.
<b>Shellfish, large:</b>			
Crab legs, 1 to 2 (8 to 10 oz.)	2 to 3	2 to 3	Arrange in cooking dish with light-underside-up. Turn over after first half of time.
Lobster tails, 1 to 2 (6 to 9 oz.)	3 to 4	3 to 4	Arrange in cooking dish, with meaty-side-down. Turn over after first half of time.
<b>Shellfish, small pieces</b> (1 lb.)	3 to 4	3 to 4	Spread shellfish in single layer in baking dish. Rearrange pieces after first half of time.
<b>Steaks (6 to 12 oz.)</b>	2 to 3	none	Let stand a few minutes to finish defrosting.
<b>Whole fish (8 to 10 oz.)</b>	3	2 to 4	Place fish in cooking dish. Turn over after first half of time. After second half of time, rinse cavity with cold water to complete defrosting.

<b>Food</b>	<b>First Half Time, Min.</b>	<b>Second Half Time, Min.</b>	<b>Comments</b>
<b>Fruit [Power Level: Defrost (3)]</b>			
<b>Fresh</b> (10 to 16 oz.)	2 to 3	2 to 3	Place package in oven. Remove foil or metal. After minimum time, break up with fork. Repeat if necessary.
Plastic pouch—1 to 2 (10-oz. package)	1 to 3	3 to 4	Place package in oven. Flex package once.
<b>Meat [Power Level: Defrost (3)]</b>			
<b>Bacon</b> (1 lb.)	2 to 3 per lb.	2 to 3 per lb.	Place unopened package in oven. Let stand 5 minutes after defrosting.
<b>Franks</b> (1 lb.)	2 to 3	2 to 3	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
<b>Ground:</b> beef & pork (1 lb.)	3 to 4	3 to 4	Turn meat over after first half of time.
(2 lbs.)	6 to 7	6 to 7	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Break up remaining block and microwave 1 to 2 minutes more.
(5 lbs.)	12 to 13	12 to 13	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Microwave 6 to 8 minutes more. Scrape and set aside. Break up remaining block and microwave 3 to 5 minutes more.
<b>Roast:</b> beef, lamb, veal* (3 to 4 lbs.)	8 to 10 per lb.	8 to 10 per lb.	Place unwrapped roast in cooking dish. Turn roast over after first half of time. Defrost for second half of time. Let stand for 30 minutes to 1 hour.
<b>Roast,</b> pork (3 to 4 lbs.)	6 to 8 per lb.	4 to 6 per lb.	Place unwrapped roast in cooking dish. Turn roast over after first half of time. Defrost for second half of time. Let stand for 30 minutes to 1 hour.
<b>Sausage, bulk</b> (1-lb. tray)	2 to 3	2 to 4	Turn over after first half of time. Let stand 5 minutes.
(1-lb. roll)	2 to 3	3 to 4	Turn over after first half of time. Let stand 15 minutes.
<b>Sausage, links</b> (1 to 1½ lbs.)	2	1½ to 2½	Rotate package 1/4 turn after first half of time. Let stand 5 minutes.
<b>Sausage, patties</b> (12-oz. package)	2	2 to 3	Turn over and separate after first half of time. Remove patties as they thaw.
<b>Spareribs,</b> pork (2 to 3 lbs.)	2 to 4 per lb.	2 to 4 per lb.	Place unwrapped ribs in cooking dish. Turn over after first half of time. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
<b>Steaks, chops &amp; cutlets</b>	3 to 5 per lb.	3 to 5 per lb.	Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
*Use Warm (1) for roasts.			
<b>Poultry [Power Level: Defrost (3)]</b>			
<b>Chicken, broiler-fryer, cut up</b> (2½ to 3 lbs.)	9 to 11	9 to 11	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
<b>Chicken, whole</b> (2½ to 3 lbs.)	12 to 14	12 to 14	Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed.
<b>Cornish hen</b>	5 to 6 per lb.	5 per lb.	Place unwrapped hen in oven breast-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed.
<b>Duckling</b>	4 to 6 per lb.	4 to 6 per lb.	Place unwrapped duckling in oven. Turn over after first half of time. Shield warm areas with foil. Run cool water in cavity until giblets can be removed.
<b>Turkey breast</b> (4 to 5 lbs.)	3 to 5 per lb.	3 to 5 per lb.	Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours to complete defrosting.

