GE APPLIANCES

Quick Guide

# Microwave Oven

## Speedcooking

**Always use non-stick metal tray**



**Speedcook is preprogrammed to cook over 175 dishes!**

- When cooking items that would normally go onto a baking sheet, like french fries or cookies, place the food directly onto the metal tray.
- When cooking items that would normally go into a baking dish, like casseroles, place the dish directly onto the tray.

Follow these general guidelines when selecting the best U-, L-, M-, C- setting for your favorite recipes:

U = Upper Halogen Lamps. Select a higher setting for thin foods requiring a golden brown top (example: fish fillets, toast, boneless chicken breasts). Select a lower setting for thicker foods and foods with high sugar or fat content (example: muffins, roasts, casseroles) or require a longer cook time.

L = Lower Ceramic Heater. Select a higher setting for thick or dense foods that may not cook quickly in the center (example: steaks, casseroles). Select a lower setting for thin foods (example: cookies).

M = Microwave. Select a higher setting to shorten cooking time for dense or heavy foods (example: casseroles, whole chicken). Select a lower setting for delicate foods (example: breads) or foods requiring longer cook times for tender results (example: stew, pot roast).

C = Convection. Select a lower setting for more delicate foods that cook at lower temperatures. Select a higher setting (6 or above) for more robust foods or foods that cook at temperatures above 350ºF.

## Convection Baking

**Always use non-stick metal tray**



- Accessed by selecting Oven from the main menu

Convection baking allows you to cook foods the same way as a conventional oven, using a heating element to raise the temperature of the air inside the oven. Any oven temperature from 250°F to 450°F may be set.

Before you begin, make sure the turntable is in place. Use the metal tray at all times when single or two-level baking.



The turntable must always be in place when using the oven.

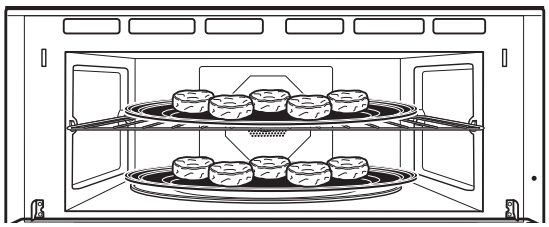


Put food directly on the **metal tray** to convection bake.



## Cooking Tips for Convection Baking

- Accessed by selecting Oven from the main menu
- Cook time maximum is 3 hours.
- For two-level baking, install the wire rack on the 4 rack supports and a metal tray on the turntable. Baking dishes can be placed directly onto the wire rack and the turntable.
- If baking trays are required for cooking foods like cookies or biscuits, use the metal trays supplied with the oven to place on the wire rack and on the turntable for best performance.
- When cooking items that go directly onto the metal tray, do not place the tray into the oven during preheat. Place the food directly onto the tray, and place the metal tray with food onto the turntable after the oven is finished preheating.
- When cooking items in a dish to be placed on the metal tray, place the metal tray in the oven during preheat for optimum cooking performance then place the dish in the oven on the tray once preheat is complete.



## Broiling or Toasting

**Always use metal tray or metal grill tray**



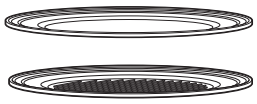
- Accessed by selecting Oven from the main menu

Broil and toast use the upper lamps, lower heater and convection system to broil or toast food similar to a conventional oven.

Before you begin, make sure the turntable is in place. Use the metal tray when toasting and the metal tray or metal grill tray when broiling.



The **turntable** must always be in place when using the oven.



Put food directly on the metal tray to broil or toast.

## Warming/Proofing

**Always use non-stick metal tray**



- Accessed by selecting Oven from the main menu
- The WARM feature will keep hot, cooked foods at serving temperature. Always start with hot food. Use cookware and utensils that can withstand temperatures up to 230˚F.
- The PROOF feature automatically provides the optimum temperature for proofing. It does not have a temperature adjustment.

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## Microwave Features

**Always use glass tray**



**Express**

- Select Express 30s to initiate a microwave cook mode. The oven will start immediately. Time can be added by pressing the +30s or +1m.
- The initial cook time can be modified to a preferred time up to 6 minutes. This can be changed in the **SETTINGS**.

**Microwave Power Level(s)**

You can change the power level before or during a cooking program.

