

# **Amana® Radarange**

MICROWAVE OVEN

## **Use & Care Manual**



**Models:**  
*FILE* → CW65T  
600 Watts  
.6 Cubic Foot  
MW85T  
700 Watts  
.8 Cubic Foot

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

**Model No.** \_\_\_\_\_

**Mfg. No.** \_\_\_\_\_

**Serial No.** \_\_\_\_\_

**Date of Purchase** \_\_\_\_\_

**Selling Dealer** \_\_\_\_\_

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

# IMPORTANT SAFETY INSTRUCTION

 Recognize this symbol as a SAFETY message

## WARNING

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

1. READ all instructions before using the appliance.
2. READ AND FOLLOW the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 4.
3. This appliance MUST BE GROUNDED. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 4.
4. Install or locate this appliance ONLY in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers - for example, closed glass jars - may explode and SHOULD NOT be HEATED in this oven.
6. Use this appliance ONLY for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
7. As with Any appliance, CLOSE SUPERVISION is necessary when used by CHILDREN.
8. DO NOT operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced ONLY by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
10. DO NOT cover or block any openings on the appliance.
11. DO NOT store this appliance outdoors. DO NOT use this product near water-for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. DO NOT immerse cord or plug in water.
13. Keep cord AWAY from HEATED surfaces.
14. DO NOT let cord hang over edge of table or counter.
15. See door cleaning instructions on page 30.

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

- a. DO NOT overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
- c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.  
IF THE DOOR IS OPENED THE FIRE MAY SPREAD!
- d. DO NOT use the cavity for storage purposes. DO NOT leave paper products, cooking utensils, or food in the cavity when not in use.

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

## SAVE THESE INSTRUCTIONS

# SAFETY INSTRUCTIONS CONT.

Read and Follow These Rules for Safe Operation.

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

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **DO NOT** attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **DO NOT** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **DO NOT** operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (a) door (bent), (b) hinges and latches (broken or loosened), (c) door seals and sealing surfaces.
- (d) The oven should **NOT** be adjusted or repaired by anyone except properly qualified service personnel.

## UNPACKING THE OVEN

Inspect the oven for any damage such as dents or holes in the screen of the door, or dents inside the oven cavity. Any dents or breakage should be reported to your Amana Dealer immediately. You will be told if the

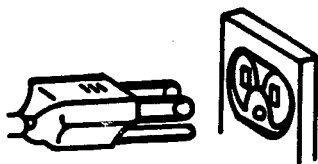
unit will operate correctly. After removing package material, place tray in oven so "REMOVABLE-DISHWASHER SAFE" is readable. Do not operate without tray in place.

## GROUNDING INSTRUCTIONS

This appliance **MUST** be grounded. In the event of an electrical short circuit, grounding reduces the risk of 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 adaptor.

**⚠ WARNING** - Improper use of the grounding plug can result in a risk of electrical shock or death.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. If it is necessary to temporarily use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The extension cord must be rated at a minimum of 15 amps, 120 volts, and should be no more than six feet in length. This oven should be plugged into a separate 120 volt, 15 amp, 60 hertz circuit. When the microwave oven is on a circuit with other appliances, an increase in cooking times may be required and fuses can be blown.



## OVEN PLACEMENT

### 1. Locate the oven on a flat and stable surface.

Do not operate oven when condensation appears on the outside of the oven. This indicates the room humidity is too high. Do not place oven in a hot or damp location (i.e., near gas or electric ranges). Do not build the oven in with the sides, top or bottom airflow restricted. The oven must have sufficient airflow around it.

### 2. Do not Block Air Vents All air vents should be kept clear during cooking. If air vents are

covered during oven operation the oven may overheat. In this case, a thermal sensitive safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently. This oven must be kept 4 inches away from wall for sufficient cooling when operating.

### 3. Remove all the packing materials from the inside of the oven and set the Roller Ring and Turntable in place.

### 4. Wipe interior and seal with a damp cloth before using.

# SAFETY INSTRUCTIONS CONT.

## ⚠ CAUTIONS

- (a) **Do not operate the oven when door seal is damaged**, to do so could allow microwave energy to escape.
- (b) **Extreme overcooking** can cause the food to smoke or possibly ignite.
- DO NOT OPEN THE DOOR
  - TURN THE OVEN OFF
  - DISCONNECT THE POWER CORD
  - SHUT OFF THE POWER AT FUSE OR CIRCUIT BREAKER PANEL
- If this happens: keep door closed, disconnect the power cord, or shut off power at the fuse or circuit breaker.
- (c) **WARNING: To prevent spontaneous boiling (eruption)**, liquids must be briskly stirred or poured (to mix in air) before being heated in a microwave oven. **DO NOT OVERHEAT**. If air is not mixed into a liquid, the liquid can erupt in the oven or after removal from the oven.
- (d) **Eggs** must **NOT** be cooked or reheated in the shell, or with an unbroken yolk, since this may result in a pressure build-up and eruption. Pierce the yolk with a fork or knife before cooking. **DO NOT** reheat previously cooked eggs in the microwave oven unless finely chopped or scrambled.
- (e) **Home canning** must **NOT** be done in a microwave oven. Home canning is generally done with metal lids. Since metal lids reflect microwaves, you cannot be assured that the food product will be heated uniformly to 212°F or above, and there is a probability of deterioration of the food product. USDA extension specialists do not recommend home canning in microwave ovens.
- (f) **Deep fat frying** must **NOT** be done in any microwave oven. The fat could overheat and be hazardous to handle.
- (g) **WARNING: Do not heat sealed containers in any microwave oven**. Containers with restricted openings such as syrup bottles must **NOT** be used for cooking. Food or liquid could expand quickly and cause the container to break.
- (h) **Regular cooking thermometers** must **NOT** be used in a microwave oven. Most cooking thermometers contain mercury and may cause "arcing", malfunction, and/or damage to the oven.
- (i) **Plastic bags (and other air-tight containers)** must always be pierced or opened before heating in a microwave oven. This is needed to allow steam to escape during cooking.
- (j) **Metal or ceramic accessories** which have been specially designed to absorb microwave energy to provide heat ("active" accessories such as browning skillets) may be used with caution. To prevent possible damage to the tray, do **NOT** use an "active" accessory in which the "active area" is less than one inch above the tray. Test any such device before use and carefully read and follow manufacturer's instructions provided with the accessory. Any questions concerning these accessory products should be referred to the accessory manufacturer. Amana Refrigeration, Inc., does **NOT** endorse any brand of accessory. Remember that all microwave accessories are not "top quality"; some may **NOT** be suitable for microwave cooking. Caution must be used when purchasing microwave accessories.
- (k) **Newspapers** must **NEVER** be used in a microwave oven since they may ignite.
- (l) **Paper towels** which contain nylon or other synthetic fibers woven through them must **NOT** be used because the heated synthetics could melt and cause the paper to ignite.
- (m) **Use only popcorn in packages designed and labeled for microwave use**. Pop according to package directions, beginning with the **MINIMUM** amount of time recommended. Pop until bag has expanded and there are one to two seconds between pops. Popcorn yields may vary. Do **NOT** continue to heat after popping has stopped, since popcorn will scorch or burn. Do **NOT** leave oven unattended. Use caution when handling the hot popcorn bag.
- (n) **If you're using a microwave popcorn popper**, use according to manufacturer's instructions. Do **NOT** continue to heat after popping has stopped, since popcorn will scorch or burn. Do **NOT** leave oven unattended.
- (o) **Pot Holders** may be needed when cooking by microwave. Containers can become hot when heat is transferred from cooked food.

# SAFETY INSTRUCTIONS CONT.

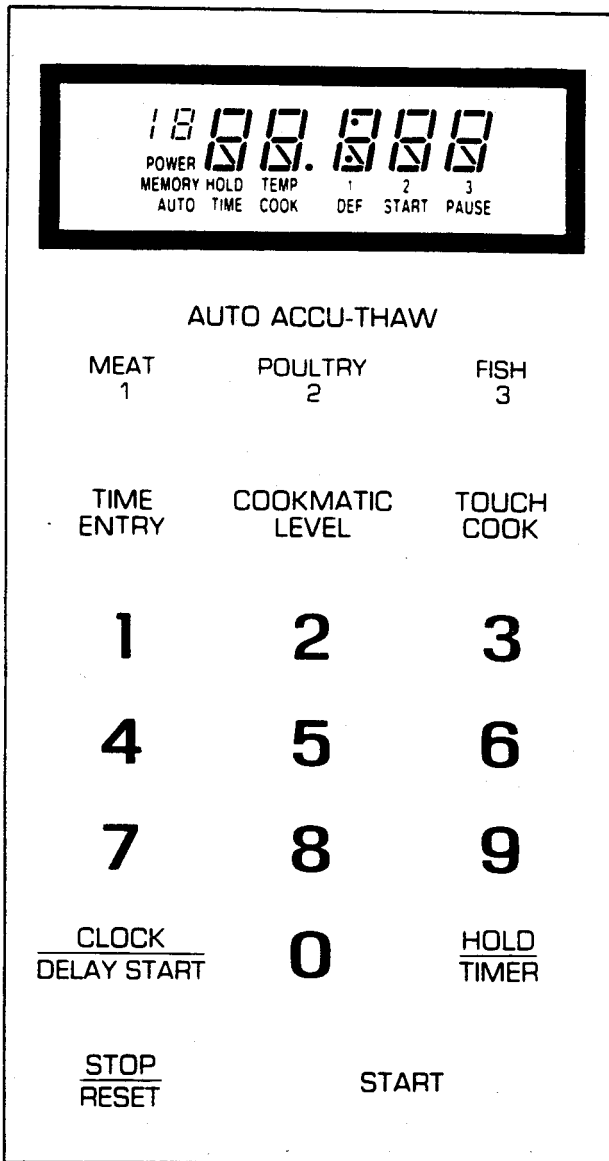
## CAUTIONS

- (p) **Microwave convenience foods** are often packed in specially designed packaging. Special plates, lids, containers, or other unique packaging materials may be used. Susceptor packing material (a thin, metallized plastic film) is frequently used to help brown and crisp foods such as microwave pizzas, French fries or fish sticks. When using microwave convenience foods with susceptor packaging or other special packaging materials, read and follow the instructions on the food package carefully. Any questions concerning microwave susceptor packaging or other special packaging materials should be referred to the manufacturer of the food product in question. Amana Refrigeration, Inc., does **NOT** endorse any brand of microwave convenience foods, or any particular type of microwave food packaging. Caution must be used when purchasing microwave convenience foods in special packaging.
- (q) **Potatoes, tomatoes or other foods with a "skin"** must only be cooked in the microwave oven after the skin has been pierced. All foods with an outer skin or membrane must be pierced to allow steam to escape during cooking.
- (r) **Do not leave the microwave oven unattended when drying anything.** Foods or items being dried can become too dry and can ignite. If anything does ignite, keep the oven door closed and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. Open the oven door only after the fire ceases.
- (s) **Excess fat drippings** from meats and poultry should be removed during cooking to prevent spattering.
- (t) **We do not recommend operating the microwave power when the oven is empty.** Damage to the oven can occur if the oven is operated empty for an extended period of time.
- (u) **All uncooked foods should be heated to a final internal temperature of at least 165°F.** For some foods, higher temperatures are recommended. See "Meats and Main Dishes" and "Poultry" chapters for specific recommended end cooking temperatures. The recommended temperatures for these foods kill most foodborne, disease causing organisms. Some common visual signs that indicate the cooking temperature **has** been reached:
- Food steams throughout, not just around the edges.
  - Center bottom of dish is very hot to the touch.
- See also the "Fish and Seafood" "Meat and Main Dishes," and "Poultry" chapters for additional visual signs which indicate that food is completely cooked.
- (v) **Closely supervise children** when they're cooking. Make sure they can read instructions and reach the controls. Never permit them to lean or swing on the door.

