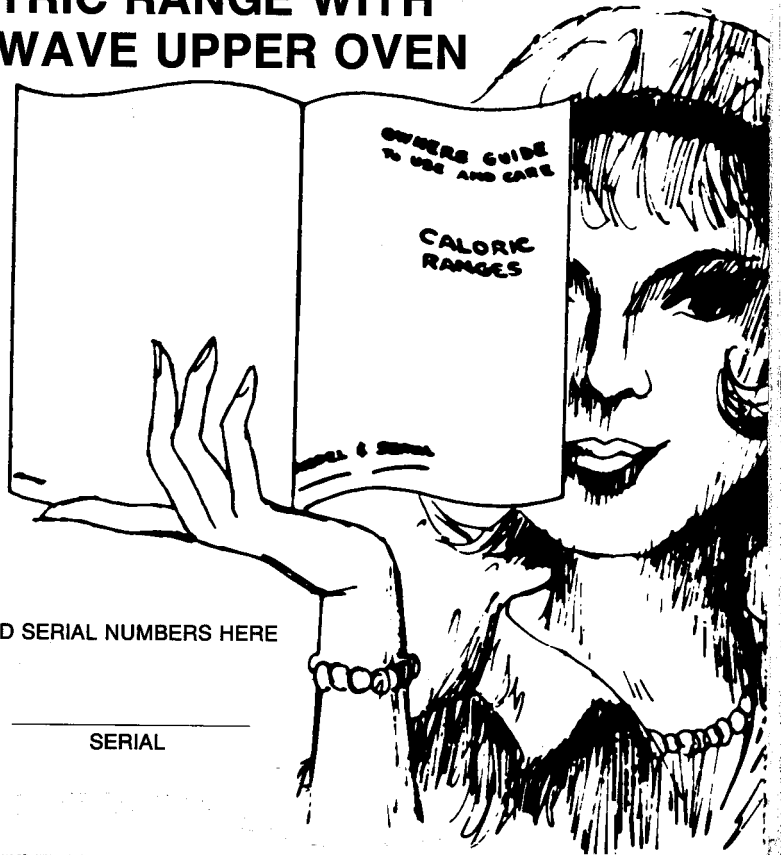


CALORIC®

**FREE
COOKBOOK
SAMPLER OFFER
INSIDE**

**OWNERS GUIDE
to use and care
MODEL EKS395
SELF CLEANING
ELECTRIC RANGE WITH
MICROWAVE UPPER OVEN**



WRITE YOUR MODEL AND SERIAL NUMBERS HERE

MODEL

SERIAL

63930

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Warning

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

The Caloric 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.

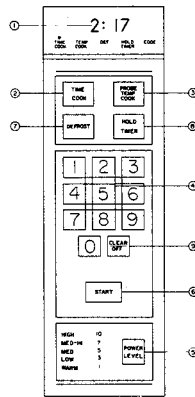
1. Visual check after uncrating.

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 Caloric Dealer immediately and the delivering carrier. Your Caloric 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 8. 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 Caloric Dealer or Caloric Authorized Service Agency.

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

Precautions to Avoid Possible Exposure to Excessive Microwave Energy

1. Do Not Attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

2. Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

3. Do Not Operate the oven if it

is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) Door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

4. The Oven Should not be adjusted or repaired by anyone except properly qualified service personnel.

Be sure to read completely the operating instructions which follow.

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 Caloric 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

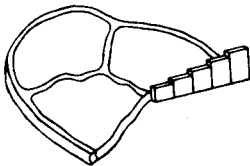
Although microwaves can be reflected in the same manner that light is, the materials that reflect them vary. For example: aluminum and stainless steel reflect microwaves. The perforated screen in the door of the microwave oven reflects the microwaves, yet they transmit light. Paper products transmit microwaves while light is either absorbed or reflected. The selective personality 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° 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 food, and the amount of heat required by the food and the weight of the food.

