

## Microwave Cooking (remove rack)

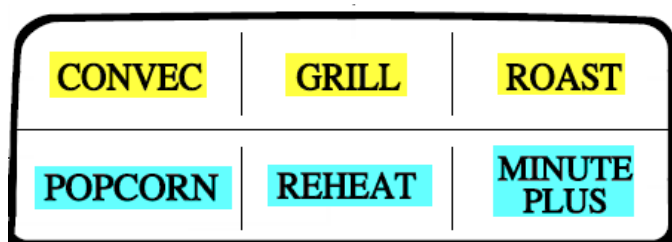
1. Enter **Cooking Time** (e.g. 500 for 5 minutes)
2. *Optional:* Press **Power Level**, then **number** for level (e.g. 7 for 70%)
3. Press **Start**

## Minute Plus (Microwave)

To microwave for a minute at 100%, touch the **Minute Plus** button once, twice or three times for 1, 2 or 3 minutes (maximum).

## Touch On (Microwave)

1. Press and hold the **Start** button continuously to cook at 100% power.
2. Release the button to stop the oven.



**Rack recommended.** **Remove Rack.**

## Convection Cooking (Preheat first)

1. Press **Convec**
2. Press **1** (with preheat)
3. Enter number for temperature (see chart)
4. *Optional:* Enter cooking time now or after oven is preheated (e.g. 2500 for 25 min.)
5. Press **Start**
6. When signal sounds, put food inside oven on the rack.
7. Enter cooking time if not already entered in Step 4.
8. Press **Start**

## Convection Cooking without Preheat

1. Put food inside oven on the rack.
2. Press **Convec**
3. Press **2** (without preheat)
4. Press number for temperature (see chart)
5. Enter cooking time (e.g. 2500 for 25 minutes)
6. Press **Start** (oven starts to cook immediately)

<b>1</b> 100°F	<b>2</b> 150°F	<b>3</b> 275°F	<b>4</b> 300°F	<b>5</b> 325°F
<b>6</b> 350°F	<b>7</b> 375°F	<b>8</b> 400°F	<b>9</b> 425°F	<b>0</b> 450°F

## Grill Cooking – Top & Bottom

Place food on rack or turntable.

1. Touch **Grill**.
2. Press **1** (both top & bottom) or **2** (top only)
3. Enter grilling time (e.g. 2000 for 20 minutes)
4. Press **Start**

## Roast Cooking

1. Press **Roast**.  
**Note:** When roasting, the convection oven temperature is automatically set to 325°F. To change temperature, see Step 4.
2. Enter roasting time (e.g. 2000 for 20 minutes)
3. Press **Start**
4. *Optional:* Press **Roast** twice to change oven temperature. When the display says SELECT TEMP, enter desired temperature (100°F. to 450°F.)

## Popcorn (Microwave)

1. Touch **Popcorn** once or twice. Once for 3.0 to 3.5 oz. packages; twice for 1.5 oz to 1.75 oz packages.
2. Press **Start**

## Reheat (Microwave)

Reheat is a Special Feature which will automatically compute the correct time and microwave power level for certain foods. For best results, refer to the **Reheat Chart**.

1. Press **Reheat**.
2. Refer to **Reheat Chart** (or display prompts) and enter number(s) for food item, setting, and/or quantity.
3. *Optional* - To add or reduce time:
  - To add time press **Power Level** once
  - To reduce time press **Power Level** twice
4. Press **Start**

## Convection Cooking – Special Settings for Cakes & Bread

1. Press **Convec**
2. Press **3** (cakes) **4** (angel food cake) or **5** (yeast bread)
3. Enter cooking time (e.g. 1500 for 15 minutes)
4. Press **Start**
5. When signal sounds, put food inside oven on rack, then press **Start**
6. *Optional:* Within 2 minutes at end of cycle, enter additional cooking time, press **Start**.

