

UNDERSTANDING YOUR MICROWAVE OVEN

COOKWARE GUIDE

Most heat-resistant, non-metallic cookware is safe for use in your microwave oven. However, to test cookware before using, follow these steps:

1. Place the empty cookware in the microwave oven.
2. Measure 1 cup of water in a glass measuring cup and place it in the oven beside the cookware.
3. Microwave on 100% power for 1 minute. If the dish is warm, it should not be used for microwave cooking.

USE	DO NOT USE
<p>Ovenproof Glass</p> <ul style="list-style-type: none"> • Glass treated for use in high-intensity heat includes utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles, and bowls without metallic trim. <p>China</p> <ul style="list-style-type: none"> • Bowls, cups, serving plates, and platters without metallic trim can be used in your oven. <p>Plastic</p> <ul style="list-style-type: none"> • When using plastic wrap as a cover, make sure that the dish is deep enough so the plastic wrap does not touch the food. As the food heats, it may melt the plastic wrap wherever the wrap touches the food. • Place plastic wrap loosely over the top of the dish and secure it by pressing the wrap to the sides of the dish. • Vent by turning back one corner of the plasticwrap. This will allow excess steam to escape. • Use plastic dishes, cups, semi-rigid freezer containers, and plastic bags only for short time cooking. Use these with care because the plastic may soften from the heat of the food. <p>Paper</p> <ul style="list-style-type: none"> • Microwave-safe paper towels, waxed paper, paper napkins, and paper plates with no metallic trim or design can be used in your oven. • Refer to the manufacturer's label for use of any paper product in the microwave oven. 	<p>Metal Utensil</p> <ul style="list-style-type: none"> • Metal shields food from microwave energy and produces uneven cooking. Avoid metal skewers, thermometers, or foil trays. • Metal utensils can cause arcing, which is a discharge of electric current. Arcing can damage your microwave oven. <p>Metal Decoration</p> <ul style="list-style-type: none"> • Do not use metal-trimmed or metal-banded dinnerware, casserole dishes, etc. <p>Centura™ Tableware</p> <ul style="list-style-type: none"> • The Corning Company recommends that you do not use Centura tableware and some Corelle™ closed-handle cups for microwave cooking. <p>Aluminum Foil</p> <ul style="list-style-type: none"> • Avoid large sheets of aluminum foil because they hinder cooking and may cause arcing. • Use small pieces of foil to shield poultry legs and wings. • Keep all aluminum foil at least 1 inch from the walls and door of the oven. <p>Wood</p> <ul style="list-style-type: none"> • Wooden bowls, boards, and baskets will dry out and may split or crack when you use them in the microwave oven. <p>Tightly Closed Containers</p> <ul style="list-style-type: none"> • Tightly closed cookware can explode. Be sure to leave an opening for steam to escape from covered cookware. <p>Brown Paper</p> <ul style="list-style-type: none"> • Avoid using brown paper bags. They absorb heat and could burn. <p>Metal Twist Ties</p> <ul style="list-style-type: none"> • Always remove metal twist ties as they can become hot and cause a fire.

UNDERSTANDING YOUR MICROWAVE OVEN

TIPS FOR MICROWAVE COOKING

BROWNING

Meat and poultry with high fat content that are cooked for 10 or 15 minutes or longer will brown lightly. Foods cooked a shorter time can be brushed with a browning agent, such as Worcestershire sauce, soy sauce, or barbecue sauce.

COVERING

A cover traps heat and steam and causes the food to cook more quickly. Use a lid or microwave-safe plastic wrap with one corner folded back to vent the excess steam. Lids on glass casseroles can become hot during cooking. Handle carefully. Waxed paper will prevent the food from splattering in the oven and help retain heat. When warming bread items, use waxed paper, napkins, or paper towels. To absorb extra moisture, wrap sandwiches and fatty foods in paper towels.

SPACING

Arrange individual foods, such as baked potatoes, cupcakes, and hors d'oeuvres in a circle and at least 1 inch apart. This will help the food cook more evenly.

STIRRING

Stirring blends flavors and redistributes the heat in foods. Always stir from the outside toward the center of the dish. Food at the outside of the dish heats first.

TURNING

Large foods, such as roasts and whole poultry, should be turned so that the top and bottom cook evenly. Also turn over chicken pieces and chops.

