

ADVANTIUM™ Cooking Guide

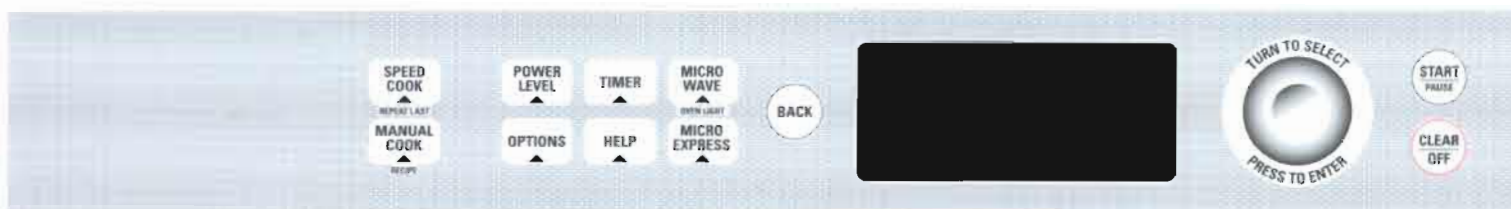
This Cooking Guide is a quick reference for cooking the foods you always enjoy - only faster. With these tips, you can easily take advantage of Advantium's flexibility in cooking to your taste, so food comes out just the way you want it.

Quick Start

- STEP 1** Press the SPEEDCOOK button.
- STEP 2** Turn the dial to select the type of food you want. Press the dial to enter it.
- STEP 3** Turn the dial to select the specific food. Press the dial to enter it.
- STEP 4** Turn the dial to select the amount, size and/or doneness (if required, the oven will prompt you). Press the dial after each selection.
- STEP 5** Once the display shows "ADJUST TIME OR START," either press the dial or start button to start cooking.

NOTE: For first time oven use, clock must be set prior to oven operation.

Cooking Controls



SPEEDCOOK/REPEAT LAST

Press this button to access the preset speedcook program. Press and hold for three seconds to repeat the last cooking selection.

MANUAL COOK/RECIPE

Press this button to set your own speedcook program.

POWER LEVEL

Press this button and use with the selector dial to change the speedcook upper lamps, lower lamp and microwave power level before and during cooking.

OPTIONS

Press this button to set the Clock and access the Beeper Volume, Clock Display ON/OFF, Display Scroll Speed features.

TIMER

Press this button to set the minute timer.

HELP

Press this button to find out more about your oven's features.

MICROWAVE/OVEN LIGHT

Press this button to operate the microwave. Press while microwave cooking to light the oven cavity.

MICRO EXPRESS

Press repeatedly for 30 second increments of microwave cooking time. Oven starts immediately.

BACK

Press this button to back up to a previous selection within a menu.

SELECTOR DIAL - TURN TO SELECT, PRESS TO ENTER

First turn, then press the dial to make food selections. Also use this to increase (turn clockwise) or decrease (turn counterclockwise) the cooking time.

START/PAUSE

Press this button to start or pause any cooking selection.

CLEAR/OFF

Press this button to cancel ALL oven programs except the clock and timer.

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GE Appliances

General Electric Company
Louisville, Kentucky 40225
<http://geadvantium.com>

Speedcook Preset Menu Guide

Advantium is already preset to cook more than 100 of America's favorite dishes. When speed cooking preset foods, refer to the following guide. This listing includes all of the preset food types, the brands that we tested and helpful cooking tips.

APPETIZERS/SNACKS

Preset Foods	Cooking Tip	Brands Tested
Bagel Bites™	Arrange pieces in center of black metal tray.	Ore Ida®
Cheese Sticks, froz.	Filling may leak out as in conventional cooking.	Ore Ida®, Farm Rich
Jalapeno Poppers	↓	Ore Ida, Farm Rich
Mini Egg Rolls, froz.		La Choy®
Mini Nachos, froz.		Totino's
Onion Rings, froz.		Ore Ida, Kroger®, Farm Rich
Other Bite Size Pizza Rolls, froz.	Filling may leak out as in conventional cooking.	Totino's