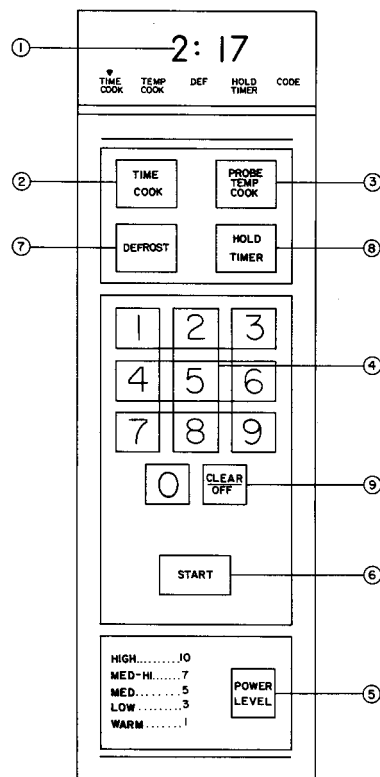
Safety features

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.

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 08.)

3. Temp Cook. Use the Selecta-probe to cook by using a preset temperature. Oven shows temperature until preset temperature is reached and then turns off. (See page 12.)

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 10.)

8. Hold/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 22.)

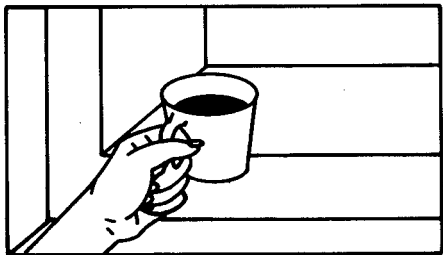
9. Clear/Off. When touched, it stops the oven and erases all settings.

How To Time Cook

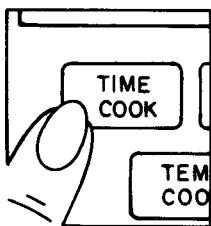
Time Cooking, or cooking your food according to a predetermined amount of time, is probably familiar to you from conventional cooking. With your microwave oven, however, you preset the time and the oven turns off automatically.

Using Your Oven To Time Cook

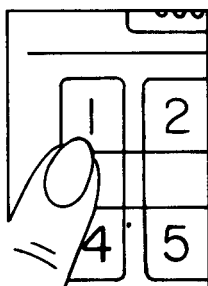
Follow the cooking steps below to help you learn to Time Cook properly.



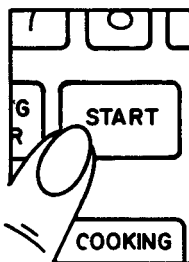
Step 1: Fill a cup 2/3 full of water and 1 teaspoon of freeze dried coffee. Use a cup that has no metal decoration. Place cup in oven and close door.



Step 2: Select TIME COOK. Cooking Power 10 is automatically set in oven, but does not appear on readout.



Step 3: Select cooking time. Touch number pads 1, 2 and 0 for 1 minute and 20 seconds. If a different Cooking Power is desired you must touch COOKING POWER Pad and then number.



Step 4: Touch START.

Step 5: When time is up, oven sounds and oven, light, and fan shut off.

Microwave Tips

- Make sure all utensils used in your microwave oven are labeled "suitable for microwaving".
- Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.
- Some microwaved foods require stirring, rotating, or rearranging.
- Some foods such as unshelled eggs and hot dogs must be pricked to allow steam to escape during cooking.

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. To resume cooking, simply 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.

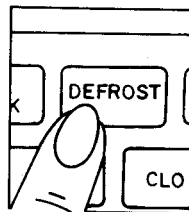
How To Use Defrost

Using Your Oven To Defrost

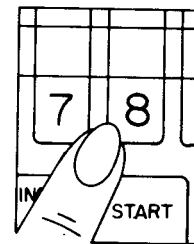
The Defrost setting is designed for even thawing necessary for large amounts of food and is one of the most important advantages of a microwave oven. Cooking Power 3 is automatically set for defrosting, but you may change this for more flexibility.

To become better acquainted with your Defrost function, defrost frozen pork chops by following the steps below.

