

MICROWAVE OVEN

OWNER'S MANUAL

PCWK22U1

PCST22U1

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Write the model and serial numbers here:

Model # _____

Serial # _____

You can find them on a label inside the oven.

THANK YOU FOR MAKING GE APPLIANCES A PART OF YOUR HOME.

Whether you grew up with GE Appliances, or this is your first, we're happy to have you in the family.

We take pride in the craftsmanship, innovation and design that goes into every GE Appliances product, and we think you will too. Among other things, registration of your appliance ensures that we can deliver important product information and warranty details when you need them.

Register your GE appliance now online. Helpful websites and phone numbers are available in the Consumer Support section of this Owner's Manual. You may also mail in the pre-printed registration card included in the packing material.



GE APPLIANCES

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

WARNING

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

When using electrical appliances, basic safety precautions should be followed, including the following:

- Read all instructions before using this appliance.
- Read and follow the specific precautions in the PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY section.
- 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.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair, or adjustment.
- 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.
- If materials inside the 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.
- Do not store any materials in the oven when not in use. Do not leave paper products, cooking utensils, or food in the cavity when not in use. All racks should be removed from oven when not in use.
- Do not operate the microwave feature without food in the oven.

INSTALLATION

- Install or locate this appliance only in accordance with the provided installation instructions.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the GROUNDING INSTRUCTIONS section.
- Be certain to place the front surface of the door 3 inches or more back from the counter top edge to avoid accidental tipping of the appliance in normal usage.
- Recommended clearances: 3 inches on each side, 3 inches on the top, and 1 inch in the rear.
- 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.
- Keep power cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- Do not immerse power cord or plug in water.
- Do not cover or block any opening 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, or in a similar location.
- Do not mount over a sink.

TO REDUCE THE RISK OF FIRE IN THE CAVITY:

TO REDUCE THE RISK OF BURNS

- Be careful when opening containers of hot food. Use pot holders and direct steam away from face and hands.
- Vent, pierce, or slit containers, pouches or plastic bags to prevent build-up of pressure.
- Be careful when touching the turntable, door, racks, or walls of the oven which may become hot during use. Do not touch heating elements.
- Energized cooktop surface and interior cavity lighting will cause burns. Use caution when cleaning and allow lamps to cool prior to replacement.
- **HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE.** Use caution when removing hot items.

READ AND SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

WARNING

OPERATING

- Do not operate the microwave without the turntable in place. The turntable must be unrestricted so it can turn.
- Oversized food or oversized metal cookware should not be used in a microwave/convection oven because they increase the risk of electric shock and could cause a fire.
- Do not use paper products in oven when appliance is operated in any cooking mode except "microwave only"
- 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 in compliance with cookware manufacturers' recommendations.
- Do not store anything directly on top of the microwave surface when the microwave is in operation.
- Some products such as whole eggs and sealed containers - for example, closed jars - are able to explode and should not be heated in the microwave oven.
- Do not overcook potatoes. They could dehydrate and catch fire.
- Do not cover a microwave rack or any part of the oven with metal foil. This will cause overheating of the microwave/convection 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.
- This oven is not approved or tested for marine use.

CLEANING

- Keep the oven free from grease buildup.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving risk of electric shock.
- When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a clean sponge or soft cloth. Rinse well.

SUPER HEATED 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.

READ AND SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

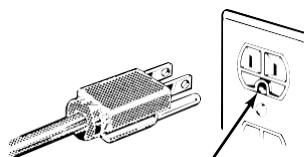
PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- (a) **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.
- (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 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.
- (d) **The Oven Should Not** be adjusted or repaired by anyone except properly qualified service personnel.

GROUNDING INSTRUCTIONS

WARNING

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



Ensure proper ground exists before use.

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.

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

Do not use an extension cord. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance.

