

**ELECTRIC RANGES
AND MICROWAVE
COOKING CENTERS**

*EHD/ETD Prestige
EKD 395 & 396*

11/19/85

**USE AND CARE
MANUAL**

**FREE
COOKBOOK SAMPLER
OFFER INSIDE**

Caloric

A **Raytheon** Company

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Microwave Models:

Warning

These precautions should be read to avoid any possible exposure to microwave radiation or electrical shock.

The Microwave Oven is designed to give you long, safe and peak performance. However, as with all electrical appliances, there are some things that you must follow to avoid potential personal hazards and give you the performance you expect.

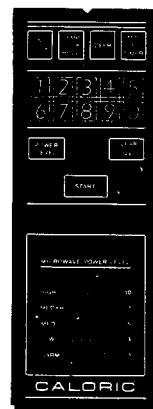
1. Visual check after uncrating.

After the unit is uncrated all packing material must be removed from the oven cavity. Inspect the oven for any damage, such as misaligned door, damaged gasketing around the door, dents or holes in the screen in the door, dents inside the oven cavity or broken glass tray. Any dents or breakage should be reported to your Dealer immediately and the delivering carrier. Your Dealer will tell you if the unit will operate correctly.

2. Electrical Grounding Instructions

The entire appliance must be properly grounded by a qualified installer to avoid shock hazard. It is the personal responsibility and obligation of the customer to contact a qualified electrician/installer and have the unit connected to a properly grounded circuit in accordance with the National Electrical Code.

3. Check the operation of the start, and stop switches. The Microwave oven contains a Safety Interlock system that engages when the door is closed, and disengages when the door is opened. Starting



the oven is done by touching the Start pad. Stopping the oven is done by either opening the door or touching the Clear/Off pad.

Here is how you may check the operation of the electric lock and interlocks:

First, place a pyrex cup of water in the microwave oven, shut the door and program 3 minutes into the control according to the operating instructions found on page 23. Touch the "START" pad. The fan should come on. The light will come on and the door will be locked.

Second, touch the CLEAR/OFF pad. The oven will shut off immediately. The sound of the cooking fan will cease. The oven will also shut off if the door is opened or the timer runs out.

If under any of the preceding conditions the oven does not operate properly, do not use the unit. Call your Dealer or Authorized Service Agency.

4. Do not remove the door or control panel at anytime, as you will be exposed to dangerous high voltage.

Things to keep in mind when using Conventional Element cooking surface

1. **Use Proper Pan Size** — This appliance is equipped with one or more surface units of different size. Select utensils having flat bottoms large enough to cover the surface unit heating element. The use of undersized utensils will expose a portion of the heating element to direct contact and may result in ignition of clothing. Proper relationship of utensil to burner will also improve efficiency.
2. **Never Leave Surface Units Unattended at High**

Heat Settings — Boilover causes smoking and greasy spillovers that may ignite.

3. **Glazed Cooking Utensils** — Only certain types of glass, glass/ceramic, ceramic, earthenware, or other glazed utensils are suitable for rangetop service without breaking due to the sudden change in temperature.
4. **Utensil Handles Should Be Turned Inward and Not Extended Over Adjacent Surface Units** — To minimize burns, ignition of flammable materials, and spillage due to unintentional contact with the utensil, the handle of utensil should be positioned so that it is turned inward, and does not extend over adjacent surface units.

Do Not Soak Removable Heating Elements — Heating element should never be immersed in water.

SURFACE COOKING

Setting the surface controls

To Use:

Push in and turn control to desired setting. Surface unit light will come on.

When Finished:

Turn control to OFF. Surface unit light will go out.

Cooking on the surface of your range

Cooking on the surface of your electric range is accomplished by conduction. When the unit is turned on, electric current heats the element. The element in turn heats the pan — when the pan is in proper contact with the element. Your range is equipped with reflector pans on which the element rests, reflecting heat to the bottom of the pan and catching spillovers.

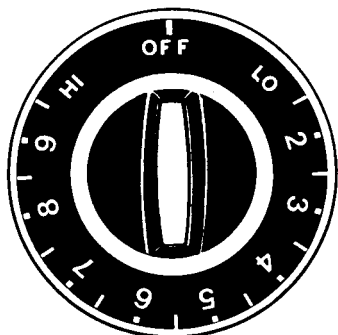
Surface Cooking Controls

Single Oven Models:

Top element control dials are located on the control panel.

Double Oven Models:

Controls are located on the upper oven control panel.



Indicator Light:

An indicator light, located in the surface element control cluster LIGHTS whenever any surface element is turned on.

USING THE CONTROLS — Each dial can be set to adjust the element to any required cooking temperature. In addition, there are distinct “click” positions for the “high”, “off”, and “low” positions. To heat any element, push in and turn the control dial in either direction to the desired setting.

The element will cycle off and on to maintain the temperature at the setting selected. In the final analysis, cooking temperatures depend on the cooking utensil and quantity of food being cooked as well as the dial setting. The following guide will prove helpful for most family meals.

“LO” — For food prepared at less than boiling temperature . . . for keeping food and beverages at serving temperatures.

“2” through “4” — For maintaining boiling of moderate quantities of liquids, after they have been brought to the boiling point at a higher setting.

“5” through “6” — For maintaining boiling of larger quantities . . . for low temperature frying . . . for maintaining correct pressure in pressure cookers.

“7” through “9” — For frying meat and poultry . . . for maintaining deep-fat frying temperatures.

“HI” — Bringing foods to a boil.

If electric cooking is new to you, some of the cooking processes will differ from those you experienced with a gas range.

Heat-up and cool-down times for your elements will be different. The length of heat-up and cool-down will depend on initial temperature settings, type of utensil and amount of food being cooked. Generally, start the cooking process at a higher setting to initially heat-up the unit; then set the control to a low setting to finish the cooking process. Remember also that cooking continues after the unit is turned off; thus the control may be turned off prior to complete cooking and the residual heat contained within the element will finish the cooking process.

Cooking Utensils

On the electric surface unit, the finish, materials under the finish and design of the pan determine how a pan heats.

Glass-Ceramic cookware is slow to respond to temperature changes. It is best for long, slow heat cooking with a liquid.

Aluminum responds quickly to temperature changes. It is best for frying, braising and pot roasting.

Cast Iron is slow to respond to temperature changes. It is best for long-term, low-heat cooking and pan frying.

Stainless Steel is usually combined with another metal such as copper, to better respond to temperature changes. It may be used for soups, sauces, vegetables and general cooking.

Copper, Tin-lined Cookware is quick to respond to temperature changes. It is excellent for gourmet cooking, wine sauces and egg dishes.

Enamelware is a stain resistant porcelain over metal. Cooking times are determined by the base metal, however usually lower temperatures are recommended for enamelware.

When selecting cookware, the design of the pan is as important as the basic material. For efficiency and best results, select pans with these features:

- Flat bottoms and straight sides
- Tight-fitting lids
- Weight of handle does not tilt pan
- Match pan bottoms to element size

Efficiency and Energy Conservation Tips

To absorb the full heat output from the surface element, cooking utensils must cover the entire element. An undersized utensil will expose the outer portion of the element resulting in heat and energy waste.

Heat and energy will also be wasted or cooking results affected when:

- Utensils are warped and do not sit flat on the element.
- An empty pan is left on a hot unit, resulting in damage to the range top, element, and/or utensils.

- **LIDS AND COVERS** — A tight-fitting lid helps any cooking utensil give more efficient performance. It maintains more even temperatures in the pan and holds odors and steam. Covering pans will cook foods faster and minimize clean-up.
- **USE OF WATER AND LIQUID** — Foods cook faster in small amounts of water. If, after cooking, liquid remains, serve it with the food or save it for other cooking purposes. Many vitamins dissolve in cooking water and are lost if the liquid is drained and discarded.

Things to keep in mind when using conventional oven

1. Always be certain the oven parts are cool before touching them with hands not protected by a potholder - heating elements may be hot, even though they are dark in color, while the oven is

being used. Other range surfaces such as oven doors, oven door glass, and vents may become hot enough to cause burns. Be certain to avoid touching these areas with unprotected hands.

2. Always use dry potholders, never a moist one, nor a trailing cloth, to avoid possible burns from steam.
3. Pulling out oven racks to "Stop" position is a convenience when lifting heavy foods and is also a

precaution against possible burns from touching hot oven surfaces.

4. Use care when opening door — let hot air or steam escape before removing or replacing foods.
5. Do not heat unopened food containers — build-up of pressure may cause container to burst and result in injury.
6. Do not use aluminum foil on the racks or oven bottom — the self-cleaning feature makes this unnecessary.
7. Keep oven vent ducts unobstructed.
8. Placement of oven racks — always place oven racks in desired location while oven is cool. If rack must be moved while oven is hot, do not let potholder contact hot heating element in oven.

Self-Cleaning Models:

9. Do not clean door gasket — the door gasket is essential for a good seal. Care should be taken not to rub, damage or move the gasket.

10. **Oven Cleaners** — No commercial oven cleaner or oven liner protective coating of any kind should be used in the oven or to clean any exterior surface of the range. Damage to the surface finish may include removal of finish, loss of gloss or peeling.

11. Before self-cleaning the oven, remove broiler pan, oven racks and other utensils.

CAUTION:

Do not move the latch lever to the "Clean" position (far right) for normal bake or broil operation. Moving the lever to the right may cause the latch mechanism to lock the door in the closed position at normal bake temperatures.

If the latch is accidentally locked and the oven door cannot be opened, turn off the oven controls and wait until the oven has cooled before attempting to move the latch lever.

Do not force the latch lever as this may cause permanent damage to the door latch.

Conventional Baking, Roasting, Broiling;

Setting the controls

Lower Oven

BAKING/ROASTING

To Use:

1. Set Selector to "Bake".
2. Turn Oven Control to desired setting. Oven light will cycle on and off.

When Finished:

Turn Selector to "OFF". Turn Oven Control to "OFF".

TIMED BAKE

To Use:

1. Set Selector to "Time Bake".
2. Set range clock to time of day, if necessary.
3. Select "Start" time.
4. Select "Stop" time.
5. Turn Oven Control to the desired setting. When cooking starts, the oven light will cycle on and off.

When Finished:

1. Turn Oven Control to "OFF".
2. Turn "Time Bake" Selector to "OFF".

Baking/Roasting/Broiling Lower Oven

The air within the oven is heated by the bake element, located at the bottom of the oven and the broil element at the top of the oven. The heated air moves around the oven to heat the food within the pans. For even browning and cooking, each container needs enough space on each side to allow for the free move-

ment of hot air throughout the oven. Pans too close to each other, or cakes arranged on top of each other will not allow the free circulation of air.

SPECIAL FEATURES

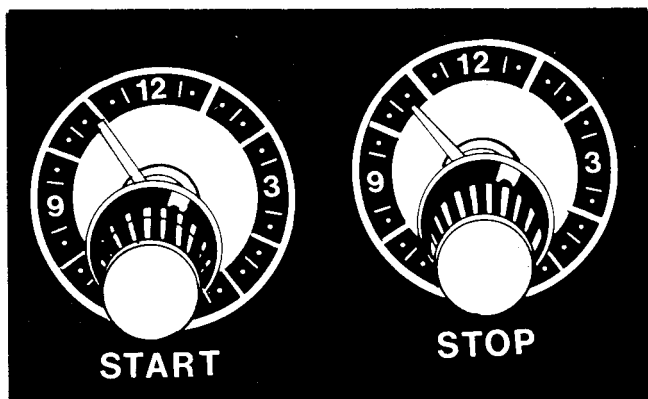
We suggest you read the following general information before trying special features on your range.

AUTOMATIC TIMING (Single Oven Models)

The lower oven on some models can be turned "on" and "off" automatically... accomplished by the Automatic Oven Timer which starts and turns the oven off at pre-selected times.

To enjoy the convenience of automatic oven timing, the following procedure should be observed.

1. With the proper cooking time in mind, the start time should be set by pressing the control knob on the "Start" dial and turning it in either direction until the indicator hand points to the desired starting time. This will be the time at which it is planned to serve the meal less the cooking time. (For example, to serve a roast at 6:30 that takes two hours to cook, the knob on the start dial is turned until the indicator points halfway between "4" and "5" to 4:30.)
2. The control knob on the "Stop" dial should be pressed and turned in either direction so that the indicator points to the time at which it is planned to serve the meal.
3. The Oven Control should be turned to the desired temperature for baking or roasting.



4. After the desired cooking time has elapsed, the oven heating element will turn off automatically. Food should then be removed from the oven. The Oven Control should be turned to "off" and the Selector should be turned "off".

NOTE: Broiling should never be attempted on automatic operation. Usually broiling time is accomplished in minutes, therefore even minor inaccuracies in setting the small "Start" and "Stop" dials could seriously affect broiling results.

SEMI-AUTOMATIC OVEN TIMING (Single Oven Models)

The Automatic Oven Timer can also be used to turn the oven OFF automatically, after the desired cooking time has elapsed; when it has been started manually.

For this type of semi-automatic oven operation, proceed exactly as for Automatic oven operation as described earlier, omitting Step 1 which relates to the "Start" dial.

AUTOMATIC OVEN TIMING - Non Self-Cleaning Models (Double Oven Models)

On Double Oven Models, the lower oven can be controlled automatically. To set the clock, use the following procedure:

1. Set the "Start" dial by pushing in and rotating it to the desired start time.
2. Set the "Stop" dial by pushing in and rotating it to the desired stop time.
3. Set the Oven Control to the desired temperature setting. Oven will start at the pre-set start time.
4. After the desired cooking time has elapsed, the "Stop" dial button will pop out and the oven will shut off automatically. Remove food and set Oven Control to "off".
5. Then push in "Stop" dial button for "Manual" operation.

AUTOMATIC OVEN TIMING - Self-Cleaning Models (Double Oven Models)

On Double Oven Models, the lower oven can be controlled automatically. To set the clock, use the following procedure:

1. Depress "Timed/Manual" switch to "Timed".
2. Set the "Start" dial by pushing in and rotating it to the desired start time.
3. Set the "Stop" dial by pushing in and rotating it to the desired stop time.
4. Set the Oven Control to the desired temperature setting. Oven will start at the pre-set start time.

