

Amana[®]

**Microwave Oven
Use and Care
Manual**

MVH120E

Attention: Keep these instructions for future reference. If the oven changes ownership, be sure this manual accompanies oven.

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Model Identification

Please read this Use and Care Manual thoroughly. This manual provides proper maintenance information. Any questions, call the Consumer Affairs Department at **1-800-843-0304** if inside U.S.A. and **1-319-622-5511** if outside U.S.A.

Complete enclosed registration card and promptly return. If registration card is missing, call the Consumer Affairs Department.

When contacting Amana, provide product information. Locate product information on the nameplate. Record the following information:

Model Number: _____

Manufacturing Number: _____

Serial Number: _____

Date of purchase: _____

Dealer's name and address: _____

Keep a copy of sales receipt for future reference.

Locate an authorized servicer by calling **1-800-NATLSVC (628-5782)** if inside U.S.A. and **319-622-5511** if outside U.S.A. Warranty service must be performed by an **authorized** servicer. Amana also recommends contacting an **authorized** servicer if service is required after warranty expires.

Amana offers a complete line of appliances...refrigerators, freezers, ranges, cooktops, wall ovens, dishwashers, washers and dryers. Amana also manufactures a complete selection of high efficiency gas furnaces plus both central and room air conditioners. When buying one of these products, choose Amana quality appliances.

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 6.
3. This appliance **MUST BE GROUNDED**. Connect only to properly grounded outlet. See “**GROUNディング INSTRUCTIONS**” on page 7.
4. **This microwave oven was designed for installation over ranges with maximum width of 42 inches**. It may be installed over both gas and electric cooking equipment.
5. Install or locate this appliance **ONLY** in accordance with the provided installation instructions.
6. Some products such as whole eggs and sealed containers -- for example, closed glass jars -- may explode and **SHOULD NOT** be **HEATED** in this oven.
7. 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 or cook. It is not designed for industrial or laboratory use.
8. As with any appliance, **CLOSE SUPERVISION** is necessary when used by **CHILDREN**.
9. **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.
10. This appliance should be serviced **ONLY** by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
11. **DO NOT** cover or block any openings on the appliance.
12. **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.
13. **DO NOT** immerse cord or plug in water.
14. Keep cord **AWAY** from **HEATED** surfaces.
15. **DO NOT** let cord hang over edge of table or counter.
16. See door cleaning instructions on page 18.
17. **Exhaust Hood:**
 - **Have installed and properly grounded by a qualified installer. See the special installation booklet packed with the microwave oven.**
 - **The exhaust fan in the oven will operate automatically under certain conditions (see Automatic Fan Feature). While the fan is operating, caution is required to prevent the starting and spreading of accidental cooking fires.**
 - **Never leave surface units unattended at high heat settings.** Boilovers cause smoking and greasy spillovers that may ignite and spread if exhaust fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat only when necessary.

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

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **DO NOT** attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- (b) **DO NOT** place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **DO NOT** operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
- (d) The oven should **NOT** be adjusted or repaired by anyone except properly qualified service personnel.



Caution

To avoid personal injury or property damage, observe the following:

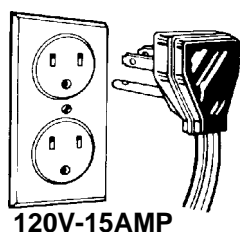
1. Always press *STOP/RESET* before programming oven.
2. Do not deep fat fry in oven. Fat could overheat and be hazardous to handle.
3. Do not cook or reheat eggs in shell or with an unbroken yolk. Pressure may build up and erupt. Pierce yolk with a fork or knife before cooking. Do not reheat previously cooked eggs in the microwave oven unless finely chopped or scrambled.
4. Pierce skin of potatoes, tomatoes, or other foods with a "skin" before cooking in microwave oven. This allows steam to escape during cooking.
5. Remove excess fat from meats and poultry to prevent splattering.
6. Do not heat baby bottles in microwave oven.
7. Do not home can in microwave oven. Home canning is generally done with metal lids. Since metal lids reflect heat, product may not be heated uniformly to 212°F or above. Food could deteriorate. USDA Extension Specialists do not recommend home canning in microwave ovens.
8. Briskly stir or pour liquids before heating to prevent spontaneous boiling or eruption. Do not overheat. If air is not mixed into a liquid, liquid can erupt in oven or after removal from oven.
9. All uncooked foods should be heated to a final internal temperature of at least 165°F. Some foods require higher temperatures. These recommended temperatures kill most food borne, disease causing organisms. Some common visual signs that indicate the cooking temperature has been reached:
 - Food steams throughout, not just around edges.
 - Center bottom of dish is very hot to the touch.
10. If using a microwave popcorn popper, use according to manufacturer's instructions. Do not continue to heat after popping has stopped. Popcorn will scorch or burn. Do not leave oven unattended.
11. Use only popcorn in packages designed and labeled for microwave use. Pop according to package directions, beginning with the minimum amount of time recommended. Use caution when handling hot popcorn bag.

