



700 Watts  
Model: JES0736

# Microwave Oven Owner's Manual

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# **IMPORTANT SAFETY INSTRUCTIONS**

*READ ALL SAFETY INFORMATION  
BEFORE USING*

## **FOR YOUR SAFETY**

### **⚠ PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**

For your safety the information in this manual must be followed to minimize the risk of fire or explosion or to prevent property damage, personal injury or loss of life.

#### **Do Not Attempt**

to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

**Do Not Place** any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

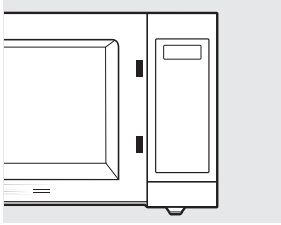
**Do Not Operate** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- 1** door (bent),
- 2** hinges and latches (broken or loosened),
- 3** door seals and sealing surfaces.

**The Oven Should Not** be adjusted or repaired by anyone except properly qualified service personnel.

## Welcome

*Start Here!...Before using your Microwave*



**Write down the model and serial numbers here.**  
They are on a label inside the oven.

**Staple your receipt to the back cover of this manual. You will need it to make a warranty claim.**

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**Model number**

---

**Serial number**

---

**Date of purchase**

## Need Help?

**Read this manual.**

It contains instructions to help you use and maintain your microwave properly.

**If you received a damaged oven...**immediately contact the dealer (or builder) that sold you the oven.

**Save time and money.**

Check the section titled “If Something Goes Wrong.” This section helps you solve common problems that might occur.



## **IMPORTANT SAFETY INSTRUCTIONS**

*READ ALL SAFETY INFORMATION  
BEFORE USING*

### **⚠ WARNING**

*To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:*

### **SAFETY PRECAUTIONS**

*This microwave oven is not approved or tested for marine use.*

- Read and follow the specific “Precautions to Avoid Possible Exposure to Excessive Microwave Energy” on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section on page 9.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- Be certain to place the front surface of the door three inches or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.
- Do not store anything directly on top of the microwave oven surface when the oven is in operation.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- Some products such as whole eggs and sealed containers—for example, closed jars—are able to explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.



- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- Do not let power cord hang over edge of table or counter.
- To reduce the risk of fire in the oven cavity:
  - Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.
  - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
  - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
  - If materials inside oven ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.
- It is important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.
- GE does not support any servicing of the microwave. We strongly recommend that you do not attempt to service the microwave yourself.
- As with any appliance, close supervision is necessary when used by children.

*SAVE THESE INSTRUCTIONS*



# IMPORTANT SAFETY INSTRUCTIONS

## SPECIAL NOTES ABOUT MICROWAVING

### ARCING

***If you see arcing, press the Stop/Clear pad and correct the problem.***

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

### FOODS

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.



## **SUPERHEATED WATER**

*Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present.*

**THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.**

To reduce the risk of injury to persons:

- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks.
- After heating, allow the container to stand in the microwave oven for a short time before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
- Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.



## IMPORTANT SAFETY INSTRUCTIONS

### SPECIAL NOTES ABOUT MICROWAVING

#### MICROWAVE-SAFE COOKWARE

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled “suitable for microwaving.”



How to test for a microwave-safe dish.

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be used for microwaving.
- If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.





- Use foil only as directed in this manual. TV dinners may be microwaved in foil trays less than 3/4" high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1" away from the sides of the oven.

- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.

Follow these guidelines:

- 1** Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
- 2** Do not microwave empty containers.
- 3** Do not permit children to use plastic cookware without complete supervision.

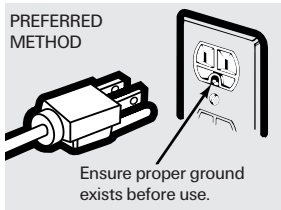


# IMPORTANT SAFETY INSTRUCTIONS

## GROUNDING INSTRUCTIONS

### GROUNDING INSTRUCTIONS

PREFERRED METHOD



Ensure proper ground exists before use.

