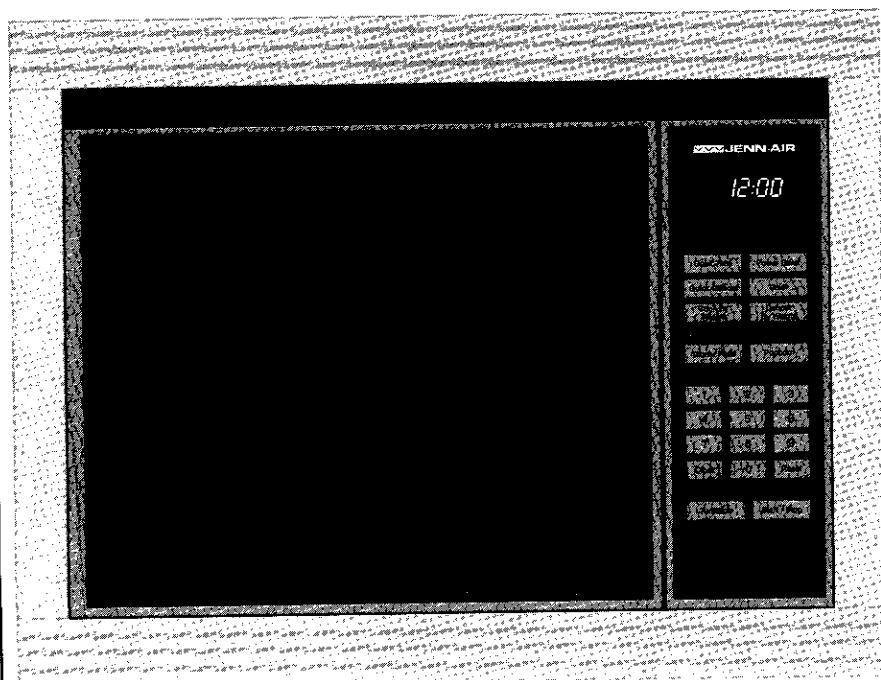


# VV<sup>®</sup>JENN-AIR

Use and Care Manual  
**Microwave Oven**  
Models M168 and M169 Series



# About Your Jenn-Air Microwave Oven

Congratulations on your choice of a Jenn-Air Microwave Oven. Your microwave oven has an output wattage of 900 watts. As you use your new microwave oven, we know you will appreciate the many features that provide excellent performance, convenience and dependability.

Before you begin cooking with your new microwave oven, please take a few minutes to read and become familiar with the instructions in this book. On the following pages you will find a wealth of information regarding all aspects of using your new microwave oven. By following the instructions carefully, you will be able to fully enjoy and properly maintain your oven and achieve excellent results with the food you prepare.

Should you have any questions about using your Jenn-Air appliance, write to us. Be sure to provide the model number of your appliance.

**Jenn-Air Customer Assistance**  
c/o Maytag Customer Service  
P.O. Box 2370  
Cleveland, TN 37320-2370

## FOR FUTURE REFERENCE

We suggest that you record information for contacting your local dealer or service agent along with the identifying numbers of your appliance.

If service is required, this information must be furnished.

Dealer/Service: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Model Number: \_\_\_\_\_

Serial Number: \_\_\_\_\_

Date Purchased: \_\_\_\_\_

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# Important Safety Instructions

When using electrical appliances, basic safety precautions should be followed, including the following:

**WARNING-** To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 7.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 8.
4. Install or locate this appliance 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. In rare instances, poached eggs have been known to explode. Cover poached eggs and allow a standing time of one minute before cutting into them.
6. Foods with unbroken outer "skin" such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking. "Boilable" cooking pouches and tightly closed plastic bags should be slit, pierced, or vented.
7. Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.
8. 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 defrost food. It is not designed for industrial, laboratory, or commercial use. It is intended for home use only. Do not use for drying clothes, linens, newspaper, or similar non-food type items.
9. As with any appliance, close supervision is necessary when used by children.
10. 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.
11. This appliance should be serviced only by qualified service personnel. Contact nearest authorized Jenn-Air service facility for examination, repair or adjustment.
12. Do not cover or block any openings on the appliance.

13. Do not use 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.
14. Do not immerse cord or plug in water.
15. Keep cord away from heated surfaces.
16. Do not let cord hang over edge of table or counter.
17. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
18. 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. Avoid using recycled paper products. Do not use newspaper or other printed paper in the oven. Such products sometimes contain impurities which could ignite.
  - 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.
  - d. Do not use the oven for storage.
  - e. Do not pop popcorn except in a microwave approved popcorn popper or in a commercial package recommended especially for microwave ovens.
19. Do not operate the oven when empty.
20. Do not lean on the oven door. The door is designed to close tightly and seal properly for safe operation. Leaning on the door may warp or break the hinges.
21. To avoid exposure to dangerous high voltage, DO NOT REMOVE THE OUTER CASE or the plastic stirrer cover inside the oven cavity.
22. Do not store metal oven rack in oven. Use the rack only when cooking more than one dish. Do not use microwave browning dish on the shelf; the shelf could overheat.
23. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated, splash out with a loud noise. For best results, stir the liquid several times before heating. Always stir liquids several times between reheatings.
24. Read and follow specific microwave oven preparation instructions on food packages or containers (especially baby food). Above all, this is a cooking appliance designed to prepare food.
25. Use only cooking utensils and accessories made for use in the microwave and specifically described in this manual.
26. Microwave oven manufacturers do not recommend deep fat frying or frying in a microwave oven. Hot oil can damage oven parts and utensils and even result in skin burns.