12. Microwave convenience foods are often packaged in specially designed packaging. Special plates, lids, containers, or other unique packaging materials may be used. Susceptor packing material (a thin, metalized plastic film) is frequently used to help brown and crispen foods such as microwave pizzas, french fries, or fish sticks. Be sure to follow food package instructions carefully. Contact convenience food manufacturer with questions concerning these products. Amana Refrigeration, Inc. does not endorse any brand of microwave convenience foods, or any type of microwave food packaging.
13. Do not operate microwave oven empty. This could damage the oven.
14. Do not use regular cooking thermometers in oven. Most cooking thermometers contain mercury and may cause "arcing", malfunction, and/or damage to oven.
15. Metal or ceramic accessories which are designed to absorb microwave energy to provide heat may be used with caution. Test device before use (See "Microwave Cooking section"). Read and follow manufacturer's instructions provided with the accessory. Contact accessory manufacturer with questions concerning these accessories. Amana Refrigeration, Inc., does not endorse any brand of accessory.
16. Never use newspapers in oven since paper may ignite.
17. Pierce or open plastic bags (and other airtight containers) before heating in microwave oven. This allows steam to escape during cooking.
18. Containers may become hot and pot holders may be needed.
19. Closely supervise use by children. Make sure they can read instructions and reach controls. Never allow them to lean or swing on oven door.

Electrical Requirements

GROUNDING INSTRUCTIONS

DO NOT UNDER ANY CIRCUMSTANCES CUT OR REMOVE THE ROUND GROUNDING PRONG FROM THE PLUG OR BEND THE POWER PRONGS TO FIT A RECEPTACLE OTHER THAN THE ONE SHOWN FOR YOUR OVEN. SUCH ABUSE OF THE PLUG CAN RESULT IN ELECTRICAL SHOCK OR OVERHEATING.



⚠ WARNING -- IMPROPER USE OF THE GROUNDING PLUG CAN RESULT IN A RISK OF ELECTRIC SHOCK OR DEATH.

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

Consult a qualified electrician or servicer if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Do not use an extension cord. If the product power cord is too short, have a qualified electrician install a three-slot receptacle. This oven should be plugged into a separate 60 hertz circuit with the electrical rating as shown in the appropriate drawing at left. When a microwave oven is on a circuit with other appliances, an increase in cooking times may be required and fuses can be blown.

Special Features of Your New Microwave Oven

- 850 watts of cooking power, based on IEC 705 test method
- 1.1 cu.ft. capacity
- Complete reminder
- Over the range installation
- Popcorn pad

Radio Interference

Microwave oven operation may cause interference to radio, TV, or similar equipment. To reduce or eliminate interference:

- Clean door and sealing surfaces of oven. See "Care and Cleaning" section.
- Place the radio, TV, etc. away from oven.
- Use properly installed antenna on radio, TV, etc. to obtain stronger signal reception.

Installation

Unpacking Oven

- Inspect microwave oven for damage such as dents in door or dents inside oven cavity.
- Report any dents or breakage to source of purchase immediately. Do not attempt to use damaged oven.
- Remove all packing and printed materials from oven interior.
- If oven has been stored in extremely cold area, wait a few hours before plugging in.

Oven Placement

- This microwave oven is U.L. listed for installation over gas and electric ranges.
- Microwave oven should not be installed over a range wider than 42 inches.
- Do not mount this appliance over a sink.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Do not cover or block any openings on this appliance.
- Do not store anything directly on top of microwave oven during oven operation.

Optional Accessories

- **Filler Panel kit:** If space between cabinets is greater than 30 inches, filler panel kit may be used to fill in gap between microwave oven and cabinets. Contact dealer to purchase filler panel kit.
- **Charcoal Filter kit:** Charcoal filter kit is needed for non-vented (ductless) installation. Contact dealer to purchase charcoal filter kit.

Usage

Control Panel

DISPLAY

Displays time of day, cook time, power level, and cook mode instructions.

PROGRAM I & II

Use to enter time not in oven memory. Program I & II is set to power level 10 (High).

ONE STEP COOK

Press number pads 1 through 5 for one to five minutes of cooking. No need to press *START*; oven will start immediately.

ACCU-THAW™

Gentle thawing using power level 3 (Low).

AUTO ACCU-THAW®

Automatically sets power levels and defrosting time.

POPCORN

Cooks prepackaged microwave popcorn weighing 3.0 to 3.5 ounces.

COOKMATIC LEVEL

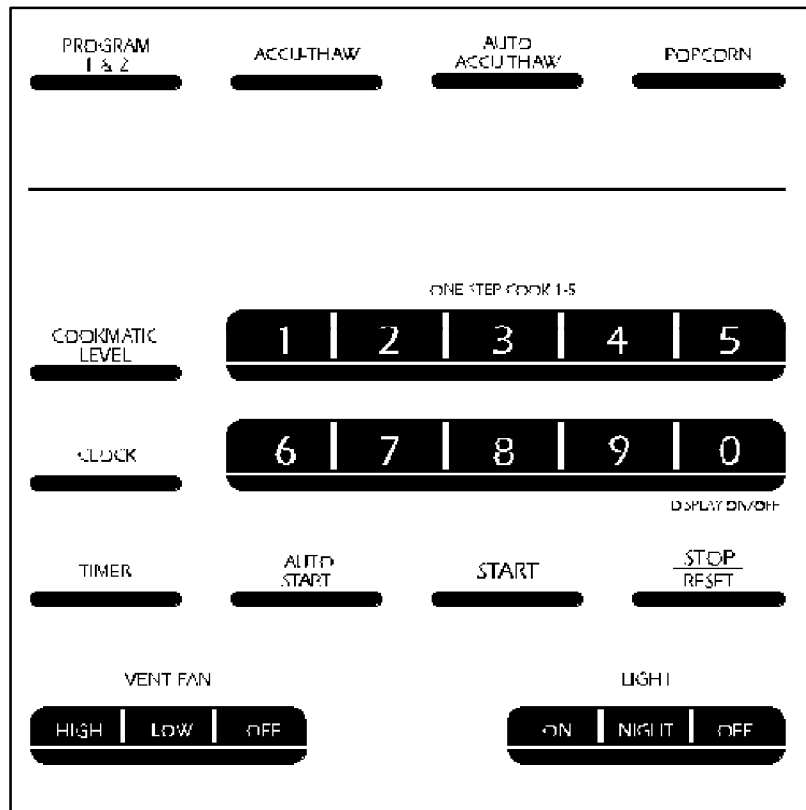
Programs cooking power level.

