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You can read the recommendations in the user guide, the technical guide or the installation guide for THERMADOR CM302BS. You'll find the answers to all your questions on the THERMADOR CM302BS in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual THERMADOR CM302BS
User guide THERMADOR CM302BS
Operating instructions THERMADOR CM302BS
Instructions for use THERMADOR CM302BS
Instruction manual THERMADOR CM302BS

CARE AND USE MANUAL

Built-in Combination Ovens

Models:
CM301
CM302

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Manual abstract:

This special line is staffed with representatives trained to answer your speed cooking questions or comments about the oven. Just phone 1-888-SPD-COOK (773-2665) or reach us through our website at: www.thermador.com We can also be reached at 1-800-735-4328 or write to us at: Customer Support Call Center Thermador 5551 McFadden Avenue Huntington Beach, CA 92649 Always include your model and serial number with all communication. Sincerely, Thermador Application Lab Consumer Scientists Built-in CM Oven Care and Use Manual Contents Important Safety Instructions

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57 1 Safety Precautions Built-in CM Oven Care and Use Manual MICROWAVE PRECAUTIONS AND REGISTRATIONS PRECAUTIONS TO AVOID POSSIBLE OVEN MUST BE REGISTERED EXPOSURE TO EXCESSIVE MICROWAVE ENERGY Microwave Registration Card a) Do not attempt to operate this oven with the microwave 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. 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: (1) the door (bent), (2) the hinges and latches (broken or loosened), (3) the door seals and sealing surfaces, inside window/glass area. d) The oven should not be adjusted or repaired by anyone except properly qualified personnel. 1. Complete and mail the registration card. (The registration card is packed with this manual.) 2. If you are not the original purchaser of this appliance or if the card is missing, please establish your ownership by writing to us at: THERMADOR Microwave Registration 5551 McFadden Avenue Huntington Beach, CA 92649 3. When writing to us about your oven, please be sure to include the model and serial number. THIS APPLIANCE MUST BE REGISTERED WITH THERMADOR. PLEASE BE CERTAIN THAT IT IS. NOTE: Do not operate the oven with any object trapped between the door and the oven front face.

Data Plate Copy the model and serial numbers from the data plate (under control panel - see item 2, Page 6). Keep your invoice for warranty validation. Fill in the information below as a handy reference. Dealer's Name Service Center Model Number Dealer's Telephone Number Service Center's Telephone Number Serial Number Date of Purchase 2 Safety Precautions Built-in CM Oven Care and Use Manual General Appliance, Oven and Microwave Oven SAFETY PRECAUTIONS Please read all instructions before using this appliance. Do not store items of interest to children above the oven. If children should climb onto the appliance to reach these items, they could be seriously injured. To reduce the risk of fire in the oven cavity: 1. Do not store flammable materials in or near the oven. 2. Do not use water on a grease fire. Smother fire or use a dry chemical or foam-type extinguisher. 3. It is highly recommended that a fire extinguisher be readily available and highly visible next to any cooking appliance. 4. Do not overcook food. Carefully attend oven if paper, plastic or other combustible materials are placed inside the oven. 5. Remove wire twist-ties from paper or plastic bags before placing in microwave oven. 6. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not being used. 7. If materials inside the oven should ignite, keep oven door closed. Turn oven off and disconnect the circuit at the circuit breaker box. 8. Do not block any vent openings. 9. Be sure the blower fan runs whenever the oven is in operation. If the fan does not operate, do not use the oven. Call an authorized service center. 10. Never use the oven to warm or heat a room. This can damage the oven parts. 11. For personal safety, wear proper clothing. Loose fitting clothes or garments with hanging sleeves should never be worn while using this appliance. WARNING When properly cared for, your new Thermador oven has been designed to be a safe, reliable appliance.



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Read all instructions carefully before using this oven. These precautions will reduce the risk of burns, electric shock, fire, and injury to persons or exposure to excessive microwave energy. When using kitchen appliances, basic safety precautions must be followed, including the following: · Read and follow the specific PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY found on Page 2.

This appliance must be properly installed and grounded by a qualified technician. Connect only to a properly grounded outlet. See "Grounding Instructions" found in the Installation Instructions. This appliance should be serviced only by a qualified service technician. Contact the nearest authorized service center for examination, repair or adjustment.

Do not repair or replace any part of the oven unless specifically recommended. Refer service to an authorized service technician. Do not operate this appliance if it is not working properly or if it has been damaged, until an authorized service technician has examined it. Install or locate this appliance only in accordance with the Installation Instructions. Use this oven only as intended by the manufacturer.

If you have any questions, contact the manufacturer. Do not cover or block any openings on this appliance. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals, vapors, or nonfood products in this appliance. This type of oven is specifically designed to heat or cook. It is not designed for industrial or laboratory use. The use of corrosive chemicals in heating or cleaning will damage the appliance. Do not allow children to use this appliance, unless closely supervised by an adult. Children and pets should not be left alone or unattended in the area where the appliance is in use. Never allow children to sit or stand on any part of the oven.

Continued on next page 3 Safety Precautions Built-in CM Oven Care and Use Manual General Appliance, Oven and Microwave Oven Safety Precautions GENERAL OVEN SAFETY · Do not touch hot elements or hot interior surfaces of the oven. The heating elements may be hot even though they are dark in color. Interior surfaces of an oven become hot enough to cause burns. During and after use, do not touch or let clothing or other flammable materials contact the heating elements until they have had sufficient time to cool. The trim on top and on the sides of the oven door may become hot enough to cause burns. Use care when opening the oven door. Open slightly at first to let hot air or steam escape before removing or replacing food. Do not heat unopened food containers. Buildup of pressure may cause the container to burst and result in injury. Always place oven racks at desired level while oven is cool.

If a rack must be moved while oven is hot, do not let potholder contact the hot elements. Tie long hair so that it doesn't hang loose. In the event that personal clothing or hair catches fire, drop and roll immediately to extinguish flames. Use only dry potholders. Moist or damp potholders in contacts with Nonporous Skins or Shells · Pierce skins of potatoes, apples, whole squash, hot dogs and sausages so that steam can escape.

· Puncture whole egg yolks before cooking to prevent bursting. · Cook eggs in the shell. · Reheat whole eggs. Popcorn · Use popcorn packaged for · Leave oven unattended when popping popcorn. microwave ovens.

