

MICROWAVE OVENS

TABLE OF CONTENTS

Specifications	Inside cover
Proper and Safe Use of Your Oven	
Important Safety Instructions	
SECTION 1 - SETTING UP & GETTING TO KNOW YOUR MICROWAVE OVEN	
Unpacking and Names of Oven Parts	
Turntable	
Control Panel and Features	
Installation	
Electrical Grounding Instructions	
Setting Clock	
Child Lock-Out	
Utensils	
SECTION 2 - OPERATING INSTRUCTIONS	
Microwaving Made Easy	
Auto Defrost by Weight	
Quick Touch Cook	
Add Minute Cooking	
Automatic Popcorn	
Kitchen Timer	
Time Cooking	
Using Multi-Power Levels	
Multi-Power Setting Guide	
Multi-Stage Cooking	
SECTION 3 - CARE OF YOUR MICROWAVE OVEN	
Questions and Answers	
Care and Cleaning	
Before Calling for Service	
SECTION 4 - COOKING GUIDES AND RECIPES	
Cooking Techniques	
Appetizers	
Soups and Sandwiches	
Vegetables and Rice	
Meats, Poultry and Fish	
Baked Goods and Desserts	
SECTION 5 - CHARTS AND TABLES	
Quick Touch Cook Chart	
Auto Defrost Chart	
Conversion Table	
Kenmore Service	
Kenmore Warranty	Back cover

Use and Care Instruction Manual and Cooking Guide

**Model No.: 86410
86419**

Part No.: 3828W5A5004

SPECIFICATIONS

Power Supply	120 V AC, 60 Hz
Rated Power Consumption	1,200 W
Microwave Output	800 W
Rated Current	10.5 A
Overall Dimensions (WxHxD)	19 x 11 ^{1/16} x 12 ^{13/16}
Oven Cavity Dimensions (WxHxD)	12 ^{13/16} x 7 ^{5/8} x 11 ^{13/32}
Capacity of Oven Cavity	0.8 Cu. Ft.

*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.
- 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:

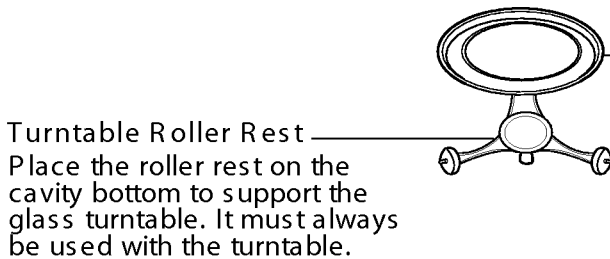
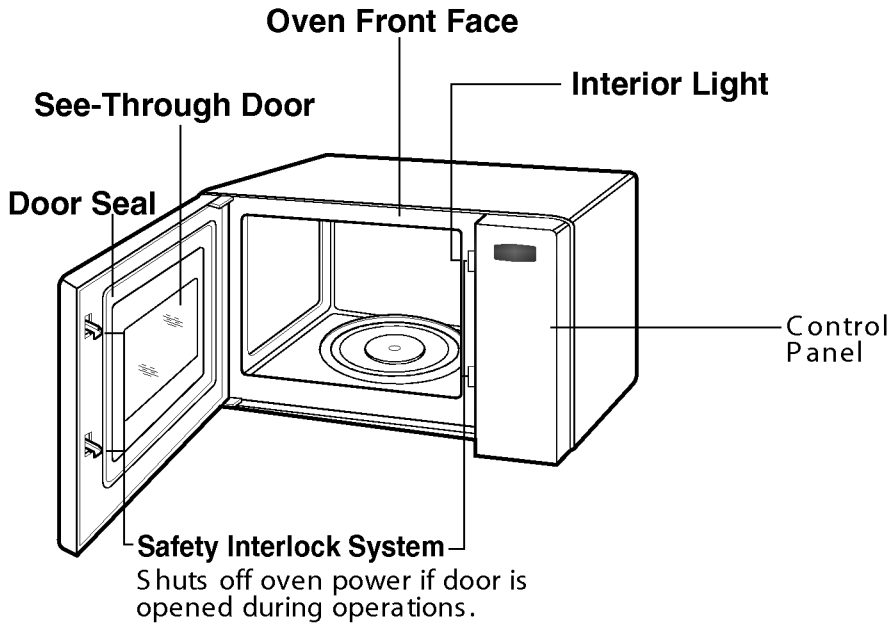
1. Read all instructions before using the appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 1.
3. As with most cooking appliances, close supervision is necessary to reduce the risk of a fire in the oven cavity.
NOTE: If a fire 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.
4. This appliance must be grounded. Connect only to properly grounded outlet. See "ELECTRICAL GROUNDING INSTRUCTIONS" on page 6.
 - **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.
 - c. 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.
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 of your microwave oven 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
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 86410/86419)