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

NOTICE: PACEMAKERS

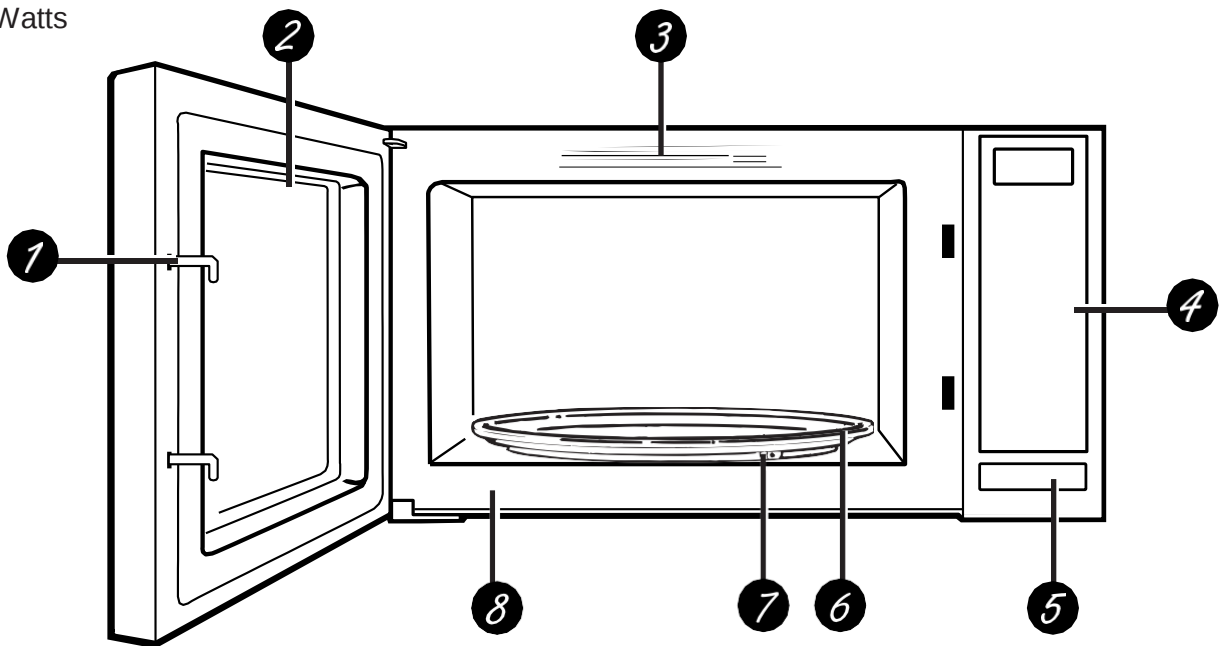
Most pacemakers are shielded from interference from electronic products, including microwaves. However, patients with pacemakers may wish to consult their physicians if they have concerns.

READ AND SAVE THESE INSTRUCTIONS

Features

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

1100 Watts



- 1 Door Latches**
- 2 Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in the oven.
- 3 Convenience Guide**
- 4 Touch Control Panel Display**
- 5 Door Latch Release.** Press latch release to open door.
- 6 Removable Turntable.** Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.
- 7 Removable Turntable Support.** The turntable support must be in place when using the oven. The turntable support may be removed for cleaning.
- 8 Rating Label.** Rating plate is located on the front of the microwave oven.

Optional Accessories

Installation Kit (to convert your unit to a built-in wall oven): you must purchase separately. Available only for PCWK22U1 models, and not available for PCST22U1 models.

For 27" installations:

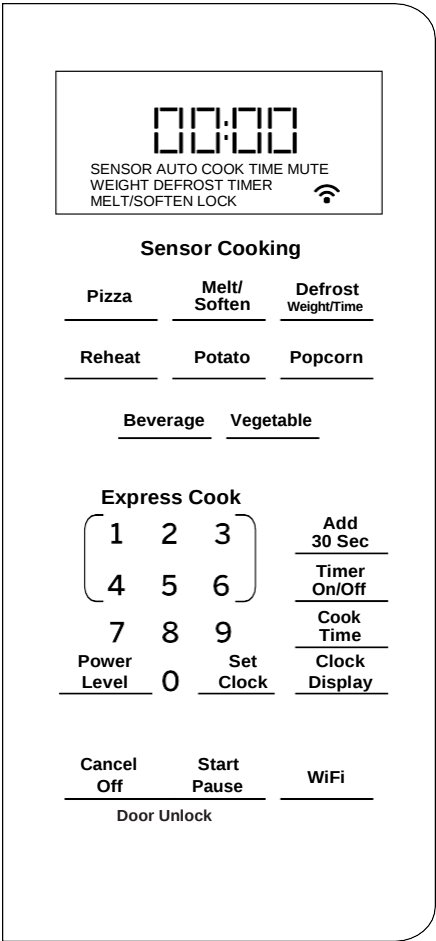
Model	Kit	Color
PCWK22U1WWW	JX7227DLWW	White
PCWK22U1WBB	JX7227DLBB	Black
PCWK22U1WDD	JX7227SLSS JX7227ELES	Stainless Steel Slate

