

MICROWAVE OVENS

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Use and Care Instruction Manual and Cooking Guide

Model No:
87330/87333/87338
87339/88330/88339

SPECIFICATIONS

Model No.	87330/87333/87338/87339	88330/88339
Power Source	AC, 120V, 60Hz.	
Power Consumption (W)	1,500	1,500
Maximum Output (W)	*1,100	*1,100
Dimensions (w x d x h)(mm)	530 x 394 x 315	574 x 440 x 341
Net Weight (Approx.)	15.9Kg	16.9Kg
Oven Capacity(Cu. Ft.)	1.2	1.6

★According to IEC-60705 test procedure.

PROPER AND SAFE USE OF YOUR OVEN

- The oven must be level.
- The turntable and turntable roller rest must be in the oven during cooking.
- Place the cookware gently on the turntable and handle it carefully to avoid possible breakage.
- When a browning dish is used, its bottom must be at least 3/16" above the turntable. Carefully read and follow the instructions that accompany the browning dish. Incorrect usage may cause the turntable to break.
- The oven has several built-in safety switches to make sure the power remains off when the door is open. Do not tamper with these switches.
- Do not operate the oven empty.
- Use only the proper popcorn bag size when using Popcorn feature.
- When heating packaged microwave foods, always place them on a microwave-safe dish. For example, microwave french fries.
- Do not cook bacon directly on the turntable.
- Do not heat baby bottles or baby food in the microwave oven. Uneven heating may occur and could cause personal injury.
- Do not heat narrow-necked containers, such as syrup bottles.
- If the oven is dropped or damaged, it should be thoroughly checked by a trained service technician before it is operated again.
- Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
- Do not deep-fat fry in your microwave. This is not a safe procedure in the confined cavity.
- Do not attempt to do home canning in your microwave. It is impossible to be sure all areas of the jar have reached boiling temperature for the proper processing time.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) DO NOT ATTEMPT to operate this oven with the door open. It is important not to 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 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) DO NOT ADJUST OR REPAIR MICROWAVE OVEN YOURSELF. MICROWAVE OVENS SHOULD BE REPAIRED ONLY BY PROPERLY QUALIFIED SERVICE PERSONNEL.

IMPORTANT SAFETY INSTRUCTIONS

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:

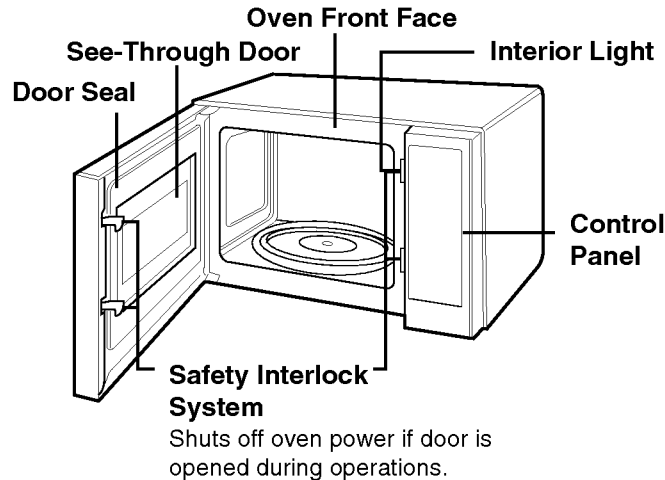
1. Read all instructions before using the appliance.
 2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 1.
 3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
- NOTE:** if a fire should start:
* Keep the oven door closed.
* Turn the oven off.
* Disconnect the power cord or shut off power at the fuse or circuit breaker panel.
- **The following rules should be kept in mind at all times:**
- a. DO NOT overcook foods, since this could cause fires in the oven cavity. Carefully attend to the oven's activities, especially if paper, plastic or other combustibles are inside.
 - b. DO NOT store combustible items, such as bread, cookies, etc., inside the oven, because if lightning strikes the power lines it may cause the oven to turn ON.
 - b. DO NOT use wire twist-ties in the oven. Be sure to inspect purchased items for wire twist ties and remove before placing them in the oven.
4. This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" on page 6.
 5. Install this appliance only in accordance with the provided installation instructions.
 6. Some products such as whole eggs, water with oil or fat, sealed containers and closed glass jars may explode and therefore should not be heated in this oven.
 7. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance.
 8. As with any appliance, close supervision is necessary when children are involved.
 9. Do not operate this appliance if it (a) has a damaged cord or plug, (b) is not working properly or (c) has been damaged or dropped.
 10. This appliance should be serviced only by qualified service personnel. Contact your nearest Sears Service Centre for examination, repair or adjustment.
 11. Do not cover or block openings on the appliance.
 12. Do not use outdoors, in a wet basement, or near a swimming pool.
 13. Do not immerse cord or plug in water.
 14. Keep cord away from heated surfaces.
 15. Do not let cord hang over edge of table or counter.
 16. When cleaning door and interior oven surfaces, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth. (See "Care and Cleaning" instructions in Section 3.)

SAVE THESE INSTRUCTIONS

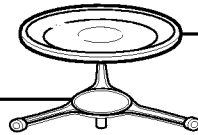
UNPACKING AND NAMES OF OVEN PARTS

Remove your oven and all materials from the shipping carton.
Your oven comes with the following accessories:

Turntable	1
Turntable Roller Rest	1
Instruction Manual (English/French)	1
Easy Use Chart (English/French)	2



Turntable Roller Rest
Place the roller rest on the cavity bottom to support the glass turntable. It must always be used with the turntable.



Turntable
Made of special heat-resistant glass. Place this turntable over the roller rest in the center of the cavity bottom. NEVER place the turntable upside-down.

TURNTABLE

All food and containers of food are always placed on the turntable for cooking.

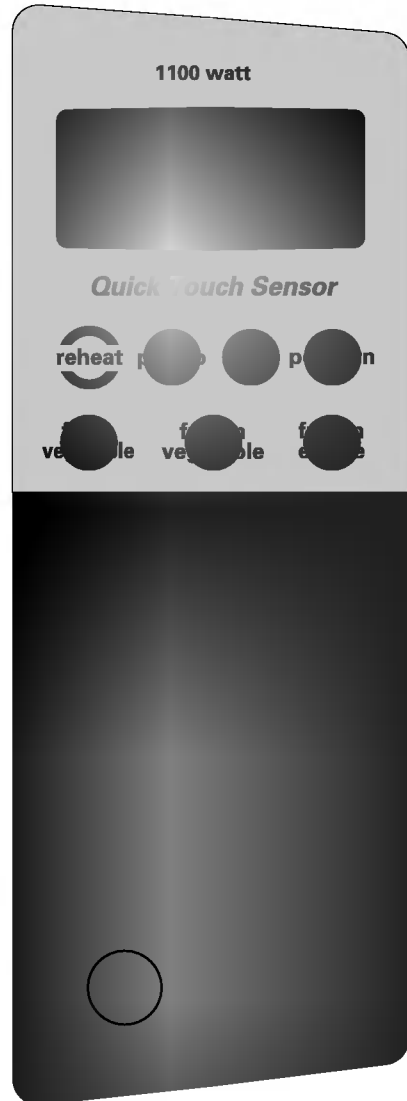
The turntable automatically rotates during all cooking programs.

The turntable sometimes rotates clockwise and sometimes counterclockwise; this is normal.

(For 87330,87338,87339,88330,88339)



(For 87333)



INSTALLATION

Select a level surface that provides enough open space for the inlet and/or outlet vents located at the rear and underside of the oven. Make sure there is at least three inch of space on the top and at the back of the oven.

When one side is installed flush to the wall, the opposite side or top must be open. Do not remove the plastic feet from the oven bottom.

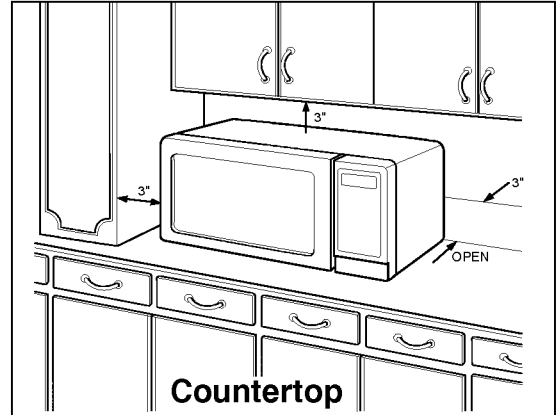
Plug your oven into a standard 120-volt/60Hz household outlet.