27. Plastic wrap: Use only those types designed for microwave oven use and avoid forming an air-tight seal. Fold back a small corner or cut a small slit to allow steam to escape.
28. Stay near the appliance while it is in use and check cooking progress frequently. Leaving the appliance unattended may result in overcooked food and possibly a fire in your oven.
29. Built-in Installations: (Microwave must be built-in with a trim kit.) Do not mount any portion of the microwave oven over a sink or any other heating or cooking appliance unless the microwave oven has been approved for use above the heating appliance. See label on the trim kit for a list of approved heating appliances. See installation instructions for additional installation information.
30. Use metal only as directed in the cookbook. TV dinners may be microwaved in foil trays less than 3/4" deep; remove top foil cover and return tray to box. When using metal in microwave oven, keep metal (other than metal shelf) at least 1-inch away from sides of oven.
31. Do not defrost frozen beverages in narrow necked bottles.
32. Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
33. Do not try to melt paraffin wax in the oven. Paraffin wax will not melt in a microwave oven because it allows microwaves to pass through it.

## **- SAVE THESE INSTRUCTIONS -**

### **Additional Microwave Tips To Avoid Oven Damage**

1. Do not operate the microwave oven when empty or with an empty utensil.
2. Never use sharp-edged utensils in or near the oven.
3. Do NOT use white ceramic browning dish in this oven. High heat from the underside of the dish can permanently scorch the oven turntable.
4. Dyes used in microwave popcorn bags can discolor the oven's turntable. Before microwaving, place the popcorn bag on a microwave-safe dish.

## 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.

### Registration

Federal law requires registration of all microwave ovens. To comply with the law, please fill out the CUSTOMER REGISTRATION CARD packaged in the oven:

1. Check the model and serial numbers on the card to see that they match the numbers on the rating label. Rating label is located on the left inside wall of the oven cavity. If the numbers on the card are not the same as those on the rating label cross out the numbers on the card and write in the numbers as they appear on the rating label.
2. Mail the card. The return address is included on the reverse side of card.

If you move or are not the original owner of this oven, you must by law renew the registration. Send the renewal registration information to: **Maytag Customer Service, Warranty Administration, P.O. Box 4970, Cleveland, TN 37320-4970.**

Renewal Registration information must provide: a) Your name and address and b) the microwave oven's model and serial numbers.

# Installation

Remove all packing materials both outside and inside the oven before using the oven. The oven requires free movement of air for proper operation. Do NOT block air vents located across the top and underneath the oven. Also, do not remove the feet from the bottom of the oven.

## Grounding Instructions

This appliance **must** be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into a 120v, 15 amp. outlet that is properly installed and grounded.

**WARNING- Improper use** of the grounding plug can result in a risk of electric shock.

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 and either:

- 1) If it is absolutely necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3 slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance. Or,
- 2) Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance

## Interference Note

Microwave ovens generate radio frequency energy during operation, and if not installed properly may cause interference to radio and television reception. You can determine if this unit is causing interference by turning it on and off while the interference is occurring. If interference occurs it may be corrected by one or more of the following measures:

- clean door and sealing surfaces of the oven;
- reorient the receiving antenna;
- relocate the oven with respect to the receiver; and/or
- plug the oven into a different outlet so that it and the receiver are on different circuits.

If the interference persists, you may want to consult an experienced radio/television technician for additional suggestions.



# Oven Operation

**Plastic Stirrer Cover.** Protects the stirrer blade from soil or bending. The stirrer cover should not be removed.

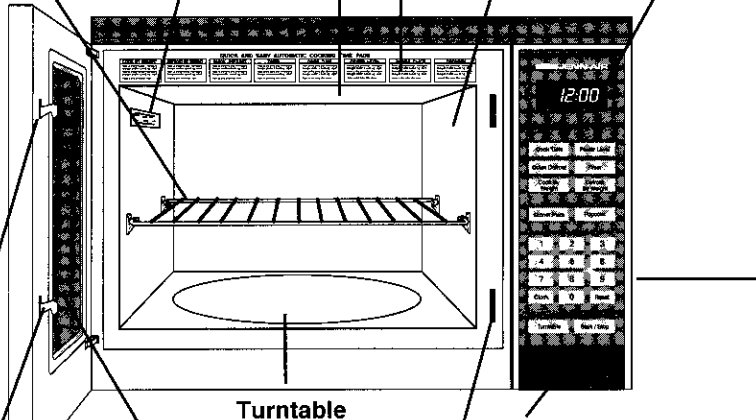
**Metal Rack.** Accessory used to give the microwave oven cooking flexibility. Offers the user the option of cooking or reheating more than one food at a time. (See p. 22)