## POWER SUPPLY CORD

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords are available and may be used if care is exercised in this use. If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3 wire cord, and (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

# CONTROL PANEL



**READOUT DISPLAY** — Normally shows time of day.

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

**TIME ENTRY** — Programs time cooking.

**COOKMATIC LEVEL** — Programs cooking power levels.

**NUMBERS** — Press in the same order as you would write them.

**CLOCK** — Sets time of day.

**DELAY START** — The Delay Start feature programs the oven to start at any desired time of day. It can be used to time the start of one, two or three stage cook only.

**STOP/RESET** — Stops oven operation. Also cancels programming.

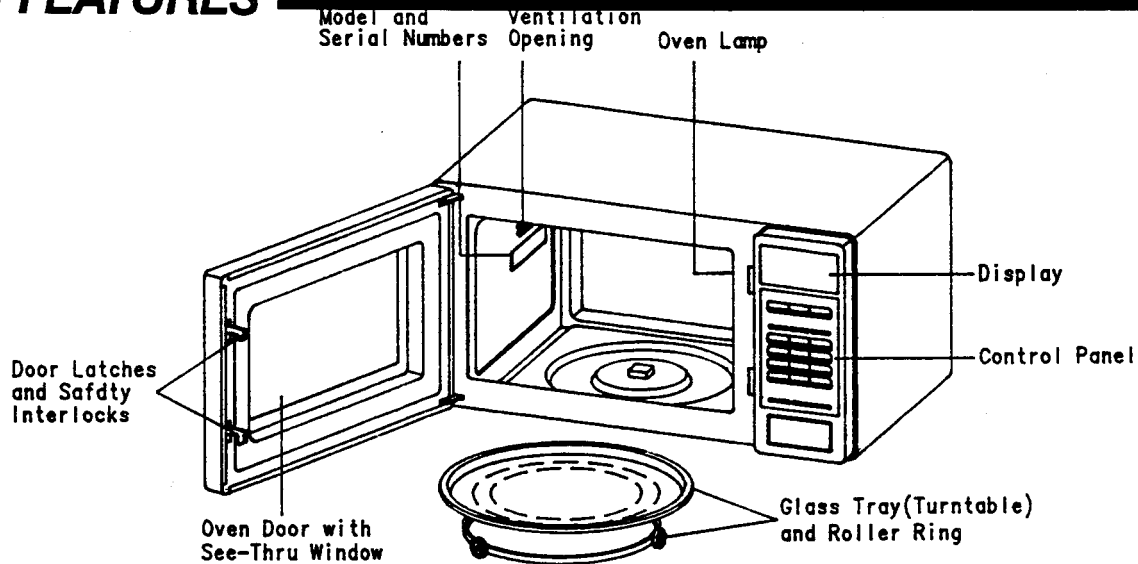
**AUTO ACCU-THAW** — This feature allows you to defrost meat, poultry or fish by weight.

**TOUCH COOK** — This is a convenient, short cooking program which operates the oven for one minute on **HIGH (10)** power.

**HOLD/TIMER** — This feature can be used two ways. One is as a simple kitchen timer without microwaving. The other way to use "HOLD/TIMER" is in connection with defrosting and cooking. After defrosting, it will hold the food with the oven off for a predetermined time after which the oven will turn on again to cook with one, two or three stage programming.

**START** — Starts oven operation.

# OVEN FEATURES



# CHECKING OVEN OPERATION

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

1. Plug oven into a grounded wall receptacle.
2. Set the Clock.
3. Press **CLOCK DELAY START**.
4. Enter the time of day by pressing the numbers in sequence. For example, if it is 10:35 (a.m. or p.m.), press number pads 1, 0, 3 and 5, in that order.
5. Press **CLOCK/DELAY START**. The clock is now set. If oven power is interrupted (for example, if the supply circuit is disconnected, or if there is a power failure), all programming instructions will be erased, and 00000 will appear in the display. You must then reset the clock as indicated above.

**Check operation of the interlock systems.** The **START** and **STOP/RESET** pads turn the oven on and off. Microwave energy is generated only when the door is closed, cooking time entered and **START** has been pressed.

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

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

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

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

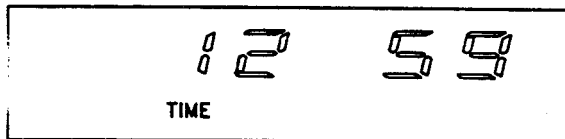
If under any of the preceding conditions the oven does not operate as stated, do not use it. Call your dealer or authorized service agency.

## TRY IT! SETTING THE CLOCK

1. Press **CLOCK/DELAY START**.

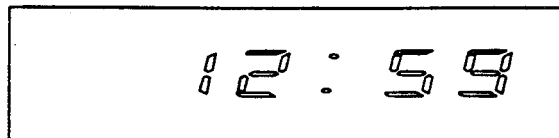


2. Press **TIME OF DAY ON NUMBER PAD**. For example, if the time is 12:59, press 1,2,5,9 in that order. Display will show 12 59 with **TIME** indicator light blinking.



**NOTE:** You have to press at least three numbers. If you press fewer than three, or set an impossible time (e.g. 43:20), **ERROR** will blink four times on the display. If **ERROR** shows, just re-enter the correct time and go to step 3.

3. Press **CLOCK/DELAY START** again. **TIME** indicator light disappears and colon appears. The clock is set and will keep the time of day as long as the unit is plugged in and electric energy is supplied.



- NOTE:**
1. To reset the time of day press **CLOCK/DELAY START**. Display will show blank and **TIME** indicator light will start to blink. Enter the correct time following the above procedure.
  2. It is impossible to set the time of day between 00:00 and 00:59.

## TRY IT! COOKING WITH FULL POWER

This is the fastest and easiest way to cook.

1. **Place food in oven and close oven door.** When using the oven, always have food or water inside to absorb microwave energy.
2. **Press TIME ENTRY.**
3. **Press numbers for cooking time** (to cook 1 minute 10 seconds, press 1, 1, 0). The display will show the time you

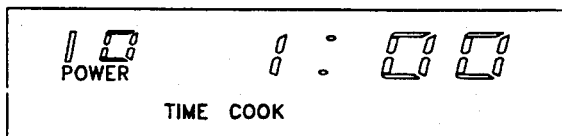
have set. If you make a mistake, simply press **STOP/RESET, TIME ENTRY** and enter the desired time.

4. **Press START** and the oven will begin operating.
5. **The oven will stop and beep four times flashing END** in the display. It will return to the time of day clock automatically.

## TRY IT! USING TOUCH COOK

This is a convenient, short cooking program which operates the oven for one minute per touch on HIGH (10) power.

1. **Press TOUCH COOK.**  
— Time of day disappears.  
POWER, TIME, COOK, and "1" indicator lights turn on.



The oven starts automatically and cooks at power level 10 for one minute. Time can be increased by one minute intervals by pressing pad repeatedly. Cooking time appears and counts down to END.

## TRY IT! COOKING AT COOKMATIC® POWER LEVELS

Just as some foods cook better conventionally at lower rather than higher oven temperatures, some foods cook better at lower rather than higher microwave power levels. This oven has 10 power levels, each well-suited for different types of foods. The cooking guide specifies the proper power levels to be used for optimum cooking. When no power level is programmed, the oven operates at Full Power.

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

### Power Level Chart

Number	Level Name	Number	Level Name
1	WARM	6	SIMMER
2	LOW	7	MED. HIGH
3	DEFROST	8	REHEAT
4	MED. LOW	9	SAUTE
5	MEDIUM	10	HIGH

7. **Press START** and the oven will operate. The display will show TIME COOK and the power level selected (for example, 8 POWER for level 8). The magnetron tube cycles on and off to cook at lower power levels.

**NOTE:** To change power levels during cooking, press **STOP/RESET** and repeat steps 3-7.

8. The oven will stop and beep four times flashing END in the display. It will return to the time of day clock automatically.

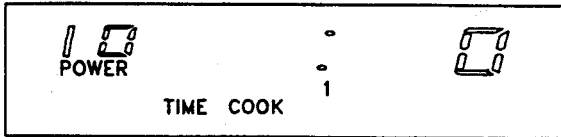
# TRY IT! PROGRAMMED COOKING USING 1 2 OR 3 COOKING PROGRAMS

Your microwave oven cooks by time and power level. You can cook by time and power level in one, two or three cooking programs, as called for in the recipes in your microwave cooking guide. Each cooking program can be set at a different time and power level. Most of your cooking will be in one cooking program.

## One Cooking Program

### 1. Press TIME ENTRY.

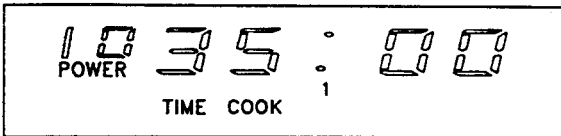
- Time of day disappears. POWER indicator light will turn on. TIME, COOK and "1" indicator lights will start blinking.



### 2. Set cooking time (up to 99 min. 99 sec.) by pressing the appropriate number pads.

**Example:** To set 35 minutes, press 3, 5, 0 and 0 in sequence.

- The cooking time chosen will appear on the display and TIME, COOK and "1" indicator lights continue to blink.



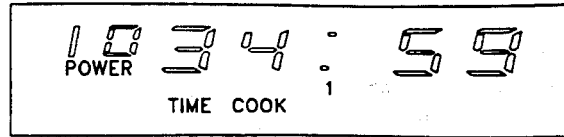
### 3. Select cooking power level, if desired, by pressing COOKMATIC LEVEL.

POWER indicator light will blink.

Press the appropriate number pad for the desired power level between 1 and 9. You have to select the power level before POWER flashes 4 times. After 4 POWER flashes, TIME COOK flashes again.

If you wish to set Power level, press COOKMATIC LEVEL again and the appropriate Number pad. The Power level selected appears on the display just above POWER. If no specified Power level is chosen or you press COOKMATIC LEVEL twice, the Power level will be at 10.

### 4. Press START. (Do not press START if two or three stage programming is desired.)



Cooking time will count down until cooking is done, END appears and beep sounds four times.

## Two Cooking Programs

### 1. Set up first cooking program (TIME 1) as in steps 1-3 above.

### 2. Press TIME ENTRY.

- Previously selected cooking power number and cooking time disappears from the display
- "10" Power indicator light turns on. TIME, COOK and "2" indicator lights will blink.

### 3. Set the second cooking time (up to 99 min. 99 sec.) by pressing the appropriate number pads.

- Cooking time appears on the display. TIME, COOK and "2" continue to blink.

### 4. Select cooking power level, if desired, by pressing COOKMATIC LEVEL.

- POWER indicator light will blink.

Press the appropriate number pad for the desired power level between 1 and 9. You have to select the power level before POWER flashes 4 times. After 4 POWER flashes, TIME, COOK and "1" flashes again.

### 5. Press START. (Do not press START if you wish to go on three stage programming.)

## Three Cooking Programs

If three stage programming is needed, step 1 through step 5 above should be repeated.

# TRY IT! COOKING WITH AUTO ACCU-THAW

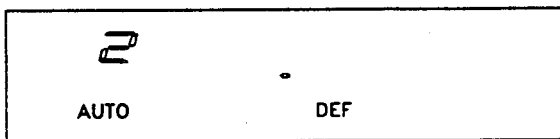
This feature allows you to defrost meat, poultry or fish by weight.

No.	FOOD ITEM		Max Weight
1	MEAT	Ground meats, roasts, ribs, stew meats, chops, steaks, frankfurters	5.0 lbs./2.27 kg
2	POULTRY	Whole or cut-up chicken Whole cornish hens Turkey parts	5.0 lbs./2.27 kg
3	FISH	Shrimp, sea scallops, Whole fish	5.0 lbs./2.27 kg

**Note:** The Max. weight is 5.0 lbs./2.27 kg.

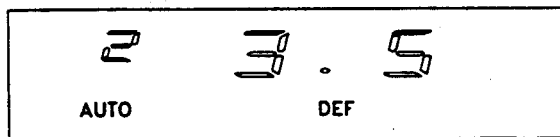
1. Press the appropriate pad: Meat (1), or Poultry (2), or fish (3).  
— Time of day disappears. The selected category number appears on the display. AUTO and DEF indicator lights will blink.