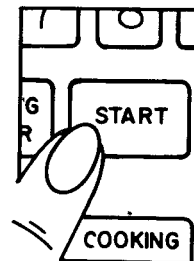
Step 1: Place package of frozen chops in the oven and close door.



Step 2: Touch DEFROST Pad. Cooking Power 3 is automatically set in oven.



Step 3: Select cooking time. Touch number pads 8, 0, and 0 for 8 minutes.



Step 4: Touch START. 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, 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.

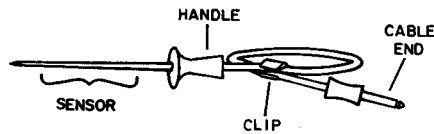
TEMP COOK takes the guesswork

out of cooking because the oven shuts off automatically when the food is done.

The Probe

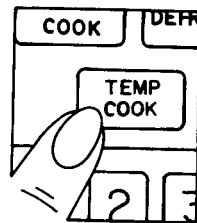
The probe is a food thermometer that gauges the internal temperature of your food; it must be used when using TEMP COOK. To utilize your probe properly, follow the directions

for use and insertion in this book.

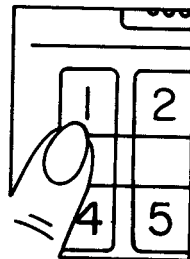


How To Temp Cook A Rolled Beef Rib Roast To Medium

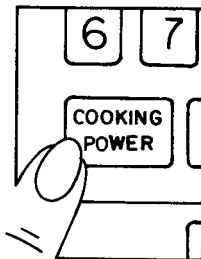
Step 1: Insert probe and attach probe securely in oven wall. Close the door.



Step 2: Select TEMP COOK.



Step 3: Set finished food temperature by touching number pads 1, 3 and 0 for 130°.



Step 4: Cooking Power 10 is automatically set in oven but for this example use Cooking Power 5. Touch COOKING POWER Pad and number 5.

Step 5: Touch START.

Step 6: When 130° is reached, the oven will sound and automatically shut off. Remove probe and food from oven.

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.

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.

How To Use The Hold/Timer

Your HOLD/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. Hold/Timer can be set up to 99 minutes.

Step 1: Touch HOLD/TIMER pad. The display shows :0. Signal light above HOLD/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.

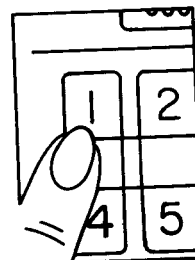
The HOLD/TIMER can also be used to program "standing time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes.

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.

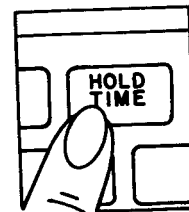
How To Defrost— Hold/Time— Time Cook

To help you become acquainted with the HOLD/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 Hold/Timer, be sure to insert probe correctly as shown in Roast Matic section of this book, after HOLD time.

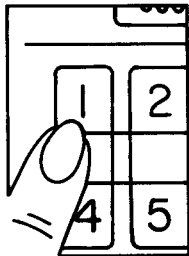
Step 1: Remove casserole from the freezer and place in oven. Touch the DEFROST pad. The readout panel shows :0 and signal light above DEF. flashes.



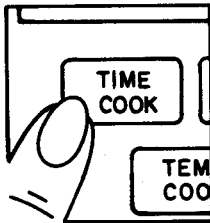
Step 2: Touch 1, 5, 0 and 0 for defrosting time. 15:00 appears on display panel. (Defrosting is automatically set on Cooking Power 3 but can be changed by touching COOKING POWER pad and the new Cooking Power.)



Step 3: Set standing or hold time by touching HOLD/TIMER. :0 appears on display. Signal light above HOLD/TIMER flashes.



Step 4: Touch 1, 0, 0 and 0 to hold for 10 minutes. 10:00 appears on display.



Step 5: Touch the TIME COOK pad. This display shows :0 and signal light above TIME COOK flashes.

Step 6: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. 25:00 appears on display.

Step 7: Touch START. 15:00 counting down shows on display. As each function is automatically performed oven display shows entered information and light above that function comes on. While cooking, you may

touch appropriate pad to recall times you set.

