

Use and Care Manual

Half Time Oven®

**Cooks Like a Gas or Electric Oven
Same Taste, Appearance and Browning
In ½ the Time**

Four Cooking Modes

½ Time Oven®

Cook at the same temperature as your Gas or Electric oven but in ½ the cooking time. Use standard cookbook recipes

Complete Meal

Cook meat or fish, potatoes and vegetables at the Same time. Complete meal in 15 – 20 minutes

Convection Oven

1800 watts of Turbo powered Convection Heat

Microwave Oven

1000 watts Microwave cooking power
Plus Speed Defrost

Easy to Use: 1. Set Temperature 2. Set Time 3. Press Start

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Half Time Oven Warranty Registration

A Warranty Registration card is packed inside the oven. Please fill in the card and mail it to us for proper warranty registration. If you move register your new address by writing to us at the address below. The model number and serial number are found on the rating plate which is located on the back of the oven on countertop models and on the front door frame of built-in and over the range models. Write this information below for a handy reference when inquiring about warranty service for your oven.

To:

Half Time Oven
P.O. Box 6066
West Palm Beach, FL 33405

DATE PURCHASED

MODEL NUMBER

SERIAL NUMBER

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 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 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 professionally qualified service personnel.

SAVE THESE INSTRUCTIONS IMPORTANT SAFETY INSTRUCTIONS

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

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

1. READ ALL THE INSTRUCTIONS BEFORE USING THE APPLIANCE.
2. Read and follow the specific "Precautions to avoid possible exposure to excessive microwave energy" found above.
3. This appliance must be grounded and properly polarized. Connect only to a properly grounded and polarized outlet. See "Grounding Instructions" on page 3.
4. Install or locate this appliance only in accordance with the installation instructions described in this manual.
5. Some products such as whole eggs and sealed containers, such as closed glass jars, may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, dry, or defrost food. It is not designed for industrial, laboratory, or commercial use. It is intended for home use only. Do not use for drying clothes, linens, newspaper or similar non-food type items.
7. Make sure that all persons using this appliance, especially children, are closely supervised and properly instructed on how to use this appliance.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service Personnel. Contact the nearest authorized service facility For examination, repair or replacement. **DO NOT ATTEMPT** to service or repair this appliance.
10. Do not cover or block any openings on the appliance. Do not store items on top of the oven if there are louvers on top of oven.
11. Do not store this appliance outdoors, do not use this product near water-for example, near a kitchen sink, in a wet basement, or near a swimming pool and the like.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. When cleaning surfaces of door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food, especially starchy items such as potatoes and fatty items such as bacon. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. **DO NOT** use plastic or paper in ½ Time, Complete Meal or Convection mode.
 - c. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at fuse or circuit breaker panel.
 - d. Remove wire twist ties from paper or plastic bag before placing bag in oven.
 - e. Do not use the cavity for storage purposes. Do not use paper products, cooking utensils, or food in the cavity when not in use.
 - f. Do not put metal inside the oven in the microwave mode. Use only as described in the manual or cookbook supplied with this Oven.
17. Use only cooking utensils and accessories made for use in the microwave and specifically described in this manual. Use aluminum foil only as directed in this book.

(continued on page 2)

IMPORTANT SAFETY INSTRUCTIONS

17. In the ½ Time, Complete Meal and Convection modes use glass, metal or ceramic utensils which are "Oven Safe". In the microwave mode use only cooking utensils and accessories made for use in the microwave oven. Use aluminum foil only as directed in this book.
18. Do not use outdoors.
19. Do not pop popcorn in anything other than a microwave oven popper unless it is a specially treated bag labeled: "Microwave popcorn intended for use in the microwave".
20. Never use brown paper bags, glass or plastic bowls, or other unsuitable containers to pop popcorn. To avoid scorching and burning, remove popcorn after popping has slowed to two or three seconds between pops. Prolonged popping can cause smoking from overheated oil, breakage of dishes, damage to oven and eventually a fire.
21. Do not remove the outer case or any shields inside the oven cavity.
22. Briskly stir liquids or pureed baby food before heating and reheating to incorporate air. This prevents abrupt boilovers that sometimes occur after air-depleted liquids are heated, especially in tall, narrow containers.
23. Do not fry or deep fat fry in the microwave oven. Hot oil can splatter and result in skin burns.
24. Plastic wrap: Use only in the microwave mode. Use only those types designed for microwave oven use and avoid forming an air-tight seal. Fold back a small corner or cut a slit to allow steam to escape. Use pot holders with plastic wrap-covered utensils.
25. ALWAYS use pot-holders when handling dishes or food in the ½ Time, Complete meal and Convection mode.
26. Stay near the appliance while it is in use and check cooking progress frequently. Leaving the appliance unattended may result in overcooked food and a possible fire in your oven.

SAVE THESE INSTRUCTIONS

MICROWAVE TIPS TO AVOID OVEN DAMAGE

Do not operate microwave oven when empty or with empty utensils.

Never use sharp-edged utensils in or near the oven.

Use ALUMINUM FOIL only as directed in this book or other special microwave cookbooks. Small strips of foil on meats are helpful in shielding microwaves to prevent overcooked areas. Low-sided aluminum foil pans, such as TV dinner trays, may be used. Use care to keep aluminum foil at least 1 inch away from oven walls, door or top. Metal placed closer than 1-inch from interior surfaces can cause arcing (electrical sparks). If arcing occurs, stop microwave and remove foil.

PREVENT BURSTING OR EXPLOSIONS FROM FOOD AND CONTAINERS

Pierce microwavable plastic bags and pouches for frozen foods before heating. Pierce foods with heavy skins such as potatoes, whole squash, apples and chestnuts before cooking. Piercing allows steam to escape and eliminates pressure build-up.

CONTAINERS WITH RESTRICTED OPENINGS such as narrow-necked pop bottles or salad dressing bottles should never be placed in the microwave for either defrosting or heating. These can explode, even if the top has been removed, when heat has built up in the lower portion of the container.

RAW EGGS IN THE SHELL OR HARD COOKED EGGS should never be microwaved. Eggs heat so quickly that pressure build-up might not be avoided, and an explosion could occur.

DO NOT USE RECYCLED PAPER PRODUCTS when Microwaving. They may contain small metal fragments which could ignite.

INSTALLATION

INSTALLATION

This oven was carefully packed and shipped in good condition. If you find shipping damages, notify the dealer immediately.

Remove all packing materials both outside and inside the oven before using it.

This ½ Time Oven was designed for household use only. It is not intended for commercial or industrial use.

These models are designed as countertop units only, Special Apollo kits can be used for built-in applications.

The oven can be set on any sturdy counter, shelf, table room divider or rolling cart.

The oven requires free movement of air for proper operation. DO NOT BLOCK AIR VENTS located on the back underneath, or sides of the oven. Allow 1 inch of space on the left (louvered) side of the oven.

Do not remove the feet from the bottom of the oven.

GROUNDING INSTRUCTIONS

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 grounding plug. The plug must be plugged into a 120 volt, 15 ampere outlet that is properly installed and grounded in accordance with applicable electrical codes.

For proper operation, no other appliance should be on the same circuit as the ½ Time oven.

Consult a qualified electrician or service man if the Grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly Grounded.

EXTENSION CORDS

If it is necessary to use an EXTENSION CORD, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

OVEN START -UP

When you first plug in the microwave oven to the wall outlet the display will show a colon :

1. To set the Clock: Touch Clock; Enter the current time - of day by touching the correct number pads. You must set at least 3 digits (one for hour(s) and two for minutes). For minutes less than 10, precede the "minutes" digit by a 0. Example: for 5 minutes after 2, set 2:05. The colon will flash between hour and minute digits.
2. Touch the start/stop pad to lock in the time. The colon will stop flashing and the clock has been set and will begin to keep current time.
The word "clock" and time of day will always show on the display unless the oven is in a Cooking or Timer operation.

INTERFERENCE WARNING

Microwave ovens generate radio frequency energy during operations and if not installed properly, may cause interference to radio and television reception. You can determine if this unit is causing interference by turning it on and off while the interference is occurring. If interference occurs it may be corrected by one or more of the following measures:

A: Relocate the TV, radio or ½ Time oven.

B. Plug the oven into a different outlet so that it and the TV receiver are on different circuits.

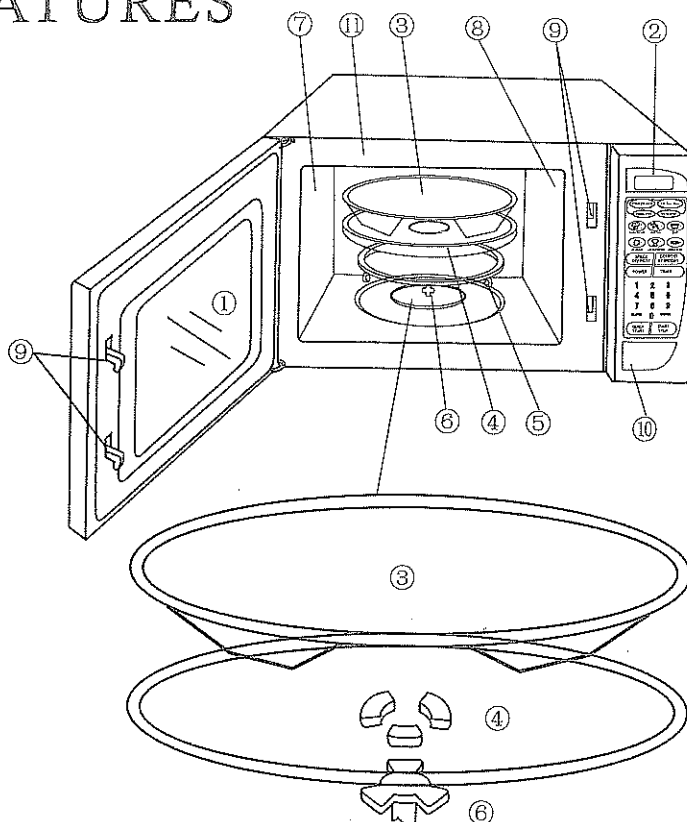
If the interference persists, you may want to consult an experienced radio/television technician for additional suggestions.

WARNING

To provide continuous protection against electrical shock, connect to properly grounded outlets only. improper use of the grounding plug can result in a Risk of electrical shock.

**DO NOT, UNDER ANY CIRCUMSTANCES,
CUT OFF THE 3RD GROUNDING PRONG.**

OVEN FEATURES



1. Window Door
2. Electronic Control Panel
3. Metal Tray – must be used for ½ Time, Convection and Complete Meal cooking. Sits on top of glass turntable
4. Rotating glass turntable
5. Turntable guide ring and wheels
6. Turntable Driver – must mate properly with bottom of glass turntable for proper operation.
7. Stainless steel cavity
8. Light bulb – must be replaced by Authorized Service Agent
9. Safety Interlock System
10. Door Release Button
11. Rating Plate, Serial # and Model # label on oven back for countertop models and on the front frame of built-in and over the range models.

TURNTABLE INSTALLATION

1. Remove the Styrofoam packing from inside the oven. Inside the plastic bag with Use and Care Book is a hard plastic “coupler” or driver with 3 arms.
2. Inside the plastic bag with the Use and Care book is a plastic ring with wheels. Place the ring in the recessed area of the oven floor.
3. Place the glass turntable on top of the ring and make sure the bottom of the turntable properly mates with the Turntable coupler/driver described in Step 1. The turntable will not turn and the oven will not cook properly unless the coupler/driver and Glass tray are properly mated.
4. The turntable assembly described above is used for the Microwave Cooking Mode.
5. When you use the ½ Time, Complete Meal or Convection Cooking Modes place the metal tray on top of the glass tray.

