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# IMPORTANT SAFETY INSTRUCTIONS

## IMPORTANT SAFETY INSTRUCTIONS : READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

**WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

**WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by an authorised SHARP service agent or microwave technician.

**WARNING:** Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than an authorised SHARP service agent or microwave technician to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by a service centre approved by SHARP.

**WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Utensils should be checked to ensure that they are suitable for use in the oven. Use only microwave safe containers and utensils on microwave modes.

The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.

The oven should be cleaned regularly and any food deposits removed.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

See instructions for cleaning door seals, cavities and adjacent parts on page E-30.

### Other warnings

1. To reduce the risk of fire in the oven cavity:

- a. Do not overcook food.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
- c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.

2. To reduce the risk of an explosion or delayed eruptive boiling when handling the container.

Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

Additionally:

- a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
- b. Do not use excessive amount of time.
- c. When boiling liquids in the oven, use a wide-mouthed container.
- d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
- e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.

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3. This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.  
It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.
  4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
  5. Do not bump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.
  6. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
  7. Never tamper with or deactivate the door safety latches.
  8. Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
  9. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
  10. Avoid steam burns by directing steam away from the face and hands.  
Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
  11. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
  12. To prevent the turntable from breaking:
    - a. Before cleaning the turntable with water, leave the turntable to cool.
    - b. Do not place anything hot on a cold turntable.
    - c. Do not place anything cold on a hot turntable.
  13. Do not place anything on the outer cabinet.
  14. Do not store food or any other items inside the oven.
  15. Make sure the utensil does not touch the interior walls during cooking.
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## SPECIAL NOTES AND WARNING

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	<ul style="list-style-type: none"> <li>* Puncture egg yolks and whites and oysters before cooking to prevent "explosion".</li> <li>* Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>* Cook eggs in shells. This can cause the egg to "explode", which may damage the oven or cause injury to yourself.</li> <li>* Cook hard/soft boiled eggs.</li> <li>* Overcook oysters.</li> <li>* Dry nuts or seeds in shells.</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>* Use specially bagged popcorn for the microwave oven.</li> <li>* Listen while popping corn for the popping to slow to 1-2 seconds.</li> </ul>	<ul style="list-style-type: none"> <li>* Pop popcorn in regular brown bags or microwave safe glass bowls.</li> <li>* Exceed maximum time on popcorn package.</li> </ul>
Baby food	<ul style="list-style-type: none"> <li>* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns.</li> <li>* Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat disposable bottles.</li> <li>* Overheat baby bottles. Only heat until warm.</li> <li>* Heat bottles with nipples on.</li> <li>* Heat baby food in original jars.</li> </ul>
General	<ul style="list-style-type: none"> <li>* Food with filling should be cut after heating, to release steam and avoid burns.</li> <li>* Use a deep microwave safe glass bowl when cooking liquids or cereals to prevent boiling over.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook in closed glass jars or air tight containers.</li> <li>* Deep fat fry.</li> <li>* Heat or dry wood, herbs, wet papers, clothes or flowers.</li> <li>* Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.</li> </ul>
Liquids (Beverages)	<ul style="list-style-type: none"> <li>* For boiling or cooking liquids see IMPORTANT SAFETY INSTRUCTIONS on page E-1 to prevent explosion and delayed eruptive boiling.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat for longer than recommended time.</li> </ul>
Canned foods	<ul style="list-style-type: none"> <li>* Remove food from can.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook food while in cans.</li> </ul>
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> <li>* Cook for the recommended time. (These foods have high sugar and/ or fat contents.)</li> </ul>	<ul style="list-style-type: none"> <li>* Overcook as they may catch fire.</li> </ul>
Meats	<ul style="list-style-type: none"> <li>* Use a microwave proof roasting rack to collect drained juices.</li> </ul>	<ul style="list-style-type: none"> <li>* Place meat directly on the turntable for cooking.</li> </ul>
Utensils	<ul style="list-style-type: none"> <li>* Check the utensils are suitable for MICROWAVE cooking before you use them.</li> </ul>	<ul style="list-style-type: none"> <li>* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.</li> </ul>
Aluminium foil	<ul style="list-style-type: none"> <li>* Use to shield food to prevent over cooking.</li> <li>* Watch for sparking. Reduce foil or keep clear of cavity walls.</li> </ul>	<ul style="list-style-type: none"> <li>* Use too much.</li> <li>* Shield food close to cavity walls. Sparking can damage the cavity.</li> </ul>
Browning dish	<ul style="list-style-type: none"> <li>* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish.</li> </ul>	<ul style="list-style-type: none"> <li>* Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.</li> </ul>

# INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity and the feature sticker from the oven door panel (if available). Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by the SHARP SERVICE CENTRE and repaired, if necessary.
2. Accessories provided
  - 1) Turntable
  - 2) Roller Stay
  - 3) Operation Manual
3. Place the roller stay in the coupling on the oven floor, then place the turntable on to the roller stay, ensuring it is located firmly. Refer to OVEN DIAGRAM below. NEVER operate the oven without the roller stay and turntable.
4. This oven is designed to be used on a countertop only. It should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit.

The oven should be installed so as not to block ventilation openings.  
Allow space of at least 15cm from top of the oven for air ventilation.  
This oven is not designed to be built-in to a wall or cabinet.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.

The A.C. voltage and frequency must correspond to the one indicated on the rating label on the back of the oven.
6. This appliance must be earthed:

## IMPORTANT

The wires in power supply cord are coloured in accordance with the following code:

Green-and-yellow	:	Earth
Blue	:	Neutral
Brown	:	Live

As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

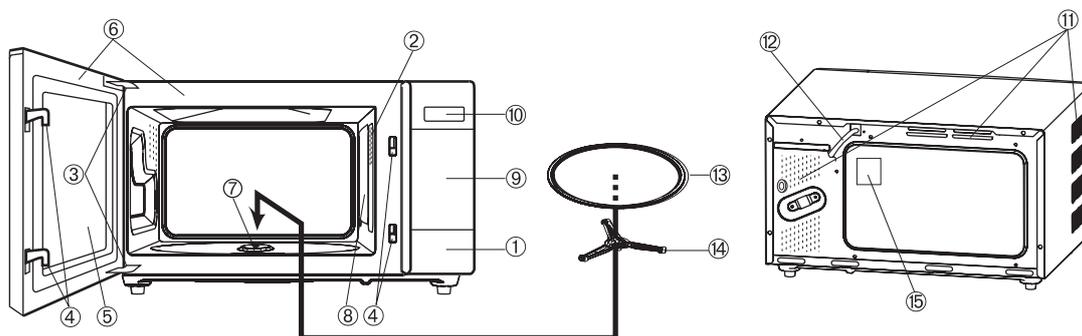
The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol  $\perp$  or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.

\* In order to prevent possible electric shock, please install the grounding wire to the earth wire connecting screw at the rear of the water oven in case of no 3 holes socket available in your residence.

