Trivection cooking technology combines the correct preprogrammed combination of traditional, convection, and microwave energies based on the food category selected by the user.

It is easy to use your oven with Trivection technology. Simply select the food category using the following table as a guide. Enter the traditional recipe temperature and maximum cooking time, and the oven adjusts the cooking time based on the food category selected. For meal planning, use the table below to determine the approximate time savings for each food category.

When SpeedCooking...

- The oven must be preheated for SpeedCook modes even if cooking directions on package recommends placing in cold oven. Put the food in the oven after the preheat beep when the oven control displays *"PUT FOOD IN OVEN"* and then press **START**. You must press **START** after placing the food in the oven.

- Enter maximum recipe cooking time when programming a SpeedCook mode. For example, if a recipe has a cooking time of 25-30 minutes, enter 3-0 on keypad for 30 minutes.

- Time is entered in hours and minutes, never in seconds. For example, enter 1-3-0 on the number keys for 1 hour and 30 minutes.

- Check food doneness when prompted and continue cooking if needed.

- All frozen foods should be speedcooked using the FrozenFood category.

- In general, when cooking meats wrapped in dough or refrigerated dough product, use the Biscuit/Roll or Baked Goods category.

- For recipes using a large quantity of cheese, milk, and/ or eggs, use the Baked Goods category.

- When baking potatoes, the recommended cooking temperature is 350°F and cooking time is 90 minutes for medium sized potatoes. Add an additional 15-30 minutes for large potatoes or when baking more than four potatoes.

Cooking Guide for Speed Bake

Food Type	Food Subcategory	Food Examples	Approximate Time Savings*
Frozen Food	**Dessert**	Frozen: Pies, Cookies, Cobblers, Sweet Rolls	1-1/2 times faster
	Main Dish	Frozen: Entrees, Lasagna, TV Dinners, Pizzas	2 times faster
	Snack/Sides	Frozen: Snacks, Appetizers, Vegetables, French Fries, Rolls and Biscuits	2 to 3 times faster
Meat	**Ham**	Ham	1-1/2 times faster
	Pork	Pork Chops, Roast, Tenderloin	2-1/2 to 3 times faster
	Beef	Roast, Meat Loaf	2-1/2 to 3 times faster
	Lamb	Leg of Lamb, Lamb Chops, Roast	2-1/2 to 3 times faster
	Game/Wild	Venison	2-1/2 to 3 times faster
Veg/Cass	**Baked Potato**	Potatoes: Baked Whole	5 times faster
	Vegetable	Unfrozen Vegetables (carrots, squash, etc.)	4 times faster
	Casserole	Unfrozen Meat Casseroles or Lasagna, Unfrozen Vegetable Casseroles	4 times faster
Poultry/Fish	–	Chicken, Turkey, Cornish Hens, Fish, Seafood	2 to 3 times faster
Baked Goods	–	Cookies, Muffins, Cupcakes, Appetizers, Bar Cookies, Cakes, Brownies, Soufflés, Cobblers	2 times faster
Breads	**QuickBread**	Quick Breads such as Cornbread and Banana Bread	2 times faster
	DoughBread	Yeast Bread, Fresh or Deli Pizzas	3 times faster
	Biscuit/Roll	Biscuits, Sweet Rolls, Dinner Rolls, Breadsticks	3 times faster

*Compared to traditional bake time.

Bakeware Tips

- All types of bakeware can be used.
- Dark or matte finish bakeware will produce darker browning on food.
- Use pans with low sides whenever possible. A shallow pan allows air to circulate around the food more effectively.
- DO NOT completely surround food with metal or aluminum foil. For example, do not wrap potatoes in aluminum foil or use a metal pan covered with aluminum foil or a metal lid (a glass lid or parchment paper may be used). Fully enclosing food in foil blocks the microwave energy and eliminates times savings.

