



SpacemakerXL
Microwave Oven

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**Owner's
Manual**

JVM1542

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.

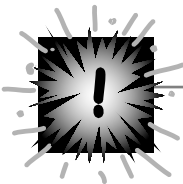
⚠ WARNING!

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

This microwave oven is UL listed for installation over electric and gas ranges. This microwave oven is not approved or tested for marine use.

- Read and follow the specific precautions in the *Precautions to Avoid Possible Exposure to Excessive Microwave Energy* section above.
- 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 on page 8.

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

- Do not mount this appliance over a sink.
- This over-the-range oven was designed for use over ranges no wider than 36". It may be installed over both gas and electric cooking equipment.
- 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. If the power cord is damaged, it must be replaced by General Electric Service or an authorized service agent using a power cord available from General Electric.
- 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 or near a sink.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if 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 should 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 should be serviced only 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 **CLEAR/OFF** pad and correct the problem.*

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

- The metal shelf not installed correctly so it touches the microwave wall.
- 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—will 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

Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all.

Superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than 2 minutes per cup. After heating, let the cup stand in the microwave for 30 seconds before moving it or putting anything into it.

- 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 or breast milk. The container may feel cooler than the milk really is. Always test the milk 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.
- Spontaneous boiling— Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, we recommend the following: Before removing the container from the oven, allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off. Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F. and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.

IMPORTANT SAFETY 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 does 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 of water—set the measuring cup either in or next to the dish. Microwave 30–45 seconds at high. If the dish heats, it should not be used for microwaving.

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

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

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

- “Boilable” cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- Use foil only as directed in this manual. TV dinners may be microwaved in foil trays less than 3/4” high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 1” away from the sides of the oven.
- Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and cookware could ignite.

Follow these guidelines:

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

IMPORTANT SAFETY 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.

Do not use an adapter plug with this appliance.

Do not use 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.

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

THE VENT FAN

The fan will operate automatically under certain conditions (see Automatic Fan feature). Take care to prevent the starting and spreading of accidental cooking fires while the vent fan is in use.

- Clean the underside of the microwave often. Do not allow grease to build up on the microwave or the fan filters.
- In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan on the surface unit by covering the pan completely with a lid, a cookie sheet or a flat tray.
- Use care when cleaning the vent fan filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filters.
- When preparing flaming foods under the microwave, turn the fan on.
- Never leave surface units beneath your microwave oven unattended at high heat settings. Boilovers cause smoking and greasy spillovers that may ignite and spread if the microwave vent fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat on surface units only when necessary.



READ AND FOLLOW THIS SAFETY INFORMATION CAREFULLY.

SAVE THESE INSTRUCTIONS

About optional kits.

OPTIONAL KITS

Filler Panel Kits

JX40WH—White

JX41—Black

When replacing a 36" range hood, filler panel kits fill in the additional width to provide a custom built-in appearance.

For installation between cabinets only; not for end-of-cabinet installation. Each kit contains two 3"-wide filler panels.

Filter Kits

WB02X10776—Recirculating Charcoal Filter Kit

Filter kits are used when the microwave oven cannot be vented to the outside.

Decorative Panel Kit

JX22SS—Stainless Steel

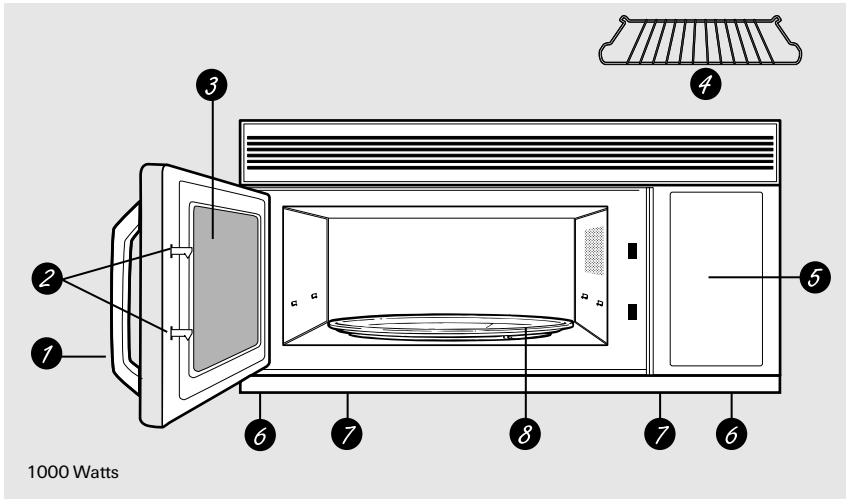
When replacing a Hi/Low range, the decorative panel kit fills in the area between the microwave and the range left by the Hi/Low model.