## OVEN DIAGRAM



1. Door open button
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Coupling
8. Waveguide cover (Do not remove)
9. Touch control panel (See page E-5)
10. Liquid crystal display
11. Ventilation openings
12. Power supply cord
13. Turntable
14. Roller stay
15. Rating label

E-4

# OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.

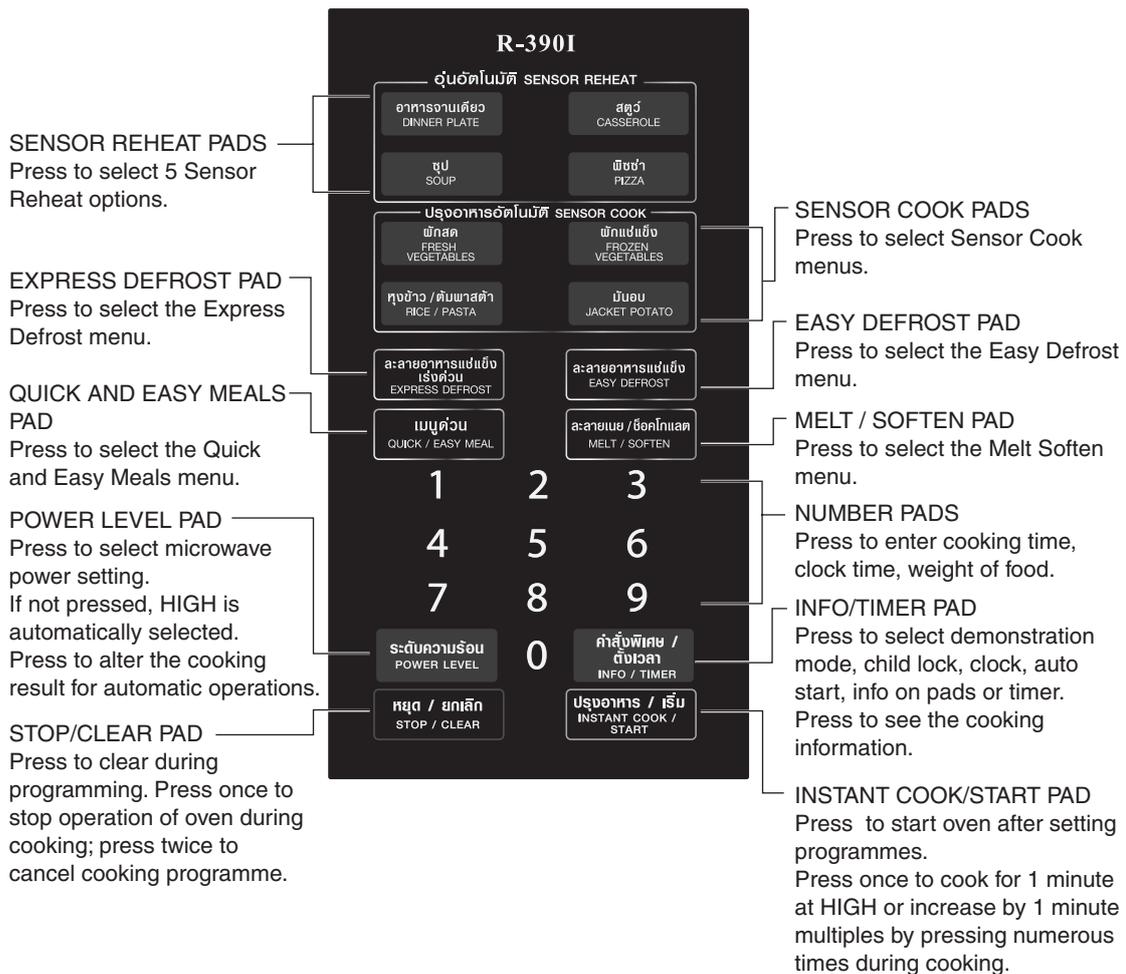
An entry signal tone should be heard each time you press the control panel to make a correct entry.

In addition an audible signal will sound for approximately 2 seconds at the end of the cooking cycle, or 4 times when cooking procedure is required.

## Control Panel Display



## Touch Control Panel Layout





## BEFORE OPERATING

\* This oven is preset with the INFORMATION GUIDE.

To assist you in operating your oven, useful information will appear on the display.

In this manual, the display information guide is abbreviated.

### Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point. Ensure the oven door is closed.		MICRO- WAVE OVEN
2	Press the STOP/CLEAR pad.	หยุด / ยกเลิก STOP / CLEAR	. 0

### Clock Setting

\* To enter the present time of day 11:34 (AM or PM).

Step	Procedure	Pad Order	Display
1	Press the INFO/TIMER pad and the number 3.	คำสั่งพิเศษ / ตั้งเวลา INFO / TIMER 3	CLOCK HELP ENTER HELP TIME HELP
2	Enter the correct time of day by pressing the numbers in sequence.	1 1 3 4	11:34 HELP The dots (:) will flash on and off.
3	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	11:34

This is a 12 hour clock. If you attempt to enter an incorrect clock time (eg. 13:45), **ERROR** will appear in the display. Press the STOP/CLEAR pad and re-enter the time of day (eg. 1:45).

### Stop/Clear

Press the STOP/CLEAR pad once to:

1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

### To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.



## MICROWAVE COOKING TECHNIQUES

<b><u>Arrange food carefully</u></b>	Place thickest areas toward outside of dish.
<b><u>Watch cooking time</u></b>	Cook for the shortest amount of time indicated and add more time as needed. Food severely over-cooked can smoke or ignite.
<b><u>Cover foods before cooking</u></b>	Check recipe for suggestions: paper towels, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly. (Helps keep oven clean)
<b><u>Shield foods</u></b>	Use small pieces of aluminium foil to cover thin areas of meats or poultry in order to avoid overcooking.
<b><u>Stir foods</u></b>	From outside to center of dish once or twice during cooking, if possible.
<b><u>Turn foods</u></b>	Foods such as chicken, hamburgers or steaks should be turned over once during cooking.
<b><u>Rearrange foods</u></b>	Like meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
<b><u>Allow standing time</u></b>	After cooking ensure adequate standing time. Remove food from oven and stir if possible. Cover for standing time which allows the food to finish cooking without overcooking.
<b><u>Check for doneness</u></b>	Look for signs indicating that cooking temperature has been reached. Doneness signs include: <ul style="list-style-type: none"> <li>– Food steams throughout, not just at edge.</li> <li>– Poultry thigh joints move easily.</li> <li>– Pork and poultry show no pinkness.</li> <li>– Fish is opaque and flakes easily with a fork.</li> </ul>
<b><u>Condensation</u></b>	A normal part of microwave cooking. The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.
<b><u>Browning dish</u></b>	When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable, roller stay and coupling due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.
<b><u>Microwave safe plastic wrap</u></b>	For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
<b><u>Microwave safe plastic cookware</u></b>	Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.

# MANUAL OPERATIONS

## Microwave Time Cooking

This is a manual cooking feature, first enter the cooking time then the power level.

There are eleven different power levels. You can programme up to 99 minutes, 99 seconds.

This variable cooking control allows you to select the rate of microwave cooking.

After cooking, the fan will continue to operate. COOLING may be displayed when the door is opened or STOP/CLEAR pad is pressed while fan is operating.

