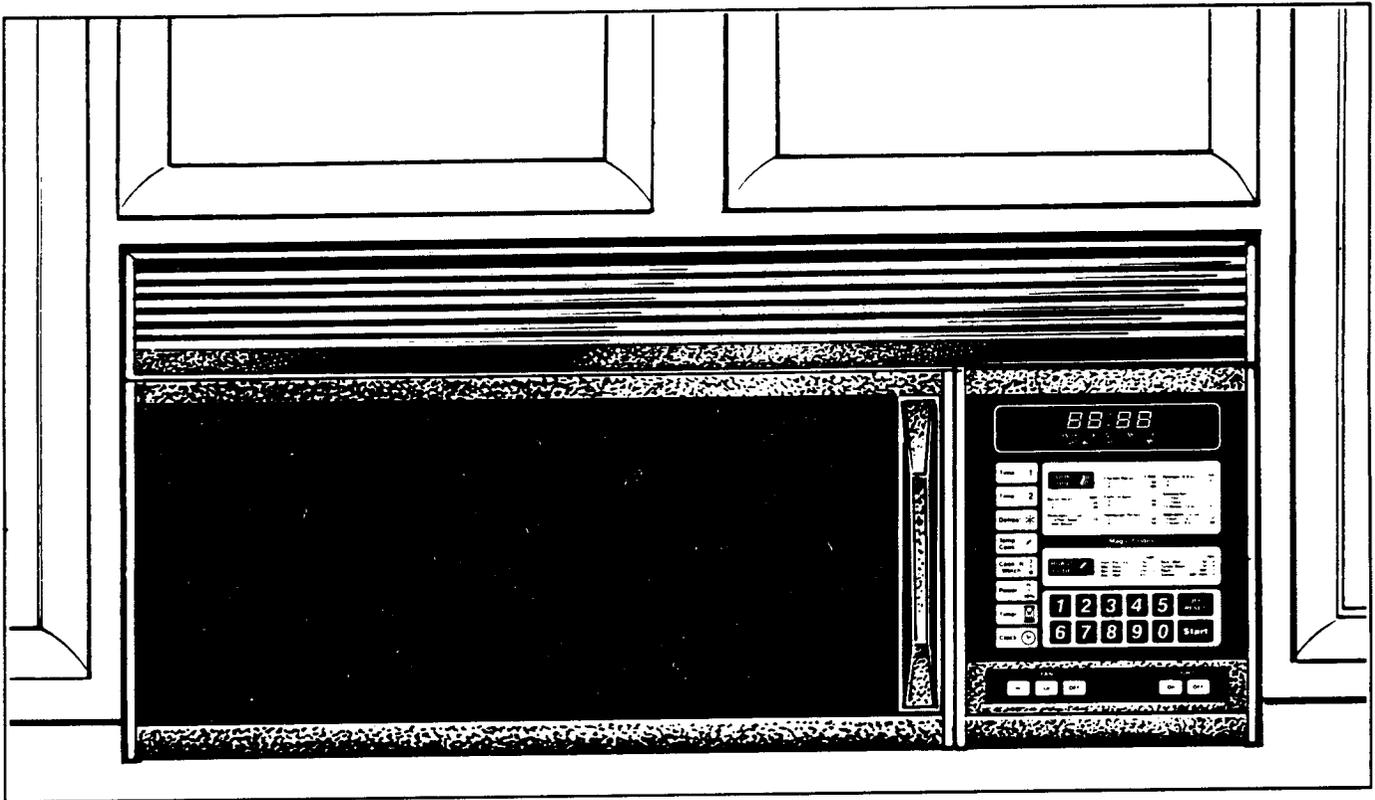


Care & Use

How to keep your microwave oven at its best.



RANGE COMBINATION MICROWAVE OVEN MODULE

Help us help you...

Read this book carefully.

It is intended to help you operate and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help...

Write: (include your phone number)

Customer Service
at the address
listed on your
warranty

Write down the model and serial numbers.

You'll find them on a label inside the oven on the upper left side, if cabinet mounted.

If your microwave is the upper (eye level) portion of a combination gas or electric range this information is located as follows:

Electric Combination—On main front, behind service drawer panel.
Gas Combination—Lift the main cooking top. Model and serial numbers will be to the right on the wall of the burner box.

These numbers are also on the Consumer Product Ownership Registration Card that came with your microwave oven. Before sending in this card, please write these numbers here:

Model Number

Serial Number

Use these numbers in any correspondence or service calls concerning your microwave oven.

This microwave oven is UL listed for installation over electric and gas ranges.

Optional Accessory

available at extra cost from your supplier.

HMA-11A Charcoal Filter Kit for non-vented installation.

Be sure your microwave oven is registered.

It is important that we know the location of your oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers. **This appliance must be registered. Please be certain that it is.**

Write to:

Microwave Records
P.O. 730
Cleveland, TN 37311

If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the microwave oven.

Save time and money.

Before you request service... check the Problem Solver on page 21. It lists minor causes of operating problems that you can correct yourself.

The electric output of this microwave oven is 625 watts.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

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

(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- (1) Door (bent),
- (2) hinges and latches (broken or loosened),
- (3) door seals and sealing surfaces.

(d) The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

Contents

Before Microwaving	2
Safety Instructions	3, 4
Features of Your Microwave Oven	5
Features of Your Microwave Touch Control Panel	6, 7
Set the Clock	7
Cooking by Time	8
Cook 'N Watch	8
Cooking by Temperature	9
Cook Code Control	10, 11
Defrosting	13
Automatic Roasting	14, 15
Timer	16
Exhaust Feature	17
Care of Your Microwave Oven	18, 19
Grounding Instructions	20
The Problem Solver	21
If You Need Service	22

Microwaving Tips

- Make sure all utensils used in your microwave oven are labeled "suitable for microwaving." Check your Cookbook for specific test to determine "microwave safe" utensils.
- 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. Check your Cookbook for specific instructions.
- Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

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

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

- Use this appliance only for its intended use as described in this manual.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 20.
- For best operation, plug this appliance into its own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not immerse power cord or plug in water.
- Keep power cord away from heated surfaces.
- Do not let power cord hang over edge of table or counter.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- See door surface cleaning instructions on page 18.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

- As with any appliance, close supervision is necessary when used by children.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - Do not use your microwave oven to dry newspapers.
 - Paper towels, napkins and wax paper. Recycled paper products can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
 - Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs the life of the oven.
 - Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
 - If materials inside oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at fuse or circuit breaker panel.
- Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
- Avoid heating baby food in glass jars, even without their lids; especially meat and egg mixtures.

IMPORTANT SAFETY INSTRUCTIONS (continued)

- **Don't defrost frozen beverages** in narrow necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.

- **Use metal only as directed in Cookbook.** Foil strips as used on meat roasts are helpful when used as shown in Cookbook.

