



# Microwave Oven

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**Owner's  
Manual**

JES1142WPC

JES1142BPC

**Write the model and serial numbers here:**

**Model #** \_\_\_\_\_

**Serial #** \_\_\_\_\_

Find these numbers on a label inside the oven.



# **IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.**

## **⚠ WARNING!**

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

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



- **Do Not Attempt** to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- **Do Not Place** any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- **Do Not Operate** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
  - 1 door (bent),
  - 2 hinges and latches (broken or loosened),
  - 3 door seals and sealing surfaces.
- **The Oven Should Not** be adjusted or repaired by anyone except properly qualified service personnel.



## **SAFETY PRECAUTIONS**

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

- Read and follow the specific precautions in the *Precautions to Avoid Possible Exposure to Excessive Microwave Energy* section above.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the *Grounding Instructions* section on page 8.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- Be certain to place the front surface of the door three inches (7.6 cm) or more back from the countertop edge to avoid accidental tipping of the appliance in normal usage.

Use this appliance only for its intended purpose as described in this Owner's Manual.

- This microwave oven is not approved or tested for marine use.
- Do not mount this appliance over a sink.
- Do not mount the microwave oven over or near any portion of a heating or cooking appliance.
- Do not store anything directly on top of the microwave oven surface when the microwave oven is in operation.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- 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.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- Do not let power cord hang over edge of table or counter.
- To reduce the risk of fire in the oven cavity:
  - Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven while cooking.
  - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
  - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
  - If materials inside 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. If the door is opened, the fire may spread.
- See door surface cleaning instructions in the *Care and cleaning of the microwave oven* section of this manual.
- This appliance must only be serviced by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.

# **IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.**

## **⚠ WARNING!**



### **ARCING**

If you see arcing, press the **STOP/CLEAR** pad and correct the problem.

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

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



### **FOODS**

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

■ **SUPERHEATED WATER**

*Liquids, such as water, coffee or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.*

To reduce the risk of injury to persons:

- Do not overheat the liquid.
  - Stir the liquid both before and halfway through heating it.
  - Do not use straight-sided containers with narrow necks.
  - After heating, allow the container to stand in the microwave oven for a short time before removing the container.
  - Use extreme care when inserting a spoon or other utensil into the container.
- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula. The container may feel cooler than the formula really is. Always test the formula before feeding the baby.
  - Don't defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
  - Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
  - Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
  - Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F (70°C) and poultry to at least an INTERNAL temperature of 180°F (80°C). Cooking to these temperatures usually protects against foodborne illness.

# **IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.**

## **⚠ WARNING!**



### **MICROWAVE-SAFE COOKWARE**

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

■ If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup (240 mL) of water—set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be used for microwaving.

If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.

■ If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.

- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- Use foil only as directed in this guide. TV dinners may be microwaved in foil trays less than 3/4" (1.9 cm) high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1" (2.5 cm) away from the sides of the oven.
- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.  
*Follow these guidelines:*
  - 1 Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer’s recommendations.
  - 2 Do not microwave empty containers.
  - 3 Do not permit children to use plastic cookware without complete supervision.

# **IMPORTANT SAFETY INFORMATION. READ ALL INSTRUCTIONS BEFORE USING.**

## **⚠ WARNING!**

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



## **GROUNDING INSTRUCTIONS**

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.

We do not recommend using an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance. (See **WARNING—EXTENSION CORDS** section.)

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

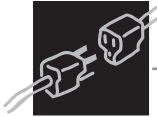




## ADAPTER PLUGS

**Adapter Plugs are not permitted in Canada.**

## **⚠ WARNING!**



## EXTENSION CORDS

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

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

If an extension cord is used:

- 1 The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance;
- 2 The extension cord must be a grounding-type 3-wire cord and it must be plugged into a 3-slot outlet;
- 3 The extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

