

Use and Care Manual

Half Time Oven[®]

34 Series

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

Four Cooking Modes

Half Time[®]

Cooks and browns like a gas or electric oven in half the time. Use any cookbook or directions on any food package and simply cut the time in half.
Use standard cookbook recipes.
1800 watts of cooking power

Complete Meal

Cook meat or poultry, fish, potatoes or rice and vegetables or casseroles at the same time. No need to cook items separately.

Convection

1600 watts of Turbo powered Convection Heat

Microwave

1000 watts Microwave cooking power
Plus Speed Defrost

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

CONTENTS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.....	2
SAFETY INSTRUCTIONS.....	2-3
INSTALLATION-OVEN START-UP.....	4
OVEN FEATURES-SPECIFICATIONS.....	5
CONTROL PANEL.....	6
SETTING THE CLOCK.....	7
SETTING HALF TIME OVEN MODE	8
AUTOMATIC PRE-HEAT.....	8
SET TIME AND TEMPERATURE.....	8
USING SPECIAL TRAYS.....	9
ARRANGING TRAY FOR COMPLETE MEAL.....	10
COMPLETE MEAL MODE.....	11
SETTING CONVECTION MODE.....	11
SETTING MICROWAVE TIME AND POWER.....	12
TWO STAGE COOKING	12
SETTING SPEED DEFROST	13

INSTANT ACTION PADS.....	13
BAKED POTATO SETTING	
POPCORN SETTING	
BEVERAGE/SOUP SETTING	
SETTING DEFROST BY WEIGHT.....	14
CARE & MAINTENANCE.....	15
CLEANING	
OUTSIDE SURFACES	
INTERIOR SURFACES	
REPLACING OVEN LIGHT BULB	
SERVICE.....	15-16
BEFORE CALLING SERVICE CHART	
HOW TO OBTAIN SERVICE	
COOKING CHARTS	
HALF TIME COOKING CHART.....	17-19
COMPLETE MEAL TYPE A.....	20
COMPLETE MEALTYPE B.....	21-22
CONVECTION.....	23-26
MICROWAVE.....	27-28
REHEATING.....	29-31
DEFROSTING.....	32-34
WARRANTY	ON BACK COVER

Apollo Worldwide of Alabama 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:

Apollo Worldwide of Alabama
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 4.
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 leave 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 3)

IMPORTANT SAFETY INSTRUCTIONS

18. 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.
19. Do not use outdoors.
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.
27. When heating a liquid, like soup or beverages, up to a boiling point, do not take it out of the oven immediately. Wait 30 seconds before removing to avoid spilling a hot or scalding liquid.
28. After heating up baby feeding bottles the content should be shaken and the liquid temperature should be checked before feeding, in order to avoid feeding hot or scalding liquid.

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

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.

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 for countertop models and 20 ampere for Built-In, Over the Range, and Ranges, 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 Half 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.
3. Please note the door must be closed securely or the oven will not operate.

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 Half 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.