# Cooking Guide

## Breads

Crust on breads will be soft and the outsides will not brown. If desired, sprinkle top of batter with cinnamon-sugar mixture, chopped nuts or other topping for brown color. To increase brown

color on upside-down breads, line dish before microwaving with brown sugar-caramel mixture or savory topping, such as crushed, canned, french fried onion rings.

Food	Container	Cover	Power Level & Time	Comments
Coffee cakes	8-in. round or square dish	No	Med-High (7) 8 to 10 min.	Place batter in greased dish.
Corn bread	8- to 9-in. tube dish*	No	Med-High (7) 9 to 11 min.	Sprinkle cooking dish with finely chopped, canned, french fried onions before microwaving. Turn out of pan upside down to serve.
Muffins (1 Muffin) (2 to 4 Muffins) (3 to 6 Muffins)	Paper-lined muffin cups (Do not use foil liners.)	No	High (10) 1 to 1½ min. 1 to 2 min. 2 to 4 min.	Use microwave-safe muffin container or homemade muffin cups, made by cutting down hot drink paper cups. Some muffins may be done before others. Remove muffins as they are done, and continue cooking remaining muffins a few seconds longer.
Quick breads, from a mix	Glass loaf dish	No	Med-High (7) 11 to 16 min.	Shield corners after half of cooking time. When done, toothpick inserted in center will come out clean. Let stand 15 minutes before turning out of dish. Cool.

\*If tube dish is unavailable, microwave in 8-in. round dish with drinking glass placed open-side-up in center.

## Cakes and Desserts

1. Always use microwave-safe cookware.
2. Before adding measured amount of batter, grease dishes or line them with wax paper. (Do not flour.)
3. Cakes are done when toothpick or long skewer inserted into center comes out clean.
4. Cool cake in dish set directly on heat-proof surface or wooden board 10 to 15 minutes before inverting.
5. Crust on cakes will be soft. If cake is to be frosted, refrigerate cake for an hour to firm exterior surface.
6. Chiffon and Angel Food cakes are not recommended for microwaving.

Food	Container	Cover	Power Level & Time	Comments
Baked apples or pears	Microwave-safe dish or casserole	Lid or plastic wrap	High (10) 2 to 4 min. per piece	Pierce fruit or peel to prevent bursting. Core and fill center of apple with 2 tablespoons sugar, 1 teaspoon butter and 1/8 teaspoon cinnamon. Add 2 tablespoons water for each piece of fruit.
Bar cookies	8-in. square dish	No	High (10) 5 to 7 min.	Grease dish before adding batter. Cut when cool.
Commercial mix (18 to 20 oz.)	8-in. round or square dish	No	High (10) 2 min.	Grease dish before adding batter. Let stand 5 to 10 minutes to cool before inverting.
	Fluted tube cake pan	No	Med-High (7) 4 to 6 min. High (10) 11 to 13 min.	
Cupcakes—6	Paper-lined cupcaker	No	High (10) 2½ to 3 min.	Let tube cake stand 15 to 20 minutes to cool, before inverting.
Pineapple upside down cake	8-in. round dish	No	High (10) 10 to 12 min.	When cooking several cupcakes, some will be done before others. Remove cupcakes as they are done and continue cooking remaining cupcakes a few seconds longer. When done, toothpick stuck in cake comes out clean. Invert cake onto plate; let dish stand over cake a few minutes.



## Candies

1. Always use microwave-safe cookware. For easy clean-up, melt chocolate in paper wrappers seam-side-up, or place chocolate in paper bowl to melt.
2. Candies which are boiled become very hot; handle cookware carefully.

