GE APPLIANCES

MICROWAVE OVEN

OWNER'S MANUAL

JVM6172

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Write the model and serial numbers here:

Model #_____

Serial # _____

You can find them on a label inside the oven.

Español
Para consultar una version en español de esta manual de instrucciones, visite nuestro sitio de internet GEAppliances.com

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49-7000094 Rev. 0 12-19 GEA

THANK YOU FOR MAKING GE APPLIANCES A PART OF YOUR HOME.

Whether you grew up with GE Appliances, or this is your first, we're happy to have you in the family.

We take pride in the craftsmanship, innovation and design that goes into every GE Appliances product, and we think you will too. Among other things, registration of your appliance ensures that we can deliver important product information and warranty details when you need them.

Register your GE appliance now online. Helpful websites and phone numbers are available in the Consumer Support section of this Owner's Manual. You may also mail in the pre-printed registration card included in the packing material.

GE APPLIANCES

49-7000094 Rev. 0

IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

⚠WARNING To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:

When using electrical appliances, basic safety precautions should be followed, including the following:

- Read all instructions before using this appliance.
- Read and follow the specific precautions in the PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY section on page 5.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.
- This microwave must only be serviced by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

INSTALLATION

- Install or locate this appliance only in accordance with the provided installation instructions.
- This appliance must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” found on page 5.
- This microwave oven is UL listed for installation over both gas and electric ranges.
- This unit is suitable for use above gas or electric cooking equipment, 36” or less wide.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Keep cord away from heated surfaces.
- Do not let cord hang over the edge of the table or counter
- Do not immerse cord or plug in water.
- Do not cover or block any openings on the appliance.
- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool, near a sink or in similar locations.
- Do not mount this appliance over a sink.

TO REDUCE THE RISK OF FIRE IN THE CAVITY:

- Do not overcook food. Carefully attend appliance when paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
- Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
- Do not store any materials, other than our recommended accessories, in this oven when not in use. Do not leave paper products, cooking utensils or food in the cavity when not in use. Microwave rack should be removed from oven when not in use.
- If materials inside the oven ignite, keep the oven door closed, turn the oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
- Do not operate the microwave feature without food in the oven.

TO REDUCE THE RISK OF BURNS:

- Be careful when opening containers of hot food. Use pot holders and direct steam away from face and hands.
- Vent, pierce, or slit containers, pouches, or plastic bags to prevent build-up of pressure.
- Be careful when touching the turntable, door, racks, or walls of the oven which may become hot during use.
- HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE. Use caution when removing hot items.

READ AND SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

⚠WARNING Continued

OPERATING

- Do not operate the oven without the turntable in place. The turntable must be unrestricted so it can turn.
- Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery, or china dinnerware, which does not have metallic trim or glaze with a metallic sheen can be used in compliance with cookware manufacturers' recommendations.
- Do not store anything directly on top of the microwave surface when the microwave is in operation.
- Some products such as whole eggs and sealed containers - for example, closed jars - are able to explode and should not be heated in the microwave oven.
- Do not overcook potatoes. They could dehydrate and catch fire.
- Do not cover any other part of the oven with metal foil. This will cause overheating of the oven.
- Cook meat and poultry thoroughly—meat to at least an INTERNAL temperature of 160°F and poultry to at least an INTERNAL temperature of 180°F. Cooking to these temperatures usually protects against foodborne illness.
- This oven is not approved or tested for marine use.

CLEANING

- Keep the oven free from grease buildup.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving risk of electric shock.
- When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps, or detergents applied with a clean sponge or soft cloth. Rinse well.

SUPER HEATED WATER

- Liquids, such as water, coffee, or tea, are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.
- To reduce the risk of injury to persons:
  - Do not overheat the liquid.
  - Stir the liquid both before and halfway through heating it.
  - Do not use straight-sided containers with narrow necks.
  - After heating, allow the container to stand in the microwave oven for a short time before removing the container.
  - Use extreme care when inserting a spoon or other utensil into the container.

VENT FAN

The fan will operate automatically under certain conditions. Take care to prevent the starting and spreading of accidental cooking fires while the vent fan is in use.

- Clean the underside of the microwave often. Do not allow grease to build up on the microwave or the fan filters.
- In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan on the surface unit by covering the pan completely with a lid, a cookie sheet or a flat tray.
- Use care when cleaning the vent fan filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filters.
- When preparing flaming foods under the microwave, turn the fan on.
- Never leave surface units beneath your microwave oven unattended at high heat settings. Boilovers cause smoking and greasy spillovers that may ignite and spread if the microwave vent fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat on surface units only when necessary.

READ AND SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do Not Attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

(1) door (bent),

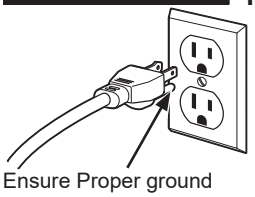
(2) hinges and latches (broken or loosened),

(3) door seals and sealing surfaces.

(d) The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

GROUNDING INSTRUCTIONS

⚠WARNING **Improper use of the grounding plug can result in a risk of electric shock.**



Ensure Proper ground exists before use.

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or service technician if the GROUNDING INSTRUCTIONS are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

Do not use an extension cord. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance.