SEMI-AUTOMATIC OVEN TIMING - Non Self-Cleaning Models (Double Oven Models Only)

The Automatic Oven Timer can also be used to turn the lower oven OFF automatically, after the desired cooking time has elapsed; when it has been started manually.

For this type of semi-automatic oven operation, use the following procedure:

1. Set the "Stop" dial by pushing in and rotating it to the desired stop time.
2. Push in but do not turn the "Start" dial. The "Stop" dial knob will move out slightly. This is normal. The "Start" dial knob will pop out after being pushed in.
3. Set the lower Oven Control to the desired temperature setting. Oven will start.
4. After the desired cooking time has elapsed, the "Stop" dial button will pop out and the oven will shut off automatically. Remove food and set lower Oven Control to "off".
5. Then push in "Stop" dial button for "Manual" operation.

SEMI-AUTOMATIC OVEN TIMING - Self-Cleaning Models (Double Oven Models Only)

The Automatic Oven Timer can also be used to turn

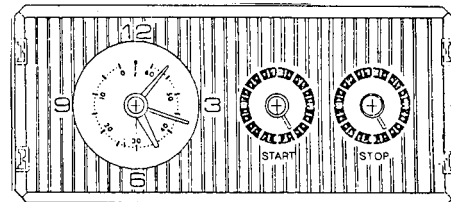
the lower oven OFF automatically, after the desired cooking time has elapsed; when it has been started manually.

For this type of semi-automatic oven operation, use the following procedure:

1. Depress "Timed/Manual" switch to "Timed".
2. Set the "Stop" dial by pushing in and rotating it to the desired stop time.
3. Set the lower Oven Control to the desired temperature setting. Oven will start.
4. After the desired cooking time has elapsed, the "Stop" dial button will pop out and the oven will shut off automatically. Remove food and set lower Oven Control to "off".
5. Then depress "Timed/Manual" switch to "Manual" to restore manual operation.

SETTING CLOCK TIMER—MINUTE TIMER

The "Minute Timer" is used to set the time of day and the Minute Timer. To set the time of day, push in on the knob and rotate in either direction. To set the Minute Timer, merely rotate in either direction. When the time has expired, a buzzer will sound.



Using the Oven

The oven provides five different shelf positions. In broiling, keeping food the proper distance from the broil element at the top of the oven is important. In the Broiling Chart, on page 11, recommended shelf positions numbered "1" (bottom position) to "5" (top position) are indicated along with recommended cooking times.

NEVER COVER THE OVEN RACKS WITH ALUMINUM FOIL. THIS WILL SERIOUSLY AFFECT BAKING RESULTS.

OVEN SHELVES/BROIL PAN

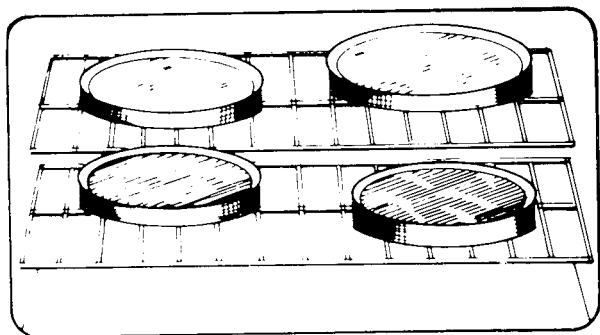
Both oven racks may be used for conventional baking and roasting. They will pull to the "Stop" position without tipping. They can be removed only by raising the forward edge after they have been pulled out as

far as they go, so that they pass the "stop" formed in the oven wall.

The oven is furnished with a porcelain broiling pan and chrome-plated grid. To minimize clean-ups, the pan may be lined with foil; but foil should never be placed on top of the grid during broiling; it will trap grease near the heating element and may cause it to smoke or catch fire. The broiling pan may also be used for roasting.

SHELF ARRANGEMENTS

The shelves should be arranged before preparing foods or turning the oven "ON". Position 1 being lowest, closest to oven bottom. Position 5 being highest, furthest from the oven bottom. In general, when using one shelf, position 2 should be used. When using two shelves, positions 2 and 4 are generally used.



FOOD ARRANGEMENT

In placing baking pans, cookie sheets, etc., on the shelves, they should be kept a distance of two inches from the side and rear walls. If roasting or baking pans are placed on different shelves, they should be staggered so that one is not located directly under another. This will assure good distribution of heat and will allow food in both pans to be thoroughly cooked.

OVEN LIGHT

Some ovens are equipped with an oven light that turns on automatically when the door is opened.

OVEN-READY LIGHT

When the oven control is turned from the "Off" position and the Selector is in "Bake" position, an "Oven" light comes on. If the recipe calls for a cold oven start, food can be placed in the oven as soon as the range is turned on; if a hot oven is called for, food to be baked or roasted should not be placed in the oven until the "Oven" light goes out. When the light goes out, the oven has reached the pre-selected temperature. The "Oven" light will turn "on" and "off" as the bake element cycles on and off to maintain correct temperatures.

Using The Ultra-Ray[®] Broiler

The Ultra-Ray[®] Broiler is available on some models and is identifiable by noting the special metal shield directly above the broiler element.

To use your Ultra-Ray[®] broiler, set the selector dial to "BROIL" and the temperature control dial to "BROIL" (since all broiling is done with a fast, searing heat, no temperature selection is used except with certain recipes).

DO NOT PRE-HEAT THE BROILER BEFORE USING.

BROILING TIPS

Foods generally broiled include steaks, hamburgers, chicken, fish, chops, fruit and vegetables.

Remove excess fat from the meat before broiling. Slash the fat around the edges of steaks and chops to prevent curling.

Do not pierce meats with sharp utensils during broiling.

Season meats when browned - not before cooking.

Most meats are turned once during broiling - after the top side is done. Fish does not require turning and is broiled with the skin side down.

IMPORTANT!

The effective useful cooking area of the broiler is reduced when you use the higher rack positions. The Ultra-Ray[®] burner uses infra-red rays to cook the food and they travel only in straight lines. In the higher rack positions, the rays cannot reach all corners of the broiler grid.

EXAMPLES:

General rule of thumb: The proper distance from the burner is determined by the degree of "Doneness" desired and the broiling time. For a charred exterior and a rare interior, place the food close to the burner for a shorter cooking time; for well done - further away and for a longer time.

SPECIFICS

Broiler grid - 12½ x 13" (approx.) - In the top (#5) rack position the Infra-red rays cover about 25% of the broiler grid area. In the #4 rack position you can use about 30% of the grid area. In the #3 rack position about 35%, in the #2 position the coverage is about 60% and in the bottom #1 rack position the rays cover 90% of the broiler grid area.

BROILING CHART

<u>FOOD</u>	<u>TOTAL BROILING TIME (MIN.)</u>	<u>FOOD</u>	<u>TOTAL BROILING TIME (MIN.)</u>
BEEF		LAMB	
Steaks (1" thick)		Chops or Steaks	
Rare	10	1" thick	8 - 10
Medium Rare	11	1½" thick	12 - 14
Medium	12 - 14	2" thick	14 - 16
Well Done	20	PORK (Cured)	
Steaks (1½" thick)		Bacon	2 - 6
Rare	15	Ham Slice	
Medium	20 - 25	"Cook before eating"	
Well Done	30	½" thick	10 - 20
Steaks (2" thick)		1" thick	20 - 30
Rare	25	Ham Slice	
Medium	30 - 35	"Fully Cooked"	
Well Done	40	½" thick	8 - 12
Ground Beef Patties (¾" to 1" thick)	8 - 15	1" thick	14 - 18
FISH		FRUIT	
Filletts or Steaks	10	Grapefruit, Peach or Tomato Halves	8 - 12

Using The Conventional Broiler

CONVENTIONAL BROILING

To Use:

1. Set Selector to "Broil".
2. Turn Oven Control to BROIL. The oven light will come on.

When broiling, the lower oven should be preheated for three minutes. The shelf to support the broiling pan should be in the proper position and food arranged on the grid and broiler pan, ready to go into the oven as soon as it is at the proper broiling temperature.

When Finished:

Turn Selector to "OFF". The oven light will go OFF. Turn Oven Control to "OFF".

Broiling should be done with the oven door in the "broil" position, open about 5 inches at the top. It will stay in the position if opened slightly wider and then eased back slowly to the broil position. Air circulation provided by the open oven door will provide the finest type of radiant broiling and keep broiled food juicy and flavorful.

BROIL GUIDE

FOOD	Inches Thick	Minutes 1st Side	Minutes 2nd Side	Shelf Position
Steaks	¼ to 1	7 to 12	4 to 9	4
	1¼ to 1¾	15 to 18	9 to 12	4
	2 to 2½	20 to 23	12 to 17	3
Hamburgers	¼ to ¾	4 to 8	3 to 7	5 (top)
Bacon-sliced	Thin	4 to 9	2 to 4	4
Ham	1	12 to 16	7 to 10	4
Chicken	Broiler Halves	20 to 30	10 to 12	2
Liver	¼ to ½	7 to 13	3 to 4	4
Salmon Steak	½ to ¾	10 to 15	5 to 7	4
Whole Fish —				
Small split	1 to 1½	7 to 10	5 to 8	4
Fish Fillets	½	10 to 13	5 to 7	5 (top)

Using The Broiler — Upper Oven

BROILING

To Use:

Turn Oven Control to BROIL. The Oven light will come on.

When broiling foods, the Oven Control must be turned to "Broil".

Food should be placed on the top position for searing; on the second position for deep roasting (fowl, etc.). Preheat this oven for five (5) minutes to bring it to broil temperature.

When Finished:

Turn Oven Control to OFF. The Oven light will go OFF.

The side hinged door on all Eye Level ovens should not be closed completely during broiling. Allow a four (4") inch door opening whenever food is being broiled. **NOTE:** *The broiling pan and grid supplied with the range will not allow the door to be closed completely. Trying to close the door will cause damage to the door and may result in broken glass.*

Oven Baking Guide

Hot Oven 400°-500°F.

Moderate Oven 350°-375°F.

Slow Oven 300°-350°F.

Follow this guide for time and temperature unless they are given in the recipe you are using. Baking time will vary with temperature of ingredients and size and type of utensil being used. However, if oven temperature is correct, variance should not be more than that given in the guide.

TEMPERATURE

	(Degrees)	Minutes
YEAST BREADS		
Bread	400	45-60
Rolls	375	25-30
QUICKBREADS		
Baking-powder Biscuits	450	12-15
Muffins	425	20-25
Popovers	375	45-60
Popovers with oven meal	350	60-75
Nut bread	400	50-60
Corn bread	375-400	30
COOKIES		
Drop	350-375	20-25
Rolled	375-400	8-12
Sliced	375-400	8-12
Brownies	350	25-30
PIES		
Pie shells	475	10-15
Custard	400	35-45
Pumpkin	400	35-45
Apple	400	45-60
Berry	425	45-60
Mince	425	35-45
CAKES		
8" Layer	375	25-30
9" Layer	350	30-35
Cup Cakes	375	20-25
Loaf Cakes	350	45-60
Angel Food	350	40-50
Sponge	350	40-50
Jelly Roll	425	12-15
Fruit	250-275	2-4 Hrs.
Gingerbread	350	30-50

Conventional Roasting

For best results, a shallow pan close to the size of the meat is recommended. The broiler pan can be used if necessary.

Place the meat on a rack or a grid with the fatty side up. Do not cover or add water.

Place pan on oven rack so that the center of the meat will be in the center of the oven.

Set the Oven Control to the desired temperature. Refer to Roast Guide in this section.

Useful Information —

When roasting frozen meats, allow 1/3 to 1/2 more cooking time than for roasts already thawed.

After the cooking completes, allow the roast to stand 15 to 20 minutes before carving.

Rare or medium rare meats can be removed slightly before they are ready; they will continue to cook while the roast is standing to be carved.

Meats and poultry prepared in the dry "roast" method should not be covered; nor should water be added prior to roasting.

ROAST GUIDE (An aid for roasting times and temperatures)

FOOD	Oven Temp.	Min./lb.	FOOD	Oven Temp.	Approx. Total Cooking Time In Hours
BEEF			CHICKEN		
Roasts	325°		4 to 5 lbs.	375°	1½ to 1¾
Rare		20-25	over 5 lbs.		1¾ to 2
Medium		26-30	TURKEY	325°	
Well Done		33-35	6-8 lbs.		3½ to 4
Rolled Roast	325°		8-12 lbs.		4 to 4½
Rare		32-36	12-16 lbs.		5½
Medium		36-40	16-20 lbs.		5½ to 7
Well Done		43-45	20-22 lbs.		7 to 8½
PORK (Fresh)	325°		DUCK	325°	
Fresh Ham (Whole)		22-28	3-5 lbs.		1½ to 2
Loin		35-40	GOOSE	325°	
Shoulder, Butt		40-45	6-8 lbs.		3 to 3½
Shoulder, Picnic		35-40			
HAM (Smoked-Mild Cure)	350°				
Picnic Shoulder		30-35			

*Small chickens can also be roasted at 400° for darker browning. If so, the cooking time should be shortened.

**For stuffed turkey or duck, cooking time may increase 15 to 20 minutes.

Eye Level Oven Operation

Review Safe Installation and Operation information on page 3 before using upper oven.

BAKING / ROASTING / BROILING:

SETTING THE CONTROLS, UPPER OVEN

BAKING / ROASTING

To Use:

Turn Oven Control to desired setting. Oven light will cycle on and off.

When Finished:

Turn Oven Control to OFF.

BROILING

To Use:

Turn Oven Control to BROIL. The Oven light will come on.

When Finished:

Turn Oven Control to OFF. The Oven light will go OFF.

Pre-Heating:

It is recommended that the oven be pre-heated for 15-20 minutes prior to placing the food in the oven.

Using the Oven

To open the oven door, grasp the handle which is in the lower left corner of the door and pull outward.

To close the door, grasp the handle while you close the door. The positive action catch will seal the door tightly.