**Example:** To select poultry, press AUTO ACCU-THAW number 2.



2. Set the weight of your meat, poultry, or fish by pressing the appropriate number pads to the nearest 10th of a pound. Selected weight appears on the display.

**Example:** To set 3.5 lbs, press number pads, 3 and 5.



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

OUNCES	HUNDREDTHS OF A POUND	TENTHS OF A POUND
0	.01-.05	0.0
1-2	.06-.15	0.1
3-4	.16-.25	0.2
5	.26-.35	0.3
6-7	.36-.45	0.4
8	.46-.55	0.5
9-10	.56-.65	0.6
11-12	.66-.75	0.7
13	.76-.85	0.8
14-15	.86-.95	0.9

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

3. Press START.

Microwave activity starts. Oven light turns on. Oven will operate automatically according to the selected weight and category of your meat, poultry, or fish. AUTO TIME DEF indicator stays on. The preprogrammed cooking time automatically appears and begins to count down.

**Note:** Power number in display may change during countdown showing the power level that is currently in use.

- When Auto Accu-Thaw Cooking ends, oven beeps four times and shuts off automatically. AUTO TIME DEF indicator lights and oven light turn off. Time of day appears on the display.

# TRY IT! COOKING WITH DELAY START

**IMPORTANT:** Any food cooked by Delay Start should be very cold or frozen before it is put into the oven.

**MOST UNFROZEN FOODS SHOULD NOT STAND AT ROOM TEMPERATURE FOR MORE THAN TWO HOURS BEFORE COOKING STARTS.**

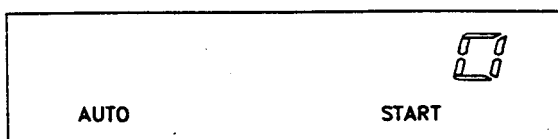
- Recommended foods: vegetables, fruit, smoked or frozen meats.

## CAUTION

Avoid foods such as milk, eggs, cooked meats, poultry or fish, and any item containing uncooked yeast or baking powder.

The Delay Start feature programs the oven to start at any desired time of day. It can be used to time the start of one, two or three cooking programs only.

1. Program desired cooking time according to 1, 2, or 3 cooking programs (see page 10). (Steps 1-3).
2. Press CLOCK/DELAY START.  
— Clock time disappears, Zero (0) appears on the display. AUTO and START indicator lights will blink.



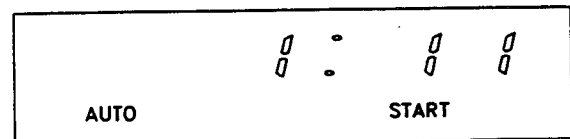
3. Set the desired start time of cooking by pressing the appropriate Number pads.

— Auto Start time appears on the display.  
**Example:** To start at 3:00 o'clock, press number pads 3, 0, and 0 in sequence.

**Note:** The time between 00:00 and 00:59 is impossible to set.

4. Press START.

— Selected program disappears and time of day appears. (The oven will operate.)



5. The oven will start operation at the programmed time and complete the cooking program entered.

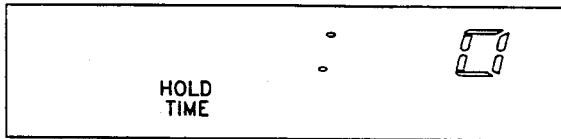
# TRY IT! USING THE HOLD/TIMER FEATURE

This feature can be used two ways. One is as a simple kitchen timer without microwaving. The other way to use HOLD/TIMER is in connection with defrosting and cooking. After defrosting, it will hold the food with the oven off for a predetermined time after which the oven will turn on again to cook with one, two or three cooking programs.

## To Use as a Kitchen Timer

### 1. Press HOLD/TIMER.

- Time of day disappears.
- HOLD TIME indicator lights will blink.

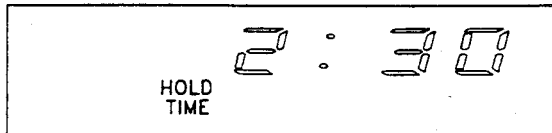


### 2. Set time by pressing number.

**Example:** To set 2:30 press number pads 2, 3, and 0  
Time appears on the display.

### 3. Press START.

- Time begins to count down until END appears and beep sounds 4 times.



## To Use for Holding

HOLD/TIMER can be used after defrosting and before the first step of cooking.

1. **Set Auto Accu-Thaw** (see page 11 follow steps 1-2)
2. **Press HOLD/TIMER.**
  - HOLD TIME indicator light blinks.
3. **Press Number Pads** for desired time of holding after defrosting.
  - HOLD TIME continues to blink.
4. **Press TIME ENTRY** and set time for 1, 2 or 3 cooking programs (See page 10, follow steps 1-3)
5. **Press START.**

## How to Correct Programming Errors

Mistakes made when entering program information can be corrected by pressing the **STOP/RESET** and then re-entering the correct program.

**Note:** A cooking program entered in one stage cannot be changed after you have started to enter the program for the next stage. The **STOP/RESET** must be pressed and all cooking instructions re-entered beginning with the first stage.

No changes in programs can be made after the oven has started operating. To make a change you must **press STOP/RESET** and re-program the entire sequence. When making changes in this manner be careful to take into account the time already elapsed in the old program before entering new program.

## Control Panel Pressing

1. For accurate programming of the unit firmly press the center of each pad one by one. Do not press several pads at the same time or press between pads.
2. Do not strike the control panel with objects such as silverware or utensils. Breakage may occur. In case the panel is broken, consult your Service Center.

## Time Cooking:

1. Do not keep food at too high of a temperature after cooking.
2. For **TIME COOK**, a maximum time of 99 minutes, 99 seconds may be set for each stage. Carefully check the programmed time to avoid overcooking.
3. When **COOKMATIC LEVEL** is set on other than Full power, the intensity of the oven light will vary. This is normal and indicates that the oven is operating correctly.

# MICROWAVE COOKING ADVICE

## Introduction

Many microwave cooking techniques are similar to those used in conventional cooking. Other techniques are necessary because of the unique way microwaves cook food. In microwaving, food should be arranged and handled to allow even exposure to microwave energy.

Use the techniques described here for best microwave results.

**Stir** foods such as casseroles and vegetables at intervals during microwaving to distribute heat evenly and speed cooking. Since food at the outside of the dish absorbs more energy, stir from outside to center. microwaved foods do not scorch or stick, so constant stirring is not necessary as in conventional cooking.

**Arrange** unevenly-shaped foods such as chicken pieces or salmon steaks with the thicker, meatier parts toward the outside of the dish where they will receive more microwave energy. To prevent overcooking, place delicate areas of foods such as asparagus tips toward the inside of the dish to receive less microwave energy.

**Shield** certain areas of food with small amounts of aluminum foil to prevent overcooking. Areas that may need shielding include quick-cooking parts of food such as the wing tips and leg ends of poultry. Use aluminum foil strips only when recommended in recipes to prevent arcing. Arcing is a static discharge of electricity which causes a spark. This usually occurs between separated particles of metal, such as a metal twister for plastic bags, gold trim on a dish, or metal utensil almost touching the side wall of the oven.

**Turn over** foods like pork chops or baking potatoes midway during the cooking time to expose all sides to equal amounts of microwave energy. Large foods such as roasts or whole cauliflower should also be turned over to promote even cooking.

**Let foods stand** to complete cooking after they are removed from the oven. This is an important microwave technique that allows the centers of foods such as cakes, whole vegetables and roasts to complete cooking without overcooking the outer areas. Large foods build up enough internal heat to continue cooking as they stand. Length of standing time depends on the density and surface area of the food.

## Effects of Food Characteristics on Microwaving

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

**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 conventional and microwave cooking, small amounts usually take less time than large ones. This is most apparent in microwave cooking, where time is directly related to the number of servings.

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

**Density of food.** In both conventional and microwave cooking, dense foods, such as a potato, take longer to cook or heat than light, porous foods, such as a piece of cake, bread or a roll.

**Round shapes.** Since microwaves penetrate foods to about 1-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 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 uneven in moisture should be covered or allowed to stand so heat can disperse evenly.

# MICROWAVE COOKING ADVICE

## For Best Results:

1. When determining time for a particular food, begin by using minimum time and check occasionally for doneness to avoid overcooking.
2. Small quantities of food or foods with low water content may burn or dry out and become hard if cooked too long.
3. Do not cook eggs in the shell. They may burst.
4. Foods with nonporous skin or membrane such as apples, potatoes or eggs should be pierced to prevent bursting when heated whole.
5. Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
6. Do not use recycled paper products for cooking purposes in the microwave oven.
7. Do not use narrow neck bottles in the microwave oven. They may shatter.

## Defrosting Frozen Foods:

1. Foods that have been frozen in non-metallic wrapping can be placed directly in the oven for thawing. (Be certain to remove any metallic ties or wraps.)
2. If some areas of the foods thaw faster than others, cover with small pieces of aluminum foil to slow down or to stop the heating process (see shielding directions on page 13).
3. It may be necessary to increase or decrease the cooking time in some recipes, depending on the starting temperature of the food.

## Browning:

There are some foods which are cooked too quickly to brown in the microwave oven. For more eye appeal, these foods may need a color additive. Coatings mixes such as MICRO-SHAKE, SHAKE and BAKE, paprika, steak sauce, or browning sauces like KITCHEN BOUQUET or WORCESTERSHIRE SAUCE may be used on chops, meat patties, or chicken parts. Meats which weigh 3 lbs./1.36 kg or more will brown by themselves "naturally" in a microwave oven.

## Time Variations:

Foods vary throughout the country and factors such as size and shape may cause cooking times to differ from those given in the cooking guide. For this reason, cooking times given are approximate. Factors that may affect cooking time include starting temperature, volume, size of the food, and utensils used. As you become more familiar with the oven, you will be able to adjust for these factors. Remember, it is better to first undercook food than overcook. Time can always be added to properly cook various recipes; however, once food is overcooked, the situation cannot be reversed.

## Cooking Utensils:

1. Most glass, glass ceramic, and heat resistant glassware utensils are excellent for use in a microwave oven, with the exception of those with metallic trim. Items with metallic trim should not be used in the microwave oven.
2. Most metal utensils should not be used in your microwave oven, unless designated as a microwave utensil. If sparks appear, remove metal material and transfer food to a nonmetallic container.
3. Micro-browning dishes may be used to achieve a brown exterior on small items such as steaks, chops, and pancakes. Follow instructions provided with your micro-browning dish. The micro-browning dish is designed only for use in the microwave oven. Do not use in a conventional oven or on a range top. Follow manufacturers directions.

**Utensil Test:** Use this test to determine when a glass-ceramic or ceramic utensil is satisfactory to use for microwave cooking.

Place a glass measuring cup of water next to the empty dish to be tested in the microwave oven. Heat on Full Power for 1 minute. At the end of this time, check the temperature of the tested dish. If the dish is cool and the water is very warm, the dish can be used. If the dish is slightly warm, it should be used for short-term cooking only. If the dish is hot and the water cool, DO NOT USE THE DISH. (The dish will remain cool if it is not absorbing microwaves and the microwaves are then absorbed by the water. The dish will become hot if it is absorbing microwaves.)

## NOTE:

1. SOME BROWNING DISHES MAY CONTAIN A CAUTION LABEL TO REMOVE THE GLASS TRAY WHEN PREHEATING. IN THIS OVEN, THE GLASS TRAY SHOULD NOT BE REMOVED WHEN PREHEATING BROWNING DISH.
2. DO NOT PREHEAT THE BROWNING DISH ON THE GLASS TRAY MORE THAN 8 MINUTES, SINCE THIS COULD CAUSE THE GLASS TRAY TO CRACK.