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

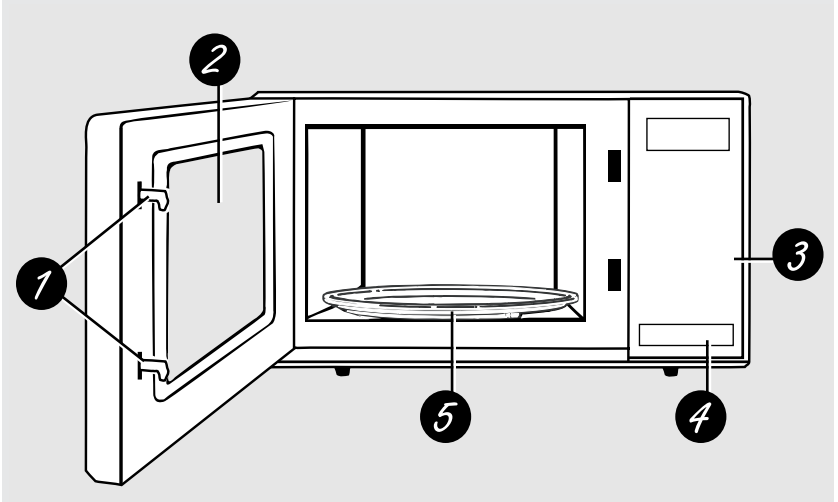


**READ AND FOLLOW THIS SAFETY INFORMATION CAREFULLY.**

**SAVE THESE INSTRUCTIONS**

## ***About the features of your microwave oven.***

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





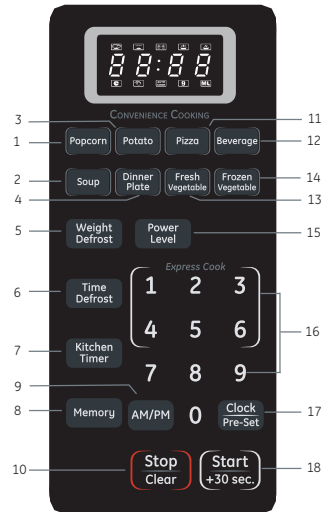
## Features of the Oven

- 1 Door Latches.**
- 2 Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in the oven.
- 3 Touch Control Panel Display.**
- 4 Door Latch Release.** Press latch release to open door.
- 5 Removable Turntable.** Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.

**NOTE:** Oven vent(s) and oven light are located on the inside walls of the microwave oven. The rating plate is on the back.

## About the features of your microwave oven.

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





## Cooking Controls

1

### Time Features

<i>Press</i>	<i>Enter</i>
<b>TIME DEFROST</b>	Amount of defrosting time
<b>+ 30 SEC</b>	Starts immediately!
<b>POWER LEVEL</b>	Press Power level and select from 1-10

2

### Convenience Features

<i>Press</i>	<i>Enter</i>	<i>Option</i>
<b>POPCORN</b> Press once or twice or three times	Press <b>START/+30 SEC.</b>	1.75 oz. (50 g) , 3.0 oz. (85 g) or 3.5 oz. (100 g)
<b>BEVERAGE</b> Press once, twice or three times	Press <b>START/+30 SEC.</b>	1 mug, 2 mugs or 3 mugs
<b>DINNER PLATE</b> Press once, twice or three times	Press <b>START/+30 SEC.</b>	9 oz. (255 g), 12 oz. (340 g) or 18 oz. (510 g)
<b>POTATO</b> Press once, twice or three times	Press <b>START/+30 SEC.</b>	1 potato, 2 potatoes or 3 potatoes
<b>PIZZA</b> Press once, twice or three times	Press <b>START/+30 SEC.</b>	4.0 oz. (115 g) 8.0 oz. (225 g) or 14.0 oz. (400 g)
<b>FROZEN VEGETABLES</b> Press once, twice or three times	Press <b>START/+30 SEC.</b>	4.0 oz. (115 g), 8.0 oz. (225 g) or 16.0 oz. (455 g)

## About changing the power level.

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### Power Level

- 1 Press **POWER LEVEL 1** to 10 times to select the level at which the Microwave is to cook. This must be done after to setting the cooking time in time cooking..
- 2 5 beeps will sound at the end of each cooking program.

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 **High (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:*

**High 10:** Fish, bacon, vegetables, boiling 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.



## Time Cooking

### Time Cooking I

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

**Power level 10 (High)** is automatically set, but you may change it for more flexibility.

- 1 Press **TIME COOK** and then enter cooking time.
- 2 Press **POWER LEVEL** and select from 1-9.
- 3 Change power level if you don't want full power.
- 4 Press **START/+30 SEC.**

You may open the door during **Time Cooking** to check the food. Close the door and press **START/+30 SEC.** to resume cooking.

### Time Cooking II

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

- 1 Enter the first cooking time.
- 2 Press **POWER LEVEL** and select from 1-9.
- 3 Enter the second cook time.
- 4 Press **POWER LEVEL** and select from 1-9.
- 5 Press **START/+30 SEC.**

One beep will sound off signalling the end of the first cooking time.

At the end of the first cooking time, the second cooking time will start to count down.

