

SHARP



AX-1100V

MICROWAVE OVEN WITH STEAM AND GRILL
OPERATION MANUAL WITH COOKBOOK

蒸、烧微波炉
使用说明书及食谱

900 W (IEC 60705)

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IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

This oven is designed to be used on a countertop only. It is not designed to be built-in to a wall or cabinet. See page EN-3 for the installation.

The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them from burning themselves.

Ensure there is a minimum of free space above the oven of 12 cm.

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: When the appliance is operated in the GRILL, GRILL MIX, STEAM and AUTOMATIC operations (except AUTO DEFROST MENUS), children should only use the oven under adult supervision due to the temperature generated.

WARNING: Accessible parts may become hot during use. Young children should be kept away.

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician trained by SHARP.

WARNING: Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP 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 qualified service technician trained 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. See Page EN-26. 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.

The door, outer cabinet, oven cavity, dishes, accessories and especially the grill heating elements will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.

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.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

Steam cleaner is not to be used.

See instructions for cleaning door seals, cavities and adjacent parts on page EN-20.

Other warnings

1. To reduce the risk of fire in the oven cavity:
 - a. No other liquid than room temperature water suitable for drinking (filtered) can be poured into the water tank.
 - b. The oven should not be left unattended during operation. High oven temperature or long cooking time may overheat foods resulting in a fire.
 - c. Do not overcook food.
 - d. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - e. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
 - f. Do not use containers made of synthetic material for cooking. They could melt at high temperature.

IMPORTANT SAFETY INSTRUCTIONS

- g. Do not use plastic containers if the oven is still hot because they may melt. Plastic containers must not be used unless the container manufacturer claims it is suitable.
 - h. Do not store food or any other items inside the oven.
 - i. When alcoholic beverages are added when roasting or cooking cakes and sweets, there is a risk that vapours released by the alcohol may catch fire upon coming into contact with the electrical heating element. Attend the oven closely during cooking.
 2. To reduce the risk of an explosion or delayed eruptive boiling, care should be taken when handling the container. Your oven is capable of heating food and beverages very quickly with microwave, 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.
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. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the latches.
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 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. Use care when opening door. To avoid burns from escaping heat and steam, let hot air or steam escape before removing or replacing food.
13. Do not place anything on the outer cabinet because the oven will become very hot during operation.
14. To avoid burns, always test the food and container temperature and stir before serving. Pay special attention to the temperature of food and drink given to babies, children and the elderly. Do not drink beverages or soup without checking the container's temperature. Take extra caution when handling the container because it becomes very hot.
15. Make sure the utensil does not touch the interior walls during cooking.
16. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, air-vent openings, accessories and dishes because the escaping steam from the ventilation cover during operation becomes hot.
17. Do not touch around the oven lamps directly. This part will become hot when the oven lamp is on.
18. When the oven is in use, ventilate a room where the oven is installed. e.g. open a window or switch a kitchen ventilation fan on.
19. Do not operate the oven if the water tank cracks and water leaks. Please contact a SERVICE CENTRE APPROVED BY SHARP.
20. Do not insert fingers or objects in the holes (the steam outlets or air-vent openings) as this may damage the oven and cause an electric shock or a hazard.
21. Do not touch the electric plug with wet hands and plug into the electric wall socket securely. When removing the plug from the socket always grip the plug, never pull the power supply cord as this may damage the power supply cord and the connections inside the plug.
22. Never move the oven when it is operating. If the oven needs to be moved, always drain all water inside the oven using DRAIN WATER function. After draining, empty the drip tray.
23. Do not put any water on the door or control panel intentionally.
24. If the oven falls down or drops on the floor, do not use the oven. Unplug the unit and contact a SERVICE CENTRE APPROVED BY SHARP.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, and the feature sticker from the outside of the door, if there is one. 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 a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
 - 1) Rack
 - 2) Glass tray
 - 3) Steam tray
 - 4) Combined operation manual and cookbook
 - 5) Touch guide
 - 6) Test strip
3. Since the door may become hot during cooking, and in order to avoid its accidental touch, the oven should be placed at least 85 cm or more above floor. You should also keep children away from the door to prevent them burning themselves.
4. This oven is designed to be used on a countertop only. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. It should not be installed near combustible materials, for example, curtains. The oven should be installed so as not to block ventilation openings. Allow space of at least 12 cm from top of the oven for air ventilation. This oven is not designed to be built-in to a wall or cabinet.
5. Do not connect other appliances to the same socket using an adaptor plug.
6. 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.
7. 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

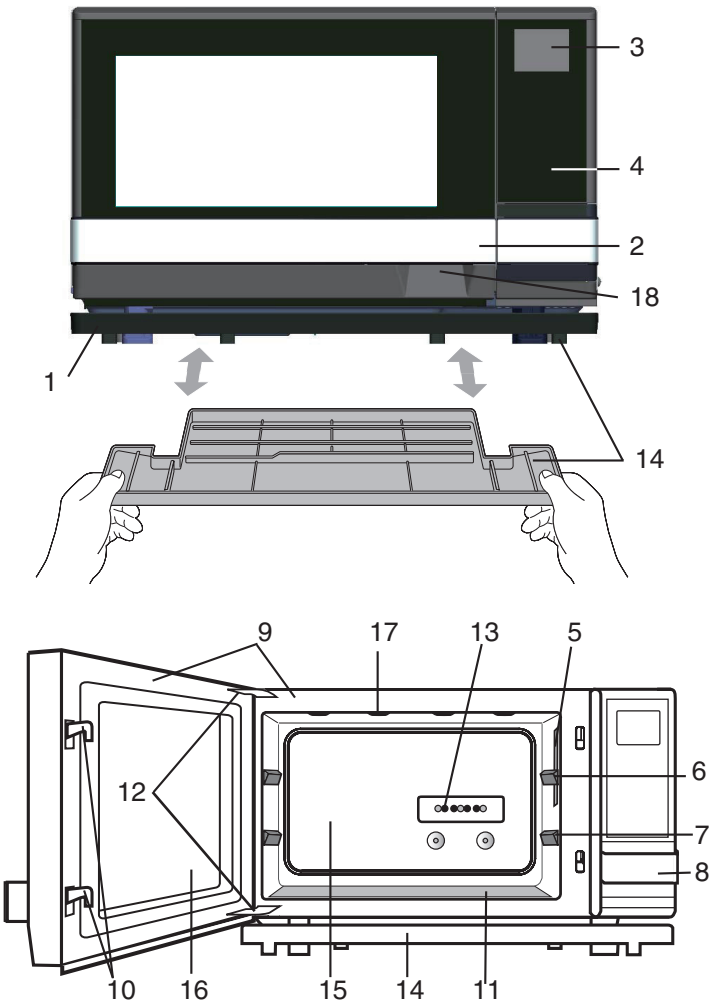
As the colours of the wires in the power supply cord of this appliance may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows:

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.

OVEN DIAGRAM



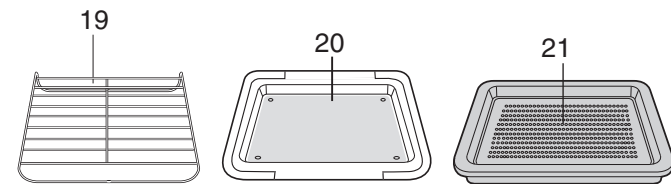
- 1** Ventilation openings
Be aware that hot steam or air comes out during steam or Grill Mix cooking, and keep children away from the oven.
- 2** Door open handle
- 3** LCD display
- 4** Control panel
- 5** Oven lamp
- 6** Upper position (position 3)
- 7** Lower position (position 2)
- 8** Water tank (See page EN-6.)
- 9** Door seals and sealing surfaces
- 10** Latch
- 11** Oven floor (position 1)
- 12** Door hinges
- 13** Steam outlets
- 14** Drip tray (See page EN-6.)
- 15** Oven cavity
- 16** See through door
- 17** Grill heating element (at the oven cavity ceiling)
- 18** Door lever
To open, grip the door lever from the bottom and pull it towards you.

ACCESSORIES

- 19** Rack
For Grill and Grill Mix.
Do not use for Microwave.
Always place on glass tray.
- 20** Glass tray
- 21** Steam tray x2
For Steam only.
Always place above/on glass tray.
Do not use for Microwave, Grill and Grill Mix.

WARNING for stacking the steam tray and glass tray:

After cooking, take out the steam tray first. See Figure 2. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages. Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.



NOTE:

Place the rack on glass tray as shown in Figure 1.

WARNING:

The oven cavity, door, outer cabinet, accessories and dishes will become very hot, use thick dry oven gloves when removing the food or accessories from the oven to prevent burns.

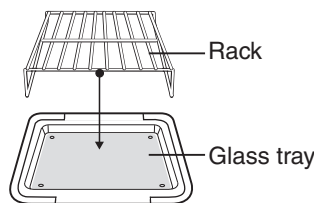


Figure 1

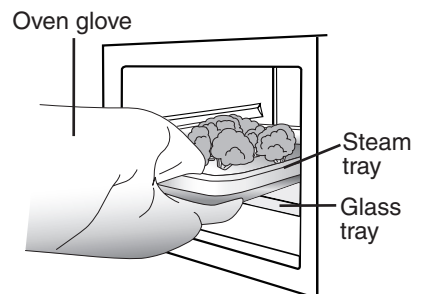
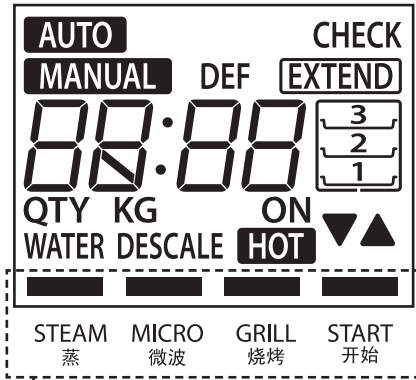


Figure 2

CONTROL PANEL



1

Display information:

The display shows useful information including cooking time and cooking mode.

1. Cooking mode & START indicators

The indicator will flash or light up during the operation.

You can press a concerned key when the indicators are flashing. When the indicators light up on the display, they mean that each cooking mode is selected or the oven is operating in each cooking mode.

AUTO: Automatic cooking is selected or in progress.

MANUAL: Manual cooking is selected or in progress.

CHECK: Some action is necessary (e.g. turn over, stir).

DEF: Auto Defrost Menus is selected or in progress.

ON: The oven is in operation.

EXTEND: Cooking time can be extended.

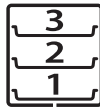
HOT: The oven is very hot.

▲ (MORE): More time adjustment is selected for automatic cooking.

▼ (LESS): Less time adjustment is selected for automatic cooking.

DESCALE: Descaling is necessary.

WATER: Water is necessary. When this indicator is appeared on the display, the oven is operating in the menu using water.



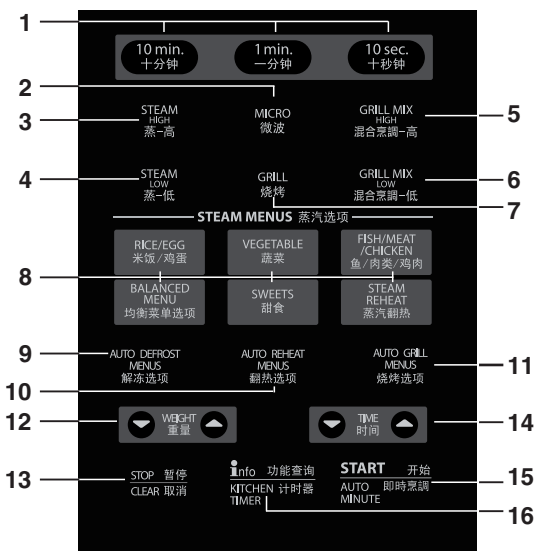
Tray position indicators:

The position of the tray(s) for automatic cooking and manual steam cooking.

3: Upper position

2: Lower position

1: Oven Floor



Operating keys:

- 1 TIME keys
- 2 MICRO* key
- 3 STEAM HIGH key
- 4 STEAM LOW key
- 5 GRILL MIX HIGH* key
- 6 GRILL MIX LOW* key
- 7 GRILL* key
- 8 STEAM MENUS keys
- 9 AUTO DEFROST MENUS* key
- 10 AUTO REHEAT MENUS* key
- 11 AUTO GRILL MENUS* key
- 12 WEIGHT DOWN/UP keys
- 13 STOP/CLEAR key
- 14 LESS/MORE keys
- 15 START/AUTO MINUTE key
- 16 INFO/KITCHEN TIMER key

* This mode does not use steam.

IMPORTANT INSTRUCTIONS

Read Carefully Before Cooking with Steam

WATER TANK

To fill the water tank with room temperature water suitable for drinking (filtered) is a must for cooking with steam. Be sure to follow the directions below.