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

PACEMAKERS

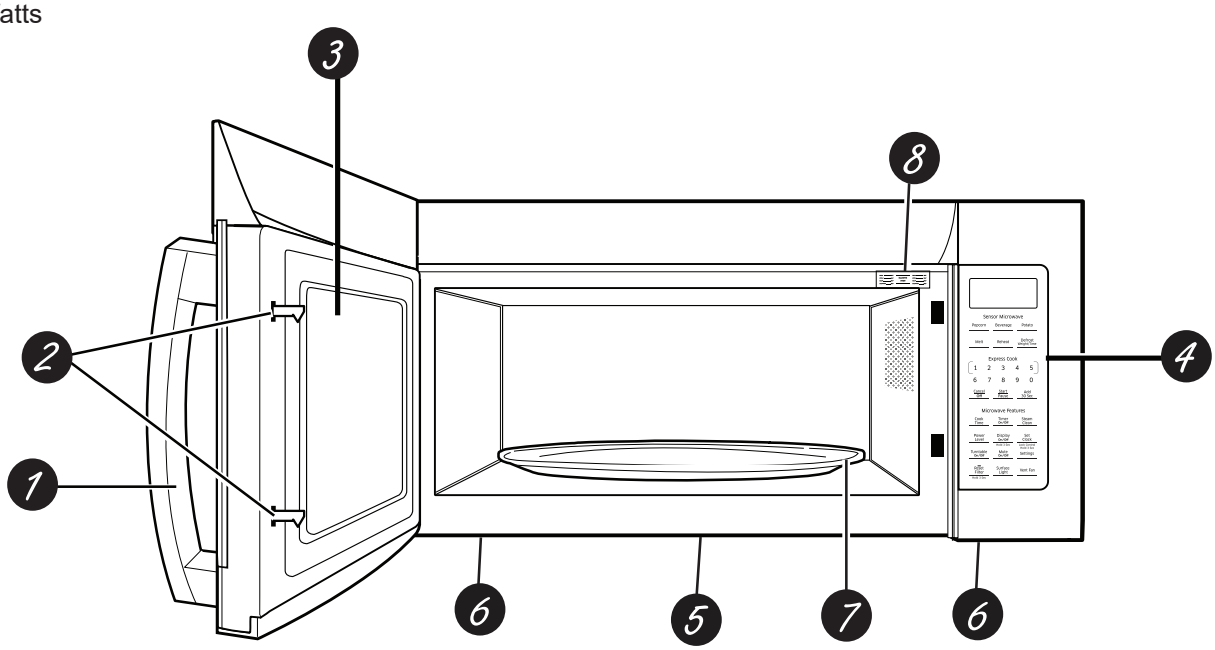
Most pacemakers are shielded from interference from electronic products, including microwaves. However, patients with pacemakers may wish to consult their physicians if they have concerns.

READ AND SAVE THESE INSTRUCTIONS

Controls

Throughout this manual, features and appearance may vary from your model.

1000 Watts

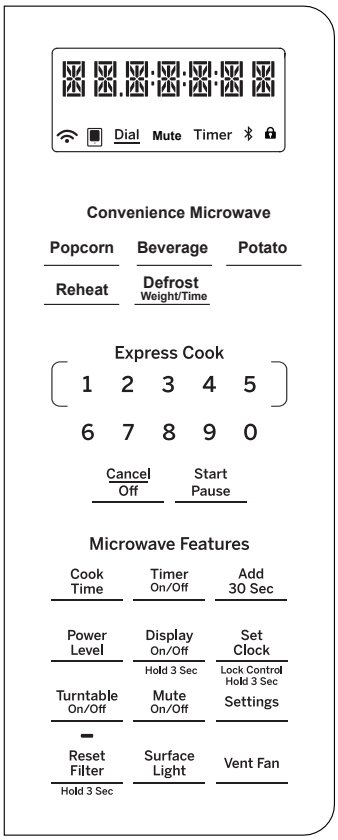


1. **Door Handle.** Pull to open the door. The door must be securely latched for the microwave to operate.
2. **Door Latches.**
3. **Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in the oven.
4. **Touch Control Panel.**
5. **Cooktop Light.**
6. **Grease Filter.**
7. **Removable Turntable.** Turntable and support must be in place when using the oven. The turntable may be removed for cleaning.
8. **Rating Plate.**

NOTE: Oven vent(s) and oven light are located on the inside walls of the microwave oven.

Controls

You can microwave by time or with the sensor features. Not all features on all models.



Cooking Controls

Check the Convenience Guide before you begin.

1

Time Features	
Press	**Enter**
Cook Time	Amount of cooking time
Defrost Weight/Time **Press twice**	Amount of defrosting time
Express Cook **Press number pads (1-5)**	Starts Immediately!
Power Level	Power level 1 to 10
Add 30 Sec	Starts Immediately

2

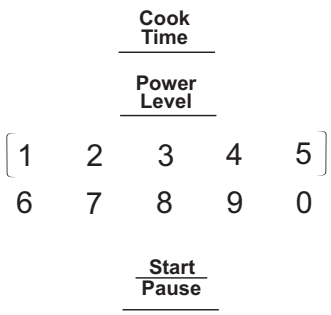
Convenience Features		
Press	**Enter**	**Options**
Popcorn	Starts immediately!	2.0/2.5/3.0/3.5 oz
Beverage	Starts immediately!	4/8/12/16 oz
Reheat	Food 1-6	1-3 servings
Potato	Starts Immediately!	1-4
Defrost Weight/Time **Press once**	Enter food weight	0.1-6.0 lbs

Features

Changing the Power Level

The power level may be entered or changed immediately after entering the feature time for Cook Time, Time Defrost, Add 30 Sec or Express Cook. The power level may also be changed during the time countdown.