### **⚠ WARNING**

***Improper use of the grounding plug can result in a risk of electric shock.***

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

This appliance is equipped with a power cord having 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 or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

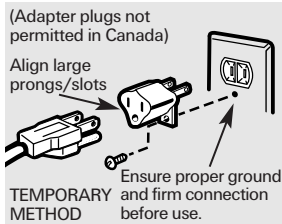
If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.



## ADAPTER PLUGS



### ***Usage situations where appliance's power cord will be disconnected infrequently.***

Because of potential safety hazards under certain conditions, **we strongly recommend against the use of an adapter plug.** However, if you still elect to use an adapter, where local codes permit, a **TEMPORARY CONNECTION** may be made to a properly grounded two-prong wall receptacle by the use of a UL listed adapter which is available at most local hardware stores.

The larger slot in the adapter must be aligned with the larger slot in the wall receptacle to provide proper polarity in the connection of the power cord.

**CAUTION:** Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.

You should have the circuit checked by a qualified electrician to make sure the receptacle is properly grounded.

When disconnecting the power cord from the adapter, always hold the adapter with one hand. If this is not done, the adapter ground terminal is very likely to

break with repeated use. Should this happen, **DO NOT USE** the appliance until a proper ground has again been established.

### ***Usage situations where appliance's power cord will be disconnected frequently.***

**Do not use an adapter plug** in these situations because frequent disconnection of the power cord places undue strain on the adapter and leads to eventual failure of the adapter ground terminal. You should have the two-prong wall receptacle replaced with a three-prong (grounding) receptacle by a qualified electrician before using the appliance.



## **IMPORTANT SAFETY INSTRUCTIONS**

### **EXTENSION CORDS**

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if you are careful in using them.

If an extension cord is used—

- 1** The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance;
- 2** The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;

- 3** The extension 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 unintentionally.

If you use an extension cord, the interior light may flicker and the blower sound may vary when the microwave oven is on. Cooking times may be longer, too.

### **NOTICE— PACEMAKERS**

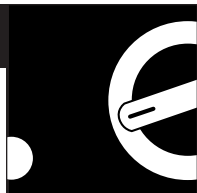
Most pacemakers are shielded from interference from electronic products, including microwaves.

However, patients with pacemakers may wish to consult their physicians if they have concerns.

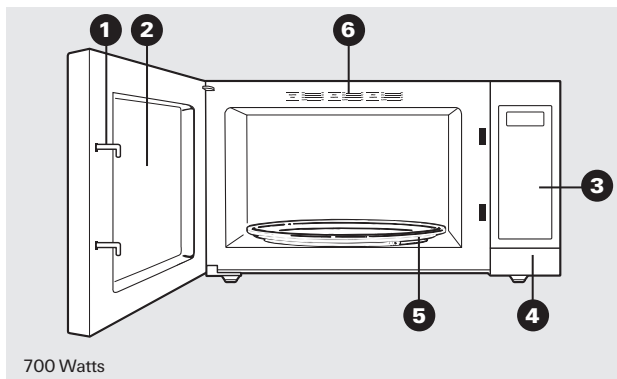
# Operating Instructions

## Features of Your Microwave

(Throughout this manual, features and appearance may vary from your model.)



### Features



#### **1 Door Latches.**

**2 Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in the oven.

#### **3 Touch Control Panel Display.**

**4 Door Latch Release.** Press latch release to open door.

#### **5 Removable Turntable.**

Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.