Available at extra cost from your GE supplier.

About the features of your microwave oven.

www.GEAppliances.com

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



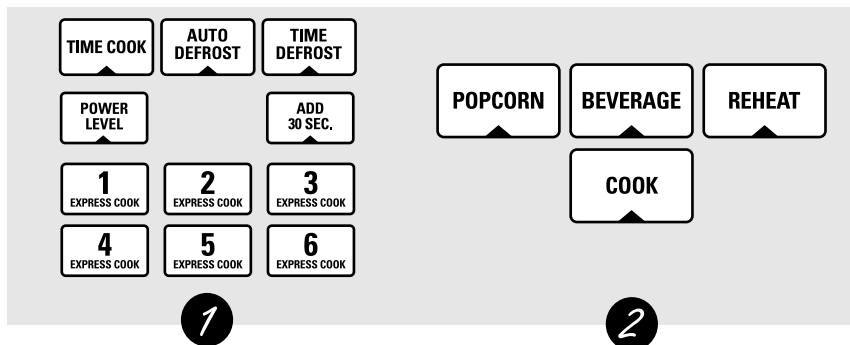
Features of the Oven

- 1 Door Handle.** Pull to open the door. The door must be securely latched for the microwave to operate.
- 2 Door Latches.**
- 3 Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in the oven.
- 4 Shelf.** Lets you microwave large dishes or several foods at once. Food microwaves best when placed directly on the turntable.
- 5 Touch Control Panel.**
- 6 Cooktop Lights.**
- 7 Grease Filters.**
- 8 Removable Turntable.** Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.

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

About the features of your microwave oven.

You can microwave by time or with the convenience features.



Cooking Controls

1 Time Features

Press	Enter
TIME COOK I & II Press once or twice	Amount of cooking time
TIME DEFROST	Amount of defrosting time
EXPRESS COOK	Starts immediately!
ADD 30 SEC.	Starts immediately!
POWER LEVEL	Power level 10–100
AUTO DEFROST	Food weight

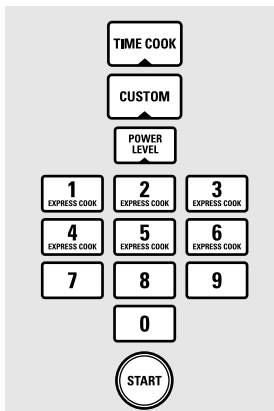
2 Convenience Features

Press	Enter	Option
POPCORN		
Press 1	1.75 oz.	
Press 2	3.0 oz.	
Press 3	3.5 oz.	
BEVERAGE		
Press 1	1 cup (8 oz.)	
Press 2	2 cups (16 oz.)	
REHEAT		
	Food type 1–4	serving size
COOK	Food type 1–9 + weight	

NOTE: The Convenience Features are designed for use with items placed on the turntable. The turntable cannot be turned off when using the Convenience Features.

About changing the power level.

www.GEAppliances.com



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. High (power level 100) or full power is the fastest way to cook and gives you 100% power. Each power level gives you microwave energy a certain percent of the time. Power level 70 is microwave energy 70% of the time. Power level 30 is energy 30% of the time.

A high setting (100) will cook faster but food may need more frequent stirring, rotating or turning over. Most cooking will be done on High (power level 100). 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 30—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 Best Uses

High 100 Fish, bacon, vegetables, boiling liquids.

Med-High 70 Gentle cooking of meat and poultry; baking casseroles and reheating.

Medium 50 Slow cooking and tenderizing such as stews and less tender cuts of meat.

Low 20 or 30 Defrosting without cooking; simmering; delicate sauces.

Warm 10 Keeping food warm without overcooking; softening butter.

How to Change the Power Level

The power level may be entered or changed immediately after entering the feature time for **TIME COOK**, **CUSTOM** or **EXPRESS COOK**.