SPECIFICATIONS

| | |
|-------------------------|-------------|
| Height (exterior) | 12.0 inches |
| Width (exterior) | 20.6 Inches |
| Depth (exterior) | 20.5 Inches |
| Volume Inside (cu. ft.) | 1 cu. ft. |

| | |
|--------------------------------------|------------|
| Approximate Shipping Weight | 53 lbs. |
| Total Connected Load (for 120 volts) | 15.0 amps |
| Microwave output power (watts) | 1000 watts |
| Convection wattage | 1800 watts |

Quick Reference for Using the Control Panel

DISPLAY

When set, displays Clock, Timer, Cook Time and Temperature with step by step word prompting which tells you which pad to select next for easy oven setting.

½ TIME PAD (22, 24 & 34 Models only)

Cooks with convection heat and microwave simultaneously. Prompts you to set temperature and then set time and START

COMPLETE MEAL PAD (24 & 34 Models only)

Cooks with convection and microwave simultaneously for complete meals for 1,2,3 or 4 Servings

CONVECTION PAD

Cooks with convection heat. Prompts you to set temperature and time.

MICROWAVE PAD

Cooks with microwave energy. If none of the color pads are Touched the oven operates in the microwave mode.

COOK BY PICTURE PADS (Starts automatically)

BAKED POTATO Uses Convection and microwave together for USE METAL TRAY. Press once for potatoes up to 7.9 Oz. Press twice for potatoes 8 to 10 oz. Select quantity 1-4

POPCORN

Press once for bags up to 3 oz. To select different time press twice and select time up to 3:30

AUTO DRY

The heaters come on for 90 seconds to remove moisture from inside the oven cavity after microwave cooking

BEVERAGE 9-11 oz.

Select no. of cups or mugs from 1-4

FROZEN ENTRÉE

Press once for entrees up to 9 Oz. Select quantity up to 2. Press twice for entrees 10-14 Oz.

DINNER PLATE

Press once to reheat precooked food on plate.

SPEED DEFROST

Divides input time into fourths and reduces the power level automatically from 60% to 40% to 30% to 20%

POWER

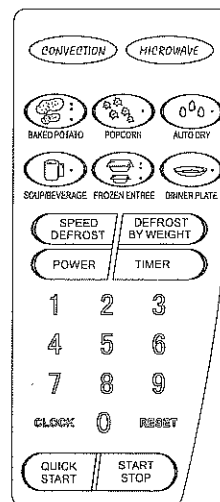
Oven is preset to HIGH power. To select lower power setting Press POWER, enter number 0-9. Press twice to return to HIGH.

TIMER

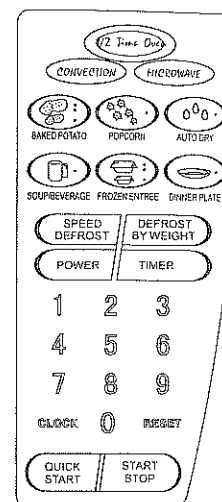
Use like kitchen time. Press to select time, then press START. Can be used while cooking functions are being used.

QUICK START

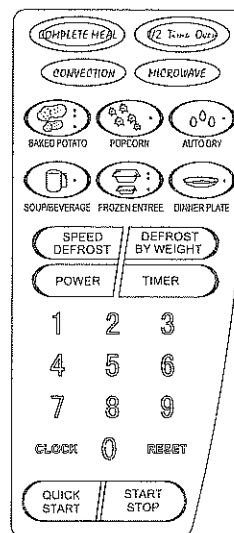
Press once for 30 sec. Twice for 1 additional minutes. Press again for each additional minutes up to 10



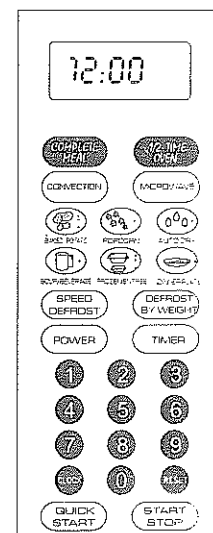
20



22



24



34

Setting The Clock

1. When the oven is first plugged into a wall outlet touch the CLOCK pad once, the display will show "ENTER CLOCK TIME".
minutes after 2, set 2:05. After the correct time of day has been set Press START to activate. The colon will become steady, the word CLOCK will remain in the display the updated clock time will be kept.
2. Enter the current time of day by touching the correct number pads. You must set at least 3 digits (one for hour(s) and two for minutes. For minutes less than 10, precede the "minutes" digit by a 0. Example for 5
3. To recall the time of day while cooking, Press CLOCK and the current time of day will be displayed for 3 sec.
4. To reset the clock the oven must be in the Cleared State Press RESET , then CLOCK ,enter time, press START.

Setting the Oven Timer

The Timer works independently of cooking and can be set any-time for various kitchen tasks. The oven timer can be used even if the oven is also timing a cooking function (1/2 Time, Convection, or Microwave) Set Timer as follows:

1. Touch TIMER pad. Words ENTER TIME will show in the In the display. If you are using the TIMER while cooking in the oven, Cooking countdown time will be temporarily Replaced on the display while the time is being set.
2. Enter the amount of time you wish to set by touching the Correct number pads. Touch START. The display will start counting down the time.
3. If a cooking function is already underway, the countdown of cooking function will show in the display. The TIMER time can be recalled for 3 seconds by touching TIMER. At the end of the time, the oven will sound one long continuous beep. The word TIMER will remain lit in the display during entire Timing cycle.

Using the Reset Pad

1. To reset cooking or timing function while programming the oven, touch the RESET pad and start over. The RESET will clear the oven back to the current Time of Day.
2. To reset while a cooking function is in progress, the START/STOP pad *must* be pressed first. Then the RESET pad can be pressed to reset the function.
3. To reset a clock time, press the CLOCK pad first and then RESET. Then follow the instructions for Setting the Clock.
4. SPECIAL NOTE: Resetting the Timer while a cooking function is in Progress cannot be done without also resetting the cooking function.

Using the START/STOP Pad

Touch START as the final step in setting the oven. If a cooking operation is in progress in any mode, ½ Time, Convection or Microwave, START/STOP must be Pressed or the oven door opened before a cooking

program can be cleared. Using the START/STOP pad will not stop a timing function.

To stop the oven open the door or press START/STOP

1/2 Time Cooking (22, 24 & 34 Models)

1/2 Time cooking combines Microwave energy and Convection heat simultaneously to cook like a conventional Gas or Electric Oven, but in half the time. Standard Cooking Recipes are used. Set the same

temperature as the gas or electric oven, then set half the recommended cooking time. If a range of time is recommended in the recipe use the middle time to get started. Gives you the same browning, taste and appearance As a conventional oven,

Preheat

Like conventional ovens this oven should be preheated if the cooking time is short and the oven is cold. The electronic Control will automatically add the pre-heat time if required. You enter 1/2 the cooking time in the recipe and when START is pressed the oven adds the preheat time if needed.

If the cooking time is 20:01 minutes or longer the oven will not add Preheat time. If the oven is already "hot" from a previous use and the cooking time is 20:00 or less, the oven will add a preheat time, but after 10 seconds the electronic control will sense the oven is already preheated and take the additional time away.

THE ELECTRONIC CONTROL WILL AUTOMATICALLY ADD PREHEATING IF THE OVEN IS COLD

| | | | | |
|------------------|--------------|-------------|---------------------------------------|-----------|
| PREHEATING TABLE | 150°F- 250°F | No Pre-heat | 380°F - 400°F | 5:00 Min. |
| | 255°F- 325°F | 2:30 Min | 405°F - 425°F | 6:00 Min. |
| | 330°F- 350°F | 3:00 Min | 430°F- 450°F | 7:00 Min |
| | 355°F-375°F | 4:00 Min | Settings over 20:01 Min – no pre-heat | |
| | | | | |

Using the Special Metal Tray

Foods can be placed directly on the metal cooking tray provided with the oven or they can be place in Oven safe glass, ceramic, or metal pans and placed on the special metal tray for cooking.

The legs on the metal tray position the food to allow the hot air to circulate all around the food, (top, bottom and sides) for optimum cooking results. **This tray must always be placed, on top of the glass tray when cooking in the 1/2 Time, Complete Meal or Convection mode..**

DO NOT USE this tray in the Microwave, Speed Defrost, Defrost by Weight, Popcorn, Soup, Beverage, Frozen Entrée, Dinner Plate or Quick Start mode.

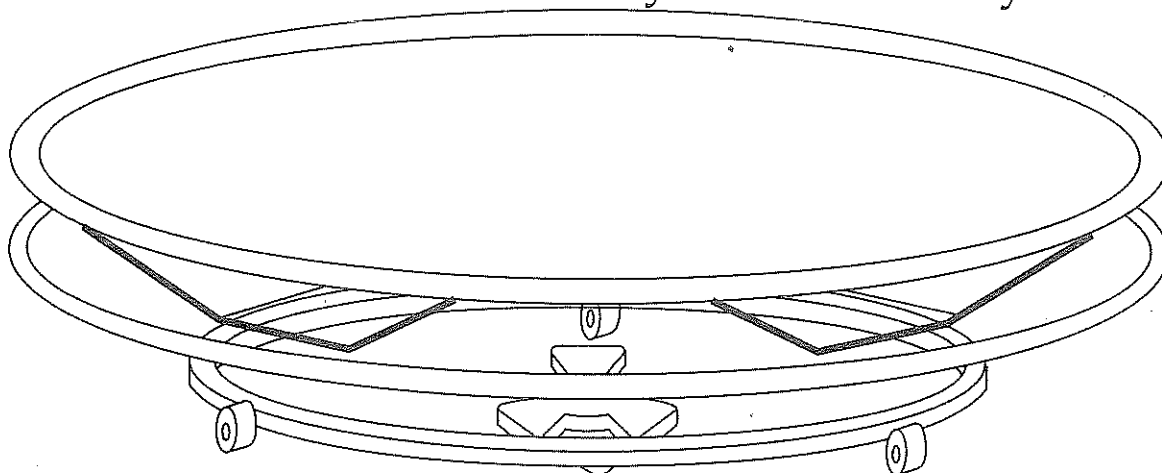
DO USE this tray in the Baked Potato Mode.

Foods can be placed is regular Oven Safe Glass, Ceramic, or metal cookware and then placed directly on the Special Metal Tray in 1/2 Time, Complete Meal and Convection modes.

To Set 1/2 Time Cooking

1. Place food on the Special Metal Tray. Press the 1/2 TIME PAD. The word HALF TIME, ENTER TEMP will be lit in the Display. Enter desired Temperature from 150°F to 450°F. If the inputted temperature is not in a 5° increment, the oven will round the temp to the closest 5° increment. If an incorrect temp is entered an error beep will sound. When the 3 temp digits have been selected ENTER TIME will be lit in the display.
2. Enter Time in minutes and seconds. Allowable entries are up to 99 Min., 99 Sec. When the time has been correctly set, Press START. The Pre-heat time will be immediately added to the display. (See above).
3. The Oven will begin to cook. As the cooking time progresses you may hear the oven cycling. This is when the oven "thermostats" to maintain the set temperature. This function is just like your conventional Gas or Electric Oven.
4. When the oven has completed the cooking function, Beeps will sound. You can now remove the food from the oven. REMEMBER TO USE HOT PADS just as you would when removing food from a conventional oven.