BREADS

Biscuits, refig. Large - 8	Place 1 biscuit in center and 7 surrounding it on black metal tray.	Pillsbury Big Country®, Kroger Jumbo Buttermilk, Pillsbury Grands®
5	Place in circle around black metal tray.	
Small - 10 to 12	Place 2 biscuits in center and 8 around them on black metal tray.	Hungry Jack® Flaky Layer
5 to 6	Same as large biscuits.	Kroger Home-Style, Pillsbury 1869®, Pillsbury Buttermilk, Kroger Buttermilk
Breadsticks, refig.	Remove all wrappings.	Pillsbury Garlic, Kroger Soft
Cheese Loaf, froz.	Remove all wrappings.	Cole's®, Pepperidge Farm®
Cornbread Sticks, froz.	Arrange in spoke pattern on black metal tray.	Pillsbury
Crescent Rolls Large	Arrange in spoke pattern.	Pillsbury Grands®
Small 4 8	Arrange in spoke pattern. Arrange in spoke pattern.	Pillsbury, Pillsbury Reduced Fat, Kroger
French Bread, refig.	Cut loaf in half, lengthwise. Follow pkg. directions for greasing.	Pillsbury
Garlic/Cheese Bread	Remove all wrappings. Cut whole loaves in half.	Kroger, Meijer®, Cole's
Texas Toast		Texas Toast

BREAKFAST

Belgian Waffles		Belgian Chef®
Breakfast Burritos		Old El Paso®, Swanson
Breakfast Pizza	When cooking 4 pizzas, one may stand over edge of black metal tray.	Red Baron®, Western Scramble
Cinnamon Rolls, refig. Large	Place in circle on black metal tray.	Pillsbury Grands®
Small 5 8	Place in circle on black metal tray.	Pillsbury, Pillsbury Reduced Fat
French Toast, froz. 1 - 2 pieces 3 - 4 pieces		Muro's
Pancakes, froz.	Arrange in single layer or short stacks on black metal tray.	Pillsbury, Aunt Jemima®, Hungry Jack
Sausage Links	Turn over during last min.	
Sausage Patties	1/2-inch thick.	
Strawbels, froz.		Pillsbury
Waffles, froz.		Pillsbury Buttermilk, Aunt Jemima, Hungry Jack, Eggo®, Kellogg®
Waffle Sticks, froz.		Chorro Bread

CHICKEN

Preset Foods	Cooking Tip	Brands Tested
Bone-In Pieces	Small pieces cook faster; remove from oven as cooking is completed.	Purdue®, Holly Farms®, Kroger
Boneless Breasts		Tyson®
Fingers, froz.	Arrange in single layer.	Tyson
Fried Chicken, froz.	Small pieces cook faster; remove from oven as cooking is completed.	Tyson, Banquet®, Kroger
Nuggets, froz.	Arrange in single layer.	↓
Patties, froz.		
Tenders, froz.		Coming Home®
Whole Chicken	For chickens larger than 5 lbs., add 5 min./lb.	Purdue, Holly Farms, Kroger
Wings, froz.	Barbecue sauce burns easily, do not overcook.	Tyson Barbecue

DESSERTS

Churros, froz.		
Cookie Dough, froz.	Do not thaw before baking.	Otis Spunkmeyer®
Cookie Dough, refig. Teaspoon size drops	Place 4 in center and 8 around edge of black metal tray. Follow pkg. directions for cooling.	Pillsbury, Kroger, Kroger Reduced Fat, Pillsbury Reduced Fat
Tablespoon size drops	Place 1 in center and 4 around edge or 5 around edge of black metal tray. Follow pkg. directions for cooling.	
Pie Crust, refig.	Prick bottom and sides of unbaked crust with fork.	Pillsbury
Turnovers, froz.		Pepperidge Farm
Turnovers, refig.		Pillsbury

FISH & SEAFOOD

Breaded Fish, froz.		Mrs. Paul's®, Seitan's®
Fish Sticks, froz.		Mrs. Paul's®, Seitan's
Salmon Steaks	Lightly oil pan with olive oil. Tip of salmon should be interlocked to prevent overcooking. Maximum thickness 1-1/2 in.	N/A
Shellfish	Place shrimp in single layer on black metal tray with out overlappings. Cook in or out of shell.	N/A
Swordfish Steaks	Max. thickness 1-1/2 in.	N/A
Tuna Steaks		N/A
Whitefish Fillets	Brush tray with olive or vegetable oil.	N/A