For 30" installations:

Model	Kit	Color
PCWK22U1WWW	JX7230DLWW	White
PCWK22U1WBB	JX7230DLBB	Black
PCWK22U1WDD	JX7230SLSS JX7230ELES	Stainless Steel Slate

Controls

You can microwave by time or with the convenience features.



Control buttons' functions are explained on the following pages.

About the features

Power Level

The power level may be entered or changed immediately after entering the feature time for **Cook Time** or **Express Cook** the power level may also be changed during the cooking.

1. Press **Cook Time** and enter cooking time.
2. Press the **Power Level** button and select power level 1-10.
3. Press the **Start/Pause** button to start cooking.

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. 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. Most cooking will be done on **Power Level 10** which gives you 100% power.

Power Level 10 will cook faster but food may need more frequent stirring, rotating or turning over. 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::

Power Level 10: Fish, bacon, vegetables, heating liquids.

Med-High 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

Medium 5: Slow cooking and tenderizing for stews and less tender cuts of meat.

Low 2 or 3: Defrosting; simmering; delicate sauces.

Warm 1: Keeping food warm; softening butter.

About the features

Cook Time

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

1. Press **Cook Time**.
2. Enter cooking time.
3. The power level is automatically set to 10, but if you want to reduce it, press **Power Level**, then select a level from 1 to 9.
4. Press **Start/Pause**.

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

Multi-Stage Cooking

At most 2 stages can be set for cooking. In multi-stage cooking, if one stage is defrosting, then defrosting shall be placed at the first stage automatically.

Note: Auto cooking cannot work in the multi-stage cooking.

Example: if you want to cook with 80% microwave power for 5 minutes + 60% microwave power for 10 minutes. The cooking steps are as following:

1. Press **Time Cook** once, then press "5","0","0" to set the cooking time;
2. Press **Power** once, then press "8" to select 80% microwave power.
3. Press **Time Cook** once, then press "1","0","0" to set the cooking time;
4. Press **Power** once, then press "6" to select 60% microwave power.
5. Press **Start/Pause**.

About the features

Cooking Guide for Cook Time

NOTE: Use power level 10 (High) unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus (fresh spears)	1 lb.	5 to 8 min., Med-High (7)	In 1¼-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
Beans (fresh green)	1 lb. cut in half	10 to 14 min.	In 1¼-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	4 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets (fresh, whole)	1 bunch	16 to 21 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli (fresh cut)	1 bunch (1¼ to 1½ lbs.)	5 to 9 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen, chopped)	10-oz. package	4 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	4 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage (fresh)	1 medium head (about 2 lbs.)	6 to 9 min.	In 1¼- or 2-qt. casserole, place 1/4 cup water.
(wedges)		5 to 9 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots (fresh, sliced)	1 lb.	4 to 8 min.	In 1¼-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower (flowerets)	1 medium head	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	7 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	3 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn (frozen kernel)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	2-1/4 to 4 min. per ear	In 2-qt. oblong 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. Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	3 to 6 min. 2 to 3 min. per ear	
Mixed vegetables (frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	7 to 9 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	2 to 6 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (8 oz. each)	9 to 11 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 (8 oz.) 2 (8 oz. each) 3 4	2 to 4 min. 6 to 7 min. 8 to 9 min. 11 to 12 min.	Pierce with cooking fork. Place in the oven, 1 inch apart, in circular arrangement. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	3 to 6 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	3 to 6 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer and yellow)	1 lb. sliced	3 to 5 min.	In 1¼-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	5 to 9 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

About the features

Time Defrost

Time Defrost allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times.