**Cooking Guide Label**

**Light**

**Rating Label**

**Display Window.**



**Door Latch.** These will slide into the interlock. If door is not completely closed the oven will not operate.

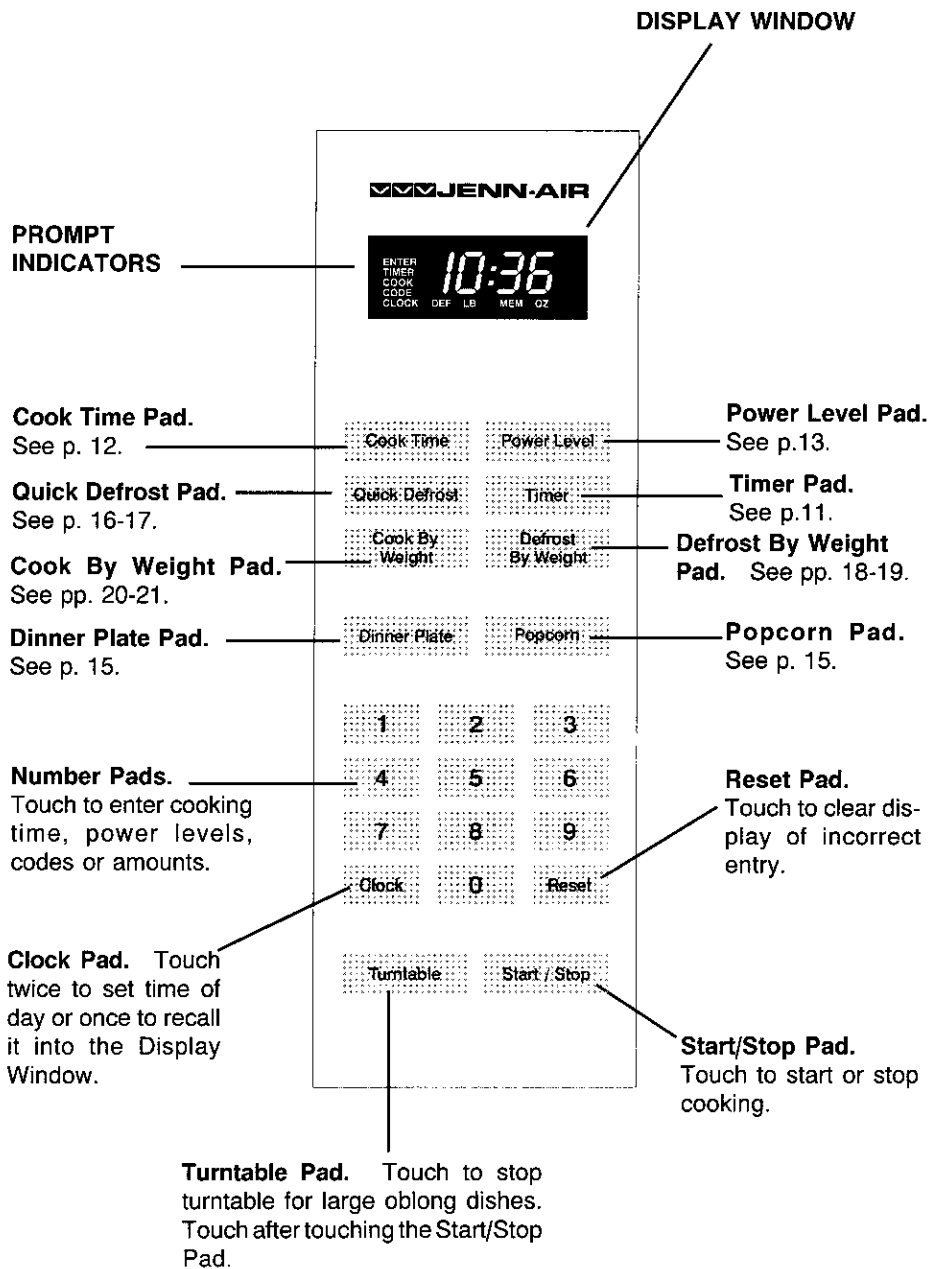
**Window.** To view the foods while cooking. No microwaves can pass through the metal shield in this window.

**Door Lever.** Push to open the door.

**Touch Control Panel.** (See more detailed diagram of control panel on page 10.)

**Safety Interlock System.** Safety latches in the microwave oven door. All ovens have at least two latches which stop the operation of the oven when the door is opened.

# Touch Control Panel



## Time of Day Clock

- After plugging in the oven or after a power outage, the Display will show **CLOCK** and flash four zeros. Set clock using the instructions below.
- Time of Day clock is a 12 hour clock.
- If set, the time of day will always be displayed when no other cooking function is being used.
- To check the time of day when programming your oven or cooking, push the **Clock Pad**. Time of day will be displayed for 3 seconds. Display will then return to cooking countdown.

### BASIC INSTRUCTIONS

1. Touch **Clock Pad** twice. Indicator words "ENTER CLOCK TIME" will appear in the Display.
2. Set the time of day by touching the appropriate numbers.
3. Touch **Clock Pad** or **Start/Stop Pad**. The time of day clock will not be activated until a pad is touched.

