

ABOUT YOUR NEW MICROWAVE OVEN

Congratulations on your choice of this microwave oven. As you use your new oven, we know that you will appreciate the many features that provide excellent performance, ease of cleaning, convenience and dependability.

New features have dramatically changed today's microwave oven. It is therefore very important to understand how your new oven operates before you use it. On the following pages, you will find a wealth of information regarding all aspects of your oven. By following the instructions carefully, you will be able to fully enjoy and properly maintain your new microwave oven.

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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 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 closes 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.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

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

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

1. **READ ALL THE INSTRUCTIONS BEFORE USING THE APPLIANCE.**
2. Read and follow the specific "precautions to avoid possible exposure to excessive microwave energy." See page 1.
3. This appliance must be grounded and properly polarized. Connect only to a properly grounded and polarized outlet. (See Grounding Instructions on page 3).
4. Install or locate this appliance only in accordance with the installation instructions described in this manual.
5. Use this appliance only for its intended use as described in the manual. Do not use for drying clothes, linens, newspaper, or similar non-food type items.
6. Make sure that all persons using this appliance, especially children, are closely supervised and properly instructed on how to use this appliance.
7. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
8. Do not attempt to service or repair this appliance. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair or replacement.
9. Do not cover or block any openings on the appliance.
10. When cleaning oven door and surfaces of the oven which face and/or contact the oven door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
11. Use only cooking utensils and accessories, made for use in the microwave and specifically described in this manual or cookbook, if included with oven. Use aluminum foil only as directed in this booklet. See page 21.
12. Some products such as whole eggs, and sealed containers such as closed glass jars may explode and should not be heated in this oven.
13. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food, especially starchy items such as potatoes and fatty items such as bacon.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. Do not put metal inside the oven, except as specifically described in the manual or cookbook accompanying this oven.
14. Do not use water on a grease fire. Smother fire with a pan lid, or use baking soda, a dry chemical or foam-type extinguisher.
15. The appliance should be carefully attended if paper, plastic, or other combustible materials are placed inside the oven to accommodate cooking. If any materials inside the oven should ever ignite, keep the oven door closed, and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
16. Do not use outdoors.
17. Do not immerse cord or plug in water.
18. Keep cord away from heated surfaces.
19. Do not let cord hang over edge of table or counter.
20. Do not pop popcorn in anything other than a microwave oven popper unless it is a specially treated bag labeled: Microwave popcorn intended for use in the microwave.
21. Do not remove the outer case, for safety considerations.
22. This microwave oven is specifically designed to heat, cook or defrost food. It is intended for home use only. This oven is not designed for commercial, industrial or laboratory purposes. Avoid using corrosive chemicals and vapor in the oven.

SAVE THESE INSTRUCTIONS

INSTALLATION

INSTALLATION

This oven was carefully packed and shipped in good condition. If you find shipping damages, notify the dealer immediately.

Remove all packing materials both outside and inside the oven before using the oven.

This microwave oven is designed for household use only. It is not intended for commercial or industrial use.

Some models are designed as a countertop unit only and not intended for built-in applications.

Model 41 may be converted to a built-in installation by using BKM41A kit.

The oven can be set on any sturdy counter, shelf, table, room divider or rolling cart.

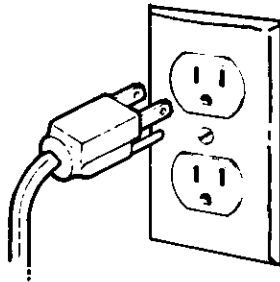
The oven requires free movement of air for proper operation. **DO NOT BLOCK AIR VENTS** located across the top and underneath the oven. Also, do not remove the feet from the bottom of the oven.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

This appliance is equipped with a grounding plug. The plug must be plugged into a 120 volt, 15-ampere outlet that is properly installed and grounded in accordance with applicable electrical codes.

For proper operation, no other appliance should be on the same circuit as the microwave oven.



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

WARNING

To provide continuous protection against electrical shock, connect to properly grounded outlets only. Improper use of the grounding plug can result in a risk of electrical shock.

DO NOT, UNDER ANY CIRCUMSTANCES, CUT OFF THE 3RD GROUNDING PRONG.

EXTENSION CORDS

If it is necessary to use an **EXTENSION CORD**, use only 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.

DO NOT USE EXTENSION CORDS FOR BUILT-IN APPLICATIONS. CONSULT A QUALIFIED ELECTRICIAN TO INSTALL THE APPROPRIATE RECEPTACLE.

INTERFERENCE WARNING

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

- Reorient the receiving antenna.
- Relocate the oven with respect to the receiver.
- Plug the oven into a different outlet so that it and the receiver are on different circuits.