# MICROWAVE UTENSIL GUIDE

TYPE OF UTENSIL	MICROWAVE USES
<b>Foil-lined Paper Bags, Boxes and Baking Trays, Metal or Part Metal Pots, Pans, Thermometers, Skewers, Lead Crystal, Newspapers, and Foil Trays.</b>	<b>Do not use.</b> Foil or metal will reflect microwaves, thus preventing even heating. Arcing can occur if foil is closer than 1-in. to oven walls.
<b>Boilable Hard and Soft Plastics, such as:</b> Rubbermaid	Cooking ground beef (colander), defrosting, and heating.
<b>Glass Jars, such as:</b> for baby foods, vegetables, entrees, syrups, salad dressing	Do not heat baby food in jars, especially meat and egg mixtures.
<b>Pottery, Porcelain, Stoneware</b>	Cooking and heating.
<b>Microwave Plastics such as:</b> Anchor Hocking Microwave, Bangor Plastics, Mister Microwave, Nordic Ware, Republic, Tara, Wearever Nupac	Cooking.
<b>Paper or Styrofoam Plates and Cups</b>	Heating and serving foods and beverages. Styrofoam should be used for short-term heating at low temperatures and for serving.
<b>Oven Glass such as:</b> Anchor Hocking Fire King, Glassbake, Heller, Jena, Pyrex	Cooking and heating.
<b>Regular Dinnerware such as:</b> Corelle by Corning, Dansk Generation, Denby, El Camino, Franciscan, International Stoneware, Lenox, Temperware, Marsh, Mikasa, Pfaltzgraff	Heating and some cooking.
<b>Unsuitable Dinnerware, such as:</b> Corning Centura, Fitz and Floyd Oven-to-table Ware, Melamine, Dishes with metal trim.	Do not use in microwave oven.
<b>Paper Towels and Napkins, Wax Paper</b>	Cooking Bacon. Absorbing moisture and preventing spatters. Heating and serving sandwiches or appetizers. Light covering to hold in steam.
<b>Glass-Ceramic (Pyroceram), such as:</b> Corning Ware, Progression G by Noritake	Cooking and heating.
<b>Plastic Wrap, Cooking Bags, Boil-in-bags, Storage Bags</b>	Covering to hold in steam (wrap). Cooking (cooking and boil-in-bags). Heating (storage bags).
<b>Specialty Glass-Ceramic and Porcelain, such as:</b> El Camino, F.B. Rogers, Heller, March Industries, Pfaltzgraff, Shafford	Recommended for microwave oven-to-table cooking.

# HEATING OR REHEATING GUIDE

- Directions below are for reheating already-cooked foods at refrigerator or room temperature. Always use microwave safe ceramic, plastic or glass utensils.
- Cover most foods (see tips) for faster heating. Exceptions are rare or medium meats, some sandwiches, griddle foods like pancakes and baked foods.
- Bubbling around edges of dish is normal, since center is last to heat. Suggested serving temperatures are given for most foods. Young children usually prefer cooler food, generally about 20°F lower. Adjust temperatures to your personal taste. Stir foods before serving.
- Be sure foods are heated through before serving. Steaming or bubbling around edges does not necessarily mean food is heated throughout. Stir food once or twice during heating, if possible, to ensure even through heating. As a general rule, hot foods produce an area warm to the touch in center of underside of dish.

ITEM	AMOUNT	SUGGESTED SERVING TEMP.	POWER LEVEL	APPROXIMATE TIME, MIN.
<b>Appetizers</b>				
Saucy: such as meatballs, riblets, cocktail franks, etc. (¾ cups/serving)	1 to 2 servings	150°F (65°C)	HIGH (10)	2 to 4
	3 to 4 servings	150°F (65°C)	HIGH (10)	3 to 5
Dips: cream or process cheese	½ cup	130°F (55°C)	MEDIUM (5)	2 to 3
	1 cup	130°F (55°C)	MEDIUM (5)	3 to 5
Pastry bites: small pizzas, egg rolls, etc.	2 to 4 servings	130°F (55°C)	HIGH (10)	1 to 2½

**Tips:** Cover saucy appetizers with wax paper. Cover dips with plastic wrap. Do not cover pastry bites, they will not be crisp.

## Plate of Leftovers

Meat plus 2 vegetables	1 plate	150°-160°F (65-70°C)	HIGH (10)	3 to 5
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**Tip:** Cover plate of food with waxed paper or plastic wrap.

## Meats and Main Dishes

Saucy main dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. (¾ cup/serving)	1 to 2 servings	150°-160°F (65-70°C)	HIGH (10)	4 to 12
	3 to 4 servings	150°-160°F (65-70°C)	HIGH (10)	12 to 15
	1 can 16-oz.	150°-160°F (65-70°C)	HIGH (10)	6 to 7½
Thinly sliced roasted meat:				
Rare beef roast, minimum time; Medium rare, maximum time. (3 to 4-oz./serving)	1 to 2 servings	130°-140°F (55-60°C)	MED-HIGH (7)	1 to 2½
	3 to 4 servings	130°-140°F (55-60°C)	MED-HIGH (7)	2 to 4
Well done; beef, pork, ham, poultry, etc.	1 to 2 servings	150°F (65°C)	MED-HIGH (7)	1½ to 3
	3 to 4 servings	150°F (65°C)	MED-HIGH (7)	4½ to 6
Steaks, chops, ribs, other meat pieces: Rare beef steak	1 to 2 servings	130°F (55°C)	MED-HIGH (7)	1½ to 3
	3 to 4 servings	130°F (55°C)	MED-HIGH (7)	3 to 5
Well done beef, chops, ribs, etc.	1 to 2 servings	150°F (65°C)	MED-HIGH (7)	2 to 3
	3 to 4 servings	150°F (65°C)	MED-HIGH (7)	3 to 5
Hamburgers or meatloaf, (4-oz./serving)	1 to 2 servings	150°-160°F (65-70°C)	HIGH (10)	1 to 2½
	3 to 4 servings	150°-160°F (65-70°C)	HIGH (10)	3 to 4
Chicken pieces (6 to 8-oz./serving)	1 to 2 servings	150°F (65°C)	HIGH (10)	3 to 4
	3 to 4 servings	150°F (65°C)	HIGH (10)	5 to 8
Hot dogs and sausages	1 to 2	130°-140°F (55-60°C)	HIGH (10)	1 to 1¾
	3 to 4	130°-140°F (55-60°C)	HIGH (10)	1¾ to 3
Breakfast sausage links	4	130°-140°F (55-60°C)	HIGH (10)	1 to 2½
Rice and pasta (¾-¾ cup/serving)	1 to 2 servings	150°F (65°C)	HIGH (10)	1 to 3
Topped or mixed with sauce (¾-¾ cup/serving)	1 to 2 servings	150°-160°F (65-70°C)	HIGH (10)	3 to 6
	3 to 4 servings	150°-160°F (65-70°C)	HIGH (10)	5 to 9

**Tip:** Cover saucy main dishes with plastic wrap. Cover other main dishes and meals with waxed paper. Do not cover rare or medium rare meat.

# HEATING OR REHEATING GUIDE

ITEM	AMOUNT	SUGGESTED SERVING TEMP.	POWER LEVEL	APPROXIMATE TIME, MIN.
<b>Sandwiches</b>				
Moist filling: Sloppy joes, barbecue, ham salad, etc. in bun (1/2 cup/serving)	1 to 2 servings	130°-140°F (55-60°C)	MED-HIGH (7)	1 to 2½
	3 to 4 servings	130°-140°F (55-60°C)	MED-HIGH (7)	2 to 4
<b>Soup</b>				
Water based (1 cup/serving)	1 to 2 servings	150°-170°F (65-75°C)	HIGH (10)	3 to 6
	3 to 4 servings	150°-170°F (65-75°C)	HIGH (10)	7 to 11
	1 can (10-oz.)	150°-170°F (65-75°C)	HIGH (10)	7 to 8
Milk based (1 cup/serving)	(reconstituted)			
	1 to 2 servings	140°F (60°C)	MED-HIGH (7)	3 to 6
	3 to 4 servings	140°F (60°C)	MED-HIGH (7)	10 to 15
	1 can (10-oz.) (reconstituted)	140°F (60°C)	MED-HIGH (7)	8 to 12
<b>Tip: Use paper towel or napkin to cover sandwiches. Cover soups with waxed paper or plastic wrap.</b>				
<b>Vegetables</b>				
Small pieces: peas, beans, corn, etc. (1/2 cup/serving)	1 to 2 servings	150°-160°F (65-70°C)	HIGH (10)	1½ to 3½
	3 to 4 servings	150°-160°F (65-70°C)	HIGH (10)	4 to 6
	1 can (16-oz.)	150°-160°F (65-70°C)	HIGH (10)	5 to 7
Large pieces or whole: asparagus spears, potato.	1 to 2 servings	140°-160°F (60-70°C)	HIGH (10)	1½ to 3
	3 to 4 servings	140°-160°F (60-70°C)	HIGH (10)	3 to 6
	1 can (16-oz.)	140°-160°F (60-70°C)	HIGH (10)	4 to 6
Corn on the cob	1 to 2 ears	140°-160°F (60-70°C)	HIGH (10)	3 to 5½
	3 to 4 ears	140°-160°F (60-70°C)	HIGH (10)	6 to 10
Mashed potatoes (1/2 cup/serving)	1 to 2 servings	150°-160°F (65-70°C)	HIGH (10)	2 to 4
	3 to 4 servings	150°-160°F (65-70°C)	HIGH (10)	6 to 8
<b>Tip: Cover vegetables for most even heating.</b>				
<b>Sauces</b>				
Dessert: chocolate, butterscotch	1/2 cup	125°F (50°C)	HIGH (10)	¾ to 1½
	1 cup	125°F (50°C)	HIGH (10)	1½ to 2½
Meat or main dish, chunky type; giblet gravy, spaghetti sauce, etc.	1/2 cup	150°-160°F (65-70°C)	HIGH (10)	2 to 4
	1 cup	150°-160°F (65-70°C)	HIGH (10)	3½ to 5
	1 can (16-oz.)	150°-160°F (65-70°C)	HIGH (10)	4 to 6
Creamy type	1/2 cup	140°-150°F (60-65°C)	HIGH (10)	1½ to 3
	1 cup	140°-150°F (60-65°C)	HIGH (10)	2 to 4
<b>Tip: Cover food to prevent spatter.</b>				
<b>Baked Goods</b>				
Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread	1 piece		DEFROST (3)	¼ to ¾
	2 pieces		DEFROST (3)	¾ to 1½
	4 pieces		DEFROST (3)	1½ to 2
	9-in. cake or 12 rolls or doughnuts		DEFROST (3)	1½ to 4
Dinner rolls, muffins	1		MED-HIGH (7)	¼ to ½
	2		MED-HIGH (7)	¼ to ¾
	4		MED-HIGH (7)	½ to 1½
	6 to 8		MED-HIGH (7)	¾ to 2
Pie: fruit, nut or custard 1/8 of 9-in. pie = 1 slice (use minimum time for custard)	1 slice		HIGH (10)	½ to 1½
	2 slices		HIGH (10)	1 to 1½
	4 slices		MED-HIGH (7)	1¾ to 3
	9-in. pie		MED-HIGH (7)	3 to 5
<b>Tip: Do not cover.</b>				
<b>Griddle Foods</b>				
Pancakes, French Toast or waffles (3" x 4") Plain, no topping Syrup & butter With 2 sausage patties (cooked)	2 to 3 pieces		HIGH (10)	1 to 2
	2 to 3 pieces		HIGH (10)	1 to 2
	2 to 3 pieces		HIGH (10)	1 to 2
<b>Tip: Do not cover.</b>				
<b>Beverages</b>				
Coffee, tea, cider other water based	1 to 2 cups	160°-170°F (70-75°C)	HIGH (10)	2 to 4
	3 to 4 cups	160°-170°F (70-75°C)	HIGH (10)	5 to 9
Cocoa, other milk based	1 to 2 cups	140°F (60°C)	MED-HIGH (7)	3 to 5
	3 to 4 cups	140°F (60°C)	MED-HIGH (7)	4 to 7
<b>Tip: Do not cover.</b>				

# CONVENIENCE FOOD GUIDE

- Most convenience foods can be reheated by microwave only, since they are already cooked. Always use microwave safe ceramic, plastic or glass utensils. For foods needing browning or crisping, conventional baking is recommended.
- Remove food from foil containers.
- Amounts can be increased. To cook multiple packages, add times together.