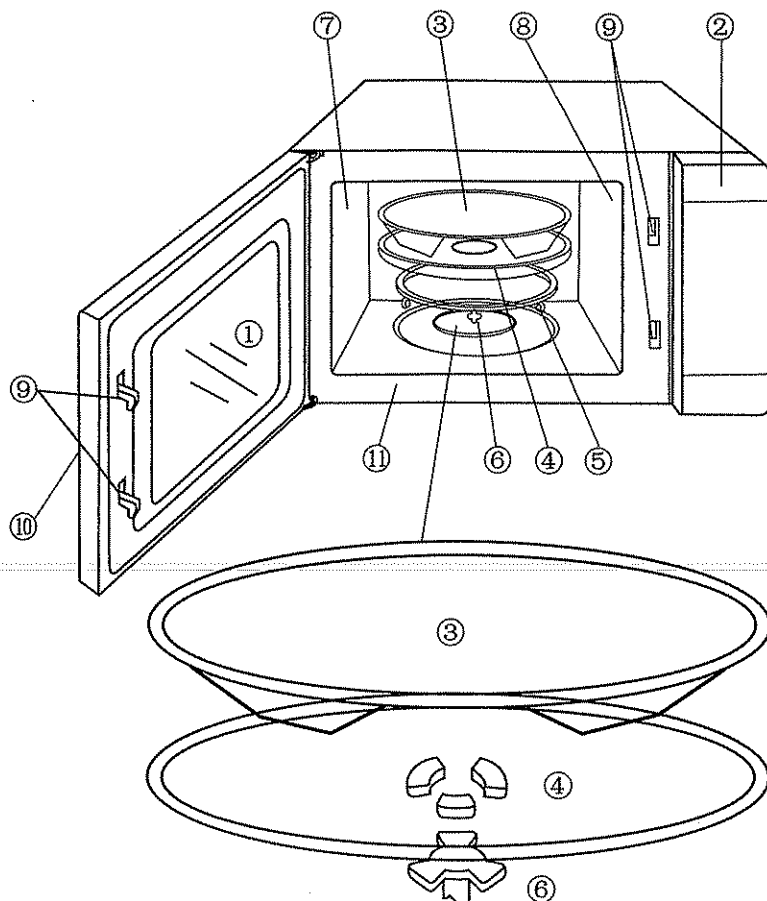
WARNING

IMPROPER USE OF THE GROUNDING PLUG CAN RESULT IN A RISK OF ELECTRICAL SHOCK.
TO PROVIDE CONTINUOUS PROTECTION AGAINST ELECTRICAL SHOCK, CONNECT TO PROPERLY GROUNDED OUTLETS ONLY.

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

THIS DEVICE COMPLIES WITH PART 18 OF THE FCC RULES.

OVEN FEATURES



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

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. Place it on the metal shaft which is located in the Center of the oven floor.
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 Half Time, Complete Meal or Convection Cooking Modes place the metal tray on top of the glass tray.

Quick Reference for Using the Control Panel

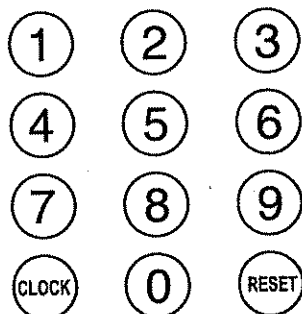
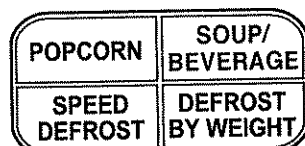
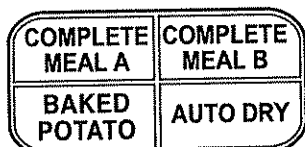
Each time you touch a control pad a beep will sound



HALF TIME

CONVECTION

MICROWAVE



POWER LEVEL

START STOP

Step 1.
Select cooking mode
Example: Half Time

Step 2.
Enter temperature
Same as gas/electric oven

Step 3.
Enter 1/2 cooking time

Step 4.
Press Start

DISPLAY

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

HALF TIME PAD

Cooks and browns like a gas or electric oven in half the time. Use any cookbook or directions on any food package and simply cut the time in half. Uses convection heat and microwave simultaneously. Prompts you to set temperature, then set time and press START.

CONVECTION PAD

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

MICROWAVE PAD

Cooks with microwave energy. **NOTE: If none of the cooking mode pads are touched the oven operates in the microwave mode.**

COMPLETE MEAL A

Cooks meat, poultry or fish pieces or filets and potatoes or rice and vegetables all at the same time. Cooks with convection and microwave energy simultaneously. Complete meals for 1, 2, 3, or 4 servings. No need to cook items separately.

COMPLETE MEAL B ONLY ON SELECTED MODELS

Cooks meat roasts or whole poultry roast and potatoes or rice and vegetables or casseroles all at the same time. No need to cook items separately.

BAKED POTATO

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

AUTO DRY

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

POPCORN

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

SOUP/BEVERAGE 9-11 oz.

Select number of cups or mugs from 1-4.

SPEED DEFROST

Select number of cups or mugs from 1-4. Divides input time into fourths and reduces the power level automatically from 60% to 40% to 30% to 20%.

DEFROST BY WEIGHT

Enter the weight of the food and the control automatically sets the proper defrosting time.

CLOCK

Touch the Clock Pad once, enter the time and press START. To reset the clock press Reset, then clock. Enter time and press START.

RESET

To reset a cooking or timing function while programming the oven, touch the reset pad and start over. 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 reprogram the oven.

POWER LEVEL

This pad controls the microwave power. The oven is automatically programmed or preset to HIGH power. To select lower power setting press POWER, enter number 0-9. Press twice to return to HIGH.

START/STOP

Press the pad to start or stop the oven.

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.

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 Pad.

Half Time Cooking

½ Time cooking combines Microwave energy and Convection heat simultaneously to cook like a conventional Gas or Electric Oven, but in half the time. Use any cookbook or directions from any food package.