MEATS

Filet Mignon	Bacon wrapped around file may cause smoking.	N/A
Hamburger	Leaner ground beef will reduce spattering during cooking.	N/A
Lamb chops		N/A
Pork Chops	Add sauces during last 2-3 min.	N/A
Steaks, Rib eye		N/A
Steaks, Sirloin		N/A
Steaks, Strip		N/A
Steaks, T-bone	Slash fat to prevent curling.	N/A

PIZZA

Preset Foods	Cooking Tip	Brands Tested
Delifresh	Oven was signal to check doneness at maximum time. Increase time as needed in 15 sec. increments.	Kroger®
Pizza Shell, filled	↓	Bobol® Kroger®
Reg. Crust, froz.		
Rising Crust, froz.		Tombstone™, Kroger, Red Baron®, Frenchetta™, DiGiorno®

POTATOES

Baked Potatoes	Pierce skin with fork in several places. Select appropriate size for best cooking results.	
Frozen French Fries	For crisper texture, increase time in 15 second increments. Follow pkg. directions for serving size.	Ore Ida®, Kroger
Crinkle Fries	↓	
Coated Fries		
Regular Fries		
Steak Fries		
Waffle Fries		
Frozen Tater Tots®		Ore Ida®

SANDWICHES

Burritos, froz.	Filling may leak out as in conventional cooking.	Marquez®, Old El Paso
Corn Dogs, froz.		State Fair®, Kahn's®, Meijer
Crescent Roll/Hot Dogs	Arrange on black metal tray in spoke pattern.	Pillsbury, Pillsbury Reduced Fat
Grilled Sandwiches	Butter both outer sides of bread before cooking.	Wheat, White and Rye Breads
Pocket Sandwiches	Remove sandwich from paper sleeve.	Hot Pockets®, Lean Cuisine®

Food Placement

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



Circular Pattern
(ex: biscuits, cookies)



Circular Pattern
(ex: biscuits, cookies, meats)



Spoke Pattern
(ex: crescent rolls, breadsticks)



Single Layer
(ex: appetizers)

General Cooking Tips

- Always **check food for doneness** at minimum time. Use the same methods you would for conventional cooking. For example, check doneness of meat and poultry with a meat thermometer. Check cakes by inserting a toothpick near center.
- **Add toppings**, such as cheese or crumbs, and sauces, such as barbecue, during the last 2 to 3 minutes of cooking time.
- Remember that the **quantity of food affects cooking time**. Larger quantities or sizes will increase cooking time; smaller amounts will cook in less time.
- To **determine the weight** of each piece of chicken divide the package weight by number of pieces.
- **Select appropriate thickness** for steaks.
- **Adjust the cooking time** by turning the selector dial. Turn clockwise to increase time or counterclockwise to decrease time.
- Fresh meat, chicken, fish or seafood that has been frozen should be **thawed before cooking** (the microwave defrost feature can be used). For other frozen prepackaged foods, follow package directions.
- To **program your favorite recipe**, press the Speedcook button. Turn the dial until Recipe appears. Press to enter. Follow the directions on the control. (For more detailed information, refer to your Owner's Manual.)

Adjusting Power Levels

Power from high intensity halogen lights and microwave cooks food from the top, bottom and interior simultaneously to seal in moisture and flavor. Power level settings can be adjusted when cooking both preset menu foods and your own recipes. Just press the power level button prior to pushing start. Turn the dial to select and press the dial to enter desired levels.



Each setting gives you halogen lamp power and microwave energy for a certain percentage of the time.

Example: U=07 provides upper halogen lamp power 70% of the cooking time. L=07 provides lower halogen lamp power 70% of the cooking time. M=05 provides microwave energy for 50% of the cooking time.

