GE APPLIANCES

MICROWAVE OVEN

OWNER'S MANUAL

GCST10A1

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Write the model and serial numbers here:

Model #_____

Serial # _____

You can find them on a label when the door is open.

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49-7000258 Rev. 0 04-24

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

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

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

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

GE APPLIANCES

IMPORTANT SAFETY INFORMATION
READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

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

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

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

INSTALLATION

- Install or locate this appliance only in accordance with the provided installation instructions.
- This product is not intended to be built into a cabinet without a GE Appliances installation accessory.
- This appliance must be grounded. Connect only to a properly grounded outlet. See the GROUNDING INSTRUCTIONS section.
- Be certain to place the front surface of the door 3 inches or more back from the counter top edge to avoid accidental tipping of the appliance in normal usage.
- Recommended clearances: 3 inches on each side, 3 inches on the top, 1 inch in the rear and no obstructions on the bottom.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Keep power cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- Do not immerse power cord or plug in water.
- Do not cover or block any opening on the appliance.
- Do not store this appliance outdoors. Do not use this product near water - for example, in a wet basement, near a swimming pool, or in a similar location.
- Do not mount over a sink.

TO REDUCE THE RISK OF FIRE IN THE CAVITY:

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

TO REDUCE THE RISK OF BURNS

- Be careful when opening containers of hot food. Use pot holders and direct steam away from face and hands.
- Vent, pierce, or slit containers, pouches or plastic bags to prevent build-up of pressure.
- Be careful when touching the turntable, door, racks, or walls of the oven which may become hot during use. Do not touch heating elements.
- Energized cooktop surface and interior cavity lighting will cause burns. Use caution when cleaning and allow lamps to cool prior to replacement.
- **HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE.** Use caution when removing hot items.

READ AND SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INFORMATION
READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

⚠WARNING

OPERATING

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

CLEANING

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

SUPER HEATED WATER

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

NOTICE: PACEMAKERS

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

READ AND SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INFORMATION
READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

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

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

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

(1) door (bent),

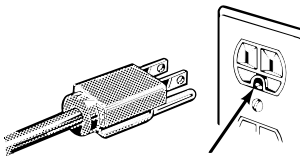
(2) hinges and latches (broken or loosened),

(3) door seals and sealing surfaces.

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

GROUNDING INSTRUCTIONS

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



Ensure proper ground exists before use.

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

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

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

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

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

A short power-supply cord is provided to reduce risks resulting from becoming entangled or tripping over a longer cord.

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

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

STATE OF CALIFORNIA PROPOSITION 65 WARNINGS

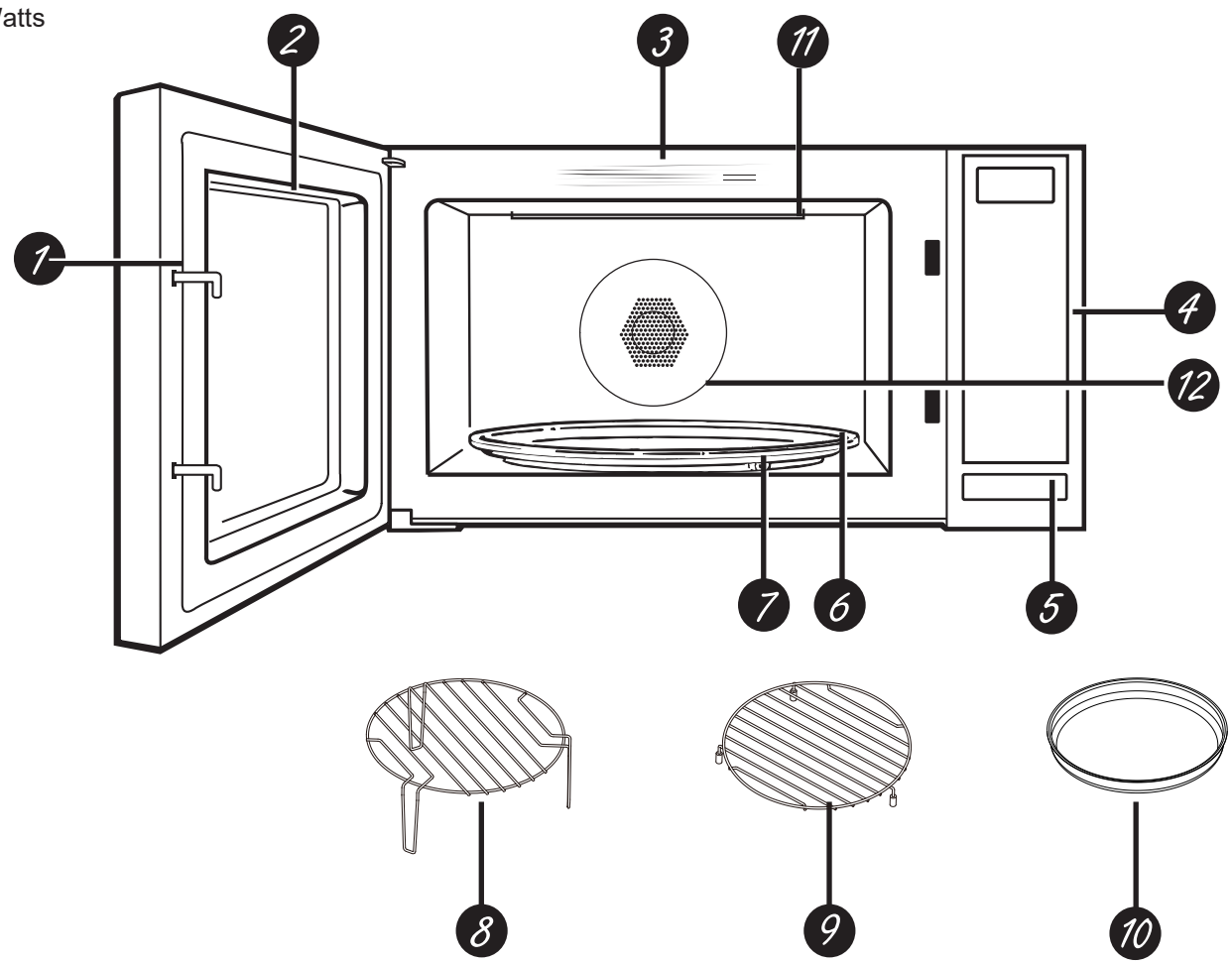
⚠WARNING This product contains one or more chemicals known to the State of California to cause cancer, or other reproductive harm.