INSTALLATION

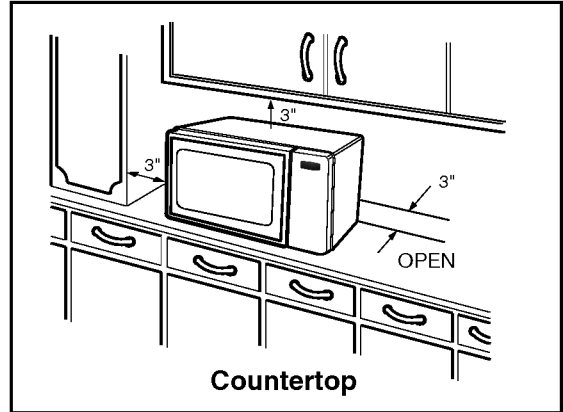
Select a level surface that provides enough open space for the inlet and/or outlet vents located at the rear and underside of the oven. Make sure there is at least three inch of space on the top and at the back of the oven.

When one side is installed flush to the wall, the opposite side or top must be opened. 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.

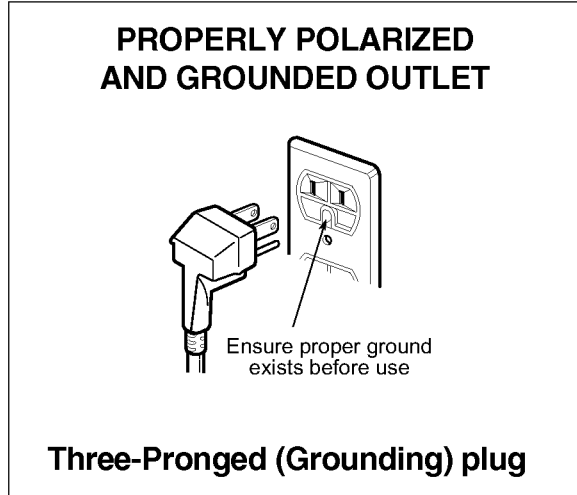


- Spacing should be over 3 inches (7.5cm).
- One side must be open.

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.



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 pinched or crushed in any way.

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

When your oven is plugged in for the first time or when power resumes after power interruption, the numbers in the display reset to 0.

To set the time of day :

1. Touch **STOP/CLEAR**.



2. Touch **CLOCK**.



3. Enter the time by using the number key pads.

Example: To set 3:15, touch number key pads [3],[1] and [5].



4. Touch **CLOCK**.

The clock starts counting.



If the clock (or display) shows any abnormality, unplug the oven from the AC outlet, plug it back in and then reset the clock.

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

To set:

1. Touch **STOP/CLEAR**.



2. Touch and hold **START** until "L" appears in the display.



3. "L" remains in the display.

To cancel child lock-out :

1. Touch and hold **START** until "L" appears in the display.



2. The time of day returns to the display window.

UTENSILS

ITEM	USE	COMMENTS
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.
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.
Disposable ovenable paperboard dishes	Cooking	Some frozen foods are packaged in these pans. Can be purchased in grocery stores.
Fast food carton with metal handle	None	May cause arcing.
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.
Glass jars	Warming	Remove lid. Heat food until just warm. Most glass jars are not heat resistant and may break.
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.
Metal twist ties	None	They may cause arcing and could cause a fire in the oven.
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.
Paper bags	None	May cause a fire in the oven.
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.
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.
Plastic Foam Cups	Reheating	Use to bring foods to a low serving temperature. Plastic foam will melt if foods reach a high temperature.
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.

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.

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. And an easy-to-use menu with all the popular food/beverage choices helps you to cook more perfectly because it has been pre-programmed and knows how long to cook, defrost or reheat various food items.

Auto Defrost by Weight
Quick Touch Cook
Add Minute Cooking
Popcorn

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

The Auto Defrost by Weight feature is an accurate defrosting method for frozen meat, poultry and steaks/chops up to 6.0lbs.