TV dinners may be microwaved in foil trays less than 3/4" high; remove top foil cover and return tray to box. When using metal in microwave oven, **keep metal at least 1 inch away from sides of oven.**

- **Cooking utensils may become hot** because of heat transferred from the heated food. Potholders may be needed to handle the utensil.

- **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.

- **Foods cooked in liquids** (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to page 18 for instructions on how to clean the inside of the oven.

- **Thermometer**—Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.

- **Remove the temperature probe from the oven when not in use.** If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven and damage oven walls.

- **Plastic utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use microwave plastics only and use them in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

- **When cooking pork** follow our directions exactly and always cook the meat to at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

- **Boiling eggs is not recommended in a microwave oven.** Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.

- **Foods with unbroken outer "skin"** such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in Cookbook. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

THE EXHAUST HOOD:

- **Have it installed and properly grounded by a qualified installer.** See the special installation booklet packed with the microwave oven.

- **The vent fan in your oven will operate automatically under certain conditions** (see **Automatic Fan Feature, page 7**). While the fan is operating caution is required to prevent the starting and spreading of accidental cooking fires while the vent fan is in use. For this reason:

—Never leave surface units unattended at high heat settings. Boilover causes smoking and greasy spillovers that may ignite and spread if vent fan is operating. To minimize automatic fan operation, use adequate sized utensils and use high heat settings only when necessary.

—In the event of a grease fire, smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.

—Never flame foods under the oven with the vent fan operating because it may spread the flames.

—Keep hood and grease filters clean, according to instructions on pages 17 and 19, to maintain good venting and avoid grease fires.

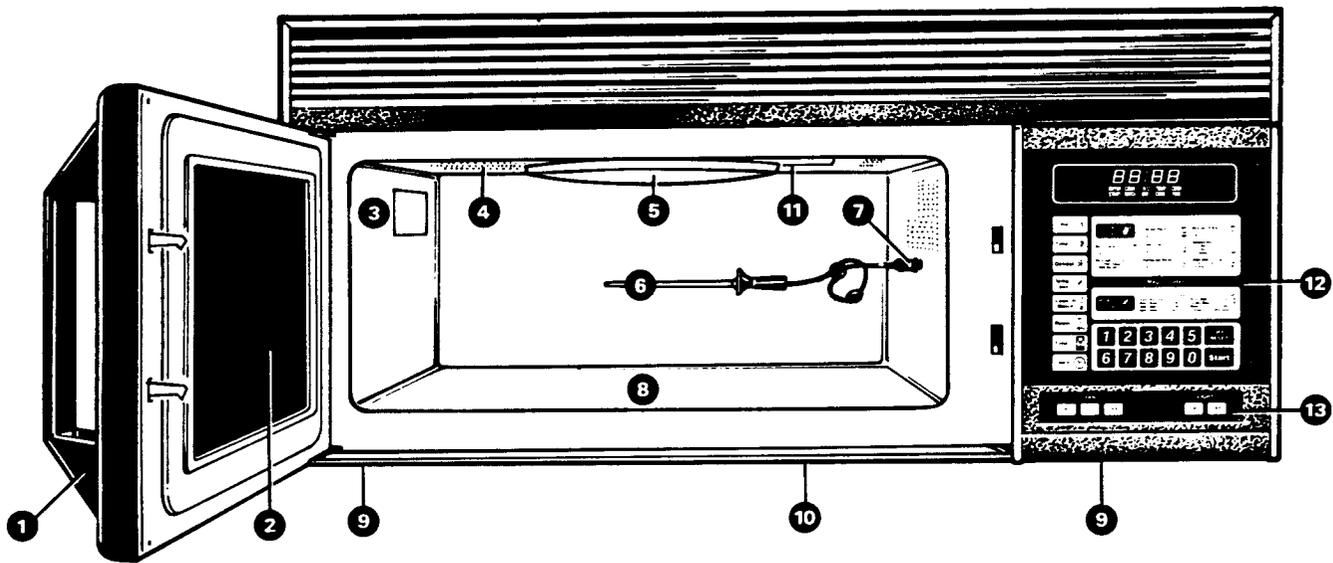
SAVE THESE INSTRUCTIONS

Features of Your Microwave Oven

Cooking Complete Reminder

(For TIME Cooking and DEFROST cycles)

To remind you that you have food in the oven, the oven will beep once a minute until you either open the oven door or touch the OFF/RESET PAD.



1. Door Handle. Pull to open door. Door must be securely latched for oven to operate.

2. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in oven.

3. Model and Serial Numbers. (Cabinet mounted only. See page 2 for complete information.)

4. Oven Vent.

5. Plastic Mode Stirrer Cover. Protects the mode stirrer which distributes microwave energy into the oven.

6. Temperature Probe. Use with Temp Cook and Roast Code functions only.

7. Receptacle for Temperature Probe. Probe must be securely inserted into receptacle before oven will start any temperature or Roast Code cooking.

8. Oven Floor.

9. Grease Filters.

10. Cooktop Light.

11. Oven Light. Light comes on when door is opened or when oven is operating in any function.

12. Touch Control Panel and Digital Readout Display. For detailed information on each feature, see pages 6 and 7.

13. Hood Controls.
Fan Pads. Press HI, LO or OFF.
Light Pad. Press ON to illuminate counter surface.

Features of Your Microwave Touch Control Panel

The Touch Control Panel allows you to set the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand. With your microwave oven, you have the option of using your Cook Code or Roast Code pads for quick and easy convenience cooking. Or you may make your own programs to suit your individualized cooking style.

“EE EE” Appears on Readout

- When using Temp Cook function, you have entered a temperature less than 90°F. or more than 199°F.

“PR OB” Appears on Readout:

- Probe has been forgotten when Roast Code or Temp Cook functions are being used.
- Probe is not securely seated in oven wall receptacle.

1. Readout Panel. Displays time of day, time counting down during cooking functions, temperature, power level and cooking mode.

2. Time 1 and Time 2. Microwave for a preset amount of time using automatic Power Level 10 or change power level after setting time. (See page 8.)

3. Cook Code Control. Use this pad as a short-cut method for entering cooking time and power level. (See pages 10 and 11.)