Display	Power level		Examples
100P	100%	High	Raw meat, Vegetables, Rice or Pasta
90P	90%		
80P	80%		
70P	70%	Medium High	Delicate Food such as Eggs or Seafood.
60P	60%		
50P	50%	Medium	
40P	40%		Defrost, Softening butter
30P	30%	Medium Low	
20P	20%		
10P	10%	Low	Keep food warm
0P	0%		

If a power level is not selected, then 100% power is automatically used.

\* Suppose you want to time cook for 2 minutes 30 seconds on 100% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Press the INSTANT COOK/START pad.		 The timer begins to count down.

To lower the power press the POWER LEVEL pad until desired power level is displayed.

\* Suppose you want to cook Fish Fillets for 10 minutes on 50% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press six times).	 x 6	
3	Press the INSTANT COOK/START pad.		 The timer begins to count down.

If the door is opened during cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.

## Sequence Cooking

Your oven can be programmed with up to 3 automatic cooking sequences, automatically switching from one variable power setting to the next.

\* Suppose you want to cook for 10 minutes on 50% followed by 3 minutes on 100%.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	1 0 0 0	10.00
2	Select desired power level by pressing the POWER LEVEL pad (for 50% press six times).	ระดับความร้อน POWER LEVEL x 6	50P
3	For second sequence, enter desired cooking time. If power is not selected, the oven will operate at 100% power.	3 0 0	3.00
4	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	10.00 COOK The timer begins to count down to zero. When it reaches zero, 3.00 COOK the second sequence will appear and the timer will begin counting down to zero again.

## Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on 100% power.

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. Within 3 minutes of closing the door, cooking completion or pressing the STOP/CLEAR pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	1.00 COOK The timer begins to count down.

Press the INSTANT COOK/START pad until desired time is displayed.  
Each time the pad is pressed, the cook time is increased by 1 minute.

## Increasing Time During a Cooking Programme

Microwave time can be added during a manual cooking programme using the INSTANT COOK/START pad.

\* Suppose you want to increase the cooking time by 2 minutes during 5 minutes on 50% power cooking. (at the moment the remaining cooking time is 1 min. 30 sec.)

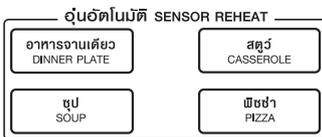
Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	5 0 0	5.00
2	Select power level by pressing the POWER LEVEL pad as required. (for 50% press 6 times)	ระดับความร้อน POWER LEVEL x 6	5.0P
3	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	5.00 COOK The timer starts to count down. 1.30 COOK
4	Press the INSTANT COOK/START pad twice to increase the cooking time by two minutes.	ปรุงอาหาร / เริ่ม INSTANT COOK / START x 2	3.30 COOK

# AUTOMATIC OPERATIONS

## Notes for Automatic Operations

1. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to cooking on any SENSOR REHEAT or SENSOR COOK menus.
2. After oven is plugged in, wait 2 minutes before using SENSOR REHEAT or SENSOR COOK menus.
3. When cooking small quantities of food on SENSOR REHEAT or SENSOR COOK menus, the food may be cooked without displaying any remaining cooking time or requiring any operations during the cooking.
4. When using the automatic features, carefully follow the instructions provided in each MENU GUIDE to achieve the best result. If the instructions are not followed carefully, the food may be overcooked or undercooked or **ERROR** may be displayed.
5. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually.
6. To change the final cooking or defrosting result from the standard setting, press the POWER LEVEL pad once (for more) or twice (for less) after selecting desired setting. Refer to page E-24.
7. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.
8. To avoid children's misuse, each SENSOR REHEAT pad can be used only within 3 minutes of a preceding operation.
9. To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, use EASY DEFROST or defrost manually.
10. **ERROR** will be displayed if:  
more or less than weight of foods suggested in EASY DEFROST MENU GUIDE or MELT/SOFTEN MENU GUIDE is programmed when the INSTANT COOK/START pad is pressed.  
To clear, press the STOP/CLEAR pad and reprogramme.
11. When entering the weight of the food, round off the weight to the nearest 0.1kg (100g). For example, 1.65kg would become 1.7kg. When entering the weight of Butter, Chocolate and Cream Cheese, round off the weight to the nearest 0.01kg (10g).
12. After cooking, the fan will continue to operate. COOLING may be displayed when the door is opened or STOP/CLEAR pad is pressed while fan is operating.

## Sensor Reheat



SENSOR REHEAT will automatically compute the power level and cooking time. SENSOR REHEAT has 5 reheat options. To select a menu, press the desired SENSOR REHEAT pad. Follow the instructions provided in the SENSOR REHEAT MENU GUIDE on page E-12.

\* Suppose you want to reheat 1 Dinner Plate.

Step	Procedure	Pad Order	Display
1	<p>Press the DINNER PLATE pad.</p> <p>* When the sensor detects the vapour from the food, the remaining reheating time will appear. (eg. remaining reheating time is approximately 25 sec.)</p>	 x 1	 ↓ After about 2 sec.    The timer begins to count down. When the cooking time reaches zero, STAND, COVERED, 5 MIN will be displayed.

### NOTE:

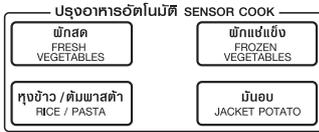
When using REHEAT SOUP pad, press once for Thin Soup, press twice for Thick Soup.

## Sensor Reheat Menu Guide

No.	Menu	Weight Range	Initial Temperature (approx.)	Procedure
<b>1</b>	<b>Dinner Plate</b>	1 serve (approx. 400 g)	+ 3°C Refrigerated	<ul style="list-style-type: none"> <li>Cover with plastic wrap.</li> <li>After cooking, stand covered for 5 minutes.</li> </ul>
<b>2</b>	<b>Casserole</b>	1 – 4 cups (1 cup, 250 ml)	+3°C Refrigerated	<ul style="list-style-type: none"> <li>Place into a casserole dish, and cover with plastic wrap and pierce 5 times with skewer.</li> <li>After cooking, stand covered for 1-5 minutes then stir.</li> </ul>
	<b>Casserole</b> Beef Stroganoff Chicken Fricasse  <b>Canned Food</b> Baked Beans Spaghetti		+20°C Room temperature	
<b>3</b>	<b>Thin Soup</b> Pumpkin, Tomato	1 – 4 cups (1 cup, 250 ml)	+20°C Refrigerated	<ul style="list-style-type: none"> <li>Place in a microwave safe glass bowl.</li> <li>Cover with plastic wrap and pierce 5 times with a skewer.</li> <li>After cooking, stir.</li> </ul>
<b>4</b>	<b>Thick Soup</b> Pumpkin, Cream of chicken and corn	1 – 4 cups (1 cup, 250 ml)	+20°C Room temperature	<ul style="list-style-type: none"> <li>Place in a microwave safe glass bowl.</li> <li>Cover with plastic wrap and pierce 5 times with a skewer.</li> <li>After cooking, stir.</li> </ul>
<b>5</b>	<b>Pizza</b>	1 – 4 pieces ( 1 piece, approx. 90 g )	+3°C Refrigerated	<ul style="list-style-type: none"> <li>Place pizza on paper towel on the turntable.</li> </ul>

Final cooking results will vary according to the conditions of food (e.g. initial temperature, shape, quality), utensils and the oven. Please check the cooking result and if necessary, extend cooking times by manual Microwave.