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.

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.

ver
will

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.

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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. (Or wash in dishwasher.)

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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.

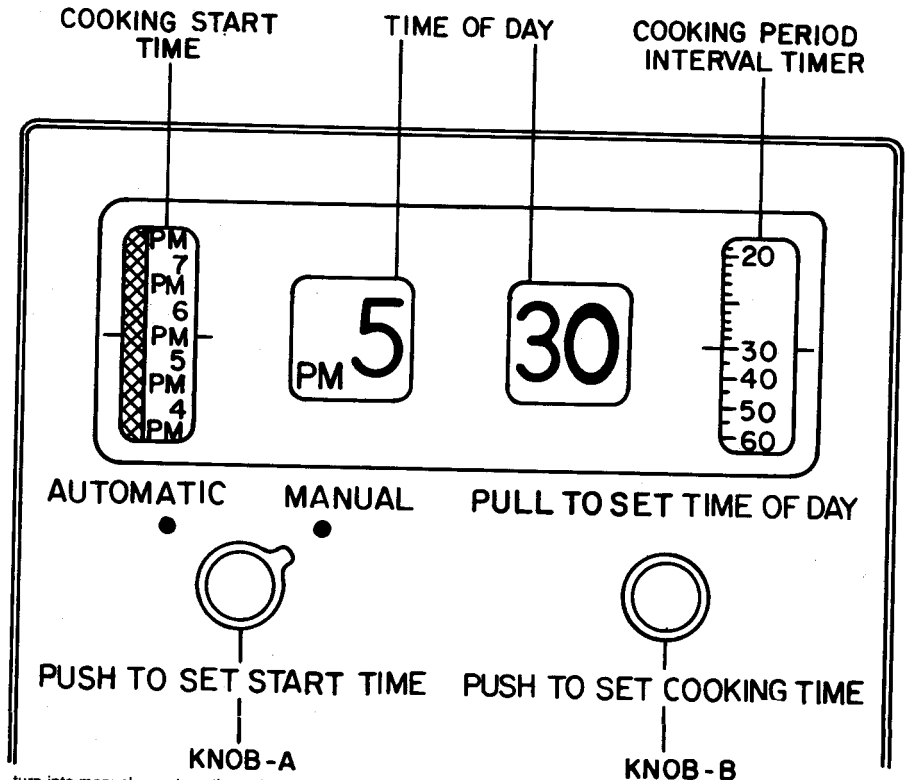
- Probe not inserted properly into meat or dish.
- Incorrect Cooking Program numbers entered.
- Incorrect Cooking Power entered.
- Dish was not rotated, turned or stirred if these instructions were given in recipe.
- Too many dishes in oven at same time.
- You did not enter a different Cooking Power 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.



turn into manual or automatic position
 manual position = constant function
 press to set the cooking start time during automatic
 service

press to set the cooking period or the interval timer and
 to switch off the buzzer
 pull to correct the time of day

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.

USING THE LOWER OVEN

The oven on the Caloric range provides five different shelf positions. In broiling, keeping food the proper distance from the broil element at the top of the oven is important for good results. Therefore, in the Broiling Chart, on the next page, a recommended shelf position numbered from "1" (bottom position) to "5" (top position) is indicated along with recommended cooking times.

The shelves in the oven may be withdrawn as far as they will go without any danger of 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 nickel chrome grid. The pan may be lined with foil to minimize cleaning. **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. The broiling pan may also be used for roasting.**

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.

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 as the bake element cycles on and off to maintain correct temperature.

USING THE BROILER

When broiling, the oven should be preheated for three minutes before putting food in. The shelf to support

the broiling pan should be in the proper position and food arranged on the grid and broiler pan all ready to go into the oven as soon as it is at the proper broiling temperature. All broiling must be done with the oven door in the "broil" position, open about 5 inches on top. It will stay in this 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 foods juicy and flavorful. For ease of cleaning broiler pan, pour 1/2 cup water in pan prior to arranging food on grid.

