

GE Cooking Guide

Convection, Grill, Combination, Microwave

This Cooking Guide is a quick reference for using some of the features of the new Microwave Oven and its unique convection, grilling and combination features. See the Owner's Manual for additional information.

CONVECTION

Use to bake like a normal oven using time and temperature.

The turntable support and **black metal tray** must be used.

WITH PREHEAT:

- 1 Press **CONVECTION**.
- 2 Enter the desired oven temperature, between 250°F and 450°F.
- 3 Press **START/PAUSE** to begin preheating.
- 4 The oven will signal when it reaches the set temperature. If you do not open the oven door within 1 hour, the oven will turn off automatically.
- 5 Place the food in the oven. Use Caution! Oven surfaces can be hot!
- 6 Close the oven door.
- 7 Enter the cooking time using whole minutes.
- 8 Press **START/PAUSE** to begin cooking.

WITHOUT PREHEAT:

- 1 Place the food in the oven.
- 2 Press **CONVECTION**.
- 3 Enter the desired oven temperature, between 250°F and 450°F.
- 4 Enter the cooking time using whole minutes.
- 5 Press **START/PAUSE** to begin cooking.

NOTE: The metal tray may be very hot. Always use oven mitts when removing the tray or food dish.

GRILL

Choose **GRILL-1** for heat from both the top and bottom heating elements. Choose **GRILL-2** for heat from the top element only.

The turntable support and **black metal tray** must be used.

For foods that cook best with heat from the top and bottom:

- 1 Place food in the oven.
- 2 Press **GRILL**. "GRILL-1—ENTER GRILL TIME" will be displayed.
- 3 Enter grilling time using whole minutes.
- 4 Press **START/PAUSE** to begin cooking.

For foods that cook best using heat from the top only:

- 1 Place food in the oven.
- 2 Press **GRILL** two times. "GRILL-2—ENTER GRILL TIME" will be displayed.
- 3 Enter grilling time using whole minutes.
- 4 Press **START/PAUSE** to begin cooking.

NOTE: The metal tray may be very hot. Always use oven mitts when removing the tray or food dish.

COMBINATION 1 (Microwave and Convection)

Use Combination 1 for convection heat and microwave energy at the same time.

The turntable support and **black metal tray** must be used. The convection rack may be used for 2-layer baking.

WITH PREHEAT:

- 1 Press **COMBINATION**. "COMBI-1—ENTER OVEN TEMP 250-450" will be displayed.
- 2 Enter a temperature between 250°F and 450°F.

COMBINATION 1 (Microwave and Convection) (cont.)

WITH PREHEAT (cont.):

- 3 Press **START/PAUSE** to begin preheating.
- 4 The oven will signal when it reaches the set temperature. If you do not open the oven door within 1 hour, the oven will turn off automatically.
- 5 Place the food in the oven. Use caution! Oven surfaces can be hot!
- 6 Close the oven door.
- 7 Enter the cooking time using whole minutes.

NOTE: Microwave Power Level is programmed at Level 4. You can change it by pressing **POWER/TEMP**. Enter a Power Level between 1 and 4.

- 8 Press **START/PAUSE** to begin cooking.

WITHOUT PREHEAT:

- 1 Place the food in the oven.
- 2 Press **COMBINATION**. "COMBI-1—ENTER OVEN TEMP 250-450" will be displayed.
- 3 Enter a temperature between 250°F and 450°F.
- 4 Enter the cooking time using whole minutes.

NOTE: Microwave Power Level is programmed at Level 4. You can change it by pressing **POWER/TEMP**. Enter a Power Level between 1 and 4.

- 5 Press **START/PAUSE** to begin cooking.

COMBINATION 2 (Microwave and Grill)

Use Combination 2 for microwave energy and heat from the top and bottom.

The turntable support and **black metal tray** must be used.

- 1 Place the food in the oven.
- 2 Press **COMBINATION** two times. "ENTER COMBI-2 COOK TIME" will be displayed.
- 3 Enter the desired cooking time using whole minutes.

NOTE: Microwave Power Level is set at Level 4 and **GRILL-1** (top and bottom heaters on). To change either the Microwave Power Level or Grill setting, press **POWER/TEMP**. Select a Microwave Power Level between 1 and 4 first. Then select the Grill setting by pressing **1** to utilize the top and bottom heaters, or **2** for the top heater only.

- 4 Press **START/PAUSE** to begin cooking.

MICROWAVE (Traditional Microwave Cooking)

The turntable support and **glass tray** must be used.