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 by Weight Feature contains a built-in beep mechanism that lets you check, turn over, separate or rearrange as recommended in the Auto DEFROST chart in SECTION 5.

Three different defrosting levels are provided:

DEF 1 MEAT
DEF 2 POULTRY
DEF 3 FISH

EXAMPLE : To defrost 1.2lbs of ground beef, select Meat Menu dEF1 and enter the weight.

1. Touch **STOP/CLEAR**.
2. Touch **AUTO DEFROST** once. **dEF1** appears in the display.
3. Enter the weight by touching **[1]** and **[2]**.
4. Touch **START**.
 Defrosting starts.
 The display changes to defrost time count down.



AUTO DEFROST BY WEIGHT

- To enter a weight of less than 1 lb always press **[0]** first. For example, to enter 0.2 lbs, press **[0]** and then **[2]**.
- As only one digit can be entered after the decimal point, round figures off to the lower number to avoid overdefrosting. For example, for 1.28 lbs, use 1.2.
- Pound/Kg Conversion Table is provided in SECTION 5.
- For best results, check the food during defrosting.
- Remove fish / seafood / meat / poultry from its original paper or plastic package (wrapper). Otherwise, the wrap will trap steam and juice, which can cause the surface of the foods to cook.
- When it is difficult to remove the wrap from the food, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Then remove the food from oven, and remove the wrap from food.
- Place foods in a flat microwave-safe baking dish or microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.
- Standing time is included in each AUTO DEFROST menu.

	Food	Min. / Max. Food
DEF1-MEAT	Beef Pork Veal Variety Meat Lamb	0.1 / 6.0 lbs
DEF2-POULTRY	Chicken Cornish Hens Duck Turkey	0.1 / 6.0 lbs
DEF3-FISH	Steaks/Chops Fish Seafood	0.1 / 6.0 lbs

MANUAL DEFROST

To speed up the defrosting of dense food items over 1 lb. (450g), you may start on **HI**, then reduce to the 30% power setting.

1. Microwave on **HI** for 1-2 minutes per pound of dense food items.
2. Then microwave on 3 (30%) for 3 minutes per pound or until food is thawed. Defrosting time will be greatly reduced.

AUTO DEFROST BY WEIGHT

This oven also offers an Auto Defrost by Weight menu, which is especially preprogrammed to defrost meat, poultry and steaks/chops at different power level combinations.

Quick Touch 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 item in the Quick Touch cook menu include:

1. Popcorn
2. Potato
3. Beverage
4. Fresh Vegetable
5. Food Plate
6. Frozen Entree

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

1. Touch **STOP/CLEAR**.
2. Touch **BEVERAGE**.



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

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

If you touch **ADD MINUTE**, it will add 1 minutes.

EXAMPLE : To set Add Minute for 2 minutes.

1. Touch **STOP/CLEAR**.
2. Touch **ADD MINUTE** twice.



The oven begins the cooking and display shows time counting down.

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 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**.



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.

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**.



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.

1. Touch **STOP/CLEAR**.
2. Touch **COOK TIME**.
3. Enter desired time in minutes and seconds by touching the number pads.
Examples:
To set 3-1/2 minutes, touch **[3]**, **[3]** and **[0]**.
4. Touch **START**.



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 at power level 8 (80%) for 45 seconds.

1. Touch **STOP/CLEAR**.



2. Touch **COOK TIME**.



3. Enter 45 seconds by touching **[4]** and **[5]**.



4. Touch **POWER**.

P-HI appears in the display. This is to tell you that the oven is set on HI unless a different power setting is chosen.



5. Touch **[8]** to select power level 8. Display shows **P-80**.



6. Touch **START**.



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 lets you program up to three 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 stages.

Beep sounds between stages.

- To stir, turn over or rearrange food, you can open the door anytime during cooking. This will not change the setting.

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

First Stage (15 minutes, power level: HI)

1. Touch **STOP/CLEAR**.



2. Touch **COOK TIME**.



3. Enter 15 minutes by touching [1], [5], [0] and [0].
(Power is at HI)



Second Stage (22 minutes, power level: 3 (30))

4. Touch **COOK TIME**.



5. Enter 22 minutes by touching [2], [2], [0] and [0].



6. Touch **POWER**.



7. Touch number [3].
P-30 appears on 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 vent?
- A.** Steam is normally produced 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 into a wall outlet for the first time, it may not work properly. What is wrong?
- A.** When the oven is plugged in for the 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 pierce 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 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 becomes 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.