1 Press **TIME COOK** or **CUSTOM**.

2 Enter cooking time.

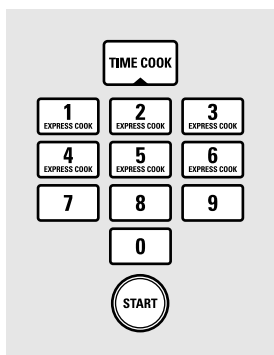
3 Press **POWER LEVEL**.

4 Select desired power level. High power level (100) is automatically set. Press 1–9 to select power level 10–90.

5 Press **START**.

The power level may be viewed during any time countdown by pressing and holding **POWER LEVEL**.

About the time features.



- 1 Press **TIME COOK** and enter a cook time, or simply enter a cook time.
- 2 Change power level if you don't want full power. (Press **POWER LEVEL**. High power level [100] is automatically set. Press 1–9 to select power level 10–90.)
- 3 Press **START**.

Time Cook I

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

Power level 100 (High) is automatically set, but you may change it for more flexibility.

You may open the door during **TIME COOK** to check the food. Close the door and press **START** to resume cooking.

Time Cook II

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

- 1 Press **TIME COOK** and enter a cook time, or simply enter a cook time.
- 2 Change the power level if you don't want full power. (Press **POWER LEVEL**. High power level [100] is automatically set. Press 1–9 to select power level 10–90.)
- 3 Press **TIME COOK**.
- 4 Enter the second cook time.
- 5 Change the power level if you don't want full power. (Press **POWER LEVEL**. High power level [100] is automatically set. Press 1–9 to select power level 10–90.)
- 6 Press **START**.

At the end of **Time Cook I**, **Time Cook II** counts down.

*Cooking Guide for Time Cook I and Time Cook II***NOTE:** Use **power level High (100)** unless otherwise noted.

Vegetable	Amount	Time	Comments
Asparagus			
(fresh spears)	1 lb.	6 to 9 min.,	In 1½-qt. oblong glass baking dish, place 1/4 cup water.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
Beans			
(fresh green)	1 lb. cut in half	9 to 11 min.	In 1½-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets			
(fresh, whole)	1 bunch	17 to 21 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli			
(fresh cut)	1 bunch (1¼ to 1½ lbs.)	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1¼ to 1½ lbs.)	9 to 13 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water.
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage			
(fresh)	1 medium head (about 2 lbs.)	8 to 11 min.	In 1½- or 2-qt. casserole, place 1/4 cup water.
(wedges)		7 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots			
(fresh, sliced)	1 lb.	7 to 9 min.	In 1½-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower			
(flowerets)	1 medium head	9 to 14 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	10 to 17 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.

About the time features.

Vegetable	Amount	Time	Comments
Corn (frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob (fresh)	1 to 5 ears	3 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.
(frozen)	1 ear	5 to 6 min.	Place in 2-qt. oblong glass baking dish.
	2 to 6 ears	3 to 4 min. per ear	Cover with vented plastic wrap. Rearrange after half of time.
Mixed vegetables (frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas (fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes (fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	3 to 4 min.	Pierce with cooking fork. Place in center of the oven. Let stand 5 minutes.
Spinach (fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash (fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1½-qt. casserole, place 1/4 cup water.
(winter, acorn butternut)	1 to 2 squash (about 1 lb. each)	8 to 11 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.

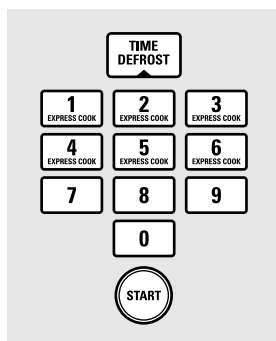
Time Defrost

Allows you to defrost for the length of time you select. See the Defrosting Guide for suggested times.

- Use the shelf when defrosting items too large to fit the turntable.
- A dull thumping noise may be heard during defrosting. This sound is normal when the oven is not operating at High power.
- The turntable cannot be turned off when defrosting.
- Once during **Time Defrost**, the oven signals **Turn Food Over**. At the signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Tightly closed packages should be slit, pierced or vented **AFTER** food has partially defrosted. Plastic storage containers should be at least 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.
- Foods that spoil easily, such as milk, eggs, fish, stuffings, poultry and pork, should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- For more even defrosting of larger foods, such as beef, lamb and veal roasts, use **Auto Defrost**.
- Be sure large meats are completely defrosted before cooking.
- 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 a few minutes.



- 1 Press **TIME DEFROST**.
- 2 Enter defrosting time.
- 3 Press **START**.