· Refer to popcorn package for · Use brown paper bags or glass bowls to pop corn in. popping time. Set the time early to · Place popcorn package on oven rack or check popping. oven bottom. · Place popcorn package on a microwave-safe dish. · Place baby food in a small dish and heat gently, stir often, and check temperature before serving. · Place nipples/cap on bottles after heating and shake thoroughly. Always "wrist test" before feeding. · When using oven cooking bags, use plastic ties or cotton string to close bag. · Stir liquids before and after heating to help prevent "eruption."

· Baked items with fillings should be cut open to allow steam to escape and avoid burns. · Pizza sauce can become extremely hot. Check temperatures before eating. 5 Baby Food/Baby Formula · Heat baby food in the original jars. · Heat bottles with nipples on. · Heat bottles with disposable liners. General · Use wire twist-tie to close an oven cooking bag. · Deep fat fry. · Use paper towels or cloths that contain a synthetic fiber woven into them (the fiber may cause the towel to ignite). Oven Features Built-in CM Oven Care and Use Manual Features of Your Oven MODEL CM301 SINGLE OVEN 1 UPPER OVEN OFF LIGHT OVEN OFF LOW ER OVEN OVEN LIGHT OVEN OFF TIMER 1 TIMER 2 SELF CLEAN FAST PREHEAT BAKE BROIL CONVECTION CONV ECTION BAKE CONV ECTION ROAST CONV ECTION BROIL CS+4 VEGETABLES PROBE WARM PROOF DEHYDRATE COOK SMART 1-2-3-4-5 MICROWAVE PAUSE/RESUME DEFROST TIMER 1 OFF PANEL LOCK TIMER 2 OFF CLOCK CLOCK TIME STOP TIME 1 2 3 4 5 6 START 7 8 9 0 CONVECTION DEHYDRATE BROIL CS+4 VEGETABLES CS+1 BREADS/DESERT CS+2 LARGE ROAST/POULTRY/CASSEROLES CS+3 SMALL ROAST/POULTRY/APPETIZERS CS+5 FROZEN FOODS 1 2 3 4 5 6 START 7 8 9 0 CS+1 BREADS/DESERT CS+2 LARGE ROAST/POULTRY/CASSEROLES CS+3 SMALL ROAST/POULTRY/APPETIZERS CS+5 FROZEN FOODS 11 2 5 3 6 7 8 19 11 4 16 10 9 12 13 14 15 19 17 18 TOUCH CONTROL PANEL 1 2 UPPER/LOWER OVEN 11 Oven Cooling Vents (both ovens) 12 Broil Element (one in each oven) 13 Convection Fan and Baffle (one per oven) 14 Bake Element (under oven floor, one per oven) Displays clock / time and oven modes and settings Data Plate (underside of control panel - open door) UPPER OVEN 3 4 5 6 7 8 9 10 Probe Receptacle (single oven or upper oven only) Microwave Seal (single oven or upper oven only) Door Lock Latch, automatic (one per oven) Halogen Oven Lamps (2 in each oven) Rack Supports; both ovens (See pg.

14) Removable Racks (3 in each oven) Remove racks before SELF CLEAN mode. Door Gasket (one per oven) Door Cooling Vents (both ovens) 6 LOWER OVEN 15 Removable Oven Door (lower oven only) 16 Oven Exhaust Vent and Trim (at bottom, under double or single oven) 17 Enameled Broil Pan and Grid 18 Meat Probe 19 Extendable Rack.



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Remove from oven before SELF-CLEAN. UPPER OVEN/LOWER OVEN Oven Features Built-in CM Oven Care and Use Manual Oven Control Features 1 UPPER OVEN LOWER OVEN TIMER 1 TIMER 2 SELF CLEAN 11 FAST PREHEAT CONVECTION PROBE WARM PROOF 12 COOK SMART 13 1-2-3-4-5 MICROWAVE 2 OVEN LIGHT OVEN OFF OVEN LIGHT OVEN OFF TIMER 1 OFF PANEL LOCK 3 TIMER 2 OFF 6 CLOCK TIME 13 BAKE ROAST BROIL CONVECTION BAKE CONVECTION ROAST 7 1 CLOCK 8 PAUSE/RESUME DEFROST 4 5 STOP TIME 1 2 3 9 4 5 6 7 START 10 8 9 0 CONVECTION DEHYDRATE BROIL CS+1 BREADS/D ESERT CS+2 LARGE ROAST/POULTRY/CASSEROLES CS+3 SMALL ROASTS/POULTRY/APPETIZERS 14 CS+4 VEGETABLES CS+5 FROZEN FOODS Note: Control Panel illustration is for a double oven model. CONTROL MENU 1.

Oven Selector Pads · UPPER OVEN touch to turn upper oven ON. · OVEN OFF touch to turn the upper oven OFF. · LOWER OVEN touch to turn lower oven ON. · OVEN OFF touch to turn the lower oven OFF. 2.

OVEN LIGHT (two pads) Turns oven lights on or off for upper or lower oven. 3. Timers There are two timers that count down in minutes and seconds or in hours and minutes. · TIMER 1 (or 2) and TIMER 1 (or 2) OFF sets kitchen timers and turns timers off. See Page 9. 4. PANEL LOCK also referred to as Child Lock-Out or Demo Mode; select this to prevent the control pads from being activated when oven is not being used. Touch and hold for 5 seconds to activate; repeat to cancel. 5. CLOCK Use to set the time of day and timer(s) countdown.

6. SELF CLEAN See Pages 48 - 50. 7. Timed Cooking Pads · COOK TIME selects the hours to cook. · STOP TIME selects the time of day the oven is to automatically turn off. 8. PAUSE/RESUME (Upper Oven Only) used with Microwave, Defrost and Cooksmart™ modes or Combination program to interrupt oven operation to check food. 9. Number Pads 1 through 0 select a time of day, temperatures, Cooksmart™ mode, cook and stop time, or timer(s). 10.

START touch this pad to complete a timed entry or any oven mode. 11. Oven Mode Pads FAST PREHEAT BAKE ROAST BROIL PROBE PROOF CONVECTION CONVECTION BAKE CONVECTION ROAST CONVECTION BROIL WARM DEHYDRATE 12. Modes for Upper Oven Only · Cooksmart™ · Microwave · Defrost 13. Display Window (See Page 9 for illustration) 14.

Cooksmart™ Describes food categories for each Cooksmart™ setting. SPECIAL FEATURES and INDICATORS Sabbath Mode complies with the Sabbath requirement. See Page 47. 12- or 24-hour Clock Choice oven can have a 12hour or 24-hour clock. See Page 53.