Food	Inches Thick	Minutes 1st Side	Minutes 2nd Side	Shelf Pos.
Steaks	1/4 to 1	7 to 12	4 to 9	4
	1 1/4 to 1 3/4	15 to 18	9 to 12	4
	2 to 2 1/2	20 to 23	12 to 17	3
Hamburgers	1/4 to 3/4 Thin	4 to 8	3 to 7	5 (top)
		4 to 9	2 to 4	4
Bacon-sliced Ham	1	12 to 16	7 to 10	4
Chicken	Broiler Halves	20 to 30	10 to 12	2
Liver	1/4 to 1/2	7 to 13	3 to 4	4
Salmon				
Steak	1/2 to 3/4	10 to 15	5 to 7	4
Whole Fish				
Small Split	1 to 1 1/2	7 to 10	5 to 8	4
Fish Fillets	1/2	10 to 13	5 to 7	5 (top)

KEEPING FOOD WARM

In today's busy society it is not always possible, or desirable, to remove food from your oven and serve it as soon as cooking is complete. Therefore, you will from time to time wish to keep food warm until you are ready to serve.

All Caloric ranges have the keep-warm oven feature. If you will look closely at the oven heat control dial, you will see two settings below 200°.

These low settings can be helpful in many ways.

If you wish to use the Keep-Warm feature immediately after baking at a higher temperature, turn the oven heat control dial to the desired keep-warm setting (see chart) and open the oven door for 10 to 15 minutes to allow excess heat to escape.

As foods vary greatly in moisture content and ideal serving temperature, consult the accompanying temperature chart for the correct Keep-Warm setting.

Arrange the food for serving on platters. When at Keep-Warm, the oven will not damage china.

NOTE: If you plan to keep food warm on a platter, be sure the oven has cooled after baking before placing the platters in the oven. *DO NOT USE PLASTIC PLATTERS OR SERVING TRAYS OR SILVER IN THE KEEP-WARM OVEN.*

To prevent moist foods such as cooked vegetables, mashed potatoes, gravy, yeast rolls, biscuits, etc., from drying out, they should be covered tightly before being placed in the oven. Aluminum foil is ideal for this. For best results do not cover meats, casseroles or pastries.

When you are planning to keep entire meals warm, you may encounter several keep-warm temperatures for the different foods. It is best to set the temperature for the main dish.

The Keep-Warm oven is also handy for thawing frozen foods. Use the first setting (approximately 155° setting)

for thawing. Poultry should only be thawed until the giblets can be removed. Thaw cut-up poultry, fish or meat cuts just enough to separate the pieces. Ground meat should be thawed just enough to allow you to mix and form it. Once the food is thawed, cook it immediately. Do not refreeze food that has been thawed.

To thaw, and freshen cooked frozen baked goods, use the second setting (approximately 170°). Wrap food loosely to prevent drying but to permit the evaporation of ice crystals formed during freezing.

Meat can be carved ahead of time and then kept warm. Sliced meats must be covered lightly with dampened paper towels or a wet towel to prevent cut surfaces from drying. If you wish to cut rare or medium meats you can do so if you do not allow the cut surfaces to remain exposed to the air. Cut the slices as described but keep the surfaces close together.

ROASTING

For the best results when roasting a cut of meat, a shallow pan as close to the size of the meat as possible 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. Put in oven rack so that the center of the meat will be approximately in the center of the oven. Set the oven thermostat to the desired temperature using the Roasting Guide which appears in this section.

Cleaning Fan and Fan Blade

The hood fan and fan blade should be cleaned at least once a year.

Remove the filter as described in the preceding text. Disconnect the electrical plug to the hood motor.

Loosen the two (2) wing nuts on each side of the fan housing. It is not

necessary to completely remove the wing nuts. Pull the fan housing down and out.

Clean carefully using a damp cloth and replace the housing, reversing the above procedure. Be sure the plug is plugged back in before replacing filter(s).

OPERATING YOUR SELF-CLEANING OVEN

CAUTION: 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 It Works —

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

Because kitchens can become noticeably warmer under these high temperatures, many homemakers schedule self-cleaning during the evening hours or sometime during the day when the kitchen is not used for 3½ to 4 hours. A definite duration for the self-cleaning process (which will depend on the degree of soil) must be selected by the homemaker.