# Sensor Cook



- |                         |                            |                   |                      |
|-------------------------|----------------------------|-------------------|----------------------|
| <b>FRESH VEGETABLES</b> | <b>FROZEN VEGETABLES</b>   | <b>RICE/PASTA</b> | <b>JACKET POTATO</b> |
| 1. Hard Vegetables      | 1. Mixed Small Vegetables  | 1. White Rice     | 1. Jacket Potato     |
| 2. Soft Vegetables      | 2. Mixed Chunky Vegetables | 2. Dry Pasta      |                      |
|                         |                            | 3. Fresh Pasta    |                      |
|                         |                            | 4. Frozen Pasta   |                      |

SENSOR COOK will automatically compute the power level and cooking time. SENSOR COOK has 4 categories. To select a menu, press the desired SENSOR COOK pad until the menu of your choice is displayed. Follow the instructions provided in the SENSOR COOK MENU GUIDE on pages E-14.

\* Suppose you want to use Sensor Cook to cook 2 Jacket Potatoes.

Step	Procedure	Pad Order	Display
1	Press the JACKET POTATO pad once.	 x 1	
2	Press the INSTANT COOK/START pad.  * When the sensor detects the vapour from the food, the remaining cooking time will appear. (eg. remaining cooking time is approximately 3 min. 30 sec.)		    The cooking time will begin counting down. The oven will "beep" 4 times and will stop. TURN, OVER will be displayed.
3	Open the door. Turn over potatoes. Close the door.		PRESS, START will be displayed.
4	Press the INSTANT COOK/START pad.		  The cooking time will begin counting to zero, when it reaches zero, the oven will "beep". STAND, COVERED, 3-10MIN, FOIL will be displayed repeatedly.

## Sensor Cook Menu Guide

The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.

### Fresh Vegetables Menu Guide

ผักสด  
FRESH  
VEGETABLES

When you cook the following menus with SENSOR COOK, press the FRESH VEGETABLES pad until the desired menu appears in the display.

No.	Menu	Weight Range	Initial Temperature (approx.)	Procedure
1	<b>Hard Vegetables</b> Carrots Cauliflower Beans Pumpkin Brussels Sprouts	0.1-1.0 kg	+3°C Refrigerated	<ul style="list-style-type: none"> <li>Wash the vegetables.</li> <li>Arrange the vegetables in a shallow dish.</li> <li>Cover with plastic wrap.</li> <li>After cooking, stir then stand covered for 1-5 minutes.</li> </ul>
2	<b>Soft Vegetables</b> Zucchini Squash Capsicum Mushroom Eggplant Broccoli	0.1-1.0 kg	+3°C Refrigerated	<ul style="list-style-type: none"> <li>Wash the vegetables.</li> <li>Pierce skin of squash with fork.</li> <li>Arrange the vegetables in a shallow dish.</li> <li>Cover with plastic wrap.</li> <li>After cooking, stir then stand covered for 1-5 minutes.</li> </ul>

### Frozen Vegetables Menu Guide

ผักแช่แข็ง  
FROZEN  
VEGETABLES

When you cook the following menus with SENSOR COOK, press the FROZEN VEGETABLES pad until the desired menu appears in the display.

1	<b>Mixed Small Vegetables</b> Peas Corn Diced carrot	0.1-1.0 kg	-18°C	<ul style="list-style-type: none"> <li>Before cooking, separate vegetables as much as possible.</li> <li>Arrange the vegetables in a shallow dish.</li> <li>Cover with plastic wrap.</li> <li>After cooking, stir then stand covered for 1-5 minutes.</li> </ul>
2	<b>Mixed Chunky Vegetables</b> Broccoli Sliced carrots Cauliflower Beans	0.1-1.0 kg	-18°C	<ul style="list-style-type: none"> <li>Before cooking, separate vegetables eg. broccoli as much as possible.</li> <li>Arrange the vegetables in a shallow dish.</li> <li>Cover with plastic wrap.</li> <li>After cooking, stir then stand covered for 1-5 minutes.</li> </ul>

## Rice / Pasta Menu Guide

เมนูข้าว / ต้มพาสต้า  
RICE / PASTA

When you cook the following menus with SENSOR COOK, press the RICE/PASTA pad until the desired menu appears in the display.

No.	Menu	Weight Range	Initial Temperature (approx.)	Procedure										
1	<b>White Rice</b>	½ - 4 cups	+60°C hot tap water or soup stock	<ul style="list-style-type: none"> <li>Wash rice until water runs clear.</li> <li>Place into a microwave safe glass bowl and cover with hot tap water or soup stock.</li> <li>Cook uncovered.</li> <li>After cooking, stand for 3-5 minutes and stir.</li> </ul>										
					<table border="1"> <tr> <td>Rice</td> <td>½ cup</td> <td>1 cup</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Hot tap water or soup stock (1 cup=250ml)</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> <td>4 ½ cups</td> <td>6 cups</td> </tr> </table>	Rice	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups	Hot tap water or soup stock (1 cup=250ml)	1 ½ cups
Rice	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups								
Hot tap water or soup stock (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	4 ½ cups	6 cups								
2	<b>Dry Pasta</b>	½ - 4 cups	+60°C hot tap water	<ul style="list-style-type: none"> <li>Place into a microwave safe glass bowl and cover with hot tap water.</li> <li>Cook uncovered.</li> <li>After cooking, stand for 3-5 minutes and stir.</li> </ul>										
					<table border="1"> <tr> <td>Pasta</td> <td>½ cup</td> <td>1 cup</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Hot tap water (1 cup=250ml)</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> <td>5 cups</td> <td>6 cups</td> </tr> </table>	Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups	Hot tap water (1 cup=250ml)	1 ½ cups
Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups								
Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups								
3	<b>Fresh Pasta</b> Tortellini Ravioli Fettuccine	½ - 4 cups	+60°C hot tap water	<ul style="list-style-type: none"> <li>Place into a microwave safe glass bowl and cover with hot tap water.</li> <li>Cook uncovered.</li> <li>When oven stops and STIR is displayed, stir and continue cooking.</li> <li>After cooking, stand for 3-5 minutes and stir.</li> </ul>										
					<table border="1"> <tr> <td>Pasta</td> <td>½ cup</td> <td>1 cup</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Hot tap water (1 cup=250ml)</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> <td>5 cups</td> <td>6 cups</td> </tr> </table>	Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups	Hot tap water (1 cup=250ml)	1 ½ cups
Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups								
Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups								
4	<b>Frozen Pasta</b> Tortellini Ravioli	½ - 4 cups	+60°C hot tap water	<ul style="list-style-type: none"> <li>Place into a microwave safe glass bowl and cover with hot tap water.</li> <li>Cook uncovered.</li> <li>When oven stops and STIR is displayed, stir and continue cooking.</li> <li>After cooking, stand for 3-5 minutes and stir.</li> </ul>										
					<table border="1"> <tr> <td>Pasta</td> <td>½ cup</td> <td>1 cup</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Hot tap water (1 cup=250ml)</td> <td>1 ½ cups</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> <td>5 cups</td> <td>6 cups</td> </tr> </table>	Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups	Hot tap water (1 cup=250ml)	1 ½ cups
Pasta	½ cup	1 cup	1 ½ cups	2 cups	3 cups	4 cups								
Hot tap water (1 cup=250ml)	1 ½ cups	2 cups	3 cups	4 cups	5 cups	6 cups								

## Jacket Potato Menu Guide

เมนู  
JACKET POTATO

When you cook the following menus with SENSOR COOK, press the JACKET POTATO pad.