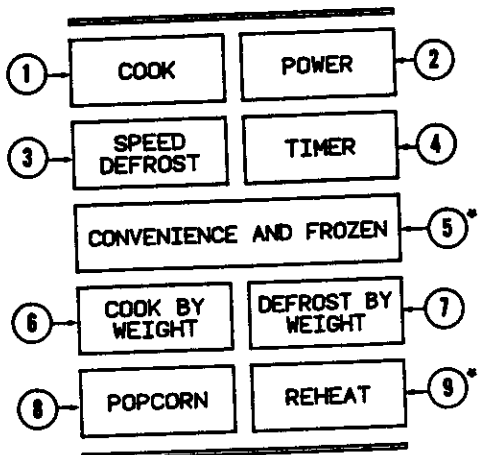
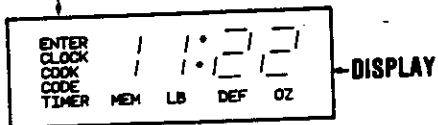
If the interference persists, you may want to consult an experienced radio/television technician for additional suggestions.

OVEN FEATURES

CONTROL PANEL

Your oven will feature one of the two control panels illustrated below.

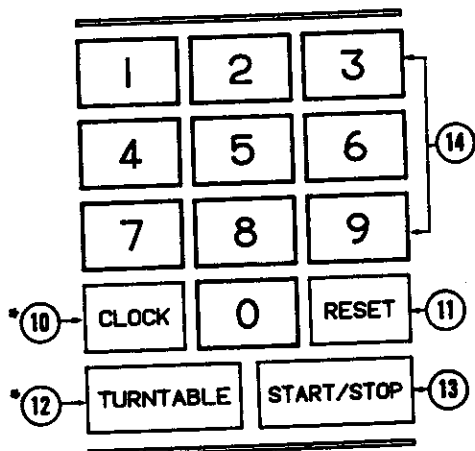
PROMPT INDICATORS



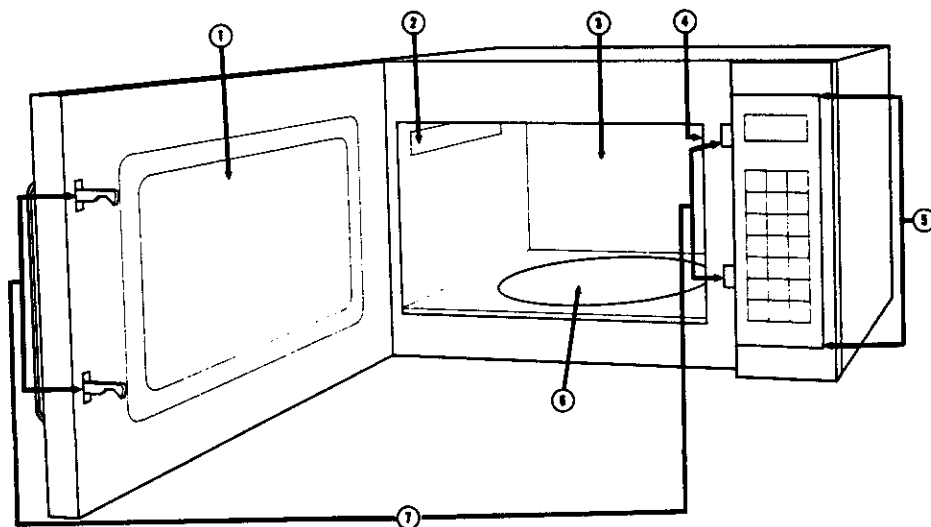
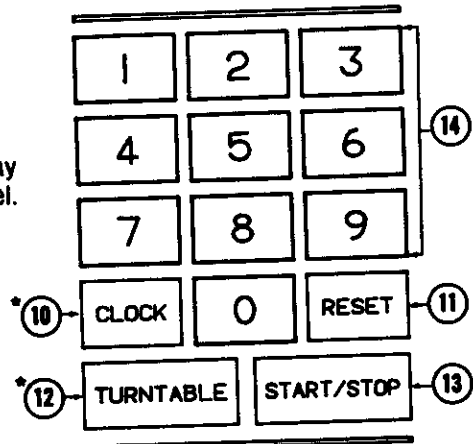
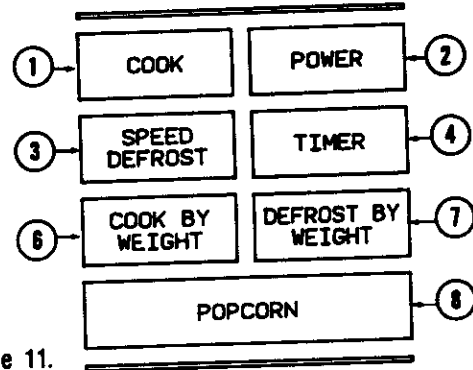
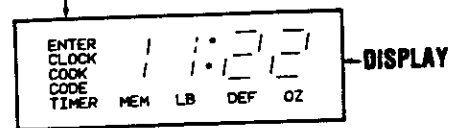
FUNCTION PADS (1-14)