READ AND SAVE THESE INSTRUCTIONS

Features

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

1050 Watts



Features of the Oven

1. Door Latches.

2. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in the oven.

3. Convenience Guide.

4. Control Panel Display.

5. Door Latch Release. Press latch release to open door.

6. Removable Turntable. Turntable and support **must** be in place when using the oven. The turntable may be removed for cleaning.

7. Removable Turntable Support. The turntable support must be in place when using the oven.

8. Tall Rack

9. Short Rack

10. Crispy Pan

11. Hidden Broiler Element

12. Convection Element

Controls

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

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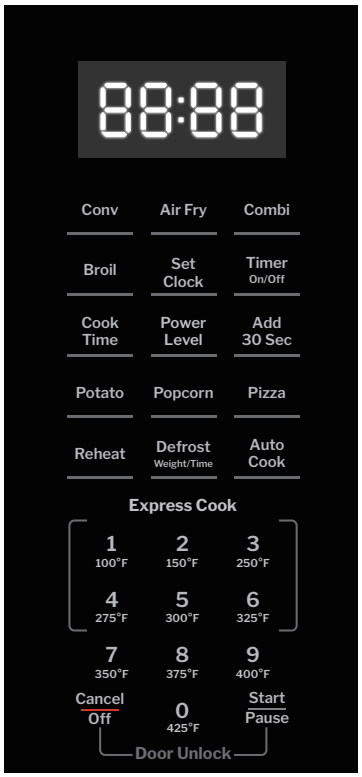


Icon	Description	Icon	Description
	Microwave Function		Convection Function
	Broil Function		Defrost
	Child Lock		Auto Menu
Oz	Weight		Temperature Progress Bar

Cooking Controls

Check the Convenience Guide before you begin.

Basic Features	
Cook Time	Press pad to enter the desired time cook.
Add 30 sec	Starts the microwave in increments of 30 seconds.
Power Level	Display the power level setting for each cycle. Can be manually adjusted.
Set Clock	Press pad to set clock: factory setting is a 12 hour clock display.
Start/Pause	Starts every function.
Cancel/Off	Cancels current selection or turns off the selection.
Timer/On/Off	Can be set for up to 99 minutes and 99 seconds.
Express Cook	Starts the microwave oven with preset amount of time.
Temperature Preset	Automatically sets the cook temperature to the preset temperature labelled on the pad.

Microwave Cooking Features	
Pizza	Cooks based on user selection of weight in oz.
Popcorn	Cooks based on user selection of bag size.
Potato	Cooks based on user selection of weight in oz.
Reheat	Cooks based on user selection of weight in oz.
Defrost	Defrosts based on user selection of weight or time.