1. Press **Cook Time**.
2. Enter cooking or defrosting time
3. Press **Power Level**.
4. Select desired power level 1-10.
5. Press **Start/Pause**. Pressing **Start/Pause** is not necessary for **Express Cook** buttons.



Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. Power level 7 is microwave energy 70% of the time. Power level 3 is energy 30% of the time. Most cooking will be done on HI which gives you 100% power.

Power Level 10 will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food.

Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

Rest periods (when the microwave energy cycles off) give time for the food to “equalize” or transfer heat to the inside of the food. An example of this is shown with power level 3—the defrost cycle. If microwave energy did not cycle off, the outside of the food would cook before the inside was defrosted.

Here are some examples of uses for various power levels:

Power Level 10: Fish, bacon, vegetables, boiling liquids.

Power Level 7: Gentle cooking of meat and poultry; baking casseroles and reheating.

Power Level 5: Slow cooking and tenderizing for stews and less tender cuts of meat.

P**ower Level 2 or 3:** Defrosting; simmering; delicate sauces.

Power Level 1: Keeping food warm; softening butter.

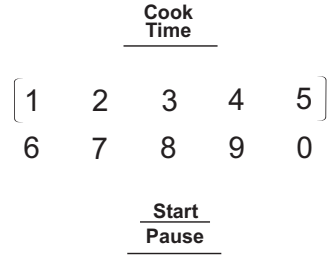
Time Features

Cook Time I

Allows you to microwave for any time up to 99 minutes and 99 seconds.

Power level 10 (high) is automatically set, but you may change it for more flexibility.

1. Press **Cook Time.**
2. Enter cooking time.
3. Change power level if you don’t want full power. (Press **Power Level**. Select a desired power level 1–10.)
4. Press **Start/Pause**.



You may open the door during Cook Time to check the food. Close the door and press Start/Pause to resume cooking.

Cook Time II

Lets you change power levels automatically during cooking. Here’s how to do it:

1. Press Cook Time.
2. Enter the first cook time.
3. Change the power level if you don’t want full power. (Press Power Level. Select a desired power level 1–10.)
4. Press Cook Time again.
5. Enter the second cook time.
6. Change the power level if you don’t want full power. (Press Power Level. Select a desired power level 1–10.)
7. Press Start/Pause.

At the end of Cook Time I, Cook Time II counts down.

Features

Cooking Guide for Cook Time

NOTE: Use power level 10 unless otherwise noted.

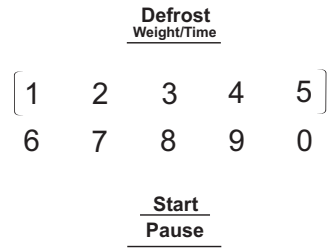
Vegetable	Amount	Time	Comments
Asparagus			
(fresh spears)	1 lb.	6 to 9 min.,	In 1 1/2-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
Beans			
(fresh green)	1 lb. cut in half	9 to 11 min.	In 1 1/2-qt. casserole, place 1/2 cup water.
(frozen green)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 2 tablespoons water.
(frozen lima)	10-oz. package	6 to 8 min.	In 1-qt. casserole, place 1/4 cup water.
Beets			
(fresh, whole)	1 bunch	15 to 18 min.	In 2-qt. casserole, place 1/2 cup water.
Broccoli			
(fresh cut)	1 bunch (1 1/4 to 1 1/2 lbs.)	7 to 10 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh spears)	1 bunch (1 1/4 to 1 1/2 lbs.)	9 to 13 min.	In 2-qt. oblong glass baking dish, place 1/4 cup water. Rotate dish after half of time.
(frozen, chopped)	10-oz. package	5 to 7 min.	In 1-qt. casserole.
(frozen spears)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Cabbage			
(fresh)	1 medium head (about 2 lbs.)	8 to 11 min.	In 1 1/2- or 2-qt. casserole, place 1/4 cup water.
(wedges)		7 to 10 min.	In 2- or 3-qt. casserole, place 1/4 cup water.
Carrots			
(fresh, sliced)	1 lb.	7 to 9 min.	In 1 1/2-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Cauliflower			
(flowerets)	1 medium head	8 to 13 min.	In 2-qt. casserole, place 1/2 cup water.
(fresh, whole)	1 medium head	9 to 16 min.	In 2-qt. casserole, place 1/2 cup water.
(frozen)	10-oz. package	4 to 5 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn			
(frozen kernel)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Corn on the cob			
(fresh)	1 to 5 ears	3 to 4 min. per ear	In 2-qt. oblong glass baking dish, place corn. If corn is in husk, use no water; if corn has been husked, add 1/4 cup water. Rearrange after half of time.
(frozen)	1 ear	5 to 6 min.	Place in 2-qt. oblong glass baking dish. Cover with vented plastic wrap. Rearrange after half of time.
	2 to 6 ears	3 to 4 min. per ear	
Mixed vegetables			
(frozen)	10-oz. package	4 to 18 min.	In 1-qt. casserole, place 3 tablespoons water.
Peas			
(fresh, shelled)	2 lbs. unshelled	9 to 12 min.	In 1-qt. casserole, place 1/4 cup water.
(frozen)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 2 tablespoons water.
Potatoes			
(fresh, cubed, white)	4 potatoes (6 to 8 oz. each)	9 to 12 min.	Peel and cut into 1 inch cubes. Place in 2-qt. casserole with 1/2 cup water. Stir after half of time.
(fresh, whole, sweet or white)	1 (6 to 8 oz.)	3 to 4 min.	Pierce with cooking fork. Place in the oven, 1 inch apart, in circular arrangement. Let stand 5 minutes.
Spinach			
(fresh)	10 to 16 oz.	5 to 7 min.	In 2-qt. casserole, place washed spinach.
(frozen, chopped and leaf)	10-oz. package	5 to 7 min.	In 1-qt. casserole, place 3 tablespoons water.
Squash			
(fresh, summer and yellow)	1 lb. sliced	5 to 7 min.	In 1 1/2-qt. casserole, place 1/4 cup water.
(winter, acorn or butternut)	1 to 2 squash (about 1 lb. each)	8 to 11 min.	Cut in half and remove fibrous membranes. In 2-qt. oblong glass baking dish, place squash cut-side-down.Turn cut-side-up after 4 minutes.