## About the time features.

### Cooking Guide for Time Cook

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

<b>Vegetable</b>	<b>Amount</b>	<b>Time</b>	<b>Comments</b>
<b>Asparagus</b> (fresh spears)	1 lb. (454 g)	<b>7 to 10 min., Med-High (7)</b>	In 1½-qt. (1.5 L) oblong glass baking dish, place ¼ cup (60 mL) water.
(frozen spears)	10-oz. (283 g) package	<b>5 to 8 min.</b>	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
<b>Beans</b> (fresh green)	1 lb. (454 g) cut in half	<b>12 to 17 min.</b>	In 1½-qt. (1.5 L) casserole, place ½ cup (120 mL) water.
(frozen green)	10-oz. (283 g) package	<b>6 to 9 min.</b>	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
(frozen lima)	10-oz. (283 g) package	<b>6 to 9 min.</b>	In 1-qt. (1 L) casserole, place ¼ cup (60 mL) water.
<b>Beets</b> (fresh, whole)	1 bunch	<b>18 to 25 min.</b>	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
<b>Broccoli</b> (fresh cut)	1 bunch 1¼ to 1½ lbs. (570 to 680 g)	<b>7 to 10 min.</b>	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	<b>9 to 13 min.</b>	In 2-qt. (2 L) oblong glass baking dish, place ¼ cup (60 mL) water.
(frozen, chopped)	10-oz. (283 g) package	<b>5 to 8 min.</b>	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
(frozen spears)	10-oz. (283 g) package	<b>5 to 8 min.</b>	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
<b>Cabbage</b> (fresh)	1 medium head about 2 lbs. (900 g)	<b>8 to 11 min.</b>	In 1½- or 2-qt. (1.5 or 2 L) casserole, place ¼ cup (60 mL) water.
(wedges)		<b>7 to 10 min.</b>	In 2- or 3-qt. casserole, place ¼ cup (60 mL) water.
<b>Carrots</b> (fresh, sliced)	1 lb. (454 g)	<b>6 to 9 min.</b>	In 1½-qt. (1.5 L) casserole, place ¼ cup (60 mL) water.
(frozen)	10-oz. (283 g) package	<b>5 to 8 min.</b>	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
<b>Cauliflower</b> (flowerets)	1 medium head	<b>9 to 14 min.</b>	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(fresh, whole)	1 medium head	<b>9 to 17 min.</b>	In 2-qt. (2 L) casserole, place ½ cup (120 mL) water.
(frozen)	10-oz. (283 g) package	<b>5½ to 8 min.</b>	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.



<b>Vegetable</b>	<b>Amount</b>	<b>Time</b>	<b>Comments</b>
<b>Corn</b> (frozen kernel)	10-oz. (283 g) package	4 to 8 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
<b>Corn on the cob</b> (fresh)	1 to 5 ears	3 to 5 min. per ear	In 2-qt. (2 L) glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add ¼ cup (60 mL) water. Rearrange after half of time.
(frozen)	1 ear 2 to 6 ears	5 to 7 min. 2 to 4 min. per ear	Place in 2-qt. (2 L) oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
<b>Mixed vegetables</b> (frozen)	10-oz. (283 g) package	4 to 8 min.	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
<b>Peas</b> (fresh, shelled)	2 lbs. (900 g) unshelled	9 to 12 min.	In 1-qt. (1 L) casserole, place ¼ cup (60 mL) water.
(frozen)	10-oz. (283 g) package	4 to 8 min.	In 1-qt. (1 L) casserole, place 2 tablespoons (30 mL) water.
<b>Potatoes</b> (fresh, cubed, white)	4 potatoes 6 to 8 oz. (170 to 227 g) each	11 to 14 min.	Peel and cut into 1-inch cubes. Place in 2-qt. (2 L) casserole with ½ cup (120 mL) water. Stir after half of time.
(fresh, whole, sweet or white)	1 – 6 to 8 oz. (170 to 227 g)	2 to 5 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
<b>Spinach</b> (fresh)	10 to 16 oz. (283 to 454 g)	5 to 8 min.	In 2-qt. (2 L) casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. (283 g) package	5 to 8 min.	In 1-qt. (1 L) casserole, place 3 tablespoons (45 mL) water.
<b>Squash</b> (fresh, summer and yellow)	1 lb. (454 g) sliced	4 to 7 min.	In 1½-qt. (1.5 L) casserole, place ¼ cup (60 mL) water.
(winter, acorn, or butternut)	1 or 2 squash about 1 lb. (454 g) each	7 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. (2 L) oblong glass baking dish, place squash cut-side-down. Turn cut-side-up after 4 minutes.

## About the time features.

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### *Time Defrost*

- 1 Press **TIME DEFROST** and enter time required (maximum 99 minutes, 99 seconds) for defrost. All defrost is done at a power level of 3 (30%).
- 2 If a different power is required, press **POWER LEVEL** until the desired level is reached.
- 3 Press **START/+30 SEC.** to begin defrost.