Fahrenheit or Celsius switch temperature scale to Fahrenheit or Celsius. See Page 54. Beep Volume decrease or increase loudness of control panel tones. See Page 54. Calibrating Oven Temperature used to calibrate the oven temperature. See Page 54. Default Temperature Settings The cooking modes automatically select a suitable temperature. These can be changed when a different one is needed. NOTE: In the event of a power failure, these functions return to the factory settings and will need to be reset. 7 Oven Features Built-in CM Oven Care and Use Manual The Control Panel: Sights & Sounds Follow the control panel prompts to complete most oven functions.

Familiarize yourself with the indicators below before beginning. Flashing Symbols or Numbers Signals an incomplete setting; complete the step or touch START. 1 Beep Signals the receipt of an entry. 2 Beeps Signal an error in entry. 4 Beeps Signal the end of a setting. Beep Volume The volume of the beeps can be adjusted. Touch and hold the START pad followed by the PROBE pad for three seconds. Touch PROBE pad again to increase or decrease volume, from levels 1 to 3. Touch START to set volume selection. Active Oven # Symbol Indicates which oven was last set.

Probe Symbol Displays the internal temperature of the meat rather than the oven roasting temperature. Oven temperature can be seen briefly by touching the cooking mode after touching START. Door Lock Indicator Displays during the Microwave, Defrost, Cooksmart™ TM, Combination and Self Clean programs whenever the door is locked. Door can be opened when symbol no longer appears. Pause Displays when a Microwave, Defrost, Cooksmart™, or Combination program is paused or interrupted and door unlocks.

Err Displays if an invalid temperature or time is entered. Power Failure After the power returns to the oven, the clock displays the time when the power was lost or turned off. F Number Codes Display when there is a problem with the signal sent to the electronic control board. See Solving Operational Problems, Page 56. Convection Fan Operates during any convection mode.

The fan turns off if the door is opened. The convection fan will also run during the preheat time. Component Cooling Fan Activates during any cooking or self cleaning mode to cool inner components and outer door surfaces. This air is exhausted through the vent located below the lower oven in double oven models.

It continues to run until components have cooled sufficiently. Single oven model control panel shown in 20° open position. TOUCH 'n' TILT PANEL This panel is on single CM oven models only. It can be used in the tilted or flush-to-oven position. Push in along the center bottom of the panel to release latch and raise panel upward. Push again to release latch and lower the panel.

208 VOLT CONNECTION · Preheat time will be slightly longer. · Broil time will be slightly longer. · The Self Clean mode may need a longer clean time than normal, depending on the amount of soil. 8 Oven Operations Built-in CM Oven Care and Use Manual Control Panel Display FAST PREHEAT UPPER COOK TIME STOP TIME START AT 350 ° : 30 2: 30 F HRS MIN CLOCK TIMER 1 TIMER 2 PANEL LOCK Cooksmart™ MICROWAVE PAUSE 2: 00 MIN SEC FAST PREHEAT LOWER COOK TIME 375 ° F MESSAGE DISPLAY 1: 00 3: 00 STOP TIME START AT Displays Displays Displays Displays Displays the oven in operation, the time of day, timer(s) countdown, Panel Lock and Probe icons when activated, selected modes, numbers, symbols and scrolling messages. Setting the Timer . . . The oven has two Timers, which are independent of each other. Neither timer controls oven operations.

Touch once and the Timer is set in minutes and seconds. Touch twice and the Timer is set in hours and minutes. To set TIMER 1 or TIMER 2: 1. Select TIMER 1 or TIMER 2. Message scrolls in display.

Touch TIMER 1 You Will See MIN TIMER1 SEC : MIN 2.



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Set the amount of time. (Example shows a 3-minute setting with Timer 1.) 3. Start Timer.

Touch **TIMER 1** again for hrs and Min then select length of time then touch start Touch 300 **TIMER1** 3:00 **SEC** Touch **START** Touch **TIMER OFF** **TIMER1** **MIN** 3:00 **SEC** 4. When set time is complete, "End" is displayed and 4 beeps signal. When turned off, display reverts to time of day. Note: If timer is not turned off, beeps will continue every 30 seconds. After 5 minutes, beeps stop and the display reverts to the previous time of day. Continued on next page End **TIMER1** 9 Oven Operations Built-in CM Oven Care and Use Manual Setting the Timer (Continued from previous page) To Cancel an Active Timer: Select **TIMER 1 OFF** or **TIMER 2 OFF**. To Set Both **TIMER 1** and **TIMER 2**: Follow the steps above to set each Timer. The Timer with the least amount of countdown time has display priority. The countdown display for the second timer is shown automatically when the first timer has ended. The words "**TIMER 1**" and "**TIMER 2**" are both displayed along with the number countdown.

The designation, "**TIMER 1**" or "**TIMER 2**" with the least remaining countdown time is more brightly lit than the other word. During the countdown, touch **CLOCK** or **TIMER**. Depending on the pad touched, either the time of day or the remaining time is briefly displayed. To Change a Timer: 1. Touch **TIMER 1** or **TIMER 2**. 2. Enter the new desired time. 3. Touch the **START** pad. Setting the Clock - Always set the clock after installation or after a power failure.

Once power returns to the oven, the clock displays the time of day when power was turned off or lost. The Time of Day clock can be set while an automatic timed cooking mode is in operation. If 10 seconds elapse between touching the clock pad or number pads, the oven will beep two times as a reminder. After 5 more seconds, the clock pad will stop flashing and original time will be displayed. To Set the Clock: 1.

Touch the **CLOCK** pad. Message scrolls in display: . . Enter Time of Day then touch **START** 2. Set the current time of day. Message scrolls in display: Enter Time of Day then touch **START** 3. Touch **START** or **CLOCK**.

· Setting the Lights · Touch **OVEN LIGHT** pad once to turn light on or off. The lights do not operate in the Self Clean mode. 10 Oven Features Built-in CM Oven Care and Use Manual Heating Modes Available in Each Oven The following illustrations give an overview of what happens in the oven with each mode. The arrows represent the location of the heat source during specific modes. The lower element is concealed under the oven floor. **BAKE**, **PROOF** or **WARM Baking** is cooking with heated air. Both upper and lower elements are used to heat the air and cycle to maintain the temperature. **Proofing**, while similar to baking, holds an optimum low temperature for yeast to rise. **Warm mode** uses bottom heat to keep foods at optimum warm temperature. **CONVECTION** or **DEHYDRATE** Convection cooking uses heat from a third element concealed behind the back wall of the oven.