CLEANING

Wipe the oven inside and outside with a soft cloth and a mild detergent solution. Then rinse and wipe dry. This should be done weekly or more often, if needed. Never use cleaning powders or rough pads. Excessive oil splatters on the inside top will be difficult to remove if left for many days. Wipe splatters with a wet paper towel, especially after cooking chicken or bacon.

REMOVABLE PARTS

The turntable and turntable roller rest are removable. They should be hand-washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse well and dry with a soft cloth. Never use cleaning powders, steel wool, or rough pads.

ARRANGEMENT

Do not stack food. Arrange in a single layer in the dish for more even cooking. Because dense foods cook more slowly, place thicker portions of meat, poultry, fish, and vegetables toward the outside of the dish.

TESTING FOR DONENESS

Because foods cook quickly in a microwave oven, you need to test frequently for doneness.

STANDING TIME

Depending on density, food often needs to stand from 2 to 15 minutes either in or outside of oven to finish cooking after cooking power shuts off. **Outside of oven**, you usually need to cover food during standing time to retain heat. Remove most foods when they are slightly undercooked and they will finish cooking during standing time. The internal temperature of food will rise about 10°F during standing time.

SHIELDING

To prevent some portions of rectangular or square dishes from overcooking, you may need to shield them with small strips of aluminum foil to block the microwaves. You can also cover poultry legs and wing tips with foil to keep them from overcooking. Always keep foil at least 1 inch from oven walls to prevent arcing.

PIERCING

Pierce the shell, skin, or membrane of foods before cooking to prevent them from bursting. Foods that require piercing include yolks and whites of eggs, hot dogs, clams, oysters, and whole vegetables, such as potatoes and squash.

- The glass turntable may be cleaned at the sink. Be careful not to chip or scratch the edges as this may cause the turntable to break during use.
- The turntable roller rest should be cleaned regularly.

SPECIALCARE

For best performance and safety, the inner door panel and the oven front frame should be free of food or grease buildup. Wipe often with a mild detergent; then rinse and wipe dry. Never use cleaning powders or rough pads.

After cleaning the control panel, touch STOP/CLEAR to clear any entries that might have been entered accidentally while cleaning the panel.

HOW TO USE TrueCookPlus™

HOW TO USE TrueCookPlus™

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WHAT IS TrueCookPlus™?

TrueCookPlus™ is the first ever way to microwave cook your food to perfection. Every time, in any size or power microwave oven anywhere in the world.

EXAMPLE: USING TrueCookPlus™



STOP
CLEAR

1. Press the **STOP/CLEAR** Button.



2. Find the simple TrueCookPlus™ code on your favorite food package or at www.TrueCookPlus.com. On your food package, your TrueCookPlus™ code will look similar to this:



3. Press the **TrueCookPlus™** button on your microwave oven keypad.

4. You will hear a musical tone and your oven will ask you to enter your TrueCookPlus™ code.

1 2 3 4

5. Key in **1 2 3 4** (for example). The display shows :
⌈ 1 2 3 4 TOUCH START



START
ENTER

6. Press the **START / ENTER** button.

7. TrueCookPlus™ now manages your microwave cooking automatically -- adjusting power levels, cook times etc.

8. When TrueCookPlus™ is done, your oven will beep.

9. Your food will be cooked to perfection.

10. If you enter an invalid TrueCookPlus™ code, your oven will display 'CODE ERROR'

11. Your oven relies on you to enter the TrueCookPlus™ code exactly as it appears on the food package or at <http://www.TrueCookPlus.com>




If you make an error entering the simple numeric TrueCookPlus™, or enter a TrueCookPlus™ code other than the one specific to your food product, or fail to press the TrueCookPlus™ button before entering your TrueCookPlus™ code, your food may undercook, overcook or even burn.

HOW TO USE TrueCookPlus™

CUSTOMIZING TrueCookPlus™

You may find that you would prefer TrueCookPlus™ to cook your food more quickly or more slowly.

TrueCookPlus™ can adjust to your tastes—to cook your food more quickly or more slowly.