1	<b>Jacket Potato</b> Potato (whole)	1-8 pieces	+20°C	<ul style="list-style-type: none"> <li>Use washed new potatoes.</li> <li>Pierce twice with fork on each side.</li> <li>Place on outside of turntable.</li> <li>When oven stops and TURN, OVER is displayed, turn potatoes over and continue cooking.</li> <li>After cooking, stand covered with aluminium foil for 3-10 minutes.</li> </ul>
		( 1 piece, approx. 180-200 g )	Room temperature	

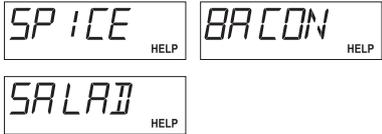
## Quick and Easy Meals

**เมนูด่วน**  
QUICK / EASY MEAL

1. Garlic Prawns
2. Roasted Chicken with Yoghurt
3. Seafood Fried Rice
4. Roasted Chicken with Soy Sauce
5. Stuffed Bitter Gourd Soup
6. Spicy Bacon Salad

QUICK AND EASY MEALS allows you to cook 6 popular recipes. Follow the instructions provided in the QUICK AND EASY MEALS RECIPES on pages E-17-E-18.

\* Suppose you want to cook Spicy Bacon Salad.

Step	Procedure	Pad Order	Display
1	Press the QUICK / EASY MEAL pad until the desired menu is displayed (for Spicy Bacon Salad press six times).	 x 6	
2	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. The oven will "beep" 4 times and will stop. TURN, OVER will be displayed repeatedly.
3	Open the door. Stir. Close the door.		PRESS START will be displayed.
4	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. The oven will "beep" and will stop. ADD, REMAIN-, ING, INGRE-, DIENTS, AND, STIR will be displayed repeatedly.

## Quick / Easy Meals Recipes

### 1. GARLIC PRAWNS

banana prawn meat	300 grams	salt	1/8 teaspoon
garlic	1 tablespoon (minced)	butter	30 grams
white pepper powder	1/2 teaspoon		

1. Combine minced garlic and butter in a container and stir. Put the container in the microwave without the lid on. Press the **QUICK / EASY MEAL** pad once. Select Garlic Prawns Menu then press the **INSTANT COOK/START** pad.
  2. When you hear a beep (microwave stops working) and "ADD PRAWN" appears on the display panel, open the door panel and add prawns, salt, and white pepper. Stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
  3. When you hear a beep again (microwave stops working) and "STIR" appears on the display panel, open the door panel and stir well. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
  4. When cooking time is finished, remove from microwave and serve on a plate.
- (3 servings)

### 2. ROASTED CHICKEN WITH YOGHURT

chicken breast	100 grams	oregano	1/4 teaspoon
natural yoghurt	2 tablespoons	black pepper powder	1/8 teaspoon
olive oil	1 tablespoon	salt	1/8 teaspoon
onion	1 tablespoon (minced)		
salad dressing			
natural yoghurt	2 tablespoons	red apple	50 grams (diced 1-inch cubes)
lime juice	1/2 teaspoon	Royal Fennel	30 grams (1/2 inch diagonal slices)
salt	1/8 teaspoon	roasted white sesame	1/2 teaspoon (lightly smashed)
sweetened condensed milk	1/2 teaspoon		

1. Clean chicken and perforate with a fork. Then let the chicken rest.
2. Combine all ingredients to create a marinade. Rub marinade all over the chicken and rest for 1 hour.
3. Place the above No. 2 ingredient (marinated chicken) in a shallow container. Put the container in the microwave without the lid on. Press the **QUICK / EASY MEAL** pad twice. Select Roasted Chicken with Yoghurt Menu then press the **INSTANT COOK/START** pad.
4. When you hear a beep (microwave stops working) and "TURN OVER" appears on the display panel, open the door panel and turn over the chicken. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
5. When cooking time is finished, remove from microwave, slice the chicken and serve on a plate with salad dressing.

#### How to make salad dressing

Combine all ingredients and stir. Then let the salad dressing rest.

[1-2 servings]

### 3. SEAFOOD FRIED RICE

white rice	2 1/2 cups	garlic	2 teaspoons (minced)
prawn meat	60 grams	vegetable oil	3 tablespoons
squid	70 grams	refined sugar	1 teaspoon
chicken egg	2 eggs	white pepper powder	1 teaspoon
onion	1/3 cups (julienne)	fish sauce	2 teaspoons
carrot	50 grams (dice into small cubes)	seasoning sauce	1 tablespoon
scallion	2 tablespoons (julienne crosswise)		

1. Place prawn meat and squid in a container. Put the container in the microwave with the lid on. Press the **QUICK / EASY MEAL** pad 3 times. Select Seafood Fried Rice Menu then press the **INSTANT COOK/START** pad.
2. When you hear a beep (microwave stops working) and "ADD OIL" appears on the display panel, open the door panel and add vegetable oil and garlic. Stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
3. When you hear a beep (microwave stops working) and "STIR AND ADD ONIONS AND CARROTS" appears on the display panel, open the door panel and add onion and carrot. Stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
4. When you hear a beep (microwave stops working) and "STIR AND ADD EGGS" appears on the display panel, open the door panel and add egg. Stir lightly. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
5. When you hear a beep (microwave stops working) and "ADD REMAINING INGREDIENTS EXCEPT SPRING ONIONS" appears on the display panel, open the door panel and add rice and the remaining ingredients except scallions. Stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad. When cooking time is finished, remove from microwave, garnish with scallions and serve on a plate with cucumbers and lime to your preference.

## Quick / Easy Meals Recipes

### 4. ROASTED CHICKEN WITH SOY SAUCE

chicken thigh	500 grams	oyster sauce	1 tablespoon
pickled garlic	100 grams	seasoning sauce	1 tablespoon
pickled garlic juice	½ cup	dark thick soy sauce	1 tablespoon
water	¼ cup	coconut palm sugar	2 tablespoons
fish sauce	2 tablespoons	white pepper powder	1 teaspoon

1. Combine fish sauce, oyster sauce, seasoning sauce, dark thick soy sauce, coconut palm sugar, and white pepper powder together to create a marinade. Stir until sugar is dissolved. Rub marinade all over the chicken and rest for 30 minutes.
2. Combine the above No. 1 ingredient (marinated chicken), pickled garlic, pickled garlic juice, and water together. Stir. Put the container in the microwave without the lid on. Press the **QUICK / EASY MEAL** pad 4 times. Select Roasted Chicken with Soy Sauce Menu then press the **INSTANT COOK/START** pad.
3. When you hear a beep (microwave stops working) and "TURN OVER" appears on the display panel, open the door panel and turn over the chicken. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
4. When cooking time is finished, remove from microwave and serve on a plate.