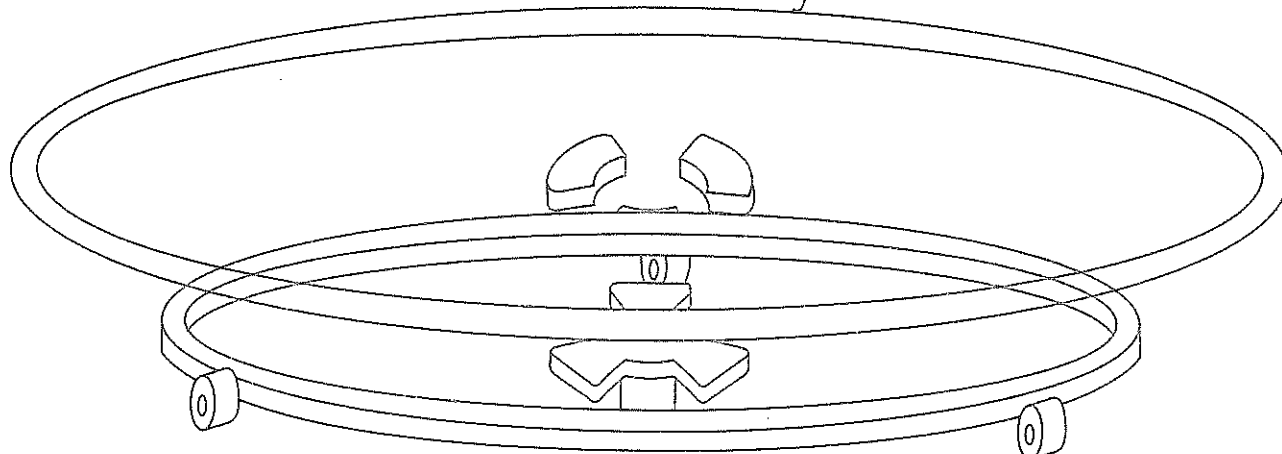
½ Time, Complete Meal and Convection Cooking
Use Metal Tray
Place Metal Tray on Glass Tray



The metal tray should be used for every ½ Time, Complete Meal and Convection function. Never use the metal tray during a Microwave only function.

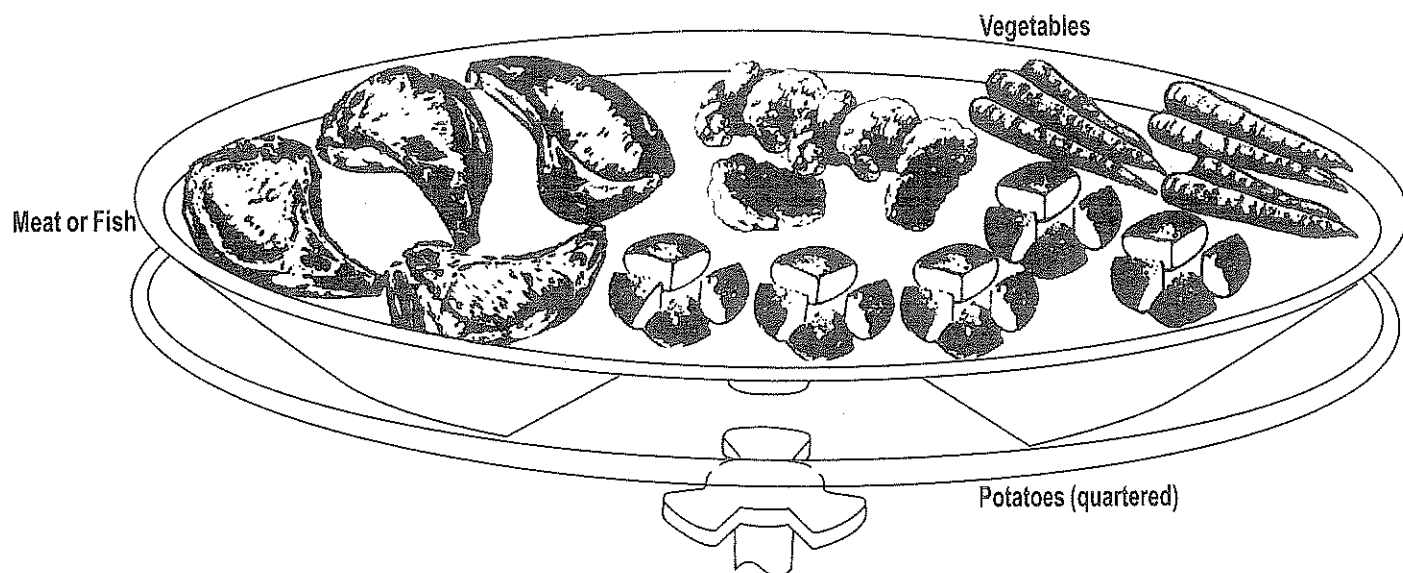
The metal tray has a special easy to clean coating and sharp knives or forks should never be used directly on the surface of the tray. They could scratch the finish. To clean the tray, wash with any dishwashing soap and dry with a towel. To prolong the finish on your tray do not place in the dishwasher. If desired, additional metal trays can be ordered for \$18.00 each (including shipping and handling) by sending a check or money order to Half Time Oven, PO Box 6066, West Palm Beach, FL West Palm Beach, FL 33405.

Microwave Cooking
Place food or microwave safe cookware directly on
Glass Tray

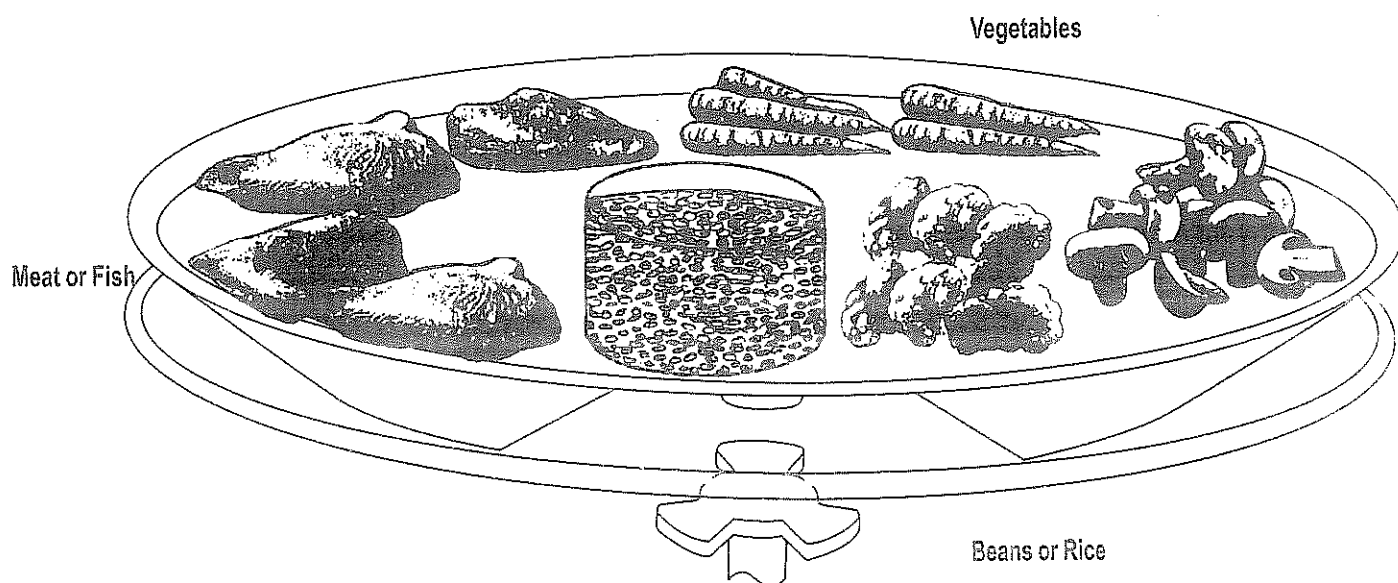


The Glass tray included with the oven should remain in place during every cooking function.

Complete Meal Cooking - Example A



Complete Meal Cooking Example B



Setting Complete Meal (24 and 34 Models)

Cook up to 4 Servings of Meat, Vegetable and a Starch, in appropriate portions, at the same time on the Special Metal Tray best results meats should be lean, with all fat trimmed, vegetables cut to similar size pieces and potatoes cut in slices or wedges. See charts on page 18

Foods such as quick cooking rice or canned foods can be cooked in a small covered dish, placed on the Metal Metal Tray. For dish directly on the tray with the other foods.

1. To set Complete Meal Press COMPLETE MEAL Pad. 350° will show in the temp display and The words "ENTER" "QTY" will light in the display.
2. Select a quantity from 1-4. Press the START/STOP Pad
3. The Preheat Times apply to this function. (settings 1 or 2) because the setting for 3 or 4 is over 20:01 no Preheat is added.
4. Remember to use your Hot Pads when removing the finished Complete meals from the Oven.

USE THESE SETTINGS TO SET COMPLETE MEALS on ovens without the Complete Meal Pad

| | | | | | |
|------------|------------|------|------------|------------|------|
| 1 serving | 15 Minutes | 350° | 3 Servings | 25 Minutes | 350° |
| 2 servings | 20 Minutes | 350° | 4 Servings | 30 Minutes | 350° |

Setting Convection

The Convection Mode Setting cooks similar to your Gas or Electric Oven. Use the same Temperature settings as you would in your gas or electric oven.

Convection cooks with forced hot air which allows the foods to brown evenly on all sides.

All foods must be cooked on the Special Metal Tray. Which is sitting on top of the glass tray. Oven Safe Glass, Ceramic or Metal baking dishes can be placed on the Special Metal Tray or foods can be placed directly on the Special Metal tray.

1. To use Press the CONVECTION pad. The "Time Display will blank. The words "Enter" "Temp" will be lit in the display. Enter the temperature (from 150°F to 450°F. When 3 digits have been entered the words "Enter" "Time" will be lit in the display.
2. Enter Time up to 99 Min., 99 Sec. Press Start. "CONV" will remain lit in the display and the oven will start to cook.
3. As the cooking time progresses you may hear the oven cycling or thermostating to maintain the set temperature.

Stage Cooking

As you become more familiar with your new oven you may want to experiment by combining cooking functions. Such as cook by ½ Time and then finish with Convection. To Combine ½ Time and Convection follow these steps.

1. Press the ½ Time pad. The word "HALF TIME" will show in the display with the words "ENTER" "TEMP". Select the desired temp. Next the words "ENTER" "TIME" will be lit in the display. Select the time you desire.
2. Next press the CONVECTION pad. The word "CONV" and MEM (memory) will light in the display with the words "ENTER" "TEMP". When the 3 digit temperature is entered the words "ENTER" "TIME" will appear in the display. Enter the time.
3. Press START. The time will begin counting down, first in the ½ TIME mode and then in the Convection mode. at the completion of the ½ Time mode the words "MEM" and "HALF TIME" will disappear from the display. The word "CONV" will appear the oven will start cooking in the Convection mode.

Setting Microwave Cook and Power

QUICK AND EASY SET

1. To cook at "HI" Power, simply set cook time by touching number pads. For example to set 3 minutes, touch 3-0-0 and START. You do not have to touch MICROWAVE pad before setting time.

TO COOK AT LOWER POWER LEVEL

1. After Setting Microwave time, touch POWER pad then a single digit representing the power level desired. Touch START. Since the oven automatically assumes "HI" Power, you must select a lower power level, if desired, after setting microwave Cook Time.

