



SPEED OVEN MODE GUIDE

COOKING MODE GUIDE

MODE	DESCRIPTION	METHOD	COOKWARE*
Keep Warm	For keeping food warm for up to 90 minutes.	Convection	Place oven-safe cookware on riser(s). No paper or plastic.
Popcorn	For snack- or regular-size microwave popcorn.	Microwave	Place the package on the turntable.
Beverage	For reheating beverages or preparing up to 6 cups of hot water.	Microwave	Place microwave-safe, non-metallic cookware on the turntable.
Melt/Soften	For melting butter or chocolate and softening cream cheese or butter.	Microwave	Place microwave-safe, non-metallic cookware on the turntable.
Convection	For browning and crisping foods.	Convection	Place oven-safe cookware on riser(s) or rack(s). No paper or plastic.
Broil	For intense top heat and additional browning.	Broil	Place oven-safe cookware on riser(s). No paper or plastic.
Micro Bake	Uses convection with 10% microwave power to expedite the cooking process.	Convection and Microwave	Place oven-safe, non-metallic cookware on riser(s).
Micro Roast	Uses convection with 30% microwave power to expedite the cooking process.	Convection and Microwave	Place oven-safe, non-metallic cookware on riser(s) or rack(s).
Gourmet	Refer to the Gourmet Guide.	—	—
Reheat	For reheating leftovers.	Microwave	Place microwave-safe, non-metallic cookware on the turntable.
Auto Defrost	Refer to the Auto Defrost Guide.	Microwave	Place microwave-safe, non-metallic cookware on the turntable.

*The turntable should remain installed for all cooking modes.

AUTO DEFROST GUIDE

FOOD	AMOUNT	METHOD
1 Ground Meat	1/2–2 lb (230 g–1.1 kg)	Remove any thawed pieces after each audible signal. Let stand for 5–10 minutes, covered.
2 Steaks, Chops	1/2–3 lb (230 g–1.4 kg)	After each audible signal, rearrange. If there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any defrosted meat. Let stand for 10–15 minutes, covered.
3 Boneless Poultry	1/2–2 lb (230 g–.9 kg)	After each audible signal, rearrange. If there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any defrosted meat. Let stand for 10–15 minutes, covered.
4 Bone-In Poultry	1/2–3 lb (230 g–1.4 kg)	After each audible signal, rearrange. If there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any defrosted meat. Let stand for 10–15 minutes, covered.
5 Roast	2–4 lb (.9–1.8 kg)	Start defrosting with the fat side down. After each audible signal, turn over and shield warm areas with aluminum foil. Let stand for 30–60 minutes, covered.

GOURMET GUIDE

FOOD	AMOUNT	METHOD	INSTRUCTIONS
1 Fresh Fruit and Vegetables—Soft Broccoli, Cauliflower, Cabbage, Brussels Sprouts, Spinach, and Zucchini Baked Apples	1/4–3 lb (115 g–1.4 kg) 2–4 medium	Microwave	Wash and place in a microwave-safe, non-metallic container. Cover with the lid or plastic wrap (pierce five times). After cooking, stir if possible. Let stand for 2–5 minutes, covered.
2 Fresh Vegetables—Hard Carrots (sliced) Corn on the Cob Green Beans Winter Squash (diced) Winter Squash (halves)	1/4–2 lb (115 g–.9 kg) 2–4 pieces 1/4–2 lb (115 g–.9 kg) 1/4–2 lb (115 g–.9 kg) 1–2	Microwave	Place in a microwave-safe, non-metallic container. Add 1–4 tablespoons (15–60 ml) water. Cover with the lid for tender vegetables. Use plastic wrap for tender-crisp vegetables. After cooking, stir if possible. Let stand for 2–5 minutes, covered.
3 Frozen Vegetables	1/4–2 lb (115 g–.9 kg)	Microwave	Place in a microwave-safe, non-metallic container. Do not add water. Cover with the lid or plastic wrap. After cooking, stir and let stand for 3 minutes, covered.
4 Frozen Entree	8 oz–3 lb (227 g–1.4 kg)	Microwave	Remove the contents from the package. Remove the outer wrapping and follow the package directions for covering. After cooking, let stand for 1–3 minutes, covered.
5 Baked Potatoes	1–6 medium	Microwave	Pierce each potato three times per side and place around the perimeter of the turntable. After cooking, remove from the microwave, wrap in aluminum foil, and let stand for 5–10 minutes.
6 Bacon	2–6 slices	Microwave	Place in a paper-towel-lined microwave-safe, non-metallic container. Thick-cut bacon may require additional time to achieve the desired doneness.
7 Hamburgers	2–4 patties 1/4 lb (115 g) each	Broil and Microwave	Place burgers in a shallow oven-safe, glass container on a riser.
8 Steaks	2 steaks 3/4–1" (19–25 mm) thick	Broil and Microwave	Place steaks in a shallow oven-safe, glass container on a riser.
9 Ground Meat	1/4–2 lb (115 g–.9 kg)	Microwave	Place ground meat in a microwave-safe, non-metallic container and slightly separate the meat prior to cooking. Cover with plastic wrap (pierce five times). When the microwave stops, stir and chop the meat to break up large pieces. Cover and touch Start. After cooking, let stand for 2–3 minutes, covered.
10 Chicken Pieces—Bone-In Wing, Leg, Thigh, Breast	2–4 pieces	Broil and Microwave	Place chicken pieces in a shallow oven-safe, glass container on a high riser. After cooking, let stand for 5 minutes. The internal temperature should be at least 170°F (75°C) for white meat and 180°F (80°C) for dark meat.
11 Chicken Breasts—Boneless	2–4 pieces	Broil and Microwave	Place chicken breasts in a shallow oven-safe, glass container on a high riser. After cooking, let stand for 5 minutes. The internal temperature should be at least 170°F (75°C).
12 Fish	1/4–2 lb (115 g–.9 kg)	Microwave	Arrange in a ring around a shallow microwave-safe, non-metallic container. Cover with plastic wrap (pierce five times). After cooking, let stand for 5 minutes, covered.
13 White Rice	1/2–4 cups (95–512 g)	Microwave	Place the rice into a microwave-safe, non-metallic container and add double the quantity of boiling water (e.g. 1 cup rice and 2 cups water). Cover with a lid or plastic wrap (pierce five times). After cooking, stir, cover, and let stand until all the liquid is absorbed.
14 Cakes	1 cake, 9" pan	Convection and Microwave	Prepare according to package or recipe directions. Once preheat is complete, place in a 9" (229 mm) oven-safe, glass container on the low riser.
15 Cookies	Up to 9 on a 12" pan	Convection	Prepare according to package or recipe directions and place on a 12" (305 mm) pizza pan on the low riser. Cookies should be approximately 2" (51 mm) for best results.