It also uses a fan to speed up the circulation of heated air throughout the oven. **Dehydrate** is similar to convection cooking and holds an optimum low temperature while circulating the heated air to remove moisture slowly for food preservation. **CONVECTION ROAST** Convection roasting combines the heat from the lower concealed element with additional heat from the convection element and fan. The result is a crispier exterior that seals in the interior juices. It is perfect for roasting tender meats in an uncovered, low-sided pan. **ROAST** Roast has more top heat than bake. This additional top heat is for conventional open roasting when drippings are desired or for covered-dish roasting. **CONVECTION BAKE** Convection Bake has heat from the upper and lower element with circulation assisted by the convection fan. This mode is designed for breads and pastries. Convection broiling combines the intense heat from the upper element with air circulation assisted by the convection fan.

This air circulation crisps the exterior surface and retains inner moisture in meats more than 1 1/2" thick. **CONVECTION BROIL** **BROIL** Broiling uses intense heat radiated from the upper element to give excellent top browning or searing. 11 Oven Features Built-in CM Oven Care and Use Manual Microwave Modes available only in Single or Upper Ovens The following illustrations give an overview of the heating activity with each mode setting. The arrows represent the heat source for specific cooking modes. **Cooksmart™** This mode combines pre-programmed microwave energy and convection temperatures.

Cooksmart™ settings cook in approximately one-half the standard cooking time. See Pages 15 22 for operation. **MICROWAVE** The microwaves enter through the plate in the top of the oven. Select from ten power levels when microwaving. See Pages 23 33 for operation.

DEFROST Power level is programmed in control. Microwave energy only. See pages 32 and 33 for operation. **MICROBROIL** This mode combines microwave and broil settings. The intense heat from the upper element gives excellent top-browning and microwaves shorten the total cooking time. **Microbroil** is best for tender meat, poultry and fish that is more than 1-1/4 inches thick. See Pages 28 29 for operation. 12 Oven Features Built-in CM Oven Care and Use Manual General Tips for Upper and Lower Oven **PREHEATING THE OVEN** · Place oven racks in desired position before heating the oven.

Preheat the oven when using the **BAKE**, **CONVECTION**, **ROAST** and **CONVECTION BAKE** modes. Preheat is not used for **BROIL** and **CONVECTION BROIL** modes.

Allow oven to preheat while preparing recipe ingredients or food item. Setting a higher temperature does not shorten preheat time. During preheat, the selected cooking temperature is displayed and alternates with a display of the actual oven temperature. The oven beeps once when it is preheated and the selected cooking temperature is displayed. Once oven is preheated, place food in the oven as quickly as possible to minimize the loss of heat and reduction of oven temperature. Use **FAST PREHEAT** to speed up preheating (See page 34). Use the cooking recommendations as a guide. Use the interior oven light to view the food through the oven door window rather than opening the door frequently. Use **TIMER 1** or **TIMER 2** to keep track of cooking times. Open the door as little as possible to avoid temperature reduction.

Glass baking dishes absorb heat; therefore, reduce oven temperature 25°F when baking in glass. Use pans that give the desired browning. For tender, light golden brown crusts, use light, anodized or shiny metal utensils. Dark, rough or dull pans (nonstick or anodized) will absorb heat and result in a browner, crisper crust. Some manufacturers recommend reducing the temperature 25° F when using this type of pan.



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Follow manufacturer recommendations. . . . Insulated cookie sheets or baking pans may increase the length of cooking time. Do not set roasting pans or other baking pans on the open oven door. Do not keep the empty broiler pan in the oven during cooking as this could change cooking performance. Store the broil pan outside of the oven.

Tips for "Solving Baking Problems" are found on Page 55. . . . HIGH · ALTITUDE BAKING . . . When cooking at high altitude with BAKE, CONVECTION, CONVECTION BAKE, ROAST or CONVECTION ROAST modes, recipes and cooking times will vary. For accurate information, write the Extension Service, Colorado State University, Fort Collins, Colorado 80521. There may be a cost for the guides. Specify which high altitude food preparation guide you prefer: general information, cakes, cookies, breads, etc. It is normal for a certain amount of moisture to evaporate from the food during any cooking process. The amount depends on the moisture content of the food. The moisture may condense on any surface cooler than the inside of the oven, such as the control panel. Your new Thermador ® oven has an electronic temperature sensor that accurately maintains the temperature selected. Your previous oven may have had a mechanical thermostat that drifted gradually over time to a higher temperature.

If you have adjusted your favorite recipe for use with your previous oven, you may have to adjust the time or temperature in your new oven. · CONDENSATION / TEMPERATURE SENSOR · SUGGESTIONS FOR OPERATION BAKING PANS AND DISH INFORMATION . . . 13 Oven Features Built-in CM Oven Care and Use Manual Oven Racks GENERAL TIPS · Placing racks in oven: To insert racks into the oven, hold the rack with the back rail up and toward the back. Place the safety hooks under the front of the rail guides. Push the rack into the oven, lifting the rack stops over the front of the rail guides. Slide the rack into position. Removing racks from oven: To remove racks or reposition racks in the oven, pull the rack toward the front of the oven. Lift up the front of the rack over the safety stops and pull from the oven. Place oven racks in desired positions before turning the oven on. Oven rack supports should not be removed from the oven. CAUTION! Never use aluminum foil to cover the oven racks or to line the oven.

It can cause damage to the oven if heat is trapped under the foil. When placing food on a rack, pull the rack out to the stop position. The racks are designed to lock and not tilt when pulled forward. UPPER OVEN OVEN LIGHT OVEN OFF LOW OVEN OVEN LIGHT OVEN OFF TIMER 1 TIMER 2 SELF CLEAN FAST PREHEAT CONVECTION BAKE BROIL BROIL CONVECTION BAKE CONVECTION ROAST PROBE WARM PROOF COOK SMART 1-2-3-4-5 MICROWAVE PAUSE/RESUME DEFROST TIMER 1 OFF PAN EL LOCK TIMER 2 OFF CLOCK CLOCK TIME STOP TIME 1 2 3 4 5 6 START 7 8 9 0 CONVECTION DEHYDRATE BROIL CS+4 VEGETABLES CS+1 BREADS/DESERT CS+2 LARGE ROAST/POU TRY/ CASSEROLES L CS+3 SMALL ROAST/POU TRY/APPETIZERS L CS+5 FROZEN FOODS 6 5 4 3 2 1 Rack Positions · RACK POSITIONS · Rack positions are numbered from the bottom support guide (#1) to the top (#6). The correct rack position for cooking a food item depends on the recipe and the cooking mode. Refer to the cooking recommendations in this manual for suggested rack positions. SELF CLEANING THE RACKS · If the racks are left in the oven during Self Clean, the racks will lose the shiny finish. See Oven Care and Cleaning Recommendations on Page 51. · Always remove before Self Clean MULTIPLE RACK COOKING AND BAKING . . . Now you can cook a complete meal using multiple racks without flavor exchange from different foods. Check that cooking or baking temperatures are the same when cooking different foods at the same time.