When the upper oven door is open, DO NOT permit anyone to lean or to put any weight on it. This will eventually twist the door hinges and cause improper closing and loss of heat from the oven.

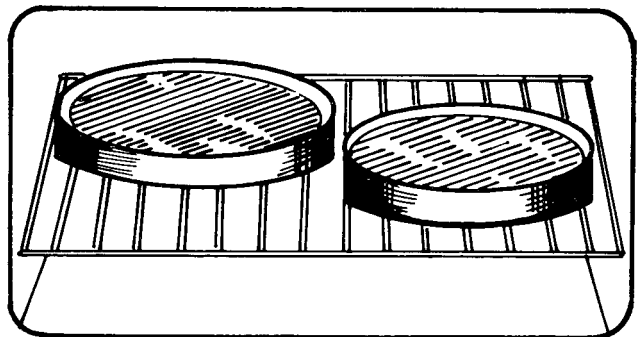
OVEN SHELVES/FLOOR

The oven rack is easily removed by sliding it out to the stop; lift the front of the rack, and slide the rack all the way out. Reverse the procedure to reinstall the rack. The side liner provides three positions for the non-tip shelves. The two bottom shelf positions are used for baking and roasting.

An improperly placed oven bottom will affect baking results. Do not block the openings in the oven bottom with aluminum foil. Blockage will affect operation of the bake element.

FOOD ARRANGEMENT

The heated air in the oven must be allowed to circulate freely. When baking pies or cakes in the eye level oven, never place more than two (2) pans (8 inches diameter, maximum) in the oven at the same time. Place them as shown.



It is very important that you always allow 1½" between cooking utensils and the oven sides, back and door. If you do not leave this much clearance, heat circulation will be impaired which causes uneven heat distribution. This will be noticed in the form of cakes being raw on top and burned on the bottom.

Never place more than one (1) cookie sheet in the top rack position of the upper oven. The cookie sheet should be no larger than 9" x 14" to allow for proper heat circulation. If a larger sheet is used, the cookies will burn on the bottom. Be sure the rack is in the TOP rack position.

Using the Broiler

When broiling foods, the Oven Control must be turned to "Broil".

Food should be placed on the top position for searing; on the second position for deep roasting (fowl, etc.). Preheat this oven for five (5) minutes to bring it to broil temperature.

The side hinged door on all Eye Level ovens should not be closed completely during broiling. Allow a four (4") inch door opening whenever food is being broiled. **NOTE:** *The broiling pan and grid supplied with the range will not allow the door to be closed completely. Trying to close the door will cause damage to the door and may result in broken glass.*

Features

Minute Interval Timer —

This can be useful as an interval timer that can signal the time at which various cooking procedures are complete or must be started.

To time any operation of 60 minutes or less duration, the knob in the center of the interval timer should be rotated from the "OFF" position so that the indicator points to the number of minutes desired on the scale numbered "60" to "0". When the time has elapsed, a signal will sound and remain on until the knob is rotated back to the "OFF" position.

Oven/Surface Light - Single Oven

The oven and surface lights are operated by the two switches on the left or right side of the control panel. To operate oven light, depress and release the switch.

On models with a surface light, push and hold the

switch until the ends of the fluorescent bulb are lit, then release.

Oven/Surface Lights - Eye Level Ovens

The oven and surface light are operated by the two switches on the upper control panel. The switch marked "OVEN" controls the lower and upper oven lamps - depress and release.

The switch marked "TOP" controls the surface light, located between the upper and lower oven. To operate, depress and release.

Self-Cleaning Models: REMOVABLE OVEN PANELS

The upper oven is equipped with removable liner walls (and oven bottom), for cleaning in the lower Self-Cleaning oven. Upper oven liner removal is fully explained on page 18.

Self-Cleaning Models: Operating The Self-Cleaning Oven

AVOID TOUCHING AREAS ABOVE OVEN DOOR AND RIGHT REAR TOP ELEMENT (which covers oven vent). THESE AREAS BECOME HOT ENOUGH TO CAUSE BURNS DURING CLEANING CYCLE.

HOW THE SELF-CLEAN CYCLE WORKS

The self-cleaning cycle generates high temperatures within the oven which cause food spills and spatters to decompose into minute amounts of vaporized matter, water, and a small residue of ash that can be easily removed with a damp cloth.

Because kitchens can become noticeably warmer, you may wish to schedule self-cleaning when the kitchen is not in use for 3½ to 4 hours. A definite duration for the self-cleaning process (which will depend on the degree of soil) must be selected. Self-cleaning can be initiated as well as terminated automatically while the homemaker is not present.

NOTE: Energy can be saved if the self-cleaning cycle is started after a bake or broil operation; while the oven is still hot, reducing the preheat time needed to reach the self-clean temperature. The oven should be prepared for the self-clean cycle prior to use; removing the excess spills in the bottom, soil inside the oven opening and on the frame of the door. When removing rack(s), etc., use potholders or oven mitts; avoiding contact with oven heating elements, etc.

BEFORE SELF-CLEANING

Before self-cleaning is started, certain simple preparations should be made.

1. Remove condiment containers, plastic spoon-holders, etc., from top surface of range.
2. Broiling pans, grills and all other utensils must be removed from the oven. If the oven racks are left in the oven during self-cleaning, they will permanently discolor and warp. Therefore, it is recommended that oven racks be removed during cleaning cycles.
3. If you have a serious spillover, lift-off large clumps of food and wipe up puddles of grease before the cleaning cycle is started. Excessive spillovers left in the oven may cause smoking or ignite during the cleaning cycle. For best results, use self-cleaning feature frequently before oven gets too dirty.
4. ACCUMULATED SOIL 2-2½ INCHES INSIDE THE OVEN OPENING, AND ON THE FRAME OF THE DOOR ITSELF SHOULD BE CLEANED BY HAND SINCE IT MAY NOT BE REMOVED BY THE SELF-CLEANING ACTION, BUT WILL INSTEAD BE BAKED HARD BY THE HEAT, BECOMING MORE DIFFICULT TO REMOVE LATER. DO NOT USE COMMERCIAL OVEN CLEANERS ON THE DOOR FRAME (OR ANYWHERE ELSE ON SELF-CLEANING OVENS.) Fine steel wool soap pads may be used to clean door openings and frames. Soap and suds should be rinsed away thoroughly.

CARE MUST BE TAKEN TO INSURE THAT THE SILVER OVEN SEAL IS NOT RUBBED, WETTED, OR DISTURBED IN ANY WAY WHILE THE DOOR FRAME IS BEING CLEANED.

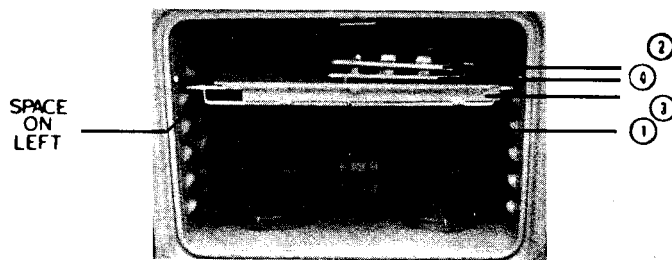
PREPARING UPPER OVEN LINERS FOR SELF-CLEANING IN THE LOWER OVEN —

Remove oven racks. (These should be cleaned in the sink.) Remove the oven bottom by pushing it to the rear until the front tabs are free; lift the oven bottom up and out.

The oven sides are removed by lifting the front edge of the panel at the bottom, pushing up and pulling out about one (1) inch. then, pull forward, out of the oven.

Remove the rear panel by lifting the bottom edge straight up and pulling out at the bottom.

The range is supplied with a special rack designed to hold the upper oven removable liners in the lower oven during the self-cleaning cycle. This rack can only be inserted in the top shelf position of the lower oven. **CAUTION:** DO NOT try to force the rack in any other shelf position other than the **TOP** position, or damage to the oven finish will result.



ARRANGEMENT IN LOWER OVEN

Place the special rack in the **top** shelf position of the lower oven. (see photo)

Place the upper oven bottom (1) on the extreme right side of the rack with the front and rear bars of the rack.

Next, place the rear panel (2) directly on top of the oven bottom, also keeping it to the extreme right.

Place the left side panel (3) on top of the rear panel (face up) and then the right side panel (4) on top of the left side panel (face up).

Be certain none of the upper oven pieces touch the right side of the oven wall. Be sure there is an open space between the **left** side of the upper oven liner pieces and the **left** wall of the lower oven. This allows the heat to circulate properly and clean all parts of the oven completely.

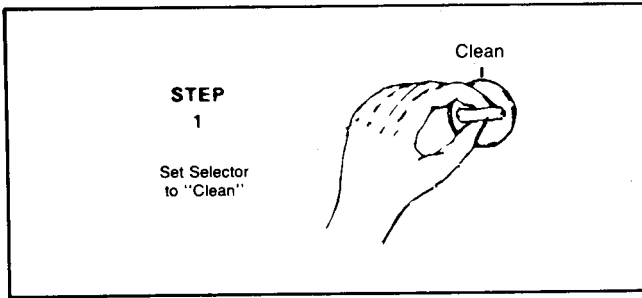
IMPORTANT! The upper oven liners will be hot immediately after the clean cycle. Allow them to cool before removing them.

The actual self-cleaning process is initiated by a simple 4-step procedure:

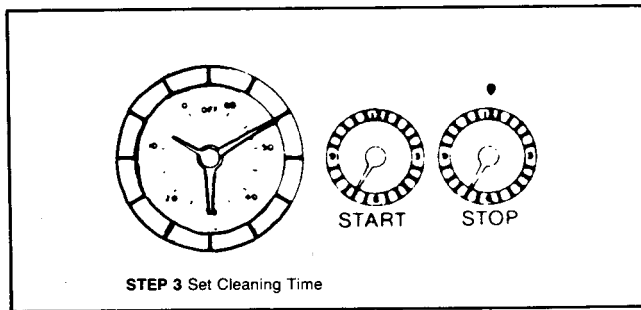
SINGLE OVEN (Backguard Model)

1. Turn Selector to "Clean".

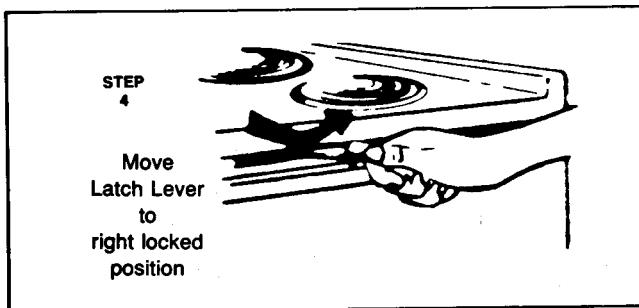
2. Oven Control should be in "Off" position.



3. Establish the length of time for the self-cleaning process by either:
- Pressing in the control knob of the "Stop" dial on the Automatic Oven Timer and turning it in a clockwise direction to a time up to three hours after the time indicated on the electric clock, but not less than 1½ hours.
 - Pressing in the control knob of the "Start" dial of the Automatic Oven Timer and turning it in a clockwise direction to some later hour for self-cleaning to start and selecting a time on the "Stop" dial which is between 1½ and 3 hours later than starting.



4. Close and lock the oven door by moving the Latch Lever as far to the right as it will go. Positive engagement of the locking mechanism is necessary for self-cleaning to take place. If the lever is accidentally dislodged from the extreme right-hand position, it must be restored to the locked position.



When this 4-step procedure for self-cleaning has been followed, the "Clean" and "Oven" lights will light immediately indicating that the heating elements are in operation and the oven is in Clean. As the

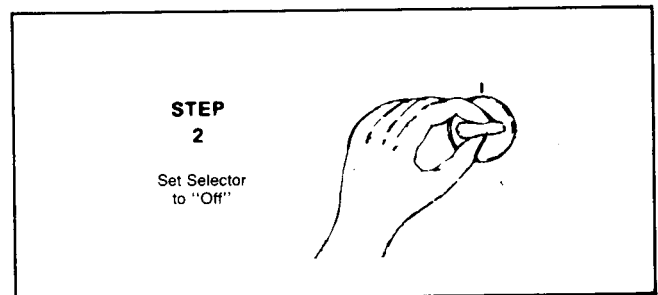
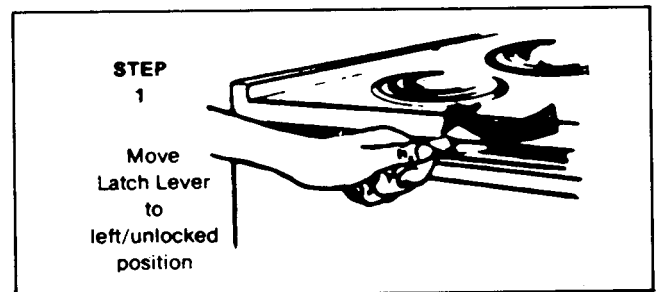
temperature increases, the door will automatically lock and the latch cannot be moved. This is a safety measure which prevents the oven door from being opened under high temperature conditions.

The "Oven" and "Clean" lights turn off, as soon as the self-cleaning time has elapsed (indicating that the electric heaters are no longer in operation).

AFTER SELF-CLEANING

After approximately one hour, the oven temperature will fall to about broiling temperature and the door latch can be moved to the left to open the door.

- If the Latch Lever does not move, allow an additional 10 minutes cooling time.
- Never force the Latch Lever, damage to the lever or latch mechanism will result. (This is an easily detectable condition and servicing costs must be assumed by the customer.)
- Turn Selector to the "Off" position.



TO STOP SELF-CLEANING

To cancel or interrupt the self-cleaning cycle before the "Cleaning" light is off, rotate the Selector from "Clean" to "Off".

OR

To interrupt self-cleaning while the "Cleaning" light is on, turn the knob on the "Stop" dial of the Automatic Oven Timer in a clockwise direction until it pops out (it will correspond with the time on the electric clock). As soon as the oven cools the door can be opened and the Selector can be turned to "OFF".