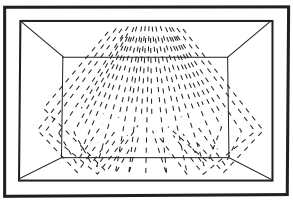
Auto Cook Feature	
	Choose from a menu of foods. Will cook with microwave and/or circulate hot air for a time based on food selection.

Oven Cooking Features	
Conv	Circulates hot air through the microwave oven cavity with a fan for baking performance.
Broil	Uses a thermal element to quickly grill/broil foods.
Air Fry	Cooking mode that produces food with a crispier exterior than traditional oven cooking.
Combi	Uses microwave energy along with convection cooking.

Available Cooking Options

Microwave Cooking

Your oven uses microwave energy to cook by a set time or weight, or automatically by sensor. Sensor microwave works by detecting the increasing humidity released during cooking. The oven automatically adjusts the cooking time to various types and amounts of food.

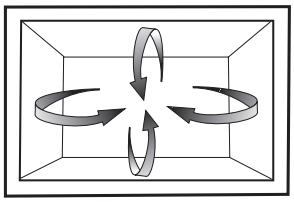


Cooking Method	Heat Source	Heat Conduction	Benefits
Microwave energy is distributed evenly throughout the oven for thorough, fast cooking of food.	Microwave energy.	Heat produced within food by instant energy penetration.	Fast, high efficiency cooking. Oven and surroundings do not get hot. Easy clean-up.

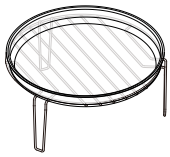
Do not use the racks when microwave cooking.

Air Fry

During air fry cooking, heating elements are used to rapidly raise the temperature of the air inside the oven. A fan circulates the heated air throughout the oven, over and around food, producing foods with a crispier exterior than traditional oven cooking.



Cooking Method	Heat Source	Heat Conduction	Benefits
Hot air circulates around food to produce browned exteriors and seal in juices.	Circulating heated air.	Heat conducted from outside of food to inside.	Aids in browning and seals in flavor. Cooks some foods faster than regular ovens.

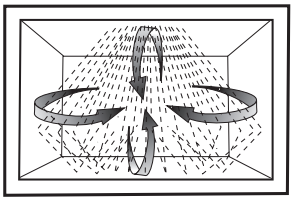


Always use crispy pan with tall rack when Air Fry cooking.

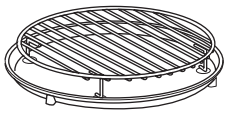
Available Cooking Options

Combination Cooking

Your oven also offers the option of combination cooking, using microwave energy along with convection cooking. You cook with speed and accuracy, while browning and crisping to perfection.



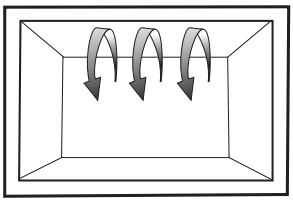
Cooking Method	Heat Source	Heat Conduction	Benefits
Microwave energy and convection heat or microwave energy and broil heat combine to cook foods in up to one-half time of regular ovens, while browning and sealing in juices.	Microwave energy and circulating heated air, or microwave energy and broiling cooking.	Food heats from instant energy from penetration and heat conducted from outside of food.	Shortened cooking time from microwave energy, plus browning and crisping from convection heat.



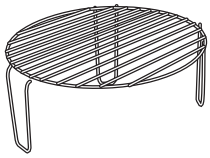
Always use the provided racks when combination cooking. Do not use any other metal while cooking.

Broiling Cooking

Broil and uses the upper heater elements to broil food similar to a conventional oven.



Cooking Method	Heat Source	Heat Conduction	Benefits
Radiant heat energy is transferred to the top of the food to produce browned top and seal in juices.	Radiant heat energy.	Warmth conducted from outside of food to inside.	Intense radiant heat energy provides grill-like flavor.



Always use the tall rack when broiling.

NOTE: Do not use regular cooking or oven thermometers when cooking by microwave or convection roast (combination). The metal and mercury in these thermometers could cause arcing and possible damage to the oven. Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.

Basic Features

Cook Time

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

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

1. Press the **COOK TIME** button.
2. Enter cooking time.
3. Change Power Level if you don't want full power. (Press **POWER LEVEL.** Enter power level 1-10.)
4. Press the **COOK TIME** button again to set a second cook time (if desired) that will be excuted after the first cook time expires.
5. Change Power Level for second cook time if you don't want full power. (Press **POWER LEVEL.** Enter power level 1-10.)
6. Press the **START/PAUSE** button to start cooking.

You may open the door during **Cook Time** to check the food. Close the door and press **START/PAUSE t**o resume cooking.