## ***About the convenience features.*** [www.GEAppliances.ca](http://www.GEAppliances.ca)

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### ***Popcorn***

#### ***Cooking by Weight***

- 1** Press **POPCORN** up to 3 times to find the weight of the popcorn to be popped.
  - 1 = 1.75 ounces (50 g)
  - 2 = 3.0 ounces (85 g)
  - 3 = 3.5 ounces (100 g)
- 2** Press **START/+30 SEC.** to begin popping.

## About the convenience features.

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### Potato

- 1 Press **POTATO** until the number of potatoes (up to 3) is shown.
  - 2 Press **START/+30 SEC.** to begin cooking.
- 

### Beverage

- 1 Press **BEVERAGE** until the number of mugs (up to 3) is shown.
  - 2 Press **START/+30 SEC.** to begin cooking.
- 

### Pizza

- 1 Press **PIZZA** the number of slices (up to 3) is shown.
  - 2 Press **START/+30 SEC.** to begin cooking.
- 

### Dinner Plate

- 1 Press **DINNER PLATE** until the weight of the food on the dinner plate is shown in ounces.
- 2 Press **START/+30 SEC.** to begin cooking.

### Frozen Vegetables

- 1 Press **FROZEN VEGETABLES** until the weight of the vegetables is shown in ounces.
- 2 Press **START/+30 SEC.** to begin cooking.

### Weight Defrost

- 1 Press **WEIGHT DEFROST** and enter the weight in ounces (between 4 and 100) of item to be defrosted.  
All defrost is done at a power level of 3 (30%).
- 2 If a different power is required, press **POWER LEVEL** from 1-9.
- 3 Press **START/+30 SEC.** to begin defrost.

## About the other features.

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### **Clock** (This must be set before use)

- 1 Press **CLOCK** and enter the time on the 00:00:00 format (1:00 - 12:59).
- 2 Press **CLOCK** to lock in time.

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### **Child Safety Lock**

- 1 To activate this function, press and hold **STOP/CLEAR** button for 3 seconds. Time on screen will go blank and microwave will beep.
- 2 To remove the lock, press and hold **STOP/CLEAR** button for 3 seconds. Time on screen will re-appear and microwave will beep.

## Program Cooking

Up to 3 cooking plans can be pre-programmed.

- 1 Press **0/MEMORY** to select a program number.
- 2 Enter the desired cooking time.
- 3 Press **POWER LEVEL** to select the desired cooking power.
- 4 Press **0/MEMORY** to lock in program.  
Repeat using different Memory numbers if required.
- 5 Press **START/+30 SEC.** to lock in settings.  
Microwave will beep once when cooking begins.
- 6 To run the program press **0/MEMORY** to select the program number.
- 7 Press **START/+30 SEC.** to begin cooking.

## Microwave terms.

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



# Care and cleaning of the microwave oven.

www.GEAppliances.ca



## Helpful Hints

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

**Unplug the cord before cleaning any part of this oven.**

## How to Clean the Inside

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

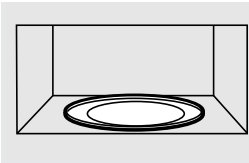
Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth; then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

*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.**

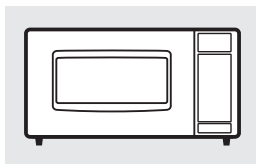
### Removable Turntable and Turntable Support

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 without the turntable and support in place.



## Care and cleaning of the microwave oven.

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

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

#### **Case**

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

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

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

#### **Door Surface**

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

# Troubleshooting Tips.

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<b>Problem</b>	<b>Possible Causes</b>	<b>What To Do</b>
<b>Oven will not start</b>	A fuse in your home may be blown or the circuit breaker tripped.	<ul style="list-style-type: none"> <li>Replace fuse or reset circuit breaker.</li> </ul>
	Power surge.	<ul style="list-style-type: none"> <li>Unplug the microwave oven; then plug it back in.</li> </ul>
	Plug not fully inserted into wall outlet.	<ul style="list-style-type: none"> <li>Make sure the 3-prong plug on the oven is fully inserted into wall outlet.</li> </ul>
	Door not securely closed.	<ul style="list-style-type: none"> <li>Open the door and close securely.</li> </ul>
<b>Control panel lighted, yet oven will not start</b>	Door not securely closed.	<ul style="list-style-type: none"> <li>Open the door and close securely.</li> </ul>
	<b>START/+30 SEC.</b> pad not pressed after entering cooking selection.	<ul style="list-style-type: none"> <li>Press <b>START/+30 SEC.</b></li> </ul>
	Another selection entered already in oven and <b>STOP/CLEAR</b> pad not pressed to cancel it.	<ul style="list-style-type: none"> <li>Press <b>STOP/CLEAR.</b></li> </ul>
	Cooking time not entered before pressing <b>POWER LEVEL.</b>	<ul style="list-style-type: none"> <li>Make sure you have entered cooking time before pressing <b>POWER LEVEL.</b></li> </ul>
	<b>STOP/CLEAR</b> was pressed accidentally.	<ul style="list-style-type: none"> <li>Reset cooking program and press <b>START/+30 SEC.</b></li> </ul>
	Food weight not entered after pressing <b>WEIGHT DEFROST.</b>	<ul style="list-style-type: none"> <li>Make sure you have entered food weight after pressing <b>WEIGHT DEFROST.</b></li> </ul>

