

POPCORN (sensor)

Senses 3.0-3.5 oz (85-99 g) size bags:
Place bag on turntable. Listen for popping to slow to 1 pop every 1 or 2 seconds, then stop the cycle.

MENU PROGRAMS: Touch the menu control. Use control arrows to scroll through program options, then touch SELECT control. Follow display prompts to select submenu items and/or amounts, and then start the program.

VEGETABLE

- 1 Canned Vegetable** – 8, 14, 16 or 32 oz (227, 397, 454 or 907 g):
Place in microwave-safe container. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
- 2 Fresh Vegetable** – Senses 1-4 cups (250 mL-1 L):
Place in microwave-safe container. Add 2-4 tbs (30-60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
- 3 Frozen Vegetable** – Senses 1-4 cups (250 mL-1 L):
Remove from package. Place in microwave-safe container. Add 2-4 tbs (30-60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.

REHEAT

- 1 Beverage** – 1 or 2 cups, 8 oz (250 mL) each:
Do not cover. The diameter of the cup's opening will affect how the liquid heats. Beverages in cups with smaller openings may heat faster.
- 2 Casserole** – 1, 2, 3 or 4 cups (250, 500, 750 mL or 1 L):
Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
- 3 Meal** – Senses 1 plate, about 8-16 oz (227-454 g):
Place food on microwave-safe plate, cover with plastic wrap, and vent.
- 4 Pizza** – 1, 2 or 3 slices, 4 oz (113 g) each:
Place on paper towel lined paper plate.
- 5 Sauce** – Senses 1-4 cups (250 mL-1 L):
Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
- 6 Soup** – Senses 1-4 cups (250 mL-1 L):
Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
- 7 Rolls/Muffins:** Place on paper towel. Two small rolls may be counted as 1 piece.
 - Fresh – 1, 2, 3, 4, 5 or 6 pieces, 2 oz (57 g) each
 - Frozen – 1, 2, 3, 4, 5 or 6 pieces, 2 oz (57 g) each
- 8 Manual Reheat:** Enter Reheat time, up to 99:59.

DEFROST

- 1 Meat** – 0.1 to 6.5 lbs (45 g to 3 kg):
Remove wrap and place in microwave-safe dish. Do not cover.
- 2 Poultry** – 0.1 to 6.5 lbs (45 g to 3 kg):
Remove wrap and place breast side up in microwave-safe dish. Do not cover.
- 3 Fish/Seafood** – 0.1 to 4.5 lbs (45 g to 2 kg):
Remove wrap and place in microwave-safe dish. Do not cover.
- 4 Bread** – 0.1 to 2.0 lbs (45 to 907 g):
Remove wrap and place in microwave-safe dish. Do not cover.

SOFTEN/MELT

- 1 Soften Butter/Margarine** – 0.5, 1.0, 1.5 or 2.0 sticks:
Unwrap and place in microwave-safe dish.
- 2 Soften Caramel Dip** – 16 oz (454 g):
Remove lid from container or place in microwave-safe dish.
- 3 Soften Cream Cheese** – 3 or 8 oz (85 or 227 g):
Unwrap and place in microwave-safe dish.
- 4 Soften Frozen Juice** – 12 oz (340 g):
Remove lid from container.

POTATO (sensor)

Senses 1-4 potatoes, 10-13 oz (283-369 g) each, similar in size:
Pierce each potato several times with a fork. Place on paper towel, around turntable edges, at least 1" (2.5 cm) apart. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.

- 5 Soften Ice Cream** – 16, 32 or 64 oz (473, 946 or 1893 mL):
Place ice cream container on turntable.
- 6 Manual Soften:** Enter Soften time, up to 99:59.
- 7 Melt Butter/Margarine** – 0.5, 1.0, 1.5 or 2.0 sticks:
Unwrap and place in microwave-safe dish.
- 8 Melt Caramel** – 11 oz (312 g):
Unwrap and place in microwave-safe dish.
- 9 Melt Cheese** – 8 or 16 oz (227 or 454 g):
Place in microwave-safe dish. Stir at signal.
- 10 Melt Chocolate** – 1 to 12 oz (28 to 340 g):
Place in microwave-safe dish.
- 11 Melt Marshmallows** – 5 or 10 oz (142 or 283 g):
Place in microwave-safe dish.
- 12 Manual Melt:** Enter Melt time, up to 99:59.