In cases of exceptionally heavy soil deposits, extra cleaning time may be required. In such cases, the regular self-clean procedure should be increased for an additional hour. Operating costs for self-cleaning are moderate.

During the first few times the self-cleaning system is used, there may be some odor and smoking from the "curing" of the binder in the high-density insulation used in the range.

When the insulation is thoroughly cured after a few self-cleaning cycles, this odor will disappear. Some people can also sense an odor characteristic of high temperatures with electric heat.

The self-cleaning system incorporates a smoke

eliminator adequate to dispose of any smoke generated in a normal cleaning cycle. However, if excessive spills have not been wiped up or if soil is allowed to build up and accumulate for a long time, some smoking may occur. This is a temporary condition.

EYE-LEVEL SELF-CLEANING

On Eye-Level Ovens, follow the preceding directions except that the lower oven thermostat should be turned to "Clean" and "Timed/Manual" switch should be depressed to "Timed".

The lock light remains on until the oven cools to a temperature where the door latch lever can be moved to the left.

MICROWAVE MODELS

HOW YOUR MICROWAVE OVEN WORKS

Conventional cooking depends on external heat.

When you cook in a conventional oven you normally pre-heat it. This heat slowly, over a period of time, penetrates in toward the center of the food and cooks it. Or, when you cook food on the range top, you apply heat from an electric or gas source to cook the food. Both of these methods are cooking by conduction.

The Microwave Oven uses high energy, high frequency microwaves.

Microwaves are electromagnetic waves of energy, similar to radio, light and heat waves. The Microwave Oven operates on a frequency of 2,450 megahertz. These microwaves are similar to the waves sent out by your television station and radio station. The Federal Communications Commission limits or controls the design of the microwave ovens. It is controlled because there are a number of communication systems that operate closely to the frequency used in the microwave oven. Microwaves have many of the same characteristics that light waves have. First, they both travel in a straight line. They can be generated, reflected, transmitted, and absorbed. The basic differences are what materials reflect, transmit, and absorb them, and how the microwaves are generated. In the microwave oven the generator for producing the microwaves is a Magnetron. The Magnetron is a vacuum tube which operates as an oscillator to generate microwaves.

Reflected or absorbed

Although microwaves can be reflected in the same manner that light is, the materials that reflect them vary. For example: aluminum and stainless steel

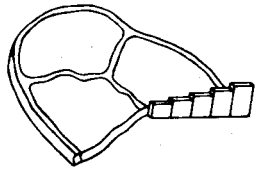
reflect microwaves. The perforated screen in the door of the microwave oven reflects the microwaves, yet they transmit light. Paper products transmit microwaves while light is either absorbed or reflected. The selective nature of microwaves makes it possible to cook in the microwave oven and still to have the wall, ceiling, floor, cooking container and door remain cool because they reflect the microwaves. They will warm up slightly from the transfer of heat from the food by conduction.

How food is heated

Foods are heated in the microwave oven by the absorption of the microwaves. Every inch of all food is made up of many millions of molecules. These molecules react to the microwave field much the way a compass needle reacts to a magnet. If you put a magnet to one side of a compass, the needle will then point to the magnet. When you move the magnet to the other side of compass the needle will turn towards the magnet. When this process is repeated quickly and many, many times, eventually friction in the bearing that supports the needle will cause heat. The molecules in the food react in a very similar manner to the changing microwave field. The molecules tend to align themselves with the field. The molecules that make up the food being cooked in the microwave oven are rotated 180° 2,450 million times a second. This rotation causes the food to heat.

Food cooked inside and out

As the microwaves penetrate the food, a little power is lost to each successive layer of molecules. The center molecules are therefore not rotated a full 180°



MICROWAVE PENETRATION

until heat is generated towards the center of the food as opposed to the outside of the food. Food in the microwave oven is being cooked all the way through at the same time (with more cooking taking place on the outside of the food). It is, therefore, possible to prepare a rare, medium, or well done roast. The fact that food is heated throughout makes it possible for the microwave oven to cook food fast. Time required to cook food in the microwave oven is solely dependent on how much heat is required throughout the

ABOUT YOUR NEW MICROWAVE OVEN

Registration. Also included with the packet that comes with the unit is a purchase registration card. This must be filled out and returned to us. Federal regulations require that all manufacturers of microwave ovens have a permanent record of the owners of each unit.

Warning Page. Please read pages 2 and 3 of this book carefully before operating your microwave oven. It contains precautions which will help you avoid any possible exposure to microwave radiation or electrical shock.

The Microwave Oven Range incorporates all the latest in cooking technology. Therefore, we have listed many of the "do's and don'ts" in order that you may fully enjoy all of the features in a safe convenient way. Also, observing the "do's and don'ts" will insure the most efficient use of the product.

For the first few days that you have the unit in your home, we suggest that you keep a cup or glass of water in the unit when it is not in use. This will help protect the oven if it should accidentally be turned on, causing the oven to operate without a "load" in it. It is possible to damage the Magnetron tube if the unit is operated without anything in it.

Some things to do and not to do. Be sure to read the sections about the types of cooking utensils you should and should not use. It is important that you do not use any cookware of any kind that is made from metal or has a metal content. The Microwave oven

food, and the amount of heat required by the food and the weight of the food.

Safety features

The safety features built into each microwave oven are designed so that you can not operate the unit when the door is open.

All models have two safety features

First is the primary door seal that keeps the microwaves from passing around the door. Second, the door gasket is made from a special vinyl with large amount of carbon black. If any microwaves should pass by the door seal, this gasket has the ability to absorb them. In addition to Stop/Start pad, all models have backup interlock switches that operate from door motion. These switches are located behind the door latch.

range will be one of your most prized kitchen appliances and will help you prepare faster, more nutritious meals for your family.

THINGS NOT TO DO . . .

Do not operate the microwave oven when it is empty. When there is no food to absorb it, microwave energy can damage the Magnetron tube seriously.

Do not use metal cookware of any kind in the microwave oven. It is possible to damage the Magnetron tube or heat the cooking vessel sufficiently and cause a fire.

Do not operate microwave oven when door gasket or door seal is damaged. To do so would allow microwave energy to escape. The gaskets must be replaced with a special type from your Caloric Dealer. Do not substitute other materials or gaskets.

Use metal only as directed. Metal strips may be used on roasts and poultry to protect less dense or vulnerable parts. Metal trays may be used for TV dinners. However, when using metal in the microwave oven, **keep metal at least 1-inch away from sides of oven.**

Use only a meat thermometer designed for use in the microwave oven to check food when the microwave oven is operating. Meat thermometers contain metal and may cause "arcing" and malfunction and/or damage to the unit.

Do not wrap food in aluminum foil when cooking in the Microwave Oven.

Do not cook eggs in the shell. Do not cook eggs with an unbroken yolk. It may result in a pressure build up and eruption. Pierce the yolk with a fork before cooking.

Do not bake potatoes, tomatoes or apples unless the skin has been pierced. You should be sure that all foods with an outer skin or membrane are pierced to allow steam to escape during cooking.

Do not cook vegetables in a plastic bag (or air-tight container) unless the bag has been pierced. This allows steam to escape during cooking.

Do not cook in a container with a restricted opening, such as a pop bottle, or salad oil bottle.

Do not pop popcorn in the microwave oven.

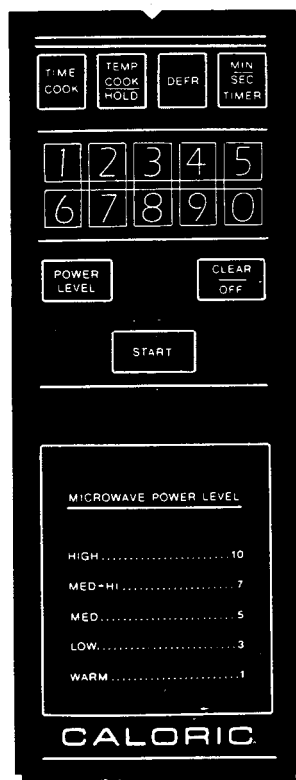
SAFETY FEATURES:

The microwave oven does not emit x-ray radiation and conforms to all safety requirements or standards of Underwriters' Laboratories, Inc.

When the microwave oven is operating in accordance with design specifications you can not operate the oven with the door open. Any motion in the door handle will disengage the interlock system and stop the oven. Any one of the three "Safety" switches stops the unit from operating. In effect, the microwaves are extinguished as quickly as a light bulb that is controlled by a light switch.

Be sure to read: "Things not to do" section beginning on page and continued on this page. You will find that these hints and suggestions will make food preparation even easier.

Features of Your Control Panel



1. Readout Display. Displays time or temperature during cooking functions, and cooking power (when Cooking Power Pad is touched).

2. Time Cook. Microwave for a preset amount of time using automatic Cooking Power 10 or change cooking-power after setting time. (See page 23.)

3. Temp Cook. Use the Selectaprobe to cook by using a preset temperature. Display shows temperature until preset temperature is reached and then turns off. (See page 25.)

4. Number Pads. Touch these pads to enter Time, Temperature, Cooking Power.

5. Cooking Power. Touch this pad before entering another cooking power number if you want to change from automatic Cooking Power 10 (HIGH) for cooking or Cooking Power 3 (LOW) for defrosting.

6. Start. Must touch this pad for oven to begin any function.

7. Defrost. Gentle, more uniform thawing at automatic Cooking Power 3, or change cooking power after entering time. (See page 23.)

8. MIN/SEC/TIMER. This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking. (See page 29.)

9. Clear/Off. When touched, it stops the oven and erases all settings.

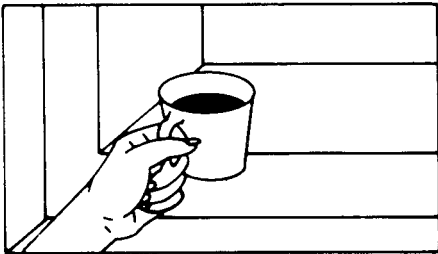
10. Code. Not applicable.

How To Time Cook

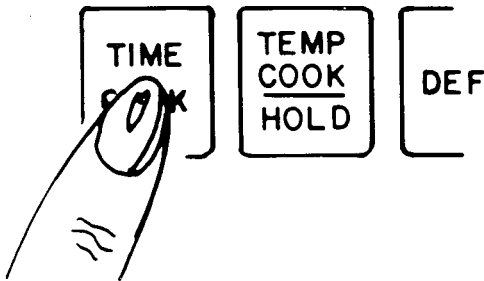
Time Cooking, or cooking your food according to a predetermined amount of time, is probably familiar to you from conventional cooking. With your microwave oven, however, you preset the time and the oven turns off automatically.

Using Your Oven To Time Cook

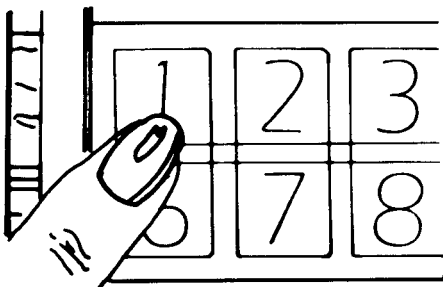
Follow the cooking steps below to help you learn to Time Cook properly.



Step 1: Fill a cup 2/3 full of water and 1 teaspoon of freeze dried coffee. Use a cup that has no metal decoration. Place cup in oven and close door.

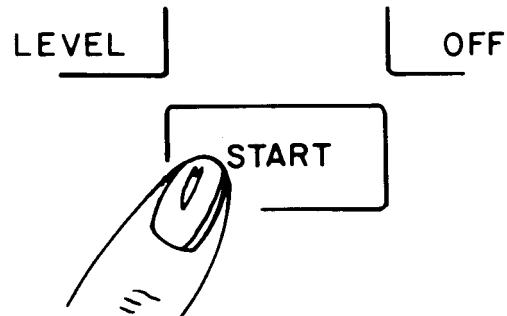


Step 2: Touch TIME COOK. The display shows :0. ENTER COOK TIME flashes. Power Level 10 is automatically set, but does not appear on display.



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

If another Power Level is desired, touch POWER LEVEL and the number although Power Level 10 (HIGH) is preferred for this cup of coffee.



Step 4: Touch START. Time counting down shows on display.

Step 5: When time is up, the oven sounds, oven light and fan shut off. The display will show "End."

Step 6: Open the door or touch CLEAR/OFF pad.

MICROWAVE TIPS Information

Questions and Answers

Q. Must I change Cooking Power everytime I cook?
A. Automatic Cooking Power 10 for Time or Temperature Cooking or 3 for Defrost are programmed into the Model. If you wish another Cooking Power you must touch COOKING POWER and number.

Q. Can I interrupt my Time Cook function to check the food?

A. Yes. Simply open the door! To resume cooking, close the door and touch START. NOTE: Microwave power will not come on until you are ready. You must touch START for cooking to begin.

Q. I set my cooking power and touched START, however, my oven didn't come on. Why?

A. You must touch TIME COOK and enter a cooking time.

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

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

How To Use Defrost

Using Your Oven to Defrost

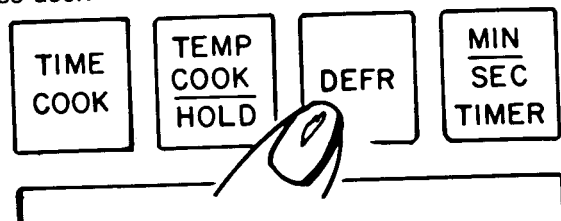
The Defrost setting is designed for even thawing necessary for large amounts of food and is one of the most important advantages of a microwave oven. Cooking Power 3 is automatically set for defrosting, but you may change this for more flexibility.

- See your Cookbook for defrosting help.

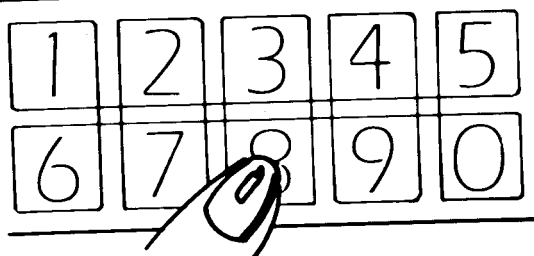
When the oven completes Defrosting, it automatically shuts off. It will then display "End" and beep once a minute until you either open the door or touch the CLEAR/OFF pad.