## Reheat Chart

#	Food	Amount	Procedure
1	Casserole	1-4 cups	Reheat refrigerated canned or homemade pasta with sauce or other cooked casserole. For room temperature pasta or casserole, use Less option. For pasta without sauce double the quantity per setting. For example, measure 2 cups of cooked noodles and program for 1 cup. Cover with lid or plastic wrap. After cooking, let stand, covered, 2 to 3 minutes.
2	Dinner Plate	1 plate	Use this setting to reheat precooked foods from the refrigerator. Place meaty portions and bulky vegetables to outside of plate. Cut large items like baked potatoes in smaller pieces. Flatten foods such as mashed potatoes and other dense foods. Cover with wax paper or plastic wrap. ONE PLATE ONLY.  After cooking, check that food is very hot throughout and that the bottom center of the plate is very hot. If not, continue heating using time and power level. Allow to stand, covered, 1 to 2 minutes.
		1 Regular	Touch 2 once after selecting Dinner Plate for a regular amount of food: approximately 4 oz. sliced meat or poultry, 1/2 cup potato or rice and 1/2 cup of vegetables or equivalent.
		1 Large	Touch 2 twice after selecting Dinner Plate for a larger amount of food on a dinner plate.
		1 Small	Touch 2 three times after selecting Dinner Plate for a smaller amount of food on a dinner plate.
3	Beverage, Reheat	.5 to 2.0 cups	This setting is good for restoring cooled beverage to a better drinking temperature. Touch number 1 for reheat; then continue to touch number 1 for a .5 cup increase per touch. Stir after reheating.
	Beverage, make coffee tea	1-4 cups	Use this setting for heating COLD TAP WATER to a temperature somewhat below the boiling point to make instant coffee or tea. Touch number 2 to make coffee/tea; then continue to touch number 2 for a 1 cup increase per touch. Stir liquid briskly before and after heating to avoid "eruption".
4	Roll / Muffin, fresh	1-6	Use this setting to warm rolls, muffins, biscuits, bagels, etc. Large items should be considered as 2 or 3 regular size. For refrigerated rolls or muffins, it may be necessary to double the entered amount to ensure the proper serving temperature. For example, enter quantity of 2 for 1 refrigerated muffin or roll. Arrange on plate; cover with paper towel.
	Roll / Muffin, Frozen	1-6	Use this setting to warm rolls, muffins, biscuits, bagels, etc. Large item should be considered as 2 or 3 regular size. Arrange on plate; cover with paper towel.
5	Frozen Entrees	6 – 17 oz.	Use for frozen convenience foods. It will give satisfactory results for most bands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. Touch 5 for frozen entrees; continue to touch number 5 until ounces in display match package weight. After cooking, let stand, covered, for 1 to 3 minutes.

## To Set the Clock

4. Press **Clock**
5. Enter correct Time (HHMM)
6. Press **Clock**

## Kitchen Timer

1. Press **Kitchen Timer**
2. Enter time (e.g. 300 for 3 minutes)
3. Touch **Start**

## Convection Cooking – Helpful Hints

- Turntable can be removed when preheating oven, but must be in place when cooking.
- Do not cover turntable or rack with aluminum foil. It interferes with air flow that cooks food.
- Round pizza pans are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.
- When baking, check for doneness after time has elapsed. If not completely done, let stand in oven a few minutes to complete cooking.
- To check the actual oven temperature, simply touch **Convec**.

## Grill Cooking – Helpful Hints

- Using a preheated rack can give a grilled appearance to steaks, hot dogs etc.
- Foods, such as vegetables or frozen snack foods, can be grilled directly on the turntable.
- The turntable has an easy clean finish; however, be careful not to scratch the surface when turning foods. Heat-resistance plastic spatulas work well.
- Use potholders or oven mitts when removing any item from the oven after grilling.

## Roast Cooking – Helpful Hints

- Meats and poultry are best when roasted directly on the rack. A shallow dish can be placed below the food if gravy is to be made from the drippings.
- Less tender cuts can be roasted and tenderized using oven cooking bags.
- During ROAST, some metal baking utensils may cause arcing when they come in contact with the turntable, oven walls or rack. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.
- Roast Cooking combines convection heat and microwave power (30%). Combining these two cooking methods produces juicy meats, as well as tender, flavorful poultry, all with just the right amount of browning and crispness.

## Reheat - Helpful Hints

Reheating is good for restoring cooled beverages to a better drinking temperature.

Making a beverage (instant coffee or tea) will heat cold tap water to a temperature somewhat below the boiling point.

## Compu Defrost Helpful Hints

- Touch Custom Help when lit to view a helpful hint.
- Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed. Shielding prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

## Compu Defrost

1. Press **Defrost**
2. Press 1, 2, 3, 4 or 5 (see chart)
3. Enter weight (e.g. 20 for a 2 pounds)
5. *Optional* - To add or reduce time:
  - To add time press **Power Level** once
  - To reduce time press **Power Level** twice
4. Press **Start**.
5. After first stage, see chart for instructions.
6. Press **Start**.
7. After second stage, see chart for instructions.
8. Press **Start**.
9. After defrost cycle ends, follow the directions.

## Manual Defrost

Defrost Manually if: 1) the frozen item is not listed on the Compu Defrost Chart, or 2) the frozen item is above or below the limits in the "Amount" column on the Compu Defrost Chart.

Defrost any frozen food, either raw or previously cooked, by using Power Level 3.