Set the same temperature as a 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 ½ 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 placed in Oven safe glass, ceramic, or metal pans and placed on the special metal tray for cooking.

DO NOT USE this tray in the Microwave, Speed Defrost, Defrost by Weight, Popcorn or Beverage Pad Modes.

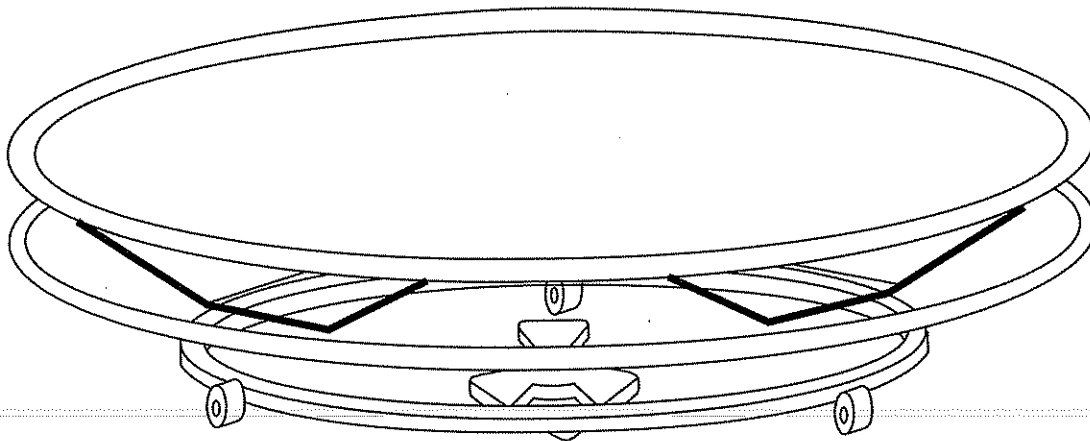
The legs on the metal tray position the food to allow hot air to circulate all around the food, (top, bottom and sides) for optimum cooking results. **This tray must always be placed, on top of the glass tray when cooking in the Half Time, Complete Meal or Convection mode..**

USE this tray in the Half Time, Convection, Baked Potato, Complete Meal A or Complete Meal B modes. Foods can be placed directly on the special metal tray.

To Set Half Time Cooking

1. Place food on the Special Metal Tray. Press the ½ 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.

Half Time, Complete Meal and Convection Cooking
Place Metal Tray on Glass Tray
Place food or regular oven safe cookware
directly on the Metal Tray

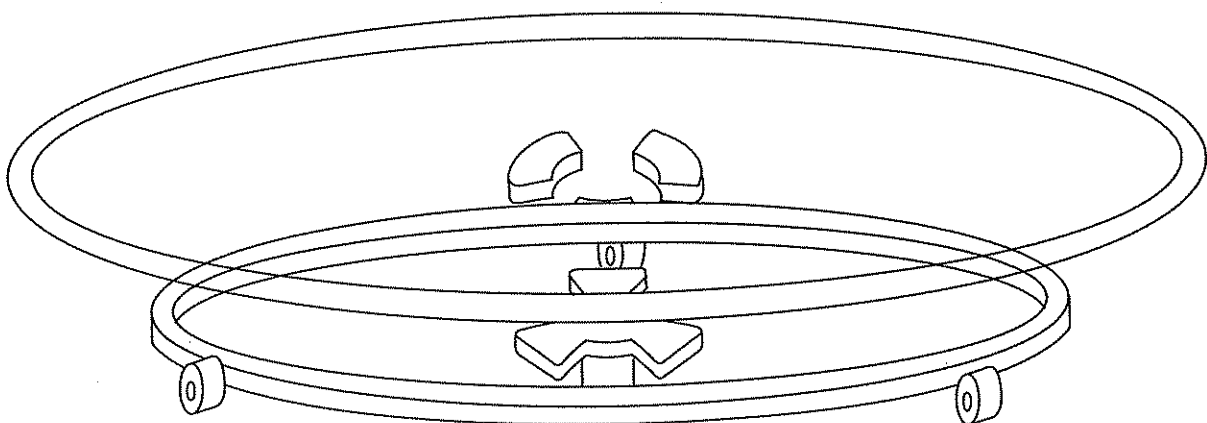


The metal tray must be used for every Half Time, Complete Meal and Convection function. NEVER use the metal tray during a Microwave only function.