FOOD	CONTAINER	COVER	POWER LEVEL	TIME	METHOD
<b>Appetizers &amp; Snacks</b>					
Pastry Bites	Microwave safe dish	No	HIGH(10)	½ to 2 min.	Place on paper towel lined dish; cover with paper towel. Let stand 1 minute.
Frozen prepared Sandwiches	Paper towel	No	HIGH(10)	1 to 2 min. per sandwich	Remove from foil package and wrap in paper towel. Let stand 1 min.
Frozen Egg or Pizza Rolls (7½-oz. pkg.)	Microwave safe dish	No	HIGH(10)	2½ to 3½ min.	Place on paper towel lined dish; cover with paper towel. Let stand 1 min.
Fish sticks (9 to 12-oz. pkg.)	Microwave safe dish	No	HIGH(10)	4 to 6 min.	Place on paper towel lined dish.
Pizza, frozen (individual size)	Microwave safe dish	No	MED-HIGH(7)	2½ to 3 min. per slice	Place on paper towel lined dish.
<b>Eggs</b>					
Scrambled egg substitute (8-oz. carton)	Microwave safe dish	No	HIGH(10)	1 to 4 min.	Microwave about 1 minute per ¼ cup mixture. Stir after half of time.
Cheese souffle (12-oz.)	Microwave safe pie plate and custard cups	No	DEFROST(3) MED-HIGH(7)	9 to 13 min. 8 to 12 min.	To Defrost: Place in 8-in. pie plate. Stir twice. To Cook: Divide between 3 or 4 buttered custard cups 6-oz. Rearrange after 5 minutes. Souffles are done when center is almost set.
Scrambled eggs breakfast (5¼-6¼ oz.) with potato and meat	Package paper tray	Pkg. cover	MED-HIGH(7)	2 to 3½ min.	Remove paper tray from carton, turn back clear film to expose potatoes.
<b>Fish &amp; Shellfish</b>					
Crab, shrimp or lobster newburg (6½-oz.)	Package pouch	No	HIGH(10)	4 to 5 min.	Place pouch in microwave safe dish. Puncture pouch with fork to vent. Stir before serving.
Deviled crab (6-oz.)	Microwave safe dish	No	HIGH(10)	2½ to 4 min.	Distribute evenly on trivet in microwave safe dish. Rearrange after half time.
Breaded fish (5 to 12-oz.) (14 to 16-oz.) (23 to 25-oz.)	Microwave safe dish	No	HIGH(10)	3 to 6 min. 7 to 10 min. 10 to 13 min.	Distribute evenly on trivet in microwave safe dish. Rearrange after half time.
<b>Meat</b>					
Frozen meats (5 to 8-oz.) (10 to 16-oz.) (16 to 32-oz.)	Microwave safe dish or pouch	Lid plastic wrap. Do not cover pouch	HIGH(10)	3½ to 6 min. 5 to 11 min. 12 to 20 min.	If pouch package is used, puncture with fork to vent. Stir meat pieces and sauce after half time. Do not cover pouch.
Dry mixes (hamburger added) T.V. dinners (6 to 11½-oz.) (12 to 20-oz.)	Microwave safe casserole Package tray	Lid Plastic wrap	HIGH(10) MED-HIGH(7)	11 to 16 min. 6 to 10 min. 7 to 10 min.	Add cooked, drained hamburger. Stir after 7 minutes. Remove foil cover if necessary. Remove plastic cover from dessert section. Poke holes in plastic covering other sections.

# CONVENIENCE FOOD GUIDE

FOOD	CONTAINER	COVER	POWER LEVEL	TIME	METHOD
<b>Poultry</b>					
Canned (5 to 10½-oz.) (14 to 24-oz.)	Microwave safe dish	Lid or plastic wrap	HIGH(10) HIGH(10)	2½ to 4 min. 4 to 6 min.	Place in dish. Cover, stir after half time. Place pouch in microwave safe dish.
Frozen Pouch (5 to 6½-oz.)	Pouch	No	HIGH(10)	2½ to 5 min.	Puncture pouch before microwaving. Stir after 5 minutes.
Frozen-Main Dish (12-oz. pkg.)	Microwave safe dish	No	MED-HIGH(7)	7 to 14 min.	
Frozen Fried Chicken 2-pieces 1-lb., 4 to 6 pieces 2-lbs., 8 to 10 pieces	Microwave safe dish	No	HIGH(10)	3 to 5 min. 6 to 9 min. 10 to 16 min.	Turn over and rearrange at half time. If label does not state "fully cooked", check for doneness.

## Sauces, Gravies

Canned (10 to 16-oz.)	Microwave safe dish	Lid or plastic wrap	HIGH(10)	3 to 6 min.	Stir once.
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## Vegetables

Frozen breaded (8 to 10 oz.)	Microwave safe dish	No	HIGH(10)	3 to 4 min.	Place on paper towel lined dish. Let stand 1 minute.
Canned (8 to 9-oz.) (15 to 17-oz.) (28 to 32-oz.)	Microwave safe dish	Lid or plastic wrap	HIGH(10)	2 to 3½ min. 5 to 7 min. 7 to 10 min.	Place undrained vegetables in microwave safe dish. Cover. Stir once.
Instant mashed potatoes (2 to 6 servings) (8 to 12 servings)	Microwave safe dish	Lid or plastic wrap	HIGH(10)	2 to 6 min. 8 to 14 min.	Use container size and amounts of water, milk, butter and salt on package. Cover. After heating, briskly stir in potatoes, adding extra 1 or 2 tablespoons dry mix if necessary. Heat 1 to 2 min.
Frozen Souffle (12-oz. pkg.)	Microwave safe pie plate and custard cups	No	DEFROST(3) MED-HIGH(7)	8 to 12 min. 12 to 14 min.	To Defrost: Remove from foil pan. Place souffle in pie plate. To Cook: Divide between 2 6-oz. custard cups. Souffles are done when centers are almost set.
Potatoes: baked, stuffed, frozen 1 to 2 3 to 4	Microwave safe dish or roasting rack	Wax paper	HIGH(10) HIGH(10)	7 to 10 min. 12 to 15 min.	Remove potatoes from foil. Place in dish or roasting rack. Cover. Let stand 2 minutes.

## Pasta, Rice

Canned spaghetti, etc. (14 to 16-oz.)	Microwave safe dish	Lid or plastic wrap	HIGH(10)	4 to 6 min.	Stir before serving.
Frozen macaroni & cheese, spaghetti, etc. (8 to 14-oz.)	Microwave safe dish	Lid or plastic wrap	HIGH(10)	7 to 13 min.	Stir before serving.
Frozen Lasagna (10½-oz.) (2½-oz.)	Microwave safe dish	Lid or plastic wrap	MEDIUM(5) MEDIUM(5)	17 to 25 min. 27 to 35 min.	Let stand 5 minutes before serving.

# FREEZER TO TABLE FROZEN FOODS CHART

FOOD	CONTAINER	DEFROST TIME(MIN.)	HOLD TIME(MIN.)	POWER LEVEL	COOKING TIME(MIN.)	COMMENTS
Meatballs, raw 1 lb. ground meat (12 1¼-inch meatballs)	9 or 10 inch microwave safe pie plate	7 to 10	5	HIGH(10)	7 to 9	Arrange in circle on pie plate; cover loosely with plastic wrap. Rearrange after half time. For precooked meatballs reduce each time period by 2 minutes.
Meatloaf, raw 1½ lbs. ground meat	1½-qt. microwave-safe ring mold or 9 x 4 inch loaf pan	22 to 30	15	MED-HIGH(7)	25 to 32	Cover with plastic wrap. If precooked, add ½ cup water and reduce cooking time by 10 minutes.
Saucy Casseroles 1½-qt. (8-oz.)	2-qt. microwave safe casserole 14-16 oz. microwave safe bowl.	25 to 32 6 to 9	none 5	HIGH(10) HIGH(10)	7 to 15 4 to 5	Cover with lid or plastic wrap. Break up and stir while defrosting and cooking. Freeze food in flat oblong casseroles for fastest heating.
Soup	1-qt. casserole 2-qt. casserole	20 to 25 25 to 30	15 20	MED-HIGH(7) MED-HIGH(7)	10 to 15 17 to 25	Cover. Break up and stir while defrosting and cooking, to speed heating.

# DEFROSTING GUIDE

- Unwrap food. If it is difficult to remove plastic grocery store tray, it may be removed after first half of time. Place food on microwave safe roasting rack in microwave safe cooking dish.
- After first half of cooking time, remove any remaining wrap. Break food apart or separate, if possible. Remove any thawed food, if possible. Shield bone tips, thin meat or warm areas of large pieces of food with foil.
- Large bulky roasts may have icy center. Allow 15 to 60 minutes stand time. Poultry may be placed under running cold water until giblets can be removed.
- When defrosted, food should be cool, but softened in all areas. If still slightly icy after second half of defrosting time, return to microwave oven very briefly, or let stand a few minutes.

ITEM	TOTAL DEFROSTING TIME	POWER LEVEL	METHOD
<b>BEEF</b> Roast, boneless or bone-in. up to 5 lbs.	9 to 13 min./lb.	DEFROST(3)	Remove packaging. Place roast on roasting rack. Microwave until wooden pick can be easily inserted in center, turning over twice. Let stand for 10 to 15 min.
<b>Chuck Roast</b> up to 5 lbs.	9 to 13 min./lb.	DEFROST(3)	Remove packaging. Place roast on roasting rack. Microwave until wooden pick can be easily inserted in center, turning over twice. Let stand for 10 to 15 min.
<b>Steaks</b> up to 3 lbs.	4 to 8 min./lb.	MEDIUM(5)	Remove packaging. Place steaks on roasting rack. Microwave until pliable, breaking apart, turning over and rearranging as soon as possible. Let stand for 10 to 15 min.
<b>Short Ribs</b> up to 3 lbs.	5 to 10 min./lb.	MEDIUM(5)	Remove packaging. Place ribs on roasting rack. Microwave until pliable, breaking apart, turning over and rearranging as soon as possible. Let stand for 10 to 15 min.
<b>Liver, sliced</b> up to 5 lbs.	9 to 13 min./lb.	DEFROST(3)	Remove packaging. Place liver on roasting rack. Microwave until pliable, breaking apart, turning over and rearranging as soon as possible. Let stand for 10 to 15 min.
<b>Stew Meat</b> up to 3 lbs.	5 to 8 min./lb.	MEDIUM(5)	Remove packaging. Place beef on plate. Microwave until wooden pick can be easily inserted in each piece, breaking apart and rearranging as soon as possible. Let stand for 5 to 10 min.
<b>Hamburger Patties</b> ¼ lb. each, ½ inch thick 2 patties 4 patties	2 to 3½ min. 5 to 7 min.	MEDIUM(5)	Remove packaging. Break patties apart if possible. Arrange on plate. Microwave until wooden pick can be easily inserted in each patty, turning over after half the time. Let stand for 5 to 10 min.
<b>Ground Beef</b> up to 3 lbs.	8 to 10 min./lb.	MEDIUM(5)	Remove packaging. Place beef on plate. Microwave breaking apart and removing defrosted portions as soon as possible. Turn over after half the time. Let stand for 5 to 10 min.