Time Features

Weight Defrost

The Defrost Weight/Time feature gives you two ways to defrost food.

Press **Defrost Weight/Time** once for weight defrost or twice for Time Defrost.



Use Weight Defrost for meat, poultry and fish up to 6 pounds. Use Time Defrost for most other frozen foods.

Weight Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

1. Press **Defrost Weight/Time** once.
2. Using the conversion guide, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
3. Press **Start/Pause**.

(Time Defrost is explained in the Time Features section.)

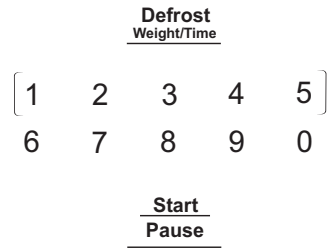
- Remove meat from package and place on microwave-safe dish.
- When the oven signals, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.	
Ounces	**Pounds**
1–2	**.1**
3	**.2**
4–5	**.3**
6–7	**.4**
8	**.5**
9–10	**.6**
11	**.7**
12–13	**.8**
14–15	**.9**

Time Defrost

Time Defrost allows you to defrost for a selected length of time. See the Defrosting Guide for suggested times. (Weight Defrost is explained in the Auto Feature section.)

1. Press **Defrost Weight/Time** twice.
2. Enter defrosting time.
3. Press **Start/Pause**.
4. Turn food over when the oven signal.
5. Press **Start/Pause**.



When the oven signals, turn food over and break apart or rearrange pieces for more even defrosting. Shield any warm areas with small pieces of foil. The oven will continue to defrost if you don't open the door and turn the food.

Power level is automatically set at 3, but can be changed. You can defrost small items quickly by raising the power level after entering the time. Power level 7 cuts the total defrosting time in about half; power level 10 cuts the total time to approximately 1/3. However, food will need more frequent attention than usual.

A dull thumping noise may be heard during defrosting. This is normal when oven is not operating at High power.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package. Closed packages should be slit, pierced or vented AFTER food has partially defrosted. Plastic storage containers should be partially uncovered.
- Family-size, prepackaged frozen dinners can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave-safe dish.
- For more even defrosting of larger foods, such as roasts, use Defrost Weight. Be sure large meats are completely defrosted before cooking.
- Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.
- When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the microwave very briefly, or let it stand a few minutes counts down.

Time Features

Defrosting Guide

Food	Time	Comments
Breads, Cakes		
Bread, buns or rolls (1 piece)	1 min.	
Sweet rolls (approx. 12 oz.)	3 to 5 min.	Rearrange after half of time.
Fish and Seafood		
Fillets, frozen (1 lb.)	6 to 8 min.	
Shellfish, small pieces (1 lb.)	5 to 7 min.	Place block in casserole. Turn over and break up after first half of time.
Fruit		
Plastic pouch—1 or 2 (10-oz. package)	3 to 6 min.	
Meat		
Bacon (1 lb.)	2 to 5 min.	Place unopened package in oven. Let stand 5 minutes after defrosting.
Franks (1 lb.)	2 to 5 min.	Place unopened package in oven. Microwave just until franks can be separated. Let stand 5 minutes, if necessary, to complete defrosting.
Ground meat (1 lb.)	5 to 7 min.	Turn meat over after first half of time.
Roast: beef, lamb, veal, pork	12 to 16 min. per lb.	Use power level Warm (1).
Steaks, chops and cutlets	5 to 7 min. per lb.	Place unwrapped meat in cooking dish. Turn over after first half of time and shield warm areas with foil. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Poultry		
Chicken, broiler-fryer, cut up (2 1/2 to 3 lbs.)	15 to 19 min.	Place wrapped chicken in dish. Unwrap and turn over after first half of time. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
Chicken, whole (2 1/2 to 3 lbs.)	17 to 21 min.	Place wrapped chicken in dish. After first half of time, unwrap and turn chicken over. Shield warm areas with foil. To complete defrosting, run cool water in cavity until giblets can be removed.
Cornish hen	7 to 13 min. per lb.	Place unwrapped hen in oven breast-side-up. Turn over after first half of time. Run cool water in cavity until giblets can be removed.
Turkey breast (4 to 6 lbs.)	5 to 9 min. per lb.	Place unwrapped breast in microwave-safe dish breast-side down. After first half of time, turn breast-side-up and shield warm areas with foil. Defrost for second half of time. Let stand 1 to 2 hours in refrigerator to complete defrosting.