1. COOK, page 8.
2. POWER, page 8.
3. SPEED DEFROST, page 9.
4. TIMER, page 7.
- * 5. CONVENIENCE AND FROZEN, page 11.
6. COOK BY WEIGHT, page 18.
7. DEFROST BY WEIGHT, page 16.
8. POPCORN, page 7.
- * 9. REHEAT, page 12.
- * 10. CLOCK, page 7.
11. RESET, page 7.
- * 12. TURNTABLE, page 7.
13. START/STOP, page 7.
14. NUMBER PADS.

*This function pad is optional and may not be featured on your control panel.



PROMPT INDICATORS



OVEN FEATURES

1. Window door
2. Rating plate (model and serial numbers)
3. Painted oven cavity
4. Oven light bulb
5. Control panel
6. Turntable, if equipped
7. Safety interlock system

OPERATION

OVEN LIGHT AND FAN

The oven light automatically turns on when the door is opened. The light will also stay on during any operation except the TIMER operation.

A fan noise can be heard during all operations except the TIMER operation.

PROMPT INDICATORS

Prompt indicators are messages in the display to help you set the oven. Whenever a function pad is pressed, a prompt will appear in the display. For example, if you press TIMER,



will be displayed. This tells you to enter a time such as 5 0 0 or 5 minutes.

The word "CLOCK" will always be displayed unless the oven is set for an operation.

WHAT BEEPS MEAN

One short beep - a beep sounds each time a pad is pressed. Beep indicates a correct entry. One beep sounds during some code programs to signal you to check the food.

One long beep - signals the end of a TIMER operation.

Two short beeps - indicates an incorrect entry.

Two long beeps - indicates that the oven is changing from one operation to another. For example, from a defrost operation to a cook operation. During some code programs, the oven will automatically turn off. At this point, check food to see if stirring or turning is required.

Four long beeps - signals the end of an operation for all functions except the TIMER operation.

GENERAL OPERATING INSTRUCTIONS

Refer to pages 6 to 20 for complete operating instructions for each function pad.

To set oven:

1. Press a function pad.
2. Enter time, code or weight.
3. Press START/STOP pad.

OPERATION

FUNCTION PAD	DISPLAY WILL PROMPT	WHAT TO DO
COOK		Enter the desired time. See page 8 for complete instructions.
POWER		<ul style="list-style-type: none"> -You must enter a cooking time before selecting a power level. -The oven will automatically cook at full power ("HI") unless you select a lower power. -Enter power level within 3 seconds of pressing the POWER pad.
SPEED DEFROST		Enter defrost time. See page 9 for complete instructions.
TIMER		Enter desired timing. See page 7 for complete instructions.
CONVENIENCE AND FROZEN		See page 11 for complete instructions.
COOK BY WEIGHT		See page 18 for complete instructions.
DEFROST BY WEIGHT		See page 16 for complete instructions.
POPCORN	 	Time depends on your model.
REHEAT		See page 13 for complete instructions.
CLOCK		Press CLOCK pad twice and enter correct time-of-day. See page 7 for complete instructions.
RESET	-----	----- Cancels any program except clock.
TURNTABLE	-----	----- Turns turntable on and off.
START/STOP	-----	----- Turns oven on or off.

OPERATION

CLOCK, if equipped

00:00 will flash in the display when the oven is first plugged into a wall outlet or if there has been a power failure. Colons must be flashing in the display to set the clock.

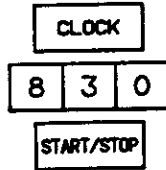
To set clock:

1. Press **CLOCK** twice.
2. Enter time-of-day by pressing the number.

(Ex. 8 3 0 or 8:30.)

3. Press **START/STOP**.

This locks in the time-of-day.



To recall time-of-day during a cooking operation, press **CLOCK**. Time-of-day will appear in the display for 3 seconds before returning to the current timing.

RESET

If a timing is left on the display or if an incorrect entry was made, press **RESET** to clear the entry. The time-of-day will reappear. The oven must be off to clear an entry.



TURNTABLE, if equipped

The turntable will automatically rotate whenever the oven is turned on for any operation. If you wish to turn off the turntable, press **TURNTABLE**. The turntable will automatically turn on the next time the oven is used.