HERE'S HOW	
	1. Press the STOP / CLEAR button
	2. Press the TrueCookPlus™ button twice
3 4 5	3. If you want your food to cook more quickly when you enter a TrueCookPlus™ code, press a number between 3 and 5
1	4. If you want your food to cook more slowly when you enter a TrueCookPlus™ code, press 1.
2	5. If you wish to reset TrueCookPlus™ to its factory default, press 2
	6. Press the START / ENTER button

Note :

- 1 : Shorter (6%)
- 2 : Normal (Default)
- 3 or 4, 5 : Longer (3%, 6%, 9%)

TrueCookPlus™ SETUP

After you unpack and plug in your TrueCookPlus™ oven, take a few moments to tell TrueCookPlus™ your zip code.

Example : Setup your ZIP code	
	1. Press the STOP / CLEAR button
	2. Press the TrueCookPlus™ button three times
	3. Enter your five digit U.S. Post Office zip code.
	4. Press the START / ENTER button





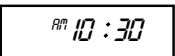
Once TrueCookPlus™ knows your zip code, every time you enter a TrueCookPlus™ code, TrueCookPlus™ will automatically adjust for your elevation above sea level.

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USING YOUR MICROWAVE OVEN

CLOCK

Example: To set the clock for 10:30(AM).



- | Touch: | Display Shows: |
|--|---|
| 1.  |  |
| 2. CLOCK | :ENTER TIME OF DAY |
| 3. 1030 | 10 : 30
TOUCH START |
| 4.  | 10 : 30
AM TOUCH 1 PM TOUCH 2 |
| 5. 1 | AM 10 : 30
TOUCH START |
| 6.  |  |

NOTE: This is a 12 hour clock. You can switch between AM and PM by touching 1 or 2 after step 4.


CHILD LOCK

You can use this safety feature to lock the control panel so that children cannot use the oven when you do not want them to and when you are cleaning the oven.

To set CHILD LOCK:

- | Touch: | Display Shows: |
|--|--|
| 1.  | Time of day. |
| 2.  | Touch and hold until LOCKED appears in the display. (approximately 4 seconds) |

To cancel CHILD LOCK:

- | Touch: | Display Shows: |
|--|--|
| 1.  | Touch and hold until LOCKED from the the display. (approximately 4 seconds) |
| | Time of day. |

KITCHEN TIMER

Your microwave oven can be used as a kitchen timer. You can set up to 99 minutes, 99 seconds.



Example: To set 3 minutes.

- | Touch: | Display Shows: |
|--|--|
| 1. KITCHEN TIMER | :ENTER TIME IN MIN AND SEC |
| 2. 300 | 3 : 00
TOUCH START |
| 3.  | 3 : 00
TIMER
Time counting down. |

EZ-ON

A time-saving pad, this simplified control lets you quickly set and start microwave cooking without the need to touch START.

Example : To set Ez-ON cooking 2 minutes.

- | Touch: | Display Shows: |
|---|---|
|  | Time of day. |
|  4 times | The oven begins cooking and display shows time counting down. |

NOTE:

If you touch EZ-ON, it will add 30 seconds up to 3 minutes 30 seconds; after 3 minutes 30 seconds, every touch will add 1 minute up to 99 min 59 seconds.

USING YOUR MICROWAVE OVEN

SENSOR TOUCH OPERATION INSTRUCTION

Quick Sensor Touch cooking provides exciting new features to make microwave oven easier. Your new microwave oven will guide you, step by step, whether it be simply to reheat food or cook food and sensor menu with all the popular food choices helps you to cook perfectly because it has been pre-programmed and can tell how long to cook or reheat food items.

Categories :

1. Sensor Touch Reheat
 2. Sensor Touch Potato
 3. Sensor Touch Rice
 4. Sensor Touch Popcorn
 5. Sensor Touch Fresh Vegetable
 6. Sensor Touch Frozen Vegetable
 7. Sensor Touch Frozen Entree
1. The Sensor Touch system works by detecting a build-up of vapor.
 2. Make sure the door remains closed.
 3. Opening the door or touching the STOP/CLEAR pad before the vapor is detected will abort the process. The oven will stop.
 4. Before using Sensor Touch, make sure the exterior of the reheating container and the interior of the oven are dry, to assure the best results.

POTATO (EXAMPLE)

SENSOR COOK allows you to cook most of your favorite foods without having to select cooking times and power levels. This oven automatically determines required cooking times for each food item.

Example: To cook potato

Touch: **Display Shows:**

1.  Time of day.

2. **POTATO** *POTATO*

The oven will start automatically.