About the time features.

Defrosting Guide

Food	Time	Comments
Breads, Cakes Bread, buns or rolls (1 piece) Sweet rolls (approx. 12 oz.)	1 min. 3 to 5 min.	
Fish and Seafood Fillets, frozen (1 lb.) Shellfish, small pieces (1 lb.)	6 to 8 min. 5 to 7 min.	Place block in casserole. Turn over and break up after half the time.
Fruit Plastic pouch—1 to 2 (10-oz. package)	3 to 6 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.) Roast: beef, lamb, veal, pork per lb.	5 to 7 min. 12 to 16 min.	Turn meat over after half the time. Use power level 10.
Steaks, chops and cutlets per lb.	5 to 7 min.	Place unwrapped meat in cooking dish. Turn over after half the time and shield warm areas with foil. When finished, separate pieces and let stand to complete defrosting.
Poultry Chicken, broiler-fryer cut up (2½ to 3 lbs.)	15 to 19 min.	Place wrapped chicken in dish. Unwrap and turn over after half the time. When finished, separate pieces and microwave 2 to 4 minutes more, if necessary. Let stand to finish defrosting.
Chicken, whole (2½ to 3 lbs.)	17 to 21 min.	Place wrapped chicken in dish. After half the time, unwrap and turn chicken over. Shield warm areas with foil. Finish defrosting. If necessary, run cold water in the cavity until giblets can be removed.
Cornish hen per lb.	7 to 13 min.	Place unwrapped hen in the oven breast-side-up. Turn over after half the time. Run cool water in the cavity until giblets can be removed.
Turkey breast (4 to 6 lbs.) per lb.	5 to 9 min.	Place unwrapped breast in dish breast-side-down. After half the time, turn over and shield warm areas with foil. Finish defrosting. Let stand 1 to 2 hours in refrigerator to complete defrosting.



Add 30 Seconds

You can use this feature two ways:

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



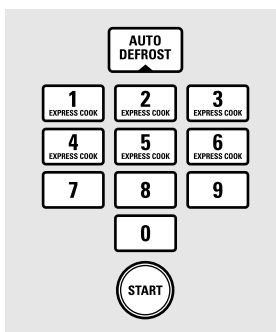
Express Cook

This is a quick way to set cooking time for 1–6 minutes.

Press one of the **Express Cook** pads (from 1 to 6) for 1 to 6 minutes of cooking at **power level 100**. 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**. High power level (100) is automatically set. Press 1–9 to select power level 10–90.

About the auto defrost feature.



- 1 Press **AUTO DEFROST**.
- 2 Select the food type. Press **1** for **Meat**, **2** for **Poultry**, **3** for **Fish**.
- 3 Using the Conversion Guide at right, enter food weight. For example, press pads **1** and **2** for 1.2 pounds (1 pound, 3 ounces). Enter weight up to 6 pounds.
- 4 Press **START**.

Auto Defrost

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

- Use the shelf when defrosting items too large to fit the turntable.
- Remove meat from package and place on microwave-safe dish.
- The turntable cannot be turned off when defrosting.
- Once during **Auto Defrost**, the oven signals **Turn Food Over**. At the signal, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

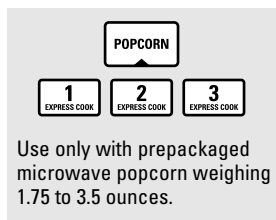
Conversion Guide

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

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

About the convenience features. www.GEAppliances.com

NOTE: The Convenience Features are designed for use with items placed on the turntable. The turntable cannot be turned off when using the Convenience Features.



NOTE: Do not use the metal shelf when using the **Popcorn** feature.

Popcorn

How to Use the Popcorn Feature

- 1 Follow package instructions, using **Time Cook** if the package is less than 1.75 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
- 2 Press **POPCORN**.
- 3 Select the bag size you are cooking. Press **1** for 1.75 ounces, **2** for 3.0 ounces or **3** for 3.5 ounces. The oven starts automatically.



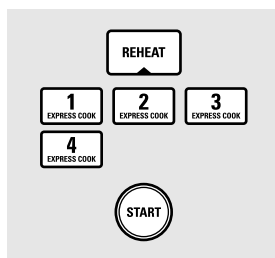
Beverage

The **Beverage** feature heats 1 or 2 cups of any beverage.