## Timer

The Timer feature of this oven has many uses. Use it to time a long distance phone call, standing times after microwave cooking, or mixing or beating times when preparing recipes. The Timer can be programmed up to 99 minutes and 99 seconds.

### BASIC INSTRUCTIONS

1. Touch the **Timer Pad**. Indicator words "enter Timer Time" will appear in the Display.
2. Enter desired time.
3. Touch **Start/Stop Pad**.

- A long beep signals the end of a timing operation.
- To stop timer once it has started, touch **Timer Pad** and **Reset Pad**. Display will return to time of day or cooking countdown.
- The timer can be set while cooking. The time in the display is for what is cooking in the oven. To find out how much time is left on the timer, touch **Timer Pad**. The timer will flash in the Display for 3 seconds before returning to the cooking countdown.

## Audible Signals

Audible signals are available to guide you when setting and using your oven:

- **A programming tone** will sound each time you touch a pad.
- **One long tone** signals the end of a Timer countdown.
- **Four long tones** signal the end of a cooking cycle.
- **Two short beeps** signal an incorrect entry.

## Cook Time Pad

Consult your recipe for the approximate cooking time. Start with the shortest recommended time and add more as needed. Check the food as it cooks. The oven door can be opened any time during operation; the oven will automatically stop cooking and maintain the time setting until the door is closed and the **Start/Stop Pad** is touched.

### BASIC INSTRUCTIONS

1. Enter cooking time.
2. Touch the **Start/Stop Pad**.

**\*Note:** Full power cooking is automatic. If you wish to use a different power level follow the instructions on p. 13.

**Example:** To heat a cup of coffee for 1 1/2 minutes, touch the numbers 1, 3, 0. Then touch the **Start/Stop Pad**. The time you select will appear in the Display Window. The oven blower will come on and the oven will begin cooking. Time countdown will begin. When the time is up, the microwave oven will beep four times; "End" appears in the display; and oven will stop cooking automatically. Time of day reappears in the display when the door is opened or the **Reset Pad** is touched.

## Power Level Pad

As with conventional cooking methods, your microwave oven gives you the flexibility of choosing the cooking speed (power level) you need for each type of food.

### BASIC INSTRUCTIONS

1. Enter cooking time.
2. Touch the **Power Level Pad**.
3. Enter power level.\*
4. Touch the **Start/Stop Pad**.

\* See Power Level Guide below.

**Example:** If the recipe calls for cooking with 50% power for 3 minutes, you would touch: the number pads 3,0,0; then **Power Level Pad**; then 5 ("50" will appear in the Display Window); then **Start/Stop Pad**.

## Power Level Guide\*

Power Level	Power %	Name	Suggested Uses
HI	100		For vegetables; beverages; quick reheating (observe closely to avoid overcooking); generally for quickest cooking.
9	90		Sautéing vegetables.
8	80		For whole poultry, cheese and egg dishes; cooking certain seafood (clams, oysters or scallops).
7	70	Med Hi	For cakes, quick breads and muffins.
6	60		Reheating leftovers or for cooking recipes using pre-cooked or canned ingredients.
5	50	Med Lo	Reheating larger amounts of leftovers; cooking roasts.
4	40		Stewing or developing flavor in main dishes, soups or sauces; cooking rice or pasta (after water is boiling); reheating pastries.
3	30	Lo	Defrosting; tenderizing less tender cuts of meat in liquid; cooking dried beans, lentils or peas in water.
2	20		Softening cheese, butter or chocolate.
1	10	Warm	Keeping food(s) warm or taking chill off refrigerated foods before serving.

\* Guide gives percentage of magnetron "on" time at different power levels and suggested uses.

## To Check or Change Power Level While Cooking

### To Check Power Level Setting:

1. Touch **Power Level Pad**.

### To Change Power Level Setting

1. Touch **Power Level Pad**.
2. Enter new power setting by touching the Number Pad. To return to full power, touch **Power Level Pad** twice.

## Memories

The two Memories of this microwave oven let you program two sequential operations such as defrosting and cooking; cooking and standing; and cooking using two different power levels. The Memory feature automatically changes power settings and cooking time. Since two short audible beeps will sound between Memories, it is also possible to divide cooking times. Then, the signal would serve as a reminder to add foods (separate dishes or add ingredients) and to obtain precisely the end results desired.

### BASIC INSTRUCTIONS

1. Touch **Cook Time Pad**.
2. Enter cooking time.
3. Touch **Power Level Pad**.\*
4. Enter power level.
5. Touch **Cook Time Pad**. "Mem" appears in Display.
6. Enter cooking time.
7. Touch **Power Level Pad**\*\*.
8. Enter power level.
9. Touch **Start/Stop Pad**.

\* If you wish to cook on HI, skip steps 3 & 4.

\*\* If you wish to cook on HI, skip steps 7 & 8.

**Note:** During memory 1, the "cook" and "mem" prompts light in the Display to indicate that this is a 2 stage cooking operation. The "mem" prompt turns off when the oven changes from stage 1 to stage 2. Two beeps signal this change. Four beeps signal the end of cooking.