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, increase 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.

Piercing: 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 larger foods such as roasts or whole chickens, to cook more evenly.

Reheating: Place food that is denser/larger/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 food 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

APPETIZERS

CONVERTING RECIPES

Most hot appetizers adapt well to microwave cooking, the exception being those wrapped in pastry. Pastry requires the hot environment of the conventional oven to become crisp.

- Toppings for canapes can be made ahead and then placed on bread or crackers just before heating. This guarantees a crispness.

- Cover appetizers or dips only when called for by a recipe. Use casserole lids, waxed paper, plastic wrap, or paper towel.
- Appetizers and dips that contain cheese, mayonnaise, and other delicate ingredients are usually heated on power level 1 (10%). A higher setting might cause separation or drying.

Reheating Guide - Convenience Appetizers

Item	Amount	Power (%)	Approx. Cooking Time (minutes)	Special Notes
Meat spread	4 oz. (113g)	8 (80)	1 - 2	Transfer to small microwave-safe
Cocktail franks	4 servings	7 (70)	2 - 3	Place on paper plate Cover with wax paper.
Dips, cream	1/2 cup (125ml)	1 (10)	3 - 4	Cover with waxed paper
Egg rolls	6 oz. (12) (170g)	7 (70)	3 - 4	Place on paper plate
Mini Tacos	4-6	5 (50)	3 - 4	Place on paper Plate

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)	5 - 6
Cream-Style	10 1/4 oz.(297ml)	8 (80)	8 - 9
Tomato	26 oz.(767ml)	8 (80)	9 - 10
Bean, Peas, or Mushroom	10 3/4 oz.(318ml)	7 (70)	10 - 11
Undiluted chunk-style vegetable	10 3/4 oz.(318ml)	8 (80)	4 - 5
	19 oz.(562ml)	8 (80)	7 - 9

Cooking Guide - Quick Dried Soups

Item	Amount (Number of Envelopes)	Power (%)	Approx. Cooking Time (minutes)
Cup of instant soup 1 1/4-ounce (37g) envelope	1	HI	4 - 5
	2	HI	5 - 6
	4	HI	7 - 9

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 should 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 the 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)	6 to 8
Beans, Green or Wax, cut into 1 1/2-in. (4cm) pieces	1 lb (450g)	1/2 cup (125mL)	10 to 12
Broccoli, cut in pieces	1 lb (450g)	1/2 cup (125mL)	7 to 8
Brussels Sprouts, fresh	10 oz. (300g)	1/4 cup (50mL)	7 to 8
Cabbage, wedges, fresh	1 lb (450g)	1/2 cup (125mL)	7 to 8
Carrots, sliced 1/2 - in. (1cm) thick	1 lb (450g)	1/2 cup (125mL)	7 to 8
Cauliflower, florets	1 lb (450g)	1/2 cup (125mL)	6 to 7
Eggplant, whole, fresh	1 lb (450g)	1/2 cup (125mL)	8 to 10
Leeks, whole, fresh	1 lb (450g)	1/2 cup (125mL)	10 to 12
peas, fresh	1 lb (450g)	1/2 cup (125mL)	8 to 10
Potatoes, whole, fresh	4 (8oz. ea.)	1/2 cup (125mL)	15 to 18
Spinach, fresh	1 lb (450g)	1/2 cup (125mL)	8 to 10
Turnips, cubed, fresh	1 lb (450g)	1/2 cup (125mL)	11 to 13

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 cup (2L) casserole	as package directs	7 (70)	15 to 30	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 cup (2L) casserole	2 cups (500mL)	5 (50)	14 to 16	10	
Short Grain 1 cup (250mL)	8 cup (2L) casserole	2 cups (500mL)	5 (50)	10 to 12	10	