Food	Container	Cover	Power Level & Time	Comments
<b>Caramel apples</b>	1 pint (2-cup) measure	No	High (10) 3 min.	Unwrap a 14-oz. package of caramels into measuring cup. Add 1 tablespoon water. Microwave, stirring every minute. Dip 4 apples into mixture.
<b>Chocolate bark</b>	1½-qt. casserole or bowl	Yes	High (10) 3 to 5 min.	Place 12 oz. semi-sweet chocolate pieces in container. Microwave to melt. Add 1 cup whole toasted almonds. Spread over wax paper on cookie sheet. Chill until firm.
<b>Marshmallow crisp</b>	2-qt. oblong dish	Yes	High (10) 1½ min. to melt butter, ¾ min. to melt marshmallows	In large glass bowl, melt ¼ cup butter. Add 10-oz. package marshmallows, cover with wax paper and microwave to melt. Stir in 5 cups crispy rice cereal. Press firmly into buttered dish.
<b>S'Mores</b>	Paper napkin or paper plate	No	High (10) 15 to 25 seconds	Cover graham cracker with chocolate and marshmallow.

## Cereal, Pasta and Rice

1. Always use microwave-safe cookware.
2. For pasta, use about one-half the amount of water needed for conventional boiling. Add regular amount of salt and 1 teaspoon oil (optional, to prevent sticking).
3. For rice or minute rice, use the same amount of water needed for conventional boiling. Add regular amount of salt.
4. Cover pasta and rice while microwaving. When using plastic wrap, turn back one corner to vent.
5. Stir or rearrange after half of cooking time. Drain pasta immediately after microwaving.
6. Microwave time and conventional boiling time are about the same.

Food	Container	Cover	Power Level & Time	Comments
<b>Oatmeal, old fashioned</b>	1-qt. casserole or bowl	No	High (10) 3 to 5 min. per serving	Increase casserole size for more than one serving. Increase time about 1½ minutes for each additional serving you are cooking. Stir after half of cooking time.
<b>Note:</b> To microwave single-serving packet of instant oatmeal, follow package directions for amount of water and microwave at High (10) for ½ to 1 minute.				
<b>Rice, minute (1½ cups)</b>	2-qt. casserole	Lid or plastic wrap	High (10) 2 to 3 min.	Add 1½ cups water. Stir after 2 minutes.
<b>Rice, regular long grain (1 cup)</b>	3-qt. casserole	Lid or plastic wrap	High (10) 18 to 21 min.	Add 2¼ cups water. Stir after 10 minutes.
<b>Spaghetti (16 oz.)</b>	2-qt. oblong dish	Plastic wrap	High (10) 16 to 19 min.	Add 6 to 7 cups water. Rearrange after 10 minutes.

# Cooking Guide (continued)

## Cheese and Eggs

1. Eggs may be prepared many ways in the microwave oven. Always pierce whole yolks before microwaving to prevent bursting.
2. Never cook eggs in the shell. Do not reheat hard cooked eggs in the shell. They will explode.
3. Cook eggs just until set. They are delicate and can toughen if overcooked.

Food	Container	Cover	Power Level & Time	Comments
<b>Cheese</b>				
<b>Fondue</b>	Microwave-safe 2-qt. dish	Cover or plastic wrap	High (10) Medium (5)	To make sauce 3 to 5 min. 8 to 9 min. Make basic white sauce, substituting wine for milk. Add cheese and microwave at Medium (5) for 8 to 9 minutes, whisking every 2 minutes.
<b>Eggs</b>				
<b>Basic eggs</b>	Buttered custard cup	Plastic wrap	Medium (5)	1 to 1¼ min. per egg Puncture membrane of yolk to prevent bursting.
<b>Omelet</b>	9-in. pie plate	No	High (10)	Melt butter ½ to ¾ min. 1 to 2 min. Sprinkle cheese over omelet. Microwave ½ to 1 minute until cheese is slightly melted.
<b>Poached eggs</b>	1½-qt. casserole	Casserole cover	High (10) High (10) Medium (5)	5 to 6 min. Boil 2 cups water. ½ to 1 min. per egg Heat 2 cups hot tap water 5 to 6 minutes on High (10). Break eggs onto plate, puncturing membrane. Swirl boiling water with spoon and slip in eggs gently. Cover. Microwave at Medium (5) ½ to 1 minute per egg. Let stand in water a few minutes.
<b>Quiche Scrambled</b>	9-in. pie plate Glass measuring cup or casserole	No No	Med-High (7) High (10)	17 to 22 min. ¾ to 1 min. per egg Pour filling into precooked 9-inch pie shell. Scramble eggs with 1 teaspoon butter and 1 tablespoon milk per egg. Place in oven and microwave for half of total time. Stir set portions from the outside to the center. Allow to stand 1 or 2 minutes to finish cooking.