About the Time Features

[1 2 3 4 5]

Express Cook

This is a quick way to set cooking time for 1–5 minutes.

Press one of the Express Cook pads (from 1 to 5) for 1 to 5 minutes of cooking at power level 10. For example, press the 2 pad for 2 minutes of cooking time.

The power level can be changed as time is counting down. Press POWER LEVEL and enter 1–10.

Add 30 Sec

Add 30 Sec

You can use this feature two ways:

- It will add 30 seconds to the time counting down each time the pad is pressed.
- It can be used as a quick way to set 30 seconds of cooking time.

About the Convenience Features

Popcorn

Use only with prepackaged microwave popcorn weighing 2.0 to 3.5 ounces

To use the Popcorn feature:

To use the **Popcorn** feature:

1. Follow package instructions, using **Cook Time** if the package is less than 2.0 ounces or larger than 3.5 ounces. Place the package of popcorn in the center of the microwave.
2. Press **POPCORN.** The oven starts immediately. Tap **POPCORN** to select the bag size you are cooking.

Beverage

To use the Beverage feature:

The Beverage feature heats 4-16 oz of any beverage.

Press **BEVERAGE**. The oven starts immediately.

The serving size is automatically set for 4 oz. Press **BEVERAGE** twice for 8 oz, three times for 12 oz, and four times for 16 oz.

Drinks heated with the Beverage feature may be very hot. Remove the container with care.

Reheat

Reheat

The Reheat feature reheats 1-3 servings of many previously cooked foods..

1. Press **REHEAT**.
2. Select food type 1-6 for one serving (see Reheat Guide below).
3. Press 2 or 3 to reheat 2 or 3 servings.
4. Press **START**.

Reheat Guide:

Food Type	Comments
1 Plate	Cover with vented plastic wrap.
2 Soup	Cover with lid or vented plastic wrap.
3. Vegetables	Cover with lid or vented plastic wrap.
4. Pasta	Cover with lid or vented plastic wrap.
5. Meats	Cover with lid or vented plastic wrap.
6. Sauces	Cover with lid or vented plastic wrap.

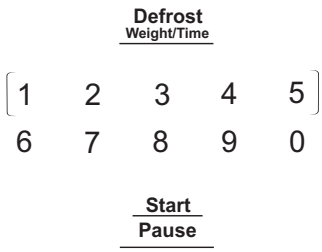
Potato

Potato

The Potato feature cooks up to four 8-10 ounce potatoes.

Press **POTATO** once for one potato, twice for two potatoes, three times for three potatoes, and four times for four potatoes. The oven will start immediately after **POTATO** is pressed.

About the Convenience Features



Weight Defrost

The Defrost Weight/Time feature gives you two ways to defrost food.

Press **Defrost Weight/Time** once for weight defrost or twice for Time Defrost.

Use Weight Defrost for meat, poultry and fish up to 6 pounds. Use Time Defrost for most other frozen foods.

Weight Defrost automatically sets the defrosting times and power levels to give even defrosting results for meats, poultry and fish.

1. Press **Defrost Weight/Time** once.
2. Using the conversion guide, enter food weight. For example, press pads 1 and 2 for 1.2 pounds (1 pound, 3 ounces).
3. Press **Start/Pause**.

(Time Defrost is explained in the Time Features section.)

- Remove meat from package and place on microwave-safe dish.
- When the oven signals, turn the food over. Remove defrosted meat or shield warm areas with small pieces of foil.
- After defrosting, most meats need to stand 5 minutes to complete defrosting. Large roasts should stand for about 30 minutes.

Conversion Guide

If the weight of food is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Ounces	Pounds
1–2	.1
3	.2
4–5	.3
6–7	.4
8	.5
9–10	.6
11	.7
12–13	.8
14–15	.9

Other Features

Cooking Complete Reminder

To remind you that you have food in the oven, the oven will display “Food is Ready” and beep once a minute until you either open the oven door or press **Cancel/Off**.

Set Clock

Press to enter the time of day or to check the time of day while microwaving.

1. Press **Set Clock**.
2. Enter time of day.
3. Press **Start** or **Set Clock.**

To check the time of day while microwaving, press **Set Clock**.

Child Lock-Out

You may lock the control panel to prevent the microwave from being accidentally started or used by children.

To lock or unlock the controls, press and hold **Set Clock** for about three seconds. When the control panel is locked, LOCKED will appear in the display.

Display On/Off

To turn the clock display on or off, press and hold **Display On/Off** button for about 3 seconds. The Display On/Off feature cannot be used while a cooking feature is in use.