- 1 Press **BEVERAGE**.
- 2 Select the serving size. Press **1** for 1 cup (8 oz.) or **2** for 2 cups (16 oz.). The oven starts automatically.

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

About the convenience features.



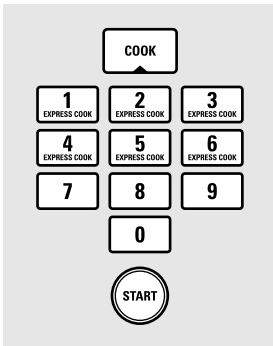
Reheat

The **Reheat** feature reheats 1 to 3 servings of many previously cooked foods.

- 1 Press **REHEAT**.
- 2 Select food type 1–4.
- 3 Enter the serving size. The oven starts automatically.

Reheat Guide

Pad	Food Type	Comments
1	Plate of leftovers (2 to 3 foods, 4 oz. each)	Cover with vented plastic wrap.
2	Sauces and soup	Cover with lid or vented plastic wrap.
3	Casseroles	Cover with lid or vented plastic wrap.
4	Rolls and muffins	Leave uncovered.



Cook

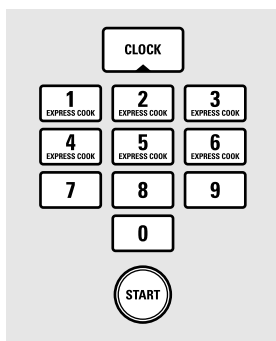
The **Cook** feature automatically sets the cooking times and power levels for a variety of foods.

- 1** Press **COOK**.
- 2** Select food type 1–9 (see the *Cook Guide* below).
- 3** Enter weight in ounces.
- 4** Press **START**.

Cook Guide

Food Type	Weight	Comments
1 Canned Vegetables	4 to 20 oz.	Use microwave-safe casserole or bowl. Cover with lid or vented plastic wrap.
2 Frozen Vegetables	4 to 20 oz.	Use microwave-safe casserole or bowl. Follow package instructions for adding water. Cover with lid or vented plastic wrap.
3 Fresh Vegetables	4 to 16 oz.	Use microwave-safe casserole or bowl. Add 2 tablespoons water for each serving. Cover with lid or vented plastic wrap.
4 Potatoes	8 to 40 oz.	Pierce skin with fork. Place potatoes on the turntable.
5 Fish	4 to 16 oz.	Use oblong, square or round dish. Cover with vented plastic wrap.
6 Chicken Pieces	4 to 40 oz.	Use oblong, square or round dish. Cover with vented plastic wrap or wax paper.
7 Ground Meat (beef, pork, turkey)	8 to 48 oz.	Use round casserole dish. Crumble meat into dish. Cover with lid or vented plastic wrap.
8 Bacon	2 to 10 oz.	Layer strips on a plate, 4 to a layer. Cover each layer with a paper towel.
9 Pizza (frozen, microwaveable)	4 to 16 oz.	Follow package instructions to prepare pizza for microwaving.

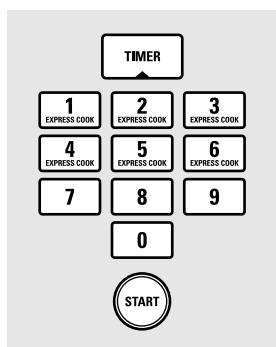
Other features your model may have.



Clock

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

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



Timer

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

To set the timer:

- 1 Press **TIMER**.
- 2 Enter time you want to count down.
- 3 Press **START**.

When time is up, the oven will signal.

To cancel the timer:

If you are using the timer only, press **CLEAR/OFF**. If you are using the the timer while cooking, press **CLEAR/OFF** three times. This will also cancel your cooking program. Restart the cooking program from the time the oven stopped.



Pause

In addition to clearing entries, **CLEAR/OFF** allows you to stop cooking without opening the door or clearing the display.



Child Lock-out

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

To lock or unlock the controls, press and hold **CLEAR/OFF** for about three seconds. When the control panel is locked, **LOCKED** will be displayed when a pad is pressed.



Turntable

For best cooking results, leave the turntable on. It can be turned off for large dishes. Press **TURNABLE** to turn the turntable on or off. When cooking with the turntable off, stir or rearrange food after half the time.

NOTE: The Convenience and Defrost Features are designed for use with items placed on the turntable. The turntable cannot be turned off when using the Convenience or Defrost Features.