1. Press **Defrost** twice (display must show Time Defrost).
2. Enter defrosting time.
3. Press **Start/Pause**.

When the oven signals, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil. The oven will continue to defrost if you don't open the door and turn the food.

Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at High power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- For more even defrosting of larger foods, such as roasts, use Defrost Weight. Be sure large meats are completely defrosted before cooking.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand for a few minutes.

Weight Defrost

Weight defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish weighing up to six pounds.

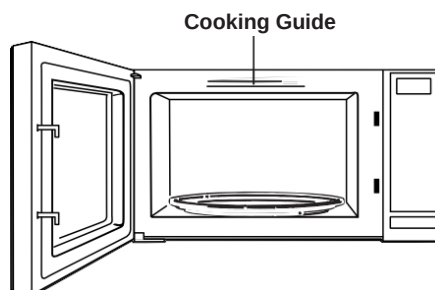
1. Press **Defrost** (display must show Weight Defrost).
2. Using the conversion guide, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
3. Press **Start/Pause**.

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

- Remove meat from package and place on microwave-safe dish.
- When the oven signals, 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. Large roasts should stand for about 30 minutes.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.	
Ounces	Pounds
1–2	.1
3	.2
4–5	.3
6–7	.4
8	.5
9–10	.6
11	.7
12–13	.8
14–15	.9



About the features

Defrosting Guide

Food	Time	Comments
Breads, Cakes		
Bread, buns or rolls (1 piece)	1/4 min.	
Sweet rolls (approx. 12 oz.)	2 to 4 min.	Rearrange after half of time.
Fish and Seafood		
Fillet, frozen (1 lb.)	6 to 9 min.	
Shellfish, small pieces (1 lb.)	3 to 7 min.	Place block in casserole. Turn over and break up after first half of time.
Fruit		
Plastic pouch—1 or 2 (10-oz. package)	1 to 5 min.	
Meat		
Bacon (1 lb.)	2 to 5 min.	Place unopened package in oven. Let stand 5 minutes after defrosting.
Franks (1 lb.)	2 to 5 min.	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
Ground meat (1 lb.)	4 to 6 min.	Turn meat over after first half of time.
Roast: beef, lamb, veal, pork	9 to 12 min. per lb.	Use power level Warm (1).
Steaks, chops and cutlets	4 to 8 min. per lb.	Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Poultry		
Chicken, broiler-fryer, cut up (2½ to 3 lbs.)	14 to 19 min.	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
Chicken, whole (2¼ to 3 lbs.)	20 to 24 min.	Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed.
Cornish hen	7 to 12 min. per lb.	Place unwrapped hen in oven breast-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed.
Turkey breast (4 to 6 lbs.)	3 to 8 min. per lb.	Place unwrapped breast in microwave-safe dish breast-side-down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

About the features

Express Cook

This is a quick way to set cooking time from 1-6 minutes.

Press one of the **Express Cook** pads (from 1-6) for 1-6 minutes of cooking at **power level 10**. For example, press the **2** pad for 2 minutes of cooking time.

The power level can be changed as time is counting down. Press **Power Level** and enter 1-10.

NOTE: Express Cook function pertains to pads 1-6 only.

Add 30 Sec

It will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 99 seconds.

The oven will start immediately when pressed.

About the features

Humidity Sensor

The Sensor Features detect the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

Do not use the Sensor Features twice in succession on the same food portion—it may result in severely overcooked or burnt food. Be sure to let the oven cool down for 5-10 minutes before starting the next sensor cook.

If food is undercooked after the countdown, use Cook Time for additional cooking time.

- The proper containers and covers are essential for best sensor cooking.