### To Cancel Memories

1. Touch **Start/Stop Pad**.
2. Touch **Reset Pad**.

**Note:** DO NOT touch the **Reset Pad** unless all memories are to be cancelled.

## Popcorn Pad

Popcorn is a favorite snack. The **Popcorn Pad** has been automatically set for the correct cook time for a 3-3 1/2 oz. bag of microwave popcorn.

### BASIC INSTRUCTIONS

1. Place microwave popcorn on a microwave safe dish in the oven.
2. Touch the **Popcorn Pad**.
3. Touch **Start/Stop Pad**.

## Popcorn Tips

- The Popcorn setting can be changed to a different time. The initial setting was for 2 min. 15 sec. for a 3-3 1/2 oz. bag. To change the time, touch the **Popcorn Pad** twice, enter new time, and then touch the **Start/Stop Pad**. **Note:** This new cook time will appear in the Display whenever you use the **Popcorn Pad** until you reset it or there is a power failure.
- Place popcorn on a microwaveable small plate to avoid discoloration on your oven turntable. The "this side down" side of the microwave popcorn bags contain a heat-absorbing lining which gets very hot. Placing a saucer between the bag and the turntable prevents the bag's dyes from staining the turntable when hot.
- Check the popcorn as it pops and stop when the pops slow down to 3 seconds apart.
- Do not try to repop unpopped kernels.

## Dinner Plate Pad

The **Dinner Plate Pad** lets you reheat a dinner plate full of chilled leftovers.

### BASIC INSTRUCTIONS

1. Touch **Dinner Plate Pad**.
2. Touch **Start/Stop Pad**.

The Display will show the word "Code" and "3:15" for 3 minutes and 15 seconds. The code setting includes three automatic cooking levels which allow for even cooking of many combinations of foods. When cook time has ended, "End" appears in the Display.

## Dinner Plate Tips

- Place meat and bulky vegetables to the outside of the plate.
- Place delicate foods in the center of the plate. Add delicate dinner rolls during the last few seconds.
- Cover the plate with wax paper to hold steam around most foods. However, do not cover rare meat or vegetables with crisp exteriors.

## Quick Defrost

When defrosting frozen foods, a high Power Level setting can be used initially to break down the ice crystals. But as they begin to melt, it is necessary to reduce the microwave power to keep the food from starting to cook before defrosting is complete. This process is done automatically when using the separate **Quick Defrost Pad**. It begins defrosting at 80% power, then gradually reduces power to 60%, 40% and 20%.

### BASIC INSTRUCTIONS

1. Touch **Quick Defrost Pad**.
2. Enter defrosting time.
3. Touch **Start/Stop Pad**.

**Note:** To defrost meat, poultry, or seafood, refer to the **Defrost By Weight Pad** on pp.18-19.

## Important Defrosting Tips

- Starting temperature, shape of the food, fat content and water content will affect defrosting time. Therefore, periodically check food during defrosting. To prevent cooking, shield warm areas with foil.
- Remove frozen foods from package and place in a microwave safe dish to defrost.
- Food should still be somewhat icy in the center when removed from the oven because the edges of the food will begin cooking if microwaves thaw it completely.
- Defrost meats in roasting dish.
- Standing time after defrosting helps to equalize heat. Let large meats stand 10-15 minutes and small foods 25 minutes.



## Quick Defrost Guide

Food	Defrost Time	Stand Time	Special Techniques
<b>Meats:</b>			
Ground Beef (bulk)	3-4 min./lb.	15 min./lb.	Reshape ground beef into a block before freezing. Break apart halfway through the defrost cycle.
Pork Chops or Steak	3-4 min./lb.	15-30 min.	Break apart halfway through the defrost cycle. Shield warm areas.
Chicken Pieces	3-5 min./lb.	15-30 min.	Check and turn over once or twice. Shield warm areas with small pieces of foil. Soak in cool water to equalize the temperature.
Fish Fillets	3-4 min./lb.	15-30 min.	Break apart halfway through the defrost cycle. Shield warm areas. Carefully separate and rinse under cold running water to finish thawing.
<b>Breads:</b>			
6 to 12 Hamburger or hotdog buns	3/4-2 min.	0 min.	These are delicate; do not over defrost.
12 doughnuts	1-2 min.	0 min.	Separate and stack in 2's on a microwave plate.

## Defrost By Weight

Use the Defrost By Weight setting to defrost meats, poultry and seafood weighing up to 6 lbs. This setting is a more gentle defrost setting than the "Quick Defrost" setting. Thus, it is especially good for meats which are dense in the center or for small amounts of delicate items.

### BASIC INSTRUCTIONS

1. Touch **Defrost By Weight Pad**.
2. Enter weight.\* The correct defrost time is automatically calculated and appears in the display.
3. Touch **Start/Stop Pad**.

\* Enter the weight in pounds (lbs.) and ounces (oz.). See conversion chart below. **Note:** First digit is pounds, second & third digits are ounces. Ounce weights less than 10 must use a 0 as the first digit.

**Example:** To defrost 2 1/2 lbs. ground beef, you would touch **Defrost By Weight Pad**; then 2, 0, 8; then **Start/Stop Pad**.