CAUTION

Always place items in the center of the turntable. If an item is larger than the turntable, place a microwave-safe dish underneath to prevent the item from dragging. If the item does not rotate, turn off turntable. Some rectangular-shaped utensils are too large to rotate in the oven.

To prevent discoloration to the plastic turntable, do not use ceramic browning dishes on the turntable. Use only browning dishes set in a heat-proof plastic holder.

To prevent discoloration to the plastic turntable, place microwave popcorn on a microwave-safe, plastic dish supplied with the oven or a microwave-safe, heat-proof dish.

START/STOP



To start or stop any operation except **TIMER** function, press **START/STOP**. To interrupt any operation except **TIMER**, press **START/STOP** or open oven door. To resume, close door and press **START/STOP**. If food is removed from the oven with time remaining on the display, press **RESET** to clear the timing.

To start **TIMER**, press **START/STOP**. To stop **TIMER**, press **RESET**. **TIMER** function can not be interrupted.

TIMER



Use as a handy kitchen timer to time conventional cooking operations or to time microwave standing times.

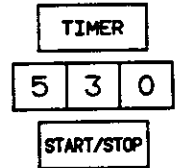
To set timer:

1. Press **TIMER**.

2. Enter timing.

(Ex. 5 3 0 or 5:30 - 5 min. 30 sec.)

3. Press **START/STOP** to begin timing.



A long beep signals the end of a timing operation, press **RESET**.

HINT

It is possible to use the **TIMER** at any time. For example, you can set the **TIMER** while the oven is being used for a cooking operation. Or, you can set the **TIMER** and then set a cooking operation while the timing operation is in use.

If **TIMER** is used along with a cooking operation, the display will show the cooking time rather than the **TIMER** timing.

POPCORN



This is a preset timing for microwave popcorn. Carefully follow the package directions. Do not leave microwave oven unattended while popping popcorn. Place microwave popcorn on a microwave-safe, heat-proof dish in the oven. Microwave popcorn brands vary in their yield. Do not repop unpopped kernels.

To set:

1. Press **POPCORN**.

2. Press **START/STOP**.



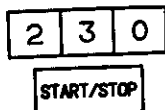
HOW TO COOK

COOK AT FULL POWER

The oven will automatically cook at full power (HI) unless you select another power level.

To set:

1. Press numbers to enter cooking time.
(Ex. 2 3 0 or 2 minutes, 30 seconds)
2. Press START/STOP to begin cooking.



HINTS

To check food during cooking, open the oven door. When the door is opened, the oven turns off and the display stops counting down. Check food, close door and press START/STOP to continue cooking.

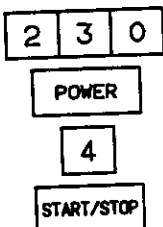
At the end of cooking, "END" appears in the display and 4 beeps sound. Open the oven door or press RESET. Time-of-day reappears in the display when the door is opened or RESET is pressed.

CHANGING THE POWER LEVEL

Power level must be entered within 3 seconds after pressing POWER. The display returns to the cooking time after 3 seconds.

To set:

1. Press numbers to enter cooking time.
2. Press POWER.
3. Press a single number to enter power level.
(Ex. 4 for 40% power.)
4. Press START/STOP to begin cooking.



HINTS

Press POWER to recall the power level during cooking. Power level will appear in the display for 3 seconds before returning to the current timing.

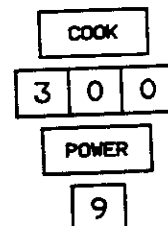
Power level can be changed during cooking, while the oven is operating. Press POWER then enter the power level. Press POWER twice to cook at full power (HI).

2-STAGE COOKING

It is possible to program the oven to cook at two different power levels. For example, you can set the oven to cook at HIGH (Stage-1) to begin a cooking operation or to bring water to a boil. Then, reduce the power level (Stage-2) to continue the operation at a slower, more gentle speed.

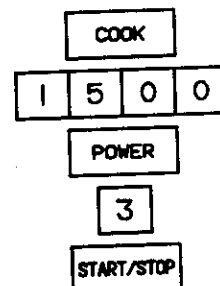
To set 2-stage cooking:
STAGE-1

1. Press COOK.
2. Enter cooking time for stage-1.
3. If desired, select a power level.



STAGE-2

4. Press COOK again.
("mem" appears in the display.)
5. Enter cooking time for stage-2.
6. If desired, select a power level.
7. Press START/STOP to begin cooking.



During stage-1, the "cook" and "mem" prompts light in the display to indicate that this is a 2-stage cooking operation. The "mem" prompt turns off when the oven changes from stage-1 to stage-2. 2 beeps signal this change. 4 beeps signal the end of cooking.