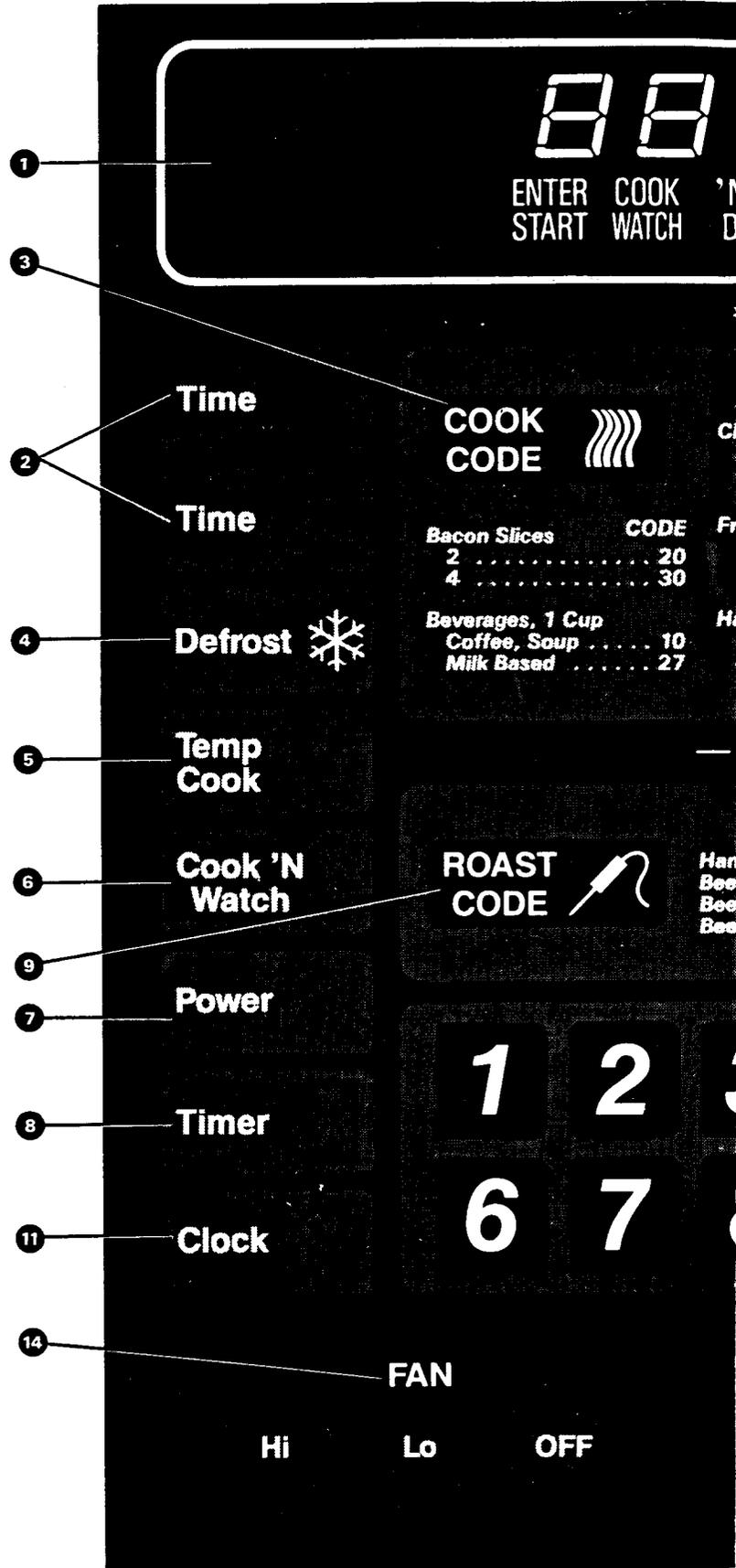
4. Defrost. Gentle, more uniform thawing at automatic Power Level 3, or change power level after entering time. (See page 13.)

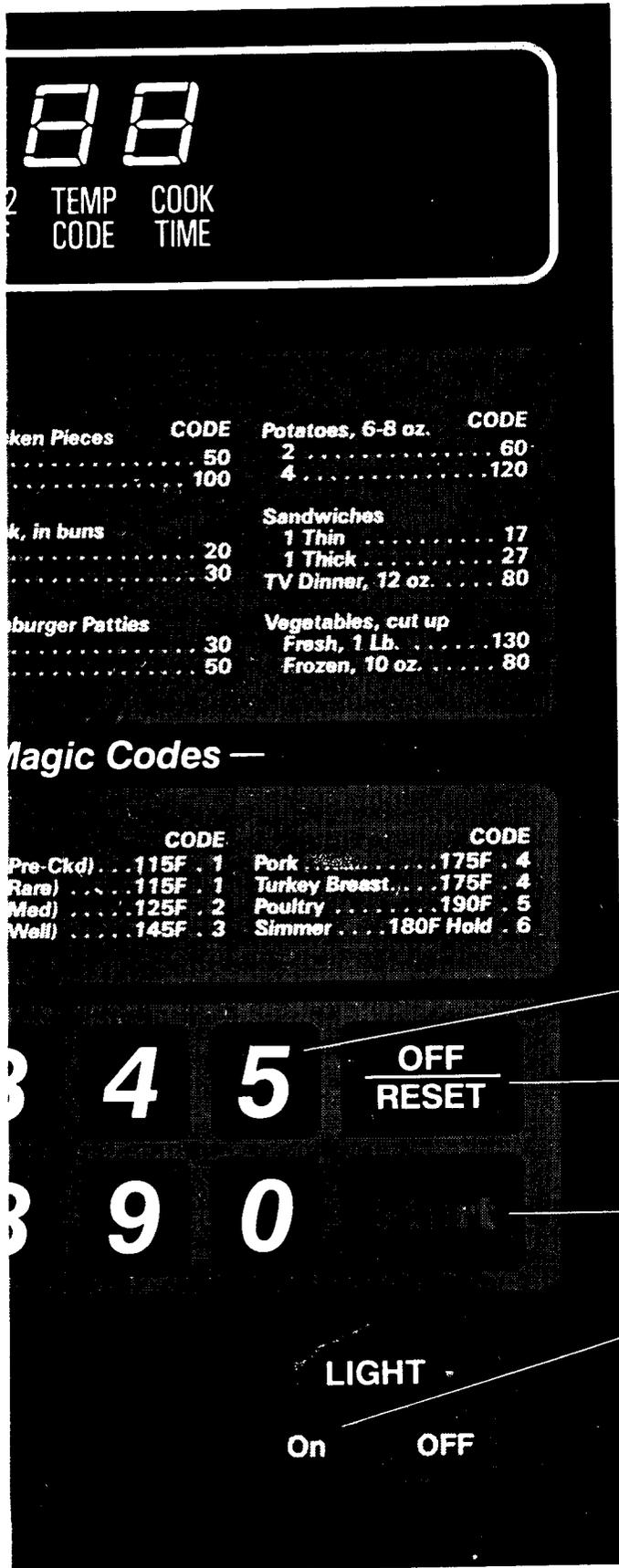
5. Temp Cook. Use the temperature probe to cook by using a preset temperature. When internal food temperature reaches 90°F., oven shows temperature until preset temperature is reached and holds temperature for up to one hour. (See page 9.)

