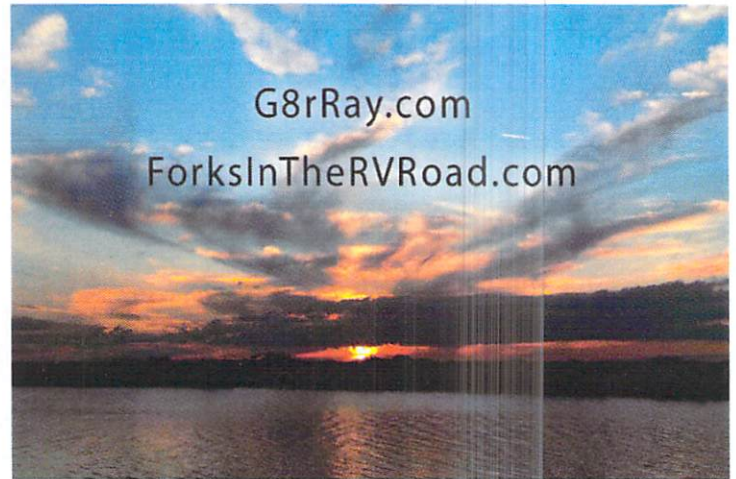




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G8rRay.com
ForksInTheRVRoad.com

RDBE has a Facebook Group Page: "RDBE Heavy Duty Truck Group"
Click JOIN.....and Dale Bruss will approve the request.

RDBE Online Cookbook: www.desktopcookbook.com
free to sign up so you can access all recipes.
I have named all recipes to begin with 'RDBE'.....so you can search and bring up just our recipes.

Currently there are 48 recipes from RDBE Women.
All categories of recipes are welcome!

If you'd like to submit recipes for the desktop cookbook, please send them to my email address: Jags1fan@gmail.com

Convection Cooking: If you have any questions after you leave the East Coast Rally, please do not hesitate to send me an email. We will be in Canada from possibly 2 months before we get to Alaska, so Email or Facebook will be the only communication we use, during that time. While you are at the ECR, don't hesitate to grab me if you have additional questions.

GE Profile Convection/Microwave Oven Cooking Guide

This Cooking Guide is a quick reference for using the new Profile Convection/Microwave oven and its versatile baking, roasting and microwave features. Refer to the Owner's Manual for complete instructions.

CONVECTION BAKE or ROAST — Use to cook foods like your conventional oven.

CONVECTION BAKE: Recommended for baked goods such as cakes, breads, brownies, pizza, pies, etc.

CONVECTION ROAST: Recommended for meat and poultry.

WITH PREHEATING

For best results, always use the lower shelf position when baking on one shelf. The shelf is required for good air circulation and even browning.

- STEP 1 Press the CONVECTION BAKE or CONVECTION ROAST button.
- STEP 2 Turn the dial to set the oven temperature and press the dial to enter. Do not enter cook time now. (The cook time will be entered later, after the oven is preheated).
- STEP 3 Press the dial or START/PAUSE button to start preheating.
- STEP 4 When the oven is preheated, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically.
- STEP 5 Open the oven door and, using caution, place food in the oven.
- STEP 6 Close the oven door. Turn the dial to set the cook time and press the dial to enter. Press the dial or START/PAUSE button to start cooking.
- STEP 7 When cooking is complete, the oven will signal and turn off.

WITHOUT PREHEATING

For best results, always use the lower shelf position when baking on one shelf. The shelf is required for good air circulation and even browning.

- STEP 1 If your recipe does not require preheating, press the CONVECTION BAKE or CONVECTION ROAST button.
 - STEP 2 Turn the dial to set the oven temperature and press to enter.
 - STEP 3 Turn the dial to set the cook time and press to enter.
 - STEP 4 Press the dial or START/PAUSE button to start the oven.
- NOTE:** You may change the cook time at any time during cooking by turning the dial. You may change the oven temperature at any time during cooking by pressing the POWER button. Turn the dial to set the oven temperature and press to enter. To view the cook time and oven temperature during cooking, press the CONVECTION BAKE or CONVECTION ROAST button.
- NOTE:** If the Auto Recipe™ Conversion Feature is on, it will automatically reduce the set regular baking temperature by 25°F to the appropriate convection temperature.