The electrical circuit must be at least 20 amperes.

Your microwave oven should be the only appliance on the circuit.

NOTE: DO NOT INSTALL YOUR OVEN OVER A RANGE COOKTOP OR OTHER HEAT PRODUCING APPLIANCE, OR DAMAGE TO THE OVEN MAY RESULT.

- You can build microwave oven into a wall or cabinet.



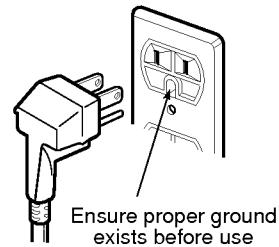
- Spacing should be over 3 inches (7.5cm).
- One side must be open.

ELECTRICAL GROUNDING INSTRUCTIONS

This appliance must be grounded. If there is 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 cord that has a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician if in doubt or if the grounding instructions are not completely understood as to whether the appliance is properly grounded. A short power supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords may be used with the following precautions.

PROPERLY POLARIZED AND GROUNDED OUTLET



Three-Pronged (Grounding) plug

If a long cord or extension cord is used:

The marked electrical rating of the cord set or extension cord should be equal to or higher than the electrical rating of the appliance.

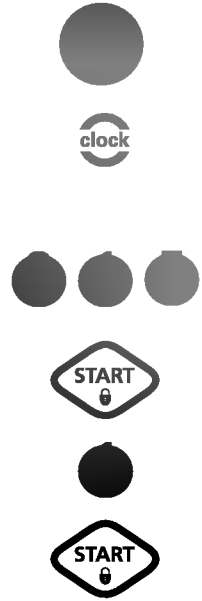
- The extension cord must be a grounding-type 3 wire cord.
- The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.
- The electrical power cord must be kept dry and must not be punched or crushed in any way.

WARNING - Improper use of the grounding plug can result in electrical shock.

SETTING CLOCK

To set :

1. Touch **STOP/CLEAR**.
2. Touch **CLOCK. ENTER TIME OF DAY** scrolls in the display.
3. Enter the time by using the number key pads.
Example: To set **3:15**, touch number key pads [3],[1] and [5].
TOUCH START scrolls in the display.
4. Touch **START**.
AM TOUCH1 PM TOUCH2 scroll in the display.
5. Touch **number 1**.
6. Touch **START**.



CHILD LOCK - OUT

This is unique safety feature that prevents accidental running of the oven. Once the child lock - out is set, no cooking can take place.

When the child lock - out is set, you can't input any key.

To set :

1. Touch **STOP/CLEAR**.
2. Touch and hold **START** until **LOCKED** appears in the display and two beeps are heard. If the time of day was already set, the time of day will return to the display window.



To cancel child lock - out :

1. Touch and hold **START** until **LOCKED** disappears in the display. After the **CHILD LOCK** is turned off, the time of day will return to the display window. The oven will operate normally.



UTENSILS

ITEM	USE	COMMENTS
Disposable ovenable paperboard dishes	Cooking	Some frozen foods are packaged in these pans. Can be purchased in grocery stores.
Glassware Heat resistant oven glassware, glass-ceramic and ceramic, only	Cooking	Ideal for microwave cooking. May have many pieces available in your home. Do not use cracked or chipped dishes.
Oven cooking bags	Cooking	Follow manufacturers' directions. Close bag with either the nylon tie provided, a strip cut from the end of the bag, or a piece of cotton string. Do not close with metal twist tie. Make six 1/2-inch (1cm) slits by closure.
Parchment paper	Cooking	Use as a cover to prevent spattering.
Plastic Microwave-safe only, cooking and storage dishes	Cooking	Should be labeled, "Suitable for microwave heating." Check manufacturers' directions for recommended uses. Some microwave-safe plastic dishes are not suitable for cooking foods with high fat content.
Plastic wrap	Cooking	Use to cover foods during cooking to retain moisture.
Thermometers Microwave-safe, only	Cooking	Meat and candy thermometers are available.
Waxed paper	Cooking	Use as a cover to prevent spattering and to retain moisture.
Dinnerware Microwave-safe, only	Reheating and short term cooking	Check manufacturers' use and care directions for suitability for microwave heating. Some dinnerware may state on the back of the dish, "Microwave Oven Proof." Do not use cracked or chipped dishes.
Frozen dinner tray Aluminum	Reheating	Frozen dinners may be heated in foil tray, if tray is less than 3/4-inch (2cm) high. Place foil tray in center of oven. Leave at least 1-inch (2.5cm) space between foil tray and oven walls. Heat only 1 foil tray in the oven at a time. For containers more than 3/4-inch (2cm) deep, remove food and place in a similar size microwave-safe container.
Plastic	Reheating	Some frozen dinners have microwave-safe plastic trays.
Paper plates and cups	Reheating and short term cooking	Use to warm cooked foods and cook foods that require short cooking times such as wieners.
Paper towels and napkins	Reheating and cooking	Use to warm rolls and sandwiches. Use with supervision for a limited time only. Never use recycled paper.
Plastic Foam Cups	Reheating	Use to bring foods to a low serving temperature. Plastic foam will melt if foods reach a high temperature.
Aluminum foil	Shielding	Small strips of foil can be molded around thin parts of meat or poultry to prevent overcooking. Arcing can occur if foil is too close to oven wall.
Browning dish	Searing meats	Check browning dish information for instructions and heating chart. Do not preheat for more than 8 minutes.
Fast food carton with metal handle	None	May cause arcing.
Metal twist ties	None	They may cause arcing and could cause a fire in the oven.
Paper bags	None	May cause a fire in the oven.
Glass jars	Warming	Remove lid. Heat food until just warm. Most glass jars are not heat resistant and may break.

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a 8 oz (250mL) glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute at HIGH. If the container is microwave oven-safe, it should remain comfortably cool and the water should be hot. If the container is hot, it has absorbed some microwave energy and should not be used.

QUICK TOUCH SENSOR OPERATION INSTRUCTION

Quick Touch Sensor 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 : Quikck Touch Sensor Cook
 Quikck Touch Sensor Reheat Menu
 Quikck Touch Sensor Popcorn

For most Quick Touch Sensor Cooking programs, a chart with specific food examples and cooking instructions is provided in SECTION 5.

1. The Quick Touch Sensor 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 Quick Touch Sensor, make sure the glass turntable is dry, to assure the best results.

QUICK TOUCH SENSOR COOK

QUICK TOUCH SENSOR COOK allows you to cook most of your favorite food without having to select cooking times and power levels. This oven automatically determines required cooking times for each food item. This feature has 6 food categories.

Food item in the Quick Touch Sensor Cook menu include:

1. Potato
2. Rice
3. Popcorn
4. Fresh Vegetable
5. Frozen Vegetable
6. Frozen Entree

EXAMPLE : To cook **FRESH VEGETABLE**, simply follow the steps below.

1. Touch **STOP/CLEAR**.



2. Touch **FRESH VEGETABLE**.



The oven begins the cooking you selected without the need to touch START.

QUICK TOUCH SENSOR REHEAT

This feature allows you to reheat precooked room - temperature or refrigerated food without selecting cooking times and power levels. This feature has 3 categories.

Code	Category
1	Dinner plate
2	Soup/Sauce
3	Casserole

EXAMPLE: To reheat dinner plate.

1. Touch **STOP/CLEAR**.
2. Touch **REHEAT**.
SELECT MENU 1 TO 3
 -- SEE COOKING GUIDE
 scroll in the display.



3. Touch number **1**.

DINNER PLATE scroll in the display. The oven begins the cooking you selected without the need to touch START.

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.

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.

1. Touch STOP/CLEAR.



2. Touch POPCORN.



The oven begins the cooking you selected without the need to touch START.

3. Open bag carefully. Popcorn and steam are extremely **hot**. Open bag by pulling top diagonal corners to avoid escaping steam.

NOTE : This feature is composed of three servings. You can select the quantity by touching the key once (3.5oz.), twice (3.0oz.) or three times (1.75oz.).

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.