USE THESE SINGLE DIGITS TO REPRESENT POWER LEVELS

| Digit | % of Power | |
|-------|------------|--------|
| 9 | 90 | |
| 8 | 80 | |
| 7 | 70 | Med Hi |
| 6 | 60 | |
| 5 | 50 | Med |
| 4 | 40 | |
| 3 | 30 | Lo |
| 2 | 20 | |
| 1 | 10 | Warm |

If you are cooking at a lower power level and wish to return to HI power press the POWER pad twice

Two-Stage Cooking

Two-stage MICROWAVE function lets you cook a food at Two different power levels with one-time settings. Some recipes and package directions use two cooking steps.

For example, rice should be cooked in two stages. Stage 1 starts rice AT HI for 5 min.; Stage 2 completes cooking 10-12 minutes at "5"

SET STAGE 1

Assuming "HI" Power, just touch number pads for easy set time. (Most 2-stage recipes start with "HI", but you can also switch power levels after setting cook time)

DO NOT TOUCH START until you have completed Stage 2 setting

SET STAGE 2

Touch MICROWAVE pad then enter proper cooking time. Press POWER pad and enter the lower power level desired for second stage. MEM will show in the display. Touch START.

As cooking is complete in the first stage the control will sound a single beep, the word MEM will disappear from the display and the second stage Microwave time will appear in the display.

Setting Speed Defrost

Speed Defrost automatically sets microwave oven power for quickest thawing of small to medium foods. Speed Defrost works in conjunction with the Timer so you must know how much time to set. A defrost chart is in the back of this book to guide you.

Speed Defrost thawing times are usually fast enough that you can stay close to the oven and can attend to the food as it is defrosting. Many foods benefit from being turned over, rearranged or broken apart (if separate pieces are frozen together. This attention makes defrosting faster and more even.

"How do I know whether to set Speed Defrost or Defrost by Weight?"

This is determined by the type of food being defrosted and the amount of attention that must be paid to the food. The automatically-coded Defrost by Weight program is specifically designed for large, dense meat roasts which must thaw slowly for even defrosting. Defrost by Weight requires only one turn-over of the meat.

To Set SPEED Defrost:

1. Touch SPEED DEFROST. Display will prompt to enter Time
2. Enter desired Speed Defrost time by touching correct number pads

3. Touch START. DEF shows in the display and time begins counting down. After time has elapsed the control will sound multiple beeps and END will appear in the display

Cook by Pictures™

BAKED POTATO

This is the only Cook by Pictures pad that works with the Convection heat and Microwave simultaneously.

To: set

1. Press BAKED POTATO. The display will show a blinking "1" in the middle position of the temperature display for potatoes less than 8 oz. . Press the BAKED POTATO pad again for potatoes 8-10 oz. The number 2 will appear in the middle position of the temperature display.
2. The words "ENTER" "QTY" will appear in the display. Select a quantity from 1 to 4. These numbers will appear in the time display. Once the quantity is selected the control will start the oven after 3 seconds. If no quantity is selected the control will assume a quantity of 1 and start counting down after 3 sec. The control will sound multiple beeps at the end of the cycle and the word "END" will appear in the display

POPCORN

This is a Microwave only function

Popcorn is a favorite snack. POPCORN control automatically sets the correct time for a 3-3½ bag of Microwave Popcorn. Place popcorn on glass turn tray and Press POPCORN pad.

YOU CAN CHANGE THE POPCORN SETTING TO "REMEMBER" A DIFFERENT COOK TIME for your favorite brand or size of POPCORN. Press POPCORN twice. "ENTER" "TIME" appears in the display. Enter your desired time up to 3:30. When you press START the control will start counting down the new time and remember it. Next time, just press POPCORN twice to get the new setting. If you want to Reset it again repeat the above steps.

AUTO DRY

When you press this pad the heaters will come on for 90 seconds to remove moisture from the oven cavity. Moisture may accumulate inside the cavity when using the microwave mode. The oven is sealed very tightly in order to achieve half time cooking and moisture is not allowed to escape. The moisture is automatically removed by heaters in the half time or convection cooking modes but it may accumulate during the microwave cooking mode. The moisture will not hurt the oven and you can let it dry naturally, wipe it dry with a paper towel or use this auto dry feature.

BEVERAGE/SOUP

This is a microwave only function.

Up to 4 large cups or mugs of beverage (coffee, tea, cocoa, cider, etc.) can be heated at once.

Press BEVERAGE the words "ENTER" "QTY" will be lit in the display. Select 1-4 using the number pads. If no quantity has been selected after 3 seconds the control will assume a quantity of one and start counting down.

FROZEN ENTRÉE

This is a microwave only function.

Setting 1 is for entrees weighing 8-10 ozs. Up to 2 entrees of this size can be cooked at the same time. Setting 2 is for larger entrees or dinners, weighing from 10-12 oz. One of this size entrée or dinner may be cooked on this setting.

Press FROZEN ENTRÉE once for smaller size entrees, twice for larger entrees. A 1 or a 2 will show in the middle position of the temperature display. When 1 has been selected "ENTER" "QTY" will appear in the display. Use the number pads to select 1 or 2. If no selections are made within 3 seconds, the control will assume a quantity of 1 and start counting down.

DINNER PLATE

This is a microwave only function.

This setting is designed to reheat a dinner plate from a refrigerated state.

Press DINNER PLATE and the oven will automatically reheat the food on the plate for 3:00 minutes.

Tips for reheating dinner plates. Dense foods such as meats (large or bulky pieces of thick slices of pre-cooked meats) and Dense vegetable, such as mashed potatoes or potatoes au gratin should be placed around edges of plate and spread out as much as possible to expose them to microwave energy. Covering dry meat slices with sauce or gravy helps even re-heating. Light airy Foods such as rice, small pieces of vegetables, shrimp should be placed in the center area of the plate.

Quick Start

This is a microwave only mode.

The QUICK START KEY will instantly start the oven with a single key stroke when short cooking or warm up times are desired.

By touching the QUICK START Pad once 30 seconds will appear in the display. Press QUICK START twice and another 30

seconds will be added for a total of 1 minute.

Each successive press of the QUICK START Pad will add 1 minute. The pad may be pressed up to 11 times for a total of 10 Minutes.

Defrost By Weight

Set DEFROST BY WEIGHT for any weight up to 6 pounds. Because it is a more gentle defrost setting than "SPEED DEFROST", it is especially good for meats which are dense in the center but vulnerable to overcooking of the edges. For meats

As small as a pound of hamburger or delicate shrimp, choosing DEFROST BY WEIGHT will give more evenly thawed results than SPEED DEFROST setting. Choose DEFROST BY WEIGHT for large Meat roasts.

1. Check weight of meat. It must be in pounds and ounces. If label give weight in pounds only, (EX. 3.28 pounds) Use the chart on this page to convert to ounces.

Unwrap meat before defrosting.

Touch DEFROST BY WEIGHT pad. ENTER Lbs. (pounds) and Oz.(ounces). For example, to defrost an item that weighs 1 LB, 6 OZ, enter 106. An item that weighs 8 ounces, enter 8. An item that weighs 3 pounds, enter 300. Numbers to the left of the colon represent pounds, number to the right of the colon represent ounces..

Ounce weights less than 10 will be preceded by a 0.

2. Press START. The timer will start counting down and Lb and oz will disappear from the display. The word Def will remain lit.
3. Part way through the Defrosting the oven will sound two long beeps and pause. At this point you must open the door and turn over or rearrange the food to insure complete defrosting. After closing the door press START again the program and countdown will resume
4. At the end of the cycle the control will sound 4 long beeps and the word END will appear in the display. When the door is open the display will go back to the current TIME of DAY.

CONVERTING FRACTIONS OF A POUND TO OUNCES

Most meat packages show weight in pounds only. Less than a pound weights are given in fractions of a pound (EX:3 .28lb) rather than ounces. Convert fractions of a pound (numbers after the decimal point) to ounces for DEFROST BY WEIGHT feature by using the chart below: Above example would be 3 lb. 5 oz.

| FRACTION OF A POUND | OUNCES |
|---------------------|-----------------------|
| Less than .30 | 0 |
| .03 to .09 | 1 |
| .10 to .15 | 2 |
| .16 to .21 | 3 |
| .22 to .27 | 4 |
| .28 to .34 | 5 |
| .35 to .40 | 6 |
| .41 to .46 | 7 |
| .47 to .53 | 8 |
| .53 to .59 | 9 |
| .60 to .65 | 10 |
| .66 to .71 | 11 |
| .72 to .78 | 12 |
| .79 to .84 | 13 |
| .85 to .90 | 14 |
| .91 to .97 | 15 |
| above .97 | go to next even pound |

Special Tips for Defrost by Weight

Allow enough time for defrosting because it is slower than SPEED DEFROST. With DEFROST BY WEIGHT, low power microwaving is interspersed with "resting" or "standing" periods where no microwaves at all enter the oven. These no-microwave periods allow meat to equalize in temperature before the next period of defrosting automatically comes on.

With DEFROST BY WEIGHT there's no need to guess how long to defrost, "DEFROST BY WEIGHT" automatically sets the correct thawing time, but you must enter the food weight

accurately. Weight must be in pounds and ounces. See Conversion Chart above.

Automatic DEFROST BY WEIGHT timed are based on meat that is solidly frozen at 0 degrees F. If meat has been partially defrosted remove from oven before the total time has elapsed.

Place meat on microwave-safe rack or in microwave roasting dish on the rotating glass tray for best results. Place meats fat-side down and poultry breast-side-down.

Care and Maintenance

CLEANING

IMPORTANT: ALWAYS UNPLUG OVEN AND BE SURE OVEN IS COOL BEFORE CLEANING.

To maintain the appearance of your oven, never use abrasive cleaning agents (such as cleansing powders, scouring pads or Steel wool pads.) Also, never use commercial oven cleaners on Any part of your ½ Time Oven. Easy Off Oven Cleaner CAN BE USED>

Some liquid cleaners can remove the shiny surface on plastic or vinyl. Therefore, never spray or pour liquid cleaners directly onto a surface. Spray or pour cleaner onto a cloth or sponge and then clean.

Clean up splatters or spills in your Stainless Steel cavity as quickly as possible. Once the spills have baked on they are harder to get off. Use any good dish detergent with a soft cloth or sponge. For hard to clean soiled areas, oven cleaners such As 'Easy Off' can be used. Be careful not to spray these cleaners into any of the holes punched in the cavity back or side walls of the cavity. Do not spray on or in the light bulb area. The Spray can cause the light bulb to fail.

OUTSIDE SURFACES.

Wrapper – Clean the outside of the oven with a glass or all surface cleaner. Be careful when cleaning around louvers. Rinse and Dry.

To clean the viewing window use a liquid or glass cleaning agent and a sponge or soft cloth. To prevent scratching the plastic surface do not use paper toweling.

POWER CORD.

Be sure oven is unplugged. Wipe cord with a damp sudsy cloth, rinse and dry thoroughly before plugging cord back into outlet.

LIGHT BULB.

This bulb is to be replaced by properly qualified service personnel.