Self-cleaning can be initiated as well as terminated automatically while the homemaker is not present.

Before Self-Cleaning

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

1. Remove condiment containers, plastic spoon holders, etc., from surface top 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 recom-

mended that oven racks be removed during self-cleaning.

3. Excess spills on the oven bottom should be removed. If necessary, a wet sponge or paper towel may be applied to the spillover to soften it for removal.

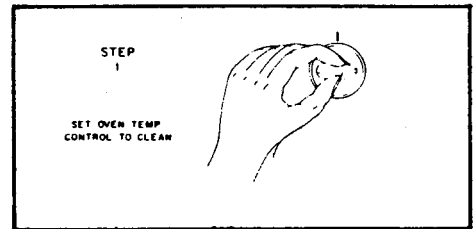
4. ACCUMULATED SOIL AND SOOT AROUND THE OVEN OPENING AND ON THE FRAME OF THE DOOR ITSELF SHOULD BE CLEANED BY HAND, since it is not removed by the self-cleaning action, but will instead be baked hard by the heat and become more difficult to remove later. DO NOT USE COMMERCIAL OVEN CLEANERS ON THE DOOR FRAME, (OR ANYWHERE ELSE ON SELF-CLEANING OVENS). Fine steel wool pads may be used to clean door openings and frames. Soap 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.

To Start Self-Cleaning

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

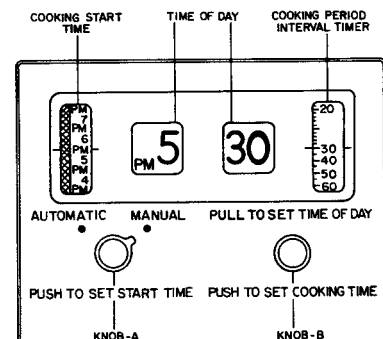
1. Turn the Oven Control to the "Clean" position by rotating it in a counter-clockwise position from "Off".



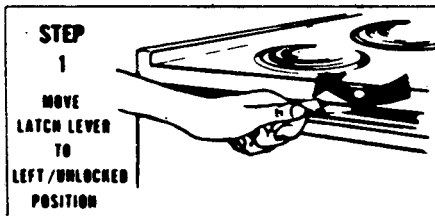
2. Set the Automatic/Manual knob on the timer to the Automatic position and establish the length of time for the self-cleaning process by either:

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).

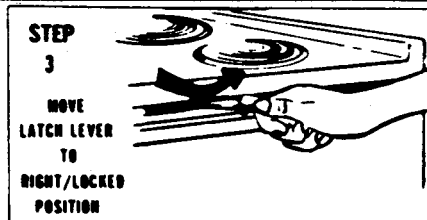
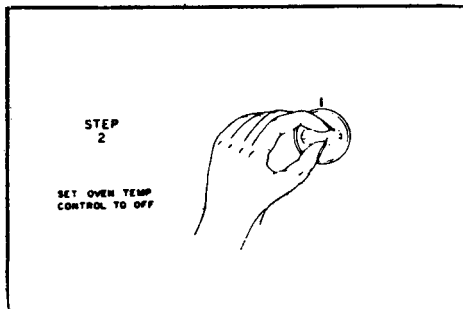
After Self-Cleaning

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.

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.

MORE CLEAN AND CARE SUGGESTIONS

Cleaning Range Exterior

Exterior painted surfaces and trim can be cleaned with a damp cloth and soapy water. No abrasives, gritty cleaners or steel wool should be used. Vinegar, lemon juice, tomato juice and other acid foods should be wiped away immediately; they may leave a light stain if they fall on a heated surface.

The control panel should be cleaned only with a soft damp cloth and soapy water, 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. **DO NOT** use scouring pads to clean burner knobs. The numerals can be rubbed off of the knobs by the abrasive action of the pad.