Two racks can be used at one time during BAKE mode, such as when baking a batch of cookies. Three racks or more can be used with convection modes. Extendable Rack · The Extendable Rack (some models) must be removed before starting the Self Clean mode. · 14 Upper Oven Operations Built-in CM Oven Care and Use Manual Cooksmart™ Mode Upper or Single Oven ONLY Cooksmart™ combines convection heat and microwave energy to cook food in about half the conventional cook time (i.e. 12 minutes conventional time = 6 minutes Cooksmart™ time). Cooksmart™ modes include: CS1 - Breads, Desserts CS2 - Large Roasts, Poultry, and Casseroles CS3 - Small Roasts, Poultry, and Appetizers CS4 - Vegetables CS5 - Frozen Foods · Each Cooksmart™ mode represents a preprogrammed combination of convection temperature with a microwave power level. Enter the longest cook time that is called for in your conventional recipe. Cooksmart™ will automatically reduce time entered when preheating starts. Set timer and check food when half of shortest recommended conventional time has elapsed.

Always preheat before using a Cooksmart™ mode. Do not use Cooksmart™ mode when oven is empty. · Select bakeware that is made of either metal, oven-safe glass or glass ceramic. Metal pans become hot quickly and will yield more browning. Do not cover food. Select rack level before selecting the CS mode. Remove all racks except one. Rack positions are numbered from the bottom (position #1) to the top (position #6). Do not allow metal pans to touch each other or arcing may occur. When using metal containers or foil, allow at least 1-inch (2.

5 cm) spacing from oven walls. When using microwave, Cooksmart™ or combination modes, do not leave an oven thermometer in oven. Do not use paper towels in oven when using Cooksmart™ modes. Food soil is more substantial in the Cooksmart™ modes than in conventional oven modes. As a result, the oven may require more frequent self cleaning.

Many factors affect cooking time. Always check food for doneness. You Will See To Set a Cooksmart™ (CS) Mode 1. Select UPPER oven. Touch UPPER 2.

Select COOKSMART Mode. Touch COOKSMART CS UPPER Message scrolls in display. 3. Use number pads to select food group 1, 2, 3, 4 or 5 (See following pages for food group descriptions). The Example shows food group 1 selected. Message scrolls in display. 4. Select the longest conventional cooking time. Message scrolls in display. 5.

Use number pads to set conventional cook time. (Example shows 12 minutes). · Tip: Cook time is displayed in conventional time in hours and minutes. Message scrolls in display. Continued next page 15 COOKSMART Select Cooksmart™ Mode Then Touch Start Touch 1 CS 1 UPPER COOKSMART Cooksmart™ 1 Selected Touch COOK TIME HRS _ _ _ min Enter Cooking Time Then Touch Start : SET Touch 1 2 HRS 0 : 12 SET min Enter Cooking Time Then Touch Start Upper Oven Operations Built-in CM Oven Care and Use Manual Cooksmart™ Mode Upper or Single Oven ONLY You Will See 6.



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CS2 LARGE ROASTS, POULTRY, AND CASSEROLES Lamb: WEIGHT (OVER 4.5 lbs) · · Check food at minimum roasting time for doneness. After cooking, allow meat to stand covered with foil for 15-20 minutes before carving/serving. · Food will continue to cook during recommended standing time, and temperatures will even out and will rise approximately 10-15 degrees during this time. · Oven probe cannot be used in this mode. · Refer to Page 49 for Food Safety Guidelines. Tips for roasting a turkey: · Remove wire leg clamp from turkey before roasting.

· To prepare turkey for roasting, tuck wings behind back and loosely tie legs with kitchen string. · Cover top of breast and ends of legs with wide strips of foil. After half of the cooking time has expired, remove foil on breast area. · Cook only unstuffed turkeys in this mode. **DONENESS CONVENTIONAL COOK TIME** Minutes Per Pound 22 to 23 minutes / lb. **END TEMP CARVING TEMP** Leg of Lamb 5 to 6 lbs. (cover small end of leg with foil) Lamb should be removed from oven when internal temperatures reach 120/125°F. After covering with foil and standing, serving temps should be 145°F for medium rare and 160° for medium. Pork: Loin roast (tied double) 4.5 to 6 lbs.

24 to 26 minutes / lb. 155° F 160° F to 165° F Turkey: Whole 12 to 16 lbs. 17 to 21 lbs. 22 to 26 lbs. 4.5 to 7 lbs. 13 to 15 minutes / lb. 11 to 13 minutes / lb. 9 to 12 minutes / lb. 19 to 21 minutes / lb.

13 to 15 minutes / lb. 23 to 25 minutes / lb. 17 to 20 minutes / lb. 19 to 21 minutes / lb. 16 to 19 minutes / lb.

Breast, with bones, skin Turkey should be removed from oven when internal temperatures reach 170° F in the breast and 180°F in the thigh. Cover with foil and allow to stand for 20 minutes for easier carving Whole turkey (netted), boneless 5 to 7 lbs. Beef: Rib Roast with bones Rib Eye Roast, boneless 4.5 to 6 lbs. 6.

5 to 8.5 lbs. 4.5 to 6 lbs. 6.5 to 8.5 lbs. Roast may be turned over halfway during cooking time. Beef should be removed from oven when internal temperatures reach 10° F less than serving temperature. After covering with foil and standing, serving temps should be 145° F for medium rare, 160° F for medium, 170° for well.

Fish should be removed from oven when it flakes with a fork. Salmon: Whole filet 4.5 to 5.5 lbs. 35 to 42 minutes total Tips for Casseroles: · For best results, follow recipe directions for covering. · Set time for half the longest conventional time. 19 Upper Oven Operations Built-in CM Oven Care and Use Manual Cooksmart™ 3 Upper or Single Oven ONLY CS3 Guidelines for Small Roasts and Poultry (less than 4.5 lbs.) and Appetizers · Allow approximately one-half the cooking time. Calculate the total minutes per pound and enter the total cook time.