Add 30 Sec

It will add 30 seconds to the time counting down each time the pad is pressed. Each touch will add 30 seconds, up to 99 minutes and 99 seconds.

The oven will start immediately when pressed.

Changing the Power Level

The power level may be entered or changed before entering the time for **Cook Time.**

1. Press **COOK TIME.**
2. Enter cooking time.
3. Press **POWER LEVEL** to select power level.
4. Press **START.**

Variable power levels add flexibility to microwave cooking. The power levels on the microwave oven can be compared to the surface units on a range. Each power level gives you microwave energy a certain percent of the time. **Power level 7** is microwave energy 70% of the time. **Power level 3** is energy 30% of the time. Most cooking will be done on HI which gives you 100% power. **HI power level** will cook faster but food may need more frequent stirring, rotating or turning over. A lower setting will cook more evenly and need less stirring or rotating of the food. Some foods may have better flavor, texture or appearance if one of the lower settings is used. Use a lower power level when cooking foods that have a tendency to boil over, such as scalloped potatoes.

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

Here are some examples of uses for various power levels:

HI: 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.

Set Clock

Press pad to set clock.
Factory setting is a 12 hour clock display.

Start/Pause

Starts every function.

This pad will also resume the function if cycle is stopped in the middle of operation. Will also stop function if selected in the middle of an operation.

Basic Features (Cont.)

Cancel/Off

Cancels current selection or turns off the selection

Control Lock Out

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

To lock or unlock the controls, press and hold **"0"** button for about three seconds. When the control panel is locked, **"LOC"** will appear in the display.

Child resistant Oven Door Operation

To unlock and open the door:

1. Locate and press either the **Start/Pause** or **Cancel/Off** button.
   – **Start/Pause** will pause the current cooking cycle.
   – **Cancel/Off** will clear the current cooking cycle.

   Note: The door will remain unlocked for 10 seconds.
2. Press the **Door Latch Release** button (front button) or pull on the handle depending on model.
   Note: The door will remain unlocked until the cooking cycle is resumed or a new cycle is initiated.

Conversion to a Standard Microwave Door

- In some cases, it may be desirable to disable this feature. For example, households that do not have young children or households where users may have physical limitations that make it difficult to operate the child resistant door may want to disable the two-step latch. This feature can be disabled by following these steps.
  1. Press and hold the **"7"** key on the number pad for 3 seconds; then
  2. Press and release the **"9"** key; finally
  3. Press and release the **"0"** key.
- There will be two short beeps and the display will flash "**UnLo**" to confirm the default condition has been updated successfully. To re-enable the child-resistant oven door, repeat steps 1-3 above. The display will show "**Locked**"/ "**Lock icon**" or "**Loc"** to confirm the feature has been re-enabled.

Insert Food Reminder

A reminder will show on the display if the user tries to start the cooking cycle without placing food inside the microwave oven within 5 minutes prior to starting the cooking cycle.

Cooking Complete Reminder

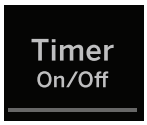
To remind you that you have food in the oven, the oven will display "Food is ready" and beep once a minute until you either open the oven door or press the CANCEL/ OFF button.

Timer On/Off

The timer does not start or stop the microwave.

Can be set for up to 99 min and 99 seconds.

Microwave/cooking cycles can be in operation while timer is on.

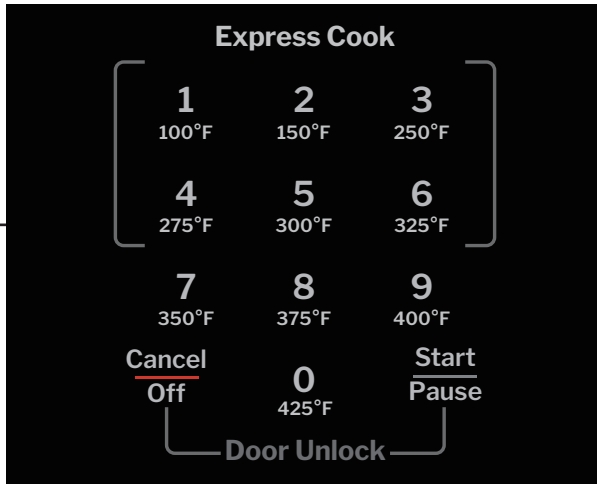


Express Cook

Pressing number pad buttons 1 through 6 will activate Express Cook, and food will be cooked on microwave mode for a time of 1-6 minutes, depending on what number was pressed (1 = 1 minutes, 2 = 2 minutes, etc.).

