Enter Reheat time, up to 99:59.

Reheat:

**BAKED POTATO (sensor)**
- Senses 1-4 potatoes, 10-13 oz (283-369 g) each, similar in size:
  - Pierce each potato several times with a fork. Place on paper towel, around turntable edges, at least 1” (2.5 cm) apart. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.

**VEGETABLES**

- **Canned Vegetable**
  - Place in microwave-safe container. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.

- **Fresh Vegetable**
  - Place in microwave-safe container. Add 2-4 tbs (30-60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.

- **Frozen Vegetable**
  - Remove from package. Place in microwave-safe container. Add 2-4 tbs (30-60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.

**REHEAT**

- **Beverage**
  - Place food on microwave-safe plate, cover with plastic wrap, and vent.

- **Casserole**
  - Place on paper towel. Two small rolls may be counted as 1 piece.

- **Meal**
  - Place food on microwave-safe plate, cover with plastic wrap, and vent.

- **Pizza**
  - Place on paper towel lined paper plate.

- **Sauce**
  - Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.

- **Soup**
  - Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.

- **Rolls/Muffins**
  - Place on paper towel. Two small rolls may be counted as 1 piece.

**SOFTEN/MELT**

1. **Soften Butter/Margarine**
   - Unwrap and place in microwave-safe dish.

2. **Soften Caramel Dip**
   - Remove lid from container or place in microwave-safe dish.

3. **Soften Cream Cheese**
   - Remove lid from container.

4. **Soften Frozen Juice**
   - Place ice cream container on turntable.

5. **Soften Ice Cream**
   - Place ice cream container on turntable.

**COOK**

1. **Eggs**
   - Poached Eggs: Add 2 tbs water to each cup for each egg. Place cups with water on the turntable, and start the cycle. At signal, add egg to each cup, pierce yolk(s), and cover.
   - Scrambled Eggs: Add 1 tbs water per egg. Mix egg(s) and water together and place in microwave-safe container with high sides. Cover with plastic wrap.

2. **Frozen Meals**
   - Frozen Entree: Remove from package. Loosen cover on 3 sides. If entrée is not in microwave-safe container, place on plate, cover with plastic wrap, and vent.
   - Frozen Burrito: Place on microwave-safe plate.
   - Frozen Snack Pocket: Follow directions on package.

3. **Hot Cereal/Oatmeal**
   - Follow directions on package. Use microwave-safe bowl with high sides.

4. **Meat/Poultry**
   - Chicken Pieces/Bone-in: Use microwave-safe container. Add 2 tbs water, cover with plastic wrap, and vent.
   - Ground Beef: 0.5, 1.0, 1.5, or 2.0 lbs: Break into pieces, and place in microwave-safe bowl. Cover with plastic wrap. Stir at signal.
   - Ground Poultry: 0.5, 1.0, 1.5, or 2.0 lbs: Break into pieces, and place in microwave-safe bowl. Cover with plastic wrap. Stir at signal.
   - Hot Dog: Place on paper towel lined paper plate.
STEAM/SIMMER (sensor)

Use provided steamer vessel. Sensor will detect when liquid begins to boil, then begin the Steam or Simmer countdown.

**NOTE:** Do not remove the lid while the steamer is in the microwave oven, as a rush of steam would disrupt the sensor readings.

1. **Fresh Fish Fillet** – Senses 0.5-2.0 lbs (227-907 g): Add 1/2 cup (125 mL) water to steamer base, place food in insert, and cover with lid.

2. **Fresh Vegetables:** Add 1/2 cup (125 mL) water to steamer base, place food in insert, and cover with lid.
   - Asparagus – Senses 8-16 oz (227-454 g)
   - Broccoli – Senses 2-4 cups (500 mL-1 L)
   - Carrots – Senses 2-4 cups (500 mL-1 L)
   - Cauliflower – Senses 2-4 cups (500 mL-1 L)
   - Corn on the Cob – Senses 1-4 ears
   - Green Beans – Senses 1-4 cups (250 mL-1 L)
   - Red (New) Potatoes – Senses 2-4 potatoes
   - Spinach – Senses 4-8 cups (1-2 L)

3. **Frozen Vegetables** – Senses 1-4 cups (250 mL-1 L): Add 1/2 cup (125 mL) water to steamer base, place food in insert, and cover with lid.