MEATS, POULTRY AND FISH

Directions for Cooking Meats, Poultry and Steaks/chops

Use fresh or defrosted meats, poultry and fish. 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 conventional 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)				Place meat in a shallow dish. Cover loosely with waxed paper to prevent spattering. Turn over halfway through cooking.
1	HIGH	2 1/2 to 2	2	
2	HIGH	3 to 4	2	
4	HIGH	5 to 7	2	
Hamburgers, Frozen 4 oz ea. (120g)				
1	HIGH	5 to 6	2	
2	HIGH	7 to 8	3	Turn over and separate halfway through cooking.
4	HIGH	13 to 14	3	
Meat Loaf 1 1/2 lbs (675g)	5 (50)	23 to 25	5	
Roasts, Tender 1 lb (450g)	8 (80)			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)
Rare		12 to 14	10 to 15	
Medium		14 to 16	10 to 15	
Well		18 to 20	10 to 15 Tented with foil	

MEATS, POULTRY AND FISH

FOOD	POWER (%)	APPROX. COOKING TIME (in minutes)	STAND TIME (in minutes)	SPECIAL NOTES
Pork				
Bacon, Slices				Use bacon rack or line bottom of dish with paper towel. Place bacon on paper towel. Cover loosely with another paper towel to prevent spattering.
1	HIGH	1 1/2 to 2	1	
2	HIGH	2 to 2 1/2	1	
4	HIGH	3 1/2 to 4 1/2	1	
Chops, Loin 1/2-inch (1cm) thick				Place in a shallow dish. Cover loosely with waxed paper to prevent spattering. Turn over at half the cooking time.
1	HIGH	3 1/2 to 4 1/2	2	
2	HIGH	8 to 8 1/2	5	
Chops, Rib 1/2-inch (1cm) thick				
1	HIGH	3 1/2 to 4	2	
2	HIGH	5 1/2 to 6	5	
4	HIGH	9 1/2 to 10	5	
Wieners				Score before cooking.
1	HIGH	1/2 to 1	1	
2	HIGH	1 to 1 1/2	1	
4	HIGH	1 3/4 to 2 1/2	1	
Ham, fully cooked Canned 3 lbs (1.3kg) *Approx. temp. after stand 120°F to 130°F (50°C to 55°C)	5 (50)	10 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	11 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)	17 to 19	10 to 15	Cook in a covered casserole or cover with plastic wrap.

MEATS, 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	3 to 4 4 to 5 4 to 6 5 to 7	1 1 1 1	Pierce before cooking. Pierce before cooking. Cover with plastic wrap. Turn over once.
Lamb Chops, Shoulder 1/2-inch (1cm) thick 1 2	HIGH HIGH	3 to 4 7 to 8	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	10 to 12 17 to 20 9 to 11	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 1lb (450g) Shrimp, medium size 1lb (450g) (shelled and cleaned) Whole fish 1 1/2 to 1 3/4 lbs	HIGH 5 (50) 7 (70) 7 (70) HIGH	7 to 9 8 to 10 11 to 12 10 to 11 9 to 10	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 leavening 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)	1 - 2 min. 5 - 10 sec. 10 - 15 sec. 15 - 20 sec.	Place on paper plate or wrap in paper towel.
Doughnuts, sweet rolls, muffins	1 2 4	5 (50) 5 (50) 5 (50)	10 - 15 sec. 20 - 25 sec. 35 - 40 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 5	5 (50) 5 (50)	1 1/2 - 2 min. 1 - 1 1/2 min.	Place on paper plate or towel.
French bread, Frozen: 1 lb (450g) Room temp.: 1 lb (450g)	5 5	5 (50) 5 (50)	1 1/2 - 2 min. 20 - 30 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 23cm) round dish	5 (50) 10 min.	HIGH 3 to 4 min.	10 min.	Place on inverted pie plate.
Brownies	2 cups (500mL)	8 to 9-inch (20 to 23cm) round dish	5 (50) 12 to 14 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 23cm) round dish	5 (50) 10 min.	HIGH 2 to 3 min.	Cool completely.	Cover with waxed paper during 1st stage.
Muffins large size	1/4 cup (50mL) each	1 2 6	7 (70) 40 to 60sec. 2 to 3 min. 6 to 7 min.	—	—	—