# DEFROSTING GUIDE

ITEM	TOTAL DEFROSTING TIME	POWER LEVEL	METHOD
<b>PORK</b> Spareribs up to 3 lbs.	4 to 7 min./lb.	MEDIUM(5)	Remove packaging. Place ribs on roasting rack. Microwave until pliable, breaking apart and rearranging as soon as possible. Turn over at half time. Let stand for 5 to 10 min.
<b>Pork Chops</b> up to 3 lbs.	5 to 8 min./lb.	MEDIUM(5)	Remove packaging. Place chops on roasting rack. Microwave until pliable, breaking apart and rearranging as soon as possible. Turn over at half time. Let stand for 5 to 10 min.
<b>POULTRY</b> <b>Chicken</b> whole up to 5 lbs.	4 to 7 min./lb.	MEDIUM(5)	Remove packaging. Place chicken on roasting rack. Microwave until pliable, turning over after half the time. Rinse cavity with cool water. Remove giblets. Let stand for 5 to 10 min.
pieces, up to 2 lbs. breasts, boneless up to 2 lbs.	5 to 9 min./lb. 6 to 9 min./lb.	MEDIUM(5)	Remove packaging. Place chicken on roasting rack. Microwave until pliable, breaking apart and rearranging as soon as possible. Let stand for 5 to 10 min.
<b>Cornish Hen(s)</b> whole up to 3 lbs.	5 to 9 min./lb.	MEDIUM(5)	Remove packaging. Place hen(s) on roasting rack. Microwave until pliable, turning over and rearranging after half the time. Rinse cavity with cool water. Remove giblets. Let stand for 5 to 10 min.
<b>Duckling</b> whole up to 5 lbs.	4 to 8 min./lb.	MEDIUM(5)	Remove packaging. Place duckling on roasting rack. Microwave for half the time, turn duck over and let stand for 10 minutes. Microwave until pliable, turn duck over. Submerge in cool water for 20 to 30 min., or until giblets can be removed. Let stand for 10 to 15 min.
<b>Turkey</b> pieces up to 3 lbs.	6 to 9 min./lb.	MEDIUM(5)	Remove packaging. Place turkey on roasting rack. Microwave until pliable, breaking apart and rearranging as soon as possible. Submerge in cool water 10 to 15 min.
breast up to 5 lbs.	5 to 8 min./lb.	MEDIUM(5)	Remove packaging. Place turkey breast on roasting rack. Microwave until pliable, turning over and rearranging after half the time. Submerge in cool water 10 to 15 min.

# DEFROSTING GUIDE

ITEM	TOTAL DEFROSTING TIME	POWER LEVEL	METHOD
<b>FISH, SEAFOOD</b>			
<b>Whole Fish</b> up to 5 lbs.	9 to 12 min./lb.	MEDIUM(5)	Remove packaging. Place fish on roasting rack. Shield head and tail with aluminum foil. Microwave until pliable, turning over after half the time. Let stand for 10 to 15 min.
<b>Steaks</b> up to 3 lbs.	4½ to 7 min./lb.	MEDIUM(5)	Remove packaging. Place steaks on roasting rack. Microwave until wooden pick can be easily inserted in center of each steak, breaking apart, turning over and rearranging as soon as possible. Let stand for 5 to 10 min.
<b>Filletts</b> up to 3 lbs.	5 to 8 min./lb.	MEDIUM(5)	Remove packaging. Place filletts on roasting rack. Microwave until pliable, breaking apart and rearranging as soon as possible. Let stand for 5 to 10 min.
<b>Scallops</b> up to 3 lbs.	3½ to 7 min./lb.	MEDIUM(5)	Remove packaging. Place seafood on plate. Microwave until pliable, breaking apart and rearranging as soon as possible. Let stand for 5 to 10 min.
<b>Shrimp</b> up to 3 lbs.	3 to 6 min./lb.	MEDIUM(5)	Same as above.
<b>BREADS, CAKES</b>			
Bread or Buns (1-lb.)	5 to 10 min.	DEFROST(3)	Remove metal twist tie if necessary. Let stand 2 to 5 min.
Heat & Serve Rolls (7-oz. pkg.)	2½ to 5 min.	DEFROST(3)	Remove metal twist tie if necessary.
Coffee Cake (11 to 14¾-oz.)	4 to 7 min.	DEFROST(3)	Remove from foil pan if necessary.
Coffee ring (10-oz. pkg.)	4 to 7 min.	DEFROST(3)	Remove from foil pan if necessary.
Sweet Rolls (8¾ to 12 oz.)	3 to 7 min.	DEFROST(3)	Remove from foil pan if necessary.
Doughnuts (1 to 4)	¾ to 3 min.	DEFROST(3)	Arrange on paper towel.
Doughnuts, glazed (1 box of 8 large)	3 to 7 min.	DEFROST(3)	Arrange on paper towel.
French Toast (2 slices)	3 to 6 min.	DEFROST(3)	Arrange on paper towel. Let stand 2 min.
Cake, Bundt type (24-oz.)	4 to 8 min.	DEFROST(3)	Let stand 10 to 20 minutes.
Cake, frosted 2 to 3 layer (17-oz.)	3 to 6 min.	DEFROST(3)	Let stand 10 to 20 minutes.
Cake, filled or topped 1 layer (12½ to 18-oz.)	2 to 5 min.	DEFROST(3)	Remove from foil pan if necessary. Let stand 10 minutes.
Pound Cake (10¾-oz.)	4 to 7 min.	DEFROST(3)	Remove from foil pan if necessary. Let stand 10 minutes.
Cheesecake, plain or fruit top (17 to 19-oz.)	8 to 11 min.	DEFROST(3)	Remove from foil pan if necessary. Let stand 20 to 30 minutes.
Crunch Cakes & Cupcakes	½ to 2 min. each	DEFROST(3)	Arrange on paper towel.
Fruit or Nut Pie (8-in.)	5 to 9 min.	DEFROST(3)	Remove foil pan if necessary. Let stand 10 minutes.
Cream or Custard Pie (14 to 23 oz.)	7 to 15 min.	DEFROST(3)	Remove foil pan if necessary. Let stand 20 to 30 minutes.
<b>FRUITS</b>			
Box (10 to 16-oz.)	7 to 10 min.	DEFROST(3)	Remove foil or metal. Place package in oven. After minimum time, break up with fork.
Plastic pouch (10-oz. pkg.)	4 to 7 min.	DEFROST(3)	Place package in oven. Flex package once.

# COOKING GUIDE

## MEAT

- Always use microwave-safe ceramic, plastic or glass utensils.
- Place meat on microwave-safe roasting rack in microwave-safe cooking dish.
- Start meat fat side down. Shield any bone tips, thin meat areas or portions that are starting to over cook with 3-inch-wide strips of foil.

ITEM	TOTAL COOKING TIME	POWER LEVEL	METHOD
<b>BEEF</b>			
<b>Roast, boneless</b> up to 4 lbs.	Rare (130°F): 7 to 12 min./lb. Med (140°F): 8 to 14 min./lb. Well (160°F): 9 to 16 min./lb.	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Place roast, fat-side down, on roasting rack. Microwave, turning over after half the time. Cover loosely with aluminum foil. Let stand for 10 min.
4.1 to 5 lbs.	Rare (130°F): 7 to 12 min./lb. Med (140°F): 8 to 14 min./lb. Well (160°F): 9 to 16 min./lb.	HIGH (10) for first 8 min. of total time, then MEDIUM (5)	Same as above.
<b>Roast, bone-in</b> up to 4 lbs.			
	Rare (130°F): 7 to 12 min./lb. Med (140°F): 8 to 14 min./lb. Well (160°F): 9 to 16 min./lb.	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Place roast, fat-side down, on roasting rack. Microwave, turning over after half the time. Cover loosely with aluminum foil. Let stand for 10 min.
4.1 to 5 lbs.	Rare (130°F): 7 to 12 min./lb. Med (140°F): 8 to 14 min./lb. Well (160°F): 9 to 16 min./lb.	HIGH (10) for first 8 min. of total time, then MEDIUM (5)	Same as above.
<b>Chuck Roast</b> up to 5 lbs.			
	30 to 40 min./lb.	MEDIUM (5)	Place roast in baking dish or 3-quart casserole. Add ¼ cup desired liquid and seasonings. Cover. Microwave, turning over after half the time. Let stand for 10 min.
<b>Hamburger Patties,</b> ¼ lb. each, ½ inch thick			
2 patties	2 to 4 min.	HIGH (10)	Arrange patties on roasting rack. Microwave to desired doneness, turning over after half the time. Let stand for 1 to 2 min.
4 patties	4½ to 7 min.		
<b>PORK</b>			
<b>Roast, boneless or bone-in</b> up to 5 lbs.	Well (170°F): 9 to 15 min./lb.	HIGH (10) for first 5 min. of total time, MEDIUM (5)	Place roast, fat-side down, on roasting rack. Microwave, turning roast over after half the time. Cover loosely with aluminum foil. Let stand for 10 min.
<b>Ham</b>			
canned 1 lb. 3 to 5 lbs.	(130°F): 17 to 22 min. (130°F): 10 to 17 min./lb.	MEDIUM (5)	Remove packaging. Place ham in baking dish. Cover loosely with plastic wrap. Microwave, turning over after half the time. Let stand for 5 min.
rolled boneless up to 5 lbs.	(130°F): 15 to 20 min./lb.	MEDIUM (5)	Same as above.
<b>Bacon</b>			
2 slices 4 slices 8 slices	1¼ to 1¾ min. 2¾ to 3¼ min. 4½ to 5 min.	HIGH (10)	Arrange bacon on roasting rack or paper towel lined plate. Microwave until crisp.

# COOKING GUIDE

## POULTRY

- Always use microwave-safe ceramic, plastic or glass utensils.
- Place poultry on microwave-safe roasting rack in microwave-safe cooking dish.
- Cover poultry with wax paper to prevent spattering.
- Shield bone tips, thin areas or portions that are starting to over cook with 3-inch-wide strips of foil.

ITEM	TOTAL COOKING TIME	POWER LEVEL	METHOD
<b>Chicken</b> whole up to 5 lbs.	9 to 13 min./lb.	MED-HIGH (7)	Place chicken, breast-side down, on roasting rack. Microwave until meat near bone is no longer pink and juices run clear, turning over after half the time. Cover loosely with aluminum foil. Let stand for 5 to 10 min.
pieces up to 2 lbs.	6 to 9 min./lb.	HIGH (10)	Arrange chicken, bone-side down, in dish. Microwave until meat near bone is no longer pink and juices run clear, rearranging and turning over after half the time. Cover loosely with aluminum foil. Let stand for 5 to 10 min.
<b>Cornish Hen(s)</b> whole up to 3 lbs.	8 to 10 min./lb.	HIGH (10)	Arrange hen(s), breast side down, in dish. Microwave until meat near bone is no longer pink and juices run clear, turning hens over after half the time and draining juices as necessary. Cover loosely with aluminum foil. Let stand for 5 to 10 min.
<b>Duckling</b> whole up to 5 lbs.	7 to 11 min./lb.	HIGH (10) for first 10 min. of total time, then MEDIUM (5)	Place duckling, breast-side down, on roasting rack. Microwave for 10 min. as directed. Turn duckling over. Microwave at MEDIUM (5) until meat near bone is no longer pink and juices run clear, draining juices 2 or 3 times. Cover loosely with aluminum foil. Let stand for 5 to 10 min.
<b>Turkey</b> pieces up to 3 lbs.	18 to 23 min./lb.	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Arrange turkey, bone-side up, on roasting rack. Microwave until meat near bone is no longer pink and juices run clear, rearranging 2 times and turning over after half the time. Cover loosely with aluminum foil. Let stand for 5 to 10 min.
breast up to 5 lbs.	15 to 20 min./lb.	HIGH (10) for first 5 min. of total time, then MEDIUM (5)	Place turkey breast, skin-side down, in baking dish. Microwave until meat is no longer pink and juices run clear, turning over after half the time. Cover loosely with aluminum foil. Let stand for 10 to 15 min.