· · · · · Preheat before placing food in oven. Cook all foods in center of rack level 3. Use the bottom of the two-piece broiler pan unless instructions specify a different pan or container. Cook all meats uncovered unless otherwise specified. Score fat on roasts before cooking.

Brush lean cuts of meat and fish with vegetable or olive oil before roasting to prevent sticking. · · · · · **CS3 SMALL ROASTS, AND POULTRY** Beef: Tri-tip · · Check food for doneness with meat thermometer at minimum time. After cooking, allow meat to stand loosely covered with foil for 15 to 20 minutes. Food will continue to cook and internal temperature will rise during standing time. Do not leave a meat thermometer in meat during roasting.

Oven probe cannot be used in this mode. Cook appetizers uncovered. For appetizers, cook for 1/2 the maximum conventional cooking time. Refer to Page 46 for Food Safety Guidelines. **DONENESS WEIGHT** (Under 4.5 lbs.) 1-1/2 to 3 lbs. 3.5 to 4.5 lbs.

3 to 4.5 lbs. **CONVENTIONAL COOK TIME** Minutes Per Pound 20 to 22 minutes / lb. 30 to 33 minutes / lb. 22 to 24 minutes / lb. Beef Loin Top Sirloin Roast Rib Eye Roast (boneless) Rib Roast (with bones) Tenderloin Roast 3 to 4.5 lbs. 2 to 3 lbs. 23 to 24 minutes / lb. 22 to 23 minutes / lb.

64 to 65 minutes total 15 to 20 minutes total Meat Loaf, ground beef or turkey 1-1/2 lbs. Meat Balls, ground beef or turkey 1 lb. (35-40 1-inch meatballs) Beef and lamb should be removed from oven when internal temperature reaches 10-15° F less than serving temperature. Cover with foil and allow to stand 10 15 minutes. Temperature will rise 10 15°F during standing time.

Serving temperatures should be 145°F medium rare; 160°F medium Space evenly on jelly roll pan. Space evenly on broiler pan. After removing, drain fat and cover with foil for 10 minutes. End Temp: 155° F Carving Temp: 160° F to 165° F Lamb: Rack 1-1/4 to 2 lbs. 3 to 4 lbs.

3/4 24 to 36 minutes / lb. 17 to 18 minutes / lb. 36 to 44 minutes / lb. Rack, Crown Pork: Pork Tenderloin to 1-3/4 lbs. each Chart continued next page 20 Upper Oven Operations Built-in CM Oven Care and Use Manual CS3 Guidelines for Small Roasts and Poultry, chart continued **CONVENTIONAL COOK TIME** 27 to 28 minutes / lb. 19 to 20 minutes / lb. 15 to 16 minutes / lb. 17 21 26 33 38 to to to to to 20 25 34 39 44 minutes minutes minutes minutes total total total total total CS3 **POULTRY WEIGHT** 1 to 1-1/2 lbs. 2 to 2-1/2 lbs. 3 to 4 lbs.

to 1 lb. 1 to 1-1/2 lbs. 1-1/2 to 2-1/2 lbs. 2-1/2 to 3-1/2 lbs. 3-1/2 to 4 lbs. 1 to 1-1/2 lbs. 2 to 3 lbs. 3-1/2 to 4-1/2 lbs. 3 to 5 lbs. 1/2 **DONENESS** Chicken: Breasts - with skin & bones (place in pan with skin up) Breasts, Boneless, Skinless marinated Pieces (place in pan with skin up) Whole, unstuffed (place on V-rack in bottom of two-piece broil pan) Cornish Hens, unstuffed: 2 (place on flat rack in bottom of two-piece broil pan) 4 (place on flat rack in bottom of two-piece broil pan) 40 to 45 minutes total 45 to 50 minutes total 55 to 60 minutes total 21 to 22 minutes / lb.

Whole chicken and cornish hens should be removed from oven when internal temperature reaches 165° 175°F. Cover with foil and allow to stand 15 to 20 minutes. Temperature will rise 5° 10°F during standing time and juices should run clear. Serving temperatures should be 170°F for breast; 180°F for thigh.

Approx.

1-1/2 lb. each Approx. 1-1/2 lb. each 60 to 65 minutes total 70 to 77 minutes total Fish: Salmon Fillets (1-1/4" thick) Salmon Fillets (1-1/2" thick) Salmon Steaks (1-1/4" thick) White, Fillets (1/2" to 3/4" thick) White, Fillets (3/4" to 1" thick) 1/2 to 1 lb. 1-1/2 to 2 lbs.

28 to 30 minutes total 30 to 33 minutes total 40 to 42 minutes total 24 to 36 minutes total 38 to 41 minutes total 14 to 16 minutes total 15 to 17 minutes total 18 to 19 minutes total 16 to 18 minutes total 15 to 17 minutes total 18 to 19 minutes total 2 to 3-1/2 lbs.



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1 to 1-1/2 lbs. 2 to 3 lbs. 1/2 to 1 1-1/2 to 2 lbs. Fish should be removed from oven when fish flakes with a fork. Remove small pieces that may cook faster. Thin ends of fillets should be folded under to make pieces as uniform in shape as possible. 1 lb. 1-1/2 to 2 lbs.

White, Steaks (1" to 1-1/4" thick) 3/4 to 1 lbs. 1-1/2 to 2 lbs. Tips on cooking poultry: · · · Roast whole chickens breast-side up; tuck wings back and loosely tie legs with kitchen string. A basting sauce keeps the outside skin moist. Marinate boneless, skinless chicken breasts up 24 hours before cooking (for best results, marinate at least 30 minutes). Small pieces of aluminum foil may be used to cover poultry wings or legs to prevent overbrowning. 21 · · · Check inner thigh area for doneness with meat thermometer. This mode is not recommended for stuffed poultry. If roasting bags are used, cook time may need to be increased. · Upper Oven Operations Built-in CM Oven Care and Use Manual Cooksmart™ 4 Upper or Single Oven ONLY · · CS4 Guidelines for Vegetables This mode is for fresh vegetables.

Do not wrap baking potatoes in foil. CS4 VEGETABLES 8x8 glass 8x8 glass · · PAN SIZE AND TYPE Cook all items on Rack Level 3. Peel or pierce vegetables and fruits to prevent bursting. CONVENTIONAL COOK TIME 25 to 30 minutes 40 to 45 minutes Apples, baking, 4 large, halved Apples, baking, 4 large, whole Carrots, Roasted quartered & cut into 2" strips or cut into 1/2" rounds Eggplant, peeled, rounds Mushrooms, large, stuffed Potatoes, baking Large 10-12 oz. Medium 7-9 oz.

