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# Whirlpool® Microwave Hood Combination Model WMH78519L Quick Reference Guide

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**MENU PROGRAMS:** Touch the Menu control. Use control arrows to scroll through program options, then touch SELECT control. Follow display prompts to select submenu items and/or amounts, and then start the program.

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## CONVECT BAKE

Use the provided short convection rack and a microwave-safe, ovenproof 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 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 and microwave safety dish on the turntable. Enter temperature, between 250°F (121°C) and 450°F (232°C). Default temperature is 325°F (163°C).
  - Touch Time/Power keypad, and enter time in hours and minutes, up to 4 hours.
  - Touch Start keypad to begin preheat. Preheat may be skipped by touching Start keypad again.
  - After preheat, place baking dish with food on the convection rack, then touch Start keypad to begin baking.
- 2 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.
- 3 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.
- 4 Casserole**
  - Lasagna – 8" x 8" (20.3 x 20.3 cm): Let stand 5 minutes after cooking.
  - Pasta Casserole – 1.5 or 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.
- 5 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 tray: 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.
- 6 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.
- 7 Frozen Rolls** – 1 to 8 servings (rolls): Use round cake pan or pizza pan.
- 8 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.
- 9 Quiche** – 1 quiche, 9" (22.9 cm).

## CONVECT ROAST

Use the provided short convection rack and an ovenproof microwavesafe dish or plate. See "Accessory Configurations" in the User Guide.

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

- 1 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 Time/Power keypad, and enter time in hours and minutes, up to 4 hours.
  - Touch Time/Power keypad, and enter power level, from 10% to 30%. Default power is 30%.
  - Touch Start keypad to begin pre heat. Preheat may be skipped by touching Start keypad again.
  - After preheat, place baking dish with rack and food on the turntable, then touch Start keypad to begin roasting.
- 2 Beef Roast** – 2.0 to 4.0 lbs (907 g-1.8 kg): Let stand, covered, for 10 minutes after cooking. Preset time is for medium doneness.
- 3 Chicken Wings, frozen** – 1 to 4 servings: Place in microwave-safe, ovenproof dish.
- 4 Whole Chicken** – 3.0-5.0 lbs (1.5-2.3 kg): Let stand, covered, for 10 minutes after cooking.
- 5 Lamb Chops** – 1 or 2 chops: Cut into fat around edges. Preset time is for medium doneness.
- 6 Meat Loaf** – 1.0, 1.5 or 2.0 lbs (454, 680 or 907 g).
- 7 Pork Chops** – 1 or 2 chops: Cut into fat around edges.
- 8 Pork Roast** – 2.0-4.0 lbs (907 g-1.8 kg): Let stand, covered, for 10 minutes after cooking.
- 9 Turkey Breast, Bone-in** – 3.0-5.0 lbs (1.5-2.3 kg): Let stand, covered, for 10 minutes after cooking.

## AIR FRY

Use with air fry basket. See “Accessory Configurations” in the User Guide. Touch Air Fry button, enter weight or servings, press select to confirm. Insert air fry basket and food at prompt, press Start button to start cooking. And turn/flip food at prompt.

### NOTES:

- Microwave oven cavity, inside of the door, air fry basket, glass tray will be hot. Use oven mitts to remove the air fry basket and take out the glass tray to clean.
  - The feet of the air fry basket are foldable. Please do not use the feet of the basket when handling the basket, otherwise there is a risk of tipping.
  - Before cooking, kindly remind to open the foldable feet and put the air fry basket on the center of the turntable.
  - During or after cooking, air fry basket will be hot, always use mitts to remove and handle the hot air fry basket.
  - The basket is designed to be easy to clean and Dishwasher safe. Please use a cleaning sponge or rag to hand wash the basket, try to avoid using steel wool to clean the basket or sharp instruments to scratch the basket.
  - When cooking juicy meats, a microwave safe dish can be placed on the turntable and under the air fry basket as a grease pan.
  - When taking out the basket from the cavity, pay attention to whether there is any dripping juice in the basket, so as to avoid scalding or causing the table surface to be dirty.
- 1 Manual air fry:** This function is to use forced air combined with grill function to obtain deep fried effect in a microwave oven environment instead of submerging the food in oil. For better performance, we recommend using auto recipes to fry food first. If there is no recipe you can try manual function.
- Open the foldable feet of the air fry basket.
  - Place the air fry basket on the center of the turntable and turn the turntable to make sure the air fry basket does not touch the cavity wall.
  - Air fry default temperature is 425°F (218°C). Use number pads to enter a different temperature, 400°F (204°C) to 450°F (232°C).
  - Touch Cook Time/Power, and enter time in minutes and seconds, up to 99:59. Default time is 30 minutes.
  - Touch Start to cook. Allow to turn food if needed.