## Fish and Seafood

1. Fish is done when it flakes easily when tested with a fork. Center may still be slightly translucent, but will continue cooking as fish stands a few minutes after cooking.
2. Cook fish with or without sauce. A tight cover steams fish. Use a lighter cover of wax paper or paper towel for less steaming.
3. Do not overcook fish. Check at minimum time.

Food	Container	Cover	Power Level & Time	Comments
<b>Clams, 6</b>	Pie plate or shallow dish	Plastic wrap	High (10)	4 to 7 min. Place in dish with hinged side out.
<b>Fillets or steaks (1 lb.)</b>	Oblong dish	Wax paper or plastic wrap	High (10)	5 to 7 min. Microwave until fish flakes easily. Turn steaks over after half of cooking time.
<b>Shrimp—1 lb. (peeled)</b>	Pie plate or shallow dish	Plastic wrap	High (10)	7 to 9 min. Brush with garlic butter before cooking. Rearrange after 4 minutes.
<b>Shrimp—1 lb. (unpeeled)</b>	2-qt. casserole	Lid or plastic wrap	High (10)	5 to 9 min. Place shrimp in casserole. Add 2 cups hottest tap water. Cover. Stir after 5 minutes.
<b>Whole fish</b>	Oblong dish	Plastic wrap	High (10)	5 to 7 min. per lb. Shield head and thin tail with aluminum foil.

# Gravies & Sauces

1. Cover thick, chunky sauces to prevent spattering.
2. Whisk sauces vigorously with wire whisk once or twice while microwaving.
3. Vary basic white sauce by adding cheese, egg yolks, cream, wine or herbs.

Food	Container	Cover	Power Level & Time		Comments
<b>Gravies and sauces</b> thickened with flour or cornstarch (1 cup)	Casserole	No	Medium (5)	4 to 7 min.	Microwave fat, flour and salt together to melt and blend. Whisk in liquid and finish microwaving. Increase time 1 to 2 minutes per additional cup of sauce.
<b>Melted butter sauces</b> , clarified butter (½ cup)	Glass measure	No	High (10)	1 to 2 min.	Microwave butter just to melting. For clarified butter, bring to boil then let stand until layers separate. Pour off and use clear, top layer.
<b>Thick spaghetti, barbecue or sweet/sour sauces</b> (2 cups)	Casserole, bowl	Yes	High (10)	5 to 7 min.	Stir ingredients together, then microwave, stirring after half of cooking time. Let stand 5 to 10 minutes to develop flavor.
Thin, liquid sauces (Au jus, clam, etc.) (1 cup)	Casserole	No	High (10)	3 to 4 min.	Add cornstarch-water mixture to heated ingredients. Stir well and microwave to finish.