COOK

- 1 Eggs**
 - Poached Eggs – 1, 2, 3 or 4 eggs:
Add 2 tbs water to each cup for each egg. Place cups with water on the turntable, and start the cycle. At signal, add egg to each cup, pierce yolk(s), and cover.
 - Scrambled Eggs – 1, 2, 3 or 4 eggs:
Add 1 tbs water per egg. Mix egg(s) and water together and place in microwave-safe container with high sides. Cover with plastic wrap.
- 2 Frozen Meals**
 - Frozen Entree – 10 or 20 oz (283 or 567 g) (Sensor); 40 or 60 oz (1134 or 1701 g) (Non-sensor):
Remove from package. Loosen cover on 3 sides. If entrée is not in microwave-safe container, place on plate, cover with plastic wrap, and vent.
 - Frozen Burrito – 1 or 2 pieces:
Place on microwave-safe plate.
 - Frozen Snack Pocket – 1 or 2 servings:
Follow directions on package.
- 3 Hot Cereal:** Follow directions on package. use microwave-safe bowl with high sides.
 - Instant Oatmeal – 1, 2, 3 or 4 servings
 - Regular Oatmeal – 1, 2, 3 or 4 servings
 - Quick Grits – 1, 2, 3 or 4 servings
 - Regular Grits – 1, 2, 3 or 4 servings
 - Hot Wheat – 1, 2, 3 or 4 servings
- 4 Meat/Poultry**
 - Chicken/Bone-in – 0.5 to 3.5 lbs:
Use microwave-safe container. Add 2 tbs water, cover with plastic wrap, and vent.
 - Chicken/Boneless – 0.2 to 2.0 lbs:
Use microwave-safe container. Add 2 tbs water, cover with plastic wrap, and vent.
 - Ground Beef – 0.5, 1.0, 1.5, or 2.0 lbs:
Break into pieces, and place in microwave-safe bowl. Cover with plastic wrap. Stir at signal.
 - Ground Poultry – 0.5, 1.0, 1.5, or 2.0 lbs:
Break into pieces, and place in microwave-safe bowl. Cover with plastic wrap. Stir at signal.
 - Hot Dog – 1, 2, 3 or 4 servings:
Pierce skin with fork. Place on microwave-safe plate.

KIDS MENU

- 1 Reheat Pasta** – 1-4 servings:
Place in microwave-safe container, and cover with plastic wrap. Stir, and let stand 2-3 minutes after heating.
- 2 Frozen Pancakes** – 1, 2 or 3 pancakes:
Place on paper towel lined microwave-safe plate.
- 3 Frozen Meal** – 8, 9 or 10 oz (227, 255 or 283 g):
Follow directions on package.
- 4 Oatmeal** – 1 or 2 servings:
Follow directions on package. Use microwave-safe bowl with high sides.
- 5 Chicken Tenders** – 1 or 2 servings (about 5-6 pieces each):
Place in single layer on paper towel-lined microwave-safe plate.

CONVECTION BAKE: Use the provided short convection rack and a microwave-safe, ovenproof baking dish. See “Accessory Configurations” in the User Guide.

NOTE: Microwave oven cavity, inside of the door, convection rack and baking dish will be hot. Use oven mitts to remove the dish and to handle the hot convection rack.

1 Biscuits (refrigerated)

- Regular – 5 or 10 servings: Use round cake pan or pizza pan.
- Large – 5 or 8 servings: Use round cake pan or pizza pan.

2 Bread

- Frozen Garlic Bread – 1 loaf
- Quick Bread – 1 or 2 loaves
- Yeast Bread – 1 or 2 loaves
- Muffins – 6 muffins: Use pan with 6 cups.