NUMBER PADS

Press to enter cooking time, defrosting time, time of day, power level or food weights for Auto Accu-Thaw®.

CLOCK

Use to enter time of day or check time of day while microwaving.



AUTO START

Programs oven to begin cooking at preset time of day (up to 12-hour delay).

TIMER

Functions as either kitchen timer, holding period after defrost, or delay timer before Program I & II cooking. No microwave energy is generated when using timer feature.

VENT FAN

Press *HI*, *LO* or *OFF* for different fan speeds.

START

Press to start oven.

STOP/RESET

Press to stop oven and erase all settings except time of day.

LIGHT

Press *ON* to turn on surface light. Press *OFF* to turn off surface light.

NIGHT

Press *NIGHT* to turn on night light.

Display ON/OFF

Press 0 pad to turn display on or off. Display cannot be turned off while oven is in operation.

Usage

Oven Operation

- **Vent Fan**
Protects microwave from excess heat rising from cooktop or range. Fan automatically turns on at low speed when excess heat is sensed. If excess heat is sensed fan can't be turned off manually until internal parts have cooled.
- **Set the Clock**
 1. Press *CLOCK*.
 2. Enter time of day. For example, for 10:35 (a.m or p.m.), press *1,0,3,5*.
 3. Press *CLOCK* pad. Clock is set. Reset or change time by repeating above steps.
- **Set Minute Timer**
 1. Press *TIMER* pad.
 2. Press desired time. For example, for 3 minutes, press *3,0,0*.
 3. Press *START* pad. Display counts down. Signal sounds and "End" displays at end of time period.
- **Complete Reminder**
Reminds user that there is food in oven. "END" is displayed and oven signals once every minute until door is opened, or *STOP/RESET* pad is pressed. Complete Reminder is not adjustable.
- **Surface Light**
Press *ON* pad to activate surface light.
Press *OFF* pad to deactivate surface light.
- **Night Light**
Press *NIGHT* pad to activate night light.
Press *OFF* to deactivate night light.

Program I

1. Place food in oven. Close door.
2. Press *PROGRAM I & II* pad.
3. Press number pad to select desired time, for example for 1 minute, press *1,0,0*.

- If power level other than 100% is desired, press *COOKMATIC* pad and number pad. For example, for 20% power, press *2 pad*.
4. Press *START* pad. Oven stops, signals, and "END" displays at end of cooking time.

Program II

PROGRAM II feature is designed to set two time cooking functions within one program.

1. Place food in oven. Close door.
2. Press *PROGRAM I & II* pad.
3. Press number pads to select first cook time. For example, for 2 minutes 15 seconds, press *2,1,5*.

If power level other than 100% is desired, press *COOKMATIC* pad and number pad. For example, for 20% power, press *2 pad*.

4. Press *PROGRAM I & II* pad.
5. Press number pads to select second cook time.

- If power level other than 100% is desired, press *COOKMATIC* pad and number pad. For example, for 20% power, press *2 pad*.
6. Press *START* pad. Oven stops, signals and "END" displays at end of cooking time.

When Program I has expired, "PROGRAM II" will be displayed. If Program cycles are interrupted, close door and press *START* pad to resume cooking.

Cookmatic® Power Level Cooking

Oven has ten power levels. When no power level is selected, oven operates at full power during cook mode or at power level 3 during defrost.

1. Place food in oven. Close door.
2. Select cook or defrost program.
3. Enter numbers for cooking or defrosting time. Press *COOKMATIC LEVEL*. Power level displays.

4. Press number for desired power level. Number displays. For example, to cook at power level eight, for 80% power, press *8*.
5. Press *START*. Oven operates. Time counts down and power level selected displays. Microwave power cycles on and off.
6. Oven stops, signals and "End" displays at end of cycle.

One Step Cook (1-5)

One step process to program oven at full power for 1-5 minutes.

1. Place food in oven. Close door.
2. To select 1 to 5 minutes of cooking time, press desired number pad (1-5). For example, to cook for 2 minutes, press 2 pad. Oven will start immediately.

3. Oven stops, signals and "End" displays at end of cooking time.

Auto Start

Programs oven to begin cooking at preset time of day (up to 12 hour delay).

1. Place food in oven. Close door.
2. Press *AUTO START* pad.
3. Check clock to ensure correct time of day is displayed.
4. Enter desired start time. For example, for 2:30 (a.m or p.m.), press 2,3,0.
5. Enter desired cook or defrost program.

6. Press *START* pad. Oven will automatically start at programmed time. Programmed start time is displayed until reached.
7. Oven stops, signals and "End" displays at end of cook time.



Caution

To avoid risk of food poisoning, do not hold foods containing meat, dairy products or eggs in oven for over 1 hour before cooking.

Popcorn

Popcorn feature is designed to be used only with prepackaged microwave popcorn weighing 3.0 to 3.5 ounces.

- Use popcorn feature by observing the following:
 1. Remove outer wrapper from microwave popcorn.
 2. Open oven door and place package of popcorn in center of oven floor, as directed on popcorn package.
 3. Close oven door.
 4. Press *POPCORN* pad. Oven will start immediately.
- Increase time of *POPCORN* pad by observing the following:
 1. Follow steps 1 through 3 above.
 2. Press *POPCORN* pad and then immediately press 9 pad. (If oven beeps before 9 pad is pressed, press *STOP/RESET* pad and start over). The plus sign will appear in display behind the word "POP". The plus sign indicates 20 seconds of cooking time is being added to *POPCORN* pad. Oven will start immediately.