Sometimes the turntable can become too hot to touch. Be careful touching the turntable during and after cooking.

Automatic Fan

An automatic fan feature protects the microwave from too much heat rising from the cooktop below it. It automatically turns on if it senses too much heat.

If you have turned the fan on you may find that you cannot turn it off. The fan will automatically turn off when the internal parts are cool. It may stay on for 30 minutes or more after the cooktop and microwave controls are turned off.

Other features your model may have.



Surface Light

Press **SURFACE LIGHT** once for bright light, twice for the night light or three times to turn the light off.

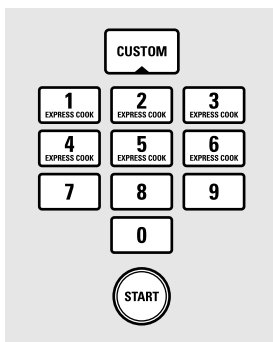


Vent Fan

The vent fan removes steam and other vapors from surface cooking.

Press **VENT FAN** once for high fan speed, twice for low fan speed, or a third time to turn the fan off.

The vent fan operates automatically during microwave cooking.



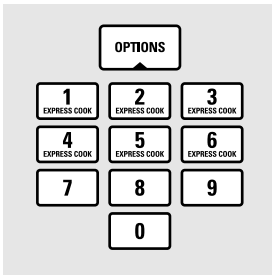
Custom

The **CUSTOM** pad allows you to save your most frequently used settings.

To set and save a setting:

- 1 Press the **CUSTOM** pad.
- 2 Set the amount of cooking time.
- 3 Set the power level, if desired. (Full power will automatically be set if you do not change it).
- 4 Press **START**.

Your custom setting will be remembered for future use. Just press **CUSTOM**, then press **START**.



Options

Press the **OPTIONS** pad and select from the available options:

Sound On/Off

The beeper sound level can be adjusted. Press **1** to select **Sound On/Off**. Then, press **1** to turn the sound on or **2** to turn the sound off.

Clock On/Off

You can choose to turn the clock display on or off. Press **2** to select **Clock On/Off**. Then, press **2** to turn the clock display off. Press **1** to turn the clock display on.

Scroll Speed

The scroll speed of the display can be changed. Press **3** to select **Scroll Speed**. Then, select 1-3 for slow to fast scroll speed.

Weight Measurement

The weight measurement can be set at either pounds or kilograms. Press **4** to select **Weight Measurement**. Then, press **1** for pounds or **2** for kilograms.

Demo

The **Demo** mode allows you to practice setting microwave programs. The **Demo** mode uses no microwave power, and the time counts down faster than in normal mode. Press **5** to select **Demo**. Then, press **1** to turn **Demo** on or **2** to turn it off.

Other features your model may have.



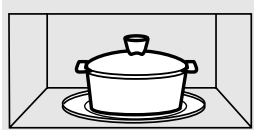
How to Use the Shelf When Microwaving

- Make sure the shelf is positioned properly inside the microwave to prevent damage to the oven from arcing.
- Do not use a microwave browning dish on the shelf. The shelf could overheat.
- Do not use the oven with the shelf on the microwave floor. This could damage the microwave.
- Use pot holders when handling the shelf—it may be hot.
- Do not use the shelf when cooking popcorn.

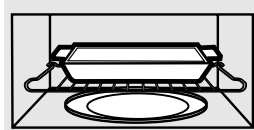
Shelf

Food microwaves best when placed on the turntable. Use the shelf for dishes that are too large to fit on the turntable.

Only use the shelf when reheating on more than one level. Do not store the shelf inside the oven cavity.



For best results



After half the cooking time, rotate the dish 180 degrees and stir or rearrange the food.



Switch places after 1/2 time



Switch places after 1/2 time

Shelf and Reheating

- To reheat on 2 levels

OR

- To reheat 2 dishes on the lower level:

- 1 Multiply reheat time by 1½.
- 2 Switch places after 1/2 the time and stir or rearrange food.

Term	Definition
Arcing	<p>Arcing is the microwave term for sparks in the oven. Arcing is caused by:</p> <ul style="list-style-type: none">■ the metal shelf not installed correctly so that it touches the microwave wall.■ 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.
Covering	<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>
Shielding	<p>In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.</p>
Standing Time	<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>
Venting	<p>After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.</p>

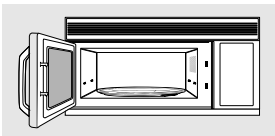
Care and cleaning of the microwave oven.