Timer On/Off

Timer On/Off operates as a minute timer and can be used at any time, even when the oven is operating.

1. Press **Timer On/Off**.
2. Enter time you want to count down.
3. Press **Timer On/Off** to start.

When time is up, the oven will signal. To turn off the timer signal, press **Timer On/Off**.

NOTE: The timer indicator will be lit while the timer is operating.

Start/Pause

In addition to starting many functions, Start/Pause allows you to stop cooking without opening the door or clearing the display. Press **Start/Pause** again to restart the oven.

Turntable

For best cooking results, leave the turntable on. It can be turned off for large dishes. Press TURNTABLE to turn the turntable on or off.

Sometimes the turntable can become too hot to touch. Be careful touching the turntable during and after cooking.

Other Features

Vent Fan

Vent Fan

The vent fan removes steam and other vapors from surface cooking.

Press **Vent Fan** once for boost fan speed, twice for high fan speed, a third time for medium fan speed, a fourth time for low fan speed, and a fifth time to turn the fan off.

Surface Light

Surface Light

Press **Surface Light** to turn the surface light on or off.

On some models, there is a night light option.

Press **Surface Light** once for high light, twice for low light, and a third time to turn the light off.

Mute

Mute On/Off

The beeper sound level can be muted. Press **Mute On/Off.**

Automatic Fan

An automatic fan feature protects the microwave from too much heat rising from the cooktop below it. It automatically turns on at low speed if it senses too much heat.

If you have turned the fan on you may find that you cannot turn it off. The fan will automatically turn off when the internal parts are cool. It may stay on for 30 minutes or more after the cooktop and microwave controls are turned off.

Clock Mode

Settings

You can change clock 12/24 hrs display mode.

1. Press **Settings**.
2. Press **Express Cook** pad 1.
3. Select **12hrs/24hrs**.
   1 - 12 hrs
   2- 24 hrs

Display Speed

Settings

You can change display speed.

1. Press **Settings**.
2. Press **Express Cook** pad 2.
3. Select new display speed.
   1 - slow
   2 - normal

Sound Level

Settings

You can change sound level.

1. Press **Settings**.
2. Press **Express Cook** pad 3.
3. Select sound level.
   0 - mute
   1 - low
   2 - normal
   3 - loud

Reset Filter Button

Reset Filter

Hold 3 Sec

The light will illuminate after approximately 6 months of alert user to replace the charcoal filter (if used) and clean/replace the grease filters. Reset by push and hold 3 seconds.

Filter Replace Reminder

The charcoal/grease filter should be replaced when it is noticeably dirty / discolored(usually after 6-12 months, depending on hood usage) or filter replacement LED is on.

When the Filter Replace LED turned on, replace filter and press Reset Filter and hold for 3 seconds to reset.

Microwave terms

Arcing Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- the metal shelf being installed incorrectly and touching the microwave walls.
- metal or foil touching the side of the oven.
- foil that is not molded to food (upturned edges act like antennas).
- metal such as twist-ties, poultry pins, gold-rimmed dishes.
- recycled paper towels containing small metal pieces.
- the turntable ring support being installed incorrectly.

Covering Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.

Shielding In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.

Standing Time When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.

Venting After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Care and Cleaning

Helpful Hints

An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.

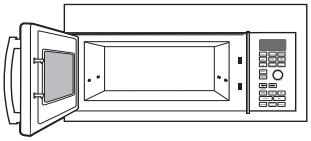
Be sure the power is off before cleaning any part of this oven.

How to Clean the Inside

Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

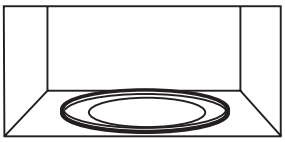
Some spatters can be removed with a paper towel; others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners or sharp utensils on oven walls.

Never use a commercial oven cleaner on any part of your microwave.



Removable Turntable and Turntable Support

To prevent breakage, do not place the turntable into water just after cooking. Wash it carefully in warm, sudsy water or in the dishwasher. The turntable and support can be broken if dropped. Remember, do not operate the oven in the microwave mode without the turntable and support seated and in place.

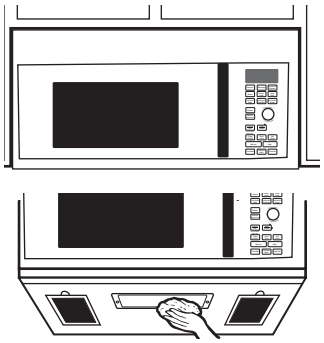


How to Clean the Outside

We recommend against using cleaners with ammonia or alcohol, as they can damage the appearance of the microwave oven. If you choose to use a common household cleaner, first apply the cleaner directly to a clean cloth, then wipe the soiled area.

Case

Clean the outside of the microwave with a sudsy cloth. Rinse and then dry. Wipe the window clean with a damp cloth.



Control Panel

Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects on the panel—they can damage it. Some paper towels can also scratch the control panel.

Door Panel

Before cleaning the front door panel, make sure you know what type of panel you have. Refer to the eighth digit of the model number. “S” is stainless steel, “L” is CleanSteel and “B”, “W” or “C” are plastic colors.

Stainless Steel (on some models)

The stainless steel panel can be cleaned with Stainless Steel Magic or a similar product using a clean, soft cloth. Apply stainless cleaner carefully to avoid the surrounding plastic parts. Do not use appliance wax, polish, bleach or products containing chlorine on Stainless Steel finishes.