MICROWAVING MADE EASY

Oven - guided cooking is a group of exciting new features to make microwaving easier. Your new microwave oven will guide you, step-by-step, whether it be simply to reheat food or to defrost and cook food. A blinking indicator informs you of every stage you are at in the process, and prompts you along, each step of the way. And an easy-to-use menu with all the popular food/beverage choice helps you to cook more perfectly because it has been pre-programmed and knows how long to cook, defrost or reheat various food items.

Called: **AUTO COOK**
QUICK TOUCH PLUS
AUTO DEFROST
EXPRESS DEFROST

For most Oven-Guided Cooking programs a chart with specific food examples and cooking instructions is provided in SECTION 5.

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

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

1. Touch **STOP/CLEAR**.
2. Touch **AUTO COOK**.
SELECT MENU 1 TO 6
-- SEE COOKING GUIDE
 scroll in the display.
3. Touch number **1**.
BACON TOUCH 2 TO 6 SLICES scroll
 in the display.
4. Touch number **4**.

The oven begins the cooking you selected without the need to touch **START**.



QUICK TOUCH PLUS

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

If you touch **Quick Touch plus**, it will add 1 minute up to 99 min. 59 sec.

EXAMPLE: To set **Quick Touch Plus** cooking for 2 minute.

1. Touch **STOP/CLEAR**.
2. Touch **QUICK TOUCH PLUS** 2 times.
3. The oven begins cooking 2 minute and display shows time counting down.



AUTO DEFROST

The AUTO DEFROST feature is an accurate defrosting method for frozen ground meat poultry fish up to 6.0 lbs or 4.0 kg.

The oven automatically determines required defrosting times for each food item according to the weight you enter.

Simply tell the oven the type of your frozen food and enter the food weight. The oven calculates the rest.

For added convenience, the AUTO DEFROST Feature contains a built-in beep mechanism that lets you check, turn over, separate or rearrange as recommended in the express defrost chart in SECTION 5.

Three different defrosting levels are provided:

- 1 MEAT**
- 2 POULTRY**
- 3 FISH**

EXAMPLE: To defrost 1.2 lbs of ground beef.

1. Touch **STOP/CLEAR**.
2. Touch **AUTO DEFROST**.
MEAT TOUCH 1
POULTRY TOUCH 2
FISH TOUCH 3 scrolls in the display.
3. Touch number **1**.
ENTER WEIGHT scrolls in the display.
4. Enter the weight by touching **[1]** and **[2]**.
TOUCH START scrolls in the display.
5. Touch **START**.
Defrosting starts. The display changes to defrost time count down.



NOTE:

When you touch the **START** pad, the display changes to defrost time count down. The oven will beep during the DEFROST cycle. At each beep, open the door and turn over, 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.

- 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.

EXPRESS DEFROST

The **EXPRESS DEFROST** feature provides you with the quick defrosting method for 1.0 pound frozen foods.

EXAMPLE: To defrost 1lb food.

1. Touch **STOP/CLEAR**.
2. Touch **EXPRESS DEFROST**.
3. Time counting down automatically.



KITCHEN TIMER

You can use the Kitchen Timer of your oven for purposes other than food cooking.

Example :

To count 3 minutes for an egg or telephone call.

1. Touch **STOP/CLEAR**.
2. Touch **KITCHEN TIMER**.
ENTER TIME IN MIN AND SEC scrolls in the display.
3. Touch numbers for time.
Example : 3 minutes.
Touch number key pads. [3],[0] and[0].
TOUCH START scrolls in the display.
4. Touch **START**.



USER CHOICE

USER CHOICE provides 4 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.

1. Touch **STOP/CLEAR**.
2. Touch **USER CHOICE**.
4 modes show in the display repeatedly. You can set them according to your intention.
3. Touch number **1**.
SOUND ON TOUCH 1 OFF TOUCH 2 scrolls in the display.
4. Touch number **2**.
SOUND OFF shows in the display and the current time will be displayed.



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

USER CHOICE 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.

TIME COOKING

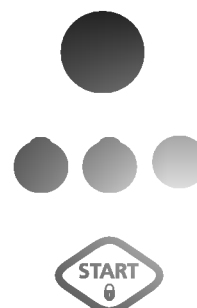
This basic microwave cooking method allows you to cook food for a time period that you determine.

Set the time, and press START. Your oven begins cooking using its maximum power (HI POWER)

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

EXAMPLE: To cook food on HI POWER for a 3 minutes 30 seconds.

1. Touch **STOP/CLEAR**.
2. Enter cooking time by touching the number pads. Touch **[3], [3] and [0]**
TOUCH START OR POWER scrolls in the display.
3. Touch **START**.



USING MULTI-POWER LEVELS

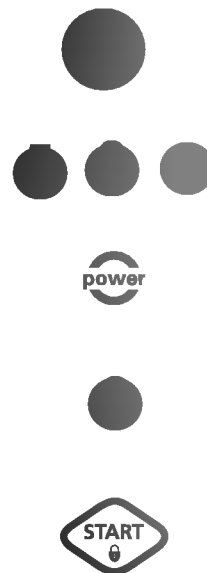
For foods requiring slower cooking, your oven also provides 10 different power settings.

The Multi-Power feature lets you choose a lower power level over the automatic HI (maximum oven power), so that food can be cooked more slowly.

Refer to the Multi-Power Setting Guide for the most suitable cooking level of various foods.

EXAMPLE: To cook food on 80% Power (Power 8) for a 5 minutes 30 seconds.

1. Touch **STOP/CLEAR**.
2. Enter 5 minutes 30 seconds by touching **TOUCH START OR POWER** scrolls in the display.
3. Touch **POWER**. **ENTER POWER LEVEL 1 TO 10** scrolls in the display.
4. Touch **8**. **POWER 80 TOUCH START** scrolls in the display.
5. Touch **START**.



When cooking is complete, 4 short tones will sound. The word **COOK END** appears in the display window.

MULTI-POWER SETTING GUIDE

NUMBER KEY PADS	POWER LEVEL	COOKING EXAMPLES
1	10	Softening cream cheese. Keeping casseroles and main dishes warm.
2	20	Softening chocolate. Heating breads, rolls, pancakes, tacos, tortillas and French toast. Clarifying butter. Taking the chill out of fruit. Heating small amounts of food.
3	30	Thawing bread, small quantity of most food. Completing the cooking cycle of casseroles, stews and sauces. Cooking small quantities of most food.
4	40	Cooking less tender cuts of meat in liquid or slow-cooking dishes. Completing the cooking cycle of less tender roasts.
5	50	Cooking stews and soups after bringing to a boil. Cooking baked custards and pasta.
6	60	Cooking scrambled eggs. Baking cakes.
7	70	Cooking rump roast, ham, veal and lamb. Cooking cheese dishes. Cooking eggs and milk.
8	80	Reheating precooked or prepared food quickly.
9	90	Cooking onions, celery and green peppers quickly. Reheating meat slices quickly.
Automatic	HI	Cooking poultry, fish, vegetables and most casseroles. Preheating the browning dish. Boiling water.

MULTI-STAGE COOKING

Multi-stage cooking lets you program up to 2 different cooking stages in advance—each stage with a different power level and time settings.





When **START** is pressed, the oven begins the first stage and automatically proceeds to the second and the third stage.

Two beep sound between stages.






When all programmed stages are over, four short tones sound and **CLOCK END** shows in the display window.

EXAMPLE: To cook and simmer spaghetti sauce, here is how to set all two stages at the beginning.

First Stage (10 minutes, power level: HI)

1. Touch **STOP/CLEAR**. 
2. Touch **COOK TIME**. **ENTER COOKING TIME** scrolls in the display. 
3. Enter 10 minutes by touching [1], [0], [0] and [0]. **TOUCH START OR POWER** scrolls in the display. 
4. Touch **START**. 

Second Stage (8 minutes, power level: 7 (70))

4. Touch **COOK TIME**. **ENTER COOKING TIME** scrolls in the display. 
5. Enter 8 minutes by touching [8], [0], and [0]. **TOUCH START OR POWER** scrolls in the display. 
6. Touch **POWER**. **ENTER POWER LEVEL 1 TO 10** scrolls in the display. 
7. Touch 7. **POWER 70 TOUCH START** scrolls in the display. 
8. Touch **START**. 