## ***Troubleshooting Tips.***

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### ***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.

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Please place in envelope and mail to:  
Veuillez mettre dans une enveloppe et envoyez à :

**OWNERSHIP REGISTRATION  
P.O. BOX 1780  
MISSISSAUGA, ONTARIO  
L4Y 4G1**

**(FOR CANADIAN CONSUMERS ONLY -  
POUR RÉSIDENTS CANADIENS SEULEMENT)**

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For Canadian  
Customers



Pour les  
consommateurs  
canadiens

CUT ALONG THIS LINE AND RETURN CARD – THANKS  
DECOUPEZ ICI ET ENVOYEZ LA FICHE – MERCI

**OWNERSHIP REGISTRATION CERTIFICATE – FICHE D'INSCRIPTION DU PROPRIÉTAIRE**

Please register your product to enable us to contact you in the remote event a safety notice is issued for this product and to allow for efficient communication under the terms of our warranty, should the need arise.

Veuillez enregistrer votre produit afin de nous permettre de communiquer avec vous si jamais un avis de sécurité concernant ce produit était émis et de communiquer facilement avec vous en vertu de votre garantie, si le besoin s'en fait sentir.

REGISTER ON-LINE: [www.geappliances.ca](http://www.geappliances.ca) MAIL TO: **P.O. BOX 1780, MISSISSAUGA**  
ENREGISTREMENT SUR INTERNET À: [www.electromenagersge.ca](http://www.electromenagersge.ca) POSTEZ À: **ONTARIO, L4Y 4G1**

MR. / M.  MRS. / MME FIRST NAME / PRÉNOM LAST NAME / NOM  
 MISS/MILLE  MS.

STREET NO / N° RUE STREET NAME / RUE APT.NO/APP./RR#

CITY / VILLE PROVINCE POSTAL CODE/CODE POSTAL

AREA CODE/IND. RÉG. TELEPHONE/TÉLÉPHONE E-MAIL/COURRIEL

DID YOU PURCHASE A SERVICE CONTRACT FOR THIS APPLIANCE? YES/OUI  IF YES/SI OUI : EXPIRATION DU  
AVEZ-VOUS ACHÉTÉ UN CONTRAT DE SERVICE POUR CET APPAREIL ? NO/NON  YA M

NAME OF SELLING DEALER / NOM DU MARCHAND MODEL / MODÈLE

INSTALLATION DATE / DATE D'INSTALLATION CORRESPONDENCE  ENGLISH  
YA M DU DU CORRESPONDANCE  FRANÇAIS SERIAL / SÉRIE

I do not wish to receive any promotional offers regarding this product.  
Je ne désire pas recevoir d'offres promotionnelles concernant ce produit.

# GE Microwave Oven Warranty – One Year Limited Warranty

www.GEAppliances.ca



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

For the Period Of:	Mabe Will Replace:
<b>One Year</b> From the date of the original purchase	<b>Replacement unit</b> for 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.

## In Order to Make a Warranty Claim:

- Properly pack your unit. We recommend using the original carton and packing materials.
- Return the product to the retail location where it was purchased.
- Include in the package a copy of the sales receipt or other evidence of date of original purchase. Also print your name and address and a description of the defect.

## What Is Not Covered:

- Customer instruction. This owner's manual provides information regarding operating instructions and user controls.
- Improper installation. If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical connecting facilities.
- Failure of the product resulting from modifications to the product or due to unreasonable use including failure to provide reasonable and necessary maintenance.
- Replacement of house fuses or resetting of circuit breakers.
- Damage to the product caused by improper power supply voltage, accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.

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

This warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within Canada.

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

**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: Mabe Canada Inc., Burlington, Ontario**