#### **6 Convenience Guide.**

**NOTE:** Rating plate, oven vent(s) and oven light are located on the inside walls of the microwave oven.

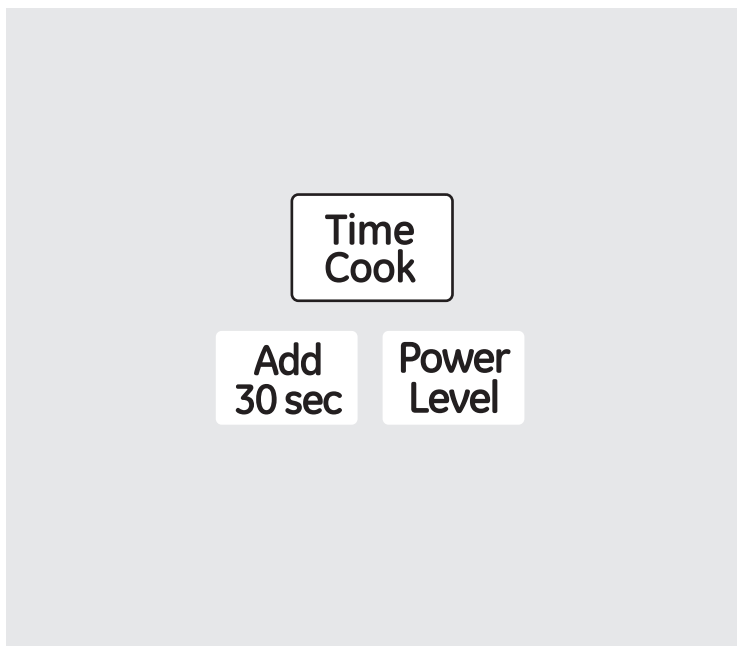


## Quick Start

### *The Controls on Your Microwave Oven*

*(Throughout this manual, features and appearance may vary from your model.)*

**You can microwave by time or with the convenience features.**



**1**

### **Time Features**

<b>Press</b>	<b>Enter</b>
<b>Time Cook (Press once, twice or three times)</b>	Amount of cooking time.
<b>Add 30 sec</b>	Starts automatically!
<b>Power Level</b>	Power level 1–9 (automatically set at Hi).



#### GUIDE ON MICROWAVE

Before you begin, check the guide located on the inside front of the oven when you open the door.

#### GUIDES IN MANUAL

- Cooking

Popcorn

Pizza

Beverage

Potato

Vegetable

Reheat

Auto  
Defrost

2

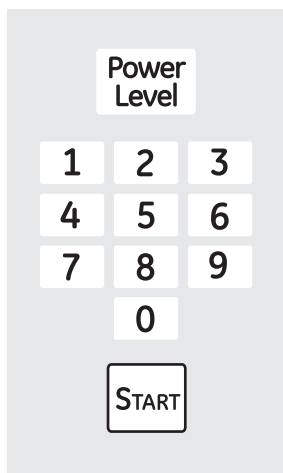
## Convenience Features

<i>Press</i>	<i>Enter</i>
<b>Popcorn</b>	3.5 oz., 3.0 oz. or 1.75 oz. package
<b>Pizza</b>	1–3 slices
<b>Beverage</b>	1 cup (8 oz.) or 2 cups (16 oz.) beverage
<b>Potato</b>	1–4 servings
<b>Vegetable</b>	1–4 cups
<b>Reheat</b>	Food type, serving size
<b>Auto Defrost</b>	Food type, food weight



# Operating Instructions

## Changing Power Levels



### How to Change the Power Level

The power level may be entered or changed immediately after entering the feature time for Time Cook.

- 1 Press **Time Cook**.
- 2 Enter cooking time.
- 3 Press **Power Level**.
- 4 Select desired power level 1–9.
- 5 Press **Start**.

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Power level Hi or full power is the fastest way to cook and gives you 100% power. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time.

A high setting will cook faster but food may need more frequent stirring, rotating or turning over. Most cooking will be done on power level Hi. A lower setting will cook more evenly and need less stirring or rotating of the food.

Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food

to “equalize” or transfer heat to the inside of the food. An example of this is shown with power level 3—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

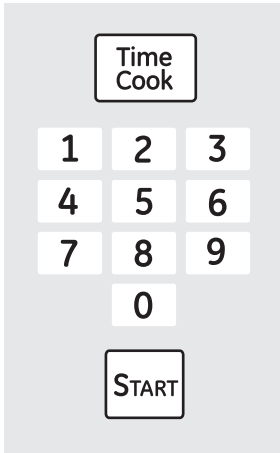
Here are some examples of uses for various power levels:

<b>Power Level</b>	<b>Best Uses</b>
<b>Hi</b>	Fish, bacon, vegetables, boiling liquids.
<b>Med-High 7</b>	Gentle cooking of meat and poultry; baking casseroles and reheating.
<b>Medium 5</b>	Slow cooking and tenderizing such as stews and less tender cuts of meat.
<b>Low 2 or 3</b>	Defrosting without cooking; simmering; delicate sauces.
<b>Warm 1</b>	Keeping food warm without overcooking; softening butter.





## Time Cook



Time Cook allows you to program up to three different cooking stages. In addition, you can also set one Auto Defrost stage for a total of four stages. See the Auto Defrost section for instructions on how to set Auto Defrost.

- 1 Press Time Cook.**
- 2 Enter cooking time.**
- 3 Change power level if you don't want full power. (Press Power Level. Select a desired power level 1–9.)**
- 4 Press Start.**

### **Time Cook I**

Allows you to microwave for any time up to 99 minutes and 99 seconds.

Power level Hi is automatically set, but you may change it for more flexibility.

You may open the door during Time Cook to check the food. Close the door and press Start to resume cooking.

### **Time Cook II & III**

Lets you change power levels automatically during cooking. Here's how to do it:

- 1 Press Time Cook.**
- 2 Enter the first cook time.**
- 3 Change the power level if you don't want full power. (Press Power Level. Select a desired power level 1–9.)**
- 4 Press Time Cook again.**
- 5 Enter the second cook time.**
- 6 Change the power level if you don't want full power. (Press Power Level. Select a power level 1–9.)**
- 7 Press Start, or, to set a third cooking stage, repeat steps 4–6 and press Start.**

Time Cook I will count down first, followed by Time Cook II, then Time Cook III. If an Auto Defrost stage was set, it will count down before the Time Cook stages.



## Operating Instructions

### Cooking Guide for Time Cook

**NOTE:** Use power level *Hi* unless otherwise noted.

<b>Vegetable</b>	<b>Amount</b>	<b>Time</b>	<b>Comments</b>
<b>Asparagus</b> (fresh spears)	1 lb.	7 to 10 min., Med-High (7)	In 1½-qt. casserole, place 1/4 cup water.
(frozen spears)	10-oz. package	5 to 8 min.	In 1-qt. casserole.
<b>Beans</b> (fresh green)	1 lb. cut in half	12 to 17 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	6 to 9 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	6 to 9 min.	In 1-qt. casserole, place 1/4 cup water.
<b>Beets</b> (fresh, whole)	1 bunch	18 to 25 min.	In 2-qt. casserole, place 1/2 cup water.
<b>Broccoli</b> (fresh cut)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	9 to 13 min.	In 2-qt. casserole, place 1/4 cup water.
(frozen, chopped)	10-oz. package	5 to 8 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 8 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Cabbage</b> (fresh)	1 medium head (about 2 lbs.)	8 to 13 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		7 to 14 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
<b>Carrots</b> (fresh, sliced)	1 lb.	6 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Cauliflower</b> (flowerets)	1 medium head	9 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	9 to 17 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	5 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.



<b>Vegetable</b>	<b>Amount</b>	<b>Time</b>	<b>Comments</b>
<b>Corn</b> (frozen kernel)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Corn on the cob</b> (fresh)	1 to 5 ears	3 to 5 min. per ear	In 2-qt. glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	5 to 7 min. 2 to 4 min. per ear	Place in 2-qt. glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
<b>Mixed vegetables</b> (frozen)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Peas</b> (fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
<b>Potatoes</b> (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	11 to 14 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	2 to 5 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
<b>Spinach</b> (fresh)	10 to 16 oz.	5 to 8 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 8 min.	In 1-qt. casserole, place 3 tablespoons water.
<b>Squash</b> (fresh, summer and yellow)	1 lb. sliced	4 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	7 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.



## Operating Instructions

### Time Features

#### Add 30 Seconds



Add  
30 sec

You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time.