Here are some examples of uses for various power levels:

**High 10:** Fish, bacon, vegetables, boiling liquids.

**Med-High 7:** Gentle cooking of meat and poultry; baking casseroles and reheating.

**Medium 5:** Slow cooking and tenderizing for stews and less tender cuts of meat.

**Low 2 or 3:** Defrosting; simmering; delicate sauces.

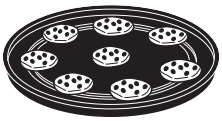
**Warm 1:** Keeping food warm; softening butter.

**Cooking Tips**

- When cooking bacon, layer strips on a plate. Cover each layer with a paper towel.
- When cooking vegetables, use a microwave-safe casserole or bowl. Cover with a microwave-safe lid or vented plastic wrap.
- For frozen vegetables, follow the package instructions for adding water.
- For fresh vegetables, add 2 tablespoons of water for each serving.

## Food Placement

To ensure consistent and even browning when cooking foods directly on the metal tray, arrange food as shown. **Food can touch, but should not overlap.**



Circular Pattern
(biscuits, cookies)



Side by Side
(meats, poultry)



Spoke Pattern
(crescent rolls, breadsticks)



Single Layer
(appetizers)

## Cookware Suggestions

- Place food or oven-safe cookware directly on the non-stick metal tray when using Speedcook or Oven Features.
- Speedcook cookware – The metal tray or metal grill tray must be in place. You can use **non-metal** casserole dishes, pie plates and other heat-safe cookware. Place other cookware directly on top of the metal tray. **Never use metal cookware.**
- Convection Bake cookware – The metal tray or metal grill tray must be in place. You can use metal muffin pans, cake pans and other metal cookware. Use the metal rack for 2-level baking. **Metal cookware can be used for Convection Bake cooking mode.**
- BROIL cookware – The metal tray and metal grill tray must be in place. **Metal cookware can be used for BROIL cooking mode.**
- MICROWAVE cookware – **The glass microwave tray should always be in place for any microwave cooking mode.** Be sure to use cookware suitable for microwave cooking. **Never use metal cookware.**

Refer to your Owner's Manual for additional cookware information.

## Connecting Your WiFi Connect Enabled Oven

This appliance is configurable to allow remote operation at any time. Do not store any flammable materials or temperature sensitive items inside or on top of this appliance. By using the Wi-Fi Connect feature, you will be able to control essential oven operations such as temperature settings, timers and cooking modes using your smartphone or tablet.*

Select the ⚙ then **Wi-Fi & Remote Enable** - follow the instructions on your oven display and phone app. It is necessary to turn on Wi-Fi before using Remote Enable on your oven.

**Connecting your Wi-Fi Connect Enabled oven**

1. Have your smart phone or tablet ready with the ability to access the internet and download apps.
2. You will need to know the password of your home Wi-Fi router. Have this password ready while you are setting up your GE Appliances oven.
3. On your smart phone or tablet, visit **GEAppliances.com/connect** to learn more about connected appliance features and to download the app to connect to your oven.
4. Follow the onscreen instructions in the app to connect your GE Appliances oven. When connected, your oven should show that it is connected to your home Wi-Fi network.
5. If there are issues connecting wirelessly to your oven, please call 800.220.6899 and ask for assistance regarding oven wireless connectivity.

To connect additional smart devices, repeat steps 3 and 4.

**Remote Starting Your Advantium**

Remote Enable ON/OFF is a selection under the menu selection **WiFi & Remote Enable**.

When Remote Enable is ON the icon will be active on the home screen and you can start an Advantium cook cycle from a remote source such as the SmartHQ app or Voice Commands from Amazon Alexa or Google Assistant. When starting a Speedcook or microwave cooking cycle, you will need to have opened the microwave door within the last 5 minutes. The 5 minute restriction is to help ensure food is in the microwave before starting the cooking cycle. There is not a 5 minute limitation with Oven/Convection cycles.

When Remote Enabled is OFF you can still view the cooking status from your app, you can turn off cooking modes, or you can use the timer and setting features from your smart device. With Remote enabled OFF you just will not be able to start a cooking cycle on a smart device.

To disable all WiFi features and remove the Advantium from the WiFi network, select Disconnect AND Forget WiFi option under the **WiFi & Remote Enabled** menu.

For additional product FAQs and troubleshooting tips Scan the QR code or visit:
**GEAppliances.com/ge/service-and-support/faq-microwaves.htm**