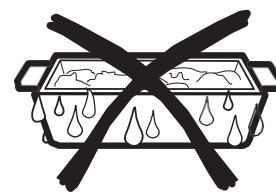
Covered

- Always use microwave-safe containers and cover them with lids or vented plastic wrap. Never use tight sealing plastic containers - they can prevent steam from escaping and cause food to overcook.



Vented

- Be sure the outside of the cooking containers and the inside of the microwave oven are dry before placing food in the oven. Beads of moisture turning into steam



can mislead the sensor.

mislead the sensor.
Dry off dishes so they don't

Beverage (Sensor Feature)

Press **Beverage**. The oven will start immediately when pressed.

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

If you open the door during the Beverage cycle, the oven will turn off and display will show ERR. You must press

Cancel/Off to clear the display and then you can use the oven again.

If beverage is not hot enough for you, do not use the Beverage button again to continue heating it. Use the Cook Time button for further heating.

Vegetable (Sensor Feature)

Use the Vegetable feature to cook 4–16 ounces of fresh or frozen vegetables.

1. For fresh vegetables, add 2 tablespoons of water per serving. For frozen vegetables, follow package instructions for adding water. Cover with lid or plastic wrap. Place vegetables in the oven.
2. Press **Vegetable** once for fresh vegetables or twice for frozen vegetables.

If you open the door, **ERR** will appear. It will scroll until **Cancel/Off** is pressed.

If the vegetables are not cooked to your satisfaction, do not use the Vegetable button again. Use Cook Time.

About the features

Reheat (Sensor Feature)

The Reheat feature reheats 8-24 ounces of previously cooked foods or a plate of leftovers.

1. Place covered food in the oven. Press **Reheat**. The display will show REH. Press **Start**.
2. When the Reheat cycle is almost complete, the control will beep and display the remaining seconds until the Reheat cycle is complete.

If you open the door during the Reheat cycle, the oven will turn off and the display will show ERR. You must press Cancel/Off to clear the display and then you can use the oven again.

After removing food from the oven, stir, if possible, to even out the temperature. If the food is not hot enough, don't use the Reheat button again. Use Cook Time to reheat. Reheated foods may have wide variations in temperature. Some areas may be extremely hot.

It is best to use Cook Time for these foods:

- Bread products.
- Foods that must be reheated uncovered.
- Foods that need to be stirred or rotated.
- Foods calling for a dry look or crisp surface after reheating.

Potato (Sensor Feature)

The Potato feature cooks one or two 8 oz potatoes.

1. Pierce skin with fork and place potatoes on the turntable. If cooking three or more potatoes, arrange in a star pattern.
2. Press **Potato** button. The display will show POT. Press the **Potato** button to select 1 or 2 potatoes. Then press **Start**.

If you open the door during the Potato cycle, the oven will turn off and the display will show **ERR**. You must press Cancel/Off to clear the display and then you can use the oven again.

If the potatoes are not cooked to your satisfaction, do not use the Potato button again. Use CookTime.

Popcorn (Sensor Feature)

1. If you want to cook a package that is less than 1.75 oz, or more than 3.5 oz, then use Cook Time and follow the instructions on the package.
2. Press **Popcorn**. The oven will start immediately when pressed.

If you open the door during the Popcorn cycle, the oven will turn off and display will show ERR. You must press **Cancel/Off** to clear the display and then you can use the oven again.

If the popcorn is not to your satisfaction, do not use the Popcorn button again to continue cooking. Use the Cook Time button for further cooking.

About the features

Melt/Soften

Use Melt/Soften feature to melt/soften food choices by serving.

- 1. Place food in the oven and press **Melt/Soften** pad.
- 2. Enter the food code. See *Cooking Guide for Melt/Soften* for codes.
- 3. Enter the number of servings.
- 4. Press **Start/Pause** pad.

Cooking Guide for Melt/Soften Feature

Note: Use power level 10 unless otherwise noted.

Enter Code	Melt or Soften	Food Choice	Weight Setting
1	Melt	Butter Margarine	1-3 Sticks
2	Melt	Chocolate	4-8 Oz
3	Melt	Cheese	8-16 Oz
4	Melt	Marshmallows	5-10 Oz
5	Soften	Butter	1-3 Sticks
6	Soften	Ice Cream Frozen Juice	1-3 Oz
7	Soften	Cream Cheese	1-2 Oz

Other Features

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display “END” and beep once a minute until you either open the oven door or press the **Cancel/Off** button.