- Foil may be used to shield food to prevent overbrowning or overcooking (i.e. placing small strips of foil on tips of wings and legs of poultry). Make sure that the aluminum foil is securely attached to the meat. Also, foil covers may be tented over food (i.e. large frozen casseroles) toward the end of their cook time to prevent overbrowning or overcooking. However, large amounts of foil block some of the microwave energy and can impact time savings.
- Allow at least one inch between each pan and between the pans and the oven walls for best results.
- Heat-resistant paper and plastic containers and bakeware that is recommended for use in traditional baking can also be used in Speed Bake mode. However, they should not be used at temperatures higher than the temperature recommended by the bakeware manufacturer.
- DO NOT use food wrappers made from a combination of metal foil and paper in the oven in SpeedCook modes. For example, some frozen or deli breads are baked and sold in these wrappers. Remove the food from the wrapper and Speed Bake on a flat metal pan.
- When cooking meat or poultry in *SPEED BAKE*, enter the traditional oven temperature and maximum cooking time from the roasting chart provided in the Owner's Manual. The oven control will automatically change the cooking time for *SPEED BAKE*.

- Cooking times for meat and poultry will vary depending on the cut of meat. Check for doneness at minimum time using a thermometer. Food temperatures may continue to rise significantly after being removed from the oven. DO NOT leave a thermometer in the meat or poultry while SpeedCooking since this may damage the thermometer.
- When Speed Baking with stoneware or cooking stones, refer to the Owner's Manual provided by the manufacturer for proper use and maintenance. For best results, preheat your flat cooking stones. If manufacturer does not recommend preheating the cooking stone, do not use in SpeedCook.

Rack Positions for Speed Bake...

If cooking on **ONE RACK**, place food so that it is approximately centered in the oven.

If cooking on **TWO RACKS**, use rack positions A and D to provide lots of space between items for optimal results.

If cooking on **THREE RACKS**, use rack positions A, C and E.
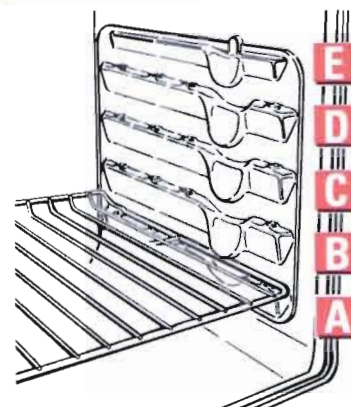
Rack Position	Examples
C	Cookies, pizza, pie, muffins, cakes, biscuits and casseroles
B	Loaves of bread, meat loaf, small and medium roasts, whole chicken, bundt cakes
A	Very tall items: turkey, large roasts, angel food cakes

- Items such as appetizers, cookies, biscuits, and rolls can be cooked in *SPEED BAKE* on multiple racks. Cooking time may increase slightly for some foods, but since two or three racks of food are being cooked at the same time, the overall result is substantial time saved.
- Cakes, brownies/bar cookies, pies and quick breads (banana, zucchini, or pumpkin bread) are not recommended for multiple rack baking in *SPEED BAKE*. Place them side-by-side on one rack if using *SPEED BAKE*. When using more than one rack to cook these foods, use *CONVECTION BAKE MULTI*.

Speed Broiling Tips

Your oven with Trivection technology has the flexibility to broil like a traditional oven or Speed Broil. Speed Broiling is ideal for broiling foods from MEDIUM to WELL DONE two times faster than traditional broil.

Speed Broiling must be done with the door closed.

The oven must be preheated when Speed Broiling.

Turning meat and poultry is optional in Speed Broil. However, use tongs if turning meat to prevent piercing the meat and losing juices.

Cooking times will vary depending on the cut of meat. Check for doneness at minimum time using a meat thermometer. *DO NOT leave a thermometer in the meat or poultry while SpeedCooking since this may damage the thermometer.*

Use the broiler pan with grid provided with your oven for best results.

Evenly slit fat around the outside edges of steaks and chops to prevent curling during broiling.

If desired, marinate meats before broiling. Brush with sauces during the last five minutes only.

How to Set the Oven for Speed Broiling

1. Select *SPEEDCOOK* from the main menu.

2. Select *SPEED BROIL*

3. Enter traditional broil time for first side (using maximum time if a range is given). Reference the chart below. **Note:** If you don't plan to turn the food over, enter the total broil time.

4. Select *START* to preheat oven. Cook time will automatically convert to shorter time and display on control screen.

5. You must preheat the oven. Wait for the preheat signal and message to *"PUT FOOD IN OVEN"* before placing food in oven.