# Meats

1. Always use a cooking bag when cooking beef, lamb, pork or veal roasts. See package instructions for proper use of cooking bag.
2. After enclosing roast in cooking bag, place on trivet in microwave-safe dish.
3. Allow about 10 minutes standing time for most roasts before carving.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Food	Container	Cover	Power Level & Time (or Internal Temp.)		Comments
<b>Beef</b>					
<b>Ground</b> , crumbled (for casseroles or soup) (1 lb.) (1½ lbs.)	Casserole	No	High (10)	5 to 7 min. 7 to 9 min.	Stir after half of cooking time. Add sauce or casserole ingredients and finish. To cook frozen block, microwave 10 to 15 minutes, breaking up and stirring every 5 minutes. Let stand 5 minutes.
<b>Meatballs</b> (1 lb.) (2 lbs.)	Round or oblong dish	Wax paper or plastic wrap	High (10)	6 to 8 min. 9 to 12 min.	Round dish: arrange ¾- to 1-in. apart in circle around edge of dish. Oblong dish: arrange ¾- to 1-in. apart. Rearrange after half of cooking time.
<b>Meatloaf</b> (Round loaf) (Loaf shape)	Pie plate or loaf dish	Plastic wrap	Med-High (7) or cook to 170°	15 to 20 min. 25 to 30 min.	Let stand 10 minutes after cooking. Let stand 10 minutes after cooking.
<b>Patties</b> (4 patties per lb.) 1 to 2 patties 3 to 4 patties	Oblong glass dish (with trivet if desired) or ceramic dinner plate	Wax paper	High (10)	3 to 5 min. 4 to 6 min.	Cover with wax paper or cook uncovered and turn patties over. If desired, add browning sauce.
<b>Pot roasts</b>	Oblong dish or casserole	Cooking bag	Low (3)	24 to 29 min. per lb.	Brush with browning sauce and add 1/2 cup water to cooking bag. Turn over after half of cooking time. Add vegetables if desired after half of cooking time. Recover and finish.
<b>Simmered beef</b> (corned beef or brisket)	Casserole	Lid or plastic wrap	Medium (5)	120 to 130 min.	Add 1 cup water per pound of meat. Turn over after half of cooking time. Let meat stand in broth at least 10 minutes after cooking. For boiled dinner, remove meat and cook vegetables in broth.

# Cooking Guide (continued)

## Meats (continued)

Food	Container	Cover	Power Level & Time (or Internal Temp.)			Comments	
				Min. per lb.	Internal Temp.		
<b>Beef</b> (continued)							
<b>Tender roasts</b> (rib, high quality rump, sirloin tip)	Oblong dish	Cooking bag	Medium (5)			Turn roasts over after half of cooking time. Let meat stand 10 minutes before carving.	
			Rare	11 to 14	140°		
			Medium	14 to 17	160°		
			Well	17 to 20	170°		
<b>Lamb</b>							
<b>Chops</b> (1-in. thick) 4 chops	2-qt. oblong dish	No	Med-High (7)	6 to 9 min.		Brush chops lightly with oil. Turn meat over after half of cooking time.	
<b>Roast</b> (Leg or Shoulder)	2-qt. oblong dish and trivet	Cooking bag	Medium (5)	<b>Min.</b>	<b>Internal</b>	Place roast fat-side-down in microwave-safe dish. Turn over after half of cooking time. Let roast stand 10 minutes before carving.	
				<b>per lb.</b>	<b>Temp.</b>		
			Medium	11 to 15	160°		
			Well	12 to 16	170°		
<b>Pork</b>							
<b>Bacon</b> (per slice)	Microwave-safe plate or oblong dish	Paper towel	High (10)	¾ to 1 min.		Arrange in single layer on paper towels or on trivet set in dish. Cover with a paper towel. To microwave more than 1 layer of bacon, use an oblong dish and place a paper towel between each layer of bacon. Cover with a paper towel to prevent spatters.	
<b>Canadian bacon</b> 2 slices 4 slices 6 slices	Microwave-safe cookware	Wax paper	High (10)			Arrange in single layer.	
					1 to 1½ min.		
					2 to 2½ min.		
				2½ to 3 min.			
<b>Ham</b> , precooked: canned, butt or shank	2-qt. oblong dish	Cooking bag	Medium (5)	15 to 19 min. per lb.		Place fat-side-down in dish. Turn ham over after half of cooking time.	
<b>Ham</b> , slices & steaks (1- to 2-in. thick)	2-qt. oblong dish	Wax paper	High (10)	10 to 15 min.		Turn over or rearrange after 10 minutes.	
<b>Pork chops</b> : 1-in. 2 4 6	Microwave-safe cookware	Plastic wrap	Medium (5)			Brush with barbecue sauce or browning agent, if desired. Turn over after half of cooking time. Let stand covered 5 to 10 minutes before serving.	
					10 to 13 min.		
					13 to 16 min.		
					16 to 19 min.		
<b>Pork roast</b>	2-qt. oblong dish	Cooking bag	Medium (5)	15 to 19 min. per lb.		Turn roast over after half of cooking time. Microwave to an internal temperature of 170°F.	
<b>Pork sausage</b> (raw), link	Microwave-safe cookware	Wax paper	High (10)	½ to ¾ min. per link		Arrange in single layer. If cooking 6 or more links, rearrange after half of cooking time.	
<b>Pork sausage</b> (raw) (½ lb.: 4 patties)	Microwave-safe cookware	Wax paper	High (10)	3 to 5 min.		Arrange in single layer. Turn over after half of cooking time.	
<b>Veal</b>							
<b>Chops</b> (1-in. thick) 4 chops	2-qt. oblong dish	No	Med-High (7)	6 to 9 min.		Brush chops lightly with oil. Turn meat over after half of cooking time.	
<b>Roast</b> (shoulder)	2-qt. oblong dish	Cooking bag	Medium (5)	17 to 21 min. per lb.		Place roast fat- or cut-side-down. Turn over after half of cooking time. Let roast stand 10 minutes before carving. Slice thinly.	