To become better acquainted with the defrost functions, defrost frozen pork chops using the following steps.

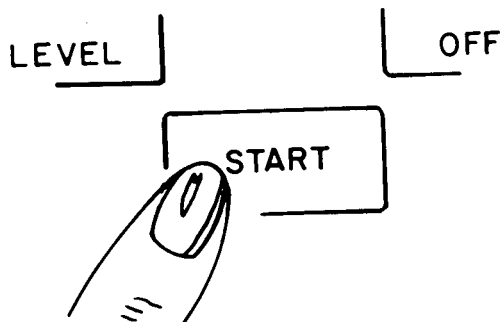
Step 1: Place package of frozen chops in the oven and close door.



Step 2: Touch DEFROST. Display reads :0 and Power Level 3 is automatically set in the oven but does not appear on display. ENTER DEF. TIME flashes.



Step 3: Touch 8, 0 and 0 for 8 minutes. DEF. TIME and 8:00 are displayed. If you wish to change Power Level, touch POWER LEVEL pad and then new number.



Step 4: Touch START. Time counts down on display. When cycle is completed, the oven signals and automatically shuts off.

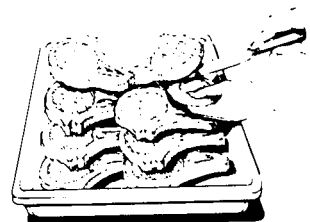
Step 5: Turn package over, close door and repeat Steps 2, 3 and 4.

Step 6: When oven signals and shuts off, display will show "End".

Step 7: Open door or touch CLEAR/OFF pad. Remove package and separate chops to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.
- For even defrosting, many foods need to be broken up or separated part of the way through the defrosting time.



- Homemade dinners can be frozen in shallow foil trays and heated for later use. Select foods which microwave well.
- Pre-packaged frozen dinners can be defrosted and microwave cooked.

Questions and Answers

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

A. This sound is normal. It is letting you know the oven is using a Cooking Power lower than HIGH.

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

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START.

Q. Can I Defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the Cooking Power after entering the time to 7 or 10. Cooking Power 7 cuts the time in 1/2. Cooking Power 10 cuts the time to 1/3. During either, rotate or stir food frequently.

Q. Can I select a Cooking Power other than automatic Cooking Power 3 for defrosting?

A. Yes. Some smaller foods may be defrosted quicker on higher Cooking Powers but for even, carefree defrosting, Cooking Power 3 is suggested.

How To Temp Cook

For many foods, internal temperature is the best test of doneness.

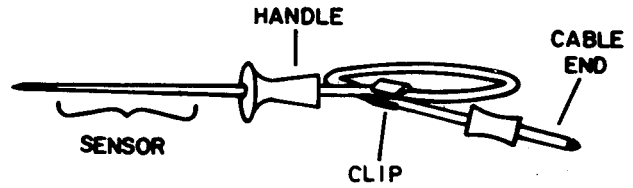
Roasts or poultry are cooked to perfection when temperature cooking. Heating or reheating foods accurately to a serving temperature you desire is simple and easy.

TEMP COOK takes the guesswork out of cooking because the oven shuts off automatically when the food is done.

The Selectaprobe

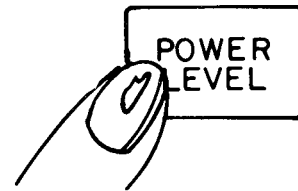
The probe is a food thermometer that gauges the inter-

nal temperature of your food; it must be used when using TEMP COOK or ROAST MATIC. To utilize your probe properly, follow the directions for use and insertion in this book on the following pages.

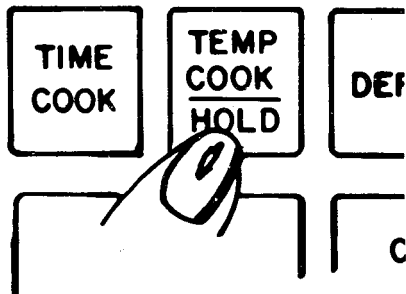


How to Temp Cook a Rolled Beef Rib Roast to Medium

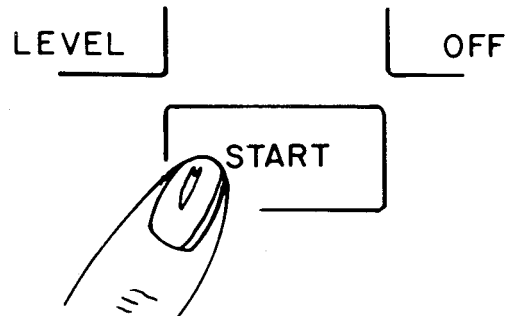
Step 1: Insert probe and attach probe securely in oven wall. Close the door.



Step 4: Touch POWER LEVEL pad. P-10 shows on display. Touch 5 for MEDIUM power. P-5 shows on display and then display reverts back to set finished temperature.



Step 2: Touch TEMP COOK/HOLD. ENTER TEMP COOK flashes and the digit portion of the display is blank.

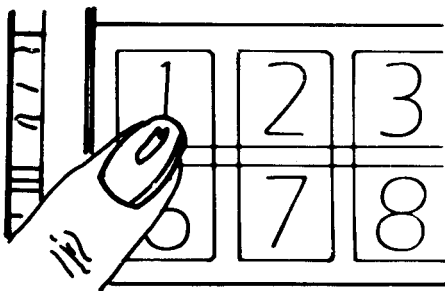


Step 5: Touch START. After food reaches 90°, display shows temperature of food counting up.

Step 6: When 130° is reached, the oven will sound and display HOLD. The oven will then hold the temperature.

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

Step 8: Remove probe and food from the oven.



Step 3: Touch 1, 3, 0 for 130°. 130 shows on display. Power Level 10 is automatically set in oven but does not appear on display.

Cooking Tips

- Use a lower cooking power setting; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Always insert probe into the center of meaty areas; take care not to touch the fat or the bone.

- Insert probe as horizontally as possible into foods. Make sure the handle does not touch the food.
- Use the clip to keep the probe in place while heating.
- Cover foods loosely for moisture control and quick, even heating.

Questions and Answers

Q. Oven sounded and would not start although I entered the temperature correctly. What is wrong?

A. If you have not securely seated the end of the probe into the receptacle in the oven wall, if you have not set Temperature Cooking and have forgotten to use the probe, or if the actual food temperature is higher than set temperature, oven will sound and not start.

Q. Is temperature cooking better than time cooking for reheating leftovers?

A. Yes, this type of food is excellent to heat with the probe because often the amount of food is not known, therefore cooking time is only a guess. Cooking to a preset temperature (usually 150°) eliminates the guesswork.

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

A. No. If the probe is left inside the oven, touching the oven wall, and not inserted in food, you may damage the oven or the probe.

Q. Are there any foods I can't temperature cook?

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

Heating or Reheating Chart

1. Directions below are for reheating already-cooked foods at refrigerator or room temperature. Use microwave oven safe containers.
2. Cover most foods (see tips) for fastest heating. Exceptions are rare or medium meats, some sandwiches, griddle foods like pancakes and baked foods.
3. Where appropriate, use the automatic food temperature control for accurate heating. Place probe horizontally so tip is in center of food. 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° lower. Adjust temperatures to your personal taste. Stir foods before serving.
4. Be sure foods are heated through before serving. Steaming or bubbling around edges does not necessarily mean food is heated throughout. As a general rule, hot foods produce an area warm to the touch in center of underside of dish.

ITEM	Amount	Suggested Serving Temp.	Cooking Power	Approximate Time, Min.
Appetizers				
Saucy; such as meatballs, riblets, cocktail franks, etc.	1 to 2 servings	150°	HI (10)	1½-4
½ cup/serving	3 to 4 servings	150°	HI (10)	4-6
Dips; cream or process cheese	½ cup	130°	Med (5)	2½-3½
	1 cup	130°	Med (5)	3-5
Pastry bites; small pizzas, egg rolls, etc.	2 to 4 servings		HI (10)	1-2
Tip: 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°	HI (10)	2-4
Tip: Probe works well in saucy dishes or vegetables (use in largest serving) but not in meat slices. Cover plate of food with waxed paper or plastic wrap.				
Meat and Main Dishes				
Saucy Main Dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc.	1 to 2 servings	150°-160°	HI (10)	3-7
¾-1 cup/serving	3 to 4 servings	150°-160°	HI (10)	8-14
	1 can 16-oz.	150°-160°	HI (10)	4½-6
Thinly sliced roasted meat:				
Rare beef roast, minimum time; Medium Rare, maximum time	1 to 2 servings		Med-HI (7)	1-2
3 to 4-oz./serving	3 to 4 servings		Med-HI (7)	2-3½
Well done; beef, pork, ham, poultry, etc.	1 to 2 servings		Med-HI (7)	1½-3
	3 to 4 servings		Med-HI (7)	3-5
Steaks, chops, ribs, other meat pieces:				
Rare beef steak	1 to 2 servings	130°	Med-HI (7)	2½-4
	3 to 4 servings	130°	Med-HI (7)	5-9
Well done beef, chops, ribs, etc.	1 to 2 servings	150°	Med-HI (7)	2-3
	3 to 4 servings	150°	Med-HI (7)	4-7
Hamburgers or meat loaf	1 to 2 servings		HI (10)	¾-2
4-oz./serving	3 to 4 servings		HI (10)	1½-3½
Chicken pieces	1 to 2 pieces		HI (10)	¾-2
	3 to 4 pieces		HI (10)	2-3½

Heating or Reheating Chart

ITEM	Amount	Suggested Serving Temp.	Cooking Power	Approximate Time, Min.
Hot Dogs and sausages	1 to 2 3 to 4		HI (10) HI (10)	1-2 2½-3½
Rice and pasta 2/3-¾ cup/serving	1 to 2 servings	150°	HI (10)	1-2
Topped or mixed with sauce 2/3-¾ cup/serving	1 to 2 servings 3 to 4 servings	150°-160° 150°-160°	HI (10) HI (10)	3-6 8-12
Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with waxed paper. Do not cover rare or medium rare meats.				
Sandwiches & Soups				
Moist filling: Sloppy joe, barbecue, ham salad, etc. in bun 1/3 cup/serving	1 to 2 servings 3 to 4 servings		Med-HI (7) Med-HI (7)	1-2½ 2½-4
Thick meat-cheese filling; with firm bread	1 to 2 servings 3 to 4 servings		Med-HI (7) Med-HI (7)	2-3 4-5
Soup				
Water based 1 cup/serving	1 to 2 servings 3 to 4 servings	150°-170° 150°-170°	HI (10) HI (10)	2-6 7-11
	1 can 10-oz.	150°-170°	HI (10)	6-7
Milk based 1 cup/serving	1 to 2 servings 3 to 4 servings 1 can 10-oz. reconstituted	140° 140° 140°	140°Med-HI(7) 3-8 Med-HI (7) Med-HI (7)	3-8 10-14 7-8
Tip: Use paper towel or napkin to cover sandwiches. Cover soups with waxed paper or plastic wrap.				
Vegetables				
Small pieces: peas, beans, corn, etc. 1/2 cup/serving	1 to 2 servings 3 to 4 servings 1 can 16-oz.	150°-160° 150°-160° 150°-160°	HI (10) HI (10) HI (10)	1-3 3-4½ 3½-4½
Large pieces or whole: asparagus spears, corn on the cob, etc.	1 to 2 servings 3 to 4 servings 1 can 16-oz.		HI (10) HI (10) HI (10)	1½-3 3-4½ 4-4½
Mashed 1/2 cup/serving	1 to 2 servings 3 to 4 servings	150°-160° 150°-160°	HI (10) HI (10)	1-3 4-7
Tip: Cover vegetables for most even heating.				
Sauces				
Dessert: chocolate, butterscotch	1/2 cup 1 cup	125° 125°	HI (10) HI (10)	1/2-1½ 1½-2½
Meat or main dish, chunky type; giblet gravy, spaghetti sauce, etc.	1/2 cup 1 cup 1 can 16-oz.	150°-160° 150°-160° 150°-160°	HI (10) HI (10) HI (10)	1½-2½ 2½-4 4-6
Creamy type	1/2 cup 1 cup	140°-150° 140°-150°	HI (10) HI (10)	1-1½ 2-2½
Tip: Cover food to prevent spatter.				
Bakery Foods				
Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread	1 piece 2 pieces 4 pieces 9-in cake or 12 rolls or doughnuts		Low (3) Low (3) Low (3) Low (3)	1/2-1 1½-2 1½-2½ 2-4
Dinner rolls, muffins	1 2 4 6-8		Med (5) Med (5) Med (5) Med (5)	1/4-1/2 1/2-3/4 1/2-1 ¾-1½
Pie: fruit, nut or custard 1/8 or 9-in. pie = 1 slice (use minimum time for custard)	1 slice 2 slices 4 slices 9-in. pie		HI (10) HI (10) Med-HI (7) Med-HI (7)	1/2-1 1-1½ 2½-3½ 5-7
Griddle Foods				
Pancakes, French Toast or Waffles (3" x 4") Plain, no topping Syrup & butter With 2 sausage patties (cooked)	2 or 3 pieces 2 or 3 pieces 2 or 3 pieces		HI (10) HI (10) HI (10)	1/2-1 1-1¼ 1¼-1½
Beverages				
Coffee, tea, cider other water based	1 to 2 cups 3 to 4 cups	160°-170° 160°-170°	HI (10) HI (10)	1½-3½ 6-7
Cocoa, other milk based	1 to 2 cups 3 to 4 cups	140° 140°	Med-HI (7) Med-HI (7)	2½-7 7-10
Tip: Do not cover bakery foods, griddle foods (pancakes, etc.) or beverages.				