Helpful Hints

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

NOTE: Be certain the power is 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.

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

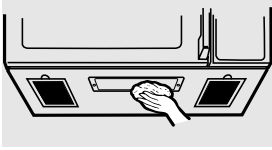
Removable Turntable and Turntable Support

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.

Shelf

Clean with mild soap and water or in the dishwasher.

Do not clean in a self-cleaning oven.



How to Clean the Outside

We recommend against using cleaners with ammonia or alcohol, as they can damage the appearance of the microwave oven. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.

Bottom

Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.

Case

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

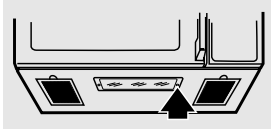
Control Panel and Door

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.

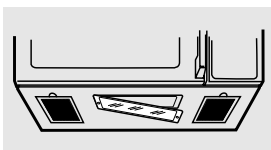
Door Seal

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

Replacing the lightbulbs.



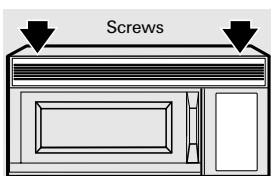
Remove screws



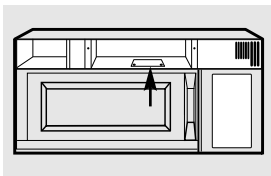
Cooktop Light/Night Light

Replace the burned-out bulb with a 40-watt incandescent bulb (WB36X10003), available from your GE supplier.

- 1 To replace the bulb(s), first disconnect the power at the main fuse or circuit breaker panel or pull the plug.
- 2 Remove the screw from the side of the light compartment cover and lower the cover until it stops.
- 3 Be sure the bulb(s) to be replaced are cool before removing. Break the adhesive seal and remove the bulb by gently turning.
- 4 Screw in the new bulb, then raise the light cover and replace the screw. Connect electrical power to the oven.



Screws

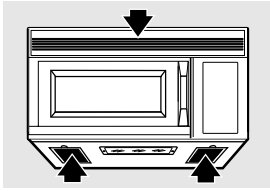


Oven Light

Replace the burned-out bulb with a 40-watt incandescent bulb (WB36X10003), available from your GE supplier.

- 1 To replace the oven light, first disconnect the power at the main fuse or circuit breaker panel or pull the plug.
- 2 Remove the top grille by taking out the 2 screws that hold it in place and sliding the grille to the left (opening the door makes grille removal easier).
- 3 Remove the light cover near the center of the oven that holds the bulb.
- 4 Replace the bulb and light cover, then replace the grille and screws. Connect electrical power to the oven.

Charcoal Filter
(on some models)



Reusable Grease Filters
(on all models)

The Vent Fan

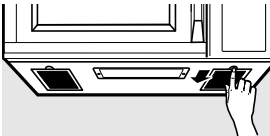
The vent fan has 2 metal reusable grease filters.

Models that recirculate air back into the room also use a charcoal filter.

Reusable Grease Filters

The metal filters trap grease released by foods on the cooktop. They also prevent flames from foods on the cooktop from damaging the inside of the microwave.

For this reason, the filters must ALWAYS be in place when the hood is used. The grease filters should be cleaned once a month, or as needed.



Removing and Cleaning the Filter

To remove, slide to the rear using the tabs. Pull down and out.

To clean the grease filter, soak it and then swish it around in hot water and detergent. Don't use ammonia or ammonia products because they will darken the metal. Light brushing can be used to remove embedded dirt.

Rinse, shake and let it dry before replacing.

To replace, slide the filter into the frame slot on the back of the opening. Press up and to the front to lock into place.

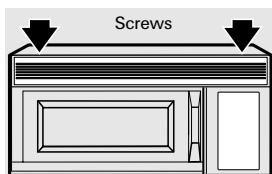
About the exhaust feature.

Charcoal Filter

The charcoal filter cannot be cleaned. It must be replaced. Order Part No. WB02X10776 from your GE supplier.

If the model is not vented to the outside, the air will be recirculated through a disposable charcoal filter that helps remove smoke and odors.

The charcoal filter should be replaced when it is noticeably dirty or discolored (usually after 6 to 12 months, depending on hood usage).