QUICK SENSOR TOUCH TABLE

CATEGORY	DIRECTION	AMOUNT
Potato	Pierce each potato with a fork and place on the oven tray around the edge, at least one inch apart.	1~4 medium approx. 10 oz. each
Rice	Place rice and twice as much liquid (water or chicken or vegetable stock) in a 2-quart microwavable dish. Cover with plastic wrap. When cooking is complete, allow 10 minutes standing time. Stir for fluffier rice.	1~2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.
Popcorn	Place only bag of prepackaged microwave popcorn on the center of turntable.	Regular size Use one fresh bag of popcorn
Fresh Vegetable	Prepare as desired, wash, and leave residual water on the vegetables. Place in an appropriately-sized microwave container, cover with plastic wrap and vent.	1~4 cups
Frozen Vegetable	Remove from package, rinse off frost under running water. Place in an appropriately-sized microwave container, cover with plastic wrap and vent.	1~4 cups
Frozen Entree	Remove from outer display package. Slit cover. If not in microwave-safe container, place on plate, cover with plastic wrap, and vent.	10~21 oz.

NOTE: If you open the door or press STOP during sensing, the process will be canceled.

USING YOUR MICROWAVE OVEN

SENSOR TOUCH REHEAT

The feature reheats single servings of previously cooked foods or a plate of leftovers.

Food item in the Sensor Touch

Reheat menu include:

1. DINNER PLATE
2. SOUP/SAUCE
3. CASSEROLE
4. PIZZA

SENSOR TOUCH REHEAT TABLE

CATEGORY	DIRECTION	AMOUNT
Dinner plate	Place foods to be heated on a dinner plate or similar dish. Cover with plastic wrap.	Approx. 10.3 - 15.5 oz.
Soup/sauce	Place foods to be heated in an appropriately sized microwave container. Cover with plastic wrap.	1-4 cups
Casserole	Cover dish containing the casserole with plastic wrap.	1-4 cups
Pizza	Place foods to be heated on a dish.	1-3 slices

SENSOR TOUCH POPCORN

This feature makes preparation of microwave popcorn simple and quick... **one bag at a time.**

The automatic popcorn uses the HI power only.

The popping time counts down in the display.

When the popping time is over, two short and one long tones sound and End shows. Oven shuts off automatically.

Example: To reheat CASSEROLE simply follow the steps below.

Touch:

Display Shows:



Time of day.

REHEAT

*SELECT MENU 1 TO 4
-- SEE COOKING GUIDE*

3

CASSEROLE

The oven will start automatically

Place one bag only(50-100g) of prepackaged microwave popcorn on a microwave-safe / oven-safe dish on the turntable,The package should be at room temperature.

Touch:

Display Shows:



Time of day.

POPCORN

POPCORN

The oven will start automatically.

USING YOUR MICROWAVE OVEN

NOTE :

- If popcorn bag size is not known, follow manufacturers' instructions and do not use this feature.
- Do not use POPCORN key pad in combination with any other feature key pads.
- Do not attempt to reheat or cook any unpopped kernels.
- Do not reuse bag. Overcooking can result in an oven fire.
- Prepare one bag only at a time.
- Do not use popcorn popping devices in microwave oven with this feature.
- Do not leave microwave unattended while cooking popcorn.

CAUTION : Never use a brown paper bag for popping corn.



When popping prepackaged popcorn; Place carefully so the bag does not touch the oven walls. Fold each end of the bag in half toward the center top of the bag.

CUSTOM SET

CUSTOM SET provides four modes which make using your microwave oven quite handy. you can select SOUND ON/OFF, CLOCK ON/OFF, SCROLL SPEED and LBS/KG.

Example: To turn off Sound of beeper

Touch:

Display Shows:

1.

STOP
CLEAR

Time of day.

2.

CUSTOM
SET

Four modes show in the display.

3. 1

SOUND ON TOUCH 1
OFF TOUCH 2

4. 2

SOUND OFF
Time of day.

NOTE: To turn beep sound back on, repeat steps 1~3 then touch number 1.