6. Cook 'N Watch. Use this pad for short term cooking which automatically turns oven off after 3 minutes. (See page 8.)

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

8. Timer. This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time cooking. (See page 16.)





When Power is Connected to the Oven

The panel displays four 8's and all of the oven functions on the lower portion. After 15 seconds, all lights disappear and "PF" appears in the upper portion. Touch OFF/RESET pad and oven is ready for use and the clock can be set.

If power is disrupted at any time, the above sequence reoccurs, and you must reset CLOCK after touching OFF/RESET.

9. Roast Code. Insert probe, touch this pad and desired number pad for Code to slow-cook or temperature cook meat with automatic preset program. (See pages 14 and 15.)

10. Number Pads. Touch these pads to enter Time, Temperature, Power Level, Cook Code and Roast Code codes.

11. Clock. Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and 1:30 will appear in the readout display. "Start" will flash on readout directing you to touch START thus setting the clock. If you wish to reset or change time, simply repeat the above process.

12. Off/Reset. When touched, it stops the oven and erases all settings except for time of day.

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

14. Vent Fan. Press HI, LO, or OFF for desired fan speed.

15. Light. Touch ON to illuminate counter.

AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

To prevent overheating from taking place, the vent fan is designed to automatically turn on at low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.

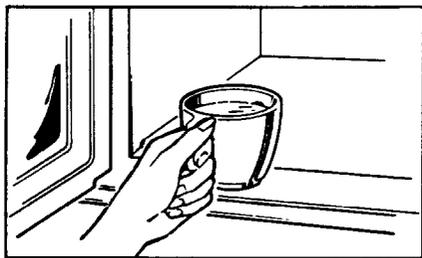
Cooking by Time

The time cooking feature allows you to preset the cooking time.

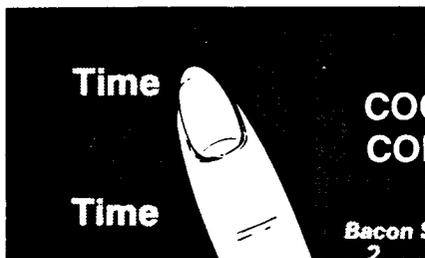
The oven shuts off automatically.

Power Level 10 (HIGH) is recommended for most cooking, but you may change this for more cooking flexibility. See your Cookbook.

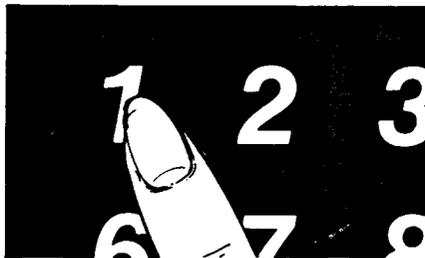
To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water and add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave safe. Place cup in oven and close door.



Step 2: Touch TIME 1. Display shows :0. "Enter 1 Cook Time" flashes.



Step 3: Select your time. Touch 1, 2 and 0 for a minute and 20 seconds. Display shows 1:20. "1 Cook Time" flashes.

If another power level is desired, touch Power pad and desired number, although Power Level 10 (HIGH) is preferred for this cup of coffee.



Step 4: Touch START. "Cook Time" and time counting down show on display.

Step 5: When time is up, the oven signals and flashes "End." Oven, light, and fan shut off.

Step 6: Open the door.

Using the Time 2 Feature

With the Time 2 feature, you can set two time cooking functions within one program. This would be ideal if you desired to change power levels during your cooking operations.

The following is an example of how to change power levels using Time 2.

Step 1: Repeat Steps 1, 2 and 3.

Step 2: Touch TIME 2.

Step 3: Set your time as in Step 3.

Step 4: To change the power level, touch POWER pad and desired number pad for new power level.

Step 5: Touch START.

Step 6: Power Level 10 is in use and Time 1 counts down.

Step 7: At the end of Time 1 the next selected power level is in use and Time 2 is shown counting down.

Step 8: When time is up, the oven signals and flashes "End." Oven, light, and fan shut off.

Step 9: Open the door.

Cook 'N Watch

The Cook 'N Watch feature is a short term cooking program which automatically turns the oven off after 3 minutes. It's ideal for melting cheese on food or other quick cooking operations where you want to stop cooking at just the right time.

To Use Cook 'N Watch

Step 1: Touch COOK 'N WATCH. "Start Cook 'N Watch" flashes on display.

Step 2: Touch START. "Cook 'N Watch" and time counting up to 3 minutes are displayed. Power Level 10 is automatically set in oven but another power level can be selected either during programming or during cooking.

Step 3: Open the door or touch the OFF/RESET pad to stop cooking. The oven will automatically signal, flash "End" and shut off at the end of 3 minutes.

Questions and Answers

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 Cooking 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.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME 1 pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I want to cook on a power level other than HIGH. What do I need to do?

A. To change the power level, touch the POWER pad. "P-10" appears on the display panel. Enter new number.

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

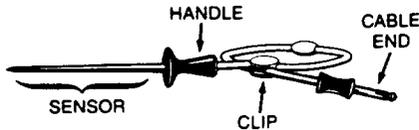
A. Yes. To resume cooking, simply close the door and press the START pad. The timer must be reset for cooking to resume unless time is remaining on timer.

Cooking by Temperature

Internal temperature is the best test of doneness for many foods.

“Temp Cook” takes the guesswork out of cooking because the oven automatically switches to “Hold” setting after reaching the preset food temperature and maintains that temperature for up to one hour or until you touch the OFF/RESET pad.

The Temperature Probe



The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using “Temp Cook” or “Roast Code.” To utilize your probe properly, follow directions for use and insertion in this book in the section entitled “Automatic Roasting.”

How to Temp Cook a Rolled Beef Rib Roast to Medium

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

Step 2: Touch TEMP COOK. “Enter Temp Cook” flashes.

Step 3: Touch 1, 2, 5 for 125°F. “Temp Cook” flashes and “125” shows on display.

Step 4: Touch Power pad. “P-” appears on display. Touch 5 for medium power. “Temp Cook,” “125” and “P-5” show on display.

Step 5: Touch START. If internal temperature of the roast is less than 90°F., display will show -90 or if temperature is 90°F. or above, display shows temperature counting up.

Step 6: After approximately half of cooking time, open door and turn roast over. Close door and touch start. (Remember to re-insert probe.)

Step 7: When 125°F. is reached, the oven will sound and display “Hold.” The oven will then hold the temperature.

Step 8: Touch the OFF/RESET pad to stop the cycle.

Step 9: Remove probe and food from the oven.

Cooking Tips

- Use a lower power level; 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.
- 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. After I followed the steps and touched the START pad, “EE EE” flashed in the display and a signal sounded. What’s wrong?