Temperature Presets

Pressing and holding number pad buttons 0 through 9 during a Convection Bake or 5 through 0 during a Manual Air Fry will activate the Temperature Presets and the temperature will be set to the temperature displayed below the button pushed.



Microwave Cooking Features

Popcorn

To use the **Popcorn** feature:

1. Press the POPCORN button until bag size Oz is shown. Icon and will start flashing.
2. Press **START**.

Press pad this number of times	Popcorn Weight
1	1.75oz
2	3.0oz
3	3.5oz

Popcorn

Use only with prepackaged microwave popcorn weighing 1.75, 3.0 to 3.5 ounces.

Pizza

To use the **Pizza** feature:

1. Press the **PIZZA** button until weight Oz is shown. Icon and will start flashing.
2. Press **START**

Press pad this number of times	Pizza Weight
1	4oz
2	8oz
3	14oz

Pizza

Potato

To use the **Potato** feature:

1. Press the **Potato** button until weight Oz is shown. Icon and will start flashing.
2. Press **START**

Press pad this number of times	Serving Weight
1	4oz
2	8oz
3	14oz

Potato

Reheat

To use the **Reheat** feature:

1. Press the **Reheat** button until weight Oz is shown. Icon and will start flashing.
2. Press **START**

Press pad this number of times	Serving Weight
1	9oz
2	12oz
3	18oz

Reheat

Defrost

To use the **Weight Defrost** feature:

1. Press the **DEFROST** button once. Icon will turn on. Display will show LbS for 2 seconds, then “0.0” will be shown.
2. Enter weight in pounds.
3. Press **START**

To use the **Time Defrost** feature:

1. Press the **DEFROST** button once. Icon will turn on. Display will show LbS.
2. Press the **DEFROST** button once. Icon will remain. Display will show “: 0”.
3. Enter defrost time.
4. Press **START**

Defrost
Weight/Time

Auto Cook Feature

Auto Cook

To use the **Auto Cook** feature:

1. Press the Auto Cook button until desired food code appears, or press Auto Cook and use number pad 1 through 7 to select desired food. Icons and will start flashing.

For Ac-1 through Ac-4:

3.Press **Start**.

4. Icon Oz will be displayed. Press corresponding number pad to select serving size.

5. Press **Start**.

For Ac-5:

3. Press **Start**.

For Ac-6 and Ac-7:

3. Press **Start**.

4. Preheat stage will display the setting temperature. Oven will beep when preheat stage is complete.

5. Countdown timer will display. If food has not already been placed into the oven, it can be placed in at this time.

1st Selection			2nd Selection
Food Type	**Display**	**Number Pad**	**Serving Size/Cups**
Beverage	Ac-1	1	4oz
		2	8oz
		3	12oz
Reheat Dinner Plate	Ac-2	1	9 oz
		2	12 oz
Soup	Ac-3	1	8oz
		2	16oz
		3	24oz
Fresh Vegetables	Ac-4	1	4oz
		2	8oz
		3	16oz
Oatmeal	Ac-5		28oz
Cake	Ac-6		16oz
Cookie	Ac-7		7.5oz

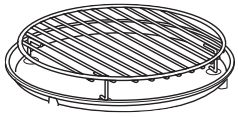
Oven Cooking Features

Combination cooking uses a heating element to raise the temperature of the air inside the oven. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

See the Cookware Tips section for information on suggested cookware.

For Best Results…



The rack is required for good air circulation and even browning.

Always use the provided racks when convection cooking. We recommend the tall rack for cookies and the short rack for cakes, pizza, biscuits and pies. Do not use both racks at once.

See the Cookware Tips section for information on suggested cookware.

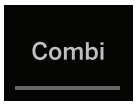
Combination Cook

To use the **Combination Cook** feature:

1. Press the **COMBI** button once. Icon and will turn on.
2. Select “C-1” or “C-2” by pressing Combi button repeatedly.

Press pad this number of times	Display	Icon Display
1	C-1	
2	C-2	

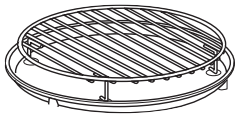
3. Press **START**
4. Input cooking time.
5. Press **START**



Convection cooking uses a heating element to raise the temperature of the air inside the oven. A fan gently circulates this heated air throughout the oven, over and around the food, producing golden brown exteriors and rich, moist interiors.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

For Best Results…



The rack is required for good air circulation and even browning.

Always use the provided racks when convection cooking. We recommend the tall rack for cookies and the short rack for cakes, pizza, biscuits and pies. Do not use both racks at once.

See the Cookware Tips section for information on suggested cookware.