### Convenience Features

#### Popcorn



Popcorn

Use only with prepackaged microwave popcorn weighing 1.75 to 3.5 ounces.

##### **How to Use the Popcorn Feature**

**1** Follow package instructions. Place the package of popcorn in the center of the microwave.

**2** Press Popcorn once for a 3.5 ounce package of popcorn, twice for a 3.0 ounce package or three times for a 1.75 ounce package. The oven starts automatically.

#### Pizza



Pizza

The Pizza feature is for reheating 1–3 slices of pizza.

Press Pizza once for one slice of pizza, twice for two slices or three times for three slices. The oven starts automatically.



## **Beverage**



**Beverage**

The Beverage feature works best for heating a beverage that is at room temperature.

Press Beverage once for 1 cup (8 oz.), or twice for 2 cups (16 oz.). The oven starts automatically.

***Beverages heated with the Beverage feature may be very hot. Remove the container with care.***

## **Potato**



**Potato**

The Potato feature cooks up to four 8–10 ounce potatoes.

Press Potato. The serving size is automatically set at 1, but can be changed by pressing Potato a second time for 2 potatoes,

a third time for 3 potatoes or a fourth time for 4 potatoes. The oven starts automatically.



## Operating Instructions

### Convenience Features

#### Vegetable



Vegetable

Use the Vegetable feature to cook up to 4 cups of fresh vegetables.

Press Vegetable once to cook 1 cup of vegetables, twice to cook 2 cups, three times to cook 3 cups or four times to cook 4 cups. The oven starts automatically.

#### Reheat



Reheat

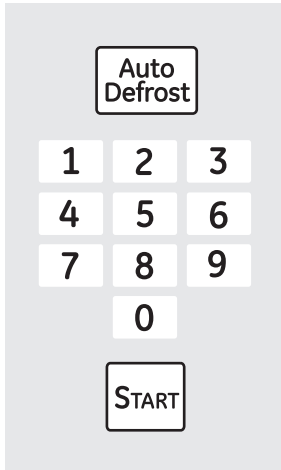
The Reheat feature reheats previously cooked foods.

Press Reheat once to reheat a plate of leftovers (2–3 foods) or twice to reheat pasta (8–10 oz.).

The oven starts automatically.



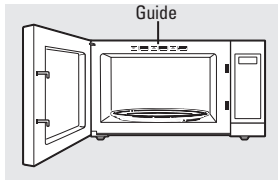
## Auto Defrost



- 1 Press Auto Defrost 1–3 times to select the desired defrosting category (see Auto Defrost Guide at right).**
- 2 Using the Conversion Guide at right, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).**
- 3 Press Start.**

Auto Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats and poultry.

There is a handy guide located on the inside front of the oven.



### Auto Defrost Guide

Auto Defrost will defrost 0.1 lbs to 6.0 lbs (0.05 kg to 3.0 kg) of meat or poultry.

#### 1 Meat:

Beef—ground beef, roasts  
Pork—roasts

#### 2 Poultry:

Poultry—whole (under 4 lbs), boneless cut-up breasts  
Cornish hens—whole  
Turkey—breast (under 6 lbs)

#### 3 Steaks/Chops:

Beef—steaks, stew meat  
Lamb—chops, roasts  
Pork—chops, hot dogs, ribs, sausages  
Veal—cutlets

### Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

<b>Weight of Food in Ounces</b>	<b>Enter Food Weight (tenths of a pound)</b>
1–2	.1
3	.2
4–5	.3
6–7	.4
8	.5
9–10	.6
11	.7
12–13	.8
14–15	.9

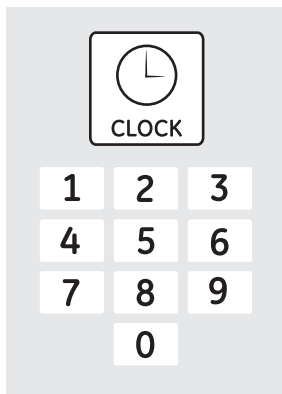
- Remove meat from package and place on microwave-safe dish.
- Twice during defrost, the oven signals. At each signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting.