Temperature Level	Suggested Use
400°F (204°C)	Fresh Vegetable such as Cauliflower, Broccoli.
425°F (218°C)	Fresh meat such as Chicken Wings, Chicken Breast.
450°F (232°C)	Frozen food such as French fries, Potato wedges, Chicken nuggets, and some food with breading.

- 2 French fries, Frozen** - 1-5 servings/1 serving (1 serving/3 oz (85 g)):  
Put the frozen French fries in the air fry basket in one layer. No need to thaw, start cooking directly. Flip the French fries when the system prompts to flip food during the cooking process.
- 3 Chicken nuggets, Frozen** - 1-6 servings/1 serving (5 pieces/-serving):  
Put the Frozen chicken nuggets in the air fry basket in one layer. No need to thaw, start cooking directly. Turn the chicken nuggets when the system prompts to turn food during the cooking process.

- 4 Chicken wings, Fresh** - 2-14 pieces/1 piece (40-50 g/pieces):  
After marinating the fresh chicken wings, brush with oil, and put the chicken wings in the air fry basket in one layer. Turn the chicken wings when the system prompts to turn food during the cooking process.
- 5 Roasted Potatoes, Fresh** - 0.5 lbs-1.6 lbs/0.1 lbs (1" (2.5 cm)/cube or pieces):  
Cut the baby potatoes into 1" (2.5 cm) quarters, coat with seasonings and grated Kraft Parmesan Cheese, put the potatoes in the air fry basket in one layer. Flip the potatoes when the system prompts to flip food during the cooking process.
- 6 Brussel Sprouts, Fresh** - 2-6 servings/1 serving (Diameter 1.0-2.75" (2.5-7 cm) Halve vertically 0.25 lbs (113 g)/serving):  
Halve the Brussel Sprouts vertically, mix with seasonings and oil, put in the air fry basket in one layer. Flip food when the system prompts to flip the brussel sprouts during the cooking process.
- 7 Cauliflower Bites, Fresh** - 2-6 servings/1 serving (1.5" (3.8 cm) florets 0.25 lbs (113 g)/serving):  
Cut the cauliflower into 1.5" (3.8 cm) florets, coat with the Cayenne Pepper Sauce and melted butter/bread with Panko Bread Crumbs and almond flour, put in the air fry basket in one layer. Flip the cauliflower when the system prompts to flip food during the cooking process.
- 8 Zucchini Chips, Fresh** - 1 layer (sliced 1 cm thick rounds):  
Cut the Zucchini in 1 cm thick slice, coat with seasonings and bread with flour, eggs and Panko Bread Crumbs, put on the air fry basket in one layer. Turn the Zucchini chips when the system prompts to turn food during the cooking process.
- 9 Chicken Breast, Fresh** - 0.5 lbs-2 lbs/0.1 lbs (227 g-907 g/45 g) (0.4-0.6 lbs (181-272 g)/piece):  
Cut off the thin edge, after marinating chicken breast, brush with oil, put on the air fry basket in one layer. Turn the chicken breasts when the system prompts to turn food during the cooking process.

## GRILL

Use the provided air fry basket and an ovenproof microwave-safe dish or plate. See “Accessory Configurations” in the User Guide. Turn over food at prompt.

**NOTE:** Microwave oven cavity, inside of the door, air fry basket, glass tray will be hot. Use oven mitts to remove the air fry basket and take out the glass tray to clean will be hot.

- 1 Manual Grill:** Touch Time/Power, and enter time in minutes and seconds, up to 99:59. Touch Time/Power again, and enter power level, from 10% to 100%. Default power level is 100%.
- 2 Beef Steak** – 1 steak: Cut into fat around edges. Preset time is for medium doneness.
- 3 Kabobs** – 1 to 4 kabobs.
- 4 Chicken Pieces, Bone-in** – 0.6-1.8 lbs (272-816 g): Brush chicken with oil.
- 5 Fish Steak** – 1 or 2 steaks, 1" (2.5 cm) thick: Brush fish with oil.
- 6 Hamburger Patties** – 1 to 4 patties, 0.3 lbs (136 g) each.
- 7 Lamb Chops** – 1 to 4 chops.
- 8 Pork Chops** – 1 or 2 chops: Cut into fat around edges.
- 9 Shrimp** – 5-8 oz (142-227 g): Place shrimp on a skewer, then brush with oil.

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## STEAM/SIMMER (sensor)

Use a microwave proof steamer vessel, the steamer vessel is not provided but can be purchased from Whirlpool.

