WHIRLPOOL® Microwave Hood Combination Models WMH53520, WMH32L19, WMH73L20 Quick Reference Guide

POPCORN (sensor)

Senses 3.0-3.5 oz (85-99 g) size bag:
Place bag on turntable. Listen for popping to slow to 1 pop every 1 or 2 seconds, then stop the cycle. Fan operates only on low during Popcorn function.

POTATO (sensor)

Senses 1-4 potatoes, 10-13 oz (283-369 g) each, similar in size:
Pierce each potato several times with a fork. Place on paper towel, around turntable edges, at least 1" (2.5 cm) apart. Place single potato to the side of the turntable. Let stand 5 minutes after cooking.

DINNER PLATE (sensor)

Reheats 1 serving (1 plate), about 8-16 oz (227-454 g):
Place food on microwave-safe plate, cover with plastic wrap, and vent.

PIZZA

Reheats 1, 2 or 3 slices, 4 oz (113 g) each:
Place on paper towel lined paper plate.

FROZEN ENTRÉE (sensor and non-sensor): Enter ounces.

Senses 10 or 20 oz (283 or 567 g), or cooks 40 or 60 oz (1134 or 1701 g) (preset programs):
Remove from package. Loosen cover on 3 sides. If entrée is not in microwave-safe container, place on plate, cover with plastic wrap, and vent. Place food toward edge of the turntable.

BEVERAGE

Reheats 1 or 2 cups, 8 oz (250 mL) each:
Do not cover. The diameter of the cup's opening will affect how the liquid heats. Beverages in cups with smaller openings may heat faster.

MENU PROGRAMS: Touch the menu control repeatedly to scroll through program options. Rest on the desired program option. Follow display prompts to select submenu items and/or amounts, and then start the program.

VEGETABLE

1. **Fresh Vegetable** – Senses 1-4 cups (250 mL-1 L):
   Place in microwave-safe container. Add 2-4 tbs (30-60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
2. **Frozen Vegetable** – Senses 1-4 cups (250 mL-1 L):
   Remove from package. Place in microwave-safe container. Add 2-4 tbs (30-60 mL) water. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.
3. **Canned Vegetable** – 1, 2, 3 or 4 cups (250, 500, 750 mL or 1 L):
   Place in microwave-safe container. Cover with plastic wrap, and vent. Stir and let stand 2-3 minutes after cooking.

REHEAT

1. **Casserole** – 1, 2, 3 or 4 cups (250, 500, 750 mL or 1 L):
   Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
2. **Soup** – Senses 1-4 cups (250 mL-1 L):
   Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
3. **Sauce** – Senses 1-4 cups (250 mL-1 L):
   Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
4. **Baked Goods** – 1, 2, 3, 4, 5 or 6 pieces, 2 oz (57 g) each:
   Place on paper towel. Two small rolls may be counted as 1 piece.

DEFROST

1. **Meat** – 0.2 to 6.6 lbs (90 g to 3 kg):
   Remove wrap and place in microwave-safe dish. Do not cover.
2. **Poultry** – 0.2 to 6.6 lbs (90 g to 3 kg):
   Remove wrap and place breast side up in microwave-safe dish. Do not cover.
3. **Fish** – 0.2 to 4.4 lbs (90 g to 2 kg):
   Remove wrap and place in microwave-safe dish. Do not cover.
4. **Quick Defrost (auto)** – 1.0 lb (454 g) only:
   Remove wrap and place in microwave-safe dish. Do not cover. Turn over food at signal.

SOFTEN/MELT

1. **Soften Butter** – 0.5, 1.0, 1.5 or 2.0 sticks:
   Unwrap and place in microwave-safe dish.
2. **Melt Butter** – 0.5, 1.0, 1.5 or 2.0 sticks:
   Unwrap and place in microwave-safe dish.
3. **Soften Ice Cream** – 16, 32 or 64 oz (473, 946 or 1893 mL):
   Place ice cream container on turntable.
4. **Soften Cream Cheese** – 3 or 8 oz (85 or 227 g):
   Unwrap and place in microwave-safe dish.
5. **Soften Frozen Juice** – 12 or 16 oz (340 or 454 g):
   Remove lid from container.
6. **Melt Chocolate** – 4, 6, 8 or 12 oz (113, 170, 227 or 340 g):
   Place in microwave-safe dish.
7. **Melt Cheese** – 8 or 16 oz (227 or 454 g):
   Place in microwave-safe dish. Stir at signal.
8. **Melt Marshmallows** – 5 or 10 oz (142 or 283 g):
   Place in microwave-safe dish.

COOK

1. **Bacon** – 1, 2, 3, 4, 5 or 6 slices, average thickness:
   Follow directions on package.
2. **French Toast** – 1, 2, 3 or 4 pieces:
   Follow directions on package.
3. **Cereal** – 1, 2, 3 or 4 servings:
   Follow directions on package. Use microwave-safe bowl with high sides.
4. **Rice** – Senses 0.5-2.0 cups (125-500 mL) dry, white long grain:
   Follow measurements on package for ingredient amounts. Use microwave-safe dish with loose-fitting lid. Let stand 5 minutes after cooking, or until liquid is absorbed. Stir.

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STEAM/SIMMER (sensor): Use microwave-safe container with a loose-fitting lid. Sensor will detect when liquid begins to boil, then begin the Steam or Simmer countdown.

NOTE: Do not remove the lid while the container is in the microwave oven, as a rush of steam would disrupt the sensor readings.

1 Steam Recipes: Place small microwave-safe dish (for example, custard dish) with 2-4 tbs (30-60 mL) water in center of container. Use 2 tbs (30 mL) water for smaller quantities, or 4 tbs (60 mL) water for larger quantities of food. Place food in container around the small dish. Cover with loose-fitting lid.

- Fresh Vegetables – Senses 1-4 cups (250 mL-1 L):
- Frozen Vegetables – Senses 1-4 cups (250 mL-1 L):
- Potatoes – Senses 1-4 cups (250 mL-1 L):
- Boneless Chicken – Senses 0.5-1.5 lbs (142-680 g):

2 Manual Steam: Place small microwave-safe dish (for example, custard dish) with 2-4 tbs (30-60 mL) water in center of container. Use 2 tbs (30 mL) water for smaller quantities, or 4 tbs (60 mL) water for larger quantities of food. Place food in container around the small dish. Cover with loose-fitting lid. Enter Steam time.

Sample approximate steam times:

- Soft vegetables 1-3 min (ex.: spinach - 4 sups [1 L] 1 min)
- Hard vegetables 3-6 min (ex.: broccoli - 2 cups [500 mL] 4 min)
- Frozen vegetables 4-5 min

Use longer times for more doneness, or when steaming larger quantities.

3 Manual Simmer

Rice: Add liquid and food to microwave-safe container. Cover with loose-fitting lid. Enter simmer time. Simmer time will begin counting down after the sensor detects steam from boiling liquid.

Pasta: Add liquid to microwave-safe container. Cover with loose-fitting lid. Enter simmer time of 1 second. Simmer time will begin counting down after the sensor detects steam from boiling liquid. When the microwave oven stops, remove container, remove the lid, and add the pasta. Re-cover and return the container to the microwave oven. Clear the display using the Cancel control, then reprogram the simmer function, and enter the new simmer time (ex.: dry spaghetti - 11-12 min).

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