**Important:** Toward the end of defrosting, two long beeps will sound and the oven will turn off. The display will stop counting down. At this point, open the oven door and check the food. (See Tips on p. 19) If food is thawed, touch **Reset Pad** to cancel program. If food is still frozen, touch **Start/Stop Pad** to continue defrosting. Four long beeps signal the end of defrosting.

### Conversion Chart

If weight is in tenths-of-a-pound:		Then weight is converted to ounces:
0.1	is	1 to 2-oz.
0.2	is	3 to 4-oz.
0.3	is	5-oz.
0.4	is	6 to 7-oz.
0.5	is	8-oz.
0.6	is	9 to 10-oz.
0.7	is	11 to 12-oz.
0.8	is	13-oz.
0.9	is	14 to 15-oz.

## Tips

1. Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Place food on a microwave-safe rack in a dish. During defrost, juices accumulate in dish and may become hot enough to cook the food. Elevating meat off the dish will prevent the bottom-side from beginning to cook.
2. Begin defrosting whole poultry breast-side-down. Begin defrosting roasts fat-side-down.
3. Defrost By Weight is programmed for specific weights. Defrost results will be affected if you enter an incorrect weight.
4. Defrost By Weight is programmed for frozen food at 0° F. If food is stored at a higher temperature, expect shorter defrost times.
5. After 1/3 the defrost time, check the food. You may wish to turn over, break apart, rearrange or remove thawed portions of the food.
6. **During defrost, the oven will automatically turn off** and the display will stop counting down. At this point, open oven door and check the food. Follow the techniques listed below for optimum defrost results. Then, close oven door, touch **Start/Stop Pad** to complete defrosting.
  - A) Turn Over      Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.
  - B) Rearrange      Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef.
  - C) Shield          Use small strips of aluminum foil to protect thin areas, edges or unevenly shaped foods such as chicken wings. Do not allow foil to come within 1-inch of oven walls or door to prevent arcing.
  - D) Remove        To prevent cooking, thawed portions should be removed from the oven at this point. This may shorten defrost time for foods weighing less than 3-lbs.
7. After defrosting, allow food to stand 10 to 20 minutes if there are any icy areas. If large solid roasts, such as sirloin tip or rump roasts, are not completely thawed after standing, return roast to oven and program Defrost By Weight for 2-lbs.

## Cook By Weight

Use this program to cook defrosted meats such as beef, lamb or pork roasts, weighing 3-5 lbs. If you select a weight that is larger than 5 lbs., two short beeps will signal the error.

### BASIC INSTRUCTIONS

1. Touch **Cook By Weight Pad**.
2. Select Code.
3. Enter weight.\*
4. Touch **Start/Stop Pad**.

\* Enter the weight in pounds (lbs.) and ounces (oz.) See conversion chart below.  
**Note:** First digit is pounds, second & third digits are ounces. Ounce weights less than 10 must use a "0" as the first digit.

**Example:** If you want to cook a 3 lb. 8-oz. beef ribeye roast to medium doneness, you would touch **Cook By Weight Pad**; 2 (Code); 3,0,8 (lbs., oz.), **Start/Stop Pad**.

**Note:** Turntable will rotate unless manually turned off. If using large oblong dishes which could drag, touch the **Turntable Pad** after touching the **Start/Stop Pad** to turn the turntable off.

### Conversion Chart

If weight is in tenths-of-a-pound:		Then weight is converted to ounces:
0.1	is	1 to 2-oz.
0.2	is	3 to 4-oz.
0.3	is	5-oz.
0.4	is	6 to 7-oz.
0.5	is	8-oz.
0.6	is	9 to 10-oz.
0.7	is	11 to 12-oz.
0.8	is	13-oz.
0.9	is	14 to 15-oz.

## Tips

1. Place tender roast fat-side-down on a microwave-safe rack in a dish large enough to hold the drippings. Cover with wax paper to prevent spattering.
2. Oven beeps once after about one quarter of the time. Check thin edges of meat for cooking. If necessary, shield these areas with small strips of aluminum foil. Do not place foil closer than 1-inch from the oven walls or door.
3. During cooking, all codes will signal two long beeps and the oven will automatically turn off. Open the door, remove the meat from the oven and turn over the meat. (Check doneness of small or thin - shaped roasts. Remove from oven and cancel program if done.) If necessary, shield areas with small strips of aluminum foil. Drain the dish if excessive drippings have accumulated. Recover with wax paper and return dish to the oven. Close the door and touch **Start/Stop Pad** to complete cooking.
4. After cooking, remove meat from oven. Insert a meat thermometer into the center or the coolest area of the roast. Cover meat with aluminum foil and let stand up to 20 minutes. Length of standing time depends on size of roast and desired degree of doneness. Expect temperature to increase 10° F.