- Decrease time of *POPCORN* pad by observing the following:
 1. Follow steps 1 through 3 above.
 2. Press *POPCORN* pad and then immediately press 1 pad. (If oven beeps before 1 pad is pressed, press *STOP/RESET* pad and start over). The minus sign will appear in display behind the word "POP". The minus sign indicates 20 seconds is being deducted from popcorn pad. Oven will start immediately.

Accu-Thaw™ (Power Level 3)

Accu-Thaw™ is designed for speedy thawing of frozen foods such as breads, rolls, vegetables, fruits and frozen dinners (see Accu-Thaw™ Guide). Power level 3 (30% power) is automatically set when ACCU-THAW™ pad is pressed.

1. Place food in oven, close door. Be sure package contains no metal.
2. Press ACCU-THAW pad.
3. Enter one half of total defrosting time recommended in Accu-Thaw™ Guide. For example, for 4 minutes, press 4,0,0.

If power level other than 30% is desired, press COOKMATIC LEVEL pad and number pad. For example, for 20% power, press 2 pad.

4. Press START pad. Microwave power cycles on and off. Oven stops, signals and "END" displays when defrost cycle has ended.
5. Open oven door, stir and/or turn food and close door. Repeat steps 2 and 3 to set remaining half of defrosting time.
6. Press START pad.
7. Oven stops, signals, and flashes "END" when defrost cycle has ended.

Auto Accu-Thaw®

Auto Accu-Thaw® automatically sets defrosting times and power levels. Use Auto Accu-Thaw® Guide. Enter food weight in pounds and tenths of pounds (see conversion guide below). Check weight guide located at front of oven for maximum and minimum weights for variety of foods.

1. Remove food from package, place in oven on microwave-safe dish. Close door.
2. Press AUTO ACCU-THAW® pad.
3. Enter food weight. For example, if food item weight is 2 pounds, 4 ounces (convert 4 ounces to pounds by using conversion guide below) press 2,3 (2 represents 2 pounds, and 3 represents 4 ounces).

Note: If ounces are not entered within three seconds, "START" will display. Press STOP/RESET pad and repeat steps 2 through 3.

4. Press START pad. Display counts down defrost time. Twice during defrosting cycle, oven will beep 4 times and "TURn" flashes. Auto Accu-Thaw® Guide gives instructions for manipulating food during first and second signal. After manipulating food, close door and press START pad. Defrost continues while "TURn" is displayed.
5. Oven stops and signals 4 times at end of defrost cycle. "End" remains in display and oven signals every minute until door is opened or STOP/RESET pad is pressed.

Note: After Auto Accu-Thaw®, meat needs standing time to allow inside to defrost. Food may be taken out of oven for stand time. Stand time recommendations are given in Auto Accu-Thaw® Guide.

| Conversion Guide | |
|--|--------|
| If weight of food is stated in pounds and ounces, ounces must be converted to tenths (.1) of pounds. | |
| Ounces | Pounds |
| 1-2 | 0.1 |
| 3 | 0.2 |
| 4-5 | 0.3 |
| 6-7 | 0.4 |
| 8 | 0.5 |
| 9-10 | 0.6 |
| 11 | 0.7 |
| 12-13 | 0.8 |
| 14-15 | 0.9 |

Accu-Thaw™ Guide

- Food packaged in paper or plastic may be defrosted without unwrapping. If food is foil wrapped, remove foil and place food in cooking dish for defrosting. Most foods defrost well using power level 3 (30% power). Defrost larger foods, such as beef, lamb and veal roasts, by using power level 1 (10% power).
- After first half of defrosting time, unwrap package and check food. Turn food over, if necessary; break apart or separate food if possible. Shield any warm areas with small pieces of foil.
- Be sure foods are completely defrosted before cooking.
- Foods need standing time before cooking to allow completion of defrosting process (see Defrost Guide below).

| Food | Power Level | Time (min) | Comments |
|--|-------------|-------------------------|--|
| Breads and Cakes | | | |
| bread, buns or rolls (1 pc.) | 3 | 1 | |
| sweet rolls (approx. 12 oz.) | | 3 to 5 | Rearrange after half of time. |
| Fish and Seafood | | | |
| fillets , frozen (1 lb.) | 3 | 7 to 9 | |
| shellfish , small pieces (1lb.) | | 5 to 7 | Place block in casserole. Turn over and break up after first half of time. |
| Fruit | | | |
| plastic pouch-- 1 to 2 (10 oz. package) | 3 | 3 to 6 | |
| Meat | | | |
| bacon (1 lb.) | 3 | 3 to 5 (min. per lb.) | Place unopened package in oven. Let stand 5 minutes after defrosting. |
| franks (1 lb.) | | 3 to 5 | Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting. |
| ground meat (1 lb.) | 3 | 5 to 7 | Turn meat over after first half of time. |
| roasts : beef, lamb, veal, pork | 1 | 12 to 16 (min. per lb.) | Use power level 1. |
| steaks, chops and cutlets | | 6 to 8 (min. per lb.) | Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting. |
| Poultry | | | |
| chicken , broiler-fryer, cut up (2 1/2 to 3 lbs.) | 3 | 16 to 20 | Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. |
| chicken , (whole 2 1/2 to 3 lbs.) | | 18 to 22 | Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed. |
| cornish hen | | 8 to 14 (min. per lb.) | Place unwrapped hen in oven breast-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed. |
| turkey breast (4 to 6 lbs.) | | 6 to 10 (min. per lb.) | Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting. |