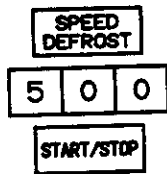
HOW TO DEFROST

SPEED DEFROST

This setting is designed to defrost foods quickly and conveniently with a minimum of handling.

To set defrost:

1. Press SPEED DEFROST.
2. Enter defrost time.
3. Press START/STOP to begin defrosting.



SPEED DEFROST WITH HOLD TIME

It is possible to program a defrost operation with standing time at the end of defrosting.

To set:

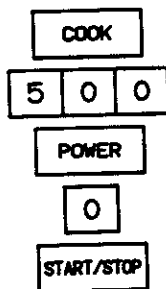
STAGE-1: DEFROST

1. Press SPEED DEFROST.
2. Enter defrost time.



STAGE-2: HOLD for standing time

3. Press COOK.
4. Enter standing time.
5. Press POWER.
6. Enter "0" power.
7. Press START/STOP.



The oven will defrost for the time you enter and then will automatically hold the food for the standing time you entered. 4 beeps will signal the end of defrosting.

SPEED DEFROST THEN COOK

It is possible to program a defrost operation followed immediately by a cooking operation by using the 2-stage cooking feature. (Note: You can select stage-1 and stage-2 or just stage-1).

To set:

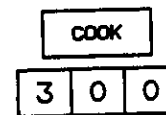
DEFROST

1. Press SPEED DEFROST.
2. Enter defrost time.



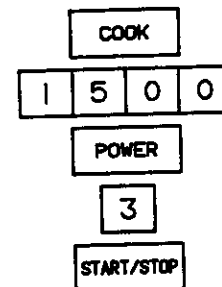
STAGE-1

3. Press COOK for stage-1.
4. Enter cook time.
5. Enter power level if desired.



STAGE-2

6. Press COOK for stage-2.
7. Enter cook time.
8. Select power level if desired.
9. Press START/STOP.



The oven will automatically defrost then cook at two different levels of power. 2 beeps will signal when the oven changes from one stage to another. 4 beeps signal the end of cooking.

CODE PROGRAMS

CODE PROGRAMS

CODE programs take the guesswork out of selecting timings and power levels for a variety of foods.

Several CODES have been preset by the manufacturer to defrost, cook or heat foods that are most commonly prepared in a microwave oven. Each code has preprogrammed cooking times and power levels for a specific food. All you have to do is select the code and enter the weight or amount of the food.

When using CODE programs, it is very important that you enter the correct information. Cooking time and power level is determined by the weight or amount you enter for each code.

IMPORTANT - PLEASE READ THIS

These three code programs will beep **AND THE OVEN WILL AUTOMATICALLY TURN OFF**. The display will stop counting down. This is a reminder for you to check the cooking progress. The code programs are:

1. REHEAT

Code 6 - only for models not equipped with a turntable.

Code 8 - all models.

2. DEFROST BY WEIGHT - all models.

3. COOK BY WEIGHT - all models.

Your oven will feature up to four CODE programs. They are:

1. CONVENIENCE AND FROZEN, if equipped

This program has 5 codes that are preset to thaw and heat frozen convenience foods. Cooking time and power level is determined by the code you select and the weight you enter.

2. REHEAT, if equipped

This program has 9 preset codes designed to heat 7 popular precooked foods or to cook bacon and potatoes. Time and power level is determined by the code you select and the amount (number of servings) you enter.

3. DEFROST BY WEIGHT

This program is preset to defrost meat, poultry, or seafood. Defrost time and power level is based on the weight you enter.

DEFROST BY WEIGHT code will defrost meats weighing up to 10 or 12-lbs., depending on your model.

4. COOK BY WEIGHT

This program has 6 codes that are preset to cook tender roasts, precooked ham or a turkey breast to a specific internal temperature. Cooking time and power level is determined by the code you select and the weight you enter.

COOK BY WEIGHT code will cook meats weighing up to 10 to 12-lbs., depending on your model.

CODE PROGRAM - CONVENIENCE & FROZEN

CONVENIENCE AND FROZEN

This program includes frozen convenience foods such as vegetables, entrees, pot pies, pancakes, and pastries.

Heating times for this code are based on frozen foods. If the food you wish to thaw and heat is not completely frozen or has begun to thaw, it may be necessary to remove the food from the oven before the end of cooking.

To insure best results, the oven will beep during the heating operation to remind you to check the heating progress.