# Poultry

Let turkey breast and other poultry stand for 5 to 10 minutes after microwaving.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Food	Container	Cover	Power Level & Time	Comments	
<b>Chicken</b>					
Pieces (per piece)	Plate or oblong dish	Wax paper	High (10)	2½ to 3 min. total	Arrange in single layer in cooking dish so thickest meaty pieces are to outside edges of dish. Turn pieces over and rearrange after half of cooking time.
Whole chicken (8 pieces) (unstuffed)	Oblong dish	Wax paper	High (10)	11 to 13 min. total	
(stuffed)	Oblong dish	Cooking bag	Med-High (7)	10 to 12 min. per lb.	Brush with browning agent, if desired. Slit bag near closure to vent. Close securely with plastic tie. Cook breast-side-down. Turn over after half of cooking time. Cook to 190° internal temp.
	Oblong dish	Cooking bag	Med-High (7)	13 to 16 min. per lb.	
<b>Cornish Hens</b>					
Halves	Square or oblong dish	Wax paper	Med-High (7)	12 to 14 min. per lb.	Arrange skin-side-up in dish, on bed of stuffing, if desired.
Whole (stuffed or unstuffed)	Square or oblong dish	Wax paper	Med-High (7)	13 to 15 min. per lb.	Place breast-side-down in dish. Turn over after half of cooking time. Shield tips of wings and legs with foil.
<b>Duckling</b>					
	Oblong dish and trivet	Cooking bag	High (10)	6 to 8 min. per lb.	Microwave breast-side-down for first half of cooking time. Brush with browning sauce or broil top surface of cooked bird until brown and crisp.
<b>Turkey</b>					
Turkey breast	Oblong dish	Cooking bag	Medium (5)	13 to 15 min. per lb.	Tie ribs to breast cavity. Place breast in cooking bag. Close securely with plastic tie. Place breast-side-down in dish. Slash bag on underside near closure to vent. Turn over after half of cooking time.

## Vegetables

1. Always use microwave-safe cookware.
2. Salt vegetables after cooking. Salting before cooking may cause darkening and dehydration of surface.
3. Arrange vegetables, such as asparagus, with the thickest pieces to the outside of the dish.
4. Cover vegetables when cooking. If using plastic wrap, turn back one corner to vent.
5. Larger vegetable pieces will take longer to cook than smaller pieces.
6. For more even heating, stir, rearrange or rotate vegetables during cooking.

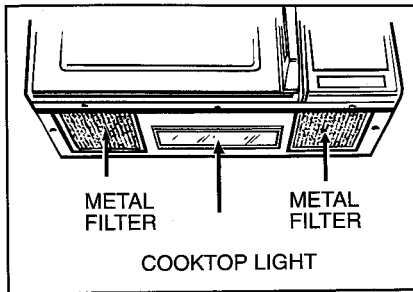
Vegetable	Amount	Power Level	Time	Comments
<b>Asparagus</b>				
(fresh cuts)	1 lb. (3 cups) cut into 1 to 2-inch pieces	High (10)	8 to 10 min.	In 2-qt. casserole, place 1/4 cup water.
(fresh spears)	1 lb.	Med-High (7)	8 to 10 min.	In 1½-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen spears)	10-oz. package	High (10)	6 to 8 min.	In 1-qt. casserole.
<b>Beans</b>				
(fresh green)	1 lb. cut in half	High (10)	13 to 17 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	High (10)	7 to 9 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	High (10)	7 to 9 min.	In 1-qt. casserole, place 1/4 cup water.
<b>Beets</b>				
(fresh, whole)	1 bunch	High (10)	20 to 25 min.	In 2-qt. casserole, place 1/2 cup water.