Auto Accu-Thaw® Guide

| RECOMMENDED FOODS | MIN.-MAX. WEIGHT (lbs.) | INSTRUCTIONS (perform the following procedures during first and/or second signal) | STAND TIME (min.) |
|--------------------------------|-------------------------|--|---|
| MEAT | | | |
| Chops | 0.1 - 6.0 | Separate, turn over and shield where necessary. | 5 |
| Frankfurters, Sausage | 0.1 - 6.0 | Separate and remove defrosted pieces. | 2 |
| Ground Meat | 0.1 - 6.0 | Turn over, remove defrosted areas and break apart. | 5 |
| Beef Patties | 0.1 - 6.0 | Turn over and separate patties. Remove defrosted pieces. | 5 |
| Roast | 0.1 - 6.0 | Turn over and shield. | 30-90 |
| Ribs | 0.1 - 6.0 | Separate, turn over and remove defrosted pieces. Shield if necessary. | 5 |
| Steak | 0.1 - 6.0 | Turn over and shield. | 5 |
| Stew | 0.1 - 6.0 | Separate and remove defrosted pieces. | 5 |
| POULTRY | | | |
| Whole Chicken | .01 - 6.0 | Turn over and shield. | 10 minutes; run cold water in cavity. |
| Turkey Breast (breast side up) | .01 - 6.0 | Turn over and shield. | 20 minutes in refrigerator; run cold water in cavity. |
| Chicken Pieces | .01 - 6.0 | Separate and remove defrosted pieces. | 5 |
| Cornish hens (whole) | .01 - 6.0 | Turn over and shield where necessary. | 10 minutes; run cold water in cavity. |
| Cornish hens (split) | .01 - 6.0 | Turn over and shield. | 5 |
| SEAFOOD | | | |
| Fish fillets | .01 - 6.0 | Separate and remove defrosted pieces. | 5 |
| Shrimp, scallops | .01 - 6.0 | Separate and remove defrosted pieces. | 5 |
| Whole fish | .01 - 6.0 | Turn over and shield tail and head. | 5 minutes; hold under cold running water. |

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

Heating or Reheating Guide

- Directions below are for heating or reheating already-cooked foods stored in refrigerator or at room temperature. Use microwave-safe cookware.
 - Cover most foods for fast heating. Exceptions are some sandwiches, griddle foods and baked items.
 - Bubbling around edges of dish is normal, since center is last to heat. Foods heated to 160°F.--165°F. will provide safe, palatable results. Adjust temperatures to suit your personal taste. Foods need standing time before serving to allow completion of cooking process.
 - Be sure foods are heated throughout before serving. Steaming or bubbling around edges of dish does not necessarily indicate food is heated throughout.
 - Use Full Power, unless otherwise listed in Heat or Reheat guide below.
- Note: If thermometer is needed during cooking, use microwave-safe thermometer.

| ITEM | AMOUNT | POWER LEVEL | TIME (min) |
|--|---|--------------|----------------|
| BAKERY FOODS | | | |
| Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread | 1 piece | Low (3) | 1/4 to 1/2 |
| | 9 inch cake or 12 rolls or doughnuts | Low (3) | 2 to 4 |
| Dinner rolls, muffins | 1 | Medium (5) | 1/4 to 1/2 |
| | 6 to 8 | Medium (5) | 1 to 2 |
| Pie: Fruit, nut or custard; 1 slice=1/8 of 9 inch pie (use minimum time for custard) | 1 slice | | 1/2 to 1 |
| | 9 inch pie | Med-High (7) | 3 to 5 |
| BEVERAGES | | | |
| Cocoa, other milk-based drinks (6 oz. per cup) | 1 to 2 cups | Med-High (7) | 2 to 4 |
| Coffee, other water-based drinks (6 oz. per cup) | 1 to 2 cups | | 2 to 3 |
| MEATS and MAIN DISHES | | | |
| Chicken pieces | 1 to 2 pieces | | 1 to 2 |
| Hamburgers or meatloaf (4 oz. per serving) | 1 to 2 servings | | 1 to 2 |
| Hot dogs and sausages | 1 to 2 | | 1 to 1 1/2 |
| Rice and pasta (2/3 - 3/4 cup per serving) | 1 to 2 servings | | 1 to 2 |
| Saucy, main dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. (3/4--1cup per serving) | 1 to 2 servings | | 2 to 4 |
| Steaks, chops, ribs, meat pieces | 1 to 2 servings | Med-High (7) | 1 1/2 to 2 1/2 |
| Thinly-sliced meat (3 to 4 oz. per serving) | 1 to 2 servings | Med-High (7) | 1 to 2 |
| Topped or mixed with sauce (2/3 - 3/4 cup per serving) | 1 to 2 servings | | 2 to 4 |
| Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with wax paper. When heating or reheating 3 to 4 servings of meat slices or pieces, rotate dish 1/2 turn after half of cooking time. | | | |
| PLATE of LEFTOVERS | | | |
| Meat plus 2 vegetables | 1 plate | | 3 to 4 |
| Tip: Cover plate of food with wax paper or plastic wrap. | | | |
| SANDWICHES | | | |
| Meat-cheese filling: with 2 slices of bread | 1 to 2 servings | Med-High (7) | 1 to 2 |
| Moist filling: Sloppy Joes, barbecue, ham salad, etc. in bun (1/3 cup per serving) | 1 to 2 servings | Med-High (7) | 1 to 2 |
| Tip: Use paper towel or napkin to cover sandwich. | | | |
| SOUPS | | | |
| Milk-based (6 oz. per serving) | 1 to 2 servings | Med-High (7) | 1 1/2 to 4 |
| Water-based (6 oz. per serving) | 1 to 2 servings | | 1 1/2 to 3 |
| Tip: Cover soups with wax paper or plastic wrap. | | | |
| VEGETABLES | | | |
| Large pieces or whole: asparagus spears, corn on the cob, ect. | 1 to 2 servings | | 1 to 3 |
| Mashed (1/2 cup per serving) | 1 to 2 servings | | 2 to 4 |
| Small pieces: peas, beans, corn, etc. (1/2 cup per serving) | 1 to 2 servings | | 1 1/2 to 3 |
| Tip: Cover vegetables for even heating. | | | |