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 the glide rails. When replacing the drawer, the stud on the glide rails must be engaged in the matching slot of the drawer.

Replacing Oven Bulb

The bulb is located on the top of the oven outside the oven liner. To replace the bulb, raise the cooktop to its cleaning position. In the center of the drip baffle is a plate held in place with two screws. Remove the screws and lift the plate to expose the light and its socket. Remove the bulb and replace it with a 40 watt appliance replacement bulb. Return the assembly to its proper position and tighten the screws in place. Return the cooktop to its normal position.

NOTE: The electricity to the range must be disconnected when replacing the oven light or backguard light.

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.

Reflector Pans

The chrome reflector pans located directly beneath the surface elements are removable for cleaning. To do this, lift and remove the plug-in surface element. Lift the reflector pan from the main top recess for cleaning. When replacing be certain the cut-out in the reflector pan aligns with the receptacle for the surface element.

BEFORE CALLING YOUR SERVICEMAN

SAFETY FIRST: *Before attempting any repairs or adjustments on your range, be sure the main power supply is disconnected. This can be done by removing a fuse or throwing a circuit breaker switch at the electrical service panel to the house.*

SURFACE UNIT AND OVEN DOES NOT HEAT: Check to see that the range power-cord is firmly seated in the wall receptacle if the range is not wired directly. Check the power supply fuses or circuit breakers.

MASTER OVEN DOES NOT HEAT WHILE SURFACE UNIT HEATS: Make sure Automatic Timer is set for Manual operation.

MASTER OVEN TAKES A LONG TIME TO HEAT: Be sure thermostat tubing near top heating element is secured in position by metal clips; if not wait until oven cools down and secure in place.

UNEVEN BROWNING: Too many pans or aluminum foil blocks air circulation . . . pan too large for oven, may be touching oven walls . . . pans may be discolored with dark areas absorbing more heat than bright surfaces . . . range may not be level -check with pan of water and adjust leveling "feet" on bottom of range frame if required.

CLEAN CYCLE DOES NOT START: Check to see that Oven Timer is not set for a delayed start.

LATCH LEVER CAN NOT BE MOVED TO UNLOCK POSITION: The "Lock" light must be off in order to move Latch Lever to the left or unlocked position. Check to see if main power supply fuse or circuit breaker have interrupted current. Otherwise call a Caloric serviceman. **Do not force the Latch Lever handle or the costly self-clean mechanism may be damaged.**

useful information if service is required

The model number is _____

The serial number is _____

(This information is located on a foil rating plate label on the body of the range. The plate can be seen by removing the access panel.)

I purchased my range on _____

from _____

For handy reference, we suggest you list the name, address, and phone number of your local authorized serviceman in this space.

NAME

ADDRESS

PHONE

MODEL EKS MICROWAVE COOKING CENTERS

LIMITED APPLIANCE PARTS WARRANTY

LIMITED ONE YEAR WARRANTY ON ALL PARTS

Caloric warrants all PARTS of this Caloric appliance against defects in material and workmanship for a period of one (1) year from the date of initial delivery. Any replacement parts furnished at no cost to the purchaser in fulfillment of this warranty, are warranted only for the unexpired portion of the original warranty. Caloric's appliance parts warranty pertains only to the PARTS of the appliance, not the labor required for repair, or replacement, which is the responsibility of the source from whom this appliance was purchased.

EXTENDED LIMITED FOUR YEAR WARRANTY ON MAGNETRON TUBE

As a special extension of its PARTS WARRANTY, Caloric warrants the MAGNETRON TUBE in the microwave portion of this Caloric appliance against defects in material and workmanship for a period of five (5) years from the date of its initial delivery. Any replacement magnetron tube furnished at no cost to the purchaser in fulfillment of this warranty is warranted only for the unexpired portion of the original warranty. Caloric's EXTENDED LIMITED FOUR YEAR MAGNETRON TUBE WARRANTY pertains only to that PART of the appliance and not to any other part of the appliance or the total appliance.