1. Pull the water tank toward you to remove. (Figure 1)
2. Wash the water tank and lid for the first time.
3. Fill the water tank with **room temperature water suitable for drinking (filtered) through the lid to the MAX mark each time you begin to cook.** (Figure 2) Do not fill the water tank over the MAX mark.
4. Make sure the lid is closed firmly.
5. Install the water tank by pushing firmly. (Figure 3)
6. After cooking, empty the water tank and wash the water tank and the lid.

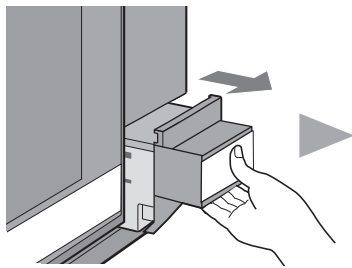


Figure 1

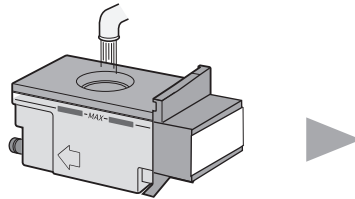


Figure 2

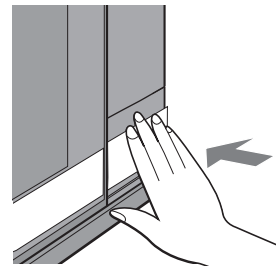


Figure 3

NOTES:

1. Do not use any other liquids like distilled water, R.O water, mineral water and etc.
2. An insufficient amount of water in the water tank may cause an undesired result.
3. We recommend that you empty the water tank every time after cooking. Do not leave the water tank filled with water in the oven over a day.
4. If "Err, WATER (flashing)" is shown in the display during Steam cooking, refer to Troubleshooting Chart on page EN-21. The message will not appear in Descal function.
5. Do not drop or damage the water tank. Heat may cause the water tank to change shape. Do not use a damaged water tank. Consult a SERVICE CENTRE APPROVED BY SHARP.
6. There may be a few water drops when removing the water tank. Wipe the oven dry with a soft cloth.
7. Do not block the air holes on the lid of the water tank. It will cause trouble during cooking.

DRIP TRAY

Be sure to cook with drip tray in position and follow the directions below.

The drip tray is packed with the oven. Place the drip tray under the oven door as shown in Figure 4. This drip tray collects the condensation from the oven door.

To remove the drip tray: Pull the drip tray toward you with both hands.

* Make sure water is not dripping down before removing the drip tray.

To replace the drip tray: Place the drip tray onto the right and left hooks under the oven and push firmly as shown in Figure 4. Insert the drip tray horizontally when you attach it. Improper use may cause the damage to the hooks.

Empty the drip tray after each time you cook. Empty, rinse thoroughly, dry and replace. Failure to empty may cause the drip tray to overflow. Cooking repeatedly without emptying the drip tray may cause it to overflow.

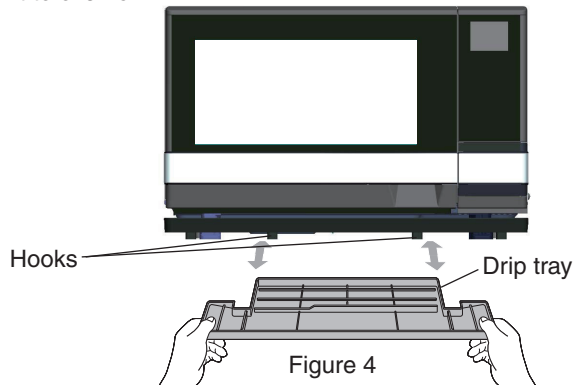


Figure 4

WARNINGS:

1. The oven will become very hot after cooking and draining water function.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.
3. Make sure that the oven has cooled before emptying the water tank and the drip tray and then wipe the oven cavity.
4. Do not touch the water directly as water in the drip tray may be hot.

IMPORTANT INSTRUCTIONS

Steam in Automatic and Manual Cooking

Before cooking

1. Make sure the water tank is filled with room temperature water suitable for drinking (filtered) and is installed. (See page EN-6.)
2. Make sure the empty drip tray is installed. (See page EN-6.)
3. Place food in the oven. Make sure to place the glass tray in lower position (position 2) for cooking with steam mode.

After Cooking

1. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Be aware that the grill heating element and steam outlets may be still hot, so take care when wiping the ceiling and cavity back plate. (The grill heating element will turn on for a very short time intermittently during the cooking.) Empty the drip tray.
2. Perform the Drain Water function at least once a day after using Steam Menus, Steam High or Steam Low.
3. Check that water is not dripping down before removing the drip tray, as a small amount of water may drain into the drip tray when the water tank is removed.
4. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food and accessories for drying the water off around grill heating element.

WARNING: Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

NOTE: Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.



IMPORTANT INSTRUCTIONS

Drain Water Function

Perform the Drain Water function at least once a day after cooking with steam. It takes up to 7 minutes.

Drain Water function is very useful to prevent scale build up and the use of stale water. It causes evaporation of the internal steam system.

PROCEDURE

- 1 Remove the water tank. Ensure that no food is in the oven. Press **INFO/KITCHEN TIMER** once to select "In F1".

- 2 Press **START/AUTO MINUTE**. "In F1" will flash on and off in the display during the Drain Water function.

- 3 When the drain function has ended and the oven is cool, wipe oven cavity. Empty the drip tray.

NOTES:

1. The water tank must be removed before starting this procedure.
2. If Drain Water Function is set, Energy Save Mode will be cancelled temporary.




Descal Function

White or gray grains, also called scale, may form in the water circuit inside the oven during steam generation, which could cause the oven to malfunction.

When "DESCALE (flashing)" is shown in the display, be sure to carry out Descal function immediately. It takes about 1 hour. (The descaling using citric acid or lemon juice is for about 30 minutes, and then rinsing with fresh water is for about 30 minutes.)

PROCEDURE

- 1 Pure citric acid, available at some drugstores, or bottled 100% lemon juice with no pulp are used for descaling. Choose one and prepare the descaling solution.
To use pure citric acid, dissolve 1 tablespoon of pure citric acid crystals in 500ml of water in a non-porous container. Stir well and pour into the water tank to the MAX mark.
To use 100% bottled lemon juice, check that there is absolutely no pulp in it. If there is pulp or you are not sure, strain through a fine strainer. Measure 70ml of the strained lemon juice and add it to 500ml of water. Stir well and pour into the water tank to the MAX mark.
Place the water tank in the oven correctly and push firmly into place.

- 2 Press **INFO/KITCHEN TIMER** twice to select "In F2".

- 3 Place the glass tray in lower position (position 2) closely to attach to the back side of the oven wall.
- 4 Do not place any food in the oven. Close the door firmly. Press **START/AUTO MINUTE** to begin descaling. (about 30 min.)

- 5 When the oven has stopped and is cool, remove water tank, empty, rinse and refill with room temperature water suitable for drinking (filtered) to the MAX mark. Replace the water tank. Empty the drip tray and replace it. Remove glass tray, empty, rinse and dry. Follow step 3 to replace glass tray. Close the door firmly. Press **START/AUTO MINUTE**. Rinsing will start. (about 30 min.)

- 6 When rinsing has ended and the oven is cool, remove water tank and empty. Remove glass tray and empty. Wipe oven cavity to dry. Empty the drip tray.

NOTE:

If Descal Function is set, Energy Save Mode will be cancelled temporary.

BEFORE OPERATING

- Before operating your oven, make sure you read and understand this operation manual completely.
- Before the oven can be used, follow these procedures:
 1. Place the drip tray correctly. See page EN-6.
 2. See below for getting started.
 3. Follow directions on the right side for clean the oven before first use.

Getting Started

Your oven has an Energy Save Mode. This facility saves electricity when the oven is not in use.

PROCEDURE

- 1** Plug the oven into a power point. Nothing will appear on the display at this time.
- 2** Open the door. The display will show ".0".
- 3** Close the door. Now you can ready to use the oven.

CAUTION:

In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. after closing the door, or pressing **STOP/CLEAR**, or at the end of cooking), you will not be able to operate the oven until you open and close the oven door.

NOTE:

When you set Child Lock or Demonstration Mode, Energy Save Mode will be cancelled temporary.

STOP/CLEAR

1. Press **STOP/CLEAR** if you make a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press twice.

CLEAN THE OVEN BEFORE FIRST USE

You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. To avoid this problem, when first using the oven, operate the grill without food for 20 minutes.

PREPARATION

Ventilate the room.

PROCEDURE

- 1** Ensure that no food is in the oven. Press **GRILL**.
 x 1
- 2** Enter the time by pressing **TIME (20.00)** and **START/AUTO MINUTE**.
 x 2
 x 1

WARNING:

The oven door, outer cabinet, oven cavity and especially the grill heating element will become hot.

AUTOMATIC COOKING

Automatic Operation is cooked with steam, grill and microwave function. Refer to each function for the details.

Steam Menus

Steam Menus has 6 categories and 18 menus. Always cook food using steam tray and glass tray. Ensure the glass tray is on the lower position (position 2). And see the important instructions on page EN-6-7.

St11 - St14 Rice/Egg
 St21 - St22 Vegetable
 St31 - St34 Fish/Meat/Chicken
 St41 - St42 Balanced Menu
 St51 - St53 Sweets
 St61 - St63 Steam Reheat

Refer to the Steam Menus Guide for details on page EN-31-35.

* Suppose you want to cook 0.3 kg of Fresh Chicken Fillets.

PROCEDURE

1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **FISH/MEAT/CHICKEN** until desired menu number is displayed (St34).



2* Enter the weight or quantity by pressing **WEIGHT** until the desired weight or quantity is displayed (0.3 KG).



3 Place food in oven by following the directions in the cooking guide on page EN-32. Close the door. Press **START/AUTO MINUTE**.



4 After cooking, **EXTEND** will appear. If you wish to extend cooking time, enter the desired time by pressing **TIME**. Press **START/AUTO MINUTE**. If not, press **STOP/CLEAR**. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.



WARNING for stacking the steam tray and glass tray:

After cooking, take out the steam tray first. See Figure 2 on page EN-4. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages.

Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.

NOTES:

1. Enter the weight or amount of the food only. Do not include the weight of the container.
2. For foods weighing more or less than weights given in the cooking charts, cook manually.
3. The programmed cooking times are average times. To extend cooking times preprogrammed in the automatic cooking, see **EXTENDING COOKING TIME AT THE END OF STEAM COOKING** on page EN-17. Before extending the cooking time, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.
4. Any Steam selection can be programmed with More or Less Time Adjustment. See page EN-17.
5. Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
6. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food for drying the water off around grill heating element.
7. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNINGS:

1. The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

* If it is not necessary to enter amount, skip the step 2.

AUTOMATIC COOKING

Auto Grill Menus


Auto Grill Menus has 4 menus.


AG1: Grill Chicken AG3 : Grill Fish
AG2: Chicken Wings AG4 : Steak


Refer to the Auto Grill Menus Guide for details on page EN-36.


* Suppose you want to cook 1.2kg of Grill Chicken.

PROCEDURE

1 Press **AUTO GRILL MENUS** until desired menu number is displayed (AG1).  x 1

2 Enter the weight or quantity by pressing **WEIGHT** until the desired weight or quantity is displayed (1.2 KG).  x 9 x 4

3 Place food in the oven by following the directions in the cooking guide on page EN-36. Close the door. Press **START/AUTO MINUTE**.  x 1

4 The oven will stop and CHECK will flash on and off. Open the door. Turn over the chicken. Close the door. Press **START/AUTO MINUTE**.  x 1

NOTES:

1. Enter the weight of the food only. Do not include the weight of the container.
2. For foods weighing more or less than weights given in the cooking charts, cook manually.
3. Always follow the instructions in the cooking guide.
4. All selections can be programmed with More or Less Time Adjustment. See page EN-17.
5. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

Auto Reheat Menus


Auto Reheat Menus has 3 menus.

AR1: Reheat Dish
AR2: Reheat Soup
AR3: Reheat Beverage


Refer to the Auto Reheat Menus Guide for details on page EN-37.

* Suppose you want to reheat 1 bowl of Soup.

PROCEDURE

1 Press **AUTO REHEAT MENUS** until desired menu number is displayed (AR2).  x 2

2* Enter the quantity by pressing **WEIGHT** until the desired quantity is displayed (1 QTY).  x 4 x 1

3 Place food in oven by following the directions in the cooking guide on page EN-37. Close the door. Press **START/AUTO MINUTE**.  x 1

* If it is not necessary to enter amount, skip the step 2.

NOTES:

1. Any reheat selection can be programmed with More or Less Time Adjustment. See page EN-17.
2. To reheat other foods or foods above or below the weights allowed on Auto Reheat Menu Guide, reheat manually. See Microwave on page EN-16.
3. Do not use the glass tray, steam tray and metal rack.
4. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

AUTOMATIC COOKING

Auto Defrost Menus

Auto Defrost Menus has 3 menus. Do not use the glass tray, steam tray and metal rack.

dE1: Steak/Chops

dE2: Minced Meat


dE3: Poultry


Refer to the Auto Defrost Menu Guide for details on page EN-37.