**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)
  - Squash/Zucchini – Senses 2-4 cups (500 mL-1 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.
  - Fettuccini – Senses 2-8 oz (57-227 g): Add 4 cups (1 L) water to cook 2-4 oz (57-113 g) pasta; add 5 cups (1.25 L) water to cook 5-8 oz (142-227 g) 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 (57-227 g): Add 4 cups (1 L) water to cook 2-4 oz (57-113 g) pasta; add 6 cups (1.5 L) to cook 5-8 oz (142-227 g) pasta.
- 5 Rice:** Add food and liquid to steamer base, and 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 minutes (ex.: spinach - 4 cups [1 L] 1 minute)
  - Hard vegetables 3-6 minutes (ex.: broccoli - 2 cups [500 mL] 4 minutes)
  - Frozen vegetables 4-5 minutes

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.

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## STEAM CLEAN (sensor)

Place 1 cup (250 mL/each) of water on turntable, then touch START. Cycle takes 10 minutes. Keep door closed until cycle ends. Wipe cavity with damp sponge or paper towel soon after the cycle ends.

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## ACCUPOP (POPCORN) (sensor)

Senses 3.0-3.5 oz (85-99 g) size bags: Place bag on turntable. Listen for popping to slow to 1 pop every 1 or 2 seconds, then stop the cycle.

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## DEFROST

- 1 Meat** – 0.1 to 6.5 lbs (45 g to 3 kg): Remove wrap and place in microwave-safe dish. Do not cover.
- 2 Poultry** – 0.1 to 6.5 lbs (45 g to 3 kg): Remove wrap and place breast side up in microwave-safe dish. Do not cover.
- 3 Fish/Seafood** – 0.1 to 4.5 lbs (45 g to 2 kg): Remove wrap and place in microwave-safe dish. Do not cover.
- 4 Bread** – 0.1 to 2.0 lbs (45 to 907 g): Remove wrap and place in microwave-safe dish. Do not cover.

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## SOFTEN/MELT

- 1 Soften Butter/Margarine** – 0.5, 1.0, 1.5 or 2.0 sticks: Unwrap and place in microwave-safe dish.
- 2 Soften Caramel Dip** – 16 oz (454 g): Remove lid from container or place in microwave-safe dish.
- 3 Soften Cream Cheese** – 3 or 8 oz (85 or 227 g): Unwrap and place in microwave-safe dish.
- 4 Soften Frozen Juice** – 12 oz (340 g): Remove lid from container.
- 5 Soften Ice Cream** – 16, 32 or 64 oz (473, 946 or 1893 mL): Place ice cream container on turntable.
- 6 Manual Soften:** Enter Soften time, up to 99:59.
- 7 Melt Butter/Margarine** – 0.5, 1.0, 1.5 or 2.0 sticks: Unwrap and place in microwave-safe dish.
- 8 Melt Caramel** – 11 oz (312 g): Unwrap and place in microwave-safe dish.
- 9 Melt Cheese** – 8 or 16 oz (227 or 454 g): Place in microwave-safe dish. Stir at signal.
- 10 Melt Chocolate** – 1 to 12 oz (28 to 340 g): Place in microwave-safe dish.
- 11 Melt Marshmallow** – 5 or 10 oz (142 or 283 g): Place in microwave-safe dish.
- 12 Manual Melt:** Enter Melt time, up to 99:59.

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## AUTO COOK/REHEAT

### 1 Eggs

- Poached Eggs – 1, 2, 3 or 4 eggs: Add 2 tbs water to each custard cup for each egg. Put cups with water on the turntable, and start the cycle. At signal, add egg to each cup, pierce yolk(s), and cover.
- Scrambled Eggs – 1, 2, 3 or 4 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 Hot Cereal/Oatmeal: Follow directions on package. use microwave-safe bowl with high sides.

- Instant Oatmeal/Cereal – 1, 2, 3 or 4 servings
- Regular Oatmeal – 1, 2, 3 or 4 servings
- Quick Grits – 1, 2, 3 or 4 servings
- Regular Grits – 1, 2, 3 or 4 servings
- Hot Wheat – 1, 2, 3 or 4 servings

### 3 Small Potato – Enter 1-16 potatoes, 3-5 oz (85-142 g) each, similar in size: Pierce each potato 2-3 times with a fork. Place on paper towel, around turntable edges. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.

### 4 Big Potato – 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.

### 5 Fresh Vegetable – Senses 1-4 cups (250 mL-1 L): 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.

### 6 Reheat 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.

### 7 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.

### 8 Reheat Meal – Senses 1 plate, about 8-16 oz (227-454 g): Place food on microwave-safe plate, cover with plastic wrap, and vent.

### 9 Reheat Sauce – Senses 1-4 cups (250 mL-1 L): Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.

### 10 Reheat Soup – Senses 1-4 cups (250 mL-1 L): Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.

### 11 Manual Reheat: Enter Reheat time, up to 99:59.



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