- 1 Place the food in the oven.
- 2 Press **TIME COOK**.
- 3 Enter the desired cooking time.
- 4 Change the power level if you need less than the highest power level (10). Press **POWER/TEMP** and enter 1 to 10.
- 5 Press **START/PAUSE** to begin cooking.

COOKING TIPS

HARDWARE

Glass Tray—Use the glass tray only for **MICROWAVE** cooking, including **DEFROST, POPCORN, BEVERAGE, REHEAT** and **EXPRESS** modes.

Black Metal Tray—Use the metal tray only for **CONVECTION, COMBINATION** and **GRILL** modes.

Rack—The rack should only be used for two layer baking in **CONVECTION** mode.

COOKWARE

CONVECTION/GRILL—When possible, place food directly on **black metal tray**. If necessary, oven-safe **Glass, Glass-Ceramic** or **Metal** cookware may be used. **Note:** Metal pans are recommended for all types of baked products, but especially where browning is important.

COMBINATION—When possible, place food directly on **black metal tray**. If necessary, oven-safe **Glass** or **Glass-Ceramic** cookware may be used. Do not use Metal cookware or items with metal trim as they may cause arcing (sparking) and damage the cookware or oven.

RECIPE CONVERSION

COMBINATION 1 (Microwave and Convection)—In general, normal recipe cook times should be **reduced by 30%** due to the addition of microwave power. For example, if the recipe states to cook a roast at 400°F for 60 minutes, the cooking time should be set to 42 minutes.

BEST COOKING METHODS

Use this chart as a guide to cooking common foods. Refer to the Owner's Manual for more details.

GRILL 1 (Uses both the Top and Bottom Heaters)

Food Type	Serving Size	Cooking Time	Options/Comments
Boneless Chicken Breasts	2 large (6–7 oz. each)	20 min.	Sprinkle with seasoning. Turn over after 13 min.
Boneless Pork Chops	2 (4–5 oz. each)	16 min.	Sprinkle with seasoning. Turn over after 8 min.
Rib Eye Steaks (Medium)	2 (3/4" thick)	15 min.	Sprinkle with seasoning. Turn over after 12 min.
Strip Steaks (Medium)	2 (1/2"–3/4" thick)	17 min.	Sprinkle with seasoning. Turn over after 12 min.
Filet Mignon (Medium)	2 (1–1 1/4" thick)	19 min.	Sprinkle with seasoning. Turn over after 12 min.
Hamburger Patties	2 (4 oz. each)	15 min.	Sprinkle with seasoning. Turn over after 10 min.
Salmon Filets	2 (5–6 oz. each)	13 min.	
Shrimp	1/2 lb.	9 min.	
Pizza (Frozen), Regular Crust	12" pizza	19 min.	
Pizza (Frozen), Rising Crust	12" pizza	25 min.	
Pizza (Frozen), Deep Dish Singles	2 pizzas	20 min.	
Grilled Cheese Sandwich	2 sandwiches	10 min.	Turn over after 7 min.

GRILL 2 (Uses the Top Heater Only)

Food Type	Serving Size	Cooking Time	Options/Comments
Cheese Sticks (Frozen)	2 servings (4 sticks)	11 min.	Place food in star pattern on tray.

COMBINATION 1 (Uses both Microwave Power and Convection Heat)

Food Type	Serving Size	Cooking Time	Options/Comments
Baked Potatoes	8–10 oz. each	30 min.	Preheat oven to 400°F; use default Microwave PL4.
Whole Chicken	3.5–4 lbs.	55 min.	Preheat oven to 375°F; use default Microwave PL4.

COMBINATION 2 (Uses both Microwave Power and Grill Heaters)

Food Type	Serving Size	Cooking Time	Options/Comments
Fish Sticks (Frozen)	2 servings (12 fish sticks)	5 min.	Use Microwave PL3, Grill 1; place food in star pattern.
Chicken Nuggets (Frozen)	2 servings (10 nuggets)	3 min.	Use Microwave PL4, Grill 1.
Crinkle-cut Fries (Frozen)	2 servings	10 min.	Use Microwave PL3, Grill 1.
Potato Nuggets (Frozen)	2 servings (18 nuggets)	8 min.	Use Microwave PL3, Grill 1.
Burritos (Frozen)	2 burritos	9 min.	Use Microwave PL2, Grill 1.
Bagel Bites (Frozen)	8 pieces	4 min.	Use Microwave PL3, Grill 1.



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