Defrosting Chart

1. Food packaged in all-paper or plastic packages may be defrosted without unwrapping. If food is foil wrapped, remove foil and place food in cooking dish for defrosting.
2. After first half of cooking time, unwrap package and check food. Turn food over, if necessary; break apart or separate food if possible. On very large foods like turkey, some shielding of thin wing or leg areas may be necessary.
3. Be sure large meats are completely defrosted (or, on roasts allow extra microwaving time). Turkeys may be placed under running water until giblets can be removed.
4. When defrosted, food should be cool but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes.

COOKING POWER: Defrost (3)

FOOD	First Half Time, Min.	Second Half Time, Min.	Comments
Meat			
Bacon (1 pkg.)	3½-5	none	Place unopened package in oven. Microwave just until strips can be separated.
Franks (1-lb.)	4-5	none	Place unopened package in oven. Microwave just until franks can be separated.
Ground: beef & pork (1-lb.)	4	4-6	Turn over after first 4 minutes.
(2-lbs.)	6	6-8	Scrape off softened meat after second half of time. Set aside. Break up remaining block, microwave 5-6 minutes more.
(5-lbs.)	12	12-14	Scrape off softened meat after second half of time. Set aside. Break up remaining block, microwave 11-12 minutes more.
Roast: Beef	3-4 per lb.	3-4 per lb.	Place unwrapped roast in oven. After half of time turn roast over. Defrost for second half of time. Let stand for 30 minutes.
Roast: Pork	5-6 per lb.	5-6 per lb.	Place wrapped package in oven. Turn over after first half of time. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Spareribs, pork (1 pkg.)	2-4 per lb.	2-4 per lb.	
Steaks, chops & cutlets; beef, lamb, pork & Veal	2-4½ per lb.	2-4½ per lb.	Place wrapped package in oven. Turn over after first half of time. After second half of time, separate pieces with table knife, let stand to complete defrosting.
Sausage, bulk (1-lb. tray)	2½	2½-4½	Turn over after first 2½ minutes.
(1-lb. roll)	2	2-4	Turn over after first half of time.
Sausage, link (1½ to 1-lb.)	2	1½-2½	No turn needed.
Sausage, patties (12-oz. pkg.)	1	1-2	No turn needed.
Poultry			
Chicken, broiler-fryer cut up (2½ to 3½-lb.)	7-8	7-8	Place wrapped chicken in oven. Unwrap and turn over after half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2-3 minutes more, if necessary.
Whole (2½ to 3½-lb.)	9-11	9-11	Place wrapped chicken in oven. After half of time unwrap and turn over chicken. Shield warm areas with foil.
Cornish hen	4-6 per lb.	5-6 per lb.	Place wrapped package in oven breast side up. Turn package over after first half of time.
Duckling	2-3 per lb.	2-3 per lb.	Place wrapped duckling in oven. After first half of time, unwrap and turn over into cooking dish. Shield warm areas with foil.
Turkey	4½-5½ per lb.	4½-5½ per lb.	Place unwrapped turkey breast side down. After first half of time, remove wrapper and shield warm areas with foil. Turn turkey breast side up for second half of time. Run cool water into cavity until giblets and neck can be removed. Let soak in cool water for 1-2 hours or refrigerate overnight to complete defrosting.

Defrosting Chart

COOKING POWER: Defrost (3)

FOOD	First Half Time, Min.	Second Half Time, Min.	Comments
Fish & Seafood			
Fillet (1-lb.)	4	4-6	Place unopened package in oven. (If fish is frozen in water, place in cooking dish.) Rotate 1/2 turn after first half of time. After second half of time, hold under cold water to separate.
Steaks (6-oz.)	2-3	none	
Whole fish (8 to 10-oz.)	2	2-4	Place fish in cooking dish. Turn over after first half of time. After second half of time, rinse cavity with cold water to complete defrosting.
Shellfish, small pieces (1-lb.)	7-8	none	Spread shellfish in single layer in baking dish.
Shellfish, blocks Crab meat (6-oz. pkg.)	4-5	none	Place block in casserole.
Oysters (10-oz. can)	6 1/2-8	none	Place block in casserole. Break up with fork after first half of time.
Scallops (1-lb. pkg.)	7-9	none	Place unopened package in oven.
Shellfish, large	4-6	none	Arrange in cooking dish.
Crab legs—1 to 2 (8 to 10-oz.)			
Lobster tails—1 to 2 (6 to 9-oz.)	6-8	none	Arrange in cooking dish.
Whole lobster or crab (1 1/2-lb.)	8-9	8-9	Place in cooking dish with light underside up. Turn over after first half of time.

Bread, Cakes

Bread or buns (1-lb.)	3-4	none	
Heat & serve rolls (7-oz. pkg.)	2-4	none	
Coffee Cake (11 to 14 3/4-oz.)	3 1/2-5	none	
Coffee ring (10-oz. pkg.)	3 1/2-4	none	
Sweet rolls (8 3/4 to 12-oz.)	2 1/2-4	none	
Doughnuts (1 to 3)	1 1/2-4 1/2	none	
Doughnuts, glazed (1 box of 12)	2-3	none	
French Toast (2 slices)	5 1/2-6 1/2	none	
Cake, frosted 2 to 3 layer (17-oz.)	2-2 1/2	none	
Cake, filled or topped 1 layer (12 1/2-16-oz.)	2-3	none	
Pound cake (11 1/4-oz.)	2	none	
Cheesecake, plain or fruit top (17 to 19-oz.)	5-7	none	
Crunch cakes & cupcakes	1/2-1 each	none	
Fruit or nut pie (8-in.)	8-10	none	
Cream or custard pie (14-oz.)	2-3	none	

Fruit

Fresh (10 to 16-oz.)	6-11	none	Place package in oven. Remove foil or metal. After minimum time, break up with fork. Repeat if necessary.
Plastic pouch—1 to 2 (10-oz. pkg.)	5-10	none	Place package in oven. Flex package once.

How To Use The Min/Sec/Timer

Your MIN/SEC/TIMER, which operates without microwave energy, has three timing functions.

It operates as a Minute Timer, it can be set to delay cooking or may be used as a hold setting after defrosting. Min/Sec/Timer can be set up to 99 minutes.

Step 1: Touch MIN/SEC/TIMER pad. The display shows :0. Signal light above MIN/SEC/TIMER flashes.

Step 2: Select the amount of time you desire. Touch the appropriate number pads. If, for example, you are timing a three minute phone call, touch 3, 0, and 0. The display shows 3:00.

Step 3: Touch START. The readout display shows the time as it counts down.

Step 4: When time is up, a signal sounds and the timer turns off.

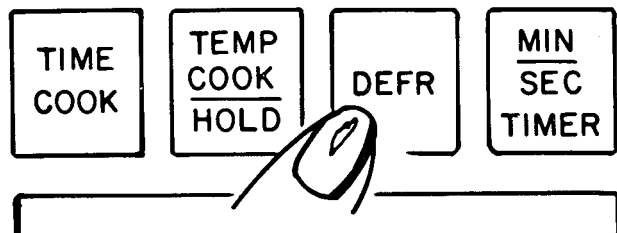
The MIN/SEC/TIMER can also be used to program "hold time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes.

To set the oven to delay cooking up to 99 minutes follow Steps 1 and 2 to enter hold time, then set Time Cook and time, or Temp Cook and temperature desired before pressing START. When holding before temperature cooking, be sure probe is in food before pressing START.

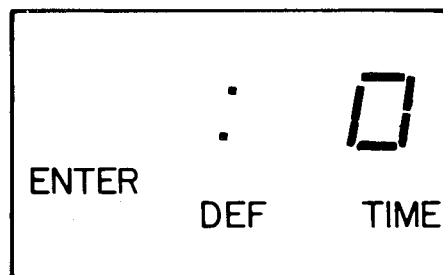
How to Defrost—Hold And Time Cook

To help you become acquainted with the MIN/SEC/TIMER feature as used with Time Cook or Temp Cook follow steps below to defrost a frozen casserole for 15 minutes, then hold 10 minutes and then cook 25 minutes. If using Temp Cook after Min/Sec/Timer, be sure to insert probe correctly as shown in Roast Matic section of this book, after HOLD time.

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

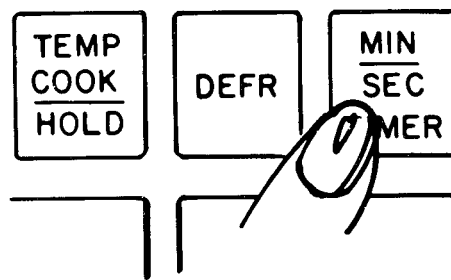


Step 2: Touch DEFROST pad.



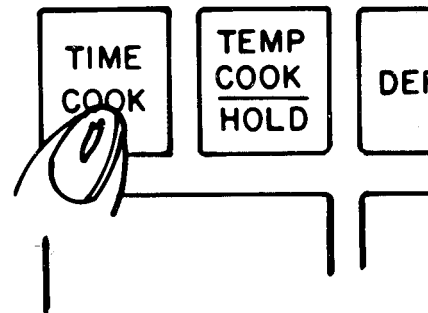
The display shows :0 and ENTER DEF. TIME flashes.

Step 3: Touch pads 1, 5, 0 and 0 for 15 minutes defrosting time. 15:00 appears on display. (Defrosting is automatically set on Power Level 3 but can be changed by touching POWER LEVEL pad and the new Power Level.)



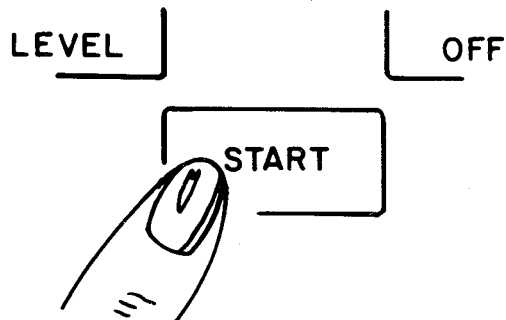
Step 4: Set standing or hold time by touching MIN/SEC TIMER. :0 appears on display and ENTER TIME flashes.

Step 5: Touch 1, 0, 0 and 0 to hold for ten minutes. 10:00 appears on display.



Step 6: Touch TIME COOK pad. The display shows :0 and ENTER COOK TIME flashes.

Step 7: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. 25:00 appears on display.



Step 8: Touch START. 15:00 counting down shows on display. As each function is automatically performed oven display shows instructions entered and the function. While cooking, you may touch appropriate pad to recall times you set.

Step 9: When time is up, the oven sounds, oven light and fan shut off. The display will show "End".

Step 10: Open the door or touch CLEAR/OFF pad.

Care For Your Microwave Oven

Your New Microwave Oven is a Valuable Appliance, Protect It From Misuse By Following These Rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps "air-out" the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils with your oven.** The interior and exterior oven walls can be scratched. The control panel can be damaged.
- **Don't remove the antenna cover** at the top of the oven. You will damage the oven.



Questions and Answers

Q. What will happen if I accidentally reverse the instructions?

A. If you accidentally reverse the sequence of programming instructions, your oven automatically rearranges your program. Defrosting always comes first, then hold, and then the cooking function.

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

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

Q. Can I Defrost-Hold only on my oven?

A. Yes, for foods you don't want to cook, like frozen fruit, frozen whipped topping, etc.

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

BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

How To Clean The Inside

Walls, floor and plastic cover. Because there is little heat except in the food, or sometimes in the utensils, spills and spatters are easy to remove. Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry. Do not use abrasive cleaners on oven walls. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door-inside. Glass: Wipe up spatters daily, wash when soiled, with a minimum of sudsy warm water. Rinse thoroughly and dry.

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

Special note when using Browning Dish: High heat generated on bottom of Dish can cause scorched appearing stains to bake onto the oven floor if grease is

present. These may be removed with Bar Keepers Friend® Cleanser by SerVaas Laboratories, Inc.

After using Bar Keepers Friend® Cleanser, rinse and dry thoroughly, following instructions on can. Do not use Bar Keepers Friend® Cleanser on the painted surfaces such as the walls. It may scratch the paint.

Bar Keepers Friend® Cleanser is sold in many grocery, hardware, and department stores.

Control Panel. Wipe with a damp cloth. Dry

thoroughly. Do not use abrasives or sharp objects on the panel. They can damage it.

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

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

The Problem Solver

To Save Time and Money— before you call for service, check the Problem Solver

If you have a problem, it may be minor. You may be able to correct it yourself. Just use this Problem Solver to locate your problem and then follow the suggested recommendations.

Oven Will Not Come On:

- Main circuit breaker is tripped.
- One of house fuses has blown.

Control Panel Lighted, Yet Oven Will Not Start:

- Make sure you touched START button.
- Door is not securely closed.
- You have already entered another program and not touched CLEAR/ OFF to cancel it.
- Probe not inserted properly or not being used during Temp Cook.
- You have not entered numbers after Time Cook.
- You have not entered desired finished temperature after Temp Cook.
- CLEAR/OFF was touched accidentally.
- Be sure temperature set is higher than actual food temperature.

Foods Are Either Overcooked or Undercooked:

- Not enough time set when using Time Cook function because of variance of starting food temperatures.

- The density and amount of foods will vary and thus may need more time for completion.
- Probe not inserted properly into meat or dish.
- Incorrect Cooking Program numbers entered.
- Incorrect Cooking Power entered.
- Dish was not rotated, turned or stirred if these instructions were given in recipe.
- Too many dishes in oven at same time.
- You did not enter a different Cooking Power as suggested in recipe.

“PF” Appears On Readout:

- When oven is first plugged in.
- When power to oven has been interrupted, and then is resumed. Touching CLEAR/OFF erases “PF”.