Service

BEFORE CALLING SERVICE CHECK THE FOLLOWING

1. Oven does not operate.
 - Is power cord plugged into wall outlet?
 - Is house fuse blown or circuit breaker tripped?
 - Is oven correctly programmed?
 - Is oven door closed?
 - Was START-STOP pad pressed once to turn Oven on?
2. Food is Under cooked.
 - Was the metal tray used in the ½ Time, Complete Meal or Convection setting?
 - Was the amount of food more than called for in the recipe/
 - Was the cooking time too short for the amount of food?
 - Was the set oven temperature too low, or if in Microwave was the power level too low?
 - Was the household voltage too low?
 - Is there another appliance on the same circuit as the food being cooked?
 - Was the food placed in a dish that was too small for the amount of food being cooked?
 - Was the food completely defrosted before cooking?
3. Food is overcooked.
 - Was the amount of food less than called for in the recipe
 - Was the cooking time too long for the amount of food?
 - Was the oven temperature or microwave power level too high?
 - Was the food placed in a dish that was too large for the amount of food being cooked?
 - Was the initial temperature of the food higher than Normal
4. Oven light does not turn on.
 - Is power cord plugged into wall outlet?
 - Is house fuse blown or circuit breaker tripped/
5. Oven Light does not turn off.
 - Try closing the door harder
6. Oven comes on without pressing START?
 - Did you press one of the INSTANT ACTION Keys?...Complete Meal, Cook by Pictures or Quick Start? If one of these keys has been Pressed the oven will automatically start cooking in 3 seconds without pressing START is normal.

7. Oven feels hot to touch.
 - This ½ Time Oven gets hot on the outside just like your gas or electric range. The door and outer cabinet will feel hot when you have been cooking in the ½ Time, Complete Meal or Convection mode. Be sure to use HOT PADS when handling foods and dishes in the oven.
8. I can see light through the cracks in the oven.
 - The light is located outside of the oven cavity. There may be places you can see the light, but all microwave energy is contained in the cooking cavity.
9. There is an accumulation of moisture on the inside of the door.
 - This oven is designed to cook efficiently with heat and therefore is extremely well insulated and sealed. This causes moisture to form inside the cavity. In the ½ time and convection modes, the moisture is evaporated by the heaters. In the microwave mode, the heaters are not on so, moisture may accumulate. Simply wipe it off at the end of the cooking cycle with a soft rag or paper towel.
10. ½ Time Cooking it too long/short.
 - The ½ Time, Complete Meal and Convection cooking modes operate like a gas or electric oven. Check the food and adjust the cooking time to suit your taste just as you do when cooking in a regular oven.
11. My light bulb is out, how can I replace it?
 - The light bulb can be replaced ONLY by a Qualified Service AGENT
12. Looks like the upper left hand corner of my door is chipped or broken.
 - The upper left hand corner of the door has been notched out for clearance of the door hinge. This is normal.
13. Do I have to save the box and the packing material that came with the oven?
 - If you ever have to return or oven for any reason it is important that it be correctly packaged, as well as the glass tray and metal cooking tray. If you do not want to save the carton and packing material and you need to return the oven, take it to a packing service, such as Packages Plus to be properly repackaged.
14. How do I clean my oven?
 - Please see the Care and Maintenance section on page 14 of this manual. Glass or all surface cleaners may be used. "Easy Off" Oven Cleaner may be used to clean heavily soiled areas. Do not use abrasive cleaning agents, scouring pads or steel wool pads.

HOW TO OBTAIN SERVICE

Do not attempt to service the appliance yourself unless directed to do so in this book. Call 1-800-330-9707 to get the name and phone no. of your nearest service agent. **DO NOT RETURN THE PRODUCT TO YOUR RETAILER.**

If you are not satisfied with the response to your service request, write to Half Time Oven, P.O. Box 6066, West Palm Beach, FL 33045. Include the complete model and serial number of the appliance, the name and address of the dealer from whom you purchased the appliance, the date of purchase and details concerning the problem.

1/2 TIME COOKING GUIDE

1. ALL FOOD MUST BE COOKED ON THE METAL PAN PACKED INSIDE THE UNIT
2. Place the metal pan on the glass turntable.
3. Metal tray acts like an oven rack and allows hot air to circulate under the food.
4. Food can be cooked directly on the metal pan or place the food in a metal, glass or ceramic cooking utensil and then place the utensil on the top of the metal pan.
5. USE HOT PADS WHEN HANDLING METAL TRY OR UTENSILS AFTER COOKING
6. If desired, an oven safe meat thermomether can be used for poultry and meats.
7. Check the food for doneness and adjust the cooking time for personal tastes like you do on your Gas or Electric Oven.
8. ALWAYS USE 1/2 THE COOKING TIME SHOWN IN YOUR COOKBOOK OR ON THE FOOD PACKAGE
THE COOKING TIMES LISTED BELOW ARE ONLY GUIDELINES. ELECTRONIC CONTROL WILL AUTOMATICALLY ADD 2 1/2 TO 7 MINUTES OF PREHEATING TIME IF REQUIRED.

| Food | | Dish | Time/Min. | Oven Temp | Comments |
|------------------|--------------------------|------------------|-------------------|-------------------|-----------------------------------------------------------------------------------------|
| Baking Breads | Biscuits | Metal pan | 5 to 6 | 450° | Remove from pans immediately and cool slightly on wire rack. |
| | Corn Bread | 8x8pan | 7 to 10 | 400° | |
| | Muffins | muffin pan for 5 | 7 to 10 | 400° | |
| | Popovers | custard cups | 15 to 20 15-20 | 450° then 350° | Pierce each Popover with a tooth pick after removing from oven to allow steam to escape |
| | Nut Bread or Fruit Bread | loaf pan | 27-32 | 350° | interiors will be moist and tender |
| | Yeast Bread | loaf pan | 25-30 | 375° | |
| | Plain or Sweet Rolls | metal pan | 6 to 8 | 350° | Lightly grease baking sheet |
| Cakes | Angel Food | tube pan | 20-25 | 350° | Invert and cool in pan |
| | Cheesecake | | 30 to 32 | 350° | After cooking turn oven off and let cheesecake stand in oven 30 minutes with door ajar |
| | Coffee Cake | | 12 to 15 | 350° | |
| | Cup Cakes | | 7 to 10 | 350° | |
| | Fruit Cake (loaf) | | 40 to 45 | 300° | Interior will be moist and tender |
| | Gingerbread | | 17 to 20 | 350° | |
| | Yellow Cakes, Cake Mixes | 8"pan | 15 to 20 | 350° | |
| Cakes | Fluted Tube/Bunt Cake | metal pan | 20 to 25 | 350° | Grease and flour pan |
| | Pound Cake | Loaf pan | 20 to 25 | 350° | Cool in pan 10 min before inverting on wire rack |
| Cookies | Bar | 8 x 8 | 17 to 22 | 350° | Use same time for bar cookies from a mix |
| | Drop or sliced | Metal tray | 4 to 8 | 350° | Use same time for sliced cookies from a mix |

1/2 TIME COOKING GUIDE

| 1/2 TIME COOKING GUIDE | | | | | |
|--------------------------|-------------------------------------|------------|-----------|-----------|---------------------------------------------------------------------------------------|
| Food | | Dish | Time/Min. | Oven temp | Comments |
| Convenience Foods | Frozen Bread Dough | loaf pan | 15-17 | 350° | |
| | Pizza Self Rising Crust | | 12 to 15 | 400° | Follow Package Directions, place on metal tray |
| | Pizza | | 7 to 13 | 425° | Follow Package Directions, place on metal tray |
| | Slice and Bake Cookies | Metal Tray | 6 to 8 | 375° | Let stand a few minutes before removing from tray |
| Fruit and other desserts | Baked Apples or Pears | | 15 to 20 | 350° | Bake in utensil with shallow sides |
| | Bread Pudding | | 15 to 20 | 300° | Pudding is done when knife inserted near center comes out clean |
| | Cream Puffs | | 15 to 30 | 400° | Puncture puffs twice with toothpicks to release steam after 15 minutes of baking time |
| | Custard (individual) | | 22 to 25 | 350° | Set cups in baking dish. Pour boiling water around cups to a depth of 1 inch. |
| | Meringue Shells | | 15 to 17 | 350° | When done, turn oven off and let shells stand in oven 1 hour to dry |
| Pies and Pastries | Frozen | | 25-30 | 375° | Follow procedures on package. |
| | Meringue-Topped | | 6 to 8 | 325° | |
| | Two Crust | | 25 to 27 | 400° | |
| | Quiche | pie plate | 15 to 17 | 350° | Let stand 5 minutes before serving |
| | Pastry Shell | | 5 to 8 | 400° | Pierce pastry with fork to prevent shrinkage |
| Casseroles | Meat, chicken, seafood combinations | | 10 to 20 | 350° | Cook times vary with casserole sizes and ingredients |
| | Pasta | | 12 to 22 | 350° | Cook times vary with casserole sizes and ingredients |
| | Potatoes, scalloped | | 27 to 30 | 350° | Let stand 5 minutes before serving |
| | Vegetable | | 12 to 17 | 350° | Cook times vary with casserole size and ingredients |
| Main Dishes | Meat Loaf | Loaf Pan | 27-30 | 350° | |
| | Beef and Bean Casserole | | 20-25 | 375° | |
| | Stuffed Peppers | | 12 to 15 | 350° | Use green, red or yellow peppers |

| Meats | | | Min/pound | Oven Temp | Temperature | Standing Time |
|-------------------|--------------------------------------|------------|------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Beef | Rib Roasts Bone-in | Metal Tray | 11.5 to 13 | 325° | 140° Med rare | 10 to 15 Minutes |
| | | | 13.5 to 16 | 325° | 155° Med. | 10 to 15 Minutes |
| | | | 16.5 to 18 | 325° | 160° Well | 10 to 15 Minutes |
| | Boneless Rib, Top Sirloin | Metal Tray | 9 to 10 | 325° | 140° Med rare | 10 to 15 Minutes |
| | | | 10 to 11 | 325° | 155° Med. | 10 to 15 Minutes |
| | | | 11 to 13 | 325° | 160° Well | 10 to 15 Minutes |
| | Sirloin Tip | Metal Tray | 15 to 17 1/2 | 325° | 140° Med rare | 10 to 15 Minutes |
| | | | 17 1/2 to 20 | 325° | 155° Med | 10 to 15 Minutes |
| | Tenderloin, Whole | Metal Tray | 8 1/2 to 10 1/2 | 325° | 140° Med. rare | 5 to 10 Minutes |
| | | | 11 1/2 to 12 | 325° | 155° Med | 5 to 10 Minutes |
| Ham, Fully cooked | Boneless | Metal Tray | 17 to 21 | 325° | 155° | 10 to 15 Minutes |
| | Bone-in | Metal Tray | 14 to 20 | 325° | 155° | 10 to 15 Minutes |
| Lamb | Bone-in | Metal Tray | 7 to 10 | 325° | 140° Med. Rare | 10 to 15 Minutes |
| | | | 10 to 13 | 325° | 155° Med. | 10 to 15 Minutes |
| | | | 13 to 15 | 325° | 160° Well | 10 to 15 Minutes |
| | Boneless | Metal Tray | 12 to 15 | 325° | 140° Med Rare | 10 to 15 Minutes |
| | | | 15 to 17 | 325° | 155° Med | 10 to 15 Minutes |
| | | | 18 to 20 | 325° | 160° Well | 10 to 15 Minutes |
| Pork | Bone-in 3-5 Lbs. Boneless 3-5 Lbs | Metal Tray | 10 to 13 | 325° | 155° Med. | 10 to 15 Minutes |
| | | | 13 to 16 | 325° | 155° Med. Well | 10 to 15 Minutes |
| | | | 17 to 20 | 325° | 160° Well | 10 to 15 Minutes |
| | Pork Chops - 4 | Metal Tray | 20-22 (total) | 325° | 170° Well | |
| Poultry | Whole Chick 2 1/2 to 3 Lbs | Metal Tray | 25-26 (total) | 350° | 180° | |
| | Whole Chick 4-5 Lbs | Metal Tray | | 325 ° | 180 ° | |
| | Chick Pieces 2 1/2 to 2 Lbs | Metal Tray | 17 1/2 to 20 (Total Time) | 350° | 180° | |
| | Cornish Hens, Unstuffed | Metal Tray | 32-35 (Total Time) | 350° | 180° | |
| | Duckling 3-5 Lbs | Metal Tray | 30-35 (Total Time) | 350° | 180° | |
| | Turkey Breast 4-7 Lbs. | Metal Tray | 7 to 9 | 325° | 180° Well | |
| Seafood | Fish Fillets or Steaks | Metal Tray | 10 to 12 | 400° | | |
| | Lobster Tails | | 10 to 13 | 350° | | |
| | Shrimp 1-2 Lbs. | | 7 to 10 | | | |
| Vegetables | Acorn Squash Halves | | 27 to 30 | 375° | Pierce skin in several places, Add 1/4 C water Turn squash cut side up after 30 min. and cover. Pierce skins with fork before baking | |
| | Baked Potatoes | | 25 to 30 | 425° | | |
| | Twice baked Potatoes | | 12 1/2 to 15 | 400° | | |