QUESTIONS AND ANSWERS

OPERATION

- Q.** What is wrong when the oven light does not glow during cooking?
A. The light bulb has burned out.
- Q.** Why is steam coming out of the air exhaust bent?
A. Steam is normally procedure during cooking. The microwave oven has been made to vent this steam.
- Q.** Can the microwave oven be damaged if it operates empty?
A. Yes. Never operate while empty or without the turntable.
- Q.** When the oven is plugged in to a wall outlet for the first time, it may not work properly. What is wrong?
A. When the oven is plugged in for first time or when power resumes after a power interruption, the microcomputer used in the oven control may temporarily become scrambled and fail to function as programmed. Unplug the oven from the 120-volt household outlet and then plug it back in. The microcomputer will then reset for proper functioning.
- Q.** Why do I see light reflection around the outer case?
A. This light is from the oven light located outside the oven cavity.
- Q.** Why is there noise coming from the turntable when the oven is turned on?
A. This noise occurs when the turntable roller rest and oven bottom are dirty. Frequent cleaning of these parts should eliminate or reduce this noise.
- Q. Can I use either metal or aluminum pans in my microwave oven?**
A. Usable metal includes aluminum foil for shielding, small skewers and shallow foil trays (if is 3/4 inch deep and filled with food to absorb microwave energy). Never allow metal to touch walls or door.

FOODS

- Q.** What is wrong when baked foods have a hard, dry brown spot?
A. This is caused by overcooking. Shorten cooking or reheating time.
- Q.** Why do eggs sometimes pop?
A. The egg yolk may pop because of steam build up inside the membrane. To prevent this, simply piece the membrane with a toothpick before cooking it.
- Caution: Never microwave eggs in the shell.**
- Q.** Why are scrambled eggs sometimes a little dry after cooking?
A. Eggs dry out if they are over-cooked. You may need to vary the cooking time for one of these reasons:
- Eggs vary in size.
 - Eggs are at room temperature one time and at refrigerator temperature another time.
 - The shapes of utensils vary, which makes it necessary to vary cooking time.
 - Eggs continue cooking during standing time.
- Q.** What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?
A. The fourth potato may be slightly heavier than the others and should be cooked 30 to 60 seconds longer. Remember to allow one inch around each potato when baking. For more even cooking, place potatoes in a circle.
- Q.** Why do baked apples sometimes burst during cooking?
A. The peeling has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in regular cooking methods, the interior of the apple expands during the cooking process.
- Q.** How are boil-overs avoided?
A. Use a larger utensil than usual for cooking. if you open the oven door or touch STOP/CLEAR, the food will stop boiling.
- Q. Why does the dish become hot when I microwave food in it? I thought that this should not happen.**
A. As the food become hot it will conduct the heat into the dish. Be prepared to use oven mitts to remove food after cooking.
- Q. The do's and don'ts of using aluminum foil in my microwave are confusing. When should I use aluminum foil?**
A. It should be used to shield portions of food from becoming overcooked or overdefrosted. Use small flat pieces of foil for shielding.

CARE AND 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 on a weekly basis-more often if needed. Never use rough powders or pads. The inside oven top can be gently wiped in place. 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 following parts may be removed as described. They

should be washed in warm (not hot) water with a mild detergent and a soft cloth. Once they are clean, rinse them well and dry with a soft cloth. Never use rough cleaning powders, steel wool or rough cleaning pads.

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

SPECIAL CARE

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

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

BEFORE CALLING FOR SERVICE

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the chart below and try the solutions marked for each problem.

If the microwave oven still does not work properly, contact the nearest Sears Service Center.

PROBLEM

Oven will not start	X	X	X							
"ERROR" displays				X						
Arcing or sparking					X				X	
Incorrect time										X
Unevenly cooked foods					X	X		X		X
Overcooked foods								X		X
Undercooked foods					X	X	X	X		
Improper defrosting					X			X		X

POSSIBLE CAUSES

- Is power cord plugged in?
- Is door closed?
- Cooking time not set.
- Check the weight of defrost.
- Touch STOP/CLEAR.
- Use approved cookware only.
- Completely defrost food.
- Turn or stir food.
- Reset clock.
- Do not operate with oven empty.
- Use correct time/cooking power level
- Check to see that oven ventilation ports are not restricted.

COOKING TECHNIQUES

The advantage of microwave cooking is the speed and efficiency. For warming, heating, and defrosting, nothing compares. There are a few tips that will make microwaving easier and more enjoyable.

Microwave Cooking principles

Because microwave cooking requires only one-quarter to one-third the time of conventional cooking, the same cooking principles become even more important.

Quantity

The more food being cooked, the longer you will have to cook it. As a general rule, when doubling a recipe, increases the cooking time by about 50 percent. When cutting a recipe in half, reduce the time by about 40 percent.

Density

Dense foods, such as potatoes, roasts, and carrots, absorb microwave energy less quickly than porous foods such as ground beef or mashed potatoes. Therefore, denser foods take longer to cook.

Shape and Size

Small pieces cook faster than large ones. For even cooking, it is important to have all the pieces the same size. Evenly shaped pieces, round or doughnut shaped, microwave best. When cooking items of varying thickness, arrange the thick portion near the outer edge of the dish.

Moisture, Sugar, and Fat

Food which is high in moisture, sugar, or fat cooks faster than food which is low in these substances. Add a minimum of liquid to moist foods. An excess amount of water slows cooking.

Starting Temperature

Frozen or refrigerated foods take longer to microwave than food at room temperature.

Delicate Ingredients

Some foods require special attention when cooked in the microwave oven. Delicate foods such as eggs, cheese, mayonnaise, etc. cook so quickly, they should be watched carefully.

Microwave Cooking Techniques

Arranging: Arrange foods in a circular pattern, when possible.

Piecing: Pierce the membrane of foods such as eggs, oysters, snails, sausage, liver, clams, and whole vegetables to allow steam to escape, so they do not burst.

Covering: Covering speeds heating and prevents spattering.

Stirring: To help food cook more quickly and evenly.

Turning Over: To help large foods such as roasts or whole chickens, to cook more evenly.

Reheating: Place food that is denser/large/thicker to the outer edge and the smaller/thinner or more porous food to the center.

Shielding: To prevent overcooking, thin or bony areas can be protected with small strips of aluminum foil.

Standing Time: Foods continue cooking even after removal from the oven. Standing time is necessary to allow foods to complete the cooking.

Defrosting

The microwave's ability to defrost is one of its most appreciated features. Many of the same principles and techniques that apply to microwave cooking also apply to microwave defrosting.

Converting Recipes

Microwave recipes will likely call for less liquid and adjustments in cooking time.

Microwave Thermometers

For best results, a microwave-safe thermometer can be carefully and properly inserted into the food. The guide to internal temperatures, gives suggested thermometer readings for meat and poultry. Keep in mind that standing time is essential for most to reach its proper serving temperature.

Guide to Internal Temperature

Suggested Thermometer Readings

120°F (49°C).	Rare Beef
130°F (54°C).	Medium Beef
140°F (60°C).	Fish Steaks and Fillets, Well Done Beef
150°F (66°C).	Vegetables, Hot Drinks, Soups, Casseroles
155°F (68°C).	Veal
165°F (74°C).	Well done Lamb, Pork
170°F (77°C).	Poultry Parts. Whole Fish

QUICK TOUCH SENSOR COOK RECIPES

Vegetables

Vegetable Medley, serves 4 as a side dish or 2 as a meal

2 large carrots, cut into 1 inch pieces
 1 large baking potato, diced
 1 medium red onion, thinly sliced
 4 cloves of garlic, peeled
 2 stalks celery, cut into 1 inch pieces
 2 tablespoons olive oil
 salt and pepper to taste

Place everything in a 2 quart microwave dish, cover and cook with **sensor** or microwave on high power for about 10 minutes or until the carrots are tender.

Stewed Peppers, serves 4

1 large red bell pepper, cored and cut into 1 inch strips
 1 large green bell pepper, cored and cut into 1 inch strips
 1 medium red onion, thinly sliced
 2 cloves garlic, smashed
 1 cup prepared salsa
 2 tablespoons olive oil
 salt and pepper to taste

Place everything in a 2 quart microwave dish, cover and cook with **sensor** or microwave on high power for about 12 minutes or until the peppers are very soft.