All These Things Are Normal on Your Microwave Oven:

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

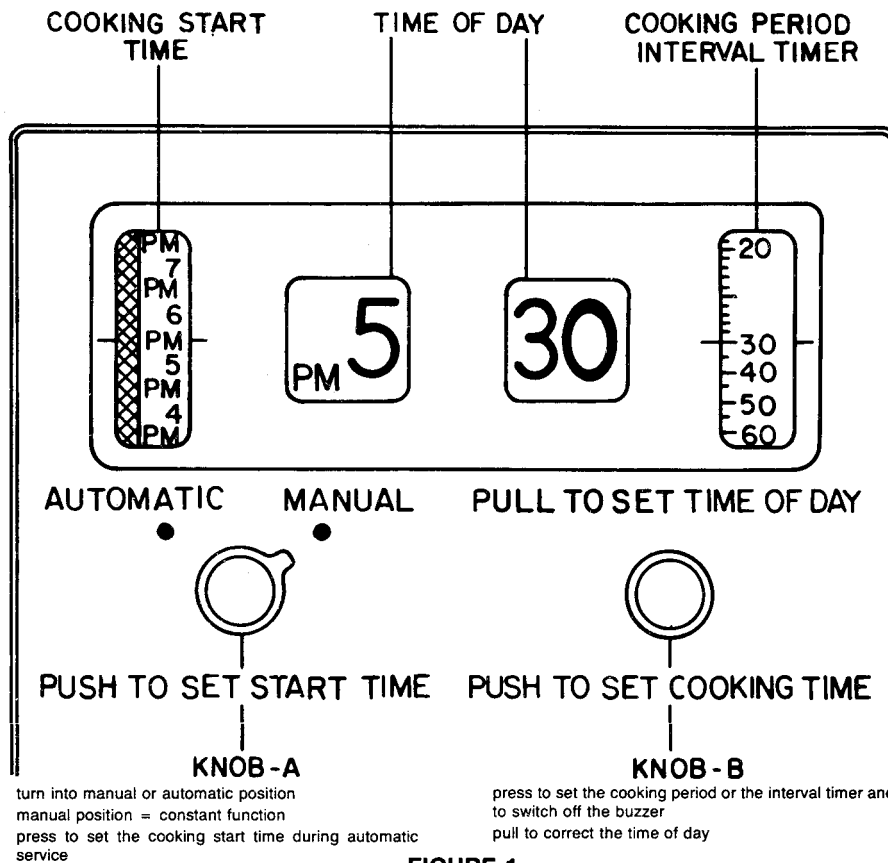


FIGURE 1

Model Special Features

To enjoy the convenience of Automatic Oven Timing, the following procedure should be observed.

Operation of the 24 Hr. Auto Digital Timer

- 1. Time of Day Clock:** To correct the time of day, pull the right hand knob B. In this position the time indication runs fast (24 hours in approximately 30 minutes). When the desired time appears, press knob B to its original position. Correction is only possible in the direction of normal running time. Be sure to have A.M. or P.M. set correctly.
- 2. Interval Timer:** In normal cooking use, i.e. the selector switch in the manual position, the cooking period scale acts as the interval timer. Setting is effected by pressing knob B. At the end of the set time a buzzer sounds, which switches off automatically after approximately 2-3 minutes. The buzzer can be switched off earlier by pressing knob B to advance the indicator to the 0 position.
- 3. Semi-Automatic Operation:** Turn the selector switch A into the automatic position. Set the desired cooking period in the right hand window by pressing knob B. The switch contacts are thereby closed and

the cooking period starts immediately. At the end of the period the contacts open and at the same time the buzzer sounds. This alarm switches off automatically after 2-3 minutes or can be switched off by pressing knob B to advance the indicator to the 0 position.

For semi-automatic operation, the green edge in the left hand window must always be visible.

- 4. Fully Automatic Operation:** Turn the selector switch A into the automatic position. Set the cooking start time in the left hand window by pressing knob A, whereupon the green edge disappears and the scale becomes visible. Release knob A as soon as the desired start time appears at the datum line. The cooking period is set by pressing knob B, the same as for semi-automatic operation. As soon as the clock time reaches the pre-set start time, the switch contacts close, the green edge in the left hand window appears and the cooking period commences. At the end of this period the contacts open and the buzzer gives a 2-3 minute reminder of the finish of the automatic operation.

Pre-set operating times can be corrected at any time. For the clock and cooking period setting, a continuous run is possible but when setting the cooking start time, the indicator will stop when it corresponds with the clock time (normal position for semi-automatic and interval timer use). By pressing knob A again, a new start time can be set.

The Oven Control on the right side of the control panel should be turned to the desired temperature for baking or roasting.

After the desired cooking time has elapsed, the oven heating element will turn off automatically. Food should then be removed from the oven. The main oven control should be turned to "Off" and the Automatic/Manual Knob of the timer should be set in the Manual position. The Automatic/Manual knob on the timer should be set in the Manual position.

Broiling should never be attempted on automatic operation. With broiling time figured in minutes, even minor inaccuracies in setting the dial could seriously affect broiling results.

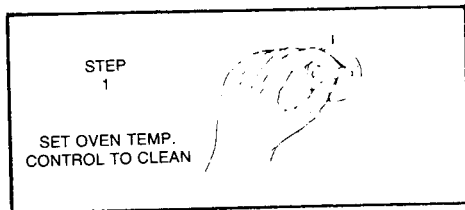
NEVER COMPLETELY COVER THE OVEN RACKS WITH ALUMINUM FOIL, THIS WILL SERIOUSLY AFFECT BAKING RESULTS.

When the oven control is turned past the "Off" position and the automatic clock is set in the manual position, an "Oven Ready" light comes on. If the recipe calls for a cold oven start, food can be placed in the range as soon as the oven is turned on; if a hot oven is called for, food to be baked or roasted should not be placed in the oven until the "Oven Ready" light goes out. When the light goes out, the oven has reached the pre-selected temperature. The "Oven Ready" light will turn on and off to maintain correct temperature.

To Start Self-Cleaning

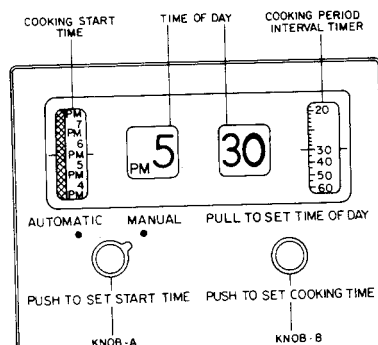
The actual self-cleaning process is initiated by a simple 3-step procedure:

1. Turn the Oven Control to the "Clean" position by rotating it in a counter-clockwise position from "Off".

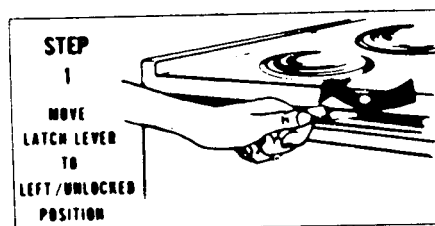


2. Set the Automatic/Manual knob on the timer to the Automatic position and establish the length of time for the self-cleaning process by either:
 - a. Pressing in the cooking Period/Interval Timer knob on the Automatic Oven Timer to a time up to 180 min. (3 hrs.), but not less than 90 min. (1½ hrs.).
 - b. Pressing in the Cooking Start Time knob on the

Automatic Oven Timer to some later hour for self-cleaning to start and selecting a time on the cooking period which is between 90 min. and 180 min.



3. Close and lock the oven door by moving the Latch Lever as far to the right as it will go into a locked position. Positive engagement of the locking mechanism is necessary for self-cleaning to take place. If the lever is accidentally dislodged from the extreme right-hand position, it must be restored to the locked position.



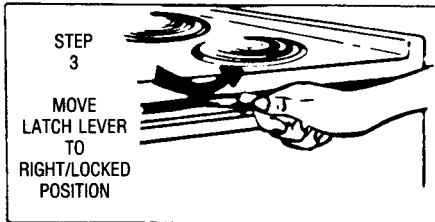
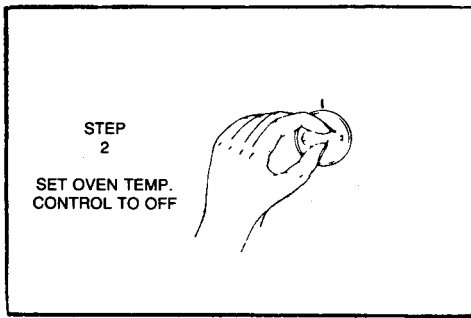
When this 3-step starting procedure for self-cleaning has been followed, the "Oven Ready" will light up immediately indicating that the heating elements are in operation. As the temperature increases, a "LOCK" signal light will turn on. This indicates that the Latch Lever is fixed by electrical switches in its locked position and cannot be moved — a safety measure which prevents the oven door from being opened under high temperature conditions.

While the "Oven-Ready" light turns off as soon as the self-cleaning time has elapsed (indicating that the electric heaters are no longer in operation), the "Lock" signal will remain lit for some time (indicating that the oven temperatures are still too high for the door to be opened safely and that the Latch Lever is still locked shut).

After Self-Cleaning

When the oven temperature falls to about broiling temperature, the "Lock" light will turn off. Attempt to open the door by moving the Latch Lever to the left.

It is suggested that the oven door be left open at the broiling position (5" ajar) to speed cooling down. The Oven Control, should be turned back to the "Off" position at this time.



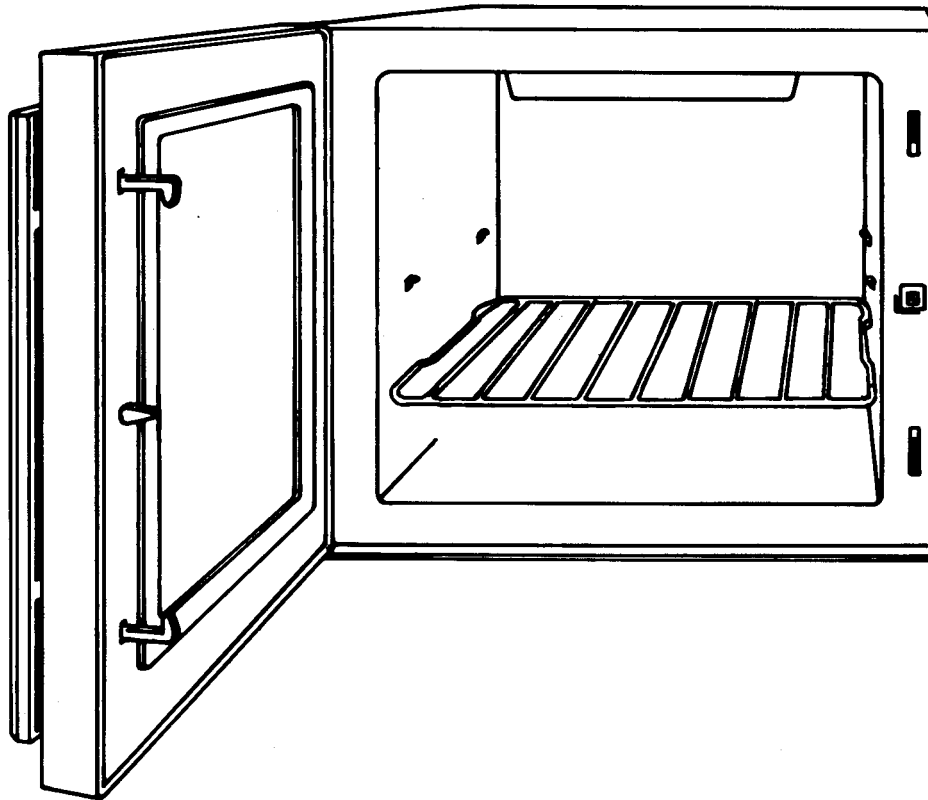
To Stop Self-Cleaning

To cancel or interrupt the self-cleaning cycle before the "Lock" light is on, move the "Latch Lever" all the way to the left and rotate the Oven Control in a clockwise direction from "Clean" to "Off".

To interrupt self-cleaning while the Lock signal is on, press the cooking period/interval timer knob on the Automatic Oven Timer until the dial reads "0" minutes left. When the "Lock" light turns off, attempt to move the Latch Lever to the left.

In cases of exceptionally heavy soil deposits, extra cleaning time may be required. In such cases the regular self-clean procedure should be followed for an additional hour. Operating costs for self-cleaning are extremely moderate.

INSTRUCTIONS FOR USE OF MICROWAVE SHELF



Microwave Shelf

Lets you microwave several foods at once. Increases the useable capacity of your microwave oven so you can cook up to three different foods simultaneously or prepare an entire meal at one time. The shelf is removeable when not in use.

To Use Your Microwave Shelf

To position shelf so that it is securely "seated", insert into the oven cavity above shelf supports and completely to the back oven wall. Drop into place so that the recessed areas are over the shelf supports. To remove shelf, lift shelf above supports and then pull forward and out. Do not place food on shelf unless it is securely "seated" on the supports.

When the shelf is not in use, remove from the oven.

Do not use a microwave browning dish on shelf.

Caution

Do not operate your microwave oven with the shelf in place unless you also have food on the shelf.

Never use a microwave browning dish with the shelf. Heat from browning dish can damage the shelf. It is designed for use in a microwave oven only; do not use it in a conventional oven. The easy to clean shelf is dishwasher safe and may be washed in hot water with a mild detergent. Do not use abrasive cleansers or scouring pads.

Shelf Cooking

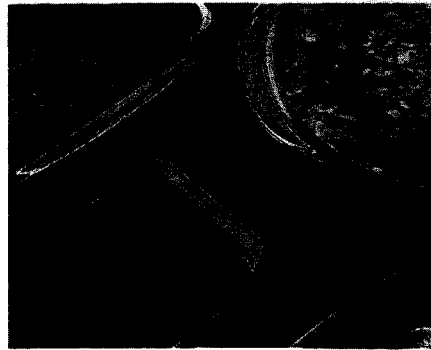
If your microwave oven is equipped with a shelf, use it to double the capacity of your oven. Several ideas for meals using shelf cooking are presented here.

Shelf cooking is a natural when you want to reheat a number of leftovers. Just fit them on the shelf and oven floor, use High power and remove the smallest amounts (which will be done fastest) before the rest.

Tips for Foods and Utensils for Complete Oven Meals



Place empty utensils in oven. Check for fit.