COMPLETE MEAL COOKING GUIDE

1. ALL FOODS MUST BE COOKED ON THE METAL TRAY PACKED INSIDE THE UNIT
2. Place the metal tray on the glass turntable
3. Metal tray acts like an oven rack and allows hot air to circulate under the food
4. Food can be cooked directly on the metal tray, or place food in a glass, ceramic or metal pan when directed
5. Cook Meat, Potatoes and Vegetables at the same time. All food will cook properly in the same amount of time.
No need to cook items separately.

To operate a Complete Meal Function:

Press Complete Meal Pad

Enter the number of Servings 1,2,3, or 4

Press START

The Electronic Control will automatically set the cooking times and temperatures as shown below.

Cooking Times and Temperatures

| | | | | | |
|------------|------------|-------------|------------|------------|-------------|
| 1 serving | 18 Minutes | 350 degrees | 3 servings | 25 Minutes | 350 degrees |
| 2 servings | 23 Minutes | 350 degrees | 4 servings | 30 Minutes | 350 degrees |

Select an item from each category in appropriate portions:

Main Entrée

Chicken breasts/pieces

Fish Fillets or Steaks

Pork Chops

Pork Tenderloin

Ham Steak

Chopped Sirloin Patty

Turkey Tenderloin

Chopped Meat Patties

Vegetables

Fresh Cauliflower, Broccoli, Carrots, Squash, red, green or yellow peppers

Frozen corn on the cob

Canned Corn peas, beans, (place on the tray in a separate dish, capped with foil)

Frozen Vegetables, mixed, (place on the try in a separate dish, capped with foil)

Starch

New red potatoes quartered

Frozen twice baked potato

Frozen Tater Tots

Frozen corn on the cob

Minute Rice (Amt. Rice & water according to Package. Foil capped dish)

Baked beans (in foil capped dish_

Place all foods directly on the metal tray

CONVECTION COOKING GUIDE

1. ALL FOODS MUST BE COOKED ON THE METAL TRAY PACKED INSIDE THE UNIT
2. Place the metal tray on the glass turntable.
3. Metal tray acts like an oven rack and allows hot air to circulate under the food.
4. Food can be cooked directly on the metal pan or place the food in a metal, glass, or ceramic cooking utensil and then place the utensil on the top of the metal pan.
5. USE HOT PADS WHEN HANDLING METAL TRAY OR UTENSILS AFTER COOKING
6. If desired, an oven safe meat thermometer can be used for poultry and meats.
7. Check the food for doneness and adjust the cooking time for personal tastes like you do on your Gas or Electric oven.

| Food | Dish | Time/Min. | Oven Temp | Comments |
|----------------------|-----------------------------|------------------|----------------------|--------------------------------------------------------------------------------------------------------------|
| Baking Breads | Biscuits | Metal Pan | 9 to 10 | 375° |
| | Corn Bread | 8x8 Pan | 12 to 15 | 400° |
| | Muffins | Muffin pan for 6 | 12 to 15 | 400° remove from pans immediately and cool slightly on wire rack |
| | Popovers | custard cups | 20 to 25 15 to 20 | 450° then 350° Pierce each popover with a toothpick after removing from oven to allow steam to escape. |
| | Nut Bread or Fruit Bread | loaf pan | 27 to 30 | 350° interiors will be moist and tender |
| | Yeast Bread | loaf pan | 27 to 30 | 375° |
| | Plain or Sweet Rolls | metal pan | 9 to 11 | 350° Lightly grease baking pan |
| Cakes | Angel Food | tube pan | 22 | 350° Invert and cool in pan |
| | Cheesecake | | 30 | 350° After cooking turn oven off and let cheesecake stand in oven 30 minutes with the door ajar |
| | Coffee Cake | | 15 to 18 | 350° |
| | Cup Cakes | | 10 to 13 | 350° |
| | Fruit Cake (loaf) | | 45 | 350° interior will be moist and tender |
| | Gingerbread | | 20 to 23 | 350° |
| | Yellow cakes and Cake Mixes | 8" pan | 18 to 23 | 350° |

| Food | | Dish | Time/Min | Oven Temp | Comments |
|---------------------------|-------------------------------------|------------|----------|-----------|---------------------------------------------------------------------------------------|
| Cakes | Fluted Tube, Bundt Cake | Metal Pan | 25 | 350 ° | Grease and Flour Pan |
| | Pound Cake | loaf pan | 25 | 350 ° | Cool in pan 10 minutes before inverting on wire rack |
| Cookies | Bar | | 20 to 25 | 350 ° | Use same time for bar cookies from a mix |
| | Drop or Sliced | Metal Tray | 7 to 11 | 375 ° | Use same time for sliced cookies from a mix |
| Fruits and other desserts | Baked Apples or Pears | | 18 to 23 | 350 ° | Bake in utensil with shallow sides |
| | Bread Pudding | | 20 | 300 ° | Pudding is done when knife inserted near center comes out clean. |
| | Cream Puffs | | 20 to 25 | 400 ° | Puncture puffs twice with toothpicks to release steam after 15 minutes of baking time |
| | Custard (Individual) | | 25 | 350 ° | Set cups in baking dish. Pour boiling water around cups to a depth of 1 inch. |
| | Meringue Shells | | 18 to 20 | 300 ° | When done turn oven off and let shells stand in oven 1 hour to dry. |
| Pies and Pastries | Frozen | | 30 | 375 ° | Follow procedures on package |
| | Meringue-Topped | | 9 to 11 | 325 ° | |
| | Two-Crust | | 30 | 400 ° | |
| | Quiche | | 18 | 350 ° | Let stand 5 minutes before serving |
| | Pastry Shell | | 10 to 13 | 400 ° | Pierce pastry with fork to prevents shrinkage |
| Casseroles | Meat, chicken, seafood combinations | | 13 to 23 | 350 ° | Cook times vart with casserole sizes and ingredients |
| | Pasta | | 15 to 25 | 350 ° | Cook times vary with casserole size and ingredients |
| | Potatoes, scalloped | | 30 | 350 ° | Let stand 5 minutes before serving |
| | Vegatable | | 15 to 20 | 350 ° | Cook times vary with casserole size and ingredients |
| Main Dishes | Meat Loaf | Loaf Pan | 30 | 350 ° | |
| | Beef and Bean Casserole | | 25 | 350 ° | |
| | Stuffed Peppers | | 15 to 18 | 350 ° | Use green, red or yellow peppers. |

| Food | Dish | Time/Min. | Oven Temp | Comments | | |
|-------------------|---------------------------|------------|-----------|--------------------------------------------------------------------------------------------------------|-----------------|------------------|
| Convenience Foods | Frozen Bread Dough | loaf pan | 18 to 20 | 350 ° | | |
| | Pizza, Self Rising Crust | Metal Tray | 17 to 20 | 400 ° | | |
| | Pizza, | | 13 to 19 | 425 ° | | |
| | Slice and Bake Cookies | Metal Tray | 10 to 12 | 375 ° | | |
| Vegetables | Acorn Squash Halves | | 30 | 350 ° | | |
| | | | | Pierce skin in sesveral places. Add 1/4 C water Turn squash halves cut side up after 30 Min., Cover | | |
| | Baked Potatoes | | 30 | 425 ° | | |
| | Twice -Baked Potatoes | | 18 to 20 | 400 ° | | |
| Meats | | | | | | |
| | | Min./pound | Oven Temp | Temperature | Standing Time | |
| Beef | Rib Roasts Bone-in | Metal Tray | 13 | 325 ° | 140 ° Med. Rare | 10 to 15 Minutes |
| | | | 16 | 325 ° | 155 ° Med | 10 to 15 Minutes |
| | | | 18 | 325 ° | 160 ° Well | 10 to 15 Minutes |
| | Boneless Rib, Top Sirloin | Metal Tray | 10 | 325 ° | 140 ° Med. Rare | 10 to 15 Minutes |
| | | | 11 | 325 ° | 155 ° Med | 10 to 15 Minutes |
| | | | 13 | 325 ° | 160 ° Well | 10 to 15 Minutes |
| | Sirloin Tip | Metal Tray | 17 | 325 ° | 140 ° Med. Rare | 10 to 15 Minutes |
| | | | 20 | 325 ° | 155 ° Med | 10 to 15 Minutes |
| | Tenderloin, Whole | Metal Tray | 10 | 325 ° | 140 ° Med. Rare | 5 to 10 Minutes |
| | | | 12 | 325 ° | 155 ° Med | 5 to 10 Minutes |
| Ham Fully cooked | Boneless | Metal Tray | 22 | 325 ° | 155 ° | 10 to 15 Minutes |
| | Bone-in | Metal Tray | 20 | 325 ° | 155 ° | 10 to 15 Minutes |
| Lamb | Bone-in | Metal Tray | 10 | 325 ° | 140 ° Med Rare | 10 to 15 Minutes |
| | | | 13 | 325 ° | 155 ° Med | 10 to 15 Minutes |
| | | | 15 | 325 ° | 160 ° Well | 10 to 15 Minutes |
| | Boneless | Metal Tray | 15 | 325 ° | 140 ° Med Rare | 10 to 15 Minutes |
| | | | 17 | 325 ° | 155 ° Med | 10 to 15 Minutes |
| | | | 20 | 325 ° | 160 ° Well | 10 to 15 Minutes |
| Pork | Bone-in 3-5 Lbs. | Metal Tray | 13 | 325 ° | 155 ° Med | 10 to 15 Minutes |
| | Boneless 3-5 Lbs. | Metal Tray | 16 | 325 ° | 155 ° Med Well | 10 to 15 Minutes |
| | | 35-40 | 20 | 325 ° | 160 ° Well | 10 to 15 Minutes |
| | Pork Chops - 4 | Metal Tray | 22 | 325 ° | 170 ° Well | |
| | | | | total Time | | |

| Meats | Dish | Min/pound | Oven Temp | Temperature | Standing Time |
|---------|--------------------------|------------|--------------------|-------------|---------------|
| Poultry | Whole Chick 2.5-3 lbs. | Metal Tray | 30 (Total Time) | 375 ° | 180 ° |
| | Whole Chick 4.5 to 5 lbs | Metal Tray | 45 Total Time | 375 ° | 180 ° |
| | Chick pieces 2.5 -3 lbs. | Metal Tray | 20 (Total Time) | 375 ° | 180 ° |
| | Cornish Hens, Unstuffed | | 35 (Total Time) | 375 ° | 180 ° |
| | Ducklig 3 to 5 lbs. | | 35 (Total Time) | 375 ° | 180 ° |
| | Turkey Breast 4-7 lbs. | | 10 | 325 ° | 180 ° |
| Seafood | Fish fillets or Steaks | | 12 | 400 ° | |
| | Lobster Tails | | 13 | 350 ° | |
| | Shrimp 1 to 2 lbs. | | 10 | 350 ° | |