A. “EEEE” flashes if you set the temperature either below 90°F. or above 199°F. The oven tells you, between the flashing of “EEEE,” what incorrect entry was made. To re-enter, touch OFF/RESET pad and begin again.

Q. Are there any foods I can’t Temp Cook?

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

Q. Why did “PROB” flash on the display after I touched the START pad?

A. “PROB” will flash if you don’t seat the cable end of the probe securely into the receptacle in the oven wall or if you touch the TEMP COOK pad and forget to use the probe.

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

A. No, if it touches the oven wall, you may damage the oven.

Q. Can I Temp Cook different portions of food at different temperatures?

A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place probe in food and change temperature setting as needed.

How to Use (Magic Codes) COOK CODE Control

The COOK CODE Control provides a shortcut method for entering time and the power level on your microwave oven. Cook Codes are only used for recipes which need little or no attention, and which require no change of power level during cooking. Recipes which require additional ingredients, attention or change of power level during microwaving should be cooked in the usual manner. Also, recipes with cooking time of less than one minute or more than 99 minutes cannot use Codes.

To understand the Cook Code control, it is important to know what the numbers mean and what the sequence is. The first and second numbers, if setting a 3 digit Code, indicate the amount of time you desire; the last control entry number is always the power level. For example, 125 means 12 minutes at power level 5. NOTE: Your

oven can only be programmed to 99 minutes when using the COOK CODE control and the highest power level is 10 which is represented by "0." When setting a 2 digit Cook Code control entry, the first is time, the second is power level. For example, 50 means 5 minutes at power level 10.

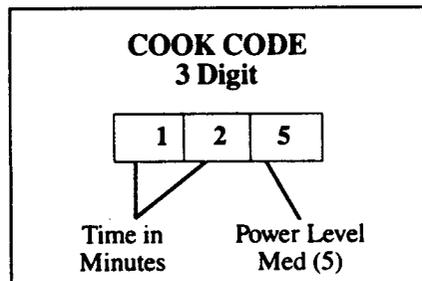
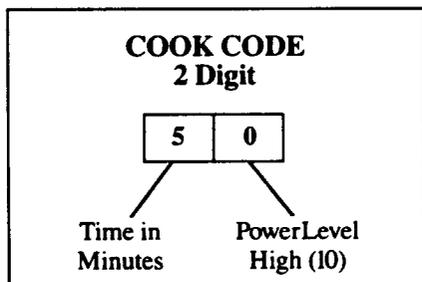
On the following page are shown many frequently prepared foods and their codes. It's easy, though, to make Codes for many other recipes. Just select one or two digits representing the length of cooking time desired, and a final digit for the power level required. The Codes given on the chart are for the minimum time needed to avoid overcooking which can dry out food and make it tasteless and tough. If you feel that more cooking is needed, add additional time by changing the first digit of the Code. You cannot add seconds to the cycle time—Codes are for

whole minutes only. If your recipe calls for power level changes or different amounts of time needed between addition of ingredients, you may set one Code for the first part of the recipe, then after completion, set another Code for that period of time and power level.

Remember that Cook Codes are for microwaving by time only. If you are microwaving by temperature, you must use the Temp Cook or Roast Code function.

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

For Example:

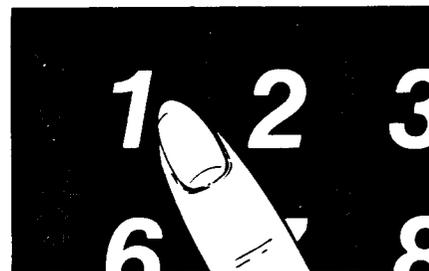


How to Set COOK CODE Control

Programming your oven for Cook Code Control operation is easy. Follow these simple steps.



Step 1: Touch COOK CODE.
"Enter Code" flashes.



Step 2: Enter the proper Code. For example, a recipe calling for 12 minutes cooking time at power level 10 would be 120. 120 appears on the display panel.



Step 3. Touch START. Display will show time counting down and "Cook Time."

COOK CODE Control Guide

Detach and Tape to Inside Cabinet Door or Other Prominent Place

The COOK CODE Control feature gives you an easy automatic way to accurately set microwave time for foods requiring only one power level and little attention during cooking. The Chart below shows frequently prepared foods and the suggested Codes to use with each. For specific information on stirring, turning or rotating, check the Microwave Guide and

Cookbook which comes with your microwave oven. Always use the microwave-safe containers and microwave techniques as described in the Cookbook.

To set Codes for many other foods or recipes refer to page 10 in this *Use and Care Book*. COOK CODE Codes given are for minimum time. Check and add time if necessary to complete cooking.

FOOD	COOKING CODE
Appetizers (Warming)	
Dip (Cream Cheese)	
½ Cup	25
1 Cup	45
Dips (Sour Cream)	
½ Cup	13
1 Cup	23
Pastry Bites (Reheating)	
2 Servings	17
4 Servings	10
Breads and Desserts	
Apples (2)	60
Bran Muffins (5-6)	37
Brownies, Mix	60
Cakes, Mix (16 cups fluted mold)	177
Cheese Bread, Yeast (1 loaf)	105
Chocolate Chip Bars	60
Nut Bread Mix (1 loaf)	97
Beverages	
Coffee, Soup (1 cup)	10
Milk Bases (1 Cup)	27
Frozen Foods (Defrost)	
Note: Times given below are for entire defrost cycle. Usually food must be rotated, broken up or turned over while defrosting. Check Cookbook for specific information.	
Cake, Whole Iced	23
Chicken, Cut-up (2½-3½ lbs.)	143
Dessert Topping, Whipped	13
Doughnuts or Pastries (2-4)	13
Fish Fillets (1 lb.)	83
Hamburger (2 lbs.)	123
Pie, Fruit Filling, Whole	83
Roast (4-5 lbs.)	403
Steak or Chops (2 lbs.)	123

FOOD	COOKING CODE
Meats/Main Dishes	
Bacon	
2 Slices	20
4 Slices	40
Chicken	
8-10 Pieces	180
2 Pieces	50
4 Pieces	100
Chuck Roast (3 lbs.)	605
Eggs, Baked (2 Eggs)	27
Eggs, Scrambled (2 Eggs)	20
Entrees, Frozen	
8 oz.	50
16 oz.	110
2 lbs.	200
Fish Fillets (1 lb.)	60
Frank (in bun)	
2	20
4	30
Meat Loaf (1½ lbs.)	237
Sausage (Raw)	
4 Patties	30
4 Links	20
Swiss Steak (2 lbs.)	705
Frozen TV Dinner (12 oz.)	80
Vegetables (Fresh)	
Beans, Green (1 lb.)	150
Broccoli (1¼-1½ lbs.)	
Spears	147
Cut	120
Cauliflower, Head	137
Corn on Cob (4)	120
Potatoes (4)	120
Squash (1 lb.)	100
Zucchini (1 lb.)	100
Vegetables (Frozen)	
10 oz. pkg.	80

Cut along dotted line

Defrosting

The Defrost setting is designed for even thawing for large amounts of food and is one of the most important advantages of a microwave oven.