INSTRUCTIONS AT-A-GLANCE

1. Press convenience and frozen pad.
2. Select code.
3. Enter weight.
4. Press START/STOP pad.

To set:

1. Press CONVENIENCE AND FROZEN pad. The display prompts you to "enter CODE".

CONVENIENCE
AND FROZEN

2. Select the desired code (from 1 to 5) for the type of food you wish to cook.

3

(Ex. If you wish to cook a frozen micro pot pie, press 3 for code 3.)

3. The display now prompts you to enter the weight of the frozen pot pie.

Check the package weight and enter the weight by pressing the number pads.

(Ex. If the package weight is 1-lb., 8-oz. press 1 0 8.)

1 0 8

As soon as you enter the weight, the display immediately changes to the correct cooking time.

Each code has a size limitation. See DESCRIPTION OF CODES for maximum weight per code. If you select a weight that is larger than the preprogrammed weight, two short beeps will signal the error.

4. Press START/STOP to begin cooking.

START/STOP

During cooking, one beep will be heard once or twice. This is a signal to check the food. If necessary, stir, turn or rearrange food. Recheck food at second beep and remove from oven if completely cooked.

Two long beeps will signal the end of cooking and the beginning of a 2 or 5 minute HOLD operation. The display will show the countdown for the HOLD operation.

Four long beeps signal the end of the HOLD operation.

CODE PROGRAM - DEFROST BY WEIGHT

HINTS

1. Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Place food on a microwave-safe rack in a dish. During defrost, juices accumulate in dish and may become hot enough to cook the food. Elevating meat off the dish will prevent the bottom-side from beginning to cook.
2. Begin defrosting whole poultry breast-side-down. Begin defrosting roasts fat-side-down.
3. Defrost by Weight is programmed for specific weights. Defrost results will be affected if you enter an incorrect weight.
4. Defrost by Weight is programmed for frozen food at 0°F. If food is stored at a higher temperature, expect shorter defrost times.
5. After 1/3 the defrost time, check the food. You may wish to turn over, break apart, rearrange or remove thawed portions of the food.
6. During defrost, the oven will automatically turn off and the display will stop counting down. At this point, open

oven door and check the food. Follow the techniques listed below for optimum defrost results. Then, close oven door, press START/STOP to complete defrosting.

- A) Turn over Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.
 - B) Rearrange Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef.
 - C) Shield Use small strips of aluminum foil to protect thin areas, edges or unevenly shaped foods such as chicken wings. Do not allow foil to come within 1-inch of oven walls or door to prevent arcing.
 - D) Remove Thawed portions should be removed from the oven at this point. This may shorten defrost time for foods weighing less than 3-lbs.
7. After defrosting, allow food to stand 5 to 10 minutes if there are any icy areas.

CODE PROGRAM - COOK BY WEIGHT

COOK BY WEIGHT

Use this program to cook meats such as beef, lamb or pork roasts; ham, or a turkey breast. Each code has a weight limitation. If you select a weight that is larger than the preprogrammed weight, two short beeps will signal the error.

The maximum weight for this code is 10 or 12-lbs., depending on your model.

INSTRUCTIONS AT-A-GLANCE

1. Press **COOK BY WEIGHT** pad.
2. Select code.
3. Enter weight.
4. Press **START/STOP** pad.

To set:

1. Press **COOK BY WEIGHT** pad. The display prompts you to "enter CODE".

COOK BY WEIGHT

2. Select the desired code (from 1 to 6) according to the type of meat and the desired degree of doneness.

(Ex. If you plan to cook a beef roast to medium doneness (160°F) press 2 for code 2.)

2

3. The display now prompts you to enter the weight of the beef roast you wish to cook.

Check the package weight and enter the correct weight by pressing the number pads.

(Ex. If the meat weighs 3-lbs., 12-oz. then press 3 1 2.)

3 1 2

The display will only accept up to the number 9 for lbs. If the meat is over 9-lbs., you must use the 00-oz. entry. For example:

If meat weighs this:	Then enter this:
10-lbs.	9-lbs. 16-oz.
10-lbs. 4-oz.	9-lbs. 20-oz.
10-lbs. 8-oz.	9-lbs. 24-oz.
10-lbs. 12-oz.	9-lbs. 28-oz.
11-lbs.	9-lbs. 32-oz.
11-lbs. 4-oz.	9-lbs. 36-oz.
11-lbs. 8-oz.	9-lbs. 40-oz.
11-lbs. 12-oz.	9-lbs. 44-oz.
12-lbs.	9-lbs. 48-oz.

As soon as you enter the weight, the display will immediately change to the correct cooking time.

4. Press **START/STOP** pad and cooking begins.

START/STOP

One short beep will be heard once or twice during cooking. This signals you to check the cooking progress. The oven does not turn off.

Two long beeps will sound and the oven will turn off. The display will stop counting down. At this point, open the oven door and check the food. (See HINTS.)