# Cooking Guide (continued)

## Vegetables (continued)

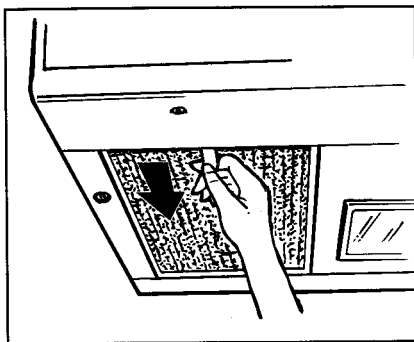
Vegetable	Amount	Power Level	Time	Comments
<b>Broccoli</b> (fresh cut)	1 bunch (1¼ to 1½ lbs.)	High (10)	8 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	High (10)	10 to 13 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen, chopped)	10-oz. package	High (10)	6 to 8 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	High (10)	6 to 8 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Cabbage</b> (fresh)	1 medium head (about 2 lbs.)	High (10)	9 to 11 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		High (10)	8 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
<b>Carrots</b> (fresh, sliced)	1 lb.	High (10)	7 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	High (10)	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Cauliflower</b> (flowerets)	1 medium head	High (10)	10 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	High (10)	10 to 17 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	High (10)	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Corn</b> (frozen kernel)	10-oz. package	High (10)	5 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Corn on the cob</b> (fresh)	1 to 5 ears	High (10)	4 to 5 min. per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	High (10) High (10)	6 to 7 min. 3 to 4 min. per ear	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
<b>Mixed vegetables</b> (frozen)	10-oz. package	High (10)	5 to 8 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Peas</b> (fresh, shelled)	2 lbs. unshelled	High (10)	10 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	High (10)	5 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Potatoes</b> (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	High (10)	12 to 14 min.	Peel and cut into 1-in. cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz. each)	High (10)	3 to 5 min.	Pierce with cooking fork. Place on paper towel on floor of microwave oven, 1-inch apart in circular arrangement. Let stand 5 minutes.
<b>Spinach</b> (fresh)	10 to 16 oz.	High (10)	6 to 8 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	High (10)	6 to 8 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Squash</b> (fresh, summer and yellow)	1 lb. sliced	High (10)	5 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	High (10)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

# The Exhaust Feature

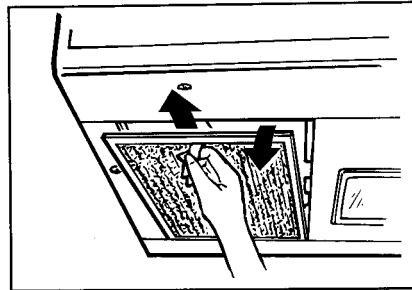


The exhaust hood feature on your microwave oven is equipped with two metal filters which collect grease. When the fan is operated, air is drawn up through the filters and is then discharged through the provided venting to the outside. The hood also has a light for illuminating the counter space.

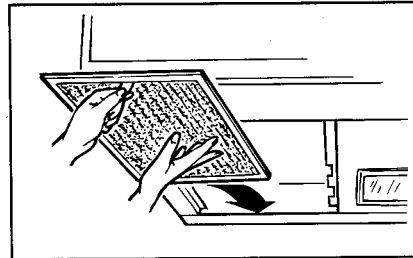
When the NIGHT LIGHT pad is touched, the hood light operates at a lower intensity for use as a night light.



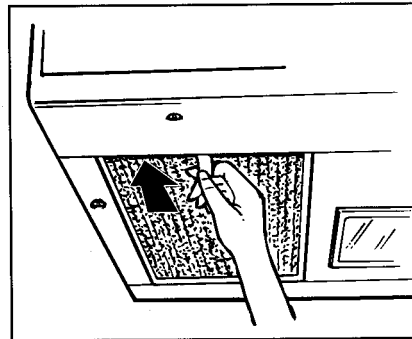
To remove grease filter, grasp the "finger hold" on the filter and slide to the rear.