* Suppose you want to defrost a 0.5 kg Steak.

PROCEDURE

1 Press **AUTO DEFROST MENUS** until desired menu number is displayed (dE1).  x 1

2 Enter the weight by pressing **WEIGHT** until the desired weight is displayed (0.5 KG).  x 6 x 4

3 Place food in oven by following the directions in the cooking guide on page EN-37. Close the door. Press **START/AUTO MINUTE**.  x 1

4 The oven will stop and **CHECK** will flash on and off. Open the door. Turn over the steak and shield the defrosted portions. Close the door. Press **START/AUTO MINUTE**.  x 1

NOTES:

1. Enter the weight of the food only. Do not include the weight of the container.
2. Any defrost selection can be programmed with More or Less Time Adjustment. See page EN-17.
3. To defrost other foods or foods above or below the weights allowed on Auto Defrost Menu Guide, use time and 30% microwave power. See Microwave on page EN-16.
4. Do not use the glass tray, steam tray and metal rack.
5. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

MANUAL COOKING

Manual Cooking is an option in Steam, Grill, Grill Mix and Microwave.
Refer to the "Manual Cooking Chart" and "Food and Utensil Position Chart". The charts give information on each setting.

Manual Cooking Chart

Cooking mode		Temp/power range	Time range	Water tank
Steam	High	100 °C	0 - 35 min.	YES
	Low	70 - 95°C *	0 - 60 min.	YES
Grill		-	0 - 99 min. 50 sec.	NO
Grill Mix	High	Grill: 50% power Microwave: 50% power	0 - 99 min. 50 sec.	NO
	Low	Grill: 90% power Microwave: 10% power	0 - 99 min. 50 sec.	NO
Microwave		0 - 100% power	0 - 99 min. 50 sec.	NO

* You can set the temperature from 70°C to 95°C in multiples of 5°C. (Initial setting: 90°C)

Food and Utensil Position Chart

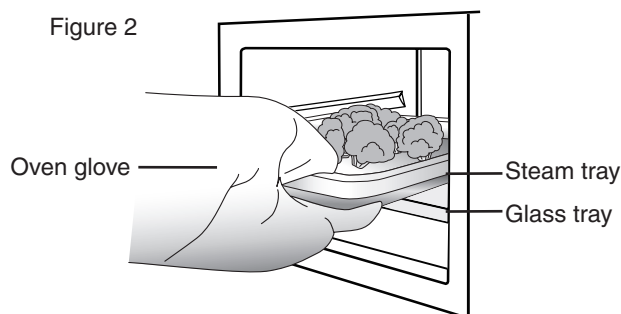
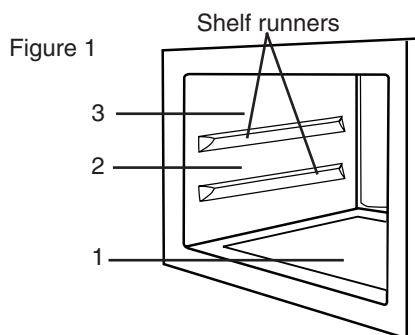
Cooking mode	2 layer cooking		Food and utensil position (Refer to Figure 1.)			
			3: Upper	2: Lower	1: Oven floor	
Steam	High	YES	1 layer	—	Food Steam tray	—
			2 layers	Food Steam tray	Food Steam tray Glass tray	—
	Low	NO	Food Steam tray	Glass tray (No food)	—	
Grill		NO	Food Rack or dish Glass tray			
Grill Mix	High	NO	See NOTE 1.			
	Low	NO				
Microwave		NO	—	Food Microwave safe container Glass tray See NOTE 2.	Food Microwave safe container	

NOTES:

- Select desired position depending on the food size. Position 2 or position 3 is recommended for most recipes. Place the food and glass tray on position 1 when roasting big portions to prevent touching the food to the oven ceiling. Smoke will occur during the cooking if the food touches the grill heating element.
- For cooking cake or meatloaf.
- Do not leave the steam tray and rack wet after use.

WARNING for stacking the steam tray and glass tray:



After cooking, take out the steam tray first. See Figure 2. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages. Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.



MANUAL COOKING

Steam

Manual Steam has 2 options, Steam High and Steam Low. Always cook food using steam tray and glass tray. See page EN-13 for the details. And see the important instructions on page EN-6-7.


Cooking mode	Temperature
Steam High 	100°C
Steam Low 	70 - 95°C


Use Steam High to steam foods such as chicken or vegetables. Use Steam Low to steam fish or egg custard gently. With Steam Low mode, cooking time is a little longer than Steam High mode. Steam cooks food gently without destroying shape, colour or aroma. The Steam High can be programmed for up to 35 minutes (35.00). The Steam Low can be programmed for up to 60 minutes (60.00). On Steam Low, the temperature can be set between 70°C and 95°C by 5°C step. 2 layers cooking is available for Steam High. 1 layer cooking only is available for Steam Low.


STEAM HIGH

* Suppose you want to cook for 20 minutes on Steam High with 2 layers.

PROCEDURE

1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **STEAM HIGH** until the desired tray position indicators are displayed (2 and 3).  x 2

2 Enter the desired cooking time by pressing **TIME** (20.00).  x 2


3 Press **START/AUTO MINUTE**.  x 1


4 After cooking, **EXTEND** will appear.   
If you wish to extend cooking time, enter the desired time by pressing **TIME** and press **START/AUTO MINUTE**. 
If not, press **STOP/CLEAR**. 
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.


STEAM LOW

* Suppose you want to cook for 20 minutes on Steam Low (80°C).

PROCEDURE

1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **STEAM LOW** until the desired temperature is displayed (80°C).  x 3

2 Enter the desired cooking time by pressing **TIME** (20.00).  x 2

3 Press **START/AUTO MINUTE**.  x 1

4 After cooking, **EXTEND** will appear.   
If you wish to extend cooking time, enter the desired time by pressing **TIME** and press **START/AUTO MINUTE**. 
If not, press **STOP/CLEAR**. 
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.

NOTES:

- "Err" will be displayed at step 2 if the longer time than the maximum time for each Steam cooking mode is entered. To clear, press **STOP/CLEAR** and re-programme.
- To extend steaming times, see **EXTENDING COOKING TIME AT THE END OF STEAM COOKING** on page EN-17. Before extending the cooking time, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.
- Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
- During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food for drying the water off around grill heating element.
- After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNINGS:

- The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
- Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

MANUAL COOKING

Grill

The grill heating element at the top of the oven cavity has one power setting only. This mode does not use steam. This mode can be programmed for up to 99 minutes 50 seconds. 1 layer cooking only. Place the food onto the rack on glass tray and select desired position depending on the food size.

* Suppose you want to cook for 10 minutes on Grill.

PROCEDURE

- 1 Press **GRILL**.  x 1
- 2 Enter the desired cooking time by pressing **TIME** (10.00).  x 1
- 3 Press **START/AUTO MINUTE**.  x 1

WARNING:



The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

NOTES:

1. Keep the door closed. If opened during cooking, heat will escape and a longer cooking time will be required.
2. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

Grill Mix

Grill Mix combines microwave power with grill. Grill Mix has 2 options; Grill Mix High and Grill Mix Low. This mode does not use steam. This mode can be programmed for up to 99 minutes 50 seconds. 1 layer cooking only.

Cooking mode	Cooking method
Grill Mix High 	Grill 50% Microwave 50%
Grill Mix Low 	Grill 90% Microwave 10%

* Suppose you want to cook for 20 minutes on Grill Mix High.

PROCEDURE

- 1 Press **GRILL MIX HIGH** once.  x 1
- 2 Enter the desired cooking time by pressing **TIME** (20.00).  x 2
- 3 Press **START/AUTO MINUTE**.  x 1

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

NOTES:

1. Keep the door closed. If opened during cooking, heat will escape and a longer cooking time will be required.
2. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.
3. When you cook large quantity of food, the water contained in food may be drained into the drip tray. Remove and empty the drip tray after cooking.

MANUAL COOKING

Microwave

Microwave is fast and convenient for cooking, reheating and defrosting.

First enter the cooking time then the power level. This mode does not use steam. This mode can be programmed for up to 99 minutes 50 seconds.

There are 6 different power levels.

Power level	Display	Examples
100%	100P	Raw meat, vegetables, rice or pasta
70%	70P	Delicate foods such as eggs or seafood.
50%	50P	
30%	30P	Defrost, softening butter
10%	10P	Keep food warm
0%	0P	

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

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

1 layer cooking only.

* Suppose you want to cook for 5 minutes on 100%.

PROCEDURE

- 1 Enter the desired cooking time by pressing **TIME** (5.00).

1 min.
一分钟

x 5

- 2 Press **START/AUTO MINUTE**.

START 开始
AUTO 即時烹調
MINUTE

x 1

To change the microwave power level, press **MICRO** until the desired power level is displayed.

* Suppose you want to defrost for 5 minutes on 30%.

PROCEDURE

- 1 Enter the desired cooking time by pressing **TIME** (5.00).

1 min.
一分钟

x 5

- 2 Change the power level by pressing **MICRO** until the desired microwave power level is displayed (30P).

MICRO
微波

x 4

- 3 Press **START/AUTO MINUTE**.

START 开始
AUTO 即時烹調
MINUTE

x 1

NOTES:

1. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.
2. Do not use the steam tray and metal rack.
3. When you cook large quantity of food, the water contained in food may be drained into the drip tray. Remove and empty the drip tray after cooking.

HINT:

For cooking cake or meatloaf, place the container on the glass tray in lower position (position 2).

OTHER CONVENIENT FEATURES

More or Less Time Adjustment (LESS (▼) / MORE (▲) keys)

a) To use with automatic cooking:

You can adjust cooking results as you like.

Should you discover that you like any automatic settings slightly **more** done, press **MORE (▲)** after entering weight and before pressing **START/AUTO MINUTE**.

Should you discover that you like any automatic settings slightly **less** done, press **LESS (▼)** after entering weight and before pressing **START/AUTO MINUTE**.

b) To use with manual cooking:

During the manual cooking process, the cooking time can be decreased or increased in 1 minute steps each time the **LESS (▼)** and **MORE (▲)** are pressed.

NOTE: You can not use this function for Steam cooking.

Extending Cooking Time at the End of Steam Cooking

This function is for Steam Menus, Steam High and Steam Low only.

Cooking results may vary depending on room temperature, initial food temperature and other factors. You can adjust cooking results by adding more cooking time at the end. When cooking is finished, the display will show "EXTEND". It is only possible to add extra time during the 5 minutes when "EXTEND" is in the display. The time can be extended up to 10 minutes. Enter the desired time by pressing **TIME** and then press **START/AUTO MINUTE**. The same cooking mode will be continued. Carefully check the cooking process.

NOTES:

1. Before extending Steam mode, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. If "Err, WATER (flashing)" is displayed during cooking, fill the water tank to the MAX mark. Position and push firmly into place, then press **STOP/CLEAR** to clear the error message. To continue the cooking, cook manually. Check for doneness from time to time.
2. Extend mode is cancelled when **STOP/CLEAR** is pressed.
3. The Extending Cooking Time function can be repeated until the food is cooked as you desire.
4. While the display shows "EXTEND", Energy Save Mode will be cancelled temporary.

Multiple Sequence Cooking

This function allows you to cook using up to 3 manual cooking programmes; combinations of Microwave, Grill and Grill Mix.

- * Suppose you want to cook in Sequence Cooking for:
- 5 minutes on 70 % microwave power (Stage 1)
 - 3 minutes on Grill (Stage 2)
 - 3 minutes on Grill Mix High (Stage 3)

PROCEDURE

- 1** For 1st stage, press **MICRO** until the desired microwave power level is displayed (70P) and enter the desired cooking time by pressing **TIME** (5.00).
- MICRO
微波

x 2
- 1 min.
一分鐘

x 5

- 2** For 2nd stage, press **GRILL** and enter the desired cooking time by pressing **TIME** (3.00).
- GRILL
燒烤

x 1
- 1 min.
一分鐘

x 3

- 3** For 3rd stage, press **GRILL MIX HIGH** and enter the desired cooking time by pressing **TIME** (3.00).
- GRILL MIX
HIGH
混合烹調-高

x 1
- 1 min.
一分鐘

x 3

- 4** Press **START/AUTO MINUTE**.
- START
AUTO
MINUTE

x 1

NOTE:

After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.


OTHER CONVENIENT FEATURES

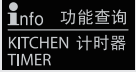
Kitchen Timer

Use the Kitchen Timer as a minute timer or to monitor the standing time for cooked/thawed food.

- Suppose you want to set the kitchen timer for 5 minutes.