Rice

Spanish Rice, serves 4

1/2 pound lean ground beef or smoke sausage
 1 medium green bell pepper, cored and chopped
 1 small yellow onion, chopped
 1 cup instant rice
 1 can (14 ounces) stewed tomatoes
 1 teaspoon chili powder

Place the meat, pepper, onion in a 2 quart microwave dish and microwave 2 minutes on high power. Drain off the fat. Stir in the other ingredients, cover and cook on **sensor**.

Casserole

Macaroni and Cheese, serves 4

4 ounces macaroni noodles, cooked as directed on package
 1 cup shredded cheddar cheese
 1 large egg
 2/3 cup milk
 2 ounces canned, diced pimentos
 salt, pepper to taste
 cayenne pepper to taste, optional

Mix the egg with the milk and blend with the other ingredients in a 2 quart microwave dish. Cover and cook on **sensor**.

Ground Beef and Noodle Casserole, serves 4

5 ounces egg noodles, cooked according to package directions

1 pound lean ground beef, cooked and drained
 2 cups cooked chopped broccoli, either fresh OR 10 ounces cooked peas
 1 can (10 3/4 ounces) cheddar cheese soup salt and pepper to taste
 2 ounces canned pimentos, optional

Mix everything in a 2 quart casserole, cover and cook on **sensor**.

Shepherd's Pie, serves 4

1 pound ground beef, lamb or turkey, cooked and drained
 1 package frozen, cut green beans, defrosted or equal amount of cooked green beans
 1 can, (10 ounces) condensed cream of mushroom soup
 2 cups instant mashed potatoes prepared as directed on package or equal amount of leftover mashed potatoes
 4 tablespoons butter melted
 salt and pepper to taste

Spread the beans over the bottom of a 1 1/2 quart microwave dish. Mix the meat with the soup and season with salt and pepper. Spread this mixture over the beans and spread the potatoes over the meat. Drizzle the butter over the top of the casserole and cook on **sensor** or microwave on medium power for about 8 minutes or to an internal temperature of 180 degrees.

Chicken and Spaghetti Casserole, serves 2

2 boneless chicken breasts, cooked and diced
 1 pound spaghetti or other noodles of choice, cooked as directed on package
 1 can (14 ounces) creamed corn
 1 can (14 ounce) stewed tomatoes
 1 cup frozen peas, defrosted
 1 cup shredded mozzarella cheese

Mix the first 5 ingredients in a 2 quart microwave dish and spread the cheese over the top. Cover and cook on **sensor** or microwave on medium power for 10 minutes or to an internal temperature of 180 degrees.

Fish, Seafood

Poached Salmon, serves 4

1/2 cup dry white wine
 1/2 cup bottled clam juice
 4 sprigs fresh dill weed or 1 tablespoon dried dill weed
 6 pepper corns
 4 small salmon steaks, about 4 ounces each lemon slices

In a shallow 2 quart microwave dish place the first 5 ingredients, cover and microwave on high power 3 minutes. Add the salmon, recover and cook on **sensor** or microwave on high power for 3-4 minutes or until the cooked and the internal temperature is about 160 degrees.

QUICK TOUCH SENSOR COOK RECIPES

Peel and Eat Shrimp, serves 2

1/2 cup dry white wine
2 cloves garlic, minced
2 tablespoons lemon juice
4 tablespoons butter
1 pound large shrimp in shells

Place everything in a 2 quart microwave dish push to the edge of the dish, cover and cook on **sensor** or microwave on high power for about 5 minutes, stirring once or until the shrimp are pink. Peel the shrimp and serve with juices.

Rolled Fish Filets, serves 4

4 fish filets, sole, flounder, catfish or roughly about 4 ounces each
lemon pepper
2 tablespoons lemon juice

Season the fish with lemon pepper and roll up and secure with a wooden pick. Place in a glass pie plate and sprinkle with lemon juice. cover with plastic wrap and cook on **sensor** or microwave on medium power for about 5 minutes or until the fish is opaque and flakes easily. Mix the juices with 1/4th. / 4cups Italian salad dressing and pour over the fish.

Fish Filets Parmesan, serves 4

4 fish filets (about 4 ounces each) folded over
1 cup prepared spaghetti sauce
1/2 cup Parmesan cheese, grated

Place the sauce in a 2 quart microwave dish and lay the fish over with the thicker part toward the side of the dish. Sprinkle with cheese. Cover and cook on **sensor**.

Trout Almandine, serves 2

2 whole trout, about 8 ounces each
2 tablespoons slivered almonds
2 tablespoons lemon juice
4 slices bacon, crisp cooked and crumbled
4 tablespoons chopped parsley

Place the fish along side each other head to tail in a 10 inch glass pie plate. Add the lemon juice and butter, and cover with plastic wrap and cook on **sensor** or microwave on medium power for about 6 minutes or until the fish is done. Place on a serving platter and pour cooking juices over the fish and sprinkle with nuts, bacon and parsley.

Eggs

Hard Cooked Eggs for Egg Salad -

If you've ever made an egg salad the traditional way you know it's quite a task. You have to boil the eggs, allow them to cool and then peel them before you chop them and add the other ingredients. When you cook the eggs as directed here, the job is so much easier but the recipe looks and tastes the same.

Put 1/4 cup hot water and carefully crack eggs in a 4-cup measuring cup or 1-quart casserole dish. Gently pierce the yolks with a fork. Cover with vented plastic wrap and cook on **sensor**. ALLOW STANDING TIME OF 1 MINUTE OR UNTIL THE EGGS HAVE SET.

Puff Omelet or Egg Cake -

This is one the easiest ways to cook eggs by microwave. Though it doesn't look like a conventional omelet, it tastes great and is so much easier to make.

Beat eggs and milk (1 TS per 1 egg) until blended in a 4 cup measuring cup or 1-2 quart microwave casserole dish. Cover with vented plastic wrap and cook on **sensor**. ALLOW STANDING TIME OF 1 MINUTE.

Scrambled Eggs -

Cook as puff omelet but scramble immediately after cooking.

Ham and Egg for One -

This recipe is done before the toast pops out of the toaster and no frying pan to wash.

Place a slice of boiled ham in an 8 ounce coffee cup and crack a large egg into the ham cup. Cover with plastic wrap and cook on **sensor**. ALLOW STANDING TIME OF 1 MINUTE OR UNTIL THE EGGS HAVE SET.

QUICK TOUCH SENSOR COOK RECIPES

EZ Eggs and Sausage for Two -

This is a great recipe for two busy people who have to get off to work without a lot of breakfast preparation.

4 cooked breakfast sausage links
4 eggs, beaten
2 scallions, thinly sliced
salt and pepper to taste

Coat a 9-10 inch glass pie with vegetable oil spray and place the sausages around the edge of the plate. Pour the eggs into the plate and cover with plastic wrap and cook on **sensor**. ALLOW STANDING TIME OF 1 MINUTE OR UNTIL THE EGG HAVE SET.

Chicken

Chicken in Yogurt, serves 2

2 large chicken breasts, cut-up and skinned
3 tablespoons butter or margarine
3 tablespoons gravy flour
1 cup chicken stock
1 cup yogurt
1/2 teaspoon dried thyme leaves
salt and pepper to taste

Mix everything in a 2 quart microwave dish, cover and cook on microwave on high power for about 15 minutes or until the chicken is 170 degrees.

Breast of Chicken Florentine, serves 2

1 10 ounce package frozen spinach, cooked and squeezed of water
2 skinned and boned chicken breasts, cut in half
1/2 pound white mushrooms, sliced
1/2 cup grated Parmesan cheese
1/4 cup bread crumbs
1 tablespoon lemon juice
chopped parsley

Lay the spinach on the bottom of a shallow casserole dish or glass pie. Lay the chicken breasts over the spinach and top with the mushrooms. Mix the cheese and crumbs and sprinkle over the mushrooms. Drizzle lemon juice over the top and cover with plastic wrap. Cook using microwave on high power for 10 minutes or until the chicken is 170 degrees. Sprinkle with parsley and serve.

Meatless Dishes

Potato Onion Bake, serves 2

2 medium baking potatoes, cubed
1 large yellow onion, diced
2 tablespoons olive oil
salt and pepper to taste

Place everything in a 2 quart microwave dish, cover and cook on microwave on high power for 10 minutes or until the potatoes are tender.