CUSTOM SET FUNCTION CHART

NO.	FUNCTION	CHOICE
1	SOUND ON/OFF	Sound On or Sound Off
2	CLOCK ON/OFF	Clock On or Clock Off
3	SCROLL SPEED	Slow, Normal, or Fast
4	LBS/KG CHOICE	Lbs or Kg

NOTE: When the power cord is first plugged in, the default setting are Sound ON, Clock On, Normal Speed and LBS.

USING YOUR MICROWAVE OVEN

AUTO COOK

Auto Cook made easy! Your oven's menu has been preprogrammed to automatically cook food. Tell the oven what you want and how many items there are. Then let your microwave oven cook your selections.


Food items in the AUTO COOK menu include:

1. Bacon
2. Frozen Roll/Muffin
3. Fresh Roll/Muffin
4. Beverage
5. Chicken Pieces
6. Hot Cereal

AUTO COOK TABLE

CODE	CATEGORY	DIRECTION	AMOUNT
1	Bacon	Place bacon strips on microwave bacon rack for best results.(Use dinner plate lined with paper towels if rack is not available).	2 to 6 slices
2	Frozen Roll/Muffin	Remove from display package and place on plate.(If muffins are over 3 oz. each, count as two when entering quantity.)	1 to 6 pieces (2~3 oz. each)
3	Fresh Roll/Muffin	Remove from display package and place on plate.(If muffins are over 3 oz. each, count as two when entering quantity.)	1 to 6 pieces (2~3 oz. each)
4	Beverage	Remove from display package and place on plate.(Be careful! The beverage will be very hot! Sometimes liquids heated in cylindrical containers will splash out when the cup is moved.)	1 to 2 cups
5	Chicken Pieces	Place the chicken pieces in an appropriately sized microwaveable container ,cover with plastic wrap, and vent.	0.5 to 2 lbs.
6	Hot Cereal	Prepare as directed on package and cook. Stir and allow standing time before eating.Use only instant hot cereal.	1 to 6 servings


EXAMPLE: To cook 4 slices of bacon, simply follow the steps below.

- | Touch: | Display Shows: |
|--|---|
| 1.  | <i>SELECT MENU 1 TO 6</i> |
| 2. 1 | <i>BACON
TOUCH 1 TO 5</i> |
| 3. 3 | <i>4 SLICES TOUCH START</i>
Time counting down and
<i>BACON</i> |

MORE/LESS

By using the MORE or LESS key, TIMED COOK program can be adjusted to cook food for a longer or shorter time. Pressing MORE will add 10 seconds to the cooking time each time you press it. Pressing LESS will subtract 10 seconds of cooking time each time you press it.

To adjust the cooking time for a longer time, or for a shorter time.

- | Touch: | Display Shows: |
|---|---|
|  | Time of day. |
| 100 | <i>1:00
TOUCH START OR POWER</i> |
|  | The oven begins cooking and display shows time counting down. |
|  | The remaining time will increase or decrease by 10 seconds. |
|  | |

USING YOUR MICROWAVE OVEN

AUTO DEFROST

Three defrost sequences are preset in the oven. The auto defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.

For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange to get best defrost results. Three different defrosting levels are provided.



- 1 MEAT
- 2 POULTRY
- 3 FISH

*Available weight is 0.1~6.0 lbs.

Example: To defrost 1.2 lbs of ground beef.

Touch:

Display Shows:

1.  *MEAT TOUCH 1
POULTRY TOUCH 2
FISH TOUCH 3*
2. **1** *MEAT ENTER WEIGHT*
3. **1** and **2**
to enter the weight *1.2^{Lbs}
TOUCH START*
4.  Time counting down
and *DEFROST* will
appear on display.

Note: *TURN FOOD OVER* will appear
on display in middle of cycle.

NOTE:

When you touch the START pad, the display changes to defrost time count down. The oven will beep during the DEFROST cycle. At this time, open the door and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle.

OPERATING TIPS:

- For best results, remove fish, shellfish, meat, and poultry from its original closed paper or plastic package (wrapper). Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- For best results, shape your ground meat into the form of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.


USING YOUR MICROWAVE OVEN

SOFTEN

The oven uses low power to soften foods (butter, ice cream, cream cheese, and frozen juice) See the following table.

Example: To Soften Quart Ice Cream.

Touch: **Display Shows:**

1.  Time of day.
2. **SOFTEN** *SELECT MENU 1 TO 4*
3. **2** *ICE CREAM TOUCH 1 TO 3*
4. **2** Touch number 2, then time counting down and *ICE CREAM* will appear on display.