WARRANTY SERVICE

The selling dealer, builder, or utility from whom this appliance was purchased is responsible for advising the purchaser of the period of no charge warranty service labor coverage, and how and from whom warranty service is available. Replacement parts under the terms of this warranty must be furnished by a franchised Caloric dealer or authorized Caloric service agency.

OWNERSHIP

This appliance PARTS warranty remains in force for one year from the initial delivery of the appliance, and continues in force even if relocated by the first or subsequent purchaser(s).

The EXTENDED LIMITED FOUR YEAR MAGNETRON TUBE WARRANTY stated above remains in force for five (5) years from the initial delivery of the appliance, and continues in force even if relocated by the first or subsequent purchaser(s).

WARRANTY CONDITIONS

Caloric's LIMITED APPLIANCE PARTS WARRANTY DOES NOT apply to any appliance which has been subjected to alteration, misuse, abuse, accident, improper installation, delivery damage, or other than normal household use and service. OPERATING THE MICROWAVE OVEN WHEN EMPTY OR USING METAL UTENSILS IN THE OVEN WILL BE CONSTRUED AS APPLIANCE MISUSE AND ABUSE. HOWEVER, USE OF METAL UTENSILS DURING SIMULTANEOUS CONVENTIONAL AND MICROWAVE COOKING IN MODEL ERP IS PERMITTED. THERMAL AND MECHANICAL FRACTURES OF GLASS SMOOTHTOPS WILL BE PRESUMED TO BE CAUSED BY APPLIANCE MISUSE AND/OR ABUSE.

Caloric's PARTS warranty is LIMITED STRICTLY to the terms indicated herein, and no other expressed warranties or remedies thereunder shall be binding on

us. TO THE EXTENT CONSISTENT WITH STATE AND FEDERAL LAWS: (1) ANY IMPLIED WARRANTIES SHALL BE LIMITED TO THE SAME TIME PERIODS STATED HEREIN FOR CALORIC'S EXPRESSED WARRANTIES, AND (2) CALORIC SHALL NOT BE LIABLE FOR CONSEQUENTIAL DAMAGES UNDER ANY EXPRESSED OR IMPLIED WARRANTIES RELATING TO THE CALORIC APPLIANCE.

Caloric's warranty obligation on appliances located outside the contiguous 48 U.S. states and the District of Columbia shall be LIMITED STRICTLY to furnishing replacement parts and shall EXCLUDE service labor.

FEDERAL REGULATORY PROVISIONS

Some states do not allow limitations on how long an implied warranty lasts nor limitations or exclusions of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state, as well as rights under Federal Laws.

PURCHASER'S RESPONSIBILITIES

The purchaser will be responsible for the cost of any service calls requested to demonstrate or confirm the proper operation of the appliance, to correct an improper installation that the purchaser may have performed, or to correct malfunctions in the appliance created by operation of the appliance in a manner not prescribed by or cautioned against, in the Caloric Use and Care Instructions.

PURCHASE REGISTRATION CARD

THE SELLING DEALER, BUILDER, OR UTILITY IS REQUIRED BY GOVERNMENT REGULATIONS TO REGISTER WITH CALORIC OR TO PRESERVE THEIR OWN RECORDS OF ALL FIRST PURCHASES OF MICROWAVE OVENS FOR PURPOSES OTHER THAN RESALE. To ensure that Caloric obtains information enabling it to identify the location of the total appliance for service and other related purposes, we URGE you to return the PURCHASE REGISTRATION CARD included in your Owner's Manual. Your warranty rights are not conditioned upon the return of the Purchase Registration Card.

MODEL AND SERIAL NUMBERS

The appliance model number and serial number can be found on a nameplate attached to the appliance. The purchaser should always use the model number and serial number when talking to or writing to the dealer, builder, or utility from whom this appliance was purchased, the local authorized service agency, or Caloric.

FACTORY ASSISTANCE

If the purchaser is unable to locate an authorized service agency, or if the purchaser does not receive satisfaction from the source from whom the appliance was purchased, or from the local servicing dealer or agency, write to: Caloric Corporation, Consumer Relations Department, Topton, Pennsylvania 19562, or call AC 215-682-4211.