
KitchenAid® Built-In Microwave Oven Model KMBS104 Quick Reference Guide

Use this guide as a quick reference when using your KitchenAid® Built-In Microwave Oven. For more complete information, see the Use and Care Guide.

Dial position: To help avoid breakage, the dial should remain in its flush position any time it is not being used. Push and release the dial to pop it out for use. After each use, be sure to push the dial back into its flush position.

Clock: Touch and hold SELECT for 5 seconds. Turn the dial to set the hour, and then touch SELECT or START. Turn the dial to set the minutes, and then touch SELECT or START to complete the setting.

To cancel the Clock, touch and hold SELECT for 5 seconds, and then touch CANCEL.

Meal Prep: Touch REHEAT, COOK or DEFROST. Turn the dial, or touch the menu pad repeatedly to scroll through the numbers of the menu items from the lists below, and then touch SELECT. Turn the dial to the desired amount, and then touch START.

REHEAT

- 1 Baked Goods** – 1, 2, 3, 4, 5 or 6 pieces, 2 oz (57 g) each: Place on paper towel. Two small rolls may be counted as 1 piece.
 - 2 Beverage** – 1 or 2 cups, 8 oz (250 mL) each: Do not cover. The diameter of the cup's opening will affect how the liquid heats. Beverages in cups with smaller openings may heat faster.
 - 3 Casserole** – 1, 2, 3 or 4 cups (250, 500, 750 mL or 1 L): Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
 - 4 Pizza** – 1, 2 or 3 slices, 4 oz (113 g) each: Place on paper towel lined paper plate.
 - 5 Sauce** – 1 to 4 cups (250 mL to 1 L): Place in microwave-safe container and cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after reheating.
 - 6 Soup** – 1 to 4 cups (250 mL to 1 L): Place in microwave-safe container and cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after reheating.
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COOK

- 1 Canned Vegetables** – 1 to 4 cups (250 mL to 1 L): Place in microwave-safe container. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
 - 2 Cereal** – 1, 2, 3 or 4 servings: Follow directions on package. Use microwave-safe bowl with high sides.
 - 3 Boneless Chicken Breasts** – 1, 2, 3 or 4 pieces, 6 oz (170 g) each: Place in microwave-safe container. Add 2 tbs (30 mL) water, cover with plastic wrap, and vent. Let stand in microwave oven 3 minutes after cooking.
 - 4 Fresh Vegetables** – 1 to 4 cups (250 mL to 1 L): Place in microwave-safe container. Add 2 to 4 tbs (30 to 60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
 - 5 Frozen Entrée** – 10 or 20 oz (283 or 567 g): 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.
 - 6 Frozen Vegetables** – 1 to 4 cups (250 mL to 1 L): Remove from package. Place in microwave-safe container. Add 2 to 4 tbs (30 to 60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
 - 7 Rice** – 0.5 to 2 cups (125 to 500 mL): Use dish with loose-fitting lid. Let stand 5 minutes after cooking.
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DEFROST

- 1 Bread** – 0.1 to 2.0 lbs (45 to 907 g): Remove wrap and place on paper towel. Do not cover.
- 2 Fish/Seafood** – 0.2 to 4.4 lbs (90 g to 2 kg): Remove wrap and place in microwave-safe dish. Do not cover.
- 3 Meat** – 0.2 to 6.6 lbs (90 g to 3 kg): Remove wrap and place in microwave-safe dish. Do not cover.
- 4 Poultry** – 0.2 to 6.6 lbs (90 g to 3 kg): Remove wrap and place breast side up in microwave-safe dish. Do not cover.