## Operating Instructions

### Other Features Your Model May Have

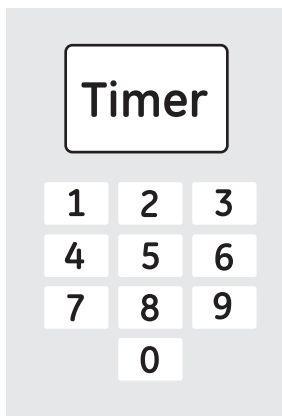
#### Clock



Press CLOCK to enter the time of day.

- 1** Press CLOCK.
- 2** Enter time of day.
- 3** Press CLOCK.

#### Timer



The Timer operates as a minute timer.

- 1** Press Timer.
- 2** Enter amount of time you want to count down.
- 3** Press Start. When the time is up, the timer will signal.

The Timer feature operates without microwave energy.





## ***Stop/Clear***



Press once to pause cooking (all settings will be saved).

Press Start to continue cooking.

Press twice to stop and erase your cooking settings.

## ***Child Lock-Out***



You may lock the control panel to prevent the microwave from being accidentally started or used by children.

To lock or unlock the controls, press and hold 0 for about three seconds. When the control panel is locked, LOCK or L appears in the display.





### *Microwave Terms*

<b>Term</b>	<b>Definition</b>
<b>Arcing</b>	<p>Arcing is the microwave term for sparks in the oven. Arcing is caused by:</p> <ul style="list-style-type: none"><li>• metal or foil touching the side of the oven.</li><li>• foil that is not molded to food (upturned edges act like antennas).</li><li>• metal such as twist-ties, poultry pins, gold-rimmed dishes.</li><li>• recycled paper towels containing small metal pieces.</li></ul>
<b>Covering</b>	<p>Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.</p>
<b>Shielding</b>	<p>In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.</p>
<b>Standing Time</b>	<p>When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.</p>
<b>Venting</b>	<p>After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.</p>



## Helpful Information

### Care and Cleaning

#### Helpful Hints



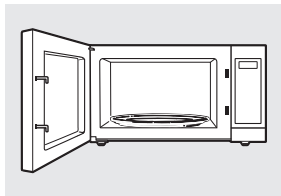
An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

**UNPLUG THE CORD BEFORE CLEANING ANY PART OF THIS OVEN.**

#### How to Clean the Inside

**Walls, Floor, Inside Window, Metal and Plastic Parts on the Door**

Never use a commercial oven cleaner on any part of your microwave.



Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls. To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

**Removable Turntable and Turntable Support**

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven without the turntable and support in place.

## ***How to Clean the Outside***

***Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.***

### ***Case***

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.

### ***Control Panel and Door***

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

### ***Door Surface***

It's important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

### ***Power Cord***

If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.



## ***If Something Goes Wrong***

### *Troubleshooting Tips*

<b><i>Problem</i></b>	<b><i>Possible Cause</i></b>	<b><i>What to Do</i></b>
<b><i>Oven will not start</i></b>	<p>A fuse in your home may be blown or the circuit breaker tripped.</p> <p>Power surge.</p> <p>Plug not fully inserted into wall outlet.</p>	<ul style="list-style-type: none"><li>• Replace fuse or reset circuit breaker.</li><li>• Unplug the microwave oven, then plug it back in.</li><li>• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.</li></ul>
<b><i>Control panel lighted, yet oven will not start</i></b>	<p>Door not securely closed.</p> <p>Start not pressed after entering cooking selection.</p> <p>Another selection entered already in oven and Stop/Clear not pressed to cancel it.</p> <p>Cooking time not entered after pressing Time Cook.</p> <p>Stop/Clear was pressed accidentally.</p> <p>Defrosting category or food weight not entered after pressing Auto Defrost.</p>	<ul style="list-style-type: none"><li>• Open the door and close securely.</li><li>• Press Start.</li><li>• Press Stop/Clear twice.</li><li>• Make sure you have entered cooking time after pressing Time Cook.</li><li>• Reset cooking program and press Start.</li><li>• Make sure you have entered a defrosting category and food weight after pressing Auto Defrost.</li></ul>

## ***Things That Are Normal***

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV-radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible, or check the position and signal of the TV/radio antenna.