PROCEDURE

1 Enter the desired time by pressing **TIME** (5.00).  x 5

2 Press **INFO/KITCHEN TIMER** once.  x 1

NOTE:

In Energy Save Mode, open and close the door to activate Kitchen Timer before entering the desired time.

Auto Minute

START/AUTO MINUTE allows you to operate the two following functions:

a) Direct start

You can directly start cooking on 100% microwave power for 1 minute by pressing **START/AUTO MINUTE**.

NOTE:

To avoid the misuse by children **START/AUTO MINUTE** can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **STOP/CLEAR** key or cooking completion.

b) Extend the manual cooking time

You can extend the manual cooking time for multiples of 1 minute if **START/AUTO MINUTE** is pressed while the oven is in operation.

NOTE:

You can not use this function for Steam cooking. The cooking time can be extended up to 99 minutes.

Info

Info provides 5 features.

In F1: Drain

In F2: Descale

In F3: Water Hardness

In F4: Demo Mode

In F5: Child Lock

These features can be selected by pressing **INFO/KITCHEN TIMER** until the desired function is displayed and pressing **START/AUTO MINUTE**.

DRAIN

The remaining water inside the steam generator can be evaporated by using the DRAIN function. See page EN-8.

DESCALE

See page EN-8.

WATER HARDNESS

Your oven is set at the factory to water hardness setting 3 (Very hard). You can set the oven for the water hardness level.

You can use a test strip available at some drug stores, to check the water hardness level.

In some areas, it is possible to ask the water supply company for the water hardness.

When you use test strips, follow the instructions of them.

Hardness level	Hardness range	Setting
1	<120 ppm <120 mg/l <6.7 °dH	Soft
2	120 - 250 ppm 120 - 250 mg/l 6.7 - 14.0 °dH	Hard
3	>250 ppm >250 mg/l >14.0 °dH	Very hard

PROCEDURE

1 Press **INFO/KITCHEN TIMER** 3 times (In F3).

2 Press **WEIGHT** until the desired hardness level is displayed and press **START/AUTO MINUTE**.
The water hardness setting will be held in the memory even if the oven power is off.

OTHER CONVENIENT FEATURES

DEMONSTRATION MODE

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

To demonstrate, press **INFO/KITCHEN TIMER** 4 times (In F4). And then press **START/AUTO MINUTE**. "dISP" will appear in the display.

Cooking operations can now be demonstrated with no power in the oven. The display will count down to zero at ten times the speed faster than normal.

To cancel, press **INFO/KITCHEN TIMER** 4 times (In F4). And then press **START/AUTO MINUTE**. The display will show "dISP OFF". Or unplug the oven from the electrical outlet and re-plug to cancel Demo Mode.

NOTES:

1. "dISP" will change to ". 0" when pressing **STOP/CLEAR**.
2. If you set Demo Mode, Energy Save Mode will be cancelled.

CHILD LOCK

Child Lock prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated and locked.

To set the Child Lock, press **INFO/KITCHEN TIMER** 5 times (In F5). And then press **START/AUTO MINUTE**. "SAFE" will appear in the display. The control panel is now locked, each time a key is pressed, the display will show "SAFE".

To unlock the control panel, press **INFO/KITCHEN TIMER** 5 times and **START/AUTO MINUTE** quickly. The display will show "SAFE OFF" and the oven is ready to use.

NOTES:

1. If you set Child Lock, Energy Save Mode will be cancelled.
2. When the oven power is off, the setting returns to OFF.

CLEANING AND CARE

Key Point for Cleaning - Immediately and frequently!

The food splashes and oily meat juice, remaining on the oven interior walls will get stuck and hard to remove if it is not cleaned immediately and after each use. The usage of the steam function will assist in this cleaning process. They will be also perishable by the influence of steam.

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

Before cleaning, make sure the oven cavity, door, oven cabinet, accessories and especially the grill heating element are completely cool.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven Exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Oven controls

Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

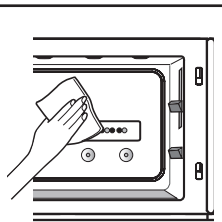
Door Seals

Always keep the door seals clean to prevent any damage. If water condenses inside the door seals, wipe dry with a soft cloth. Polish with another soft cloth. Do not use a chemical or abrasive cleaner on these surfaces. Care should be taken not to rub, damage, pull or move the seals. Before cooking, always check that door seals is lying smooth and flat. If not, steam will leak from the door. Do not use the oven if it has a damaged door seals. Consult a SERVICE CENTRE APPROVED BY SHARP.

Oven interior

IMPORTANT INFORMATION:

- After every use: Wipe the oven walls with a soft cloth and warm water (or mild soapy water) while the oven is still warm. Using the oven without cleaning may lead spatters to get stuck.
- Do not use caustic cleaners (acidic/alkaline), spray type cleaners, abrasive or harsh cleaners or scouring pads as it may damage the surface of oven walls.



For removal of OIL AND FOOD SPLASHES on oven walls:

1. Fill the water tank with room temperature water suitable for drinking (filtered) through the lid to the MAX mark.
2. Operate the oven with Steam High for 10 minutes without food. See page EN-14.
3. After the steaming, wipe the dirt in the oven interior with a dry soft cloth while the oven is still warm. Be aware that the grill heating element and steam outlets may be still hot, so take care when wiping the ceiling and cavity back plate. (The grill heating element will turn on for a very short time intermittently during the cooking.) And then, we recommend to operate the oven with Grill for 3 minutes without food and accessories for drying the water off around grill heating element.

Steam Tray / Glass Tray / Rack

Wash steam tray, glass tray and rack after cooking with a mild soap or detergent solution, rinsing and polishing dry. Do not use harsh cleaners, sharp metal scrapers or stiff brushes to prevent damage to the easy clean surface. All the accessories can be washed in the dishwasher. Do not leave the steam tray and rack wet.

Water Tank and Water Tank Lid

After cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse and polish dry. Do not wash in the dishwasher. Do not use harsh cleaners, sharp metal scrapers or stiff brushes on the water tank and water tank lid.

Drip Tray

Empty drip tray after cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse, polish dry and replace below the oven front. Do not wash in the dishwasher.

Descaling within the Oven's Steam Parts

During steam production, scale may form in the steam generator. To remove scale, carry out descale function when "DESCALE" flashes on and off in the display. See page EN-8 for complete instructions.

TROUBLESHOOTING CHART

If EE is displayed or you think the oven is not working properly, check the chart below before consulting a SERVICE CENTRE APPROVED BY SHARP. This will help to prevent unnecessary service calls.

WARNING:

Never adjust, repair or modify the oven by yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. This is important as it may involve the removal of covers that provide protection against electrical parts.

- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer cabinet: Never remove the outer cabinet to avoid the possibility of electric shock or burns.

Troubleshooting Chart

TECHNICAL ERROR MESSAGE / INFORMATION MESSAGE

MESSAGE ON DISPLAY		ACTION
TECHNICAL ERROR MESSAGE	EE	Due to technical error, contact a SERVICE CENTRE APPROVED BY SHARP.
INFORMATION MESSAGE	Err	The time you set is over the maximum time for Steam High or Steam Low. Press STOP/CLEAR and re-programme.
	Err, HOT (flashing)	The oven is too hot to use for Auto Defrost Menus or Steam Low. Remove food from oven and allow to cool until the message clears.
	Err, WATER (flashing)	Remove water tank and fill with water to the MAX mark. Replace and push firmly into place, then press STOP/CLEAR to clear the error message. Make sure that the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered). To continue the cooking, cook manually. Check for doneness from time to time. NOTES: 1. Ensure you do not use any other liquids like distilled water, R.O water, mineral water and etc. 2. When this error message appears again and again even if you fill the water tank with water, the internal steam system may be out of order. Contact a SERVICE CENTRE APPROVED BY SHARP. You can use the oven for the cooking modes which do not use steam.
	COLd	The water in the internal steam system is frozen. Operate the oven with Grill without food for 10 minutes. See page EN-15.
	DESCALE (flashing)	Follow step-by-step instructions for descaling. See page EN-8.
	HOT (flashing)	The oven cabinet and oven cavity are very hot. Pay extra attention not to burn yourself.

TROUBLESHOOTING CHART

The following situations are normal and are not signs that the oven is malfunctioning.

QUESTION / SITUATION		ANSWER
Control panel / power supply	The display is black / blank.	<ul style="list-style-type: none"> * Open the door and close. * Check the power plug is properly connected to a suitable wall outlet. * Check the wall socket and fuse are functioning properly. * Disconnect the power cord, wait for a minute. Then reconnect, open and close the door.
	The display is fine but START/AUTO MINUTE will not function when pressed.	<ul style="list-style-type: none"> * Open the door and close. Is the oven light off? Press START/AUTO MINUTE again. * If the message "Err, HOT (flashing)" is displayed, wait until the message has disappeared.
	Electrical power supply is interrupted during cooking.	The programmed cooking time and mode will be cancelled. Continue to cook with manual mode.
Energy save mode	The display does not change to blank.	<p>In the following cases, Energy Save Mode will be cancelled temporary:</p> <ul style="list-style-type: none"> - When the door is opening. - Pause of the automatic cooking. - When the cooking fan is working after cooking. - Demonstration mode - Child lock - Extend mode - Drain mode - Descaling mode - Kitchen timer mode - When the display shows "Err, WATER (flashing)".
Water	Leakage water from the bottom front of the oven.	<ul style="list-style-type: none"> * Check the drip tray is installed correctly. Remove and replace the drip tray correctly. See page EN-6. * Did you empty the drip tray before the cooking? You must empty the drip tray and replace it before Steam Cooking will start. See page EN-6.

TROUBLESHOOTING CHART

The following situations are normal and are not signs that the oven is malfunctioning.

QUESTION / SITUATION		ANSWER
Steam	Water is found inside the oven when the door is opened.	Steam has condensed inside the oven. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes out from the bottom of the oven.	The air ventilation openings are at the oven bottom (left side). It is normal for used steam to come from the air ventilation openings. Be aware that hot steam comes out during steam cooking, and keep children away from the oven.
	Condensed water can be seen in the oven cavity.	This operation is normal. Steam has condensed on the oven floor. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes from the door during cooking.	Check the door sealings to make sure it is lying smoothly and flat.
Noise / Sound	Noise during microwave cooking.	When microwaving, you may hear the magnetron cycling on and off depending on the power level.
	Noise after cooking.	The cooling fan will operate until the oven is cool. The fan may continue to operate up to 10 minutes depending on the oven and parts temperatures.
	Noise when cooking with high temperature.	High temperatures may cause expansion of the oven's components. This is normal.
Smoke / Aroma	When using the oven for the first time, it may smoke or smell.	See page EN-9 for step-by-step instructions for cleaning the oven before the first use.
Cooking result	The menu using the water does not have a good result.	<ul style="list-style-type: none"> * Did you fill the water tank with water to the MAX mark before cooking? * Did you take the water tank off from the oven during the cooking? Do not remove the water tank during the cooking except for the case instructed in the cookbook or the operation manual. * Did you use the glass tray? See the important instructions on page EN-6-7.
Food spatters	It is difficult to remove food spatters stuck on the oven walls.	See "For removal of OIL AND FOOD SPLASHES on oven walls:" on page EN-20. It is important to clean the oven interior after every use.
Others	Time appearing in the display is counting down very rapidly.	Check Demonstration Mode on page EN-19 and cancel.
	Hot air comes out from the bottom of the oven.	The air ventilation openings are at the oven bottom (left side). This is normal. Be aware that hot air comes out during Grill Mix cooking, and keep children away from the oven.

SERVICE CALL CHECK

Check the following before calling service:

1. Does the display light when the door is opened and closed? Yes _____ No _____
2. When the door is opened, is the oven lamp switched 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.
Programme the oven for one minute on Microwave 100%. At this moment:
 - A. Does the oven lamp light? Yes _____ No _____
 - B. Does the cooling fan work? Yes _____ No _____
You will hear the fan sound.
 - C. Does the Microwave indicator appear in the display? Yes _____ No _____
 - D. After one minute, did an audible signal sound? Yes _____ No _____
 - E. Is the water inside the oven hot? Yes _____ No _____
4. Remove water from the oven and programme the oven for 5 minutes on Grill.
 - A. Does the Grill indicator appear in the display? Yes _____ No _____
 - B. After the oven stops, is inside of the oven hot? Yes _____ No _____
5. Fill the water tank with water and replace.
Operate the oven for 3 minutes on Manual Steam High.
 - A. After the oven stops, is the inside of the oven filled with steam? 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.

IMPORTANT: If the display shows nothing even if the power supply plug is properly connected, the Energy Save Mode may be in operation. Open and close the oven door to operate the oven. See "Getting Started" on page EN-9.

NOTES:

1. If time in the display is counting down very rapidly, check Demonstration Mode. (Please see page EN-19 for detail.)
2. If the oven is set for more than about 20 minutes on Microwave 100%, output power will be reduced to avoid overheating. Finally the output power will be 70% power level.