Press **START/STOP** to continue cooking. Four long beeps signal the end of cooking.

CODE PROGRAM - COOK BY WEIGHT

HINTS

1. Place tender roast fat-side-down on a microwave-safe rack in a dish large enough to hold the drippings. Cover with wax paper to prevent spattering.
2. During cooking, one short beep will sound once or twice (depending upon the code selected). Check the cooking progress. It may be necessary to turn elongated roasts or unevenly shaped meats such as poultry. If edges or thin areas, such as wings, are overcooking, protect these areas with small strips of aluminum foil. Do not place foil closer than 1-inch from the oven walls or door.
3. During cooking, all codes will signal two long beeps and the oven will automatically turn off. (On models without a turntable, the display will prompt you to "TURN" the meat.) Open the oven door, remove the meat from the oven and turn the meat. If necessary, shield areas with small strips of aluminum foil. Drain the dish if excessive drippings have accumulated. Recover with wax paper and return dish to the oven. Close the door and press START/STOP to complete cooking.
4. After cooking, allow meat to stand up to 10 minutes for small roasts or meat cooked to rare doneness. For larger cuts of meats or for meats cooked to well done, let meat stand 10 to 20 minutes. Use a meat thermometer to accurately determine if meat is done.

DESCRIPTIONS OF CODES

CODE #	MAXIMUM WEIGHT	INTERNAL TEMPERATURE AFTER STANDING TIME	TYPE OF MEAT
CODE 1	Up to 10 or 12-lbs.	Rare - 140°F.	Beef roasts.
CODE 2	Up to 10 or 12-lbs.	Medium - 160°F.	Beef and lamb roasts.
CODE 3	Up to 10 or 12-lbs.	Well done - 170°F.	Beef and lamb roasts.
CODE 4	Up to 10 or 12-lbs.	Well done - 170°F.	Pork roasts.
CODE 5	Up to 8-lbs.	Heated - 140°F.	Precooked ham.
CODE 6	Up to 5-lbs.	Well done - 185°F.	Turkey breast.

CODE PROGRAM - WEIGHT CONVERSION

WEIGHT CONVERSION

Many grocery stores label the weight of packaged meat in pounds and tenths-of-pounds (1.5 lb.) Cook and Defrost by Weight is entered in pounds and ounces (1-lb., 8-oz.) Use the chart below to convert from tenth-of-pound to ounces.

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

For example, if package weight for a beef roast is 3.7-lbs., it would convert to 3-lbs. 11-oz. If the roast was 3.75-lbs., it would convert to 3-lbs. 12-oz.

CARE & CLEANING

CARE

DO NOT operate microwave oven with empty utensils.

Never store food, dishes or paper materials inside the oven cavity. If the oven is accidentally turned on, it could cause a fire.

Do not use recycled paper products when microwaving. They may contain small metal fragments that could cause the paper to ignite.

Use pot holders when removing utensils from the oven. Dishes may be hot to the touch when microwaving. Cooking utensils may become hot because of heat transferred from the heated food. This is especially true if plastic wrap was used.

Use only plastic utensils which are designed for use in the microwave. Microwave-safe plastic may not be as tolerant of overcooking as glass or ceramic utensils. They may soften, char or ignite if subjected to extreme overcooking. Use microwave plastics only in strict compliance with manufacturer's recommendations.

DO NOT permit children to use plastic utensils without supervision.

Never use sharp-edged utensils in the oven. Oven walls can be permanently scratched or the control panel damaged.

Cook all food for the length of time recommended in the recipe. If necessary, add time at the end to complete cooking. Excessive cooking of any food could cause a fire. Set cooking time carefully and always double-check to insure that you have set the correct time.

Do not cook or reheat hard-cooked eggs or eggs in the shell. Eggs heat so quickly that pressure builds up inside the shell or yolk and can cause egg to burst.

USE OF METALS

Use metal only as directed in this booklet and in the separate Microwave Cookbook if supplied with your oven. Aluminum foil strips as used on meats or corners of square dishes are very helpful when used as directed in the Microwave Cookbook.

Use care to keep any metal or foil 1 inch or more from the oven walls, door or top of oven.

If arcing occurs when using foil or metal, immediately turn off oven and remove metal or foil from the oven.

Low-profile aluminum foil pans may be used. Be sure pan does not come near or touch oven walls of oven door to prevent arcing.

IF A FIRE SHOULD OCCUR IN YOUR OVEN: Turn oven off, keep door closed and, if convenient, unplug the oven until fire has extinguished itself.