Small 4-6 oz. Potatoes, new, quartered, 1 lb. Potatoes, scalloped Potatoes, sweet, medium, 8-10 oz. Squash, winter, halves, placed face down in dish Squash, winter, peeled, 1"x2" to 1"x3" pcs Tomatoes, halves, baked Vegetables, assorted, roasted (1" pieces/12 cups) Yams, whole, medium, 8-10 oz. Yams, candied Bottom of two-piece broil pan Pyrex 9x13 30 to 35 minutes 20 to 25 minutes 15 to 16 minutes 80 to 90 minutes 60 to 70 minutes 50 to 60 minutes 40 to 45 minutes 1 hour and 40 minutes 55 to 60 minutes 50 to 55 minutes 20 to 25 minutes 20 to 25 minutes 45 to 50 minutes 50 to 55 minutes 35 to 40 minutes 15x10-1/2x1 jelly roll pan Place on oven rack Place on oven rack Place on oven rack 9x9 aluminum pan 9x13 Pyrex 9x13 Pyrex Bottom of two-piece broil pan 9x13 Pyrex Bottom of two-piece broil pan 8x8 Pyrex Bottom of two-piece broil pan Bottom of two-piece broil pan 9x13 Pyrex Cooksmart™ 5 Frozen Cooked Foods · · · Heat frozen packaged entrees, dinners, and casseroles in original container.

Homemade frozen casseroles are cooked in the Lower Oven Bake mode. Small size frozen combination meals, i.e. less than 10 oz., are best cooked in the Microwave mode. To set cooking time, use the conventional oven time on the package (not microwave heating time). Use minimum recommended time and add more time if necessary. Follow package directions for removing cover, covering with foil, venting package, etc. 22 · · · · · Frozen items (20 ounces or more), such as lasagna or macaroni and cheese, may need more time. Rotate container in oven then add more time.

If the food is prone to over-browning, it may be covered with foil during first half of the cook time Frozen fruit pies or cobblers are baked using Cooksmart™ 1 (Breads, Desserts). See Cooksmart™ 1 chart on Page 18. Frozen vegetables are cooked in the Microwave mode. Follow microwave instructions on package. Frozen fruit turnovers are baked using Cooksmart™ 1 mode. Upper Oven Operations Built-in CM Oven Care and Use Manual Microwave Mode Upper or Single Oven ONLY Basics for Microwave Mode · · · · · Utensils Recommended for Microwave Mode · Shape and Size Uniform shapes and sizes cook more evenly. Glass ceramic (Pyroceram®) such as Corningware® Heat-resistant glass (i.e. Pyrex®) Microwave-safe plastics Paper plates and cups Microwave-safe pottery, stoneware, porcelain Most Dinner Plates (check manufacturer's recommendations or perform microwave-safe test (See "Tips" below). To check whether a dish or mug is safe to use in this mode, place empty cookware in the oven next to a glass measuring cup with 1 cup of water in it. Heat at 100% power for 1 minute. If the empty cookware is warm at this point, it should not be used with the microwave mode. Microwave energy may cause some arcing between metal objects. Small amounts of arcing are neither harmful nor hazardous. Non-heat-resistant glass Food carton with metal handle Non-microwaveable plastics (i.

e. margarine tubs) Styrofoam cups or containers Metal or plastic (non-microwaveable) commuter beverage container Recycled paper products (i.e. brown shopping bags) Metal twist ties Food storage bags Some plastic wraps (check label) Paper towels Wax paper Microwave-safe plastic wraps (vent so steam escapes). Do not allow plastic wrap to touch food.

Parchment paper. DO NOT RUN MICROWAVE MODE WHEN OVEN IS EMPTY Cooking Techniques · · · Arranging Place food in a circular pattern with the thickest areas toward the outside of dish. Covering Most foods cook and reheat more evenly when covered. Shielding Cover thinner areas of food with foil to prevent over-cooking or defrosting too quickly, i.e. chicken drumsticks. Do not wrap baking potatoes in foil. Foil should not come closer than one inch to any surface of the oven. CAUTION: Stirring and Turning Liquids can become super heated beyond boiling when heated in the microwave. Stir liquids before and after heating to help prevent "eruption" because of overheating.

Stir foods from the outer edges toward center of utensil or turn food over once during cooking. Standing Time Allow food to stand to complete cooking. Tips · · · · · Not Recommended for Microwave Mode · · · · · Guide to Power Levels HI = 600 watts HI (100%) Poultry, fish, fresh and frozen vegetables, casseroles, boil water, popcorn, pudding. 9 8 7 6 5 4 3 2 1 23 Recommended Disposable Covers (90%) (80%) (70%) (60%) (50%) (40%) (30%) (20%) (10%) Reheat rice and pasta. Reheat precooked food, seafood. Cheese entrees. Scrambled eggs, cakes. Custards, pasta, tender meats: beef, ham, lamb, pork, veal. Slow cook entrees and less tender meats covered with liquid. DEFROST frozen uncooked or precooked food, simmer stews and sauces. Reheat pancakes, tortillas, French toast. Hold entrees at serving temperatures. Food Selection Quantity Larger food items will cook faster than smaller food items.



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A small amount of food, i.e.

4 Tbsp. butter, will take longer to heat because the oven cavity is large compared to the small amount of food. Content Food with higher fat, sugar and liquid contents cook faster than those with lower contents. For example, eggs, cheese, mayonnaise, etc. cook very quickly.

Density A nonporous food, such as roast, takes longer to cook than a porous food such as bread. (continued next column) · · Upper Oven Operations Built-in CM Oven Care and Use Manual Microwave Mode Upper or Single Oven ONLY Microwave Mode Operations · · · · · Remove all racks except one. Use rack level 3, unless otherwise noted. Place food in center of rack. Rack positions are numbered from the bottom (position #1) to the top (position #6), see page 14. Oven cooks on HI (100% of power) unless another cooking power level is selected. Oven probe cannot be used in this mode. · · · Microwave timer can be set for 99 minutes and 99 seconds. Always enter the seconds after the minutes, even if both digits are zeroes. Microwave can be used when oven is hot from previous cooking.