6. Select *START.*
   Note: Food may be checked at any time by opening the door.

7. Check food when prompted and add more time for the second side.
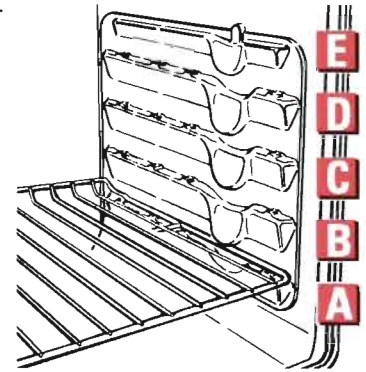
Traditional Broiling Guide for <u>Speed Broiling</u>

Food	Quantity and/or Thickness	Rack Position	First Side Time, Min	Second Side Time, Min	Comments
Ground Beef	2 lb. (8 patties) 1/2" to 3/4" thick	D	10	8	Space evenly on pan. Up to 8 patties take about the same time.
Beef Steaks Med. Rare Medium Med. Rare Medium	1" thick (about 2-3 lb.) 1-1/2" thick (about 3-4 lb.)	D D D D	11 13 14 17	10 12 13 16	Steaks less than 1" thick cook through before browning. Cook first side to desired brownness. Then turn and finish second side to desired doneness. Slash fat.
Chicken	1 whole, cut up about 3 to 3-1/2 lb.	C	35	25	
	6 Bone-in breasts, 12 to 14 oz. each	C	28	26	Brush each-side with melted butter. Broil skin-side down first.
	6 Boneless breasts, 5 to 7 oz. each	D	12	10	
Fish	4 Fillets, 1/4" to 1/2" thick	E	7	Do not turn over	Place skin-side down. Brush with olive oil
	4 Fillets, 3/4" to 1" thick	D	14	Do not turn over	Place skin-side down. Brush with olive oil.
	4 Steaks, 1" thick (about 2 lb.)	D	10	10	Brush with lemon butter before and during cooking, if desired.
Lobster Tails	2-4, 8 to 12 oz. each	C	18-20	Do not turn over	Cut through back of shell. Spread open. Brush with melted butter after half of broiling time.
Pork Chops	6 Chops, 1/2" thick (about 2 lb.) 6 Chops, 1" thick (about 4 lb.)	E D	9-11 23	7 14	Slash fat.
Ham Slices	2 precooked, 1/2" thick	D	13	6	
Lamb Chops Medium Well Done	4 Chops, 1-1/2" thick about 1-1/2 lb.	D D	12 14	9 12	Slash fat.

Using the defrost feature.

The defrost feature allows you to thaw food for a set amount of time.

Defrosting Tips

For best results, remove food from packaging and place on broiler pan with grid provided with your oven. If food is left in packaging, slit, pierce or vent to prevent steam buildup. *To prevent arcing, remove metal twist ties from paper or plastic bags before placing them in the oven.* **Arcing is the microwave oven terminology for sparks in the oven.** Do not completely surround food with metal and/or foil.

Plastic storage containers should be uncovered before defrosting.

Foods that spoil easily should not be allowed to sit out for more than one hour after defrosting. Room temperature promotes the growth of harmful bacteria.

Use caution when removing a metal pan after defrosting. It may become very warm, and you may need to use a potholder.

The oven will signal twice during defrost. For more even defrosting, turn food over, separate and rearrange when prompted. Be sure large meats are completely defrosted before cooking. See the Defrosting Guide for additional comments.

When defrosted, food should be cool but softened in all areas. If still slightly icy, return to the oven very briefly, or let it stand a few minutes.

How to Set the Oven for Defrost

Reference Defrosting Guide below for rack position and defrost time.
1. Place food in the oven.
2. Select **FEATURE** from the main menu.
3. Select **DEFROST**.
4. Enter the defrost time in hours and/or minutes.
5. Select **START**.
6. Check food as prompted and follow suggestions listed in Defrosting Guide.