The metal tray has a special easy to clean coating. Sharp knives and forks should never be used directly on the surface of the tray, as 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. Additional Glass or Metal Trays, or glass cookware for Complete Meal cooking can be ordered for \$20.00 each (including shipping and handling).

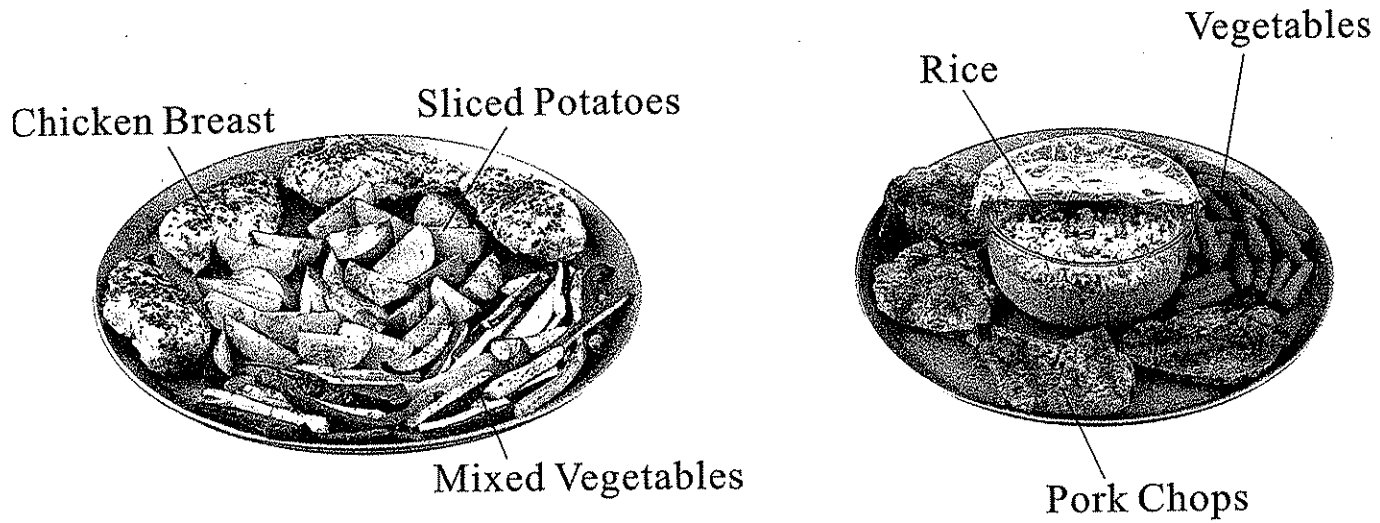
Send check to: Apollo Worldwide of Alabama, P. O. Box 6066, West Palm Beach, FL 33405, or call 800-330-9707.