SPECIFICATIONS

AC Line Voltage	: Refer to the rating label.
AC Power Required	
Microwave	: 1.53 kW
Grill	: 1.15 kW
Steam	: 1.15 kW
Output Power	
Microwave	: 900 W* (IEC test procedure)
Grill	: 1.10 kW
Steam heating element	: 0.9 kW
Microwave Frequency	: 2450 MHz** (Class B/Group 2)
Outside Dimensions	: 520 mm(W) x 330 mm(H) x 474 mm(D)***
Cavity Dimensions	: 343 mm(W) x 210 mm(H) x 381 mm(D)
Oven Capacity	: 27 litre****
Weight	: Approx. 19.5 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.

*** The depth does not include the door opening handle.

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

COOKING GUIDES

Points To Remember

- Please make reading the Operation Manual your very first step in working with your new oven. This important booklet explains exactly how the oven works and what you need to know to operate it successfully.
- Use the information in the charts and recipes to help adapt your own favorite recipes or convenience foods for preparation in the oven.
- The stated cooking times in the charts and recipes are guidelines and are based on standard conditions. Cooking results will vary according to the conditions of food, utensils and the oven. Please check the cooking result and if necessary, adjust cooking times accordingly.
- Prepare the food and use accessories as instructed.
- When placing food in the oven, turning, stirring or adding something to the food, please ensure the door does not remain open long so as to avoid loss of heat.
- Please refer to Food and Utensil Position Chart on page EN-13 before setting food in the oven.
- Always distribute the ingredients evenly inside a piece of ovenware or steam tray to achieve even cooking results.
- There is no need to fill the water tank for Microwave, Grill, Grill Mix High or Grill Mix Low cooking.
- If you would like to adapt your favorite recipes for the microwave, you should take note of the following: Shorten cooking times by a third to a half. Follow the example of the recipes in this cook book.

COOKING GUIDES

About Utensils and Coverings

The chart below will help you decide what utensils and coverings should be used in each mode.

Utensils - Coverings \ Cooking Mode	Steam	Grill	Grill Mix	Microwave
Aluminium Foil	YES	YES	YES	YES Small flat pieces of aluminum foil placed smoothly on food can be used to shield areas from cooking or defrosting too quickly. Keep foil at least 2 cm from walls of oven.
Metal, Foil Containers	YES	YES	NO	NO
China, Ceramics	YES Oven-proof porcelain, pottery, glazed earthenware and bone china are usually suitable. Do not use the container if it has a flaw.	YES	YES	YES In general, porcelain is suitable. Please be sure that your porcelain does not contain any metal or gold or silver plating. Check manufacturer's recommendation for being microwave safe. Do not use the container if it has a flaw.
Heat-resistant Glassware e.g. Pyrex®	YES Care should be taken if using fine glassware as it can break or crack if heated suddenly.	YES	YES	YES
Plastic/Polystyrene heat-resistant temp. over 140°C	YES Care must be taken as some containers warp, melt or discolour at high temperatures.	NO	NO	YES Use microwave-safe plastic containers for reheating and defrosting. Some microwave-safe plastics are not suitable for cooking foods with high sugar content. Follow manufacturer's directions.
Plastic Wrap heat-resistant temp. over 140°C	YES	NO	NO	YES
Paper Towels, Paper Plates	NO	NO	NO	YES Only use for warming or to absorb moisture. Care must be taken, as overheating may cause fire. Do not use recycled paper towels which may contain metal filings.
Containers made of synthetic material	NO They could melt at high temperature.	NO	NO	NO
Baking paper	YES	NO	NO	NO
Roasting Bags	NO	NO	NO	YES Follow manufacturer's directions.
Silver Dishes and Cooking Utensils or Containers that might rust inside the oven.	NO	NO	NO	NO
Rack	YES	YES	YES The metal rack supplied have been specially designed for Grill Mix and will not damage the oven.	NO
Steam trays	YES	NO	NO	NO
Glass tray	YES To prevent the glass tray from breaking: • Before cleaning the glass tray with water, leave the glass tray to cool. • Do not place anything hot on a cold glass tray. • Do not place anything cold on a hot glass tray.	YES	YES	YES

COOKING GUIDES

Utensils should be checked to ensure that they are suitable for use in each cooking mode. When heating food in plastic containers, pay special attention to the melting temperature of the containers. Never heat the plastic containers at over their melting temperature. Keep an eye on the oven due to the possibility of melting and ignition.

ACCESSORIES There are many microwave or heat-resistant accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures when using microwave-only cooking. Sharp is not responsible for any damage to the oven when accessories are used.

For automatic cooking, use the recommended container in each cooking guide and recipes of the cookbook section.

Steam Cooking Advice

There are certain techniques for cooking with steam. It is essential that these techniques are followed to ensure good results. Many of them are similar to those used in conventional cooking so you may be used to doing them already. Please follow the advise given below for all cooking options which use STEAM MENUS, STEAM HIGH and STEAM LOW.

NOTE:

- Always attend the oven when in use.
- Ensure that the utensils are suitable for STEAM cooking mode. (See About Utensils and Coverings page EN-26)
- Ventilate the room to allow the steam to dissipate.
- After cooking and the oven has cooled, remove and empty the water tank, wipe oven cavity with a soft cloth or sponge. Empty the drip tray.

- Special Advice for STEAM -

Cooking Techniques	
Container	Ensure food is arranged evenly. Food which has little or no space between will take longer to cook, please ensure food is positioned with enough space between items to allow the steam to circulate around it. For the container, a shallow dish is suitable. It is not recommended to use dense dishes, because of the thickness of such dishes, recommended cooking times will have to be extended.
Covering	Covering is not necessary in most cases. If a cover is required, aluminium foil is recommended to keep food becoming wet from the condensed water in the oven cavity. Covered food will take longer to cook.
Door	For accurate cooking times, keep the door closed.
Stir	Sometimes soup or casserole reheated in a casserole without covering looks watery after cooking. Appearance will be better by stirring well.
Stand	Standing time is recommended after cooking so it enables the heat to disperse equally throughout the food. Do not allow to stand for a long time; food may be overcooked or wet by the residual steam.

COOKING GUIDES

- Advice for STEAM -

Food characteristics	
Density	Food density will affect the amount of cooking time needed. Cut the food into thinner parts if possible, and arrange in single layer.
Quantity	The cooking time must be increased as the amount of food cooked in the oven increases.
Size	Small foods and small pieces cook faster than large ones, as heat can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, may take longer to cook in the thicker parts. Check these parts are cooked thoroughly before serving.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than foods at room temperature. The temperature of the container is not the actual temperature of the food or drink.
Seasoning & flavouring	Seasoning or flavouring are best added after cooking. If added as marinades or rubs, their taste may become light when cooking with steam. Add seasoning or flavouring again after cooking if necessary.

NOTE:

- Ensure the food is thoroughly cooked / reheated before serving.
- Cooking time will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.

Face & Hands: Always use thick oven gloves to remove food or cookware from the oven. Be careful when opening the oven door to allow steam to dissipate. Do not remove the food from the oven with your bare hand.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly.

COOKING GUIDES

Microwave Cooking Advice

- Special Notes and Warning for MICROWAVE -

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Cook hard/soft boiled eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or microwave safe glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and nipple before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers.
Liquids (Beverages)	<ul style="list-style-type: none"> * For boiling or cooking liquids see IMPORTANT SAFETY INSTRUCTIONS on page EN-2 to prevent explosion and delayed eruptive boiling. 	<ul style="list-style-type: none"> * Heat for longer than recommended time.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * Cook for the recommended time. (These foods have high sugar and/or fat contents.) 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof roasting rack or plate to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the ceramic oven floor for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking can damage the oven.

COOKING GUIDES

- Advice for MICROWAVE -

Cooking Techniques	
Arrange food carefully	Place the thickest areas toward outside of dish.
Watch cooking time	Cook for the shortest amount of time indicated and add more time as needed. Food severely overcooked can smoke or ignite.
Cover foods before cooking	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)
Shield foods	Use small pieces of aluminium foil to cover thin areas of meat or poultry in order to avoid overcooking.
Stir foods	From outside to centre of dish once or twice during cooking, if possible.
Turn foods	Foods such as chicken, hamburgers or steaks should be turned over once during cooking.
Rearrange foods	Like meatballs halfway through cooking both from top to bottom and from the centre of the dish to the outside.
Allow standing time	After cooking ensure adequate standing time. Remove food from oven and stir if possible. Cover during standing time can allow the food to finish cooking completely.
Check for doneness	Look for signs indicating that cooking temperature has been reached. Doneness signs include: <ul style="list-style-type: none"> – Steam emits throughout the food, not just at edge; – Joints of poultry can be torn apart easily; – Pork and poultry show no pinkness; – Fish is opaque and flakes easily with a fork.
Condensation	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.
Microwave safe plastic wrap	For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
Microwave safe plastic cookware	Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.
Cake/Meatloaf	For cooking cake or meatloaf, place the container on the glass tray in lower position (position 2).

- Advice for defrosting -

Defrosting Techniques	
Arrange	Arrange food in a single even layer on the shallow dish. This will ensure that all parts of the food defrosts evenly.
Separate	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as possible during defrosting. e.g. steaks, chops
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.

NOTE:

- Remove all packing and wrapping before defrosting.

AUTOMATIC COOKING CHART

Steam Menu Guide

- Make sure that the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.

Rice/Egg

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position									
St11	Rice (initial temp 20°C)	1 - 2 serves (1 serve)	<table border="1"> <thead> <tr> <th>Servings</th> <th>Rice</th> <th>Water</th> </tr> </thead> <tbody> <tr> <td>1 serve (1 - 2 persons)</td> <td>150 g</td> <td>250 ml</td> </tr> <tr> <td>2 serves (3 - 5 persons)</td> <td>300 g</td> <td>500 ml</td> </tr> </tbody> </table>	Servings	Rice	Water	1 serve (1 - 2 persons)	150 g	250 ml	2 serves (3 - 5 persons)	300 g	500 ml	2
			Servings	Rice	Water								
1 serve (1 - 2 persons)	150 g	250 ml											
2 serves (3 - 5 persons)	300 g	500 ml											
<ul style="list-style-type: none"> Wash rice until water runs clear. Place rice and water into a deep casserole (about 2 litre) and soak for 30 minutes. (Stir rice a few times during soaking.) Stir and place the casserole on the steam tray on the glass tray, uncovered. Place them on the lower position (position 2). After cooking, stir lightly and stand for 5 minutes. 													
St12	Sticky Rice (initial temp 20°C)		<ul style="list-style-type: none"> See recipe on page EN-33. 	2									
St13	Steamed Egg (initial temp 20°C)	1 - 4 serves (1 serve)	<ul style="list-style-type: none"> See recipe on page EN-33. 	2									
St14	Boiled Egg (initial temp 20°C)	1 - 6 eggs	<ul style="list-style-type: none"> It is not necessary to enter weight. Place eggs with shells in the steam tray on the glass tray. Place them on the lower position (position 2). 	2									

Vegetable

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St21	Fresh Vegetable (initial temp 20°C) eg: Broccoli (florets), Lettuce (shreds), Asparagus (strips), White Chinese Cabbage (whole or halves), Chinese Celery Cabbage (Shreds), Spinach (halves), Onions (shreds), Mange-tout (whole), Green Pepper (strips), Pak Choi, Cauliflower florets	0.1 - 0.6 kg (100g)	<ul style="list-style-type: none"> Wash vegetables, then remove excess water. Cut & trim the vegetables into florets, shreds or strips. Put on a shallow dish (22 - 27 cm in diameter), sprinkle with salt & oil. Place the shallow dish on the steam tray on the glass tray, uncovered. Place them on the lower position (position 2). After cooking, stir where necessary. 	2
St22	Frozen Vegetable (initial temp -18°C) eg: Cauliflower (florets), Sliced Carrots, Broccoli (florets), Corn on cob	0.1 - 0.6 kg (100g)	<ul style="list-style-type: none"> Put frozen vegetables on a shallow dish (22 - 27 cm in diameter). Place the shallow dish on the steam tray on the glass tray, uncovered. Place them on the lower position (position 2). After cooking, stir and stand for 2 minutes. 	2