Lock Controls

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” button for about three seconds. When the control panel is locked “LOC” will appear in the display.

Child Resistant Door Operation To Open The Door

The door will automatically lock every time a cooking cycle starts

1. Press either Start/Pause or Cancel/Off
2. Press the Front button (Door Latch Release) or pull the handle depending on your model.

Note: Door will remain unlocked until next cooking cycle

How To Disable Child Lock

In some cases, it may be desirable to disable this feature. For example, households that do not have young children or households where users may have physical limitations that make it difficult to operate the child resistant door may want to disable the two-step latch. This feature can be disabled by following these steps.

1. Press and hold the “7” key for 3-5 seconds or until you hear a beep. Release.

2. Press the “9” key. Release.
3. Press the “0” key. Release.

There will be two short beeps and the display will flash “UnLo” to confirm the default condition has been updated successfully. To re-enable the child resistant oven door, repeat steps 1-3 above. The display will display “Loc” to confirm the feature has been re-enabled.

Clock Display

To turn the clock display on or off, press **Clock Display**. The Display On/Off feature cannot be used while a cooking feature is in use.

Set Clock

Press to enter the time of day or to check the time of day while microwaving.

1. Press **Set Clock**.
2. Enter time of day.
3. Press **Start** or **Set Clock**.

Start/Pause

In addition to starting many functions, Start/Pause allows you to stop cooking without opening the door or clearing the display. Press **Start/Pause** again to restart the oven.

Timer On/Off

Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

1. Press **Timer On/Off**.
2. Enter the amount of time you want to count down.
3. Press **Timer On/Off** to start.

When the time is up, the oven will signal. To turn off the timer signal, press **Timer On/Off**. After the timer signal turns off, the display will return to any cook/defrost time countdown or the time of day display. The Cancel/Off button will not turn off the timer signal.

The display shows the Timer countdown time even when the oven is operating.

Sound

You can turn off all beeping sounds by pressing the Sound button so that MUTE shows on the display. Pressing the Sound button again will remove MUTE from the display and turns all beeping sounds back on.

Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by: ■ metal or foil touching the side of the oven. ■ foil that is not molded to food (upturned edges act like antennas). ■ metal such as twist-ties, poultry pins, gold-rimmed dishes. ■ recycled paper towels containing small metal pieces. ■ plates or dishes with a metallic trim or glaze with a metallic sheen.
Covering	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.
Shielding	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.
Standing Time	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.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Care and Cleaning

Helpful Hints

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

Be certain the oven control is turned off before cleaning any part of this oven.

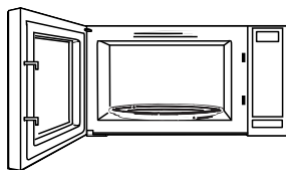
How to Clean the Inside

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

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.

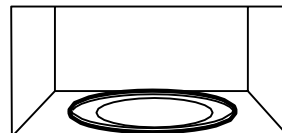
To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, nonabrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

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



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 in the microwave mode without the turntable and support seated and 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 with a damp cloth 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 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.

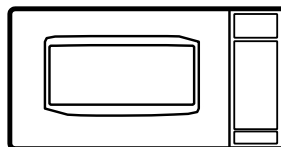
Power Cord

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.

Stainless Steel (on some models)

Do not use a steel-wood pad; it will scratch the surface.

To clean the stainless steel surface, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.