If oven is hot from previous use, only heat-resistant utensils should be used. Take additional care when removing from oven. See Page 23 for recommended utensils. 1. Select UPPER OVEN. (in double oven models) You Will See Touch UPPER OVEN UPPER 2. Select Microwave mode. Power level is preset for HI. Message scrolls in display. 3.

Optional step: To change cooking power level, select one number immediately before setting the cooking time. Do not touch the zero digit after the number. The example shows a power level set at 30%. 0 = HI (full power) 5 = 50% 9 = 90% 4 = 40% 8 = 80% 3 = 30% 7 = 70% 2 = 20% 6 = 60% 1 = 10% Touch Microwave UPPER HI 12 : 59 MICROWAVE Select Microwave Power Then Touch Start Touch 3 30 UPPER 12 : 59 MICROWAVE Touch START Select Microwave Power Then Touch Start 30 UPPER 4. Select the cooking time.

Use number pads to select minutes/seconds to cook in clock display window. (Illustration shows 5 minutes and 30 seconds selected.) Message scrolls in display. Touch 5 3 0 min 5 : 30 sec MICROWAVE Enter Microwave Time Then Touch Start Continued next page 24 Upper Oven Operations Built-in CM Oven Care and Use Manual Microwave Mode Upper or Single Oven ONLY You Will See 5. Select START.

· Door latch will lock door. · Cooking will start. · Cook time will count down Touch START 30 UPPER MICROWAVE min 4 : 50 sec MICROWAVE 6. Optional step: To check or stir food, select Pause / Resume. · The microwave will stop; display shows remaining time. · The lock symbol disappears when the door unlocks. To resume microwave cooking, select PAUSE/RESUME. · The door latch will lock the door; Microwave cooking will resume. · Remaining cook time counts down in display. 7.

At · · · · the end of programmed cooking time: The word "End" lights in display. 4 beeps signal end of cooking. Microwave turns off. Door latch unlocks door. When door is opened, display again shows time-of-day. Message scrolls in display. Touch PAUSE/ RESUME 30 UPPER min 4 : 50 sec MICROWAVE MICROWAVE PAUSE Touch PAUSE/ RESUME 30 UPPER min 3 : 49 sec MICROWAVE MICROWAVE End Cooking completed --- remove Food Touch OVEN OFF Touch MICROWAVE COOK TIME START 8. To end or cancel mode before cooking time has expired, turn off oven. 9. To change microwave time when cooking, TOUCH COOK TIME.

· Use number pads to select new time. · Touch START To change the power level while cooking, touch MICROWAVE. · Use number pad to select new level. · Touch START 25 Upper Oven Operations Built-in CM Oven Care and Use Manual Microwave Cooking Upper or Single Oven ONLY COOKING FRESH VEGETABLES · · · Cook on rack level 3 on HI power. Times are for vegetables peeled, trimmed and ready to cook.

Stir or rearrange vegetables once during cooking. Allow vegetables to stand covered 2-3 minutes before serving. VEGETABLE AMOUNT (purchased weight) 1 lb. (454g) 1 lb. (454g) 1 lb. (454g) 2 cups 1 lb. (454g) 1 ear 2 ears 1 2 3 1 2 3 4 1 lb. (454g) 2 lbs. (908g) 1 lb. (454g) 1 whole CONTAINER Type & Size 1-quart w/lid 1-quart w/lid 1-quart w/lid 1-quart w/lid 1-quart w/lid 1-quart w/lid 1-quart w/lid 1-quart w/lid Rinse ears and wrap tightly in wax paper, twist ends of paper. No container. Wash and scrub well.

Pierce with fork. No container. Wash and scrub well. Pierce with fork. 1-quart w/lid 2-quart w/lid 3-quart w/lid 9x9 baking dish Cover with plastic wrap. 1-quart w/lid Place in glass baking dish. WATER OR PREPARATION METHOD 1/4 cup (50 ml) 1/4 cup (50 ml) 1/4 cup (50 ml) 1/4 cup (50 ml) 1/4 cup (50 ml) 1/4 cup (50 ml) 2 tbsp. (30 ml) 1/4 cup (50 ml) none APPROX. COOKING TIME 5 to 7 minutes 11 to 13 minutes 9 to 11 minutes 9 to 12 minutes 9 to 10 minutes 7 to 9 minutes 8 to 10 minutes 9 to 11 minutes 5 minutes 7 to 8 minutes 8 to 9 minutes 12 to 13 minutes 15 to 16 minutes 10 14 17 19 to to to to 11 15

18 20 minutes minutes minutes minutes Asparagus, spears Beans, green or wax, cut in pieces Broccoli, cut in pieces Brussels sprouts Cabbage, wedges Carrots, baby Carrots, sliced Cauliflower, cut in pieces Corn, on the cob (husks and silks removed) Potatoes, baking Medium (6-8 oz. each) Potatoes, baking Large (10-12 oz.

each) none none Potatoes, red, boiling cut into 1" to 1-1/2" pieces Spinach, leaf Squash, Acorn Large 1 to 1-1/2 lbs. Zucchini, sliced Yams, whole Medium, 8 10 oz. Large, 12 15 oz. 1/4 cup (50 ml) 1/4 cup (50 ml) None Cut in half 6 to 7 minutes 11 to 13 minutes 7 to 9 minutes 12 to 14 minutes 1 lb. (454g) 1 2 4 1 2 medium medium medium large large 1/4-cup (50 ml) Wash & scrub well.

Dry & pierce with fork before baking. 6 to 8 minutes 8 to 10 minutes 13 to 15 minutes 16 to 17 minutes 16 to 18 minutes 18 to 20 minutes 26 Upper Oven Operations Built-in CM Oven Care and Use Manual Microwave Cooking Upper or Single Oven ONLY · Place all items below on rack level 3. FOOD ITEMS (AMOUNT/WEIGHT) Beverage/Cup of Soup - 6 oz. Butter, 1 stick (1/2 cup) melted Butter, 1 stick (1/2 cup) softened Chocolate Chips, 1/2 cup melted Chocolate, Baking 1 square, 1 oz. Ground Beef, 1 lb.

lightly browned Popcorn, 3.0 oz. or 3.5 oz. pkg. (Prepackaged Microwave Popcorn only) POWER LEVEL 100% (High) 70% APPROX. TIME 3-1/2 minutes 4 minutes PROCEDURES Place bowl or cup in center of oven. Remove wrapper and place butter in dish, covered with plastic wrap. Stir once when melting. Remove wrapper and place butter in dish, covered with plastic wrap.

Place chocolate chips in dish. Stir once during melting. Note that chocolate will hold shape even when melted.



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