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



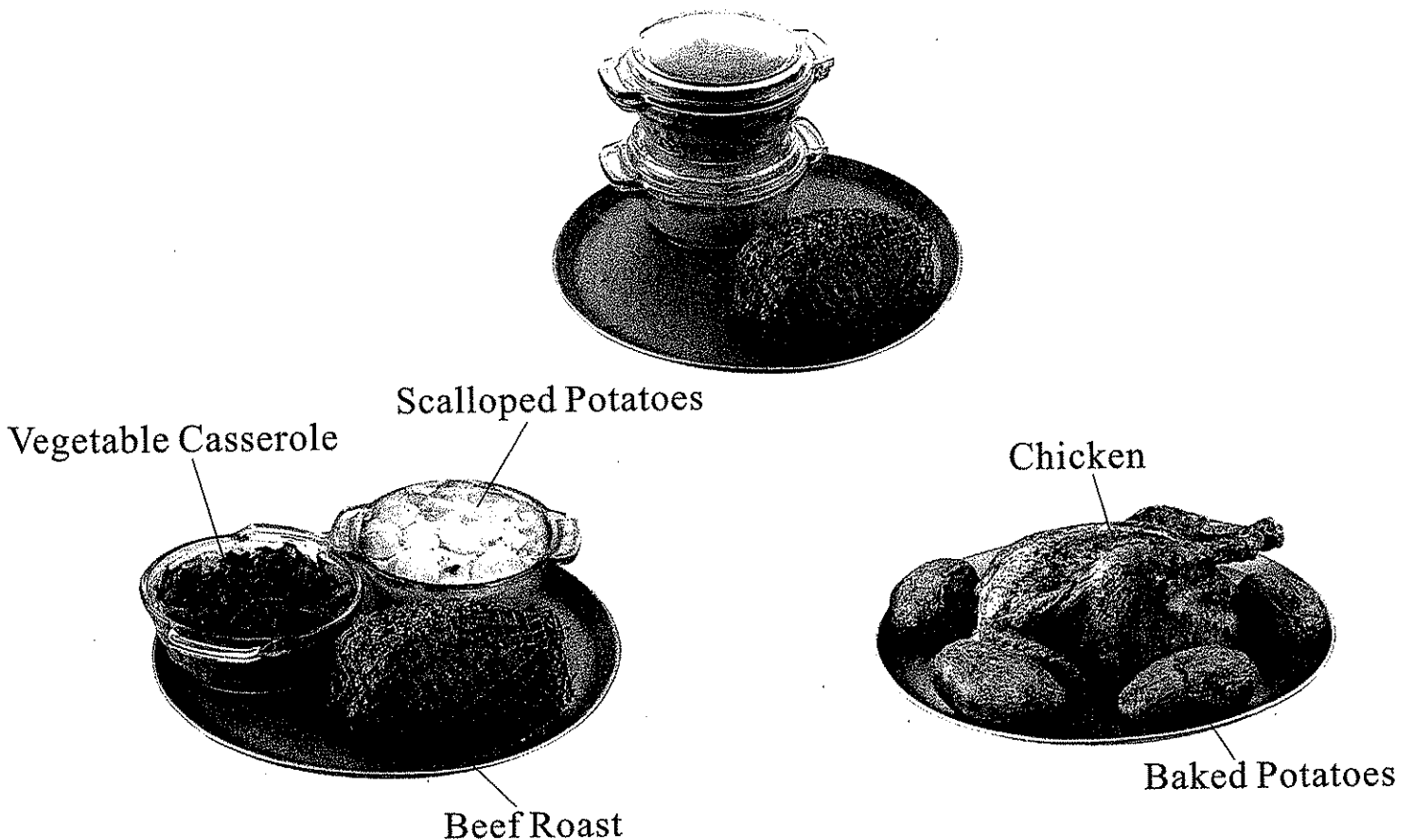
The Glass Tray included with the oven should remain in place during every cooking function.
NEVER USE THE METAL TRAY DURING A MICROWAVE ONLY FUNCTION.

Complete Meal Cooking Type A



Complete Meal Cooking Type B Only On Selected Models

Dishes for Rice, Vegetables or Casseroles can be stacked to make room for a Roast and Baked Potatoes



Setting Complete Meal Type A

Complete Meal A

Cooks meat, poultry or fish pieces or filets and potatoes Or rice and vegetables all at the same time. Cooks With convection and microwave energy simultaneously. Complete meals for 1, 2, 3 or 4 servings. No need to cook items separately. See charts on page 20

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

1. To set Complete Meal Press COMPLETE MEAL A 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.

Setting Complete Meal Type B Only On Selected Models

Complete Meal B

Cooks meat or poultry roast and potatoes or rice and vegetables or casseroles all at the same time. No need to cook items separately. See chart on page 21.

1. Press Complete Meal B Pad
2. Enter the cooking temperature for the meat or poultry roast.
USE CHARTS & TABLE ON PAGE 22.
3. Enter the cooking time based on the weight of the meat Or poultry roast. USE TABLE ON PAGE 22.
4. Press START
The Electronic Control will automatically add 5 minutes to the cooking time you have entered in order to properly cook all the Food at the same time.

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. See cooking charts on pages 23-26.

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.

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

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.

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 much know how must 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

Instant Action Pads

BAKED POTATO

This METAL TRAY MUST BE USED place on top of glass tray. Uses microwave energy and convection heat 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

BEVERAGE or 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.

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.

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 the label gives 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 must 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 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 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 times 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. 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 securely?
 - 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 START Keys?....Baked Potato, Soup/Beverage, Popcorn or Quick Start? If one of these keys has been Pressed the oven will automatically start cooking in 3 seconds without pressing START.
7. Oven feels hot to touch.
 - This Half 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 Half 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 Half 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 or press the AUTO DRY pad.
10. Half Time Cooking is too long/short.
 - The Half 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 the oven for any reason it is important to package it properly including the glass and metal 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 15 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.
15. The oven makes a "metal pop or metal flexing" noise during cooking.
 - This is normal it will not hurt the oven or cooking performance.
16. It looks like the front of the door or control panel is peeling off.
 - When the black or white oven is manufactured. Plastic film strips are used to protect the door and control panel during shipment please remove these 8 plastic film strips.