AUTOMATIC COOKING CHART

Steam Menu Guide

Fish/Meat/Chicken

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St31	Fresh Fish (initial temp 5°C) eg: Whole fish such as Sea Bream, Red Snapper, Carp, Pomfret, Golden Thread, Black Mullet, Flatfish, Garoupa etc.	0.1 - 0.5 kg (100g)	<ul style="list-style-type: none"> Wash fish thoroughly and remove scales. Make a few slits on the skin of fish, pierce the eyes of fish. Put on a shallow dish, 22 - 27 cm in diameter. Sprinkle lightly with salt and oil. Put green onion and ginger slices on top. Place the shallow dish on the steam tray on the glass tray, uncovered. Place them on the lower position (position 2). 	2
St32	Fresh Meat (initial temp 5°C) eg: Pork patty, Beef patty, Spare rib cubes, Chicken pieces etc.	0.2 - 0.5 kg (100g)	<ul style="list-style-type: none"> Marinate the meat and put on a shallow dish, 22 - 27 cm in diameter. For meat patty, try to make it a thin layer especially in the centre. Place the shallow dish on the steam tray on the glass tray, uncovered. Place them on the lower position (position 2). 	2
St33	Fresh Shrimp (in shells) (initial temp 5°C)	0.2 - 0.6 kg (100g)	<ul style="list-style-type: none"> Put shrimp on a shallow dish, 22 - 27 cm in diameter. Place the shallow dish on the steam tray on the glass tray, uncovered. Place them on the lower position (position 2). 	2
St34	Fresh Chicken Fillet (initial temp 5°C)	0.15 - 0.60 kg (50g) Recommended: Chicken breast (1 piece: 150 g)	<ul style="list-style-type: none"> Season the chicken fillets with salt and pepper. Place the chicken fillets on a shallow dish, 22 - 27 cm in diameter. Place the shallow dish on the steam tray on the glass tray. Place them on the lower position (position 2). 	2

Balanced Menu

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St41	Corn Butter & Steam Spring Roll (initial temp 20°C)	1 - 4 serves (1 serve)	<ul style="list-style-type: none"> See recipe on page EN-34. 	2&3
St42	Fresh Veg & Steam Chicken Wings (initial temp 20°C for veg, 5°C for chicken wings)	1 - 4 serves (1 serve)	<ul style="list-style-type: none"> See recipe on page EN-34. 	2&3

Sweets

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St51	Steam Cake (initial temp 20°C)		<ul style="list-style-type: none"> See recipe on page EN-35. 	2
St52	Steam Pumpkin (initial temp 20°C)		<ul style="list-style-type: none"> See recipe on page EN-35. 	2
St53	Custard Pudding (initial temp 20°C)		<ul style="list-style-type: none"> See recipe on page EN-35. 	2&3

AUTOMATIC COOKING CHART

Steam Menu Guide

Steam Reheat

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
St61	Shao Mai (initial temp -18°C) (Frozen)	0.10 - 0.25 kg (50g) (1 piece: 10-15g)	<ul style="list-style-type: none"> Place shao mai on the steam tray on the glass tray uncovered. Place them on the lower position (position 2). 	2
St62	Keawza (initial temp -18°C) (Frozen)	0.1 - 0.5 kg (100g) (1 piece: 25-50g)	<ul style="list-style-type: none"> Place keawza on the steam tray on the glass tray, uncovered. Place them on the lower position (position2). <p>Note: For big keawza (1piece=50g), press MORE pad before pressing start.</p>	2
St63	Dumpling (initial temp -18°C) (Frozen)	1 - 4 pieces (1 piece: 70g)	<ul style="list-style-type: none"> It is not necessary to enter weight. Place dumpling on the steam tray, uncovered. Place the steam tray on upper position (position3) and the glass tray without food on the lower position (position 2). 	2&3

RICE/EGG

Sticky Rice

[Ingredients]

300 g Glutinous rice
270 g Water

Salt, Soy sauce, sugar,
sesami oil to taste.

[Method]

- Place rice and water in a 20cm (8") square shallow dish and soak rice for 1 hour.
- Place the dish on the steam tray on the glass tray.
- Place them on the lower position (position 2) uncovered.
- Cook using STEAM MENUS, RICE/EGG, St12 (Sticky Rice).
- After cooking, stir lightly and serve with some cooked meat.

Steamed Egg

[Ingredients]

<4 serves>

120 g Egg
240 g Water
10 g Sake
4 g Salt
Light soy sauce to taste

[Method]

- Blend water, sake, salt, light soy sauce and eggs; beat lightly.
- Strain beaten mixture from (1) into a shallow dish (approx. 1.5pint) or 4 serving bowls (4½ inches in diameter).
- Place the dish on the steam tray on the glass tray.
- Place them on the lower position (position 2) uncovered.
- Cook using STEAM MENUS, RICE/EGG, St13 (Steamed Egg).

AUTOMATIC COOKING CHART

BALANCED MENU

Corn Butter & Steam Spring Roll

<Steam spring roll>

Ingredients		1 serve (2 rolls)	2 serves (4 rolls)	3 serves (6 rolls)	4 serves (8 rolls)
Noodle Sheet		125 g (or 2 sheets)	250 g (or 4 sheets)	375 g (or 6 sheets)	500 g (or 8 sheets)
Bean sprouts (cut with long shape and boiled)		50 g	100 g	150 g	200 g
Carrot (cut with long shape and boiled)		50 g	100 g	150 g	200 g
A	Mushrooms (cut with long shape)	50 g	100 g	150 g	200 g
	Chopped chicken	50 g	100 g	150 g	200 g
	Dried shrimp	7 g	13 g	20 g	25 g
	Hard Tohu (slice to small pieces)	50 g	100 g	150 g	200 g
	Pounded Parsley and Garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
	Pepper	¼ tsp	½ tsp	¾ tsp	1 tsp
B	Oyster sauce	1 tbsp	2 tbsp	3 tbsp	4 tbsp
	Soy sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
	Chinese herb	to taste	to taste	to taste	to taste
	Sugar	to taste	to taste	to taste	to taste

<Corn butter>

Ingredients	1 serve	2 serves	3 serves	4 serves
Corn	50 g	100 g	150 g	200 g
Margarine	1 g	2.5 g	3 g	5 g
Sugar	¾ tbsp	1½ tbsp	2 tbsp	3 tbsp
Salt	to taste	to taste	to taste	to taste
Fresh milk	¼ tbsp	½ tbsp	¾ tbsp	1 tbsp

NOTE : Sauce for spring roll

The sweet black soy sauce	3 tbsp
Water	3 tbsp
Sugar	2 tbsp
Vinegar	2 tbsp
Salt	1 pinch
Slice chilli	

[Cooking]

- Put the ingredients (A) in a bowl, place it on the oven floor (position 1) and cook with MICROWAVE 100% for 2-5 minutes. Add seasoning (B) and cook again with MICROWAVE 100% for 1-2 minutes.
- Add boiled bean sprouts and carrots in (1).
- If pure noodle sheet is used, soak noodle in water and put them on the steam tray on the glass tray. Place them in the lower position (position 2) and cook with STEAM HIGH for 20 minutes. After steaming, cut into pieces.
- Roll tightly (3) with steamed noodle.
- Place spring rolls on the greased steam tray on the glass tray. Put them on the lower position (position 2).
- Place corn on another steam tray and put it on the upper position (position 3).
- Cook using STEAM MENUS ,BALANCED MENUS, St41 (Corn Butter & Steam Spring Roll).
- After cooking, place corn in a bowl and mix with margarine, sugar, salt and fresh milk and mix well. Mix all the sauce ingredients for spring rolls well and serve with spring rolls.

Fresh Vegetables & Steam Chicken Wings

<Steam chicken wings>

Ingredients		1 serve	2 serves	3 serves	4 serves
Chicken wings (60 g/1 piece)		150 g	300 g	450 g	600 g
A	Oyster sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
	Honey	1 tbsp	2 tbsp	3 tbsp	4 tbsp
	Pepper	to taste	to taste	to taste	to taste
	Salt	¼ tsp	½ tsp	¾ tsp	1 tsp
	Soy sauce	¼ tsp	½ tsp	¾ tsp	1 tsp

<Fresh vegetables>

Ingredients	1 serve	2 serves	3 serves	4 serves
Broccoli (florets), Carrot (thin sliced), Red/yellow peppers (strips), Asparagus (strips)	150 g	300 g	450 g	600 g

[Cooking]

- Mix seasoning (A) and marinate chicken wings for 1 to 2 hours.
- Place Chicken wings on the steam tray on the glass tray. Put them on the lower position (position 2).
- Arrange vegetables on the steam tray and put it on the upper position (position 3)
- Cook using STEAM MENUS ,BALANCED MENUS, St42 (Fresh Vegetables & Steam Chicken Wings).

AUTOMATIC COOKING CHART

SWEETS

Steam Cake

[Ingredients]

<For 10 cups>

2	Egg
100 g	Sugar
2 tbsp	Oil
150 ml	Milk
200 g	Flour
½ tbsp	Baking powder
60 g	raisan

[Method]

1. Beat the oil, sugar and eggs together, then add milk.
2. Stir in flour and baking powder. Add raisan and mix.
3. Put cake mixture evenly in 10 small tins (3.5cm deep, 7.5cm diameter) with greaseproof paper.
4. Place tins on the steam tray on the glass tray.
5. Place them on the lower position (position 2) uncovered.
6. Cook using STEAM MENUS, SWEETS, St51 (Steam Cake).

Note:

Chocolate steam cake

Add 1 tbsp cocoa powder together with flour and 50 g chocolate chips instead of raisan.

Steam Pumpkin

[Ingredients]

<1 whole>

1.2 kg	Whole pumpkin
¼ cup	Coconut milk
1	Egg
2	Duck eggs
150 g	Palm sugar
2-3	Pandanus leaves

[Method]

1. Make a hole on the top of the pumpkin. And scoop out pumpkin seeds up.
2. Stir both kinds of egg in the bowl, and add coconut milk.
3. After mix eggs and coconut milk then add palm sugar.
4. Add pandanus leaves then knead by hand to let smell of pandanus come out.
5. Pour finished mixer through the filter to get rid of bubble
6. Pour egg custard into pumpkin.
7. Place the pumpkin on the steam tray on the glass tray.
8. Place them on the lower position (position 2) uncovered.
9. Cook using STEAM MENUS, SWEETS, St52 (Steam Pumpkin).
10. When the oven stops, the audible signals sound and WATER indicator flashes on and off, take the water tank out and refill water to the max mark. Place the water tank again and press start. Do not open the door at a pause.
11. Check the doneness after cooking and extend cooking time if necessary. Cool before cutting.

Custard Pudding

[Ingredients]

<For 4 cups>

2	Egg
1	Egg yolk
300 ml	Milk
2-3 drops	Vanilla essence
30 g	sugar

Caramel sauce

100 g	sugar
4 tbsp	water

[Method]

1. For the caramel, dissolve the sugar in the water, stirring continuously. Bring to the boil without stirring until a goldyellow caramel forms.
2. Coat the base of 4 ramekin dishes (4cm deep, 8.5cm diameter) with the caramel. Allow to cool.
3. Warm the milk for 1 minute on 100% MICROWAVE power.
4. Whisk the eggs and egg yolk with the sugar. Pour the milk into the eggs and mix well.
5. Fill each ramekin with the milk mixture.
6. Place the dishes in the steam tray, and place the tray on the upper position (position 3). Place the glass tray without food on the lower position. (position 2)
7. Cook using STEAM MENUS, SWEETS, St53 (Custard Pudding).
8. After cooking, allow to cool before serving.

AUTOMATIC COOKING CHART

Auto Grill Menus Guide

Menu number	Menu name	Weight range (Increasing unit)	Procedure	Food Position
AG1	Grill Chicken (initial temp 5°C)	0.9 - 2.0 kg (100g)	<ul style="list-style-type: none"> Wash chicken, trim away fat and pat dry. Season with 1 teaspoon of salt, 1 tablespoon of soy sauce, 1 teaspoon cornstarch and 1 teaspoon sugar per 500g. Put chicken breast side down on the rack in the glass tray. Place it on the oven floor (position 1). When the oven stops and the audible signals sound, turn the chicken over. After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. 	1
AG2	Chicken Wings (initial temp 5°C)	4 - 12 pieces (1 piece: 40 g)	<ul style="list-style-type: none"> Wash the chicken wings, pierce the skin, pat dry and marinate with the sauce mixture. Marinate with 1 teaspoon of salt, 1 tablespoon of soy sauce, 1 teaspoon of cornstarch and 1 teaspoon of sugar per 12 pieces. Arrange chicken wings on the rack in glass tray. Place it on the lower position (position 2). When the oven stops and the audible signals sound, turn the chicken over. After cooking, place on a dish and serve. 	2
AG3	Grill Fish (initial temp 8-12°C) eg: Pomfret, Golden Thread, Mackerel, Snapper etc.	0.2 - 0.4 kg (100g)	<ul style="list-style-type: none"> Wash fish thoroughly and remove scales. Make a few slits on the skin of fish, pierce the eyes of fish. Pat dry, then brush oil on fish body. Place on the rack in glass tray (brushed lightly with oil), uncovered. Place it on the lower position (position 2). When oven stops, turn it over. Continue to cook. <p>NOTE: When cooking small amount or thin slices of fish, it is recommended to check occasionally during cooking to avoid overcooking.</p>	2
AG4	Steak (Beef Steak) (initial temp 8-12°C) (1 - 1.5 cm thick)	0.2 - 0.6 kg (100g)	<ul style="list-style-type: none"> Steak is recommended to have a thickness of about 1.5 cm to get good result. Season as desired. Place on the rack in glass tray. Place it on the upper position (position 3). When oven stops, turn steak over. After cooking, stand. Serve with hot sauce where necessary. <p>NOTE: If steak is more than 1.5cm thick, cook manually with Grill and place it in the lower position (position 2). See page on EN-39.</p>	3

AUTOMATIC COOKING CHART

Auto Reheat Menus Guide

Menu number	Menu name	Weight range (Increasing unit)	Procedure
AR1	Reheat Dish (initial temp 4-12°C) eg: Lunch/Dinner plate, Meat Dish, Fried Noodles, Plate of Rice	1 serve (approx. 200g)	<ul style="list-style-type: none"> Take out the dish from the refrigerator. Cover with microwave wrap or lid. No need to enter quantity. Place on centre of oven floor (position 1). After reheating, stir and stand covered for 1 minute.
AR2	Reheat Soup (initial temp 4-12°C)	1 - 4 bowls (1 bowl: approx. 250 ml)	<ul style="list-style-type: none"> Place in a Pyrex bowl or Chinese ceramic bowl. No cover. Place on centre of oven floor (position 1). After reheating, stir.
AR3	Reheat Beverage (initial temp 20-25°C)	1 - 4 cups (1 cup: approx. 250 ml)	<ul style="list-style-type: none"> No cover. Place on centre of oven floor (position 1). After reheating, stir.