### 5. STUFFED BITTER GOURD SOUP

Chinese bitter gourd	1 whole (400 grams)	chicken egg	1 whole
pork neck	300 grams (minced)	light soy sauce	1 tablespoon (marinate pork)
coriander root	3 roots (julienne crosswise)	light soy sauce	2 tablespoons (seasoning)
garlic	7 cloves (julienne crosswise)	dark thick soy sauce	½ teaspoon
white pepper powder	2 teaspoons	refined sugar	1 teaspoon
shiitake mushroom	3 caps (soak in water until soft then dice into small cubes)	water	3 cups

1. Pound coriander root, garlic and white pepper together until thoroughly fine.
2. Combine the above No. 1 ingredient, pork neck, and shiitake mushroom together. Season with light soy sauce, refined sugar, and dark thick soy sauce. Then add an egg. Stir well and let it rest.
3. Cut the bitter gourd lengthwise into 2 ½ inch pieces. Remove seeds and fibrous core. Rinse thoroughly.
4. Stuff the bitter gourd with pork mixture. Arrange in a container and put it in the microwave with the lid on. Press the **QUICK / EASY MEAL** pad 5 times. Select Stuffed Bitter Gourd Soup Menu then press the **INSTANT COOK/START** pad.
5. When you hear a beep (microwave stops working) and "REMOVE FOOD STAND AND ADD WATER INTO CONTAINER AND COVERED" appears on the display panel, open the door panel, remove the container and let it rest.
6. Pour water into another container and put it in the microwave with the lid on. Then press the **INSTANT COOK/START** pad.
7. When you hear a beep (microwave stops working) and "ADD STUFFED BITTER GOURD AND COVERED" appears on the display panel, open the door panel and add the rested bitter gourd mixture. Put the container in the microwave with the lid on. Press the **INSTANT COOK/START** pad. When cooking time is finished, remove from microwave, season with light soy sauce, stir lightly, and serve in a bowl.

(4 servings)

### 6. SPICY BACON SALAD

bacon pieces)	200 grams (slice crosswise into 1 inch pieces)	roasted rice powder	2 tablespoons
pork neck	100 grams (minced)	minced hot chili	1 tablespoon
shallot	⅓ cup (julienne crosswise)	lime juice	3 tablespoons
scallion	¼ cup (julienne crosswise)	fish sauce	1 tablespoon
mint leaf	¼ cup		

1. Combine bacon and pork neck together. Stir and put the container in the microwave without the lid on. Press the **QUICK / EASY MEAL** pad 6 times. Select Spicy Bacon Salad Menu then press the **INSTANT COOK/START** pad.
2. When you hear a beep (microwave stops working) and "STIR" appears on the display panel, open the door panel, remove the container and stir. Put the container in the microwave without the lid on. Press the **INSTANT COOK/START** pad.
3. When cooking time is finished, remove from microwave, add roasted rice powder, minced hot chili, lime juice and fish sauce. Stir. Then add shallots, scallions, and mint leaves. Stir lightly and serve on a plate with your favorite fresh vegetables.

(4 servings)

## Melt/Soften

ละลายเนย / ซ็อคโกแลต  
MELT / SOFTEN

1. Butter
2. Chocolate
3. Cream Cheese
4. Ice Cream

MELT/SOFTEN allows you to melt 4 recipes. Follow the instructions provided in the MELT/SOFTEN MENU GUIDE on page E-20.

\* Suppose you want to melt 0.2 kg Chocolate.

Step	Procedure	Pad Order	Display
1	Press the MELT SOFTEN pad until the desired menu is displayed (for Chocolate press twice).	ละลายเนย / ซ็อคโกแลต MELT / SOFTEN x 2	 
2	Press the number pads to enter weight.	2 0	
3	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	 The cooking time will begin counting down. The oven will "beep" 4 times and will stop. STIR will be displayed repeatedly.
4	Open the door. Stir. Close the door.		PRESS START will be displayed.
5	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	 The cooking time will begin counting down. When it reaches zero, the oven will "beep". STIR will be displayed repeatedly.

## Melt/Soften Menu Guide

No.	Menu	Weight Range	Procedure
<b>1</b>	<b>Butter</b>	0.05-0.20 kg	<ul style="list-style-type: none"> <li>Place into a microwave safe glass bowl (e.g. pyrex bowl).</li> <li>Cook uncovered.</li> <li>When oven stops and STIR is displayed, stir and continue cooking.</li> <li>After cooking, stir.</li> </ul>
<b>2</b>	<b>Chocolate</b>	0.05-0.20 kg	<ul style="list-style-type: none"> <li>Place into a microwave safe glass bowl (e.g. pyrex bowl).</li> <li>Cook uncovered.</li> <li>When oven stops and STIR is displayed, stir and continue cooking.</li> <li>After cooking, stir.</li> </ul>
<b>3</b>	<b>Cream Cheese</b>	0.10-0.25 kg	<ul style="list-style-type: none"> <li>Place into a microwave safe glass bowl (e.g. pyrex bowl).</li> <li>Cook uncovered.</li> <li>When oven stops and STIR is displayed, stir and continue cooking.</li> <li>After cooking, stir.</li> </ul>
<b>4</b>	<b>Ice Cream</b>	0.5-2.0 litres	<ul style="list-style-type: none"> <li>Place into a microwave safe glass bowl (e.g. pyrex bowl).</li> <li>Cook uncovered.</li> <li>When oven stops and STIR is displayed, stir and continue cooking.</li> <li>After cooking, stir.</li> </ul>

## Express Defrost

ละลายอาหารแช่แข็ง  
เร่งด่วน  
EXPRESS DEFROST

1. Fish Fillets
2. Chicken Fillets

EXPRESS DEFROST rapidly defrosts 0.5 kg of specific foods. Follow the instructions provided in the EXPRESS DEFROST MENU GUIDE on page E-21.

\* Suppose you want to defrost 0.5 kg of Chicken Fillets.

Step	Procedure	Pad Order	Display
1	Press the EXPRESS DEFROST pad until the desired menu is displayed (for Chicken Fillets press twice).	ละลายอาหารแช่แข็ง เร่งด่วน EXPRESS DEFROST x 2	CHICKEN FILLETS DEF HELP 0.5 KG DEF HELP
2	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	5.00 COOK DEF HELP The defrosting time will begin counting down. The oven will "beep" 4 times and stop. TURN, OVER, SEPA-, RATE, INTO, PIECES, SHIELD, WARM, PORTION will be displayed repeatedly.
3	Open the door. Remove defrosted pieces, turn over remaining pieces and shield warm portion. Close the door.		PRESS, START will be displayed repeatedly.
4	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	3.00 COOK DEF HELP The defrosting time will begin counting down. When it reaches zero, the oven will "beep". STAND, COVERED, 10 MIN, FOIL will be displayed repeatedly.