# GE Microwave Oven Warranty.



All warranty service provided by our Factory Service Centers, or an authorized Customer Care® technician. To schedule service, on-line, 24 hours a day, visit us at [ge.com](http://ge.com), or call 800.GE.CARES (800.432.2737). Please have serial and model numbers available when calling for service.

Staple your receipt here.  
Proof of the original purchase date is needed to obtain service under the warranty.

## For The Period Of:

### One Year

From the date of the original purchase

## GE Will Replace:

**Any part** of the microwave oven which fails due to a defect in materials or workmanship. During this **limited one-year warranty**, GE will also provide, **free of charge**, all labor and related service costs to replace the defective part.

## What GE Will Not Cover:

- Service trips to your home to teach you how to use the product.
- Improper installation, delivery or maintenance.
- Product not accessible to provide required service.
- Failure of the product or damage to the product if it is abused, misused (for example, cavity arcing from wire rack or metal/foil), or used for other than the intended purpose or used commercially.
- Replacement of house fuses or resetting of circuit breakers.
- Damage to the product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.
- Damage caused after delivery.

**EXCLUSION OF IMPLIED WARRANTIES**—Your sole and exclusive remedy is product exchange as provided in this Limited Warranty. Any implied warranties, including the implied warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA. If the product is located in an area where service by a GE Authorized Servicer is not available, you may be responsible for a trip charge or you may be required to bring the product to an Authorized GE Service Location for service. In Alaska, the warranty excludes the service calls to your home.

Some states do not allow the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are, consult your local or state consumer affairs office or your state's Attorney General.

**Warrantor: General Electric Company, Louisville, KY 40225**

# Consumer Support.

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## GE Appliances Website

[ge.com](http://ge.com)

Have a question or need assistance with your appliance? Try the GE Appliances Website 24 hours a day, any day of the year! For greater convenience and faster service, you can now download Owner's Manuals, order parts or even schedule service on-line.



## Schedule Service

[ge.com](http://ge.com)

Expert GE repair service is only one step away from your door. Get on-line and schedule your service at your convenience 24 hours any day of the year! Or call 800.GE.CARES (800.432.2737) during normal business hours.



## Real Life Design Studio

[ge.com](http://ge.com)

GE supports the Universal Design concept—products, services and environments that can be used by people of all ages, sizes and capabilities. We recognize the need to design for a wide range of physical and mental abilities and impairments. For details of GE's Universal Design applications, including kitchen design ideas for people with disabilities, check out our Website today. For the hearing impaired, please call 800.TDD.GEAC (800.833.4322).



## Extended Warranties

[ge.com](http://ge.com)

Purchase a GE extended warranty and learn about special discounts that are available while your warranty is still in effect. You can purchase it on-line anytime, or call 800.626.2224 during normal business hours. GE Consumer Home Services will still be there after your warranty expires.



## Parts and Accessories

[ge.com](http://ge.com)

Individuals qualified to service their own appliances can have parts or accessories sent directly to their homes (VISA, MasterCard and Discover cards are accepted). Order on-line today, 24 hours every day or by phone at 800.626.2002 during normal business hours.

**Instructions contained in this manual cover procedures to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.**



## Contact Us

[ge.com](http://ge.com)

If you are not satisfied with the service you receive from GE, contact us on our Website with all the details including your phone number, or write to:

General Manager, Customer Relations  
GE Appliances, Appliance Park  
Louisville, KY 40225



## Register Your Appliance

[ge.com](http://ge.com)

**Register your new appliance on-line—at your convenience!** Timely product registration will allow for enhanced communication and prompt service under the terms of your warranty, should the need arise. You may also mail in the pre-printed registration card included in the packing material.

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