Troubleshooting Tips

PROBLEM	POSSIBLE CAUSE
OVEN WILL NOT COME ON	A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.
	Unplug your microwave oven, then plug it back in.
	Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	Door not securely closed.
	Start/Pause must be pressed after entering cooking selection.
	Another selection entered already in oven and Cancel/Off not pressed to cancel it.
	Make sure you have entered cooking time after pressing Cook Time .
	Cancel/Off was pressed accidentally. Reset cooking program and press Start/Pause .
	Make sure you entered food weight after pressing Defrost Weight .
"ERR" APPEARS ON DISPLAY	Oven was paused accidentally. Press Start/Pause to restart the cooking program.
	During a Sensor Cooking program, the door was opened before steam could be detected. "ERR" will display until Cancel/Off is pressed.
"LOC" APPEARS ON DISPLAY	Steam was not detected in maximum time. Use Cook Time to heat for more time.
	The control panel has been locked. (When the control panel is locked, "LOC" Press and hold "0" for about 3 seconds to unlock the control ".").
"LOCKED" OR "LOCK" ICON APPEARS ON DISPLAY	The control panel/door is locked. Check operation of control lockout and child resistant door features on page 14 for remedy. DOOR IS LOCKED AND WONT OPEN The control panel/door is locked. Check operation of Child resistant door features on page 14 for remedy.
FOOD AMOUNT TOO LARGE FOR SENSOR REHEAT	Sensor Reheat is for single servings of recommended foods. Use Cook Time for large amounts of food.
"FOOD" APPEARS ON DISPLAY	The control detected that the door has not been opened (food/beverage has not been placed inside).
"PF" APPEARS ON DISPLAY	A Power Failure has occurred. Press Cancel/Off to clear the display.
"F3" APPEARS ON DISPLAY	A key has been activated for more than 60 seconds. Press Cancel/Off to clear the display. This can happen if liquid is on the control panel. Dry the control panel thoroughly after cleaning.

Things That Are Normal With Your Microwave Oven

- 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 Appliances Microwave Oven Warranty

WARRANTY

Staple your receipt here.
Proof of the original purchase
date is needed to make a
warranty claim.

For the period of	GE Appliances Will Choose to Repair or Replace:
One year From the date of the original purchase	Any product which fails due to a defect in materials or workmanship. The exchange unit is warranted for the remainder of your product's original one-year warranty period.
Four year From the date of the original purchase	For the period of Four Years from the date of the original purchase, GE Appliances will choose to either replace the unit or replace the magnetron tube, if the magnetron tube fails due to a defect in materials or workmanship. During this four-year limited warranty, you will be responsible for any labor or in-home service cost.

In Order to Make a Warranty Claim:

Call GE Appliances at 800 GE CARES (800 432-2737). Have the model number and serial number available.

What GE Appliances Will Not Cover:

- Customer instructions. This owner's manual provides information regarding operating instructions and user controls. The Owner's Manual is available online at geappliances.com
- Improper installation, delivery or maintenance.
- 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 repair 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 limited warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA.

Some states do not allow the exclusion or limitation of incidental or consequential damages. This limited 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.

Exclusion of implied warranties: Except where prohibited or restricted by law, there are no warranties, whether express, oral or statutory which extend beyond the description on the face hereof, including specifically the implied warranties of merchantability or fitness for a particular purpose.

Warrantor: GE Appliances, a Haier company
Louisville, KY 40225

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

Consumer Support

GE Appliances Website

Have a question or need assistance with your appliance? Try the GE Appliances Website 24 hours a day, any day of the year! You can also shop for more great GE Appliances products and take advantage of all our on-line support services designed for your convenience. In the US: **GEAppliances.com**

Register Your Appliance

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. In the US: **GEAppliances.com/register**

Schedule Service

Expert GE Appliances repair service is only one step away from your door. Get on-line and schedule your service at your convenience any day of the year. In the US: **GEAppliances.com/ge/service-and-support/service.htm** or call 800.432.2737 during normal business hours.

Parts and Accessories

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. In the US: **GEApplianceparts.com** or by phone at 877.959.8688 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

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

In the US: General Manager, Customer Relations | GE Appliances, Appliance Park | Louisville, KY 40225
GEAppliances.com/ge/service-and-support/contact.htm

This device complies with part 18 of the FCC Rules.

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions:

- 1) this device may not cause harmful interference, and**
- 2) this device must accept any interference received, including interference that may cause undesired operation.**

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement.
The distance between user and products should be no less than 20cm.