USING THE OVEN

- **Place the oven rack (turntable)** on the floor of the oven for all cooking procedures. When cooking with the speedcook feature, place casseroles and baking dishes directly on the oven rack (turntable).
- **The black metal tray** is placed on the oven rack (turntable) and used for many speedcook functions. Use it for baking cookies, biscuits and rolls, grilling sandwiches, cooking pizzas and bite-size hors d'oeuvres. Fish fillets and chicken pieces can also be cooked on the black metal tray.
- **The black metal grill tray** is used for steaks, chops, burgers, chicken and fish that are usually cooked on a grill. Place the grill tray directly on the oven rack (turntable).
- Always place **the white ceramic tray** on the oven rack (turntable) when cooking with microwaves only. Place the cookware on the white ceramic tray.
- **Brush the black metal tray or black metal grill tray** lightly with olive or vegetable oil before cooking foods that might stick (example: boneless, skinless chicken breasts and fish fillets which contain little fat).

COOKWARE SELECTION

- **Any oven-safe glass dish** can be used in your oven. Recipes in the Advantium Cookbook were tested in Pyrex® and Anchor Hocking® glass cookware and Corningware® ceramic casseroles. Cooktimes and results may vary when using other types of oven-safe dishes.
- **Do not use metal dishes** in the oven with the exception of 6-cup muffin pans and microwave power level must be set at zero. Place the muffin pan directly on the oven rack (turntable).
- **Paper products and wraps** should not be used in the Advantium oven when cooking with the speedcook feature.
- When **using the speedcook feature**, dishes, trays and the oven itself will be hot. Always use oven mitts or hot pads when removing dishes from the oven.

CLEANING THE OVEN

- **Light soil** on oven walls, floor and inside window can be removed with a paper towel or damp cloth. Remove greasy soil with a sudsy cloth, then rinse with a damp cloth.
- **Let trays cool** before cleaning. Wash in warm, sudsy water or in the dishwasher. A soap filled scouring pad can also be used for cleaning the metal trays.
- **Clean the oven rack (turntable)** in warm, sudsy water, dry thoroughly and return to the oven.
- Always keep the **upper and lower lamp covers** clean for best cooking results. When cool, wipe off the covers with a damp cloth. For baked on soil use your cleaning scraper.

Follow these general guidelines when selecting the best U= L= M= settings for your favorite recipes:

U = Select a higher setting for thin foods requiring a golden brown top (example: fish fillets, toast, boneless chicken breasts). Select a lower setting for thicker foods and foods with high sugar or fat content (example: cakes, roasts).

L = Select a higher setting for thick or dense foods that may not cook quickly in the center (example: casseroles). Select a lower setting for thin foods (example: cookies) and foods containing high fat or sugar content (example: pastry, cakes).

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

Recipe Adapting

When adapting your favorite recipes for the Advantium oven, use the following charts as a guide. You may also find it helpful to refer to a similar recipe in the Advantium Cookbook to determine cook time and U/L/M settings.