COMBINATION FAST BAKE— Use to reduce the cooking time of foods that normally take 15 minutes or more to cook.

See Cooking Mode table on reverse side for appropriate foods that can be cooked using Fast Bake mode.

WITH PREHEATING

For best results, always use the lower shelf position with Fast Bake on one shelf. The shelf is required for good air circulation and even browning.

- STEP 1 Press the COMBINATION FAST BAKE button.
- STEP 2 Turn the dial to set the oven temperature and press the dial to enter. Do not enter cook time now. (The cook time will be entered later, after the oven is preheated).
- STEP 3 Press the dial or START/PAUSE button to start preheating.
- STEP 4 When the oven is preheated, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically.
- STEP 5 Open the oven door and, using caution, place food in the oven.
- STEP 6 Close the oven door. Turn the dial to set the cook time and press the dial to enter. Press the dial or START/PAUSE button to start cooking.
- STEP 7 When cooking is complete, the oven will signal and turn off.

WITHOUT PREHEATING

For best results, always use the lower shelf position with Fast Bake on one shelf. The shelf is required for good air circulation and even browning.

- STEP 1 If your recipe does not require preheating, press the COMBINATION FAST BAKE button.
 - STEP 2 Turn the dial to set the oven temperature and press to enter.
 - STEP 3 Turn the dial to set the cook time and press to enter.
 - STEP 4 Press the dial or START/PAUSE button to start the oven.
- NOTE:** You may change the cook time at any time during cooking by turning the dial. You may change the oven temperature and microwave power level at any time during cooking by pressing the POWER button. Turn the dial to set the oven temperature and press to enter. Then, turn the dial to set microwave power level 1 through 4 and press to enter. The default power level is 4. To view the cook time and oven temperature during cooking, press the COMBINATION FAST BAKE button.

NOTE:

- Do not use metal cookware with COMBINATION FAST BAKE.
- Some recipes call for preheating.
- Check the Cookware Tips for correct cookware when using COMBINATION FAST BAKE.
- Place meat on a trivet in a glass dish to collect juices and prevent spattering. Reduce the recipe cook time by 25% (see reverse side).

Microwave

MICROWAVING WITH MICRO EXPRESS

Press MICRO EXPRESS for 30-second increments of microwave cooking time. The oven starts immediately. You may add or subtract time by turning the dial. You may also add time in 30-second increments by pressing MICRO EXPRESS.

Time Cook

TIME COOK I

Allows you to microwave for any time between 15 seconds–95 minutes. Power level 10 (high) is automatically set, but you may change it for more flexibility.

- STEP 1 Press the TIME COOK button.
- STEP 2 Turn the dial to set the cook time and press to enter.
- STEP 3 Change power level if you don't want full power. (Press POWER. Turn the dial to select and press to enter.)
- STEP 4 Press the dial or START/PAUSE button to start cooking.

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

NOTE: You may change the cook time at any time during cooking by turning the dial. You may also change the power level by pressing the POWER button.

TIME COOK II

Lets you change power levels automatically during cooking.

- STEP 1 Press the TIME COOK button.
- STEP 2 Turn the dial to set the first cook time and press to enter.
- STEP 3 Change power level if you don't want full power. (Press POWER. Turn the dial to select and press to enter.)
- STEP 4 Press the TIME COOK button again.
- STEP 5 Turn the dial to set the second cook time and press to enter.
- STEP 6 Change power level if you don't want full power. (Press POWER. Turn the dial to select and press to enter.)
- STEP 7 Press the dial or START/PAUSE button to start cooking.

At the end of Time Cook I, Time Cook II counts down.

Recipe Conversions

COMBINATION FAST BAKE

When using **COMBINATION FAST BAKE**, reduce recipe cook time by 25%.

For example: A recipe states to cook a roast for 60 minutes at 400°F.

60 minutes x 0.25 = 15 minutes saved

So the new cook time in **FAST BAKE** mode will be:

60 minutes - 15 minutes = 45 minutes.