SOFTEN TABLE


Code	Category	Direction	Amount
1	Butter	Unwrap and place in microwavable container. No need to cover butter. Butter will be at room temperature and ready for use in recipe.	1, 2 or 3 sticks
2	Ice Cream	Place container in oven. Ice cream will be soft enough to make scooping easier.	Pint, Quart, Half gallon
3	Cream Cheese	Unwrap and place in microwavable container. Cream cheese will be at room temperature and ready for use in recipe.	3 or 8 oz.
4	Frozen Juice	Remove top. Place in oven. Frozen juice will be soft enough to easily mix with water.	6, 12 or 16 oz.

MELT

The oven uses low power to melt foods (butter, margarine, chocolate, cheese and marshmallows). See the following table.

Example: To Melt 8 oz. Chocolate.

Touch: **Display Shows:**

1.  Time of day.
2. **MELT** *SELECT MENU 1 TO 4*
3. **2** *CHOCOLATE TOUCH 1 TO 2*
4. **2** Touch number 2, then time counting down and *CHOCOLATE* will appear on display.

MELT TABLE

Code	Category	Direction	Amount
1	Butter/ Margarine	Unwrap and place in microwavable container. No need to cover butter. Stir at the end of cooking to complete melting.	1, 2 or 3 sticks
2	Chocolate	Choose the 4 or 8 oz. (actual weight) selection to melt squares of baking chocolate. Unwrap squares and place them in a microwavable container. Stir at the end of cycle to complete melting. If using chocolate morsels always use the 4 oz. setting. Stir at the end of the cycle to complete melting. Add time as necessary if more than 4 oz. dry measure is being melted.	4 or 8 oz.
3	Cheese	Use processed cheese food only. Cut into cubes. Place in a single layer in microwavable container. Stir at the end of cooking to complete melting.	8 or 16 oz.
4	Marshmallows	Large or miniature marshmallows may be used. Place in microwavable container. Stir at the end of cycle to complete melting.	5 or 10 oz.

USING YOUR MICROWAVE OVEN

TIME COOK

This feature lets you program a specific cook time and power. For best results, there are 10 power level settings in addition to HIGH power (100%). Refer to the "Microwave Power Level Table" for more information.

NOTE: If you do not select a power level, the oven will automatically cook at HIGH (100%) power.

Example: To cook for 5 minutes, 30 seconds at 80% power.

- | Touch: | Display Shows: |
|--|--|
| 1. TIME COOK | : ENTER COOKING TIME |
| 2. 5 3 0 | 5 : 30
TOUCH START OR POWER LEVEL |
| 3. POWER LEVEL | 5 : 30
ENTER POWER LEVEL 0 TO 10 |
| 4. 8 | 5 : 30
POWER 80 TOUCH START |
| 5. START
ENTER | Time counting down and POWER 80 will appear on display. |

MICROWAVE POWER LEVELS

Your microwave oven has 10 cook power levels to let you cook or heat a wide variety of foods. Refer to the table below for suggestions:

Microwave Power Level Table

Power Level	Use
10 (High)	<ul style="list-style-type: none"> Boiling water. Making candy. Cooking poultry pieces, fish, & vegetables. Cooking tender cuts of meat. Whole poultry.
9	<ul style="list-style-type: none"> Reheating rice, pasta, & vegetables.
8	<ul style="list-style-type: none"> Reheating prepared foods quickly. Reheating sandwiches.
7	<ul style="list-style-type: none"> Cooking egg, milk, & cheese dishes. Cooking cakes, breads. Melting chocolate.
6	<ul style="list-style-type: none"> Cooking veal. Cooking whole fish. Cooking puddings & custard.
5	<ul style="list-style-type: none"> Cooking ham, whole poultry, & lamb. Cooking rib roast, sirloin tip.
4	<ul style="list-style-type: none"> Thawing meat, poultry, & seafood.
3	<ul style="list-style-type: none"> Cooking less tender cuts of meat. Cooking pork chops, roast.
2	<ul style="list-style-type: none"> Taking chill out of fruit. Softening butter.
1	<ul style="list-style-type: none"> Keeping casseroles & main dishes warm. Softening butter & cream cheese.
0	<ul style="list-style-type: none"> Standing time.