Beans and Rice, serves 4 as a side dish or 2 as a meal

1/2 cup long grain rice
1 1/2 cup tomato or V8 juice
1 can (14 ounce)pinto beans, drained
1 tablespoons dried onion flakes
salt and pepper to taste

Place everything in a 2 quart microwave dish, cover and cook on microwave on high power for 15 minutes or until the potatoes are tender.

SOUPS AND SANDWICHES

A large variety of sandwich combinations can be made in your microwave oven. Because sandwiches heat quickly, be careful not to overcook them—the bread can become tough and chewy. Heat breads until warm, not hot, and cheese until it just begins to melt. Let the following tips guide you when adapting or creating your own sandwiches.

CONVERTING SANDWICH RECIPES

■ Heat sandwiches on white paper towels or paper plates. To prevent splattering, as well as to absorb steam and prevent sogginess, you can wrap each sandwich in a paper towel. Remove wrapping immediately after warming. It takes less than 1 minute to heat most sandwiches. Heat on power level 8 (80%).

■ Thinly sliced meat heats better than thickly sliced meat. The slower-cooking thick slices often cause the bread to overcook before the meat is hot.

CONVERTING SOUP RECIPES

- When cooking canned soups, remove from can. Use microwave-safe dish. Add milk or water as directed on can. Stir halfway through cooking time.
- Stir cream-style soup halfway through cooking time. Let stand, covered, 3 minutes before serving.

Cooking Guide - Canned Soups

Item	Amount	Power (%)	Approx. Cooking Time (minutes)
Broth	10 ¹ / ₄ oz. (297ml)	8 (80)	3 - 5
Cream-Style	10 ¹ / ₄ oz. (297ml)	8 (80)	4 - 7
Tomato	26 oz. (767ml)	8 (80)	5 - 10
Bean, Peas, or Mushroom	10 ³ / ₄ oz. (318 ml)	7 (70)	5 - 8
Undiluted chunk-style vegetable	10 ³ / ₄ oz. (318 ml)	8 (80)	2 - 5
	26 oz. (767ml)	8 (80)	4 - 8

Cooking Guide - Quick Dried Soup

Item	Amount (Number of Envelopes)	Power (%)	Approx. Cooking Time (minutes)
Cup of instant soup 1 ¹ / ₄ oz. (35g) envelope	1	HI	1 - 2 1/2
	2	HI	3 - 4
	4	HI	5 - 8

VEGETABLES AND RICE

Directions for Cooking Vegetables

Fresh

Place vegetables in casserole. Add amount of water recommended in chart. Cover with lid or plastic wrap. Whole vegetables, such as potatoes, or eggplant be pierced with a fork several times before cooking.

Halfway through cooking, stir, rearrange and/or turn vegetables over.

Let stand, covered, before serving.

Frozen

For 10-ounce (300g) package, place vegetables in 4 to 6 cup (1 or 1.5L) casserole.

Add amount of water according to package directions.

Cover with lid. Cook at HIGH 6 to 10 minutes, or until tender. Stir two-thirds way through cooking. Let stand, covered, before serving.

Fresh Vegetable Chart

VEGETABLE	AMOUNT	WATER	APPROX. COOKING TIME at HIGH (in minutes)
Asparagus, spears	1 lb (450g)	1/2 cup (125mL)	4 - 7
Beans, Green or Wax, cut into 1 1/2-in. (4cm) pieces	1 lb (450g)	1/2 cup (125mL)	8 - 11
Broccoli, cut in pieces	1 lb (450g)	1/2 cup (125mL)	7 - 10
Brussels Sprouts, fresh	10 oz. (300g)	1/4 cup (50mL)	7 - 10
Cabbage, wedges, fresh	1 lb (450g)	1/2 cup (125mL)	7 - 10
Carrots, sliced 1/2 -in. (1cm) thick	1 lb (450g)	1/2 cup (125mL)	7 - 10
Cauliflower, florets	1 lb (450g)	1/2 cup (125mL)	7 - 10
Eggplant, whole, fresh	1 lb (450g)	1/2 cup (125mL)	6 - 10
Leeks, whole, fresh	1 lb (450g)	1/2 cup (125mL)	8 - 11
peas, fresh	1 lb (450g)	1/2 cup (125mL)	6 - 9
Potatoes, whole, fresh	4 (8 oz. ea.)	1/2 cup (125mL)	11 - 13
Spinach, fresh	1 lb (450g)	1/2 cup (125mL)	6 - 8
Turnips, cubed, fresh	1 lb (450g)	1/2 cup (125mL)	8 - 11

Cooking Guide - Rice

ITEM	CONTAINER	AMOUNT OF WATER	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Rice* Flavored Rice Mix 6 oz. (170g)	8 cups (2L) casserole	as package directs	7 (70)	13 - 28	10	Cover and heat water to a boil (5 to 7 min.) Add rice, salt and butter (amount of salt and butter as package directs). Cook covered, stir, let stand, covered.
Long Grain 1 cup (250mL)	8 cups (2L) casserole	2 cups (500mL)	5 (50)	12 - 15	10	
Short Grain 1 cup (250mL)	8 cups (2L) casserole	2 cups (500mL)	5 (50)	8 - 11	10	

GROUND MEAT, POULTRY AND FISH

Directions for Cooking Ground Meats, Poultry and FISH

Use fresh or defrosted ground meats, poultry and steaks/chops. Wash poultry or fish before cooking. Arrange small items in a single layer in dish. For best results, avoid overlapping edges of food, as this will prevent even cooking. Place thick sections toward edge of the dish. A rack in the cooking dish will elevate meat out of the juices.

Season as desired, but salt after cooking. Kitchen bouquet mixed with equal parts of butter will enhance the color of meats and poultry. Use spices and seasonings as desired.

Shield thin parts of meat (less meaty portions) or poultry (wings and legs) with aluminum foil to prevent overcooking. Shield poultry before cooking; shield meat halfway through cooking.

Wooden toothpicks can be used to hold the foil in place.

Cook according to directions in chart. Small quantities of sauce will not alter the cooking time.

Test for doneness before adding extra cooking time.

Remove roasts from oven then check internal temperature in several places, using a microwave or convectional meat thermometer.

The thermometer should not touch bone or fat. If it does, the reading could be inaccurate.

Generally, the lower temperatures in a roast are found in the center of the roast and in the muscle close to a large bone, such as a pork loin center rib roast.

DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.

To test beef for doneness, cut into meat. Red color indicates rare, pink indicates medium and gray indicates well done.

Pork is done when meat is gray with clear juices. Whole poultry is done when juices are clear yellow and drumstick moves freely. Poultry pieces are cooked when juices are clear yellow.

Fish and seafood are done when opaque in color and flake easily when tested with a fork.

If foods are undercooked, return to oven for a short period of time at the recommended power level. Let stand for time recommended in chart. Roasts and whole birds should be tented with foil during stand time.

FOOD	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Beef Hamburgers, Refrigerated 4 oz ea. (120g) 1 2 4 Hamburgers, Frozen 4 oz ea. (120g) 1 2 4	HIGH HIGH HIGH HIGH HIGH HIGH HIGH	1½ to 2 2 to 4 3 to 5 4 to 5½ 6 to 7 9 to 11	2 2 2 2 3 3	Place meat in a shallow dish. Cover loosely with waxed paper to prevent spattering. Turn over halfway through cooking. Turn over and separate halfway through cooking.
Meat Loaf 1½ lbs (675g)	5 (50)	18 to 23	5	Arrange in loaf dish. Cover with waxed paper.
Roasts, Tender 1 lb (450g) Rare Medium Well	8 (80)	7 to 9 7 to 9 8 to 10	10 to 15 10 to 15 10 to 15 Tented with foil	* Place in a square dish. Cover with waxed paper. Shield halfway through cooking and turn roast over if necessary. * Approx. temp. after stand Rare 130°F (55°C) Medium 140°F (60°C) Well 170°F (77°C)