4. **Dried Pasta:** Add water to steamer base, cover with lid, place in microwave oven, and start the cycle. When the water begins to boil, the microwave oven will stop and prompt for the pasta to be added. Using oven mitts, gently remove steamer from microwave oven, add pasta, re-cover, return steamer to microwave oven, and resume the cycle.
   - Fettuccine – Senses 2-8 oz (57-113 g) pasta; add 4 cups (1 L) water to cook 2-4 oz (57-113 g) pasta; add 5 cups (1.25 L) water to cook 2.0 cups (375-500 mL) pasta
   - Macaroni – Senses 0.5-2.0 cups (125-500 mL): Add 2 cups (500 mL) water to cook 0.5 cup (125 mL) pasta; add 4 cups (1 L) water to cook 1 cup (250 mL) pasta; add 5 cups (1.25 L) water to cook 1.5-2.0 cups (375-500 mL) pasta
   - Penne – Senses 0.5-2.0 cups (125-500 mL): Add 2 cups (500 mL) water to cook 0.5 cup (125 mL) pasta; add 4 cups (1 L) water to cook 1 cup (250 mL) pasta; add 6 cups (1.5 L) water to cook 1.5-2.0 cups (375-500 mL) pasta
   - Spaghetti – Senses 2-8 oz (57-113 g) pasta; add 4 cups (1 L) water to cook 2-4 oz (57-113 g) pasta; add 5 cups (1.25 L) to cook 5-8 oz (142-227 g) pasta

5. **Rice:** Add water to steamer base, cover with lid.
   - Long Grain Brown Rice – Senses 0.5-2.0 cups (125-500 mL)
   - Instant White Rice – Senses 0.5-2.0 cups (125-500 mL)
   - Long Grain White Rice – Senses 0.5-2.0 cups (125-500 mL)

6. **Shrimp:** Senses 5-8 oz (142-227 g): Add 1/2 cup (125 mL) water to steamer base, place food in insert, and cover with lid.

7. **Manual Steam:** Add 1/2 cup (125 mL) water to steamer base, place food in insert, and cover with lid.

   **Sample approximate steam times:**
   - Soft vegetables 1-3 min (ex.: spinach - 4 sups [1 L] 1 min)
   - Hard vegetables 3-6 min (ex.: broccoli - 2 cups [500 mL] 4 min)
   - Frozen vegetables 4-5 min

   Use longer times for more doneness, or when steaming larger quantities.

8. **Manual Simmer:** Add food and liquid to steamer, and cover with lid. Enter simmer time. Simmer countdown begins after liquid begins to boil.

9. **Steam Clean:** Place 1 cup (250 mL) of water on turntable, then touch START. Cycle takes 15 minutes. Keep door closed until cycle ends. Wipe cavity with damp sponge or paper towel soon after the cycle ends.

CONVECTION BAKE

Use the provided short convection rack and a microwave-safe, overproof baking dish. See “Accessory Configurations” in the User Guide.

**NOTE:** Microwave oven cavity, inside of the door, convection rack and baking dish will be hot. Use oven mitts to remove the dish and to handle the hot convection rack.

1. **Biscuits (refrigerated)**
   - Regular – 5 or 10 servings: Use round cake pan or pizza pan.
   - Large – 5 or 8 servings: Use round cake pan or pizza pan.

2. **Bread**
   - Frozen Garlic Bread – 1 loaf
   - Quick Bread – 1 or 2 loaves
   - Yeast Bread – 1 or 2 loaves
   - Muffins – 6 muffins: Use pan with 6 cups.

3. **Casserole**
   - Lasagna – 8” x 8” (20.3 x 20.3 cm): Let stand 5 minutes after cooking.
   - Pasta Casserole – 1.0 to 2.0 qt (1.4 or 1.9 L): Let stand 5 minutes after cooking.
   - Vegetable Casserole – 1.5 or 2.0 qt (1.4 or 1.9 L): Let stand 5 minutes after cooking.