USING YOUR MICROWAVE OVEN

⚠ WARNING: Do not use aluminum foil during cooking cycle.

COOKING TIPS

Meat

1. No special techniques are required. Meat should be prepared as with conventional cooking. Season if desired. Always thoroughly defrost meat before cooking.
2. Place the meat on a microwave roasting rack or microwave-proof plate and place on the turntable.
3. Cook according to the Meat Cooking Table (below). Use the longer time for large cuts of meats and the shorter time for small cuts of meats. For thicker chops, use the longer time.
4. Turn the meat once halfway through the cooking time.
5. Let stand for 5-10 minutes in oven after cooking. The standing time is very important as it completes the cooking process.
6. Make sure meat, especially pork, is thoroughly cooked before eating.

Poultry

1. No special techniques are required. Poultry should be prepared as with conventional cooking. Season if desired.
2. Poultry should be thoroughly defrosted. Remove giblets and any metal clamps.
3. Prick the skin and brush lightly with vegetable oil unless the poultry is self-basting.
4. All poultry should be placed on a microwave roasting rack or a microwave-proof plate and placed on the turntable.
5. Cook according to the instructions in the Poultry Cooking Table below. Turn over halfway through the cooking time. Because of its shape, poultry has a tendency to cook unevenly, especially in very bony parts. Turning during roasting helps to cook these areas evenly.
6. Let stand for 5-10 minutes in oven after cooking before carving. The standing time is very important, as it completes the cooking process.
7. Make sure poultry is thoroughly cooked before eating. Whole poultry is completely cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry pieces should be pierced with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

Meat Cooking Table

Meat	Microwave Power	Cooking Time Per Pound
BEEF		
Standing/Rolled Rib		
- Medium	8	9 1/2 to 11 1/2 minutes
- Well-done	8	11 1/2 to 14 minutes
Ground Beef (to brown for casserole)	HIGH(100%)	6 1/2 to 9 1/2 minutes
Hamburgers, Fresh or defrosted (4 oz. each)		
- 2 patties	HIGH(100%)	2 1/2 to 4 1/2 minutes
- 4 patties	HIGH(100%)	3 1/2 to 5 1/2 minutes
PORK		
Loin, Leg	8	12 1/2 to 16 1/2 minutes
Bacon		
- 4 slices	HIGH(100%)	2 1/2 to 3 1/2 minutes
- 6 slices	HIGH(100%)	3 1/2 to 4 1/2 minutes

NOTE: The times listed above are only a guide. Allow for difference in individual tastes and preferences. The times may also vary due to the shape, cut, and composition of the food.

Poultry Cooking Table

Poultry	Microwave Power	Cooking Time Per Pound
CHICKEN		
Whole	8	11 to 15 minutes
Breast (boned)	8	10 to 14 minutes
Portions	8	11 to 17 minutes
TURKEY		
Whole	8	11 to 15 minutes

NOTES:

- The times listed above are only a guide. Allow for difference in individual tastes and preferences. The times may also vary due to the shape, cut, and composition of the food.
- If whole poultry is stuffed, the weight of the stuffed bird should be used when calculating the cooking time.

USING YOUR MICROWAVE OVEN

COOKING TIPS (continued)

Fish

1. Arrange fish in a large shallow non-metallic dish or casserole.
2. Cover with pierced microwave plastic wrap or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the Fresh Fish Cooking Table below. Flakes of butter can be added to the fish if desired.
5. Let stand as directed in the Cooking Table before serving.
6. After standing time, check to see that the fish is thoroughly cooked. The fish should be opaque and flake easily.

Fresh Fish Cooking Table

Fish	Microwave Power	Cooking Time Per Pound	Butter	Standing Time
Fish Fillets	HIGH	4½ to 8 minutes	Add 15 to 30 ml (1 to 2 tbsp lemon juice)	2 to 3 minutes
Whole Mackerel, Cleaned and Prepared	HIGH	4½ to 8 minutes	–	3 to 4 minutes
Whole Trout, Cleaned and Prepared	HIGH	5½ to 9 minutes	–	3 to 4 minutes
Salmon Steaks	HIGH	5½ to 8 minutes	Add 15 to 30 ml (1 to 2 tbsp lemon juice)	3 to 4 minutes