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.

If you are not satisfied with the response to your service request, write to Apollo Worldwide of Alabama, 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.

HALF TIME COOKING GUIDE

1. ALL FOOD 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 the food in a metal, glass or ceramic cooking utensil and then place the utensil on the top of the metal tray.
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.
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°
	Corn Bread	8x8pan	7 to 10	400°
	Muffins	muffin pan for 5	7 to 10	400°
	Popovers	custard cups	15 to 20	450° then
			15-20	350°
	Nut Bread or Fruit Bread	loaf pan	27-32	350°
	Yeast Bread	loaf pan	25-30	375°
	Plain or Sweet Rolls	metal pan	6 to 8	350°
Cakes	Angel Food	tube pan	20-25	350°
	Cheesecake		30 to 32	350°
	Coffee Cake		12 to 15	350°
	Cup Cakes		7 to 10	350°
	Fruit Cake (loaf)		40 to 45	300°
	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°
	Pound Cake	Loaf pan	20 to 25	350°
Cookies	Bar	8 x 8	17 to 22	350°
	Drop or sliced	Metal tray	4 to 8	350°

HALF TIME COOKING GUIDE

Food		Dish	Time/Min.	Oven temp	Comments
Convenience Foods	Frozen Bread Dough	loaf pan	15-17	350°	
	Pizza Self Rising Crust	Metal Tray	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	Metal Tray	17 to 21	325°	155°	10 to 15 Minutes
			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
	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 to 22 (total)	325°	170° Well	
Poultry	Whole Chick 2 1/2 to 3 Lbs	Metal Tray	25 to 26 (total)	350°	180°	10 to 12 Minutes
	Whole Chick 4-5 Lbs	Metal Tray	10 to 12	350°	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 to 35 (Total Time)	350°	180°	
	Duckling 3-5 Lbs	Metal Tray	30 to 35 (Total Time)	350°	180°	
	Turkey Breast 4-7 Lbs.	Metal Tray	10 to 12	325°	180° Well	
Seafood	Fish Filets 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.	
	Baked Potatoes	Metal Tray	25 to 30	425°	Pierce skins with fork before baking	
	Twice baked Potatoes	Metal Tray	12 1/2 to 15	400°		

COMPLETE MEAL COOKING GUIDE TYPE A

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 cook a Complete Meal Type A:

Press Complete Meal A 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 Filets 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

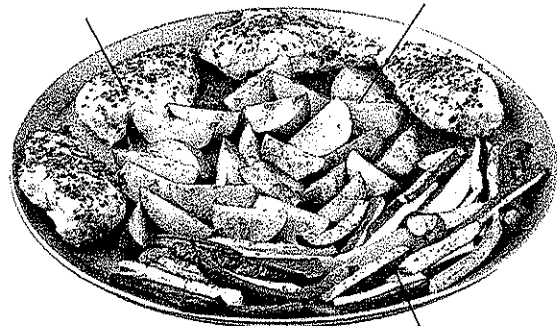
Minute Rice (Amt. Rice & water according to Package. Foil capped dish)

Baked beans (in foil capped dish)

PLACE ALL FOODS DIRECTLY ON THE METAL TRAY

Chicken Breast

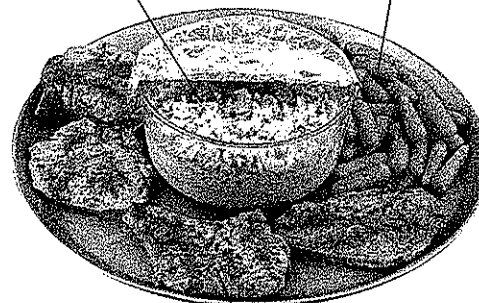
Sliced Potatoes



Mixed Vegetables

Rice

Vegetables



Pork Chops

Order glass cooking utensils by calling 800-330-9707

COMPLETE MEAL B COOKING GUIDE TYPE B (ONLY ON SELECTED MODELS)

1. ALL FOODS MUST BE COOKED ON THE METAL TRAY PACKED INSIDE THE UNIT
2. Large metal tray (12" diameter) must be used.
3. Place the metal tray on the glass turntable
4. Metal tray acts like an oven rack and allows hot air to circulate under the food
5. Food can be cooked directly on the metal tray, or place food in a glass, ceramic or metal pan when directed
6. Meat or Poultry Roast can be placed on one side of the metal tray and glass bowls for the vegetables and starch food items can be placed on the other side of the tray. If necessary special Apollo cooking bowls can be stacked on top of each other in order to accomodate all the food items. SEE EXAMPLES ON PAGE 21
7. Cook Meat, Potatoes, Vegetables and Caseroles at the same time. All food will cook properly in the same amount of time.
No need to cook items separately.