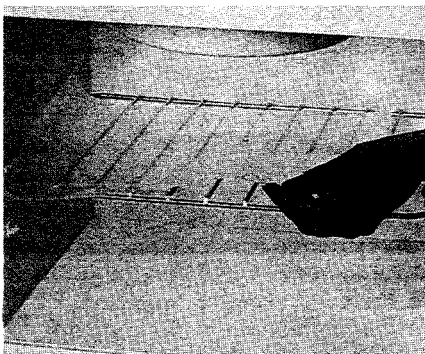


Place main dish, or longest cooking food, on top shelf.

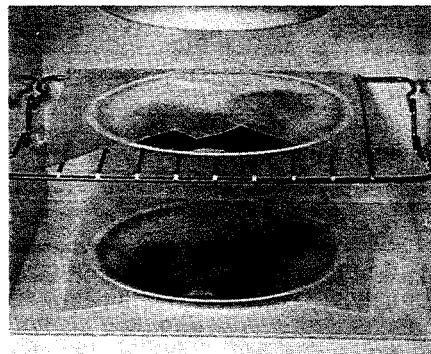


Arrange other foods around main dish or on oven floor.

Techniques for Shelf Cooking



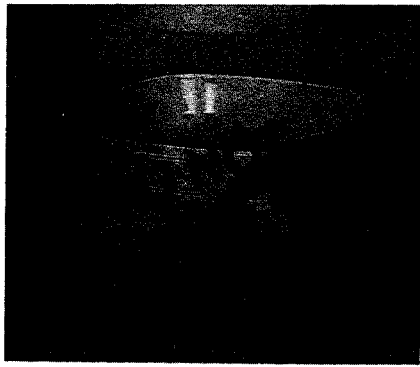
Cover shelf with wax paper or paper towel to prevent top shelf foods from dripping onto foods below.



Add total time for all foods, using your cookbook heating guide. Microwave for 1/2 of time. Reverse (top to bottom) position of plates. Heat for 1/2 of time.



Check areas of foods which are close to oven walls. Energy reflected off walls can cook these areas faster than center.



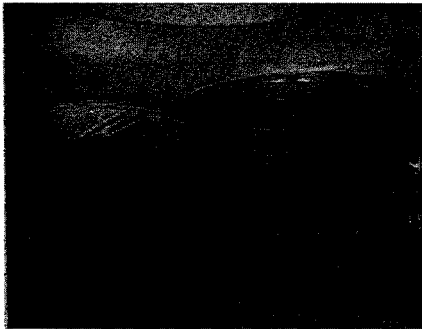
Do not use the Brown 'N Sear dish on oven shelf. Best cooking results are obtained with this dish on glass ceramic oven floor.

Shelf Cooking

Whether you use the microwave shelf to cook several foods or microwave them one at a time, depends on the type of food and amount of attention you wish to give it. Shelf cooking requires more care than regular microwaving.

Two foods which microwave well at high power may save time when cooked on the shelf with a third food on the oven floor. Microwave timing depends on quantity, two plates of food take twice as long as one; however, both are ready to serve together when you use the shelf.

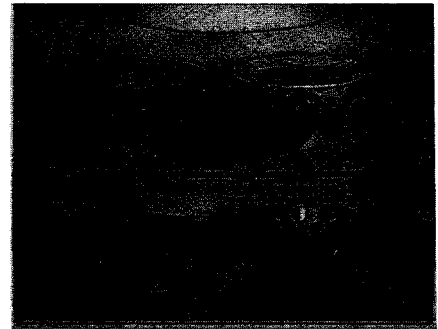
Two Shelf Positions for Versatility



Low shelf position is ideal for most complete oven meals. This position allows plenty of room for tall meats on the oven shelf while still providing space for low dishes on the oven floor.

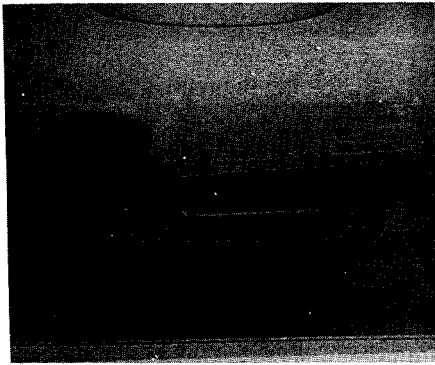


High shelf position works best for 2 equal size casseroles, 2 cake layers or batches of muffins or cookies.

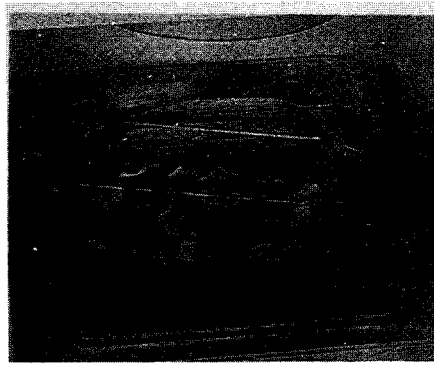


High shelf position is recommended for heating many small quantities of foods at one time. Arrange largest amount of food on top, remove foods when done.

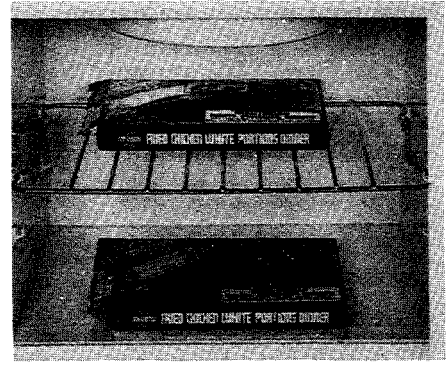
Techniques for Arranging Foods for Complete Meal Microwaving



The open arrangement acts like a sieve. Part of the energy is absorbed by foods on both shelf and the floor of the oven, but the spaces between them allow complete circulation of microwave energy around all foods. With this arrangement it is possible to cook raw foods even on both oven shelves.



The closed arrangement fills an oven shelf closely with food so there is little space for circulation of microwaves. This arrangement requires a little more careful selection of foods because not all the energy is available to each food. Check food after partial cooking and rotate or rearrange if necessary. This meal of Crumb Coated Chicken (page 118), Squash Combo (bottom of chart page 171) and 4 ears of corn in husk (page 170) was cooked, covered with vegetables on shelf and chicken on floor for 20 minutes, reversed to finish cooking 20 more minutes.



Dinners must be identified for use in a microwave oven. The staggard or stacked arrangement allows you to microwave two like foods together at the same time. Small foods have complete access to microwaves by placing one food to the rear of the shelf and one to the front of the oven floor. Larger foods, especially baked items may be stacked with a food on the oven shelf placed directly over the food on the oven floor. Usually food cooked in the stacked position must be reversed after the cooking time.

Care and Maintenance

CARE —

Cleaning Range Exterior — Exterior painted surfaces and trim can be cleaned with a damp cloth and soapy water or a low-abrasive cleaner such as "Soft-Scrub®". No abrasives, gritty cleaners or steel wool should be used.

The glass on the control panel should be cleaned only with a soft damp cloth, never with scouring powder or steel wool. All control knobs can be pulled off to simplify cleaning control panels, and replaced on control shafts in minutes. Be sure to note the position of the knobs so they can be replaced on the proper control in their original position after cleaning. DO NOT use scouring pads to clean control knobs. The numerals can be rubbed off of the knobs by the abrasive action of the pad.

Chrome Finishes — Usually a damp cloth will clean chrome and aluminum surfaces. A good non-abrasive metal cleaner can be used. Never use steel wool,

scouring powder, oven cleaners or abrasives on bright metal or painted surfaces.

Cleaning Porcelain Ovens — Non-Self Cleaning Models

Porcelain-lined master ovens and eye-level ovens should be cleaned only when they are thoroughly cool and when the Oven Controls are set at "Off". Both top and lower oven heating elements are self-cleaning — Food spatters, on elements, will burn away or may be brushed off the element if hardened.

The lower heating element is hinged to permit cleaning adjoining oven surfaces. The front of the element can be raised, to permit the oven bottom to be cleaned.

Oven walls should be washed with warm soapy water. If spatters and spills have built up and hardened, they should be softened with household ammonia and cleaned away with a fine steel wool soap pad. A good

Depending on how the oven is used, it can always be presentably clean with little or no hand cleaning.

WHAT TO EXPECT

The continuous cleaning surface works when the oven is in operation so that heavy soil will not build up. While the oven may not be spotless at all times, it never gets really dirty.

Most fat spatters that occur during meat roasting, oven frying and broiling are continuously cleaned away.

Most fat spatters will gradually diminish shortly after touching the oven walls. If spatters should remain, they will probably be reduced during later oven use. The breakdown of fats is gradual. No objectionable odors are created by the cleaning process as the fat spatters are decomposed at normal baking or roasting temperatures.

With this system, both *time* and *temperature* are important factors in the oxidation of soils. It works most efficiently at higher temperatures for longer periods of time.

GENERAL CARE

Occasionally wipe out the whole interior surface with a nylon pad and plain water; then blot dry and run the oven for two hours at 475°F.

WHAT NOT TO EXPECT

Carbohydrate type soils... sugar and starch... (spillovers from casseroles, pies, etc.) and soils which occur in heavier amounts will not be removed.

If these soils should contact the side or rear continuous cleaning panels, they should be removed as soon as the oven is cool enough to allow cleaning.

Recommended cleaning procedure for massive spillovers:

- First, use a paper towel or sponge to blot up and

remove all the excess spill you can. Do it as soon as possible — preferably while the oven is still slightly warm and the soil is still soft and pliable. Repeat the blotting as long as you're still picking up soil.

- Turn off the oven and allow it to completely **cool down**. Then spray the soil area with an all-purpose, spray-on/wipe-off cleaner ("Fantastik", "409" or equivalent). Work the cleaner into the porous surface by scrubbing with a nylon-bristle brush or nylon net pad. Leave the cleaner on the soil area for 15-30 minutes.

- Scrub the softened soil with the nylon brush or pad.

- Then rinse thoroughly with *cold* water. Unless the oven has a removable panel which can be rinsed under the faucet, the best way to do this is by squeezing out a clean, water-soaked sponge over the soil area. After flushing, blot up (not mop up) the surface water with a paper towel or damp sponge. It is unnecessary to completely dry — just avoid leaving excess water. Repeat the process, if necessary, to make sure all the softened soil and cleaner residue is washed away. Spray-on/wipe off cleaners volatilize under heat, and unless they are *completely rinsed* away this can occur in follow-up oven use — leaving a chalky residual stain that is hard to remove.

- Turn on the oven, set the temperature at 475°F and leave for two hours.

NEVER USE

Never use commercial caustic oven cleaners on continuous cleaning surfaces! They can severely damage the specially formulated coating.

Never use spray type oven protective coating, scouring powders, abrasive materials, steel or metal wools. Knives or scrapers should never be used on any continuous cleaning surface. They are likely to abrade the coating which will affect the cleaning mechanism.

Hood Exhaust Systems

Safe Operation

- **CLEAN VENTILATING HOODS FREQUENTLY — GREASE SHOULD NOT BE ALLOWED TO ACCUMULATE ON HOOD OR FILTER.**
- **WHEN FLAMING FOODS UNDER THE HOOD, TURN THE FAN OFF. THE FAN, IF OPERATING, MAY SPREAD THE FLAME.**

grade of oven cleaner may be used, according to directions provided.

Remove oven racks and wash in hot, soapy water.

Broiling and roasting pans should be washed after every use. Pour off drippings and wash in hot, soapy water. Aluminum foil placed at bottom of broiling pan will simplify your clean-up.

REMOVING OVEN DOOR (Lower Oven) —

The door on the Master oven may be removed to facilitate cleaning. Open door to "Broil" position (about 5 inches ajar), pull straight up, lifting at broil angle until door clears hinges.

To replace; slide door back on hinges (hinges must be at broil angle).

REMOVING STORAGE DRAWER

The storage drawer at the bottom of the range can be removed to clean the area beneath it. After the drawer has been pulled out as far as it will go, the front edge should be raised to clear the stud on glide rails. When replacing the drawer, the stud on the glide rails must be engaged in the matching slot of the drawer.

REPLACING OVEN BULBS — Top Mounted — The bulb is located in the top of the oven in a shielded cavity. To replace the bulb, lift the maintop to clean position. The lightbulb holder is mounted to the drip baffle on a metal plate secured by two screws. **Turn off electric power to the range at the house fuse or circuit breaker box.** Remove the two screws, lift out the holder assembly and replace with a 40-watt heat resistant type.

Cleaning the range top

TILT-TOP

Your range features a tilt-top for easy cleaning of the spill tray under the surface units. Spills such as vinegar, lemon juice, tomato juice and other acid foods should be wiped away immediately; they may leave a light stain if left on a heat surface. Cleaning under the surface units once a week will prevent burn-on of food, stains, etc.

Reflector pans may be removed for cleaning at the sink. A good non-abrasive metal cleaner can be used; never use steel wool, scouring powder, oven cleaners or abrasives on the bright metal surface. Should they become badly stained or accumulate burned-on food, they may be soaked in warm water, then thoroughly

scoured with a sop-filled pad. **DO NOT** place in oven during self-clean cycle; they will lose the bright finish and become less effective in reflecting heat to the bottom of the utensil.

Surface elements should be cooled down before removing for cleaning. If they become badly soiled from spillover, remove excess spillage with a soft wet cloth; **DO NOT IMMERSE IN WATER.** Burned-on material will usually char and self-clean during subsequent cooking operations.

Surface elements of the same size are interchangeable; you may wish to snap the front units in the back positions periodically. To remove, lift and pull unit straight out from plug.

Continuous Cleaning Oven Surfaces

This information pertains to:

RANGES WITH CONTINUOUS CLEANING PANELS INSTALLED AT FACTORY OR INSTALLED AS AN OPTIONAL KIT.

WHAT IT LOOKS LIKE

It is a porcelain enamel composition with a porous texture which appears grey in color with a covering of many speckles of small white porcelain dots which

act as a tough bearing surface to resist damage to the continuous cleaning coating.

HOW IT WORKS

The pores of the finish divide one spatter into many, many spatters. Regular oven temperatures then work effectively on the tiny spatters to decompose or "evaporate" them. The walls in effect continuously clean themselves, without hand cleaning, any time the oven is on for baking or roasting operations.