Plastic Color Panels

Use a clean, soft, lightly dampened cloth, then dry thoroughly.

Door Seal

It’s important to keep the area clean where the door seals against the microwave. Use only mild, non-abrasive detergents applied with a clean sponge or soft cloth. Rinse well.

Bottom

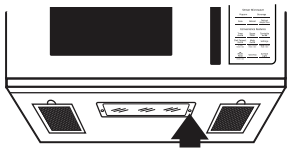
Clean off the grease and dust on the bottom often. Use a solution of warm water and detergent.

Care and Cleaning

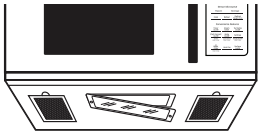
Cooktop Light/Nite Light

Replace with a 120 volt, 50 watt (max.) halogen bulb. See back cover for ordering online at GEAppliances.com.

1. To replace the cooktop light/nite light, first disconnect the power at the main fuse or circuit breaker panel, or pull the plug.
2. Remove the screw from the side of the light compartment cover and lower the cover until it stops.
3. Be sure the bulb is cool before removing. Break the adhesive seal by gently unscrewing the bulb.
4. Screw in the new bulb, then raise the light cover and replace the screw. Connect electrical power to the oven.



Remove screw.

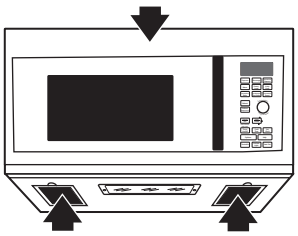


Vent Fan

The vent fan has two metal reusable vent filters.

Models that recirculate air back into the room also use a charcoal filter.

Charcoal filter



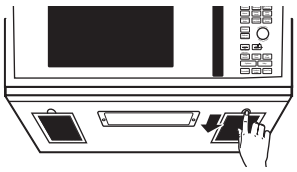
Reusable vent filters (on all models).

Reusable Vent Filters

The metal filters trap grease released by foods on the cooktop. They also prevent flames from foods on the cooktop from damaging the inside of the oven.

For this reason, the filters must always be in place when the hood is used. The vent filters should be cleaned once a month, or as needed.

Removing and Cleaning the Filters



To remove, slide them to the rear using the tabs. Pull down and out.

To clean the vent filters, soak them and then swish around in hot water and detergent. Don't use ammonia or ammonia products because they will darken the metal. Light brushing can be used to remove embedded dirt.

Rinse, shake and let dry before replacing.

To replace, slide the filters into the frame slots on the back of each opening. Press up and to the front to lock into place.

Care and Cleaning

Charcoal Filter

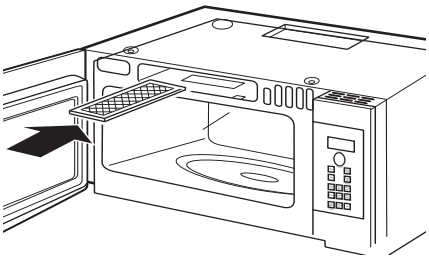
The charcoal filter cannot be cleaned. It must be replaced. See back cover for ordering online at **GEAppliances.com.**

If the model is not vented to the outside, the air will be recirculated through a disposable charcoal filter that helps remove smoke and odors.

The charcoal filter should be replaced when it is noticeably dirty or discolored (usually after 6 to 12 months, depending on usage). See **Optional Kits** page 22, for more information.

CHARCOAL FILTER REPLACEMENT

1. **Unplug** the microwave oven.
2. **Remove** the vent grille mounting screws.
3. **Tip** the grille forward, then **lift out** to remove.
4. **Remove** the charcoal filter.
5. **Slide a new charcoal filter into place.**
6. **Slide** the bottom of the vent grille into place.
   Push the top until is snaps into place.
   Replace the mounting screws
7. **Plug** in the microwave oven.



Troubleshooting Tips

Problem	Possible Causes	What To Do
Oven will not start	**A fuse in your home may be blown or the circuit breaker tripped.**	• Replace fuse or reset circuit breaker.
	Power surge.	• Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	• Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	• Open the door and close securely.
Floor of the oven is warm even when the oven has not been used	**Heat from the cooktop light may make the oven floor get warm.**	• This is normal.
"LOCKED" appears on display	**The control has been locked.**	Press and hold SET CLOCK for about 3 seconds to unlock the control.
You hear an unusual low-tone beep	**You have tried to start the Reminder without a valid time of day.**	Start over and enter a valid time of day.
	You have tried to change the power level when it is not allowed.	• Many of the oven's features are preset and cannot be changed.
SENSOR ERROR appears on the display	**When using a Sensor feature, the door was opened before steam could be detected.**	• Do not open door until steam is sensed and time is shown counting down on the display.
	Steam was not detected in a maximum amount of time.	• Use Cook Time to heat for more time.
Food amount too large for Sensor Reheat	**Sensor Reheat is for single servings of recommended foods.**	• Use Time Cook for large amounts of food.

Things That Are Normal With Your Microwave Oven

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.