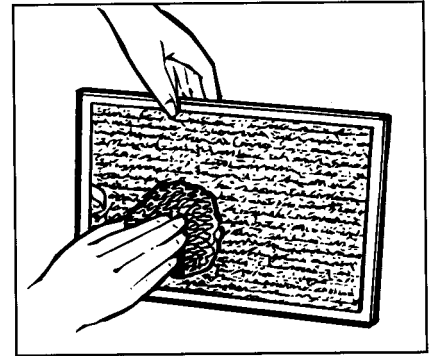
Then pull filter downward and to the front. The filter will drop out.



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.

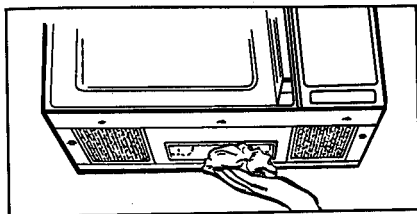
## How to Clean the Outside

**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.

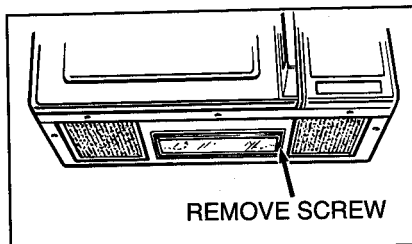
**Door Surface.** When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

**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.



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.

### Cooktop Light/Night Light

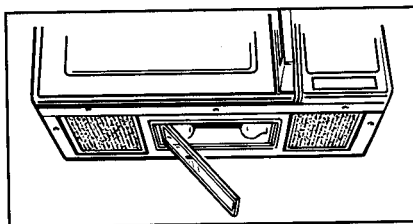


#### ⚠ CAUTION

To avoid the risk of burns or electrical shock:

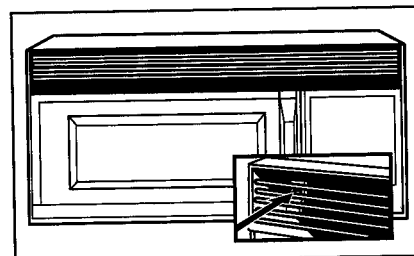
- Disconnect the electric current to the appliance at the wall outlet fuse or breaker box.
- Wait until the oven and/or light bulbs are cool.

To replace 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

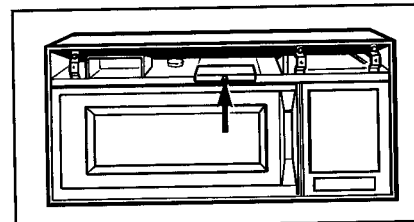


#### ⚠ CAUTION

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"> <li>• A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.</li> <li>• Unplug your microwave oven, then plug it back in.</li> <li>• Make sure 3-prong plug on oven is fully inserted into wall receptacle.</li> </ul>
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none"> <li>• Door not securely closed.</li> <li>• START pad must be touched after entering cooking selection.</li> <li>• Another selection entered already in oven and RESET/OFF pad not touched to cancel it.</li> <li>• Make sure you have entered cooking time after touching PROGRAM 1 &amp; 2 pad.</li> <li>• RESET/OFF pad was touched accidentally. Reset cooking program and touch START pad.</li> </ul>
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	<ul style="list-style-type: none"> <li>• Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch PROGRAM 1 &amp; 2 pad and additional cooking time for completion.</li> <li>• Incorrect power level entered. Check Cooking Guide for recommended power level.</li> <li>• Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cooking Guide or recipe for instructions.</li> <li>• Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check Cooking Guide for recommendation on increasing time.</li> </ul>

**All these things are normal with your microwave oven:**

<ul style="list-style-type: none"> <li>• Steam or vapor escaping from around the door.</li> <li>• Light reflection around door or outer case.</li> </ul>	<ul style="list-style-type: none"> <li>• Dull thumping sound while oven is operating.</li> <li>• Dimming oven light and change in blower sound may occur while operating at power levels other than high.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
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**If you need more help...call, toll free:  
1-800-843-0304  
consumer information line**