MICROWAVE COOKING GUIDE

1. Use cooking chart below. In microwaving the greater the quantity, the longer the cook time.
2. Microwaving does not brown food, use 1/2 time to bake and roast to achieve browning.
3. Use a microwave safe plastic, glass, or oven safe plastic containers. **DO NOT USE METAL**
4. When using microwave plastic containers be sure the oven is cool. If the oven is still hot from convection or 1/2 Time cooking use a glass or oven safe plastic container.
5. Covered utensils must have venting. Be careful when uncovering.
6. Oven automatically cooks at the HIGH power (10). To set power levels 9-2 press POWER and enter 9-2.

| Food | | Cover | Power | Minutes | Comments |
|-------------------------|---------------------------------------------|---------------------------|---------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Appetizers | Party Mix 2 1/2 Qts | No | High | 6 to 7 | Stir every 2 minutes |
| | Meatball, small mear or hot dog chunks (24) | wax paper or plastic wrap | High | 5 to 6 | Spread in a single layer in 2 quart glass dish |
| | Stuffed Vegetables (12) | No | High | 3 to 4 | Space evenly on tray or on plate lined with paper towels. |
| | Toasted nuts or seeds 1/2 to 1 Cup | No | High | 8 to 10 | Combine nuts with small amount of butter Stir every 2 minutes. |
| Cakes | rectangular, square or round | No | med High (7) | 5 to 7 | |
| | Cheesecake (9 inch cake or pie plate | No | Med. High (7) | 12 to 14 | Microwave cheese cake mixture in 2 quart casserole until thick and smooth. Stir every 2 minutes with wire whisk Pour into crumb crust. Chill until firm |
| Eggs Cheese Dairy | Scrambled eggs | No | High | 1 Min per egg | Stir 2 to 3 times during microwaving |
| | Quiche | No | Med High (7) | 16-21 | Pour filling into prebaked shell |
| | Thickened sauces and gravies (1 cup) | No | Med (5) | 3 to 5 | Melt fat, stir in flour and salt microwave 1-2 Min Stir to blend, add additional liquid, Stir every Min. |
| | Scald Milk (1/2 cup) | No | Medium (5) | 5-Min | |
| | Melt Butter (1/2 cup) | No | High 1 to 2 | | |
| | Soften cream cheese 8 oz | No | Low (3) | 1/2 to 1 | |
| Fish and Shellfish | Fillet or steak (1lb) | Wax paper | High | 5 to 7 | |
| | Whole Shrimp | Yes | High | 10 to 12 | Cover with water |
| | Shrimp Peeled (1 lb) | Yes | High | 5 to 7 | Brush with garlic butter before cooking |
| Fruits | Baked apples or pears | Yes | High | 2 to 4 per piece | Pierce fruit or peel to prevent bursting |
| | Baked dried fruits | Yes | High | 7 to 9 per lb. | Add 1/2 c water, wine or juice per lb. |

MICROWAVE COOKING GUIDE

| Food | | Cover | Power | Minutes | Comments |
|----------------|-------------------------------------------------|-------------|-------|-------------------|---------------------------------------------------------------------------------------------------|
| Meat | Brown Ground Beef (1lb) | Yes | High | 5 to 7 | Break up and stir every 2 Minutes |
| | Bacon | Paper Towel | High | 1-1 1/2 per slice | Place on paper towel lined plate |
| | Sausage Patties, links | Paper Towel | High | 1-2 per | Place on paper towel lined place or glass dish, Turn Turn over after 1/2 Cooking Time |
| | Sandwiches | Paper Towel | High | 1 to 2 | Wrap sandwich in paper towel or napkin |
| | Meat Casseroles with raw meat and vegetables | Yes | High | 13 to 19 | Rearrange or stir after 1/2 cooking time |
| Rice and Pasta | 1 cup raw Rice | Yes | High | 10 to 12 | Add water to package directions Stir at 1/2 cooking time Let stand covered 5 Min. Fluff with fork |
| | Instand Rice | Yes | High | 2 to 4 | Let stand covered 3 to 5 Min Fluff with fork |
| | Long pieces Spaghetti 1/2 lb. In 2-3 quart dish | Yes | High | 12 to 15 | Start with very hot water, Stir 1/2 way through |
| Vegetables | Asparagus 1 lb. | Yes | High | 8 to 10 | Place in dish with tender tips toward center, add 1/4 cup water. |
| | Green Beans 1 lb.snapped | Yes | High | 6 to 8 | add 1/4 cup water |
| | Broccoli, 1 lb. In pieces | Yes | High | 5 to 7 | |
| | Cabbage, 1 small chopped | Yes | High | 8 to 10 | Cover with water in casserole dish |
| | Carrots, 2 c, sliced or baby carrots | Yes | High | 5 to 7 | |
| | Cauliflower 1 Sm in pieces | Yes | High | 5 to 7 | |
| | Corn on the Cob | Yes | High | 2-2 1/2/ per ear | Place in covered dish or wrap in Seran |
| | Sugar Snap Peas 1/2 lb. | Yes | High | 3 to 5 | |
| | Potatoes Boiled | Yes | High | 10 to 12 per lb. | Add 1/2 c water, 1/2 t salt |
| | Spinach (fresh) 4 cups | Yes | High | 3 to 4 | Wash, cook with water still on leaves |
| | Squash, Acorn, Butternut | No | High | 6 to 7 | Cut in half, cook cut side down |
| | Sweet Potatoes, whole | No | High | 4-6 per Pot. | Wash and pierce before cooking. Let stand for 5 min. |
| | Zucchini, 1/4" slices | Yes | High | 3-4 per cup | |

HEATING AND REHEATING GUIDE

1. Cover foods with paper towel or wax paper to prevent "popping" or splattering.
2. When reheating plated of food place larger pieces on the outside of the plate and smaller pieces in the center of the plate.

| Food | | Amount | Power Level | Minutes | Comments |
|-----------------------|--------------------------------------------------------------------------------------------|--------------|----------------|------------|--------------------------------------------|
| Appetizers | Saucy such as meatballs, riblets, cocktail franks, etc. 1/2 cup serving | 1-2 Servings | High | 2 to 3 | |
| | | 3-4 Servings | High | 5 to 6 | |
| | Dips: cream or process cheese | 1/2 cup | Med (5) | 2 1/2 to 3 | |
| | | 1 cup | Med (5) | 3 to 4 | |
| | Pastry bites, small pizzas, egg rolls etc. | 2-4 Servings | High | 2 to 3 | |
| Plate of Leftovers | Meat plus 2 vegetables | 1 plate | High | 2 to 4 | Cover plate with plastic wrap or wax paper |
| Meats and Main Dishes | Saucy Main Dishes Chop suey, spaghetti, cream chicken, Chili, Stew, macaroni and cheese | 1-2 servings | High | 3 to 6 | 3/4 - 1 cup per serving |
| | | 3-4 servings | High | 9 to 12 | |
| | Thinly sliced roasted meat: Rare, Minimum Time Med. Rare Maximum Time | 1-2 servings | Med H (7) | 1 to 3 | 3-4 oz per serving |
| | | 3-4 servings | Med H (7) | 2 to 4 | |
| | Well done beef, pork, ham, poultry, etc | 1-2 servings | Med H (7) | 1 to 3 | 3-4 oz per serving |
| | | 3-4 servngs | Med H (7) | 2 to 5 | |
| | Steaks, chops, ribs, other meat pieces: Rare beef steak | 1-2 servings | Med Hi (7) | 1 to 3 | 3-4 oz per serving |
| | | 3-4 servings | Med Hi (7) | 2 to 5 | |
| | Well done beef, chops, ribs, etc. | 1-2 servings | Med Hi (7) | 2 to 3 | |
| | | 3-4 servings | Med Hi (7) | 5 to 7 | |
| | Hamburgers or meat loaf | 1-2 servings | High | 1 to 2 | 4 oz. Servings |
| | | 3-4 servings | High | 2 to 4 | |
| | Chicken Pieces | 1-2 servings | High | 1 to 2 | |
| | | 4-4 servings | High | 2 to 4 | |
| | Hot dogs and sausages | 1-2 servings | High | 1/2 to 1 | |
| 3-4 servings | | High | 1 1/2 to 2 1/2 | | |

HEATING AND REHEATING GUIDE

| Food | | Amount | Power level | Minutes | Comments |
|----------------|-----------------------------------------------------------------|--------------|-------------|---------|----------------------|
| Pasta and Rice | Plain or buttered | 1-2 servings | High | 1 to 3 | 1/2 to 1 cup serving |
| | | 3-4 servings | High | 3 to 5 | |
| | Topped or mixed with sauce | 1-2 servings | High | 1 to 3 | |
| | | 3-4 servings | High | 3 to 5 | |
| | Tips: | | | | |
| | Cover saucy main dishes with plastic wrap | | | | |
| Sandwiches | Cover other main dishes and meats with wax paper | | | | |
| | Do not cover rare or medium rare meats | | | | |
| | Moist filling: Sloppy joe, Barbecue, ham salad in bun | 1-2 servings | Med H (7) | 1 to 2 | 1/3 cup servings |
| | | 3-4 servings | Med H (7) | 3 to 4 | |
| | Thick meat-cheese filling with firm bread | 1-2 servings | Med H (7) | 1 to 3 | |
| | | 3-4 servings | Med H (7) | 3 to 5 | |
| | Tip: Use paper towel to cover sandwiches | | | | |
| Soup | Water based | 1-2 servings | High | 1 to 3 | 1 cup servings |
| | | 3-4 servings | High | 3 to 6 | |
| | | 1 10 oz can | High | 3 to 5 | |
| | Milk based | 1-2 servings | Med H (7) | 1 to 2 | 1 cup servings |
| | | 3-4 servings | Med H (7) | 6 to 10 | |
| | | 1 10 oz. Can | Med H (7) | 6 to 8 | |
| Vegetables | Tip: Cover soups with wax paper or wrap | | | | |
| | Small pieces pease, beans, corn, etc. | 1-2 servings | High | 1 to 3 | |
| | | 3-4 servings | High | 2 to 3 | |
| | | 1 16 oz can | High | 2 to 4 | |
| | Large pieces or whole asparagus spears, corn on the cob, etc | 1-2 servings | High | 2 to 3 | |
| | | 3-4 servings | High | 3 to 4 | |
| | | 1 16 oz. Can | High | 4 | |
| Sauces | Mashed potatoes, squash, pumpkin, etc. | 1-2 servings | High | 1 to 3 | |
| | | 3-4 servings | High | 4 to 5 | |
| | Tip: Cover vegetables for most even heating | | | | |
| | Dessert chocolate butterscotch | 1/2 cup | High | 1 to 2 | |
| | | 1 cup | High | 2 to 3 | |