To cook a Complete Meal Type B:

Press Complete Meal B Pad

Enter the cooking temperature for the meat or poultry roast. USE TABLE ON PAGE 22.

Enter the cooking time based on the weight of the meat or poultry roast. USE TABLE ON PAGE 22.

Press START

The Electronic Control will automatically add 5 minutes to the cooking time you have entered in order to properly cook all the food at the same time.

Select an item from each category in appropriate portions:

Main Entrée

Beef Roast

Ham

Lamb Roast

Pork Roast

Whole Chicken

Duck

Turkey Breast

Meat Loaf

Vegetables

Fresh Vegetables (place on the metal tray)

Frozen Vegetables (place in a separate bowl)

Green Bean or Vegetable Caserole (place in a separate bowl)

Starch

Baked Potatoes 3-4

Rice Caserole (place in a separate bowl)

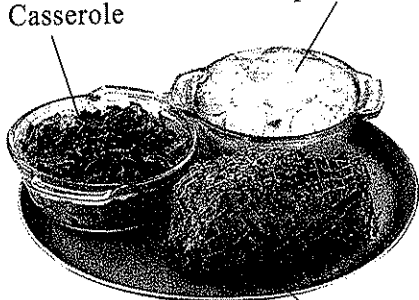
Baked Beans (place in a separate bowl)

Scalloped Potatoes (place in a separate bowl)

Dishes for Rice, Vegetables or Casseroles can be stacked to make room for a Roast and Baked Potatoes

Vegetable
Casserole

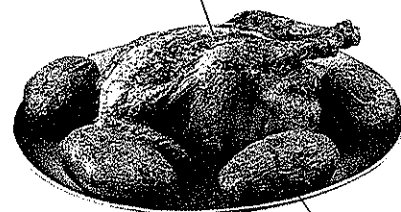
Scalloped Potatoes



Beef Roast



Chicken



Baked Potatoes

Order glass cooking utensils by calling 800-330-9707

Complete Meal Type B Main Entrée			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	Metal Tray	17 to 21	325°	155°	10 to 15 Minutes
			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
Pork	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
	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
Poultry	Whole Chick 2 to 5 Lbs	Metal Tray	10 to 12	350°	180°	
	Cornish Hens, Unstuffed	Metal Tray	32-35 (Total Time)	350°	180°	
	Duckling 3-5 Lbs	Metal Tray	12 (Total Time)	350°	180°	
	Turkey Breast 4-7 Lbs.	Metal Tray	12	325°	180° Well	
Meatloaf	Beef	Loaf Pan	30	350°		

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 tray or place the food in a metal, glass, or ceramic cooking utensil and then place the utensil on the top of the metal tray.
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 prevent shrinkage
Casseroles	Meat, chicken, seafood combinations		13 to 23	350 °	Cook times vary 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 °			
	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)	350 °	180 °	
	Whole Chick 4.5 to 5 lbs	Metal Tray	45 Total Time	350 °	180 °	
	Chick pieces 2.5 -3 lbs.	Metal Tray	20 (Total Time)	375°	180 °	
	Cornich 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 Filets 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 mode to brown, bake and roast.
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 meat 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	
	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	Filets or steakd (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		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 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 A