## Express Defrost Menu Guide

No.	Menu	Weight Range	Procedure
1	Fish Fillets	0.5 kg (- 18°C)	<ul style="list-style-type: none"> <li>• Place fish fillets on a defrost rack.</li> <li>• When the oven stops, turn over and separate into pieces. Shield warm portions with foil strips.</li> <li>• After defrost time, stand covered with aluminium foil for 10 minutes.</li> </ul>
2	Chicken Fillets	0.5 kg (- 18°C)	<ul style="list-style-type: none"> <li>• Place chicken fillets on a defrost rack.</li> <li>• When the oven stops, turn over and separate into pieces. Shield warm portions with foil strips.</li> <li>• After defrost time, stand covered with aluminium foil for 10 minutes.</li> </ul>

NOTE: When freezing minced meat, shape it into flat even sizes.

For fish fillets, chicken fillets and sausages freeze separately in single flat layers and if necessary separate into layers with freezer plastic.

This will ensure even defrosting.

It is also a good idea to label the packs with the correct weights.

If a defrost rack is not available, you can use a shallow dish. The doneness will be changed depending on the shape of the dish or food. Check the doneness sometimes during defrosting.

## Easy Defrost

ละลายอาหารแช่แข็ง  
EASY DEFROST

1. Mince
2. Steak/Chops
3. Chicken Pieces
4. Whole Chicken
5. Roast Meat

EASY DEFROST will automatically compute the microwave power and defrosting time.

Follow the instructions provided in the EASY DEFROST MENU GUIDE on page E-23.

\* Suppose you want to defrost 1.0 kg of Chicken Pieces.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad until the desired menu is displayed (for Chicken Pieces press three times).	ละลายอาหารแช่แข็ง EASY DEFROST x 3	CHICKEN DEF HELP PIECES DEF HELP ENTER DEF HELP WEIGHT DEF HELP
2	Press the number pads to enter weight.	1 0	1.0 KG DEF HELP
3	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	18.45 COOK DEF HELP  The defrosting time will begin counting down. The oven will "beep" 4 times and stop. REMOVE, DE-, FROSTED, PORTION, TURN, OVER, SHIELD, WARM, PORITON will be displayed repeatedly.
4	Open the door. Remove defrosted pieces, turn over remaining pieces and shield warm portion. Close the door.		PRESS START will be displayed repeatedly.
5	Press the INSTANT COOK/START pad.	ปรุงอาหาร / เริ่ม INSTANT COOK / START	14.35 COOK DEF HELP  The defrosting time will begin counting down. When it reaches zero, the oven will "beep". STAND, COVERED, 5-15 MIN, FOIL will be displayed repeatedly.

## Easy Defrost Menu Guide

No.	Menu		Weight Range	Procedure
1	Mince Beef		0.1-1.0	<ul style="list-style-type: none"> <li>Place frozen mince on a defrost rack. Shield edges.</li> <li>When the oven stops, remove defrosted portions of mince, turn over and shield edges with foil strips.</li> <li>After defrost time, stand covered with aluminium foil for 5-15 minutes.</li> <li>See NOTE below.</li> </ul>
2	Steak/Chops Fish Fillets		0.1-1.0 0.2-0.6	<ul style="list-style-type: none"> <li>Shield thin end of chops or steaks with foil.</li> <li>Position the food with thinner parts in the centre in a single layer on a defrost rack. If pieces are stuck together, try to separate as soon as possible.</li> <li>When the oven stops, remove defrosted pieces, turn over and shield the warm portions of remaining pieces.</li> <li>After defrost time, stand covered with aluminium foil for 5-15 minutes.</li> <li>See NOTE below.</li> </ul>
3	Chicken Pieces		0.2-1.0	<ul style="list-style-type: none"> <li>Shield the exposed bone with foil.</li> <li>Place chicken pieces on a defrost rack.</li> <li>When the oven stops, remove any defrosted pieces, turn over and shield the warm portions of remaining pieces.</li> <li>After defrost time, stand covered with aluminium foil for 5-15 minutes.</li> <li>See NOTE below.</li> </ul>
4	Whole Chicken		1.0-2.0	<ul style="list-style-type: none"> <li>Remove from original wrapper. Shield wing and leg tips with foil.</li> <li>Place breast side down on a defrost rack.</li> <li>When the oven stops, turn over and shield the warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 30-60 minutes.</li> </ul> <p><b>N.B.</b> After standing run under cold water to remove giblets if necessary.</p>
5	Roast Meat Beef/Pork Lamb		1.0-2.0 1.0-2.0	<ul style="list-style-type: none"> <li>Shield the bone and the edge with foil strips about 2.5cm wide.</li> <li>Place joint with lean side face upwards (if possible) on a defrost rack.</li> <li>When the oven stops, turn over and shield the warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 30-60 minutes.</li> </ul>

Foods not listed in the Guide can be defrosted manually using Medium Low setting.

**NOTE:** When freezing mince, shape it into flat even sizes.

For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary separate into layers with freezer plastic.

This will ensure even defrosting.

It is also a good idea to label the packs with the correct weights.

If a defrost rack is not available, you can use a shallow dish. The doneness will be changed depending on the shape of the dish or food. Check the doneness sometimes during defrosting.



# OTHER CONVENIENT FEATURES

## Less/More Setting

The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to your individual preference use the "more" or "less" feature to either add (more) or reduce (less) cooking time.

The Less/More setting can be used to adjust the cooking time of the following features

- SENSOR REHEAT
- MELT SOFTEN
- SENSOR COOK
- EXPRESS DEFROST
- QUICK AND EASY MEALS
- EASY DEFROST

### (1) SENSOR REHEAT

To adjust cooking time press POWER LEVEL pad after pressing menu pad within 2 seconds.

\* Suppose you want to reheat 1 serve of Dinner Plate for less time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the REHEAT DINNER PLATE pad once.	 อาหารจานเดียว DINNER PLATE x 1	 DINNER PLATE SENSOR HELP
2	Press the POWER LEVEL pad twice within 2 seconds.	 ระดับความร้อน POWER LEVEL x 2	 LESS SENSOR HELP

### (2) SENSOR COOK/QUICK AND EASY MEALS/MELT SOFTEN/EXPRESS DEFROST/EASY DEFROST

To adjust cooking time press POWER LEVEL pad before pressing INSTANT COOK/START pad.

\* Suppose you want to defrost 1.0kg of Chicken Pieces (Easy Defrost) for more time than the standard setting.

Step	Procedure	Pad Order	Display
1	Press the EASY DEFROST pad three times for Chicken Pieces.	 ละลายอาหารแช่แข็ง EASY DEFROST x 3	 CHICKEN PIECES DEF HELP
2	Press the number pads to enter weight.	 1 0	 1.0 KG DEF HELP
3	Press the POWER LEVEL pad once.	 ระดับความร้อน POWER LEVEL x 1	 MORE DEF HELP
4	Press the INSTANT COOK/START pad.	 ปรุงอาหาร / เริ่ม INSTANT COOK / START	 20:37 COOK DEF HELP



## Timer

Use this feature as a general purpose timer. Examples include:

timing boiled eggs cooked on the stove top.

timing the recommended standing time of food.

You can enter any time up to 99 minutes, 99 seconds. If you want to cancel the timer during the count down phase simply press STOP/CLEAR.