These things are normal and may occur in your oven:

1. Steam or vapor escaping around the door. This develops as foods cook and give off steam.
2. Moisture droplets on the oven walls, oven door or the oven bottom after cooking some foods.
3. Dimming of oven light and change in blower sound. This may occur while the oven is operating at a power level other than HIGH if oven is equipped with variable heat control.
4. The top or bottom of the oven and trim may feel hot to the touch. This results from the venting of hot moist air during cooking.

CLEANING

IMPORTANT: ALWAYS UNPLUG OVEN AND BE SURE OVEN IS COOL BEFORE CLEANING.

To maintain the appearance of your oven, never use abrasive cleaning agents (such as cleansing powders, scouring pads or steel wool pads.) Also, never use commercial oven cleaners on any part of your microwave oven. Some liquid cleaners can remove the shiny surface on plastic or vinyl. Therefore, never spray or pour liquid cleaners directly onto a surface. Spray or pour cleaner onto a cloth or sponge and then clean.

OUTSIDE SURFACES

COVER - Clean the outside of the oven with a glass-cleaning agent, a liquid cleaner or dishwashing detergent and water. Use a damp cloth or sponge. Rinse and dry.

PLASTIC - Use a liquid or glass-cleaning agent and a sponge or cloth. To prevent scratching the plastic surface, do not use paper toweling.

CHROME - Clean chrome trim with liquid or glass-cleaning agent and a cloth or sponge. Buff dry with a soft cloth to prevent scratching the surface.

DOOR and CONTROL PANEL - Clean with a damp cloth or sponge. Use dishwashing detergent and water or a liquid or glass-cleaning agent to remove soil. Rinse with a damp cloth and dry with a soft cloth to prevent scratching the plastic outer door panel. Some paper towels can scratch the plastic door panel, therefore, use a soft cloth to dry the door.

POWER CORD - Be sure oven is unplugged. Wipe cord with a damp sudsy cloth, rinse and dry thoroughly before plugging cord back into outlet.

CLEANING & MAINTENANCE

INTERIOR SURFACES

Be sure oven interior is cool before cleaning. Never use commercial oven cleaner on any part of your microwave oven.

OVEN WALLS - Use a mild liquid dishwashing detergent and water; rinse and dry. To loosen dried-on soil: Place a cup of water in oven. Microwave on HIGH for 3 minutes. Leave hot water in the oven and allow the steam to soften the soil. Then, wash with hot sudsy water; rinse and dry.

To keep oven clean and sweet-smelling: Open oven door for a few minutes after cooking. Allow moisture to evaporate or wipe interior with a dry cloth. Occasionally wipe walls with a solution of baking soda and water to keep interior fresh.

PLASTIC STIRRER COVER - Never remove the stirrer cover. If this part requires service, contact a qualified service agent.

OVEN SHELF - Depending on your model, the shelf is either sealed-in or removable and is made of either glass or plastic. Wash oven shelf with hot sudsy water, rinse and dry.

FOR PLASTIC SHELF: If stain should still remain, remove it with a paste of two parts coffee-pot cleanser and three parts water. Apply paste to stain, let stand one or two hours; then wipe with a clean damp cloth, rinse and dry.

FOR PLASTIC OVEN SHELF:
DO NOT USE BROWNING DISH IN THE OVEN unless browning dish is inserted into a plastic holder. High heat generated from the bottom of a browning dish can cause scorched stains or may damage the oven shelf.

REPLACING OVEN LIGHT BULB

USER REPLACEABLE BULB:
(Model M41)

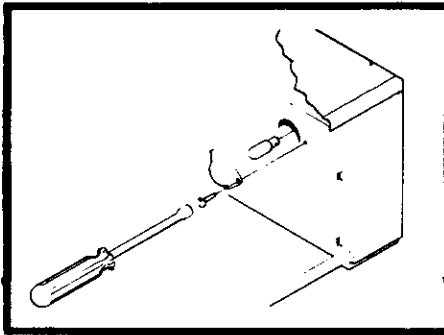
Disconnect power to the oven before replacing oven light bulb. Bulb is located on the upper right oven wall.

To replace bulb:

When oven is cool, loosen hex nut with a 1/4" nut driver or remove screw on lamp access cover with a straight-blade screwdriver.

Carefully remove cover plate.

Remove bulb. If bulb should break, use a pot holder to protect hands from possible harm and very carefully remove bulb. If bulb breaks at base, have a serviceman remove bulb.



Replace bulb with a 25-watt 18 bayonet base bulb only. Replace cover plate. **WARNING:** After replacing oven light bulb, do not attempt to operate oven without lamp cover plate installed.

Reconnect power to oven.

NON USER REPLACEABLE BULB:
(Models M5 and M15)

This bulb is to be serviced only by properly qualified service personnel.