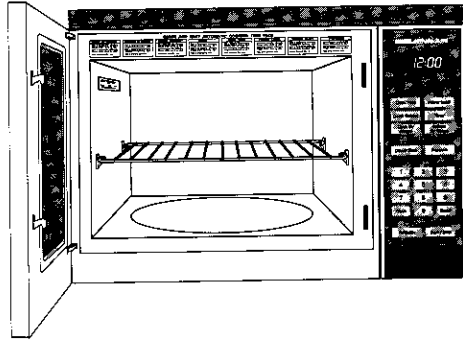
## Cook By Weight Chart

CODE #	MAXIMUM WEIGHT	INTERNAL TEMPERATURE AFTER STANDING TIME	INSTRUCTIONS
CODE 1	5 lbs.	Rare - 140° F.	Beef roasts.
CODE 2	5 lbs.	Medium - 160° F.	Beef and Lamb roasts.
CODE 3	5 lbs.	Well done - 170° F.	Pork roasts.

## Metal Cooking Rack

The Metal Cooking Rack gives you extra space when cooking in more than one container at the same time.

### Inserting the Rack



- Insert the rack securely into the four rack supports on the side walls of the oven.

### Tips

- Use hot pads when removing rack from oven after cooking to prevent burns.
- Do not store the metal rack in the oven. Arcing and damage to the oven can result if someone accidentally starts the oven.
- Do not operate the oven with the metal rack stored on the floor of the oven. Damage to the interior finish will result.
- Do not use rack with browning dish.
- Do not let food container on rack touch the top or sides of the oven.
- Do not cook foods directly on the rack without putting them in containers first.
- Do not use metal container on the metal rack.

### Placing Foods in the Oven

- In general, dense or long cooking foods are placed on the oven rack where they will receive the most microwave energy when several foods are cooking together.
- Foods that cook or heat quickly are placed on the floor where there is less energy and cooking is more gentle. (See chart)
- Stagger food in the oven whenever possible. It does not matter whether the long cooking item is on the right or the left of the rack as long as it is not placed directly over the item on the floor.
- If preparing a very fast cooking item, add it during the last one or two minutes of cooking.

#### Foods on the Rack:

ROASTS	BAKED POTATOES
POULTRY	CARROTS
CASSEROLES	SQUASH
CHOPS/RIBS	SOUP
MEATLOAF	POTATO CASSEROLES

#### Foods on the Floor:

CORN ON THE COB	(add 1/2 way through)
FROZEN VEGETABLES	SANDWICHES
CANNED VEGETABLES	SAUCES
BEVERAGES	TOPPINGS
CAKES	(add during last 1 to 2 minutes)
-CUSTARDS	ROLLS
	DOUGHNUTS

## Reheating Cooking Guide Chart

Item	Start Temp	Time/Power	Procedure
<b>Meat</b> (chicken pieces, chops, hamburgers, meat loaf slices) 1 serving 2 servings	Refrigerated Refrigerated	1-2 min at 70% 2½-4½ min at 70%	Cover loosely.
<b>Meat Slices</b> (beef, ham, pork, turkey) 1 or more servings	Room Temp. Refrigerated	45 sec-1 min per serving at 50% 1-3 min per serving at 50%	Cover with gravy or wax paper. Check after 30 sec per serving.
<b>Stirrabie Casseroles and Main Dishes</b> 1 serving 2 servings	Refrigerated Refrigerated	2-4 min at 100% 4-6 min at 100%	Cover. Stir after half the time.
<b>Nonstirrabie Casseroles and Main Dishes</b> 1 serving 2 servings	Refrigerated Refrigerated	5-8 min at 50% 9-12 min at 50%	Cover with wax paper.
<b>Pizza</b> 1 slice 1 slice 2 slices 2 slices	Room Temp. Refrigerated Room Temp. Refrigerated	15-25 sec at 100% 30-40 sec at 100% 30-40 sec at 100% 45-55 sec at 100%	Place on paper towel.
<b>Vegetables</b> 1 serving 2 servings	Refrigerated Refrigerated	¾-1½ min at 100% 1½-2½ min at 100%	Cover. Stir after half the time.
<b>Baked Potato</b> 1 2	Refrigerated Refrigerated	1-2 min at 50% 2-3 min at 50%	Cut potato lengthwise and then several times crosswise. Cover with wax paper.
<b>Breads</b> (Dinner or breakfast roll) 1 roll 2 rolls 4 rolls	Room Temp. Room Temp. Room Temp.	8-12 sec at 50% 11-15 sec at 100% 18-22 sec at 100%	Wrap single roll, bagel or muffin in paper towel. To reheat several, line plate with paper towel. Cover with another paper towel.
<b>Pie</b> Whole 1 slice	Refrigerated Refrigerated	5-7 min at 70% 80 sec at 100%	

# Answers To Questions About Your Microwave Oven

- Q. When I touch the Start/Stop Pad, the oven makes a buzzing sound. What causes this?**
- A.** This is normal and indicates that the oven is working properly.
- Q. Why does the Display sometimes count down after pushing the Start/Stop Pad, but the oven doesn't start cooking?**
- A.** The door is not completely closed. Open the door and re-close firmly. Touch the **Start/Stop Pad** and the oven will start cooking.
- Q. Can I open the door when the oven is operating?**
- A.** The door can be opened anytime during the cooking operation; the oven will automatically stop cooking and the time setting will maintain until the door is closed and the **Start/Stop Pad** is touched.
- Q. What causes the oven interior light and display to dim when using a Variable Power Level?**
- A.** This is normal and indicates the oven is operating and cycling properly.
- Q. Why does steam and/or vapor escape around the door and moisture droplets form on the inside of oven door?**
- A.** This is a normal occurrence - as food cooks, steam is given off.
- Q. What do the various beeps mean?**
- A.** Long (3 second) beep = timer has completed its countdown.  
Short beep = correct entry; During some codes - one beep signals you to check the food.  
Two short beeps = incorrect entry.  
Two long beeps = between cooking stages. During some codes, the oven will automatically turn off. At this point, check food to see if stirring or turning is required.  
Four short beeps = end of cooking (microwave will turn off).
- Q. What causes a clicking sound when using Cook By Weight Code?**
- A.** This is normal and indicates that the oven is cycling properly.