\* Suppose you want to set the timer for 3 minutes to boil an egg on the stove top.

Step	Procedure	Pad Order	Display
1	Enter desired time.		<p>PRESS, START, OR, SELECT, POWER will be displayed.</p>
Once the egg has come to the boil in the saucepan you can start the timer.			
2	Press the INFO/TIMER pad.		<p>The timer begins to count down. When the timer reaches zero, the oven will "beep".</p>

## Info

คำสั่งพิเศษ /  
ตั้งเวลา  
INFO / TIMER

The INFO feature has 6 different programs.

## Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice key operations.

\* To demonstrate.

Step	Procedure	Pad Order	Display
1	Press the INFO/TIMER pad.		DEMO, PRESS 1, LOCK, PRESS 2, CLOCK, PRESS 3, AUTO START, PRESS 4, INFO ON, PADS, PRESS DESIRED, PAD will be displayed repeatedly.
2	Press the number 1 pad.		DEMO, MODE, TOTURN, ON, PRESS, START will be displayed repeatedly.
3	Press the INSTANT COOK/START pad.		DEMO, MICRO-, WAVE, OVEN will be displayed repeatedly.

Cooking operations can now be demonstrated with no power in the oven.

\* Suppose you demonstrate Instant Cook.

After step 3 for Demonstration Mode.

Step	Procedure	Pad Order	Display
4	Press the INSTANT COOK/START pad.		 <p>The cooking time will begin counting down to zero at ten times the speed.</p>

\* To cancel the Demonstration Mode.

After step 2 for Demonstration Mode.

Step	Procedure	Pad Order	Display
3	Press the INSTANT COOK/START pad.		 <p>The time of day will appear in the display.</p>

## Child Lock

If the oven is accidentally started with no food or liquid in the cavity, the life of the oven can be reduced. To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

\* To set the Child Lock.

After step 1 for Demonstration Mode on page E-26.

Step	Procedure	Pad Order	Display
2	Press the number 2 pad.		
3	Press the INSTANT COOK/START pad.		 The time of day will appear in the display.

The control panel is now locked, each time a pad is pressed, the display will show "LOCK".

\* To cancel the Child Lock.

After step 2 for Child Lock.

Step	Procedure	Pad Order	Display
3	Press the INSTANT COOK/START pad.		 The time of day will appear in the display. The oven is ready to use.

## Clock Setting

To set the present time of day. See page E-6.

## Auto Start

The Auto Start feature allows you to set your oven to start automatically.

\* Suppose you want to start cooking a casserole for 20 minutes at 50% power level at 4:30. (AM or PM)

(Check that the correct time of day is displayed.)

After step 1 for Demonstration Mode on page E-26.

Step	Procedure	Pad Order	Display
2	Press the number 4 pad.	4	AUTO START
3	Enter the desired start time.	4 3 0	4:30 The dots (:) will flash on and off.
4	Press the INSTANT COOK/START pad.	ปุ่มอาหาร / เริ่ม INSTANT COOK / START	4:30 ENTER COOKING TIME
5	Enter the desired cooking time.	2 0 0 0	20:00
6	Set the desired cooking mode. (for microwave cooking at 50% power level, press the POWER LEVEL pad 6 times)	ระดับความร้อน POWER LEVEL x 6	50P
7	Press the INSTANT COOK/START pad.	ปุ่มอาหาร / เริ่ม INSTANT COOK / START	AUTO START 4:30 ON The oven will start cooking at 4:30. 20:00 COOK The timer begins to count down. When the timer reaches zero, all indicators will go off and the oven will "beep".

### NOTE:

If the door is opened after step 7, close the door and press the START pad to continue with Auto Start.

Press the STOP/CLEAR pad to cancel Auto Start.

The correct time of day must be set before using Auto Start, see clock setting on page E-6.

AUTO START can be set in manual microwave cooking only.

## Info on Pads

Each pad carries useful guide.

\* To get the guide for **FRESH VEGETABLES** pad. After step 1 for Demonstration Mode on page E-26.

Step	Procedure	Pad Order	Display
2	Press the FRESH VEGETABLES pad.		PRESS, TO, SELECT, 1-2, PRESET, FRESH, VEGE-, TABLE, MENUS will be displayed twice.

The guide message will be repeated twice, and then the display will show the time of day.  
If you want to cancel the guide, press the STOP/CLEAR pad.

## Help

Each setting of Automatic Operations has a cooking hint.

If you wish to check, press the INFO/TIMER pad whenever HELP is lit in the display.

## Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times and REMOVE FOOD will be displayed in the display after 1 minute.

If you do not remove the food at that time, the oven will "beep" 3 times after 2 minutes and 3 minutes.



# CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven during cleaning.

**CLEAN THE OVEN AT REGULAR INTERVALS** - Keep the oven clean and remove any food deposits, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

**Exterior:**

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners. Keep the ventilation openings and power supply plug free of dust.

**Door:**

Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaners.

**Touch Control Panel:**

Wipe the panel with a cloth dampened slightly with water only.

Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

**Interior walls:**

To clean the interior surfaces, wipe with a soft cloth and warm water. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. **DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.**

Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

**Turntable/Roller Stay:**

Wash with mild soapy water and dry thoroughly.

# SERVICE CALL CHECK

Please check the following before calling for service:

- 1. Does the display light up? YES \_\_\_\_\_ NO \_\_\_\_\_
- 2. When the door is opened, does the oven lamp come on? YES \_\_\_\_\_ NO \_\_\_\_\_
- 3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if door is closed properly. Press the INSTANT COOK/START pad once.
  - A. Does the oven lamp come on? YES \_\_\_\_\_ NO \_\_\_\_\_
  - B. Does the cooling fan work? YES \_\_\_\_\_ NO \_\_\_\_\_  
(Put your hand over the rear ventilation openings.)
  - C. Does the turntable rotate? YES \_\_\_\_\_ NO \_\_\_\_\_  
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)
  - D. After one minute, did an audible signal sound and COOK indicator go off? YES \_\_\_\_\_ NO \_\_\_\_\_
  - E. Is the water inside the oven hot? YES \_\_\_\_\_ NO \_\_\_\_\_

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.

If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

NOTE: 1. If time appearing in the display is counting down very rapidly, check Demonstration Mode. (Please see page E-26 for detail.)

2. In high / medium high power, output power will gradually be reduced to avoid overheating.

# SPECIFICATIONS

AC Line Voltage	:	Refer to the rating plate on the back of the oven.
AC Power Consumption	:	1.25 kW* (IEC test procedure)
AC Power Required	:	1.88 kW
Output Power	:	1200 W* (IEC test procedure)
Microwave Frequency	:	2450 MHz (Class B/Group 2)**
Outside Dimensions	:	520 mm(W) x 310 mm(H) x 448 mm(D)
Cavity Dimensions	:	375 mm(W) x 226 mm(H) x 387 mm(D)***
Oven Capacity	:	32 Litre***
Cooking Uniformity	:	Turntable (320 mm in diameter) system
Weight	:	Approx. 12 kg

\* This measurement is based on the International Electrotechnical Commission's standardised method for measuring output power.

\*\* This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

\*\*\* Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