Convection Bake

To use the **Convection Bake** feature:

1. Press the **CONV** button. Icon. .will turn on.
2. Enter target temperature using the temperature presets.

For Preheat:

1. Press **START**. Temperature bar will fill and unit will beep once preheating is complete.
2. Place food into oven. Close the door. “H0:00” will display.
3. Enter time. Max time is 9 hours and 99 minutes.
4. Press **START**.

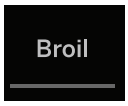
For Skipping Preheat:

1. Press the **COOK TIME** button. “H0:00” will display. Enter time. Max time is 9 hours and 99 minutes.
2. Press **START**.

Broil Feature

To use the **Broil** feature:

1. Press the **Broil** button.
2. Enter the cooking time.
3. Press **START**.



Air Fry Features

Air Fry cooking uses heating elements to rapidly raise the temperature of the air inside the oven. A fan circulates the heated air throughout the oven, over and around food, producing foods with a crispier exterior than traditional oven cooking.

Because the heated air is kept constantly moving, not permitting a layer of cooler air to develop around the food, some foods cook faster than in regular oven cooking.

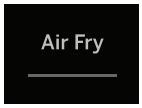
For Best Results…

The rack and crispy pan are required for good air circulation and even browning.

Always use the provided crispy pan with the tall rack when air fry cooking by placing the crispy pan on top of the tall rack.

See the Cookware Tips section for information on suggested cookware.

Air Fry Cook



Before starting, place desired food onto the crispy pan accessory.
Place the crispy pan onto tall rack, and place into the oven. Flip food when prompted.

To use the **Manual Air Fry** feature:

1. Press the Air Fry button once. Icon will start flashing.
2. Enter desired temperature using convenience / numeric pad.
   Accepts temperatures 300, 325, 350, 375, 400, and 425ºF.
3. Enter desired time.
4. Press **START**
5. Flip food when prompted. Once done, close door and press START.

To use **Menu Air Fry** feature:

1. Press the Air Fry button twice. Icon and will start flashing.
2. Use the Air Fry button to cycle or the number pad to select the Menu Item.

Display	Menu Item	Serving Size
AF-1	Fast Food Fries	8 oz
AF-2	Dino Nuggets	12 oz
AF-3	Chicken Tenders	11 oz
AF-4	Onion Rings	9 oz
AF-5	Fish Sticks	9 oz
AF-6	Frozen Butterfly Srimp	9 oz
AF-7	Mozzarella Sticks	11 oz
AF-8	Fresh Chicken Wings	14 oz
AF-9	Fresh Chicken Legs	14 oz

3. Press **START.**
4. Flip food when prompted. Once done, close door and press **START.**

Cookware Tips

Convection Bake Cooking, Air Fry, or Broil

Metal Pans are recommended for all types of baked products, but especially where browning or crusting is important.

Dark or dull finish metal pans are best for breads and pies because they absorb heat and produce crisper crust.

Shiny aluminum pans are better for cakes, cookies or muffins because these pans reflect heat and help produce a light tender crust.

Glass or Glass-Ceramic casserole or baking dishes are best suited for egg and cheese recipes due to the cleanability of glass.

Combination Cooking or Microwave Cooking

Glass or Glass-Ceramic baking containers are recommended. Be sure not to use items with metal trim as it may cause arcing (sparking) with oven wall or oven shelf, damaging the cookware, the shelf or the oven.

Heat-Resistant Plastic microwave cookware (safe to 450°F) may be used, but it is not recommended for foods requiring crusting or all-around browning, because the plastic is a poor conductor of heat.

Cookware	Microwave	Convection Bake	Broil	Combination Cook 1	Combination Cook 2	Air Fry
Heat-Resistant Glass, Glass-Ceramic (Pyrex, Fire King, Corning Ware, etc)	Yes	Yes	Yes	Yes	Yes	No
Metal	No	Yes	Yes	No	No	Yes
Non Heat-Resistant Glass	No	No	No	No	No	No
Microwave-Safe Plastics	Yes	Yes*	No	Yes*	No	No
Plastic Films and Wraps	Yes	No	No	No	No	No
Paper Products	Yes	No	No	No	No	No
Straw, Wicker and Wood	Yes	No	No	No	No	No
***Use only microwave cookware that is safe to 450ºF.**						

Select the best method of cooking

Use the following guide to select the best method of cooking. Specific recipes can be adapted to any method of cooking.