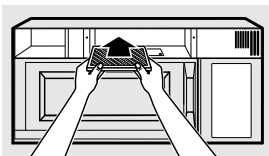


Remove 2 grille screws to remove the grille.

To Remove Charcoal Filter

To remove the charcoal filter, disconnect power at the main fuse or circuit breaker panel or pull the plug.

Remove the top grille by removing the 2 screws that hold it in place and sliding the grille to the left (opening the door makes grille removal easier). Slide the filter towards the front of the oven and remove it.



To Install Charcoal Filter

To install a new filter, remove plastic and other outer wrapping from the new filter.

Insert the filter into the top opening of the oven as shown. It will rest at an angle on 2 side support tabs and in front of the right rear tab. Replace the grille and 2 screws.



Troubleshooting Tips

Save time and money! Review the charts on the following pages first and you may not need to call for service.

Problem	Possible Causes	What To Do
Oven will not start	A fuse in your home may be blown or the circuit breaker tripped.	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
Floor of the oven is warm, even when the oven has not been used	The cooktop light is located below the oven floor. When the light is on, the heat it produces may make the oven floor get warm.	• This is normal.
"LOCKED" appears on the display	The control has been locked.	• Press and hold CLEAR/OFF for about 3 seconds to unlock the control.
You hear an unusual, low-tone beep.	You have tried to change the power level when it is not allowed.	• Many of the oven's features are preset and cannot be changed.

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.

Notes.

GE Service Protection Plus™

GE, a name recognized worldwide for quality and dependability, offers you Service Protection Plus™—comprehensive protection on all your appliances—**No Matter What Brand!**

Benefits Include:

- Backed by GE
- All brands covered
- Unlimited service calls
- All parts and labor costs included
- No out-of-pocket expenses
- No hidden deductibles
- One 800 number to call

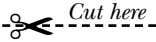
***We'll Cover Any Appliance.
Anywhere. Anytime.****

You will be completely satisfied with our service protection or you may request your money back on the remaining value of your contract. No questions asked. It's that simple.

Protect your refrigerator, dishwasher, washer and dryer, range, TV, VCR and much more—**any brand!** Plus there's no extra charge for emergency service and low monthly financing is available. Even icemaker coverage and food spoilage protection is offered. You can rest easy, knowing that all your valuable household products are protected against expensive repairs.

Place your confidence in GE and call us in the U.S. toll-free at **800.626.2224** for more information.

*All brands covered, up to 20 years old, in the continental U.S.



Please place in envelope and mail to:

General Electric Company
Warranty Registration Department
P.O. Box 32150
Louisville, KY 40232-2150

GE Microwave Oven Warranty.



All warranty service provided by our Factory Service Centers, or an authorized Customer Care® technician. To schedule service, on-line, 24 hours a day, visit us at www.GEAppliances.com, or call 800.GE.CARES (800.432.2737).

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

For The Period Of:

GE Will Replace:

One Year

From the date of the original purchase

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

Ten Years

For the second through the tenth year from the date of original purchase

The magnetron tube, if the magnetron tube fails due to a defect in materials or workmanship. During this **additional nine-year limited warranty**, you will be responsible for any labor or in-home service costs.

What GE Will Not Cover:

- Service trips to your home to teach you how to use the product.
- Improper installation.
- Failure of the product if it is abused, misused, 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.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use within the USA. In Alaska, the warranty excludes the cost of shipping or service calls to your home.

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

Warrantor: General Electric Company, Louisville, KY 40225

Consumer Support



GE Appliances Website

www.GEAppliances.com

Have a question or need assistance with your appliance? Try the GE Appliances Website 24 hours a day, any day of the year! For greater convenience and faster service, you can now download Owner's Manuals, order parts, catalogs, or even schedule service on-line. You can also "Ask Our Team of Experts™" your questions, and so much more...



Schedule Service

www.GEAppliances.com

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



Real Life Design Studio

www.GEAppliances.com

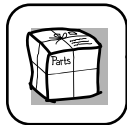
GE supports the Universal Design concept—products, services and environments that can be used by people of all ages, sizes and capabilities. We recognize the need to design for a wide range of physical and mental abilities and impairments. For details of GE's Universal Design applications, including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



Extended Warranties

www.GEAppliances.com

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



Parts and Accessories

www.GEAppliances.com

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

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



Contact Us

www.GEAppliances.com

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

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



Register Your Appliance

www.GEAppliances.com

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