1. Cover foods with paper towel or wax paper to prevent "popping" or splattering.
2. When reheating a plate 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 3-4 Servings	High High	2 to 3 5 to 6	
	Dips: cream or process cheese	1/2 cup 1 cup	Med (5) Med (5)	2 1/2 to 3 3 to 4	
	Pastry bites, small pizzas, egg rolls etc.	2-4 Servings	High	2 to 3	cover saucy appetizers with wax paper Do not cover pastry
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 3-4 servings	High High	3 to 6 9 to 12	3/4 - 1 cup per serving
	Thinly sliced roasted meat:				3-4 oz per serving
	Rare, Minimum Time	1-2 servings	Med H (7)	1 to 3	
	Med. Rare Maximum Time	3-4 servings	Med H (7)	2 to 4	
	Well done beef, pork, ham, poultry, etc	1-2 servings 3-4 servings	Med H (7) Med H (7)	1 to 3 2 to 5	3-4 oz per serving
	Steaks, chops, ribs, other meat pieces:				
	Rare beef steak	1-2 servings 3-4 servings	Med Hi (7) Med Hi (7)	1 to 3 2 to 5	3-4 oz per serving
	Well done beef, chops, ribs, etc.	1-2 servings 3-4 servings	Med Hi (7) Med Hi (7)	2 to 3 5 to 7	
	Hamburgers or meat loaf	1-2 servings 3-4 servings	High High	1 to 2 2 to 4	4 oz. Servings
	Chicken Pieces	1-2 servings 4-4 servings	High High	1 to 2 2 to 4	
	Hot dogs and sausages	1-2 servings 3-4 servings	High High	1/2 to 1 1 1/2 to 2 1/2	

HEATING AND REHEATING GUIDE

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

HEATING AND RE HEATING GUIDE

		Amount	Power level	Amount	Comments
Sauces	Meat or main dish, chunky type giblet gravy, spaghetti sauce, etc	1/2 cup	High	1 to 2	
		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 are 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 Individual cups	1 cup	High	1 to 2	Stir well before serving
		2 cups	High	1 1/2 to 3	
		3 cups	High	2 to 4	
	Coffee, tea, cider, other water based pitcher or measuring bowl	4 cups	Med H (7)	3 to 6	
		6 cups	Med H (7)	6 to 9	
	Warm milk	1 cup	Med H (7)	1 1/2 to 2	

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	Filets (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 1/2 way through.
	Lobster tails 1-2 (6 to 9 oz)	7 to 14 Arrange in cooking dish with light underside up. Turn over 1/2 way through.
Fruit	Fresh (10-16 oz) (in microwave safe container)	2 1/2 to 4 1/2 Place package in oven. After 1/2 defrosting 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 1/2 defrosting time, flex package
Meat	Bacon (1 lb)	5 to 10 per lb. Place unopened package in oven. Turn over 1/2 way through. 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 package in oven. Turn over 1/2 way through. 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 1/2 way through 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 1/2 way through and shield warm areas with foil. Let stand 30 minutes.
	Spareribs, Pork (1 1/2 lbs.)	6 to 12 per lb. Place unwrapped ribs in glass casserole. Turn over 1/2 way through and shield warm areas with foil. Let stand 30 minutes.
	Steaks, chops or cutlets	8 to 16 per lb. Place unwrapped meat in glass casserole. Turn over 1/2 way through 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 1/2 way through.
	Sausage Patties (12 oz. Pkg.)	2 to 5 Turn over and separate 1/2 way through.

DEFROSTING GUIDE

Food	Minutes	Comments
Poultry		
Chicken cut up	10 to 18	Place chicken in oven. After half of defrosting time separate pieces and place in cooking dish. Continue defrosting.
Chicken, whole (2 1/2 to 3 1/2 lbs.)	12 to 24	Place chicken in oven. After half of defrosting time turn over. Shield warm areas with foil. Continue defrosting.
Cornish Hen	6 to 11 per lb.	Place chicken in oven. After half of defrosting time shield warm areas and ends of legs with foil. Continue defrosting.
Duckling	6 to 10 per lb.	Place duckling in oven. After half of defrosting time turn over and place in cooking dish. Shield warm areas and ends of legs with foil. Continue defrosting.
Turket Breast	5 to 9 per lb.	Place turkey breast, breast side down, in cooking dish. After half of defrosting time, turn breast side up and shield any warm areas with foil. Continue defrosting.

Manufacturer's Limited Warranty

Apollo Worldwide of Alabama, Inc. 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. No other company involved in the sale or promotion of this product is a co-warrantor of this manufacturer's warranty.

HOW TO OBTAIN SERVICE

The Oven cannot be returned to the Seller for repair. It must be repaired by an authorized Service Agent. You can get the name and phone number of your nearest service agent by calling 1-800-330-9707. You must take Counter-top Models to the nearest Service Agent to obtain service. Only Built-in ovens or Over the Range Models will be serviced in-home.

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 an Authorized Service Agent.

THESE WARRANTIES DO NOT COVER:

1. The replacement of light bulbs or metal trays.
2. Ovens purchased or used for commercial purposes.

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 1-800-330-9707 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 6066, West Palm Beach, FL 33405. 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