4. **Desserts**
   - Angel Food Cake – 1 cake: Use large tube pan. Invert pan after baking.
   - Brownies – 8” x 8” (20.3 x 20.3 cm)
   - Cookies – 1 pan: Use round pizza pan or cookie sheet.
   - Pie (fresh) – 1 pie, 9” (22.9 cm)
   - Pie (frozen) – 1 pie, 9” (22.9 cm): Follow directions on package.

5. **Frozen Pizza**
   - Rising Crust Pizza – 6” to 12” (15.2 to 30.5 cm): Use pizza pan, or place pizza directly on convection rack.
   - Thin Crust Pizza – 6” to 12” (15.2 to 30.5 cm): Use pizza pan, or place pizza directly on convection rack.

6. **Frozen Rolls** – 1 to 8 servings (rolls): Use round cake pan or pizza pan.

7. **Fresh Rolls**
   - Regular – 4 or 8 servings (rolls): Use refrigerated dough. Use round cake pan or pizza pan.
   - Large – 5 or 6 servings (rolls): Use refrigerated dough. Use round cake pan or pizza pan.

8. **Quiche** – 1 quiche, 9” (22.9 cm)

9. **Manual Convect Bake** – Use for foods such as baked goods, frozen foods and casseroles. Use same time as recipe. Allow microwave oven to preheat.

   - Place the convection rack on the turntable. Enter temperature, between 250°F (121°C) and 450°F (232°C). Default temperature is 325°F (163°C).
   - Touch COOK TIME, and enter time in hours and minutes, up to 4 hours. Default time is 4 hours.
   - Touch START to begin preheat. Preheat may be skipped by touching START again.
   - After preheat, place baking dish with food on the convection rack, then touch START to begin baking.

CONVECTION ROAST

Use the provided short convection rack and a microwave-safe, overproof baking dish. See “Accessory Configurations” in the User Guide.

**NOTE:** Microwave oven cavity, inside of the door, convection rack and baking dish will be hot. Use oven mitts to remove the dish and to handle the hot convection rack.

1. **Beef Roast** – 2.0 to 4.0 lbs (907 g-1.8 kg): Let stand, covered, for 15 minutes after cooking. Preset time is for medium doneness.

2. **Chicken Wings, frozen** – 1 to 4 servings:

   - Place in microwave-safe, ovenproof dish.
   - Touch START to begin preheat. Preheat may be skipped by touching START again.
   - After preheat, place baking dish with food on the convection rack, then touch START to begin baking.

   - Place the convection rack on the turntable. Default temperature is 325°F (163°C). Use number pads to enter a different temperature, 250°F (121°C) to 450°F (232°C).

3. **Lamb Chops** – 1 or 2 chops:

   - Cut into fat around edges. Preset time is for medium doneness.

4. **Meat Loaf** – 1.0, 1.5 or 2.0 lbs (454, 680 or 907 g)

5. **Pork Chops** – 1 or 2 chops: Cut into fat around edges.

6. **Pork Roast** – 2.0 to 4.0 lbs (907 g-1.8 kg): Let stand, covered, for 10 minutes after cooking.

7. **Turkey Breast, Bone-in** – 3.0-5.0 lbs (1.5-2.3 kg): Let stand, covered, for 10 minutes after cooking.

8. **Whole Chicken** – 3.0-5.0 lbs (1.5-2.3 kg): Let stand, covered, for 10 minutes after cooking.

9. **Manual Convect Roast** – Use for foods such as meats, vegetables and potatoes. Decrease time by 10%-20%. Use 30% microwave power for large meats and casseroles. Use 10%-20% microwave power for thin cuts of meat.

   - Place the convection rack on the turntable. Default temperature is 325°F (163°C). Use number pads to enter a different temperature, 250°F (121°C) to 450°F (232°C).

   - Touch COOK TIME/POWER, and enter time in hours and minutes, up to 4 hours. Default time is 4 hours.

   - Touch START to begin preheat. Preheat may be skipped by touching START again.

   - After preheat, place baking dish with food on the convection rack, then touch START to begin roasting.