Auto Defrost Menus Guide

Menu number	Menu name	Weight range (Increasing unit)	Procedure
dE1	Steak/Chops (initial temp -18°C)	0.2 - 1.0 kg (100g)	<ul style="list-style-type: none"> Place the food on a plate or flan dish on the centre of the oven floor (position 1). When the oven stops and the audible signals sound, turn the food over, rearrange and separate if possible. If necessary shield thin parts and warm spots with aluminium foil. After defrosting, wrap in aluminium foil for 10-20 minutes, until thoroughly defrosted. See NOTES below.
dE2	Minced Meat (initial temp -18°C)	0.2 - 1.0 kg (100g)	<ul style="list-style-type: none"> Place the block of minced meat on a plate or in a flan dish on the centre of the oven floor (position 1). When the oven stops and the audible signals sound, turn the food over. Remove the defrosted parts if possible. After defrosting, cover with aluminium foil and stand for 5-10 minutes until thoroughly defrosted. See NOTES below.
dE3	Poultry (initial temp -18°C) Only poultry without giblets is recommended for this programme	0.9 - 2.0 kg (100g)	<ul style="list-style-type: none"> Place the poultry, breast side down, on a flan dish or a plate on the centre of the oven floor (position 1). When the oven stops and the audible signals sound, turn over and shield thin parts and warm spots with small pieces of aluminium foil. When the audible signals sound again, turn over again. After defrosting rinse with cold water, cover with aluminium foil and stand for 30-60 minutes until thoroughly defrosted. Finally clean the poultry under running water.

Foods not listed in the Guide can be defrosted manually using 30% power level setting.

NOTES:

- Steaks and chops should be frozen in one layer.
- Minced meat should be frozen in a thin shape.
- If shielding is necessary for defrosted portions, use small, flat pieces of aluminium foil.
- The poultry should be processed immediately after defrosting.

MANUAL COOKING CHART

Steam High Chart

Use glass tray and steam tray

Food		Amount	Oven Setting	Cooking Time	Food Position	
SEAFOOD	Fish Fillets (½ Inch Thick)	800g	Steam High	21 minutes	2	
	Mussels, In Shell	900g	Steam High	20 minutes	2	
	Scallops	500g	Steam High	10 minutes	2	
	Prawn, Large	500g	Steam High	14-16 minutes	2	
POULTRY	Chicken Breast, Half	1kg	Steam High	30 minutes	2	
DUMPLINGS	Frozen Dumplings	500g	Steam High	16 minutes	2	
VEGETABLES	Asparagus Spears (halved)	500g	Steam High	21 minutes	2	
	Beans (top and tailed)	500g	Steam High	21 minutes	2	
	Bok Choy (chopped)	500g	Steam High	7-9 minutes	2	
	Broccoli Florets	500g	Steam High	21 minutes	2	
	Brussels Sprouts (halved)	500g	Steam High	25 minutes	2	
	Cabbage (shredded)	500g	Steam High	16 minutes	2	
	Carrots, Sliced	500g	Steam High	21 minutes	2	
	Cauliflower Florets	500g	Steam High	21 minutes	2	
	Corn on the Cob (4 small)	500g	Steam High	21 minutes	2	
	Mushrooms, Button (whole)	500g	Steam High	16 minutes	2	
	Peas (top and tailed)	500g	Steam High	16 minutes	2	
	Snow Peas (top and tailed)	250g	Steam High	8 minutes	2	
	Potatoes	Quartered	500g	Steam High	25 minutes	2
		Baby Potatoes, Chat	500g	Steam High	30 minutes	2
	Pumpkin (2cm cubes)	500g	Steam High	30 minutes	2	
	Spinach (shredded)	250g	Steam High	10 minutes	2	
	Sweet Potato (20g slices)	500g	Steam High	25 minutes	2	
	Yellow Squash (quartered)	500g	Steam High	20-22 minutes	2	
	Zucchini (sliced or quartered)	500g	Steam High	16 minutes	2	
	RICE	White Rice	½ Cup with ½ Cup Water	—	Steam High	25 minutes
1 Cup with 1 Cup Water			—	Steam High	30 minutes	2
PASTA	Dry Pasta	½ Cup with ½ Cup Water	—	Steam High	25 minutes	2
		1 Cup with 1 Cup Water	—	Steam High	30 minutes	2

MANUAL COOKING CHART

Grill Mix Cooking Chart

Use glass tray and rack

Food		Amount	Cooking Time and Procedure	Standing Time	Food Position	Result
BEEF	Blade Roast	1kg	Micro 70% for 8 minutes Grill Mix High for 9 minutes TURN OVER Micro 70% for 3 ½ minutes Grill Mix High for 9 minutes	10 minutes	1	Medium
	Eye Fillet	1kg	Micro 70% for 8 minutes Grill Mix High for 9 minutes TURN OVER Micro 70% for 3 ½ minutes Grill Mix High for 9 minutes	10 minutes	1	Medium
	Hamburger Patties* (1cm thick)	4 Patties (500g)	Grill for 9 minutes TURN OVER Grill for 7 minutes	5 minutes	3	Well Done
	Steaks (T-Bone, Rib Eye, Sirloin)	800g	Grill for 12 minutes TURN OVER Grill for 14 minutes	10 minutes	2	Medium/ Well Done
PORK	Boneless Pork Loin Roast **	1kg	Micro 70% for 12-15 minutes Grill for 5-7 minutes TURN OVER Micro 70% for 8-10 minutes Grill for 3-5 minutes	10 minutes	1	Well Done
POULTRY	Chicken Breast (Half)	1kg	Grill for 15 minutes TURN OVER Grill for 20 minutes	10 minutes	2	Well Done
	Whole Chicken	900g	Micro 100% for 1 minute Grill Mix High for 12 minutes 20 seconds TURN OVER Grill Mix High for 12 ½ minutes	5 minutes	1	Well Done
	Chicken Legs	500g	Grill Mix High for 5 minutes Grill for 6 ½ minutes TURN OVER Grill Mix High for 5 minutes Grill for 5 minutes	7 minutes	2	Cooked Through
SAUSAGE	Regular	600g	Grill Mix High for 3 minutes Grill for 8 ½ minutes TURN OVER Grill Mix High for 2 ½ minutes Grill for 6 minutes 10 seconds	5 minutes	2	Cooked Through
SEAFOOD	Fish Steak (i.e. Salmon)	1kg	Grill for 15 minutes TURN OVER Grill for 10 minutes	5 minutes	2	Cooked Through, Moist, Flakes Easily
	Large Prawns (on skewers)	500g	Grill for 10 minutes TURN OVER Grill for 14 minutes	2 minutes	2	Opaque, Moist

* No more than 1cm thick to ensure that the hamburgers will not burn on the grill

** The cooking of only 1kg of pork is allowed. No larger pieces are accepted due to the dangers of smoke and oil splatter. For cooking fatty meat like pork or lamb, don't use Grill Mix mode to prevent from smoke and oil splatter.

MANUAL COOKING CHART

Reheating and Defrosting Convenience Food Chart

Food	Amount	Oven setting and Cooking Time	Procedure	Standing Time
BEVERAGE	1 Cup	Microwave 100% for 2 minutes	Microwave safe mug. Stir halfway through and after heating	—
	2 Cups	Microwave 100% for 4 minutes		
CANNED FOOD	1 Cup	Microwave 100% for 2 minutes	Place food in a small microwave safe casserole dish. Cover with plastic wrap. Stir before serving	2 minutes
	2 Cups	Microwave 100% for 3 ½ minutes		
CANNED SOUP	1 Cup	Microwave 100% for 2 minutes	Place soup in a small microwave safe bowl. Stir after heating.	—
	2 Cups	Microwave 100% for 3 ½ minutes		
MEAT PIE	1 Pie	Microwave 50% for 2 minutes then Grill for 4 minutes	Place pie/s between 2 pieces of paper towel for Microwave then on the grill rack with the glass tray in lower position (position 2) for Grill	3 minutes
	4 Pies	Microwave 50% for 6 minutes then Grill for 6 minutes		
FROZEN PASTA DINNER	300-500g	Microwave 100% for 6 minutes then Microwave 50% for 5 minutes then Grill for 4 minutes	Remove from foil container and place on a small heat resistant glassware dish (eg. Pyrex) for Microwave, then move the dish onto the grill rack with the glass tray in lower position (position 2) for Grill	3 minutes
CROISSANTS	1	Microwave 30% for 1 minute	Place between 2 pieces of paper towel	—
	2	Microwave 30% for 1 ½ minutes		
FRUIT PIE (INDIVIDUAL)	1	Microwave 50% for 1 ½ minutes then Grill for 4 minutes	Remove from foil container and place on the oven floor (position 1) for Microwave then on the grill rack with the glass tray in lower position (position 2) for Grill	—
	2	Microwave 50% for 1 ½ minutes then Grill for 4 minutes		
DANISH PASTRY	400g	Microwave 70% for 4 ½ minutes then Grill for 5 minutes	Remove from foil container and place on a microwave safe plate for the Microwave function then on the grill rack with the glass tray in lower position (position 2) for the Grill position	3 minutes

MANUAL COOKING CHART

Microwave: Frozen Vegetable Chart

1. Place vegetables in a medium/large microwave safe bowl and cover with plastic wrap. Place on the oven floor (position1).
2. Allow to stand for 2 minutes before draining any water and serving.

Food		Amount	Cooking Time (100%)	Procedure
Beans (green, cut)		500 g	9 minutes	
Broccoli		500 g	8-8½ minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Carrots	(whole)	500 g	10 minutes	Stir halfway through.
	(sliced)	500 g	9 minutes	
Cauliflower		500 g	9 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Corn (on the Cob)		4 Pieces/500g	8 minutes	
Peas (green)		500 g	9 minutes	
Spinach		250 g	6 minutes	Break apart as soon as possible.
Mixed Vegetables (i.e. carrots, beans and corn kernals)		500 g	10-11 minutes	Break apart as soon as possible.

MANUAL COOKING CHART

Microwave: Fresh Vegetable Chart

1. Cover each dish with plastic wrap. Place on the oven floor (position1).
2. Drain any remaining water after standing before serving.

Food	Amount	Cooking Time (100%)	Procedure
Asparagus (halved)	500g	3 ½ minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes
Beans (top and tailed)	500g	5 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 5 minutes
Broccoli (uniform florets)	500g	5 minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Brussels Sprouts	500g	8 minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Cabbage (shredded)	500g	8 minutes	Place in a shallow casserole dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Carrots (sliced)	500g	5 minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes (cook longer for less crunch)
Cauliflower (uniform florets)	500g	6-7 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Corn on the Cob	2 pieces	8 minutes	Place in a shallow casserole dish with ¼ cup of water. Cover. Stand for 3 minutes
	4 pieces	16 minutes	Place in a shallow casserole dish with 1/3 cup of water. Cover. Stand for 5 minutes
Mushrooms (whole)	500g	5 minutes	Place in a shallow casserole dish with 2 tablespoons of butter. Cover. Stand for 3 minutes
Peas (green; top and tailed)	500g	5 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 2 minutes
Potatoes – Jacket (Baby Chat)	4 small	6 minutes	Pierce with a fork. Stand for 3 minutes
Pumpkin (2cm cubes)	500g	10 minutes	Place in a shallow casserole dish. Cover. Stand for 2 minutes
Spinach (shredded)	500g	8 minutes	Place in a shallow casserole dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Snow Peas (top and tailed)	500g	4 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes (cook longer for less crunch)
Squash (whole)	500g	5 minutes	Pierce with a fork. Place in a shallow casserole dish. Cover. Stand for 3 minutes
Sweet Potato (2cm cubes)	500g	8 minutes	Place in a shallow casserole dish with ½ cup of water. Cover. Stand for 5 minutes
Zucchini (sliced or quartered)	500g	4 minutes	Place in a shallow casserole dish with 1 tablespoon of water and 1 tablespoon of butter. Cover. Stand for 3 minutes

MANUAL COOKING CHART

Microwave: Defrost Times for Meat, Poultry, Seafood and Bread

1. Remove wrapping and place frozen item on a shallow microwave safe defrosting dish with rack (a microwave safe defrosting rack). Shield with aluminum foil to prevent the item from cooking while defrosting.
2. Defrost by following the steps in the “Microwave Time” column.
3. When turning over, re-shield the item so it continues to defrost without cooking.