Defrosting Guide

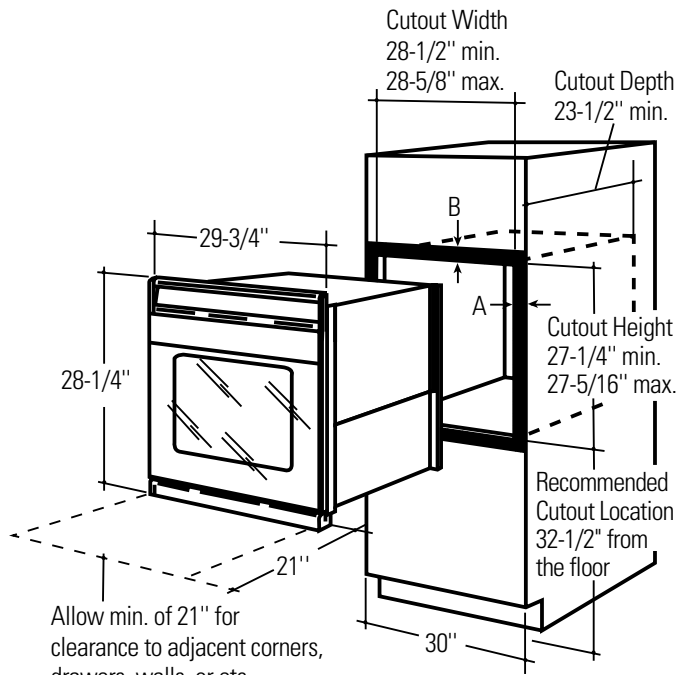| Food	Rack Position	Defrost Time	Stand Time	Comments
Ground Meat				
1 lb.	D	9 Min	5 Min	Turn over, break apart and remove defrosted meat
more than 1 lb.	C	9 Min/lb.	10 Min	at signals.
Hamburger Patties	D	9 Min/lb.	5 Min	Turn over and separate at signals.
Stew Meat	D	9 Min/lb.	10 Min	Turn over and break apart at signals.
Steaks and Chops	B	10-12 Min/lb.	10 Min	Turn over and separate at signals. Shield warm areas with small pieces of foil.
Roasts				
Boneless and Bone-in	A	8-9 Min/lb.	30 Min	Turn over at signals. Shield warm areas with small pieces of foil.
Chicken				
Pieces, Boneless	C	9 Min/lb.	10 Min	Turn over and separate at signals. Rinse under cold water after stand time.
Pieces, Bone-in	C	9 Min/lb.	10 Min	
Whole	B	9-10 Min/lb.	20 Min	Shield ends of legs and wings with foil. Turn over at signals. Rinse under cold water after stand time.
Turkey Breast	B	10 Min/lb.	30 Min	Turn over at signals. Shield warm areas with foil.
Cornish Hens	C	8 Min/lb.	30 Min	Shield ends of legs with foil. Turn over at signals. Rinse under cold water after stand time.
Duck	B	9-10 Min/lb.	30 Min	Shield ends of legs with foil. Turn over at signals. Rinse under cold water after stand time.
Fish				
Fillets and Steaks	C	6-7 Min/lb.	10 Min	Turn over and rearrange at signals. Shield warm areas with foil. Let stand in cold water.
Whole	C	8 Min/lb.	10 Min	
Seafood				
Shrimp and Scallops	D	6 Min/lb.	10 Min	Separate at signals. Rinse under cold water after stand time.
Lobster Tails	C	7 Min/each	15 Min	Shield tail ends with foil. Turn over at signals. Let stand in cold water.

ZET3038SH/WH/BH – GE Monogram 30" Built-In Single Oven with Trivection™ Technology

Dimensions (in inches)
30" Built-In Single Oven Dimensions (in inches)

Cutout Width
28-1/2'' min.
28-5/8'' max.

Cutout Depth
23-1/2'' min.

B

29-3/4''

A

Cutout Height
27-1/4'' min.
27-5/16'' max.

28-1/4''

21''

Recommended
Cutout Location
32-1/2" from
the floor

Allow min. of 21'' for
clearance to adjacent corners,
drawers, walls, or etc.

30''

A = Allow 11/16" - 3/4" for overlap of oven over side edges of cutout.
B = Allow 1" overlap of oven over top and 1-1/4" overlap at the bottom
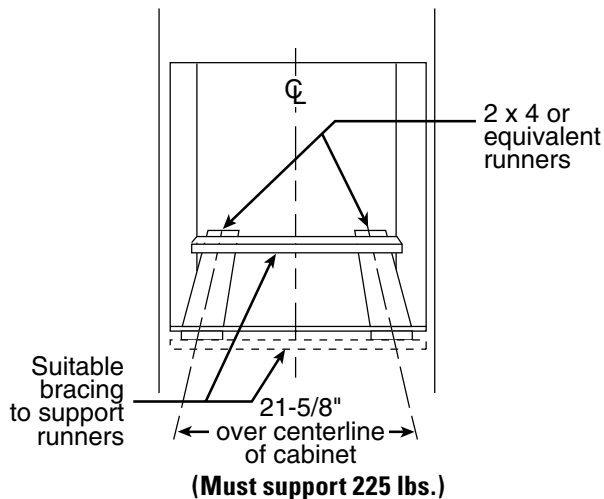edges of cutout.