QUICK TOUCH COOK CHART

Category	Serving	Quantity	Direction
FROZEN ENTREE	1 Serving	10oz.(280g)	Remove package from wrapper. Follow 1 package instructions for microwaving. Place entree on a microwave plate. Cover tightly with wax paper. Examples of one frozen dinner are Lasagna with Meat Sauce, Chicken with Rice and Sliced Turkey Breast with Rice.
VEGETABLE	1 cup	8 oz.(230g) Vegetables and 2 tbsp water	Cover with microwave safe, plastic wrap.
	2 cups	16 oz.(454g) Vegetables and 1/4 cup water	Cover with microwave safe, plastic wrap.
	3 cups	24 oz.(680g) Vegetables and 1/3 cup water	Cover with microwave safe, plastic wrap.
	4 cups	32 oz.(900g) Vegetables and 1/2 cup water	Cover with microwave safe, plastic wrap.
			Prepare vegetable(wash, cut-up vegetables into 1/2-inch (1"-2.5cm) slices or pieces.). Place in microproof bowl or casserole. Add water. Cover. Most vegetables profit from 2 to 3 minutes standing time after cooking. Note : Fresh vegetable weight is given after peeling, trimming, slicing. etc.
POTATO	1	10oz.(280g)	Wash and scrub well. Pierce with fork.
	2	20oz.(560g)	Place on microproof rack or paper towel in a circle
	3	30oz.(840g)	(1"-2.5cm), apart.
	4	40oz.(1120g)	Let stand 3 to 5 minutes after cooking.
POPCORN	1	3.5oz. (100g)	Place bag on turntable.
	2	3.0oz. (85g)	Follow manufacturer's instructions.
	3	1.75oz. (50g)	

QUICK TOUCH COOK CHART

Category	Serving	Quantity	Direction
Food Plate	Plate of Food (Refrigerated, precooked food)	1 serving (8oz-230g)	Use a microproof plate. Cover tightly with wax paper. Use one plate for 1-2 servings.
		2 servings (16oz-454g)	Examples of one serving for a Plate of Food: 1 chicken breast, (4 oz-115g), 1/4 cup vegetables, 1/4 cup mashed potatoes or (4 oz-115g) precooked meatloaf, 1/4 cup cooked vegetables.
Beverage	Coffee/Tea (Refrigerated Temp.)	1 cup (8oz-230mL)	No cover. Use uncovered microproof cup(s) or mug(s). Stir after reheating.
		2 cups (16 oz-454mL)	

AUTO DEFROST CHART

ITEM	SPECIAL NOTES
DEFROST 1 - 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, 1/2inch (1cm) thick	Use a microwave-safe roasting rack. Separate and rearrange at beepse.
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, 1/2inch (1cm) 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	
FISH	
Fillet	Place in a microwave-safe baking dish. Carefully separate fillets under cold water.
Whole Steaks	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 defrost time or at beeps.

CONVERSION TABLE

NOTES: 1Kg = 1000 grams

Only 1 digit can be entered after a decimal point.

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

lbs	lbs/oz.	grams	kg.	lbs	lbs/oz.	grams	kg.
0.3	4oz	100	0.1	3.5	3lb 9oz	1600	1.6
0.5	7oz	200	0.2	3.8	3lb 12oz	1700	1.7
0.7	10oz	300	0.3	4.0	4lb	1800	1.8
0.9	14oz	400	0.4	4.2	4lb 3oz	1900	1.9
1.1	1lb 2oz	500	0.5	4.4	4lb 7oz	2000	2.0
1.3	1lb 5oz	600	0.6	4.6	4lb 10oz	2100	2.1
1.6	1lb 9oz	700	0.7	4.9	4lb 14oz	2200	2.2
1.8	1lb 12oz	800	0.8	5.1	5lb 1oz	2300	2.3
2.0	2lb	900	0.9	5.3	5lb 5oz	2400	2.4
2.2	2lb 4oz	1000	1.0	5.5	5lb 8oz	2500	2.5
2.4	2lb 7oz	1100	1.1	5.7	5lb 12oz	2600	2.6
2.7	2lb 11oz	1200	1.2	5.9	5lb 15oz	2700	2.7
2.9	2lb 14oz	1300	1.3				
3.1	3lb 2oz	1400	1.4				
3.3	3lb 5oz	1500	1.5				



SEARS SERVICE

WE SERVICE WHAT WE SELL

"We Service What We Sell" is our assurance to you that you 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 you the benefits of a SEARS Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1st YEAR	2nd YEAR	3rd YEAR	4th YEAR	5th YEAR
1. Replacement of magnetron	W	W	Part-W Labour-MA	Part-W Labour-MA	Part-W Labour-MA
2. Parts and Service 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 exclusions 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 Centre or Store.
2. For "In Home" contact the nearest Sears Service Centre or Store.

SEARS CANADA INC.
222 Jarvis Street, Toronto, Ontario M5B 2B8