GROUND MEAT, POULTRY AND FISH

FOOD	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Pork Bacon, Slices 1 2 4	HIGH HIGH HIGH	1 to 1½ 1½ to 2 2 to 3½	1 1 1	Use bacon rack or line bottom of dish with towel. Place bacon on paper towel. Cover loosely with another paper towel to prevent spattering.
Chops, Loin 1/2-inch (1cm) thick 1 2 Chops, Rib 1/2-inch (1cm) thick 1 2 4	HIGH HIGH HIGH HIGH HIGH	3 to 6 7 to 9 3 to 5 5 to 6 7 to 9	2 5 2 5 5	Place in a shallow dish. Cover loosely with waxed paper to prevent spattering. Turn over at half the cooking time.
Wieners 1 2 4	HIGH HIGH HIGH	½ to 1½ 1 to 2 1½ to 3	1 1 1	Score before cooking.
Ham, fully cooked Canned 3 lbs (1.3kg) * Approx. temp. after stand 120°F to 130°F (50°C to 55°C)	5 (50)	6 to 12	10	Shield edge of ham with strip of foil. Place on roasting rack. Cover with waxed paper. Turn over halfway through cooking.
Ham, Slice 1-inch (2.5cm) Thick per 1 lb (450g)	HIGH	6 to 13	5	Place in a shallow dish. Cover with waxed paper. Turn over halfway through cooking.
Pork Roast per 1-lb (450g) * Approx. temp. after stand 170°F to 175°F (77°C to 79°C)	5 (50)	11 to 16	10 to 15	Cook in a covered casserole or cover with plastic wrap.

GROUND MEAT, POULTRY AND FISH

FOOD	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Sausage Links, frozen (precooked brown and serve) 2 4 Sausage Links, fresh 1 to 2 oz (30-60g) each 2 4	HIGH HIGH HIGH HIGH	1 to 2 ¹ / ₂ 2 to 4 3 to 5 4 to 7	1 1 1 1	Piece before cooking. Piece before cooking. Cover with plastic wrap. Turn over once.
Lamb Chops, Shoulder 1/2-inch (1cm) thick 1 2	HIGH HIGH	2 to 4 4 to 6	2 5	Arrange in a shallow dish. Cover loosely with waxed paper to prevent spattering.
Poultry per 1 lb (450g) Chickens 4 lbs (up to 1.8kg) Chicken Pieces 2 lbs (up to 900g)	HIGH HIGH HIGH	7 to 10 11 to 18 5 ¹ / ₂ to 7 ¹ / ₂	10 10 5 Tented with foil	Place on a roasting rack in a dish. Cover with plastic wrap or lid. Arrange skin-side up in shallow baking, dish meatier portions toward edge of dish. Cover with plastic wrap or lid.
Fish or Seafood Fish Fillets 3/4 lb (350g) Fish Steaks 2 [6 oz (170g) each] Scallops 1 lb (450g) Shrimp, medium size 1 lb (450g) (shelled and cleaned) Whole fish 1 1/2 to 1 3/4 lbs	HIGH 5 (50) 7 (70) 7 (70) HIGH	4 to 5 4 ¹ / ₂ to 7 ¹ / ₂ 5 to 8 4 to 6 4 ¹ / ₂ to 6 ¹ / ₂	3 5 3 3 5	Arrange in a single layer in dish. Cover with waxed paper. Rearrange or stir shrimp or scallops halfway through cooking.

BAKED GOODS AND DESSERTS

CONVERTING RECIPES

When adapting “quick bread” recipes, you will find it necessary to reduce the amount of leavening (baking powder or soda) by about one-quarter the normal amount. A bitter aftertaste is apparent if too much leavening is used in biscuits or muffins. Since food rises higher in the microwave oven, you will not see a loss in volume from the reduction of soda or baking powder. If a recipe contains buttermilk or sour cream, do not change the amount of soda, since it serves to counteract the sour taste as well as leaving agent.

When using a mix where leavening cannot be reduced, allow the dough to stand about 10 minutes before cooking in order for some of the gas to be lost. Otherwise observe the following guidelines.

- Breads and rolls should be reheated only until they are warm to the touch. overheating or overcooking makes bread tough and rubbery.

Cooking / Reheating Guide

ITEM	POWER (%)	APPROX. COOKING/ REHEATING TIME	SPECIAL NOTES	
Hamburger buns, hot dog rolls frozen: 1 lb (450g) Room temp:	1 2 4	5 (50) 5 (50) 5 (50) 5 (50)	2 - 3 min. 15 - 20 sec. 20 - 25 sec. 20 - 30 sec.	Place on paper plate or wrap in paper towel.
Doughnuts, sweet rolls, muffins	1 2 4	5 (50) 5 (50) 5 (50)	15 - 20 sec. 25 - 30 sec. 30 - 45 sec.	Place on paper plate or towel. Add 15 seconds if frozen.
Whole coffee cake, Frozen: 10-13 oz (280-370g) Room temp: 10-13 oz (280-370g)		5 (50) 5 (50)	1 1/2 - 2 min. 1 1/2 - 2 min.	Place on paper plate or towel.
French bread, Frozen: 1 lb (450g) Room temp: 1 lb (450g)		5 (50) 5 (50)	2 - 2 1/2 min. 30 - 40 sec.	Place on paper plate or towel.

ITEM	AMOUNT OF BATTER	DISH	COOKING POWER AND TIME (in minutes)		STAND TIME	SPECIAL NOTES
			FIRST STAGE	SECOND STAGE		
Butter Cake: Single layer or half of prepared mix	2 1/4 cups (550mL)	8 to 9-inch (20 to 23 cm) round dish	5 (50) 7 to 9 min.	HIGH 3 to 4 min.	10 min.	Place on inverted pie plate.
Brownies	2 cups (500mL)	8 to 9-inch (20 to 23 cm) round dish	5 (50) 10 to 13 min.	-	Cool with waxed paper.	Cover with waxed paper. Place on inverted pie plate.
Bar Cookies	1 1/2 cups (400mL)	8 to 9-inch (20 to 23 cm) round dish	5 (50) 7 to 9 min.	HIGH 2 to 3 min.	Cool completely.	Cover with waxed paper during 1 st stage.
Muffins large size	1/4 cup (50mL) each	1 2 6	7 (70) 35 to 60 sec. 1 to 1 1/2 min. 4 to 5 min.	-		

QUICK TOUCH SENSOR COOK CHART

No	Category	Quantity	Direction
1	Potato	1 - 4 medium approx. 8 ounce each	Pierce each potato with a fork and place on the oven tray around the edge, at least one inch apart.
2	Fresh Vegetable	1 - 6 cups	Prepare as desired, wash, and leave residual water on the vegetables. Place in an appropriately-sized microwave container, cover with plastic wrap and vent.
3	Frozen Vegetable	10 oz. - 1 lb.	Remove from package, rinse off frost under running water. Place in an appropriately-sized microwave container, cover with plastic wrap and vent.
4	Frozen Entree	Works best if entrée is less than an inch thick or less than $\frac{3}{4}$ pound.	Remove from outer display package. Slit cover. If not in microwave safe container, place on plate, cover with plastic wrap and vent.
5	Rice	$\frac{1}{2}$ - 2 cups Use medium or long grain rice. Cook instant rice according to directions on the package.	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.

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

QUICK TOUCH SENSOR REHEAT CHART

Code	Category	Quantity	Direction
1	Dinner plate	1/2 - 1 lb.	Place foods to be heated on dinner plate or similar dish. Cover with plastic wrap.
2	Soup/Sauce	1 - 4 cups	Place food to be heated in an appropriate size microwave container. Cover with plastic wrap.
3	Casserole	2 - 6 servings	Cover dish containing the casserole with plastic wrap.

AUTO COOK CHART

* First, touch Quick Touch Plus pad, then select food and Quantity.

Code	Category	Quantity	Direction
1	Bacon	2 - 6 slices	Place bacon strips on microwave bacon rack for best results. (use dinner plate lined with paper towels if none available.)
2	Frozen Roll/Muffin	1 - 6 pieces (2 - 3 oz. each)	Remove from display package and place on plate. (If muffins are over 3 oz. each, count as two when keying quantity.)
3	Fresh Roll/Muffin	1 - 6 pieces (2 - 3 oz. each)	Remove from display package and place on plate. (If muffins are over 3 oz. each, count as two when keying quantity.)
4	Beverage	1 - 2 cups	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.)
5	Chicken Pieces	0.5 - 2 lbs.	Place the chicken pieces in an appropriately sized microwavable container, cover with plastic wrap, and vent.
6	Hot Cereal	1 - 6 servings	Prepare as directed on package and cook. Stir and allow standing time before eating. Use only instant hot cereal.