AUTO RECIPE™ CONVERSION

When using **CONVECTION BAKE**, the **AUTO RECIPE™ CONVERSION** feature will automatically convert entered regular baking temperatures to convection baking temperatures.

This feature is activated so that the display will show **OFFSET ON** and the actual converted (reduced) temperature. For example, if you enter a regular recipe temperature of 350°F and press the **START** button, the display will show the converted temperature of 325°F.

This feature can be turned off in the **OPTIONS** menu.

NOTE: If convection baking and the **Auto Recipe™ Conversion** feature is turned off, reduce the oven temperature 25°F from the recipe to prevent overbrowning on the top of baked goods.

Select Cooking Mode

Use the following guide to select the best method of cooking. Recipes can be adapted using the guidelines below to determine the appropriate cooking mode.

Recipe Category	Convection Bake	Convection Roast	Combination Fast Bake
Appetizers: Dips and Spreads	✓		
Pastry Snacks		✓	✓
Beverages	✓		
Sauces and Toppings	✓		
Soups and Stews	✓		
Meats: Defrosting	✓		
Roasting		✓	✓
Poultry: Defrosting	✓		
Roasting		✓	✓
Fish and Seafood: Defrosting	✓		
Cooking	✓	✓	✓
Casseroles	✓	✓	✓
Eggs and Cheese: Scrambled and Omelets	✓	✓	✓
Quiches and Souffles		✓	✓

Recipe Category	Convection Bake	Convection Roast	Combination Fast Bake
Vegetables	✓		
Breads: Quick		✓	
Yeast		✓	
Muffins and Coffee Cake	✓	✓	
Desserts: Cakes, Layer and Bundt		✓	
Angel Food and Chiffon		✓	
Custard and Pudding	✓		
Bar Cookies	✓		
Fruit	✓		
Pies and Pastries		✓	
Candy	✓		
Blanching Vegetables	✓		
Frozen Convenience Foods	✓	✓	✓

Cookware Tips

CONVECTION BAKE

Metal Pans are recommended for all types of baked products, but especially where browning 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 they 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 the glass.

COMBINATION FAST BAKE

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

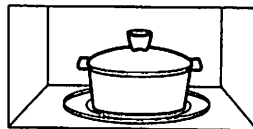
Heat-Resistant Plastic microwave cookware (safe to 450°F) may be used, but it is not recommended for foods requiring all-around browning, because plastic is a poor conductor of heat.

Cookware Type	Convection Bake	Convection Roast	Combination Fast Bake
Heat-Resistant Glass, Glass-Ceramic (Pyrex®, Fire King®, Corning Ware®, etc.)	Yes	Yes	Yes
Metal	No	Yes	No
Non Heat-Resistant Glass	No	No	No
Microwave-Safe Plastic	Yes	No	Yes*
Plastic Films and Wraps	Yes	No	No
Paper Products	Yes	No	No
Straw, Wicker and Wood	Yes	No	No

*Use only microwave cookware that is safe to 450°F.

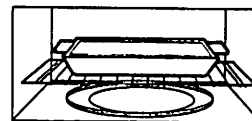
Use of the Turntable and Shelves (CONVECTION and COMBINATION cooking only)

- Do not use the shelves when microwave cooking. When microwave cooking, the cooking dish with food should always be placed on the turntable only.
- Remove the shelf from the oven when not in use.

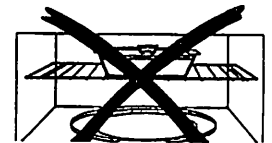


- Always use the metal shelf when using **CONVECTION BAKE**, **CONVECTION ROAST** or **COMBINATION FAST BAKE** so that heated air will brown the bottom of the food. The turntable can be left in place.

- For best cooking performance when using **CONVECTION BAKE**, **CONVECTION ROAST** or **COMBINATION FAST BAKE** always use the shelf in the *lower* position and leave at least a 1-inch gap between the cooking dish and the sides of the oven.



Correct Shelf Position



Incorrect Shelf Position

- Use pot holders when handling the shelf and cookware. They may be hot.
- Do not cover the shelf or any part of the oven with metal foil. This will cause overheating of the microwave/convection oven.



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