

# WHIRLPOOL® Microwave Hood Combination Model WMH75021H Quick Reference Guide

## ACCUPOP™ (popcorn sensor)

Senses 1.2-3.5 oz (34-99 g) size bag: Place bag on turntable. Listen for popping to slow to 1 pop every 1 or 2 seconds, then stop the cycle.

## 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.

**MENU PROGRAMS:** Touch the menu control. Use arrow keypads to scroll through program options, then touch SELECT. 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 Tbsp (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 Tbsp (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 **Beverage** – 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.
- 2 **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.
- 3 **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.
- 4 **Dinner Plate** – Senses 1 serving (1 plate), 8-16 oz (227-454 g): Place food on microwave-safe plate, cover with plastic wrap, and vent.
- 5 **Pizza** – 1, 2, or 3 slices, 4 oz (113 g) each: Place on paper towel-lined paper plate.
- 6 **Sauce** – Senses 1-4 cups (250 mL-1L): Place in microwave-safe container and cover with plastic wrap. Stir and let stand 2-3 minutes after reheating.
- 7 **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.

## 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.

## 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, or 4 slices, average thickness: Follow directions on package. For best results, place bacon on a bacon rack.
- 2 **Fish Fillet** – 0.5, 1.0, or 1.5 lbs (227, 454, or 680 g): Place in microwave-safe dish. Add 2-4 Tbsp (30-60 mL) water. Cover with plastic wrap and vent. Let stand 2-3 minutes after cooking.
- 3 **Shrimp** – 0.5, 1.0, or 1.5 lbs (227, 454, or 680 g): Place in microwave-safe dish. Add 2-4 Tbsp (30-60 mL) water. Cover with plastic wrap and vent. Let stand 2-3 minutes after cooking.
- 4 **French Toast** – 1, 2, 3, or 4 pieces: Follow directions on package.
- 5 **Cereal** – 1, 2, 3, or 4 servings: Follow directions on package. Use microwave-safe bowl with high sides.
- 6 **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.

## KIDS MENU

- 1 **Canned Pasta** – 1-4 servings: Follow directions on package.
- 2 **Frozen Pizza** – 1 pizza, about 6 oz (170 g): Follow directions on package.
- 3 **Frozen Meal** – 8, 9, or 10 oz (227, 255, or 283 g): Follow directions on package.
- 4 **Oatmeal** – 1 or 2 servings: Follow directions on package. Use microwave-safe bowl with high sides.
- 5 **Chicken Nuggets** – 1 or 2 servings (about 5-6 pieces each): Place in single layer on paper-towel-lined microwave-safe plate.
- 6 **Hot Dog** – 1-4 hot dogs (pieces): Pierce with fork. Place on microwave-safe plate.

## 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:** Add  $\frac{1}{2}$  cup (125 mL) water to steamer base, place food in insert, and cover with lid.
  - Fresh Vegetables – Senses 1-4 cups (250 mL-1 L): For best results, cut into equally sized pieces.
  - Frozen Vegetables – Senses 1-4 cups (250 mL-1 L)
  - Potatoes – Senses 1-4 cups (250 mL-1 L): For best results, cut into equally sized pieces.
  - Boneless Chicken – Senses 0.5-1.5 lbs (142-680 g)
- 2 Simmer Recipes:** Add water to steamer base, cover with lid, place in microwave oven, and start the cycle. When the water begins to boil, the microwave oven will stop and prompt for the pasta to be added. Using oven mitts, gently remove steamer from microwave oven, add pasta, re-cover, return steamer to microwave oven, and resume the cycle.
  - Dry Fettuccini – Senses 2-8 oz (57-227 g): Add 4 cups (1 L) water to cook 2-4 oz (57-113 g) pasta; add 5 cups (1.25 L) water to cook 5-8 oz (142-227 g) pasta.
  - Dry Macaroni – Senses 0.5-2.0 cups (125-500 mL): Add 2 cups (500 mL) water to cook 0.5 cup (125 mL) pasta; add 4 cups (1 L) water to cook 1 cup (250 mL) pasta; add 5 cups (1.25 L) water to cook 1.5-2.0 cups (375-500 mL) pasta.
  - Dry Penne – Senses 0.5-2.0 cups (125-500 mL): Add 2 cups (500 mL) water to cook 0.5 cup (125 mL) pasta; add 4 cups (1 L) water to cook 1 cup (250 mL) pasta; add 6 cups (1.5 L) water to cook 1.5-2.0 cups (375-500 mL) pasta.
  - Dry Spaghetti – Senses 2-8 oz (57-227 g): Add 4 cups (1 L) water to cook 2-4 oz (57-113 g) pasta; add 6 cups (1.5 L) to cook 5-8 oz (142-227 g) pasta.
- 3 Manual Steam:** Add  $\frac{1}{2}$  cup (125 mL) water to steamer base, place food in insert, and cover with lid.

Sample approximate steam times:

  - Soft vegetables 1-3 min (ex.: spinach - 4 cups [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.
- 4 Manual Simmer:** Add food and liquid to steamer and cover with lid. Enter simmer time. Simmer countdown begins after liquid begins to boil.
- 5 Steam Clean:** Place 1 cup (250 mL) of water on turntable, then touch START. Cycle takes 15 minutes. Keep door closed until cycle ends. Wipe cavity with damp sponge or paper towel soon after the cycle ends.