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

AUTO DEFROST CHART

ITEM	SPECIAL NOTES
DEFROST MEAT	
BEEF	
Ground beef	Remove thawed portions at beeps. Turn over. Return remainder to oven.
Round steak, Flank steak, Tenderloin steak, Chuck roast, Rib roast, rolled Rump roast, Sirloin tip roast	Use a microwave-safe roasting rack. Turn over at pause. Cover warm areas with aluminum foil.
Stewing meat	Remove thawed portions at beeps. Separate remainder and return it to oven.
LAMB	
Cubed for stewing	Remove thawed portions at beeps. Separate remainder and return it to oven.
Chops	Use a microwave-safe roasting rack. Separate and rearrange at beeps.
Roast	Use a microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil.
PORK	
Chops, 1/2 inch (1 cm) thick	Use a microwave-safe roasting rack. Separate and rearrange at beeps.
Spareribs, Country-style ribs, roast	Use a microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil.
Sausage, bulk Return	Use a microwave-safe dish. Remove thawed portions at beeps. Turn over. Remainder to oven.
Sausage, links	Separate and rearrange at beeps.
VEAL	
Chops, 1/2 inch (1 cm) thick	Use a microwave-safe roasting rack. Separate and rearrange at beeps.
Roast	Use a microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil.
VARIETY MEAT	
Liver, sliced	Use a microwave-safe dish. Separate pieces and rearrange at beeps.
Tongue, whole	Use a microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil.
DEFROST 2-POULTRY	
CHICKEN	
Whole	Place chicken breast-side-up in microwave-safe roasting rack. Turn over at beeps. Cover warm areas with aluminum foil. Giblets may still be frozen but chicken will be thawed. Rinse in cold water.
Pieces	Use a microwave-safe roasting rack. Separate pieces and rearrange at beeps. Turn over. Cover warm areas with aluminum foil.
CORNISH HENS	
Whole	Place on a microwave-safe roast rack. Finish defrosting by rinsing in cold water.
TURKEY	
Breast (under 6 lbs.)	Place on a microwave-safe roast rack. Finish defrosting by rinsing in cold water.

AUTO DEFROST CHART

ITEM	SPECIAL NOTES
DEFROST 3-FISH	
STEAKS/CHOPS	
Fillets	Place in a microwave-safe baking dish.
Whole Steaks	Carefully separate fillets under cold water. Place in a microwave-safe baking dish. Turn over at beeps. Run cold water over to finish defrosting.
Whole	Place in a microwave-safe baking dish. Cover head and tail with foil; Do not let foil touch sides of microwave. Turn over at beeps. Finish defrosting by rinsing in cold water.
Crabmeat, Lobster tails, shrimp, Scallop	Place in a microwave-safe baking dish. Break apart halfway through defrosting time or at beeps.

CONVERSION TABLE

NOTE: 1 Kg = 1000 grams

Only 1 digit can be entered after a decimal point.

Round figures off the lower number avoid overdefrosting. Ex. 1.28lbs, use 1.2.

lbs	lbs/oz.	grams	kg.	lbs	lbs/oz.	grams	kg.
0.3	4 oz	100	0.1	5.7	5 lbs12 oz	2600	2.6
0.5	7 oz	200	0.2	5.9	5 lb 15 oz	2700	2.7
0.7	10 oz	300	0.3		6 lb 3 oz	2800	2.8
0.9	14 oz	400	0.4		6 lb 6 oz	2900	2.9
1.1	1 lb 2 oz	500	0.5		6 lb 10 oz	3000	3.0
1.3	1 lb 5 oz	600	0.6		6 lb 13 oz	3100	3.1
1.6	1 lb 9 oz	700	0.7		7 lb	3200	3.2
1.8	1 lb 12 oz	800	0.8		7 lb 4 oz	3300	3.3
2.0	2 lb	900	0.9		7 lb 8 oz	3400	3.4
2.2	2 lb 4 oz	1000	1.0		7 lb 11 oz	3500	3.5
2.4	2 lb 7 oz	1100	1.1		7 lb 15 oz	3600	3.6
2.7	2 lb 11 oz	1200	1.2		8 lb 3 oz	3700	3.7
2.9	2 lb 14 oz	1300	1.3		8 lb 6 oz	3800	3.8
3.1	3 lb 2 oz	1400	1.4		8 lb 10 oz	3900	3.9
3.3	3 lb 5 oz	1500	1.5		8 lb 13 oz	4000	4.0
3.5	3 lb 9 oz	1600	1.6				
3.8	3 lb 12 oz	1700	1.7				
4.0	4 lb	1800	1.8				
4.2	4 lb 3 oz	1900	1.9				
4.4	4 lb 7 oz	2000	2.0				
4.6	4 lb 10 oz	2100	2.1				
4.9	4 lb 14 oz	2200	2.2				
5.1	5 lb 1 oz	2300	2.3				
5.3	5 lb 5 oz	2400	2.4				
5.5	5 lb 8 oz	2500	2.5				



SEARS SERVICE

WE SERVICE WHAT WE SELL

“We Service What We Sell” is our assurance to you that can depend on SEARS for service because SEARS SERVICE is nationwide.

Your Kenmore Microwave Oven has added value when you consider that SEARS has a service unit near you, staffed by Trained Technicians - Professional technicians specifically trained on Kenmore Microwave Ovens, having the parts, tools and equipment to ensure that we meet our pledge to you. - “We Service What We sell!”

TO FURTHER ADD TO THE VALUE OF YOUR MICROWAVE OVEN, BUY A SEARS MAINTENANCE AGREEMENT.

Kenmore Microwave Ovens are designed, manufactured, and tested for years of dependable operation. Yet any modern appliance may require service from time to time. A SEARS Maintenance Agreement is more than an extension of the Warranty.

It provides complete protection from unexpected repair bills and undue inconvenience. It assures you of maximum efficiency from your Microwave Oven.

Here’s a comparative Warranty and Maintenance Agreement chart showing the benefits of a SEARS Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1 st YEAR	2 nd YEAR	3 rd YEAR	4 th YEAR	5 th YEAR
1. Replacement of magnetron	W	W	Part-W Labour-MA	Part-W Labour-MA	Part-W Labour-MA
Parts and Service 2. Required due to defects in materials or workmanship	W	W	MA	MA	MA
3. Mechanical adjustment and required service	W	W	MA	MA	MA
4. All parts and service required for proper operation not covered by the warranty.	MA	MA	MA	MA	MA
5. Even if the problem turns out to be non-technical such as customer instructions, there will be no charge for service.	MA	MA	MA	MA	MA
6. Annual preventive maintenance check at your request.	MA	MA	MA	MA	MA

MA-MAINTENANCE AGREEMENT
W-WARRANTY

CONTACT YOUR KENMORE SALESPERSON OR LOCAL SEARS SERVICE CENTER TODAY AND PURCHASE A SEARS MAINTENANCE AGREEMENT.

WARRANTY

KENMORE MICROWAVE WARRANTY

- For "TWO YEARS" from date of purchase, Sears will repair any defect in material or workmanship subject to exclusion below. Free of charge, labour included.
- For the next "THREE" years Sears will replace the Magnetron free of charge, labour not included.
- This warranty is in addition to any statutory warranty.

MICROWAVE SIZE	SERVICE
Counter Top Microwave (all sizes)	Carry in
Micro/Convection and Over The Range	In Home

WHAT IS NOT COVERED:

1. Installation.
2. Damage resulting from improper voltage.
3. Service required because of damage due to misuse or abuse.
4. Service required as a result of fire, flood, or acts of God.

Sears does not authorize any person or representative to make any other warranty or assume for it any liability other than those contained herein. Any agreement, verbal or written, outside of, or creating any other warranties in addition to or contradictory to the foregoing, shall be void and of no effect. The above warranty applies only to Kenmore Microwave Ovens which are used for private household purposes.

HOW TO OBTAIN WARRANTY SERVICE

1. For "Carry In", simply bring the microwave oven to the nearest Sears Service Center or Store.
2. For "In Home" contact the nearest Sears Service Center or Store.

SEARS CANADA INC.
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