# Care and Cleaning

## Cleaning the Microwave Oven

A minimum of maintenance is needed to keep the microwave oven clean and trouble free. The oven itself should be cleaned after each use with a damp cloth to keep it free from grease and soil buildup. Stubborn soils can be removed with a plastic scrub pad. When cleaning interior surfaces and surfaces of door and oven that come together when the door is closed, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.

Some liquid cleansers can remove the shiny surface on plastic or vinyl. Therefore, never spray or pour liquid cleansers directly onto a surface. Spray or pour cleanser onto a cloth or sponge and then clean.

Odors can be eliminated from the inside of the oven by boiling a solution of one cup of water and several tablespoons of lemon juice in the oven for 5-7 minutes. This also helps loosen any dried soil in the oven. Be very careful not to scratch the door and interior surface. Wipe off excess moisture after every use.

DO NOT USE abrasive cleaners, oven cleaners, abrasive cleaning pads or steel wool, as they can scratch or dull oven surfaces.

DO NOT REMOVE OR INSERT KNIFE around the stirrer cover to clean, as it may damage the cover or affect the cooking performance of your oven.

## Cleaning the Oven Rack

Wash the oven rack with a mild soap and a soft or nylon scrub brush. Be sure to dry completely after washing. Do not use abrasive scrubbers or cleansers to clean rack.

## Oven Bottom/Turntable

Wash oven bottom with hot sudsy water, rinse and dry. Do not use excessive amounts of water when cleaning the oven, especially around the turntable. Do not allow water or cleaning agents to seep into turntable gears located underneath.

## Oven Light Bulb

This bulb is to be replaced by properly qualified service personnel.

# Service Information

Check the following list to be sure a service call is really necessary.

## **If nothing on the oven operates:**

- check for a blown circuit fuse or a tripped main circuit breaker.
- check if oven is properly connected to electric circuit in house.
- check that controls are set properly.

## **If the oven interior light does not work:**

- the light bulb is loose or defective.

## **If oven will not cook:**

- check that control panel was programmed correctly.
- check that door is firmly closed.
- check that **Start/Stop Pad** was touched.
- check that timer wasn't started instead of a cook function.

## **If oven takes longer than normal to cook or cooks too rapidly:**

- be sure the **Power Level** is programmed properly.
- check instructions on food density, etc.
- verify voltage to the microwave oven is not low.

## **If the time of day clock does not always keep correct time:**

- check that the power cord is fully inserted into the outlet receptacle.
- check that the oven is properly grounded.
- be sure the oven is the only appliance on the electrical circuit.

## **If oven floor is hot:**

- this is normal. The floor is absorbing heat from the food.

## **If interior of oven collects moisture:**

- this is normal. Food gives off moisture when cooking and the steam collects on the door and the oven surface. Wipe excess moisture from oven after each use.

## **If food cooks unevenly:**

- refer to your recipe for proper cooking procedures.
- be sure food is evenly shaped.
- be sure food is completely defrosted before cooking.
- check placement of aluminum strips used to prevent overcooking.

## **If food is undercooked:**

- check recipe to be sure all directions (amount, time, & power levels) were correctly followed.
- check household voltage.
- be sure microwave oven is on a separate circuit.
- be sure food was completely defrosted before cooking.

**If food is overcooked:**

- check recipe to be sure all directions (amount, power level, time, size of dish) were followed.
- be sure initial temperature of food wasn't higher than normal.

**If arcing (sparks) occur:**

- be sure microwave-safe dishes were used.
- be sure wire twist ties weren't used.
- be sure oven wasn't operated when empty.

**If the Display shows a time counting down but the oven is not cooking:**

- check that door is firmly closed.
- check that Timer wasn't started instead of a cooking function.

**If You Need Service**

- Call the dealer from whom your appliance was purchased or your Jenn-Air Service Contractor listed in the Yellow Pages. Your Jenn-Air Service Contractor can provide better and faster service if you can accurately describe problems and give model and serial number of the appliance. Be sure to retain proof of purchase to verify warranty status. Refer to WARRANTY for further information of owner's responsibilities for warranty service.
- If the dealer or service company cannot resolve the problem, write to Jenn-Air Customer Assistance, c/o Maytag Customer Service, P.O. Box 2370, Cleveland, TN, 37320-2370, 1-800-688-1100.
- Use and care manuals, service manuals, and parts catalogs are available from Jenn-Air Customer Assistance, c/o Maytag Customer Service.

All specifications subject to change by manufacturer without notice.