1: Best method of cooking **2:** Alternate method of cooking **"NR":** Not recommended

Foods	Microwave	Convection Bake	Broil	Combination Cook 1	Combination Cook 2	Air Fry
Appetizers						
Dips and Spreads	1	1	NR	NR	NR	NR
Pastry Snacks	NR	1	NR	2	NR	NR
Beverages	1	NR	NR	NR	NR	NR
Sauces and Toppings	1	NR	NR	NR	NR	NR
Soups and Stews	1	NR	NR	2	NR	NR
Meats						
Defrosting	1	NR	NR	NR	NR	NR
Roasting	NR	2	2	1	1	2
Poultry						
Defrosting	1	NR	NR	NR	NR	NR
Roasting	NR	2	2	1	1	2
Breasts and Thighs	2	1	2	1	2	2
Wings and Legs	2	2	2	2	2	1
Fish and Seafood						
Defrosting	1	NR	NR	NR	NR	NR
Cooking	1	1	1	1	1	2
Casseroles	2	1	NR	1	NR	NR
Eggs and Cheese						
Scrambled, Omelets	1	2	NR	2	NR	NR
Quiche, Souffle	NR	1	NR	NR	NR	NR
Vegetables, (fresh)	1	NR	NR	2	2	NR
Breads						
Quick	2	1	NR	2	NR	NR
Yeast	NR	1	NR	NR	NR	NR
Muffins, Coffee Cake	2	1	NR	1	NR	NR
Desserts						
Cakes, Layer and Bundt	2	1	NR	2	NR	NR
Angel Food and Chiffon	NR	1	NR	NR	NR	NR
Custard and Pudding	1	NR	NR	NR	NR	NR
Bar Cookies	2	1	NR	2	NR	NR
Fruit	1	2	NR	2	NR	NR
Pies and Pastry	NR	1	NR	2	NR	NR
Candy	1	NR	NR	NR	NR	NR
Blanching Vegetables	1	NR	NR	NR	NR	NR
Frozen Convenience Foods	2	2	NR	2	NR	1

Microwave Terms

Term	Definition
Arcing	Arcing is the microwave term for sparks in the oven. Arcing is caused by ■ the metal shelf being installed incorrectly and touching the microwave walls. ■ metal or foil touching the side of the oven. ■ foil that is not molded to food (upturned edges act like antennas). ■ metal such as twist-ties, poultry pins, gold-rimmed dishes. ■ recycled paper towels containing small metal pieces. ■ the turntable ring support being installed incorrectly.
Covering	Covers hold in moisture, allow for more even heating and reduce cooking time. Venting plastic wrap or covering with wax paper allows excess steam to escape.
Shielding	In a regular oven, you shield chicken breasts or baked foods to prevent over-browning. When microwaving, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts.
Standing Time	When you cook with regular ovens, foods such as roasts or cakes are allowed to stand to finish cooking or to set. Standing time is especially important in microwave cooking. Note that a microwaved cake is not placed on a cooling rack.
Venting	After covering a dish with plastic wrap, you vent the plastic wrap by turning back one corner so excess steam can escape.

Care and Cleaning

Helpful Hints

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

Be certain the oven control is turned off before cleaning any part of this oven.

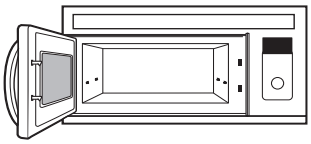
How to clean the Inside

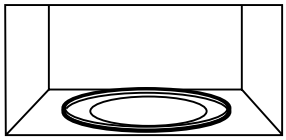
Walls, Floor, Inside Window, Metal and Plastic Parts on the Door

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

To clean the surface of the door and the surface of the oven that come together upon closing, use only mild, non-abrasive soaps or detergents using a sponge or soft cloth. Rinse with a damp cloth and dry.

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





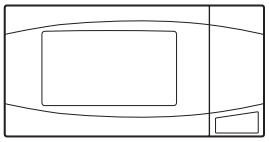
Removable Turntable and Turntable Support

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

Care and Cleaning

How to clean the Outside

Do not use cleaners containing ammonia or alcohol on the microwave oven. Ammonia or alcohol can damage the appearance of the microwave.



Case

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

Control Panel and Door

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

Door Surface

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

Power Cord

If the cord becomes soiled, unplug and wash with a damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

Stainless Steel

Do not use a steel-wool pad; it will scratch the surface.

To clean stainless steel surfaces, use a hot, damp cloth with a mild detergent suitable for stainless steel surfaces. Use a clean, hot, damp cloth to remove soap. Dry with a dry, clean cloth.

If food soil remains, try a general kitchen cleaner, such as Fantastik®, Simple Green® or Formula 409®.

For hard-to-clean soil, use a standard stainless-steel cleaner, such as Bon-Ami® or Cameo®.

Apply cleaner with a damp sponge. Use a clean, hot, damp cloth to remove cleaner. Dry with a dry, clean cloth. Always scrub lightly in the direction of the grain.