FEDERAL COMMUNICATIONS COMMISSION (U.S.A.) RADIO FREQUENCY INTERFERENCE STATEMENT

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for an ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by tuning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Reorient the receiving antenna of radio or television.
- Relocate the Microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

The manufacturer is not responsible for any radio or TV interference cause by unauthorized modification to this microwave oven. It is the responsibility of the user to correct such interference.

Microwave Oven Limited Warranty

LIMITED WARRANTY

GEAppliances.com

All warranty service is provided by our Factory Service Centers, or an authorized service technician. To schedule service online, visit us at **GEAppliances.com/service** or call 800.GE.CARES (800.432.2737) during normal business hours.

For the period of	GE Appliances will replace
One year From the date of the original purchase	**Any part** of the oven which fails due to a defect in materials or workmanship. During this **limited one-year warranty**, GE Appliances will also provide, **free of charge**, all labor and related service costs to replace the defective part when the unit is serviced.

What GE Appliances will not cover:

- Service trips to your home to teach you how to use the product.
- Improper installation, delivery or maintenance. If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting, and other connecting facilities.
- Failure of the product or damage to the product if it is abused, misused (for example, cavity arcing from wire rack or metal/foil), or used for other than the intended purpose or used commercially.
- Replacement of house fuses or resetting of circuit breakers.
- Damage to the product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.
- Damage caused after delivery.
- Product not accessible to provide required service.
- Service to repair or replace light bulbs, except for LED lamps.
- Damage to the finish, such as surface rust, tarnish, or small blemishes not reported within 48 hrs of delivery.

EXCLUSION OF IMPLIED WARRANTIES

Your sole and exclusive remedy is product repair as provided in this Limited Warranty. Any implied warranties, including the implied warranties of merchantability or fitness for a particular purpose, are limited to one year or the shortest period allowed by law.

This limited warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA. If the product is located in an area where service by a GE Appliances Authorized Servicer is not available, you may be responsible for a trip charge or you may be required to bring the product to an Authorized GE Appliances Service location for service. In Alaska, the limited warranty excludes the cost of shipping or service calls to your home.

Some states do not allow the exclusion or limitation of incidental or consequential damages. This limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: GE Appliances, *a* **Haier** *company*
Louisville KY,40225

Staple your receipt here. Proof of the original purchase date is needed to obtain service under the warranty.

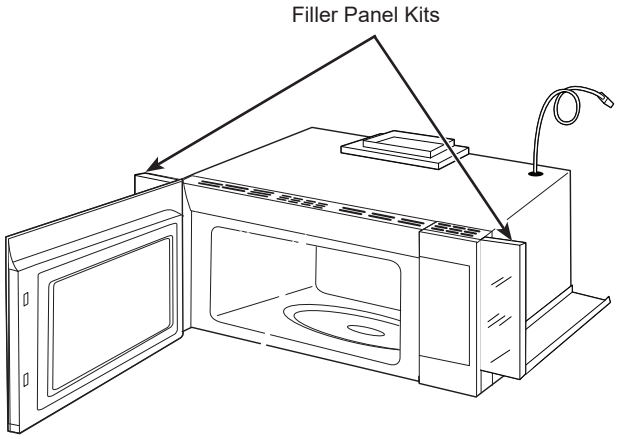
Optional Kits

Filler Panel Kits

JX36BSS - Stainless
JX36BWW - White
JX36BBB – Black

When replacing a 36” range hood, filler panel kits fill in the additional width to provide a custom built-in appearance.

For installation between cabinets only; not for end-of-cabinet installation. Each kit contains two 3” wide filler panels.



Recirculating Charcoal Filter Kit

Filter kits are used when the microwave oven cannot be vented to the outside.

15” Cabinet Installation Kit

JX15BUMPBB - Black

JX15BUMPWW - White

For use when installing with 15” depth cabinets.

Available at extra cost from your GE Appliances supplier. See back cover for ordering online at **GEAppliances.com.**

49-7000094 Rev. 0

Notes

Consumer Support

GE Appliances Website

Have a question or need assistance with your appliance? Try the GE Appliances Website 24 hours a day, any day of the year! You can also shop for more great GE Appliances products and take advantage of all our on-line support services designed for your convenience. **GEAppliances.com**

Register Your Appliance

Register your new appliance on-line at your convenience! Timely product registration will allow for enhanced communication and prompt service under the terms of your warranty, should the need arise. You may also mail in the pre-printed registration card included in the packing material. **GEAppliances.com/register**

Schedule Service

Expert GE Appliances repair service is only one step away from your door. Get on-line and schedule your service at your convenience any day of the year.
GEAppliances.com/service or call 800.GE.CARES (800.432.2737) during normal business hours.

Parts and Accessories

Individuals qualified to service their own appliances can have parts or accessories sent directly to their homes (VISA, MasterCard and Discover cards are accepted). Order on-line today 24 hours every day.
GEAppliances.com/parts or call 800.432.2737 during normal business hours.

Instructions contained in this manual cover procedures to be performed by any user. Other servicing generally should be referred to qualified service personnel. Caution must be exercised, since improper servicing may cause unsafe operation.

Contact Us

If you are not satisfied with the service you receive from GE Appliances, contact us on our Website with all the details including your phone number, or write to: General Manager,

General Manager, Customer Relations | GE Appliances, Appliance Park | Louisville, KY 40225
GEAppliances.com/contact

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