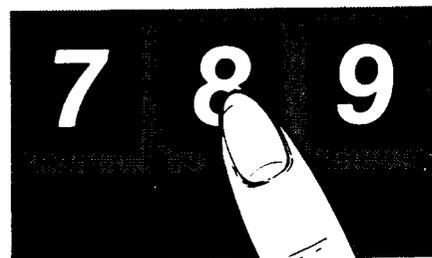
- Power Level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your Cookbook for defrosting help.

To become better acquainted with the 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. Display shows :0 and “Enter Def Time” flashes.



Step 3: Touch 8, 0 and 0 for 8 minutes. Display shows 8:00 and “Def Time” flashes. If you wish to change power level, touch Power pad and then new number.



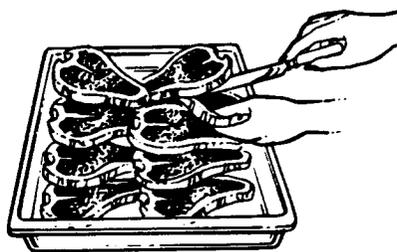
Step 4: Touch START. “Def Time” shows and time counts down on display. When cycle is completed, the oven signals and flashes “End,” then automatically shuts off.

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

Step 6: Open door, 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, some foods need to be broken up or separated part of the way through the defrosting time.



- Pre-packaged frozen dinners can be defrosted and microwave cooked. They should be replaced in their boxes. Be sure to remove any foil covers. Keep metal trays at least 1” away from cavity walls.
- Check your Cookbook for other defrosting tips.

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 Power Level lower than 10 (HIGH).

Q. Can I Defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the Power Level after entering the time by touching the power pad and the desired number pad for another power level. Power Level 7 cuts the time about in 1/2; Power Level 10 cuts the time to approximately 1/3. During either, rotate or stir food frequently.

Q. Why don't the defrosting times in the Cookbook seem right for my food?

A. Cookbook times are average. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your Cookbook. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

Q. Should all foods be completely thawed before cooking?

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

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

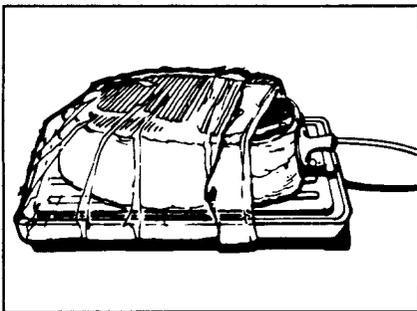
A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START. The oven begins operating if time is left on timer. If not, reset timer.

Automatic Roasting

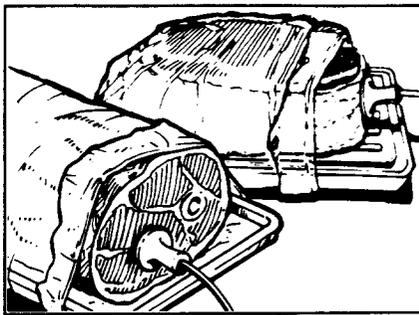
Roast Code uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook, which uses a single power level, Roast Code uses up to 3 power settings which automatically switch during roasting, thus providing even, tender cooking results without overcooking.

Just as in conventional roasting, only tender roasts should be roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time, according to the Cookbook which comes with your oven. Complete information on preparing roasts for microwaving is in your Cookbook.

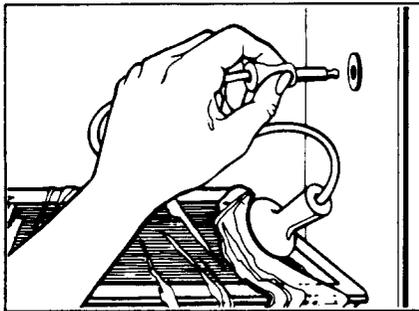
Preparing Roasts for Roasting



Place tender beef roast on trivet in microwave safe dish. Insert probe from the front horizontally into the center meaty area not touching bone or fat. Make sure the handle does not touch the food or top or sides of the oven. Cover with wax paper.



Poultry, pork or ham roasts need no trivet. Add 1/2 cup water to roast dish, cover with plastic wrap. (For cooking bag method, see Cookbook.)



Place meat in oven with probe to the right. Insert cable end of probe firmly into receptacle on oven wall.

How to Roast Beef to Medium



Step 1. Touch ROAST CODE Pad. "Enter Code" flashes. Touch number pad 2. "Code 2" appears on display and "Start" flashes. Touch START. Display shows -90 and "Temp Cook."



Step 2. At 90°F., display switches to show meat's internal temperature.



Step 3. After a pre-programmed temperature is reached, depending on the code select, oven flashes "turn" and beeps four times. Open the oven door and turn the meat over. The probe may be disconnected for easier access to the meat without interrupting the program. (Remember to re-insert the probe.)



Step 4. Close door and touch START. The temperature will return on display. Oven monitors internal food temperature; automatically switching to lower power as meat's temperature rises. This helps prevent toughening or overcooking.



Step 5. After final temperature is reached, oven switches to hold temp for up to 1 hour, then shuts off.

Roast Code Chart

- Use containers and coverings as directed at left. Place probe correctly in roast before cooking.
- When oven beeps and flashes "turn," turn meat over.
- Recommended Codes are also shown on Roast Code Chart on control panel.

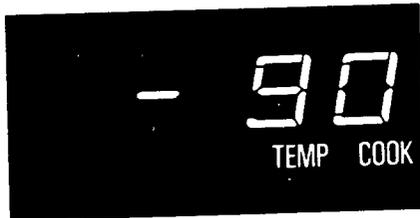
Food	Code	Final Temp.	Approx. Time (min. per lb.)	Hold* Minutes
Beef				
Tender Roast			12-14	5-10
Rare	1	115°	14-16	10-15
Medium	2	125°	17-18	30
Well	3	145°		
Pork				
Loin Roast	4	175°	18-20	20
Precooked Ham	1	115°	17-19	5-10
Poultry				
Whole Chicken (3 lbs.)	5	190°	13-15	20
Turkey Breast (Insert probe horizontally into meatiest area.)	4	175°	13-15	20

*Recommended standing time before serving.

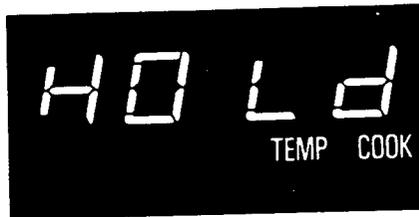
Automatic Simmer (Roast Code 6)

Your Cookbook has information on Automatic Simmering, including chart and recipes.