# COOKING GUIDE

## FISH and SEAFOOD

- Fish is done when it flakes easily with a fork. Center may still be slightly translucent, but will continue cooking as fish stands a few minutes after cooking.
- Place fish on microwave-safe roasting rack in microwave-safe cooking dish.
- Cook fish with or without sauce. A tight cover steams fish, or use a lighter cover of wax paper or paper towel for less steaming.
- Do not overcook fish. Check at minimum time.

ITEM	TOTAL COOKING TIME	POWER LEVEL	METHOD
<b>Fish</b> whole up to 5 lbs.	8 to 11 min./lb.	MEDIUM (5)	Place fish on roasting rack. Microwave until fish flakes easily with fork, turning over after half the time. Let stand for 3 to 5 min.
steaks up to 3 lbs.	10 to 13 min./lb.	MEDIUM (5)	Arrange steaks on roasting rack with meaty portions toward outside of rack. Cover rack with wax paper. Microwave until fish flakes easily with fork, turning over and rearranging after half the time. Let stand for 3 to 5 min.
fillets up to 3 lbs.	5½ to 9 min./lb.	HIGH (10)	Arrange fillets in baking dish. Cover dish with wax paper. Microwave until fish flakes easily with fork, turning over and rearranging after half the time. Let stand for 2 to 3 min.
<b>Scallops</b> up to 3 lbs.	4 to 8 min./lb.	HIGH (10)	Arrange seafood in baking dish. Cover dish with wax paper. Microwave until firm and opaque, stirring after half the time. Let stand for 5 min.
<b>Shrimp</b> up to 3 lbs.	4 to 7 min./lb.	HIGH (10)	Same as above.

## EGGS

- Always pierce whole yolks before microwaving to prevent bursting.
- Never hard cook eggs in the shell, and do not reheat in-shell hard cooked eggs. They could explode.
- Cook eggs just until set, they are delicate and can toughen if overcooked.

### SCRAMBLE EGGS

EGG(S)	BUTTER	MILK/WATER	EGG COOKING TIME	METHOD
1	1 teaspoon	1 tablespoon	¾ to 1½ min.	Place butter in small bowl or casserole. Microwave at HIGH (10) for 30 to 60 seconds, or until butter melts. Add egg(s) and milk. Beat until well blended. Microwave at HIGH (10) as directed or until eggs are set yet moist, stirring 3 or 4 times. Let stand for 2 to 3 minutes. (Eggs will finish cooking during standing.)
2	2 teaspoons	1 tablespoon	1¼ to 2 min.	
4	1 tablespoon	2 tablespoons	3 to 5 min.	
8	2 tablespoons	¼ cup	5 to 8 min.	

### POACHED EGGS

EGG(S)	WATER	VINEGAR	EGG COOKING TIME	METHOD
1	2 tablespoons	¼ teaspoon	¾ to 1½ min.	Using a 6-oz. custard cup for each egg, combine 2 tablespoons water and ¼ teaspoon vinegar in each cup. Microwave cup(s) at HIGH (10) for 45 seconds to 2 minutes or until mixture boils. Break 1 egg into each cup. Pierce yolk(s) 2 times with a toothpick. Cover cup(s) with plastic wrap. Microwave at HIGH (10) as directed, or until whites are opaque and yolks are slightly set. Let stand for 2 to 3 minutes.
2	4 tablespoons, divided	½ teaspoon, divided	1 to 2 min.	
4	8 tablespoons, divided	1 teaspoon, divided	2 to 3 min.	

# COOKING GUIDE

## PASTA and RICE

- Always use microwave-safe ceramic, plastic or glass utensils.
- For pasta use about half the amount of hot tap water required for conventional boiling; there is less evaporation in a microwave oven. Add recommended amount of salt, if desired and vegetable oil (optional, to prevent sticking).
- For rice or minute rice use the same or slightly greater amount of water as with conventional boiling. Add recommended amount of salt, if desired.

ITEM	HOT WATER	VEGETABLE OIL (optional)	SALT (optional)	TOTAL COOKING TIME	POWER LEVEL	METHOD
<b>Egg Noodles,</b> 8 oz., (about 4½ cups) Yield: 5 cups	6 cups	1 Tbsp.	1 tsp.	23 to 32 min.	HIGH (10)	In 3-quart casserole, combine water, oil and salt. Cover. Microwave for 15 to 20 min., or until boiling. Stir. Add noodles. Stir. Microwave for 8 to 12 min., or until tender, stirring once. Rinse and drain.
<b>Macaroni,</b> 8 oz., (about 1½ cups) Yield: 4 cups	6 cups	1 Tbsp.	1 tsp.	21 to 30 min.	HIGH (10)	In 3-quart casserole, combine water, oil and salt. Cover. Microwave for 15 to 20 min., or until boiling. Stir. Add macaroni. Stir. Microwave for 6 to 10 min., or until tender, stirring once. Rinse and drain.
<b>Spaghetti,</b> 8 oz. Yield: 4 cups	6 cups	1 Tbsp.	1 tsp.	24 to 33 min.	HIGH (10)	In 3-quart casserole, combine water, oil and salt. Cover. Microwave for 15 to 20 min., or until boiling. Stir. Add spaghetti. Stir. Microwave for 9 to 13 min., or until tender, stirring once. Rinse and drain.
<b>Rice,</b> long grain, 1 cup Yield: 3 cups	2 cups		1 tsp.	25 to 30 min.	HIGH (10) for first 5 min. of total time, then MEDIUM (5) for 20 to 25 min.	In 2-quart casserole, combine rice, water, salt and 2 teaspoons butter or margarine. Cover. Microwave until rice is tender and liquid is absorbed. Let stand for 5 min. Fluff with fork.

## CEREAL

- Always use microwave-safe ceramic, glass or plastic utensils. Use large enough container to avoid spillover.
- Start with hot tap water to shorten cooking time.
- Do not cover (prevents spillover).
- Stir half-way through cooking time.

ITEM/ SERVINGS	BOWL SIZE	CEREAL	SALT OPTIONAL	HOT WATER	TOTAL COOKING TIME AT HIGH(10)	METHOD
<b>Farina</b> quick	1 1 qt.	2½ Tbsp.	¼ tsp.	¾ cups	1½ to 3 min.	In bowl, combine cereal and salt. Stir in water. Microwave, stirring once. Stir before serving.
	2 2 qt.	½ cup	¼ tsp.	1½ cups	2½ to 5 min.	
	4 3 qt.	¾ cup	½ tsp.	3½ cups	5 to 8 min.	
regular	1 1 qt.	2½ Tbsp.	¼ tsp.	1 cup	4 to 6 min.	In bowl, combine cereal and salt. Stir in water. Microwave, stirring 2 to 3 times. Stir before serving.
	2 2 qt.	½ cup	¼ tsp.	1¾ cups	5½ to 8 min.	
	4 3 qt.	¾ cup	½ tsp.	3½ cups	9 to 13 min.	
<b>Grits</b> quick	1 1 qt.	4½ Tbsp.	¼ tsp.	½ cup	1½ to 2 min.	In bowl, combine grits and salt. Stir in water. Microwave, stirring 2 or 3 times. Stir before serving.
	2 2 qt.	9 Tbsp.	¼ tsp.	1 cup	3 to 6 min.	
	4 3 qt.	1¼ cup	¼ tsp.	2 cups	5 to 9 min.	
<b>Oats</b> quick	1 1 qt.	½ cup	¼ tsp.	¾ cup	2 to 2½ min.	In bowl, combine oats and salt. Stir in water. Microwave, stirring once. Stir before serving.
	2 1½ qt.	¾ cup	½ tsp.	1½ cups	4 to 6 min.	
	4 2 qt.	1¼ cups	¾ tsp.	3 cups	6 to 9 min.	
regular	1 1 qt.	½ cup	¼ tsp.	1 cup	4 to 5 min.	In bowl, combine oats and salt. Stir in water. Microwave stirring after first 2 minutes, then 1 or 2 times. Stir before serving.
	2 2 qt.	¾ cup	¼ tsp.	1½ cups	5½ to 6½ min.	
	4 3 qt.	1¼ cups	½ tsp.	3 cups	7 to 9 min.	

# COOKING GUIDE

## VEGETABLES

ITEM	TOTAL COOKING TIME	POWER LEVEL	METHOD
<b>Acorn Squash,</b> 1 to 1½ lbs. each			
1	6½ to 11½ min.	HIGH (10)	Pierce each squash at least once with knife. Microwave until tender, turning over once. Let stand for 5 min. Cut in half. Remove pulp and seeds.
2	8 to 16 min.		
<b>Asparagus,</b> fresh, 1 lb.	5½ to 9 min.	HIGH (10)	Arrange in baking dish with tips toward center of dish. Add ¼ cup water. Cover dish with plastic wrap. Microwave until tender, rearranging once. Let stand for 3 to 5 min.
<b>Beans, green,</b> fresh, 1 lb.	13 to 16 min.	HIGH (10)	Trim and discard ends of beans. In 1½-quart casserole, combine beans and ¼ cup water. Cover. Microwave until tender, stirring once. Let stand for 3 to 5 min.
<b>Beets, fresh, 1 lb.</b>	15 to 22 min.	HIGH (10)	Trim and discard leaves. In 1½-quart casserole, combine beets and ½ cup water. Cover. Microwave until tender, turning over once. Let stand for 3 to 5 min. Peel and trim ends of beets.
<b>Broccoli Spears,</b> fresh, 1 to 1½ lbs.	8 to 13 min.	HIGH (10)	Trim and discard tough ends of spears. Arrange broccoli in baking dish with flowers toward center of dish. Add ¼ cup water. Microwave until tender, rearranging once. Let stand for 3 to 5 min.
<b>Brussels Sprouts,</b> fresh, 1 lb.	7 to 10 min.	HIGH (10)	In 1½-quart casserole, combine sprouts and ¼ cup water. Cover. Microwave until tender, stirring once. Let stand for 3 to 5 min.
<b>Cabbage</b> chopped, 1½ lbs.	14 to 17 min.	HIGH (10)	In 2-quart casserole, combine cabbage and 2 tablespoons water. Cover. Microwave until tender, stirring once. Let stand for 3 to 5 min.
wedges, 1 to 1½ lbs.	15 to 18 min.	HIGH (10)	Arrange cabbage in baking dish. Add ¼ cup water. Cover dish with plastic wrap. Microwave until tender, rearranging cabbage once. Let stand for 3 to 5 min.
<b>Carrots,</b> sliced, 1 lb.	10 to 15 min.	HIGH (10)	In 1-quart casserole, combine carrots and 2 tablespoons water. Cover. Microwave until tender, stirring once. Let stand for 3 to 5 min.
<b>Cauliflower, fresh</b> flowerets, 1½ lbs.	7 to 12 min.	HIGH (10)	In 2-quart casserole, combine cauliflower and 2 tablespoons water. Cover. Microwave until tender, stirring 2 times. Let stand for 3 to 5 min.
whole, 1 to 1½ lbs.	7 to 13 min.	HIGH (10)	Trim and discard leaves and stem. Place cauliflower, cored-side up, on plate. Cover with plastic wrap. Microwave until tender, turning over after half the time. Let stand for 3 to 5 min.