3 Casserole

- Lasagna – 8" x 8" (20.3 x 20.3 cm): Let stand 5 minutes after cooking.
- Pasta Casserole – 1.5 or 2.0 qt (1.4 or 1.9 L): Let stand 5 minutes after cooking.
- Vegetable Casserole – 1.5 or 2.0 qt (1.4 or 1.9 L): Let stand 5 minutes after cooking.

4 Desserts

- Angel Food Cake – 1 cake: Use large tube pan. Invert pan after baking.
- Brownies – 8" x 8" (20.3 x 20.3 cm)
- Cookies – 1 pan: Use round pizza pan or cookie sheet.
- Pie (fresh) – 1 pie, 9" (22.9 cm)
- Pie (frozen) – 1 pie, 9" (22.9 cm): Follow directions on package.

5 Frozen Pizza

- Rising Crust Pizza – 6" to 12" (15.2 to 30.5 cm): Use pizza pan, or place pizza directly on convection rack.
- Thin Crust Pizza – 6" to 12" (15.2 to 30.5 cm): Use pizza pan, or place pizza directly on convection rack.

6 Frozen Rolls – 1 to 8 servings (rolls): Use round cake pan or pizza pan.

7 Fresh Rolls

- Regular – 4 or 8 servings (rolls): Use refrigerated dough. Use round cake pan or pizza pan.
- Large – 5 or 6 servings (rolls): Use refrigerated dough. Use round cake pan or pizza pan.

8 Quiche – 1 quiche, 9" (22.9 cm)

9 Manual Convection Bake – Use for foods such as baked goods, frozen foods and casseroles. Use same time as recipe. Allow microwave oven to preheat.

- Place the convection rack on the turntable. Enter temperature, between 250°F (121°C) and 450°F (232°C). Default temperature is 325°F (163°C).
- Touch COOK TIME, and enter time in hours and minutes, up to 4 hours. Default time is 4 hours.
- Touch START to begin preheat. Preheat may be skipped by touching START again.
- After preheat, place baking dish with food on the convection rack, then touch START to begin baking.

CONVECTION ROAST: Use the provided short convection rack and a microwave-safe, ovenproof baking dish. See “Accessory Configurations” in the User Guide.

NOTE: Microwave oven cavity, inside of the door, convection rack and baking dish will be hot. Use oven mitts to remove the dish and to handle the hot convection rack.

1 Beef Roast – 2.0 to 4.0 lbs (907 g-1.8 kg): Let stand, covered, for 10 minutes after cooking. Preset time is for medium doneness.

2 Chicken Wings, frozen – 1 to 4 servings:
Place in microwave-safe, ovenproof dish.

3 Whole Chicken – 3.0-5.0 lbs (1.5-2.3 kg): Let stand, covered, for 10 minutes after cooking.

4 Lamb Chops – 1 or 2 chops:
Cut into fat around edges. Preset time is for medium doneness.

5 Meat Loaf – 1.0, 1.5 or 2.0 lbs (454, 680 or 907 g)

6 Pork Chops – 1 or 2 chops: Cut into fat around edges.

7 Pork Roast – 2.0 to 4.0 lbs (907 g-1.8 kg): Let stand, covered, for 10 minutes after cooking.

8 Turkey Breast, Bone-in – 3.0-5.0 lbs (1.5-2.3 kg): Let stand, covered, for 10 minutes after cooking.

9 Manual Convection Roast: Use for foods such as meats, vegetables and potatoes. Decrease time by 10%-20%. Use 30% microwave power for large meats and casseroles. Use 10%-20% microwave power for thin cuts of meat.

- Place the convection rack on the turntable. Default temperature is 325°F (163°C). Use number pads to enter a different temperature, 250°F (121°C) to 450°F (232°C).
- Touch COOK TIME/POWER, and enter time in hours and minutes, up to 4 hours. Default time is 4 hours.
- Touch COOK TIME/POWER, and enter power level, from 10% to 30%. Default power is 30%.
- Touch START to begin preheat. Preheat may be skipped by touching START again.
- After preheat, place baking dish with rack and food on the turntable, then touch START to begin roasting.