HEATING AND RE HEATING GUIDE

| Food | Amount | Power level | Amount | Comments |
|------------------|-------------------------------------------------------------------------------|--------------|-----------|--------------------------|
| Sauces | Meat or main dish, chunky type | 1/2 cup | High | 1 to 2 |
| | giblet gravy, spaghetti sauce, etc | 1 cup | High | 2 to 3 |
| | | 1 16 oz. Can | High | 3 to 4 |
| | Creamy type | 1/2 cup | High | 1 to 1 1/2 |
| | | 1 cup | High | 2 to 2 1/2 |
| | Tip: cover food to prevent splatter, stir often | | | |
| Bakery Foods | Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread | 1 piece | Low (3) | 1/2 to 1 |
| | | 2 pieces | Low (3) | 1 to 1 1/2 |
| | 9 inch cake | 1 | Low (3) | 2 to 3 |
| | Sweet rolls or doughnuts | 12 | Low (3) | 2 to 3 |
| | Dinner rolls or muffins | 1 | Med (5) | 1/4 to 1/2 |
| | | 2-4 | Med (5) | 1/2 to 1 |
| | | 6-8 | Med (5) | 1 to 1 1/2 |
| | Pie, fruit, nut or custard | 1 slice | High | 1/2 to 1 |
| | | 2 slices | High | 1 to 2 |
| | | 9-in pie | Med H (7) | 5 to 7 |
| | Tip: Baked goods will feel cooler on the outside, but is warmer on the inside | | | |
| | | | | |
| Griddle foods | Pancakes, French toast or waffles | | | |
| | plain, no topping | 1 | High | 1/2 to 1 |
| | | 2 | High | 1 to 2 |
| | | 3 | High | 1 to 2 |
| Beverages | Coffee, tea, cider, other water based | 1 cup | High | 1 to 2 |
| | Individual cups | 2 cups | High | 1 1/2 to 3 |
| | | 3 cups | High | 2 to 4 |
| | Coffee, tea, cider, other water based | 4 cups | Med H (7) | 3 to 6 |
| | pitcher or measuring bowl | 6 cups | Med H (7) | 6 to 9 |
| | Warm milk | 1 cup | Med H (7) | 1 1/2 to 2 |
| | | | | Stir well before serving |

DEFROSTING GUIDE

1. Use Speed Defrost for most items. For large cuts of meat use DEFROST by WEIGHT
2. Medium to large food items should be turned over after 1/2 the Defrosting time.
3. When defrosting several food items frozen together, for example chicken pieces, chops or steaks, separate items after 1/2 the defrosting time.

| Food | | Minutes | Comments |
|---------------------|----------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breads, Cakes | Bread or buns (1 lb. Pkg) | 5 | Turn over after 1/2 the defrosting time |
| | Coffee cake (11 to 13 oz.) | 5 to 6 | |
| | Sweet rolls (12 oz. Pkg) | 3 to 4 | |
| | Doughnuts (1 -3) | 2/4 to 1 1/2 | |
| | Doughnuts, glazed (box of 12) | 3 to 4 | Turn over after 1/2 the defrosting time |
| | French Toast (2 slices) | 1 to 2 | |
| | Cake, frosted 2 to 3 layer (17-22 oz) | 3-3 1/2 | Let stand 10 minutes before serving |
| | Cake, filled or topped 1 layer (12 1/2-16oz) | 2 to 3 | Let stand 10 minutes before serving |
| | Pound cake (11 1/4 oz) | 3 | Let stand 10 minutes before serving |
| | Cheesecake, plain or fruit top (17-19oz) | 3 to 4 | Let stand 10 minutes defrost 2-3 min more if needed |
| Cupcakes (1 to 2) | 1/2 to 1 | | |
| Pies | Fruit or nut pie (8 inch) | 9 to 12 | Let stand 5 minutes before serving |
| | Cream or custard pie (14-24 oz.) | 2 to 5 | Let stand 5 minutes before serving |
| Fish and Seafood | Fillet (1 lb) | 9 to 11 | Place unopened package in oven. If fish is frozen in water, place in cooking dish. Turn over after first half of time. Let stand 5 minutes on counter to complete defrosting. |
| | Steaks (6 oz) | 3 | Place unopened steak in oven. Turn over after first half of time. |
| | Whole fish (8 to 10 oz.) | 2 to 7 | Place fish in cooking dish. Turn over after first half of time. After second half time, rinse cavity with cold water to complete defrosting |
| | Shellfish, small pieces (1 lb.) | 6 to 10 | Spread shellfish in single layer in baking dish, Rearrange after 1/2 of the time. |
| | Shellfish, blocks, crab meat 6-oz pkg. | 2 to 5 | Place blocks in casserole. Turn over and break up with fork after first half of time |
| | Oysters (12 oz can) | 12 to 14 | Place block in casserole. Turn over and break up with fork after first half of time. Let stand 10 minutes after defrosting. |
| | Scallops (1 lb. Package) | 12 to 14 | Place block in casserole. Turn over and break up with fork after first half of time. Let stand 10 minutes after defrosting. |

DEFROSTING GUIDE

| Food | Minutes | Comments |
|---------|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Seafood | Shellfish - large Crab legs 1-2 (8 to 10 oz) | 5 to 10 Arrange in cooking dish with light underside up. Turn over after half the time |
| | Lobster tails 1-2 (6 to 9 oz) | 7 to 14 Arrange in cooking dish with light underside up. Turn over after half the time. |
| Fruit | Fresh (10-16 oz) (in microwave safe container) | 2 1/2 to 4 1/2 Place package in oven. After first half of time, break up with fork Let stand on counter to complete defrosting. |
| | Plastic pouch 1 to 2 | 2 1/2 to 8 Place package in oven. After first half of time, flex package |
| Meat | Bacon (1 lb) | 5 to 10 per lb. Place unopened package in oven. Turn over after half of time. Defrost just until strips can be separated. |
| | Franks (1 lb) 1/2 lb. | 3 to 5 1 1/2 to 2 1/2 Place unopened packed in oven. Turn over after first half of time Defrost just until franks can be separated |
| | Ground beef or pork | 5 to 9 Scrape off meat that softens during defrosting. Set aside. Break up remaining block and continue defrosting |
| | 1 1/2 to 2 lbs. | 7 to 14 Scrape off meat that softens during defrosting. Set aside. Break up remaining block and continue defrosting |
| | 5 lbs. | 13 to 26 Scrape off meat that softens during defrosting. Set aside. Break up remaining block and continue defrosting |
| | Roast Beef, lamb or veal | 7 to 14 per lb. Place unwrapped roast in glass casserole. Turn over after first half of time and shield warm areas with foil. Let stand 30 minutes. |
| | Roast Pork (3-5 lbs) | 11 to 22 per lb. Place unwrapped roast in glass casserole. Turn over after first half of time and shield warm areas with foil. Let stand 30 minutes. |
| | Spareribs, Pork (1 1/2 lbs.) | 6 to 12 per lb. Place unwrapped roast in glass casserole. Turn over after first half of time and shield warm areas with foil. Let stand 30 minutes. |
| | Steaks, chops or cutlets | 8 to 16 per lb. Place unwrapped roast in glass casserole. Turn over after first half of time and shield warm areas with foil. Let stand 30 minutes. |
| | Sausage, Bulk (1-lb. Roll) | 5 to 10 Scrape off meat that softens during defrosting. Set aside. Break up remaining block and continue defrosting |
| | Sausage link (1/2 to 1 lb) | 2 to 4 1/2 Turn over after half the time |
| | Sausage Patties (12 oz. Pkg.) | 2 to 5 Turn over and separate after half of the time |

DEFROSTING GUIDE

| Food | | Minutes | Comments |
|---------|-----------------------------------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Poultry | Chicken cut up | 10 to 18 | Place unwrapped chicken in oven. After half of the time unwrap and turn over. After second half of time separate pieces and place in cooking dish. Defrost 4 to 5 minutes more, if necessary. |
| | Chicken, whole (2 1/2 to 3 1/2 lbs.) | 12 to 24 | Place unwrapped chicken in oven. After half of the time unwrap and turn over. Shield warm areas with foil. |
| | Cornish Hen | 6 to 11 per lb. | Place unwrapped chicken in oven. After half of the time unwrap and shield warm areas and ends of legs with foil. Defrost 3 to 4 minutes more if necessary. |
| | Duckling | 6 to 10 per lb. | Place unwrapped duckling in oven. After half of the time unwrap turn over and place in cooking dish. Shields warm areas and ends of legs with foil. |
| | Turket Breast | 5 to 9 per lb. | Place unwrapped turkey, breast side down, in cookign dish. After first half of time, turn turkey breast side up and shield any warm areas with foil. |

Manufacturer's Limited Warranty

HALF TIME OVEN ®

The manufacturer warranty warrants this oven against defects in material or workmanship for a period of one year from the date of its original purchase by a consumer for home use. Neither the retailer nor any other company involved in the sale or promotion of this product is a co-warrantor of this manufacturer's warranty.

MAGNETRON TUBE LIMITED 5-YEAR WARRANTY

For an additional four -year period beyond the first year of the general coverage of this warranty, the manufacturer will repair or replace, at its option, any magnetron tube, which has failed as a result of defective material or workmanship. Labor required for such repair or replacement is not covered in this warranty.

HOW TO OBTAIN SERVICE

During the warranty period a Product with a defect will be repaired or replaced with a re-conditioned comparable model at the manufacturer's option. You can obtain Service or a return authorization by calling 1-800-330-9707. You must take the Product to a designated Service Agency in order to get it repaired. The repaired or replaced product will be Warranty for the balance of the 1-year Warranty period and an additional 1-month period. No charge will be made for repairs or replacements in this Warranty period.

EXCLUSIONS

MANUFACTURER'S OBLIGATION UNDER THESE WARRANTIES SHALL NOT EXTEND TO ANY MALFUNCTION OR OTHER PROBLEM CAUSED BY:

1. Damage unless attributable to a defect in material or workmanship.
2. Unreasonable use or misuse, such as, but not limited to, improper setting of controls, improper electrical supply and improper installation.
3. Damages resulting from or problems caused by any installation, repair, alteration, modification, or adjustment of the appliance not performed by Cook's Essentials or by an authorized dealer or service.

THESE WARRANTIES DO NOT COVER:

1. The replacement of light bulbs or metal trays.
2. ½ Time Oven purchased or used for commercial purposes.
3. The cost of transporting ½ Time Oven to the Service Agency.

LIMITATION OF LIABILITY

In no event shall the manufacturer be liable for any incidental or consequential damages (including, but not limited to food loss) or for any special damages or any further loss as a result of any breach of these warranties. Some states do not allow the exclusion or limitations of consequential damages; so the above limitation or exclusion may not apply to you.

TO SECURE WARRANTY SERVICE

Before requesting service, be sure that you have read and followed all procedures in the Use and Care Book. Should service be required call 1800-330-9707 for the name and number of your nearest service agent. Evidence of purchase date must be provided to obtain warranty service.

If you are not satisfied with the response to your service requirements write Service Department, P.O. Box 3256, Oxford, AL 36203. The letter should include the date of the purchase and details concerning your problem.

HOW TO OBTAIN OUT OF WARRANTY PARTS

You may purchase OUT OF WARRANTY PARTS or ACCESSORIES by calling 1-800-330-9707.

ADDITIONAL RIGHTS

These warranties are the only written or expressed warranties given by the manufacturer. No one is authorized to increase, alter, or enlarge the manufacturer's responsibilities or obligations under these warranties. These warranties give you specific legal rights, which may vary, from state to state.

THIS WARRANTY COVERS PRODUCTS IN THE UNITED STATES AND CANADA ONLY