After cleaning, use a stainless-steel polish, such as Stainless Steel Magic®, Revere Copper and Stainless Steel Cleaner® or Wenol All Purpose Metal Polish®. Follow the product instructions for cleaning the stainless-steel surface.

Troubleshooting Tips

Problem	Possible Causes	What To Do
Oven will not start	**A fuse in your home may be blown or the circuit breaker tripped.**	Replace fuse or reset circuit breaker.
	Power surge.	Unplug the microwave oven, then plug it back in.
	Plug not fully inserted into wall outlet.	Make sure the 3-prong plug on the oven is fully inserted into wall outlet.
	Door not securely closed.	Open the door and close securely.
Control panel lighted, yet oven will not start	**Door not securely closed.**	Open the door and close securely.
	START button not pressed after entering cooking selection.	Press **START.**
	Another selection entered already in oven and OFF/CLEAR button not pressed to cancel it.	Press **OFF/CLEAR.**
	OFF/CLEAR was pressed accidentally.	Reset cooking program and press **START.**
"LOC" appears on display	**The control has been locked.**	Press and hold "0" for about 3 seconds to unlock the control panel.
"Lock", "LOCKED" or "Lock icon" appears on display	The control panel/door is locked.	Check operation of control lockout and child resistant door features on page 11 for remedy.

Things That Are Normal With Your Microwave Oven

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in the blower sound at power levels other than high.
- Dull thumping sound while oven is operating.
- TV-radio interference might be noticed while using the microwave. Similar to the interference caused by other small appliances, it does not indicate a problem with the microwave. Plug the microwave into a different electrical circuit, move the radio or TV as far away from the microwave as possible or check the position and signal of the TV/radio antenna.

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

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

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

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

Notes

GE Appliances Microwave Oven Limited Warranty

Staple your receipt here.
Proof of the original purchase date is needed to make a warranty claim.

For the period of	GE Appliances Will Choose to Repair or Replace:
One year From the date of the original purchase	Any product which fails due to a defect in materials or workmanship. The exchange unit is warranted for the remainder of your product's original one-year warranty period.

In Order to Make a Warranty Claim:
Call GE Appliances at 800 GE CARES (800 432-2737). Have the model number and serial number available.

What GE Appliances Will Not Cover:

- Customer instructions. This owner's manual provides information regarding operating instructions and user controls. The Owner's Manual is available online at **GEAppliances.com**
- Improper installation, delivery or maintenance.
- Failure of the product or damage to the product if it is abused, misused (for example, cavity arcing from wire rack or metal/foil), or used for other than the intended purpose or used commercially.
- Replacement of house fuses or resetting of circuit breakers.
- Damage to the product caused by accident, fire, floods or acts of God.
- Incidental or consequential damage caused by possible defects with this appliance.
- Damage caused after delivery.

EXCLUSION OF IMPLIED WARRANTIES

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

This limited warranty is extended to the original purchaser and any succeeding owner for products purchased for home use within the USA.

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

Exclusion of implied warranties: Except where prohibited or restricted by law, there are no warranties, whether express, oral or statutory which extend beyond the description on the face hereof, including specifically the implied warranties of merchantability or fitness for a particular purpose.

Warrantor: GE Appliances, *a* **Haier** *company*

Consumer Support

GE Appliances Website

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

Register Your Appliance

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

Schedule Service

Expert GE Appliances repair service is only one step away from your door. Get on-line and schedule your service at your convenience any day of the year. In the US: **GEAppliances.com/ge/service-and-support/service.htm** or call 800.432.2737 during normal business hours.

Extended Warranties

Purchase a GE Appliances extended warranty and learn about special discounts that are available while your warranty is still in effect. You can purchase it on-line anytime. GE Appliances Services will still be there after your warranty expires. In the US: **GEAppliances.com/ge/service-and-support/shop-for-extended-service-plans.htm** or call 800.626.2224 during normal business hours.

Remote Connectivity

For assistance with wireless network connectivity (for models with remote enable),
visit our website at **GEAppliances.com/ge/connected-appliances/** or call 800.220.6899 in the US.

Parts and Accessories

Individuals qualified to service their own appliances can have parts or accessories sent directly to their homes (VISA, MasterCard and Discover cards are accepted). Order on-line today 24 hours every day.
In the US: **GEApplianceparts.com** or by phone at 877.959.8688 during normal business hours.

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

Contact Us

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

In the US: General Manager, Customer Relations | GE Appliances, Appliance Park | Louisville, KY 40225
GEAppliances.com/ge/service-and-support/contact.htm

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