Total time includes time to bring food to 180°F. and hold at that temperature until done.



Set Simmer like Roast Code, example left. Display shows -90 until food is 90°F., then switches to show food temperature until 180°F.



Oven switches to "Hold" at 180°F. until you remove food and turn off oven. If stirring is recommended, you can reset oven by retouching START. Touch OFF/RESET after cooking.

Simmer (Roast Code 6)

Food	Approx. Time/Hrs.
Beef	
Pot Roast*	6-8
Stew	6-8
Chili	11-13
Chicken*	
Stewing	11-12
Broiler/Fryer	4-6
Ham or Pork	
Roast	4-6
Soup	
Stock/Vegetable	3-6
Split Pea	13-15

*For frozen, add 2 to 3 hours.

How to Use the Timer

The **TIMER** has three timing functions:

- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The **TIMER** operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch **TIMER** pad. The display shows :0 and “Enter Time” flashes.
2. Touch number pads 3, 0 and 0 (for 3 minutes and no seconds). Display shows 3:00 and “Time” flashes.
3. Touch **START**. Display shows time counting down.
4. When time is up, oven signals, flashes “End,” and display shows time of day.

Programming a HOLD TIME

The **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 or Cookbook.

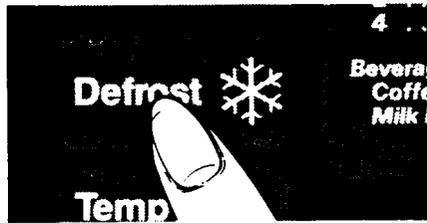
Programming Delayed Cooking

To set the oven to delay cooking up to 99 minutes follow Steps 1 and 2 to enter hold time. Then, touch **TIME 1** and enter cooking time before pressing **START**.

How to Defrost, Hold and Time Cook

Let’s say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here’s how to do it:

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

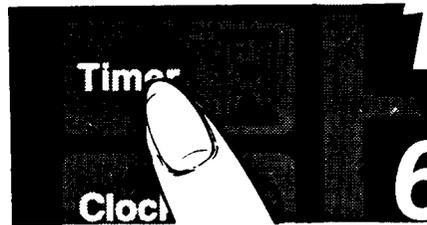


Step 2: Touch **DEFROST** pad.



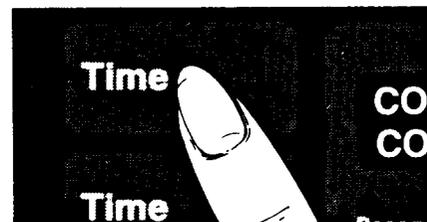
The display shows :0 and “Enter Def Time” flashes.

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 the **Power** pad and the desired power level.)



Step 4: Set standing or hold time by touching **TIMER**. The display shows :0 and “Enter Time” flashes.

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



Step 6: Touch **TIME 1** pad. The display shows :0 and “Enter 1 Cook Time” flashes.

Step 7: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. “1 Cook Time” flashes and 25:00 appears on display.



Step 8: Touch **START**. “Def Time,” and 15:00 counting down show on display. As each function is automatically performed oven display shows instructions entered and the function.

Step 9: When time is up, the oven signals and flashes “End.”

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

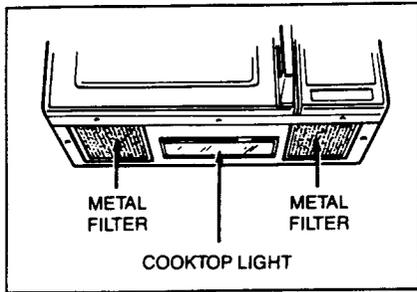
A. Yes. Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in Defrost and amount of time. Then program Hold and the amount of time. Be sure to put the thawed dish in the refrigerator promptly.

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

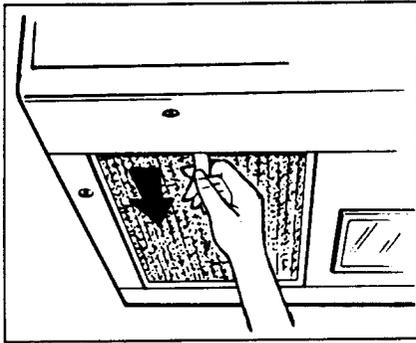
Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

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.

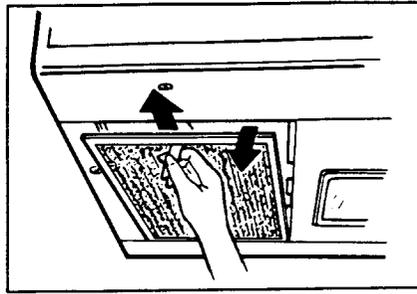
The Exhaust Feature



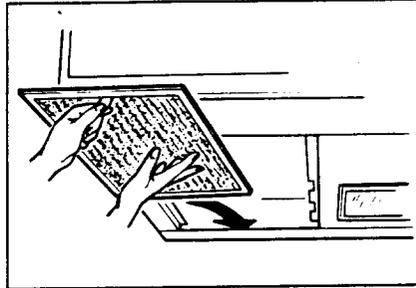
The exhaust hood feature on your microwave oven is equipped with two metal filters which collect grease. When the fan is operated, air is drawn up through the filters and is then discharged through the provided venting to the outside. The hood also has a light for illuminating the counter space.



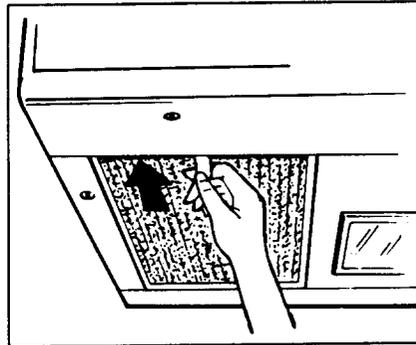
To remove grease filter, grasp the "finger hold" on the filter and slide to the rear.



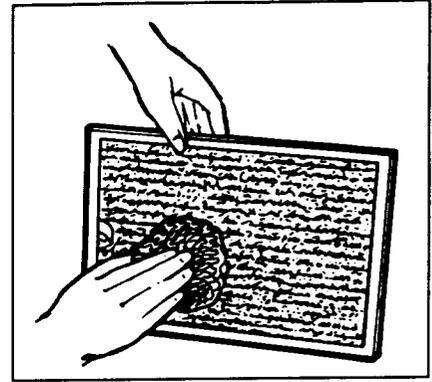
Then pull filter downward and to the front. The filter will drop out.



To replace grease filter, slide the filter in the frame slot on the back of the opening.



Pull filter upward and to the front to lock into place.