Acceptable
junction box
location area
SWO

18"

12"

Bottom of
Cutout

3-1/2"

10-3/4"
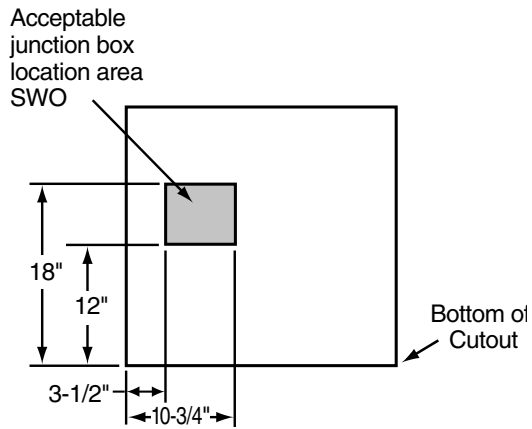
KW Rating	
240V	5.9
208V	4.4
Breaker Size	
240V	30 Amps
208V	30 Amps

Note: These ovens are not approved for stackable or side-by-side installations.

Note: Cabinets installed adjacent to wall ovens must have an adhesion spec of at least a 194°F temperature rating.

Installation Information: Before installing, consult installation instructions packed with product for current dimensional data.

Electric wall ovens are not approved for installation with a plug and receptacle. They must be hard wired in accordance with installation instructions.

C
L

2 x 4 or
equivalent
runners

Suitable
bracing
to support
runners

21-5/8"
over centerline
of cabinet
(Must support 225 lbs.)
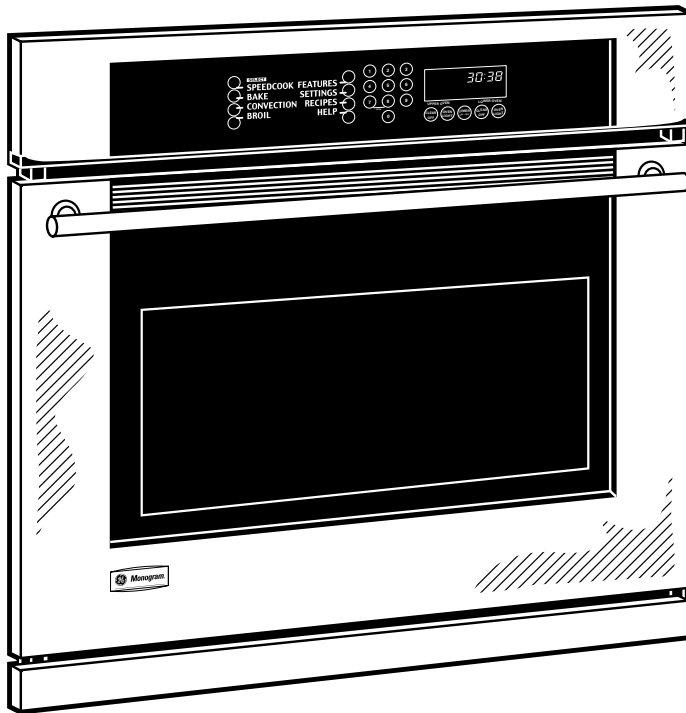
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For answers to your Monogram,® GE Profile™ or
GE® appliance questions, visit our website at
GEAppliances.com or call
GE Answer Center® service, 800.626.2000.

![GE Monogram logo]

Monogram.®

ZET3038SH/WH/BH – GE Monogram 30" Built-In Single Oven with Trivection™ Technology

Features and Benefits

- Trivection technology – Combines thermal, convection and microwave energies to produce quality food remarkably fast

- Sophisticated styling

- Cooking versatility

- Full-size oven capacity

- Glass touch electronic controls

- Halogen interior light

- Model ZET3038SHSS – Stainless steel

- Model ZET3038WHWW – White

- Model ZET3038BHBB – Black