Cooking Guide

NOTE: Use Power Level High (10) unless otherwise noted.

VEGETABLES

| Vegetable | Amount | Time (min) | Comments |
|---------------------------------|-------------------------------|-------------------------|--|
| Asparagus | | | |
| fresh spears | 1 lb. | 7 to 9, Med-High (7) | In 1 1/2-qt. oblong glass baking dish, place 1/4 cup water and vegetables. Rotate dish halfway through cooking time. |
| frozen spears | 10 oz. pkg. | 5 to 7 | In 1-qt. casserole. |
| Beans | | | |
| fresh green | 1 lb. cut in half | 10 to 12 | In 1 1/2-qt. casserole, place 1/2 cup water and vegetables. |
| frozen green | 10-oz. pkg. | 6 to 8 | In 1-qt. casserole, place 2 tablespoons water and vegetables. |
| frozen lima | 10-oz. pkg. | 6 to 8 | In 1-qt. casserole, place 1/4 cup water and vegetables. |
| Beets | | | |
| fresh, whole | 1 bunch | 18 to 22 | In 2-qt. casserole, place 1/2 cup water and vegetables. |
| Broccoli | | | |
| fresh cut | 1 bunch (1 1/4 to 1 1/2 lbs.) | 8 to 10 | In 2-qt. casserole, place 1/2 cup water and vegetables. |
| fresh spears | 1 bunch (1 1/4 to 1 1/2 lbs.) | 10 to 13 | In 2-qt. oblong glass baking dish, place 1/4 cup water and vegetables. Rotate dish halfway through cooking time. |
| frozen, chopped | 10-oz. pkg. | 5 to 7 | In 1-qt. casserole. |
| | 10-oz. pkg. | 5 to 7 | In 1-qt. casserole, place 3 tablespoons water and vegetables. |
| Cabbage | | | |
| fresh | 1 medium head (about 2 lbs.) | 9 to 11 | In 1 1/2-or 2-qt. casserole, place 1/4 cup water and vegetables. |
| wedges | | 8 to 10 | In 2- or 3-qt. casserole, place 1/4 cup water and vegetables. |
| Carrots | | | |
| fresh, sliced | 1 lb. | 7 to 9 | In 1 1/2-qt. casserole, place 1/4 cup water and vegetables. |
| frozen | 10-oz. pkg. | 5 to 7 | In 1-qt. casserole, place 2 tablespoons water and vegetables. |
| Cauliflower | | | |
| flowerets | 1 medium head | 10 to 14 | In 2-qt. casserole, place 1/2 cup water and vegetables. |
| fresh, whole | 1 medium head | 10 to 17 | In 2-qt. casserole, place 1/2 cup water and vegetables. |
| frozen | 10-oz. pkg. | 5 to 7 | In 1-qt. casserole, place 2 tablespoons water and vegetables. |
| Corn | | | |
| frozen kernal | 10- oz. pkg. | 5 to 7 | In 1-qt. casserole, place 2 tablespoons water and vegetables. |
| Corn on the cob | | | |
| fresh | 1 to 5 ears | 3 to 4 per ear | In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time. |
| frozen | 1 ear | 5 to 6 | Place in 2-qt. oblong glass baking dish. |
| | 2 to 6 ears | 3 to 4 (min. per ear) | Cover with vented plastic wrap. Rearrange after half of time. |
| Mixed, vegetables | | | |
| frozen | 10-oz. pkg. | 5 to 7 | In 1-qt. casserole, place 3 tablespoons water and vegetables. |
| Peas | | | |
| fresh, shelled | 2 lbs. unshelled | 10 to 12 | In 1-qt. casserole, place 1/4 cup water and vegetables. |
| frozen | 10-oz. pkg. | 5 to 7 | In 1-qt. casserole, place 2 tablespoons water and vegetables. |
| Potatoes | | | |
| fresh, cubed, white | 4 (6 to 8 oz. each) | 10 to 12 | Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time. |
| fresh, whole, sweet or white | 1 (6 to 8 oz. each) | 3 to 4 | Pierce with fork. Place on paper towel, 1 inch apart in circular arrangement. Let stand 5 minutes. |
| Spinach | | | |
| fresh | 10 to 16 oz. | 5 to 7 | In 2-qt. casserole, place washed spinach. |
| frozen, chopped and leaf | 10-oz. pkg. | 5 to 7 | In 1-qt. casserole, place 3 tablespoons water and vegetables. |
| Squash | | | |
| fresh, summer and yellow | 1 lb. sliced | 5 to 7 | In 1 1/2-qt. casserole, place 1/4 cup water and vegetables. |
| winter, acorn or butternut | 1 to 2 (approx. 1 lb. each) | 8 to 11 | Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes. |

Microwave Cooking

Food Placement

Allow space between foods for proper cooking results. For best results, arrange thickest or hardest to cook portion of food toward outside of dish. Place smaller, easier to cook portions toward center.