To clean grease filter, soak, then agitate filter in hot detergent solution. Don't use ammonia or other alkali because it will darken metal. Light brushing can be used to remove embedded dirt. Rinse, shake and remove moisture before replacing. Filters should be cleaned at least once a month. Never operate your hood without the filter in place. In situations where flaming might occur on surfaces below hood, filter will retard entry of flames into the unit.

How to Use the Timer

The Exhaust Feature

Care of 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 on your oven.** The inside and outside oven walls can be scratched. The control panel can be damaged.
- **Don’t remove the mode stirrer cover at the top of the oven** (microwave feature 5 on page 5). You will damage the oven.

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 with a damp cloth. Do not use abrasive cleaners on oven walls. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door (inside). Window: 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.**

Automatic Temperature 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.)

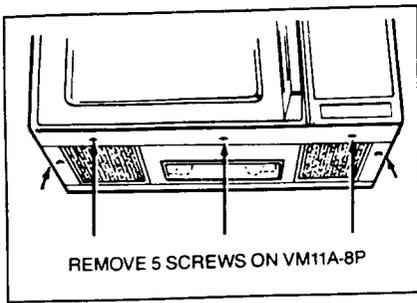
How to Clean the Outside

Case. Clean the outside of your oven with soap and damp cloth, then rinse and dry. Wipe the window clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

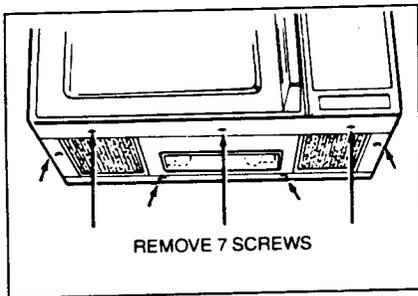
Control Panel. Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives, or sharp objects on the panel—they can damage it.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

Power Cord. If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse and dry thoroughly before plugging cord into outlet.

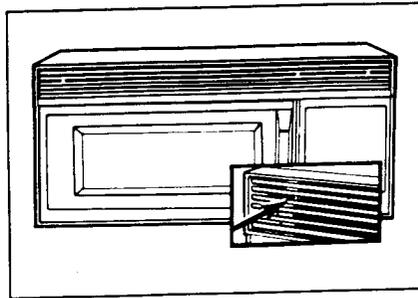


To replace hood, disconnect power at main fuse or circuit breaker panel or pull plug. Remove 1 screw from each side of lower panel and 3 screws from front edge. Lower panel until it rests on range below. Be sure bulbs to be replaced are cool before removing. Remove bulbs and replace with 40 watt incandescent bulbs available from your supplier. Raise lower panel and replace screws. Connect electrical power to microwave oven.

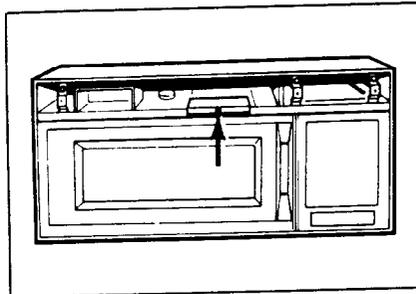


Note:

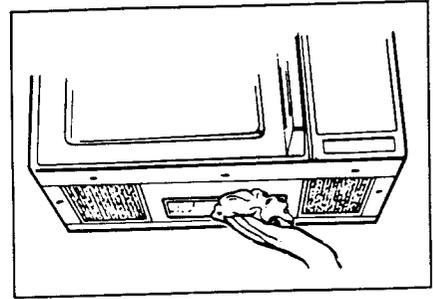
Also remove the two screws mounting the upper glass retainer trim for easier lamp replacement.



To replace your oven lamp, first disconnect power at main fuse or circuit breaker or pull plug. Remove the top grill by taking off 3 screws which hold it in place.



Next, remove the single screw located above door near center of oven that secures lamp housing. Replace burned-out bulb with a 30-watt lamp available from your supplier.

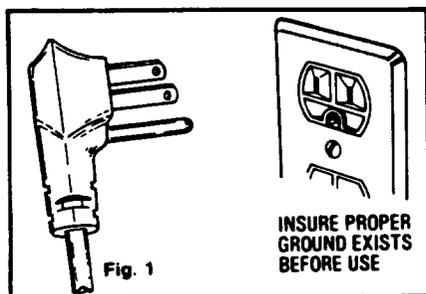


Clean off the grease and dust on hood surfaces often. Use a warm detergent solution. About 1 tablespoon of ammonia may be added to the water. Take care not to touch the filters and enameled surfaces with this. Ammonia will tend to darken metal.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. (Fig. 1)

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



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

Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do not under any circumstance cut or remove the third (ground) prong from the power cord.

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance.

The Problem Solver

To save time and money—before you request 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.

All these things are normal on your Microwave Oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while operating at power levels other than high.
- 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.

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT COME ON	A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker. Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	Door not securely closed. START must be touched after entering cooking selection. Another selection entered already in oven and OFF/RESET not touched to cancel it. Make sure you have entered cooking time after touching TIME 1 or TIME 2. OFF/RESET was touched accidentally. Reset cooking program and touch START. Temperature probe not inserted properly or not being used during Roast Code or Temp Cook. Make sure you have entered a desired finished temperature after touching TEMP COOK. Make sure you entered a code number after touching ROAST CODE or COOK CODE.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME 1 and additional cooking time for completion. Incorrect power level entered. Check Cookbook for recommended power level or changing levels during cooking if necessary. Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cookbook or recipe for these instructions. Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check Cookbook for recommendation on increasing time. Probe not inserted properly into meat or dish when using Temp Cook or Roast Code functions. Check Cookbook or Roast Code section of this book for specific instructions.
“EE EE” APPEARS ON DISPLAY	When using Temp Cook, a temperature less than 90°F. or more than 199°F. has been entered. When using Clock, you have not entered a valid clock time.
“PROB” APPEARS ON DISPLAY	Probe has been forgotten or not seated properly in oven wall when using Temp Cook or Roast Code functions.

If You Need Service

Maycor has a nationwide network of service people. For the nearest service outlet, contact the dealer or consult the telephone directory Yellow Pages under "Ranges."

For additional information about your microwave oven, write to the manufacturer. Be sure to include the model and serial numbers shown on the serial plate on the front of the oven.

If you are dissatisfied with the service you received, here are three steps you should follow:

First, contact the people who serviced your appliance. Explain why you are dissatisfied. In most cases, this will solve the problem.

Next, if you are still dissatisfied, write all the details—including your phone number—to:

Service Department
P.O. 4970
Cleveland, TN 37311

Finally, if your problem is still not resolved, write:

Major Appliance
Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606

This panel, known as MACAP, is a group of independent consumer experts under the sponsorship of several industry associations. Its purpose is to study practices and advise the industry of ways to improve customer service. Because MACAP is free of industry control and influence, it is able to make impartial recommendations and consider each case individually.

If You Need Service