1. Enter estimated amount of time to defrost.\*
2. Press **Power Level**.
3. Press 3 (for 30%)
4. Press **Start**

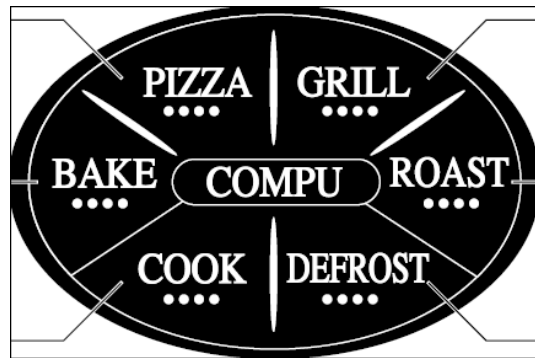
\*For either raw or previously cooked frozen food the rule of thumb is approximately 5 minutes per pound. For example, defrost 5 minutes for 1 pound of frozen spaghetti sauce. Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments on Power Level 3 until totally defrosted. When using plastic containers from the freezer, defrost only long enough to remove from the plastic in order to place in a microwave-safe dish.

## Compu Defrost Chart

#	Food	Amount	Procedure
1	Ground Meat	.5 to 3 lbs.	Remove any thawed pieces after each stage. Let stand, covered, for 5 to 10 minutes.
2	Steaks, chops, fish	.5 to 4 lbs	After each stage, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is almost defrosted. Let stand, covered, for 10 to 20 minutes.
3	Chicken pieces	.5 to 3 lbs.	After each stage, rearrange pieces or remove portions should they become warm or thawed. Let stand, covered, for 10 to 20 minutes.
4	Roast	2 to 4 lbs.	Start defrosting with fat side down. After each stage, turn roast over and shield the warm portions with aluminum foil. Let stand, covered, for 30 to 60 minutes.
5	Casserole	2 to 6 cups	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.

## COMPU

Pizza – Grill – Roast – Defrost – Cook - Bake



### Compu – Pizza, Grill, Roast, Cook or Bake

Compu Cook takes the guesswork out of preparing many popular foods. Each food is cooked using the best cooking method and the proper cooking time.

- These features can be programmed with More or Less Time Adjustment. Touch the **Power Level** pad once or twice after selecting the amount.
- Touch Custom Help when the HELP indicator is lighted in the display.
- Should you attempt to enter more or less than the allowed amount, an error message will appear in the display. More or less than the quantity listed in the chart should be cooked following the guidelines in any microwave book.
- The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.
- **Warning:** Whenever the top heater, bottom heater or convection symbols are lighted in the display, the oven may become very hot. Use caution when removing any item from the oven. Use heavy potholders or oven mitts.

### Compu Instructions

Refer to the charts below for specific instructions on each cooking method and food item.

1. Press button to select cooking method (**Pizza, Grill, Roast, Cook or Bake**)
2. Press number to select food item (refer to cooking method chart)
3. Enter weight or quantity (e.g. 20 for 2 pounds or 2 for 2 items)
4. Press **Start**
5. Read and follow interactive instructions, if any.

## Compu Pizza Chart

#	Food	Quantity	Procedure
1	Bake frozen pizza regular crust	1	Remove from package and unwrap. Place directly on the turntable. Setting is for 10" to 12" diameter. Touch Power Level twice for LESS if baking a 7" diameter pizza.
2	Bake frozen pizza rising crust	1	Remove from package and unwrap. Place directly on the turntable. Setting is for 10" to 12" diameter plain cheese pizza. Before touching <b>Start</b> : <ul style="list-style-type: none"> <li>• Touch Power Level once for MORE if baking rising crust pizza with toppings.</li> <li>• Touch Power Level twice for LESS if baking 7" diameter rising crust pizza.</li> </ul>
3	Bake refrig pizza	1	Remove from package and unwrap. Place directly on the turntable.
4	Microwave pizza	1	Use for frozen microwave pizza. Remove from package unwrap. Follow package directions for use of package and/or silver crisping disk.
5	Reheat pizza	1	Use for heating previously baked pizza slices. For previously baked frozen pizza, touch Power Level once before touching Start/Touch On for more time.

## Compu Grill Chart

#	Food	Quantity	Procedure
1	Hamburgers	1-7 (1/4 lb each)	Form patties and place on rack. Place rack on turntable.
2	Steaks	.5 to 2 lb. (.5 lb. each)	Use this setting to grill steaks from 3/4" to 1" thick. Individual boneless steaks grill most evenly. Place steak on rack. Place rack on turntable. Setting is for medium doneness. To grill for well done, touch Power Level for MORE before touching Start/Touch On. To grill for rare, touch Power Level twice for LESS before touching Start/Touch On. Follow directions in the Interactive Display and turn over when directed to do so.
3	Fish Steaks	.5 to 2 lb	Use this setting to grill fish steaks from 3/4" to 1" thick. Place fish steaks on rack. Place rack on turntable.
4	Boneless poultry	.5 to 2 lb	Use this setting for boneless chicken or turkey cutlets. Fold under any very thin ends so no overcooking occurs. Good to brush with olive oil, marinade or glaze during the cooking.
5	Chicken Pieces	.5 to 3 lb	Arrange pieces on rack. Place rack on turntable. Brush with glaze or barbecue sauce during last 10 - 15 minutes of grilling time. Follow directions in the Interactive Display and turn over when directed to do so.