Reheating

When reheating food, cover dish loosely with plastic wrap. Heat at full power. Reheat porous items such as breads and cakes for a minimum amount of time. Stir soups, sauces and beverages vigorously before reheating.

Defrosting

It is important that most foods, especially meats, be totally defrosted before cooking. Determine foods are totally defrosted, by inserting sharp knife in center of food and checking for remaining ice crystals. Turn large food items over during defrosting, for best results.

Browning

Some foods prepared in microwave will not brown the same as if done in conventional oven. This is particularly true for baked goods, such as breads and cakes.

Shielding

Porous, thin and protruding portions of large food items, such as poultry drumsticks, can be covered with thin strips of foil to prevent overcooking.

Piercing

Membranes or tight skins on foods, such as egg yolks, potatoes, tomatoes, and squash must be pierced. Piercing allows steam to escape during cooking.

Microwave Utensils

Recommended utensils include: glass, glass-ceramic, natural fiber cloth, non-recycled paper, plastic and wood.

Not Recommended utensils include: aluminum foil, grocery bags, lead crystal, metal, metallic trimmed china, newspapers and recycled paper.

Utensil Check Test

Use the following test to check utensils for microwave safeness:

1. Place glass measuring cup of water next to empty dish to be tested in microwave oven.
2. Heat on full power for one minute.
3. Check temperature of dish and water.

If dish remains cool and water is hot, dish is microwave safe. If dish is slightly warm, use for short term cooking only. If dish is hot and water is cool, do not use. Dish remains cool if not absorbing microwaves and microwaves are being absorbed by water. Dish becomes hot if absorbing microwaves.

Microwave Cooking Principles

Decrease cooking times when:

- Foods are high in fat and sugar.
- Foods are porous.
- Foods are flat, thin or prepared in shallow pan.

Increase cooking times when:

- Foods are thick and dense.
- Foods are frozen or refrigerator temperature.
- Food volume increases.

Preventing Excess Moisture

When cooking foods in a microwave oven, a considerable amount of steam/water vapor can be generated and accumulate on foods and inside of oven. This is caused by hot moist air from food coming in contact with cool surfaces inside oven. Use the following procedures to help reduce moisture buildup.

- Cover foods before cooking in microwave.
- Cover potatoes and fresh vegetables with a microwave-safe paper towel before cooking to help absorb excess moisture. Remove paper towel immediately after cooking to prevent vegetables from reabsorbing moisture.
- Open microwave door immediately after cooking to reduce moisture inside oven.

Care and Cleaning

Interior, Exterior and Door

If walls, floor, and door of microwave oven become splattered, wipe with paper towel or clean with mild detergent in warm water using soft sponge or cloth. Wring sponge or cloth to remove excess water before wiping oven. If desired, boil a cup of water in microwave oven to loosen soil before cleaning.

- Do not use cleaners containing ammonia. These could damage finish.
- Never pour water into microwave oven bottom.
- Do not use abrasives to clean inside of oven. Abrasives may damage oven finish.

Exhaust Maintenance

Exhaust hood is equipped with two metal filters which collect grease. Never operate oven without filters in place. In situations where flaming might occur on surfaces below hood, filters will stop entry of flames into unit. When fan is operated, air is drawn through filters. Depending on installation, it is either discharged through venting to outside or drawn through charcoal filter and recirculated.

Removing grease filters:

1. Grasp tab on filter and slide to rear.
2. Pull filter downward to front. Filter will drop out.

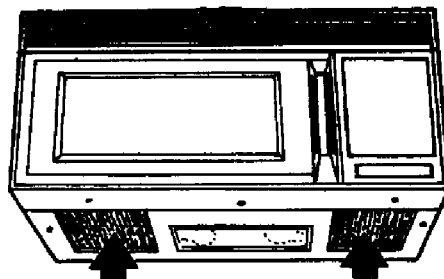
Cleaning grease filters:

Grease filters should be cleaned at least once a month to remove residue. Clean filters by soaking and agitating in warm sudsy water. Do not use ammonia or ammonia products, they will darken metal. Light brushing can be used to remove embedded dirt. Rinse, shake and remove moisture before replacing.

Replacing grease filters:

1. Slide filter into frame slot on back of opening.
2. Pull filter upward to front.
3. Lock in place.

Note: Do not operate vent hood with filters removed.



Grease Filters



Caution

To avoid personal injury, do not operate microwave oven without filters in place.

Charcoal Filter (recirculating installation only)

Microwave oven can be recirculated instead of being vented to outside. For recirculating installation, charcoal filter must be used. Charcoal filter removes smoke and odors caused by cooking on range top. Charcoal filter is disposable and should be replaced when it is noticeably dirty or discolored (approximately every 6 to 12 months, depending on usage). Charcoal filter may be purchased from dealer.

Note:

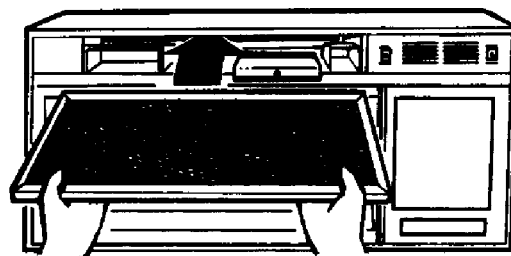
- Do not clean charcoal filter.
- Do not operate vent hood with charcoal filter removed.