# COOKING GUIDE

ITEM	TOTAL COOKING TIME	POWER LEVEL	METHOD
<b>Corn, on cob</b> fresh, 7 to 8 oz. each			
2	6 to 10 min.	HIGH(10)	Husk corn. Arrange in baking dish. Add 2 tablespoons water. Cover dish with plastic wrap. Microwave until tender, turning over and rearranging once. Let stand for 3 to 5 min.
4	10 to 18 min.		
<b>frozen</b> large ears			
2	7 to 11 min.	HIGH(10)	Arrange in baking dish. Add 2 tablespoons water. Cover dish with plastic wrap. Microwave until tender, turning over and rearranging once. Let stand for 3 to 5 min.
4	11 to 16 min.		
<b>small ears</b>			
2	5 to 7 min.	HIGH(10)	Same as above.
4	7 to 9 min.		
<b>Peas, green,</b> fresh, shelled, 2 cups	5 to 7 min.	HIGH(10)	In 1-quart casserole, combine peas and ¼ cup water. Cover. Microwave until tender, stirring once. Let stand for 3 to 5 min.
<b>Potatoes</b> white, 6 to 8 oz. each			
1	3½ to 6 min.	HIGH(10)	Prick each potato several times with fork. Arrange at least 1 inch apart on paper towels. Microwave until tender, turning over at ½ time. Cover with inverted casserole, or wrap in aluminum foil. Let stand for 5 to 10 min.
2	7 to 11 min.		
4	12 to 15 min.		
<b>new, 1½ to 2 lbs.</b>	6 to 12 min.	HIGH(10)	Prick each potato several times with fork. In 2-quart casserole, combine potatoes and 3 tablespoons water. Cover. Microwave until tender, stirring once. Let stand for 3 to 5 min.
<b>Spinach, fresh, 1 lb.</b>	7 to 10 min.	HIGH(10)	Wash and trim spinach. Place in 3-quart casserole. Cover. Microwave until tender, stirring once. Let stand for 2 to 3 min.
<b>Sweet Potatoes or Yams,</b> 5 to 7 oz. each			
1	4 to 7 min.	HIGH(10)	Prick each potato several times with fork. Arrange at least 1 inch apart on paper towels. Microwave until tender. Let stand for 3 to 5 min.
2	5 to 10 min.		
3	7 to 12 min.		
4	9 to 15 min.		
<b>Zucchini, sliced, 1 lb.</b>	9 to 13 min.	HIGH(10)	In 2-quart casserole, combine zucchini and 2 tablespoons water. Cover. Microwave until tender, stirring 2 times. Let stand for 2 to 3 min.
<b>Vegetables</b> canned, 15 to 17 oz.	5 to 7 min.	HIGH(10)	Place undrained vegetables in 1-quart casserole. Cover. Microwave until heated through, stirring once.
<b>frozen, 8 to 12 oz.</b>	6 to 10 min.	HIGH(10)	In 1-quart casserole, combine vegetables and 2 tablespoons water. Cover. Microwave until heated through, stirring once. Let stand for 3 to 5 min.

# COOKING GUIDE

## CAKE and DESSERTS

- Always use microwave-safe ceramic, glass or plastic utensils.
- Before adding measured amount of batter, grease dishes, but do not flour. Or, for easy removal, line dish with wax paper or paper towel.
- Cakes are done when toothpick or long skewer stuck in center comes out clean.
- Crust on cakes will be soft. Refrigerate cake if firm exterior is desired for frosting.

ITEM	TOTAL COOKING TIME	POWER LEVEL	METHOD
<b>Ring Cake,</b> fluted, 10 to 12 cups	11½ to 15 min.	MEDIUM(5) for first 8 min., then HIGH(10) for 3½ to 7 min.	Place dish on saucer in oven. Microwave until edges begin to pull away from sides and skewer inserted in center comes out clean. Let stand for 10 min. Invert onto serving plate.
<b>Cake Layer,</b> two 8-inch rounds	11 to 14 min./layer	MEDIUM-LOW(4) for first 6 min. then MEDIUM-HIGH(7) for 5 to 8 min.	Microwave, one layer at a time, until edges begin to pull away from sides and center springs back when touched lightly. Let stand for 5 to 10 min. Invert onto serving plate.
<b>Cupcakes</b> up to 6 at a time	20 to 35 seconds per cupcake	HIGH(10)	Fill cups half to two-thirds full of batter. Microwave until centers spring back when touched lightly. Let stand for 3 to 5 min.
<b>Brownies,</b> 8-inch square	15 to 20 min.	MEDIUM(5) for first 10 min. then HIGH(10) for 5 to 8 min.	Microwave until edges begin to pull away from sides and toothpick inserted in center comes out clean. Cool.
<b>Single Pie Crust</b>	6 to 8 min.	HIGH(10)	Thoroughly prick bottom and sides with fork. Microwave until dry and opaque. Cool.
<b>Frozen Pie Crust,</b> deep dish	6 to 8 min.	MEDIUM(5) to thaw, HIGH(10) to cook	Remove packaging. Transfer crust to glass pie plate. Microwave for 45 to 60 seconds. Let stand for 2 to 3 minutes to finish thawing. Thoroughly prick bottom and sides with fork. Increase power to HIGH(10). Microwave for 3 to 7 minutes, or until dry and opaque. Cool.
<b>Crumb Crust</b>	1½ to 3 min.	HIGH(10)	Microwave until set. Cool.

## BREADS

ITEM	TIME/MIN.	POWER LEVEL	COMMENTS
<b>Muffins</b> 1 2 to 4 5 to 6	½ to 1½ 1 to 3 2 to 4½	MED-HIGH(7)	For best shape use microwave muffin pan or make reusable "homemade muffin cups" by cutting down paper hot drink cups. Check for doneness at minimum time. Rich thick batters may take longest time.
Note: Do not use foil muffin liners.			
<b>Quick Breads,</b> scratch and from a mix 8-inch loaf	12 to 14	MED-HIGH(7)	Prepare according to recipe, or package directions. Toothpick inserted in center should come out clean. Top surface will look glossy and will set during standing time of about 15 minutes.
<b>Coffee Cakes,</b> scratch and from a mix 8-inch round or square	7 to 9	HIGH(10)	Same as above.
<b>Cornbread</b> 8-inch square	8 to 10	MED-HIGH(7)	Place dish on saucer in oven. Shield corners with foil after half the time. Let stand 2 to 5 min.
<b>Coffee Cakes,</b> from refrigerated biscuits 8-inch round	¾ to 1½ 5 to 7	HIGH(10) and MEDIUM(5)	Microwave topping ¾ to 1½ minutes at High. Add biscuits and microwave 5 to 7 minutes at Medium until biscuits spring back when lightly touched.

# MAINTENANCE — CLEANING THE OVEN

## To Clean the Oven and Door Interior

If the inside walls, floor and door should become splattered, simply wipe them with a paper towel or clean with a mild detergent in warm water using a soft sponge or cloth. Do not use harsh detergents or abrasives. If desired, a cup of water can be boiled in the oven to loosen soil before cleaning. After boiling the water, allow the water vapor to settle on the oven walls and soften the soil for several minutes before you open the door.

Do not use an abrasive to clean the inside surfaces, since it might damage the finish. Never pour water into the bottom of the oven.

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

Do not cook directly (use proper cooking utensil) on the glass tray unless indicated in cooking guide.

Never operate the oven without food or water in it as this may result in damage to the magnetron tube or glass tray.

A cup of water left in the oven when it is not in use will safely absorb this energy if the oven is accidentally turned on.

If steam accumulates inside or around the outside of oven door, wipe with a soft cloth to remove. This condition may occur when oven is operated during periods of high humidity and in no way indicates microwave leakage.

## To Clean the Oven Tray

It is occasionally necessary to remove the glass tray for cleaning the tray or oven. To prevent breakage, do not place tray into water just after cooking. The tray is also heavy and can be broken if dropped. Wash it carefully in warm, sudsy water or in a dishwasher.

## To Clean the Oven Exterior

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

## To Clean the Oven Door Window

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

**Always Keep the Control Panel Clean.** To clean the control panel, wipe with a damp cloth or sponge. If the time of day is accidentally erased from the control, **press STOP/RESET, CLOCK/DELAY START**, set the correct time of day, then **CLOCK/DELAY START**.

# BEFORE YOU CALL FOR SERVICE:

Be sure you have read and followed the operating instructions. Avoid unnecessary service calls. In many cases, a customer call for module timer service is caused by conditions other than failure of the controls. That's why you should read the following before calling for service.

**NOTE:** Whenever power to the oven has been interrupted, all characters will appear in the display. The clock should be set before programming the oven.

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

- Is the oven plugged securely into the proper power outlet?
- Is a fuse blown or circuit breaker open in the house wiring?
- If the condition remains unchanged, perform the steps listed in the box on this page.

## IF THE READOUT APPEARS WRONG:

- Did you remember to **press STOP/RESET** before programming the oven?
- Have you (or someone else) pressed the controls after cooking has started?
- If the condition remains unchanged, perform the steps listed in the box on this page.

## IF THE CONTROL WILL NOT ACCEPT YOUR INSTRUCTIONS:

- For cooking by time, if the condition remains unchanged, perform the steps listed in the box on this page.

## IF MICROWAVE POWER WON'T COME ON:

- Did you **press START**?
- Is the oven door securely closed?
- If the condition remains unchanged, perform the steps listed in the box on this page.

If condition remains unchanged, please perform the following steps:

1. Check to see if a fuse or circuit breaker is open in the house wiring.
  2. Unplug the oven.
  3. Reconnect the oven to the wall outlet. (All characters will appear in the display.)
  4. **Press STOP/RESET**, and set oven clock.
- YOUR OVEN MUST BE ON A GROUNDED, POLARIZED CIRCUIT.**

## IF THE OVEN LIGHT PULSES DIMMER, THEN BRIGHTER:

- Is the line voltage to your home low or lower than usual? (The power company in your area should be able to tell you if there is low voltage to your home.)

## IF THE OVEN LIGHT NEEDS TO BE REPLACED:

- Call your nearest Amana authorized servicer; the light is not a user serviceable item.

## IF ROOM LIGHTS DIM OR PULSE DIMMER, THEN BRIGHTER WHEN THE OVEN IS IN USE:

- Is the microwave oven on a separate circuit? (Review grounding instructions on page 4.)

## IF FOOD IS OVERCOOKED:

- Did you remember to program the correct cooking power level? (Review instructions, page 9.)

**IF ANOTHER FEATURE DOESN'T APPEAR TO BE OPERATING CORRECTLY:**

- Have you followed the use and care instructions exactly? Review them to be sure.
- Did you **press STOP/RESET** before programming the oven?
- Is the oven plugged into a properly grounded and polarized outlet as described in the grounding instructions (page 4)? Improper installation can result in erratic operation.
- If the condition remains unchanged, perform the steps listed in the box on page 30.

**RADIO INTERFERENCE:**

- Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
- When there is interference, it may be reduced or eliminated by taking the following measures:
  1. Clean door and sealing surfaces of the oven. (See cleaning/maintenance instructions found on page 30.)
  2. Place the radio, TV, etc. away from the microwave oven as far as possible.
  3. Use a properly installed antenna to obtain stronger signal reception.

**IF FOOD IS UNDERCOOKED:**

- Are there other energy-consuming appliances on the same circuit as the microwave oven? (Review grounding instructions, page 4.) Oven should be on its own 15 AMP circuit line.
- Is the line voltage to your home low or lower than usual? (The power company in your area should be able to tell you if there is low voltage to your home.)
- Did you remember to program the correct cooking power level? (Review instructions, page 9.)

**IF SPARKS OCCUR:**

- Is there metallic ware or any type of cookware or dinnerware with metallic trim being used? Most metallic utensils should not be used in the microwave oven. (Review microwave utensil guide.)

**Interruption in Electrical Service**

In the event power is disrupted when the oven is not in use, the display window will go to TIME indicator and blink. To correct, reset time of day.

If TIME indicator appears during cooking remove the plug from the electrical outlet and reinsert after 5 to 10 seconds. To continue cooking, reset the clock, adjust the cooking program, and **press START**. If the oven fails to start after the above, call for service.

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## **WHEN SERVICE IS REQUIRED:**

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

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

Remember, repair by an unauthorized service person that results in subsequent failure will void the warranty promise. Amana has a

large network of Authorized Service Centers in the U.S. However, if you should have a service problem that is not resolved locally,

Write:

Customer Relations Department  
AMANA REFRIGERATION, INC.  
Amana, Iowa 52204

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




Amana 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, call:

**CONSUMER INFORMATION LINE**

 **AMANA TOLL FREE**  
**1-800-843-0304**