## Compu Roast Chart

#	Food	Quantity	Procedure
1	Chicken, turkey (whole)	2.5 to 7 lb	Place breast side up on rack. Place rack on turntable. After roasting, remove from oven, cover with foil and let stand 5 to 10 minutes before carving and serving. Internal temperature of white meat should be 170°F. and of dark meat 180°F.
2	Pork Loin	2 to 3.5 lb	Boneless single pork loin is recommended because it cooks evenly. Place on rack. Place on turntable. After roasting, remove from oven, cover with foil and allow to stand 5 to 10 minutes before carving and serving. Internal temperature should be 160°F.
3	Turkey breast (bone in)	3 to 6 lb	Season, if desired. Place on rack. Place on turntable. After roasting, remove from oven, cover with foil and allow to stand 10 minutes before carving and serving. Internal temperature should be 170°F.
4	Beef eye of round, boneless	2 to 4 lb	Season, if desired. Place on rack. Place on turntable. After roasting, remove from oven, cover with foil and allow stand 5 minutes. Setting is for medium doneness. Internal temperature should be 140 to 145°F.
5	Cornish Hens	1 to 6.5 lb	Choose similar sized hens. Place on rack breast side up. Place rack on turntable. May brush with sauce or glaze during roasting. After roasting, remove from oven, cover with foil and allow to stand 5 to 10 minutes. Internal temperature of white meat should be 170°F. and of dark meat 180°F.

## Compu Cook Chart

#	Food	Amount	Procedure
1	Baked Potato	1 to 4 medium	Pierce. Place on paper-towel-lined turntable. After cooking, remove from oven, wrap in aluminum foil and let stand 5 to 10 minutes
2	Vegetables, Fresh	1 to 4 cups	For beans, carrots, corn and peas, add 1 tablespoon of water per cup. For broccoli, Brussels sprouts, cabbage and cauliflower, cook immediately after washing with no additional water. Cover with lid for tender vegetables or use plastic wrap or wax paper if you want crisper vegetables. If you like tender crisp vegetables, double or triple measured quantity per setting. For example, use 2 cups or 3 cups of zucchini but only select 1 cup. After cooking, remove from oven, stir, cover and let stand 3 to 5 minutes before serving.
3	Vegetables, Frozen	1 to 4 cups	Add no water, Cover with lid or plastic wrap. After cooking, stir and let stand, covered, for 3 minutes.
4	Ground Meat	.3 to 1.5 pounds	Use this setting to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave- safe rack and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When oven stops, turn patties over or stir meat in casserole to break up large pieces. Re-cover and touch Start/Touch On. After cooking, let stand, covered, for 2 to 3 minutes
5	Seafood, Fish	. 3 to 1.5 pounds	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with vented plastic wrap. You may wish to use the MORE setting for thicker fish steaks. After cooking, let stand, covered, for 3 minutes.

## Compu Bake Chart

#	Food	Pan Size/Qty	Procedure
1	French Fries	.3 to 1 lb	Use frozen prepared French fries. Place on round baking sheet or directly on turntable.
2	Frozen Snack	Number which fits on table	Ideal setting to crisp frozen convenience foods such as waffles, French toast, pancakes, strudel etc.
3	Brownies	8" x 8" x 2"	Ideal for packaged brownie mix or your own recipe for 8" x 8" pan. Prepare according to directions and place in a greased and floured pan. After the preheat is over, place pan in the oven directly on the turntable. Cool before cutting into serving pieces.
4	Snack cake	8" x 8" x 2"	Ideal for packaged cake mix or your own recipe for 8" x 8" pan. Prepare according to directions and place in a greased and floured pan. After the preheat is over, place pan in the oven directly on the turntable. Should you discover that you like a cake more done touch Power Level once before preheating for an additional 2 minutes of baking time. Should you discover that you like a cake less done touch Power Level twice before preheating for 2 fewer minutes of baking time. Cool before frosting and serving.
5	Biscuits	8 - 10 (1 package of convenience biscuits)	Ideal for refrigerated convenience biscuits or your own recipe. Place in round baking pan or on round baking sheet. After preheating, place pan directly on turntable.