Food	Conventional Oven Temp/Time	Advantium Cooking Time	Advantium Power Level Settings	Cookware Suggestion	Cooking Tip
ROASTING					
Beef					
Roast	325°		U=03 L=05 M=04	8" square or 11" x 7" glass dish and glass trivet	Turn meat over after half time.
Rare	18 min./lb.	13 min./lb.			
Medium	20 min./lb.	14 min./lb.			
Well Done	22 min./lb.	15 min./lb.			
Meat Loaf (1-1/2 lbs.)	350°/1-1/4 hrs.	35 min.	U=03 L=05 M=03	Glass loaf dish	For 1 lb. loaves subtract 10 minutes; for 2 lb. loaves add 8 minutes.
Pork					
Boneless Pork Loin (2 to 2-1/2 lbs.)	325°/30 min./lb.	12 min./lb.	U=05 L=05 M=04	8" square or 11" x 7" glass dish and glass trivet	Turn meat over after half time. Check doneness with meat thermometer.
Tenderloin	375°/30 min./lb.	18 min./lb.	U=07 L=06 M=04		Turn meat over during last 3 to 5 minutes.
Pork Chops (3 to 4)					
3/4 inch thick	350°/40 min.	9 min.	U=10 L=10 M=03	Black metal tray	Turn chops over during last 2 minutes.
1 inch thick	350°/50 min.	10 min.	U=10 L=10 M=03	Black metal tray	Turn chops over during last 3 minutes.
Lamb					
Roast (3 to 3-1/2 lbs.)	325°/30 min./lb.	12 min./lb.	U=04 L=05 M=05	11" x 7" glass dish and glass trivet	Turn meat over after half time
Poultry					
Whole Chicken	375°		U=05 L=05 M=10		
2 to 3 lbs.	28 min./lb.	8 min./lb.		3- or 5-qt. glass casserole & cover	
4 to 5 lbs.	24 min./lb.	6 min./lb.			
Over 5 lbs.	25 min./lb.	Add 5 min./lb.			
Pieces (in sauce) (crumb-coated)	375°/55 min.	25 min.	U=07 L=06 M=04	1-1/2 or 2-qt. glass casserole & cover	Turn over after half time.
	375°/45 min.	10 min.	U=10 L=10 M=00	Black metal tray	
BROILING					
Beef					
Steaks (2-boneless)	Broil		U=10 L=10 M=05		
1/2 inch- medium well	8 - 10 min.	5 min.		Black metal tray	Turn over during last 2 to 3 minutes.
1 inch- medium well	10 - 12 min.	6 min.			
13 - 17 min.	8 min.				
18 - 22 min.	9 min.				
19 - 22 min.	11 min.				
23 - 28 min.	13 min.				
Steak (2-with bone)					
1/2 inch- medium well	8 - 10 min.	7 min.	U=10 L=10 M=03		
10 - 12 min.	8 min.				
13 - 17 min.	11 min.		U=10 L=10 M=05		
18 - 22 min.	12 min.				
19 - 22 min.	12 min.				
23 - 28 min.	13 min.				
Fish					
Steaks (1 inch)	Broil		U=10 L=10 M=05		Turn fish over after half time. Reduce time for thinner steaks; add time for thicker steaks.
12 - 18 min.	8 min.				
Fillet	8 - 9 min.	7 min.	U=10 L=10 M=00		Brush black metal tray lightly with oil to prevent sticking.
Lamb					
Chops (6)	Broil		U=10 L=10 M=00		
1 inch medium	8 - 10 min.	8 min.			Turn over during last 2 to 3 minutes.
1-1/2 inch- medium	11 - 13 min.	10 min.			Turn over during last 2 to 3 minutes.
BAKING					
Breads					
Biscuits (scratch/mix)	450°/12 min.	6 min.	U=10 L=03 M=02	Black metal tray	
Coffee Cake	350°/35 min.	9 min.	U=05 L=05 M=03	8" square glass dish	
Corn Bread	425°/25 min.	7 min.	U=06 L=06 M=03	8" square glass dish	
Muffins	400°/20 min.	11 min.	U=07 L=03 M=00	6-cup metal muffin pan	Use M=00 when cooking in metal muffin pan.
Desserts					
Cakes (heavy batter)	350°/45 min.	13 min.	U=04 L=06 M=04	8" square or 11" x 7" glass dish	Use higher M= setting for cakes with heavy batter.
Cakes (light batter)	350°/30 min.	13 min.	U=04 L=06 M=02	8" square or 11" x 7" glass dish	
Cookies (drop or shaped)	375°/10 min.	4 min.	U=09 L=01 M=01	Black metal tray	Cool black metal trays to room temperature between runs. Each successive run may cook slightly faster.
Cookies (bar)	350°/30 min.	6 min.	U=06 L=09 M=03	8" square glass dish	Cool before cutting.
Pies (one crust)	400°/45 min.	23 min.	U=06 L=04 M=02	9" glass pie plate	Do not shield fluted edge during cooking.
Casseroles					
Main Dish	350°/40 min.	15 min.	U=07 L=04 M=04	1-1/2 to 2-qt. glass dish	Add cheese or crumb toppings during last 2 to 3 minutes.
Vegetable					
Cooked Ingredients	350°/30 min.	15 min.	U=08 L=05 M=05		
Uncooked Ingredients	350°/50 - 60 min.	28 min.	U=07 L=04 M=04		Cover casserole during cooking.
Eggs and Cheese					
Macaroni and Cheese	350°/30 min.	14 min.	U=07 L=04 M=03		
Quiche	350°/40 min.	18 min.	U=06 L=05 M=03	9" glass pie plate	Let stand 10 minutes before cutting.
Souffle	350°/50 min.	18 min.	U=04 L=04 M=04	2- to 2-1/2 qt. glass souffle dish	