To remove charcoal filter:

1. Disconnect power at main fuse, circuit breaker panel or pull plug.
2. Remove two screws that hold grille in place.
3. Remove grille.
4. Grasp filter, slide toward front of oven and remove.

To install new charcoal filter:

1. Remove plastic and other outer wrapping from new filter.
2. Insert filter into top opening of oven as shown. Filter will rest at an angle, on two side support tabs.
3. Replace grille.
4. Replace two screws to secure grille.



Charcoal Filter

Replacing Light Bulbs

Tools needed--

- protective gloves
- phillips screwdriver
- two 120 volt, 40 watt, surface light bulbs (R0713503) available from Amana dealer, servicer, factory service center, or Amana Consumer Affairs (1-800-843-0304 if inside U.S.A. and 1-319-622-5511 if outside U.S.A.)
- 30 watt, oven light bulb (R0712014) available from Amana dealer, servicer, factory service center, or Amana Consumer Affairs (1-800-843-0304 if inside U.S.A. and 1-319-622-5511 if outside U.S.A.)

Important! Wear gloves to protect hands should light bulb break. If hot, allow bulb to cool.

Changing Surface Light Bulb:

1. Unplug microwave oven.
2. Remove screw on right side of light compartment cover (underneath side of microwave oven).
3. Lower cover until it stops.
4. Remove bulb, being careful not to burn fingers or break bulb.
5. Replace two 40 watt bulbs.
6. Replace light compartment cover and screw. Do not operate oven with light compartment cover removed.
7. Restore power to microwave oven.

Before Calling for Service

If microwave oven does not operate:

- Confirm unit is plugged into dedicated circuit.
- Confirm unit is on grounded and polarized circuit.
- Check fuse or circuit breaker. Determine if circuit is operable by plugging another item in outlet.
- Confirm microwave oven door is securely closed.
- If condition remains unchanged, see "Unchanged Condition" instructions below.

If control will not accept instructions:

- For cooking by time, see "Unchanged Condition" instructions below.

If readout appears wrong:

- Press *STOP/RESET*.
- See "Unchanged Condition" instructions below.

Unchanged Condition

If condition remains unchanged, perform the following steps:

1. Check to see if fuse or circuit breaker is open.
2. Unplug oven.
3. Reconnect oven to wall outlet. "RESET" appears in display.
4. Press **STOP/RESET** or set clock.



Warning

To avoid electrical shock hazard unplug power cord or open circuit breaker to microwave oven before replacing light bulb. After replacing light bulb, reconnect power.

Changing Oven Light Bulb:

1. Unplug microwave oven.
2. Remove two screws holding grille in place.
3. Remove grille.
4. Remove screw located above door near center of oven.
5. Remove bulb, being careful not to burn fingers or break bulb.
6. Replace 30 watt bulb.
7. Replace screw located above door near center of oven.
8. Replace grille and 2 screws.
9. Restore power to microwave oven.

If oven light does not work:

- Confirm light bulb is screwed in tightly.
- Confirm light bulb is not defective.

If room lights dim or pulse when oven is in use:

- Confirm microwave is on proper circuit. See "Grounding Instructions" section.

If unit operates, but will not heat food:

- Place one cup cool water in unit. Heat for one minute. If water temperature does not rise, unit is operating incorrectly.

If "RESET" appears in display:

- This is a power interruption signal and will appear whenever oven is initially plugged in or when power is interrupted. Set the clock to clear.



WARNING

To avoid electrical shock which can cause severe personal injury or death, do not remove outer case at any time. Only authorized servicer should remove outer case.

Factory Service Centers

Listed below are Factory Service Centers which service most metropolitan and surrounding areas. Amana also has a network of independent authorized servicers. Locate a Factory Service Center or independent servicer by calling **1-800-NATLSVC (628-5782)** inside U.S.A. and **319-622-5511** if outside U.S.A. When contacting Amana, provide **model, manufacturing, and serial numbers** and **date of purchase**. Locate model, manufacturing, and serial numbers on the nameplate. Warranty service must be performed by an **authorized** servicer. Amana also recommends contacting an **authorized** servicer if service is required after warranty expires.

- **Amana Factory Service Center Arizona**
Also dispatches service in areas of Nevada
- **Amana Factory Service Center Northern California**
- **Amana Factory Service Center Southern California**
- **Amana Factory Service Center Colorado**
Also dispatches service in areas of Utah
- **Amana Factory Service Center Florida**
- **Amana Factory Service Center Georgia**
Also dispatches service in areas of Alabama, North Carolina, South Carolina and Tennessee
- **Amana Factory Service Center Iowa**
Also dispatches service in areas of Kansas, Minnesota, Missouri and Wisconsin
- **Amana Factory Service Center Illinois**
Also dispatches service in areas of Indiana and Kentucky
- **Amana Factory Service Center Massachusetts**
Also dispatches service in areas of New Hampshire and Rhode Island
- **Amana Factory Service Center Maryland**
Also dispatches service in areas of Pennsylvania, Virginia and Washington D.C.
- **Amana Factory Service Center New York**
Also dispatches service in areas of Connecticut and New Jersey
- **Amana Factory Service Center Ohio**
Also dispatches service in areas of Michigan and Pennsylvania
- **Amana Factory Service Center Texas**
- **Amana Factory Service Center Washington**
Also dispatches service in areas of Oregon

Asure™ Extended Service Plan

Amana is pleased to offer long-term service protection on this new microwave oven. Asure Extended Service Plan is specially designed to supplement Amana's strong warranty. Asure provides budget-protecting coverage on microwave for up to five full years and includes parts, labor and travel charges. A participating Amana dealer has details.