Food		Oven Setting and Cooking Time	Procedure	Standing Time	
BEEF	Roast (1kg)	Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes	
	Steak (500g)	Micro 30% for 2 ½ minutes Micro 10% for 1 minute 50 seconds TURN OVER AND SHIELD Micro 30% for 1 minute 50 seconds Micro 10% for 2 minutes	Turn over at the end of second Microwave setting (1 minute 50 seconds on 10%)	10 minutes	
	Mince (500g)	Micro 50% for 3 ½ minutes TURN OVER AND SHIELD Micro 30% for 4 ½ minutes	Turn over after first Microwave setting (3 ½ minutes on 50%). Remove defrosted meat and leave aside (add on completion of defrosting)	10 minutes	
LAMB	Roast (1kg)	Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes	
	Shoulder (1kg)	Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes	
	Chops (500g)	Micro 30% for 2 ½ minutes Micro 10% for 1 minute 50 seconds TURN OVER AND SHIELD Micro 30% for 1 minute 50 seconds Micro 10% for 2 minutes	Turn over at the end of second Microwave setting (1 minute 50 seconds on 10%)	10 minutes	
POULTRY	Chicken – Whole (1kg)	Micro 30% for 5 ½ minutes Micro 10% for 4 minutes TURN OVER AND SHIELD Micro 30% for 4 minutes Micro 10% for 7 minutes 10 seconds	Turn over at the end of second Microwave setting (4 minutes on 10%)	30 minutes	
	Chicken Pieces (500g)	Micro 30% for 3 minutes Micro 10% for 4 minutes TURN OVER AND SHIELD Micro 30% for 1 minute 10 seconds Micro 10% for 4 minutes	Turn over at the end of second Microwave setting (4 minutes on 10%)	15 minutes	
SEAFOOD	Scallops (500g)	Micro 30% for 3 ½ minutes TURN OVER AND SEPARATE Micro 30% for 3 minutes	Turn over at the end of first Microwave setting (3 ½ minutes on 30%). Separate scallops	5 minutes	
	Prawns – Whole (500g)	Micro 30% for 3 minutes TURN OVER AND SEPARATE Micro 30% for 3 minutes	Turn over at the end of first Microwave setting (3 minutes on 30%). Separate prawns	5 minutes	
BREAD	Slices	2	40 seconds on Micro 30%	(defrost rack not required) Place bread between 2 pieces of paper towel. Place directly on oven floor (position 1).	—
		4	50 seconds on Micro 30%		
	Rolls	1	40 seconds on Micro 30%	(defrost rack not required) Place bread between 2 pieces of paper towel – additional 30 seconds for every other roll. Place directly on oven floor (position 1).	—
		2	1 minute 10 seconds on Micro 30%		

RECIPES

CRABS IN GREEN ONIONS

Ingredients

1 kg	Crabs
1	Chili Pepper
2 slices	Ginger
1 stalk	Green Onion
1 tsp	Sesame Oil

Procedure

1. Clean crabs thoroughly and cut into pieces, then arrange on a platter.
2. Add in sliced chili pepper, sesame oil and ginger, sprinkle water on crabs.
3. Place the platter on the steam tray on the glass tray. Place all on the lower position (position 2) and cook using STEAM HIGH, and for 20 minutes.

GARLIC PRAWN

Ingredients

300 g	Prawns (with shells)
-------	-------------------------

Garnish

4 cloves	Garlic (chopped)
1 stalk	Green Onion (diced)
½ tsp	Salt
2 tsp	Oil

Procedure

1. Mix all the garnishes well and reserve for later use.
2. Cut the prawns from the belly into halves and lay flat on a dish.
3. Put the garnish onto the prawns, place the dish on steam tray on the glass tray. Place all on the lower position (position 2) and cook using STEAM HIGH, and for 14-15 minutes.

SHRIMP DUMPLINGS

Ingredients

600 g	Shrimps
30 g	Bamboo Shoot
150 g	Wheat Flour
3 tbsp	Tapioca Flour

Seasonings

1 tsp	Salt
1 tsp	Sugar
2 tbsp	Cornstarch
1 tsp	Sesame Oil
	Pepper to taste

Procedure

1. Preparation -
 - a) Shrimps - remove shells, marinate with salt (1 tsp), then rinse and pat dry.
 - b) Bamboo shoots - cut into shreds and put it in a bowl, then marinate with salt (½ tsp) and water (120 ml). Place it on the steam tray on the glass tray. Place them in the lower position (position 2) and cook using STEAM HIGH, and for 8-10 minutes. Drain well.
 - c) Dough - pour boiling water (250 ml) into wheat and tapioca flour and blend well with a rolling pin. Then knead the dough into rod shape on a flour board and cut dough to around 10g each. Flatten it with a scraper into round shape.
2. Mix the treated shrimps and bamboo shoots and seasonings well. Gradually add in extra cornstarch until it turns gluey.
3. Take a flattened round pastry and fold in 2 tsp of mixed ingredients from (2).
4. Gather pastries at the end and pleat it with fingers to make a nice dumplings.
5. Make 30 dumplings. Grease the two steam trays with oil and place dumplings on two steam trays evenly. Brush dumplings with oil and spray with water.
6. Place the one steam tray on the upper position (position 3). Place the other steam tray with the glass tray on the lower position (position 2) and cook using STEAM HIGH, and for 20 minutes.

STEAMED WHOLE FISH

Ingredients

200 g	Fish
	Ginger slices
	Green Onion slices

Procedure

1. Wash the fish, remove its scales and make several slits on it.
2. Place the fish on a plate and sprinkle lightly with water, salt and oil. Scatter ginger and green onion slices on top.
3. Place the dish on the steam tray on the glass tray. Place them on the lower position (position 2) and cook using STEAM HIGH, and for 27-28 minutes.

Note: Exact cooking time will depend on the kinds and shape of fish.

RECIPES

STUFFED CLAMS

Ingredients

8	Clams (in shells)
40 g	Ground Chicken
1 tsp	Wine
1 tsp	Soya Sauce
1 tbsp	Green Onion (diced)
½	Egg (beaten)
1½ tbsp	Cornflour
¼ tsp	Ginger Juice
¼ tsp	Sugar
½ tsp	Salt

Procedure

1. Soak clams in salt water to remove sand. Clean clams thoroughly by rubbing shells against each other.
2. Place clams on the steam tray on the glass tray. Put them in the lower position (position 2). Cook using STEAM HIGH, and for 10 minutes or until clams open.
3. Mix other ingredients together and divide into 8 portions.
4. Stuff one portion into each empty half-shell.
5. Arrange all 16 half-shells on a platter. Place the platter with the steam tray on the glass tray on the lower position (position 2). Refill the water tank to MAX mark and cook using STEAM HIGH, and for 14-16 minutes. Serve hot.

BEEF DUMPLINGS

Ingredients

330 g	Minced Beef
60 g	Fat
4	Water Chestnut
2	Lemon Leaves
1 stalk	Chinese Parsley

Seasonings

½ tsp	Baking Powder
2 tbsp	Tapioca Flour
¼ tsp	Lime Water
1 tsp	Salt
1 tsp	Sugar
½ tsp	Sesame Oil
2 tbsp	Oil
¼ cup	Water
	Pepper to taste

Procedure

1. Preparation -
 - a) Water chestnut - cut into very small dices.
 - b) Lemon leaves - remove veins and chop into fine shreds.
 - c) Chinese parsley - chop into fine shreds.
2. Marinate all ingredients with seasonings for 30 minutes, then knead well until firm.
3. Take out around 1½ tbsp of the mixed ingredients from (2) and make into balls.
4. Put beef balls onto a greased plate (27 cm in diameter). Brush dumplings with oil and spray with water.
5. Place the plate on the steam tray on the glass tray. Place them on the lower position (position 2), and cook using STEAM HIGH, and for 25 to 28 minutes.

CHICKEN PIECES WITH MUSHROOMS

Ingredients

280 g	Chicken pieces
40 g	Dried Mushrooms (soaked, drain well)
	Ginger slices
	Green Onion slices

Seasonings

½ tsp	Salt
½ tsp	Sugar
1 tsp	Light Soy Sauce
½ tsp	Cornstarch
½ tsp	Sesame Oil

Procedure

1. Marinate the chicken pieces and soaked mushrooms with seasonings for 30 minutes. Then mix together with ginger and green onion slices and put on a plate.
2. Place it on the steam tray on the glass tray. Place them on the lower position (position 2) and cook using STEAM HIGH, and for 25 minutes.

RECIPES

MIXED INGREDIENTS DUMPLINGS

Ingredients

40 g Shrimps
150 g Minced Pork
60 g Barbecued Pork
2 Mushrooms (soaked)
40 g Carrot (shredded)
4 Water Chestnuts
1 stalk Chinese Parsley (shredded)
1¼ cup Wheat Flour
1 cup Tapioca Flour

Seasonings

½ tsp Salt
½ tsp Sugar
1 tsp Cornstarch
Pepper to taste
Wine to taste
few Sesame Oil

Procedure

1. Preparation -
 - a) Shrimps - remove shells, marinate with salt (1 tsp), then rinse and pat dry.
 - b) Cut barbecued pork, mushrooms and water chestnuts into smaller dices.
 - c) Dough - pour boiling water (250 to 300 ml) into wheat and tapioca flour and blend well with a rolling pin. Then knead the dough into rod shape on a flour board and cut dough to around 15g each. Flatten it with a scraper into round shape.
2. Mix all the prepared ingredients with seasonings.
3. Take a flattened round pastry and fold in 1 tbsp of mixed ingredients. Do not pleat both ends, but allow steam to escape.
4. Make 20 dumplings. Grease the two steam trays with oil and place dumplings on two steam trays evenly. Brush dumplings with oil and spray with water.
5. Place the one steam tray on the upper position (position 3). Place the other steam tray with the glass tray on the lower position (position 2) and cook using STEAM HIGH, and for 20 minutes.

SHAO MAI

Ingredients

350 g Minced Chicken
200 g Shrimps
28 to 32 pcs Wonton Wrap

Seasonings

1 tsp Salt
½ tsp Sugar
2 tbsp Cornstarch
1 tsp Sesame Oil
¼ tsp Chicken Powder
Pepper to taste

Procedure

1. Remove shells from shrimps and marinate with salt (½ tsp), then rinse and pat dry.
2. Mix treated shrimps, minced chicken with seasonings well. Gradually add in extra cornstarch until it turns gluey.
3. Take out 2 tsp of mixed ingredients and fold into a wonton wrap.
4. Make 30 dumplings. Grease the two steam trays with oil. Place dumplings on two steam trays evenly. Brush dumplings with oil and spray with water.
5. Place the one steam tray on the upper position (position 3). Place the other steam tray with the glass tray on the lower position (position 2) and cook using STEAM HIGH, and for 20 minutes.

THAI SPICY MINCED CHICKEN (LARB MOO)

Ingredients

300 g Minced Chicken
3 to 4 pcs Peppermint Leaves
(A)
2 tbsp Crispy Roasted Rice (ground)
3 tbsp Lime Juice
2 tbsp Fish Sauce
1 tbsp Dried Chili (crushed)
½ tsp Chili Powder
(B)
2 tbsp Shallot (chopped)
few Spring Onion (thinly sliced)

Procedure

1. Put the minced chicken in the casserole. Place the casserole with the steam tray on the glass tray on the lower position (position 2), and cook using STEAM HIGH, and for 20 minutes, then stir well.
2. Drain and add in (A), mix well together. Refill the water tank to MAX mark and cook again using STEAM HIGH, and for 15-20 minutes. Then add in (B) and stir well again.
3. Put the mixture on a serving plate and put the peppermint leaves on top.
4. Serve with fresh vegetables (cabbage or string beans).

RECIPES

CHAWANMUSHI

Ingredients

7 g	Mushrooms (soaked, cut into halves)
60 g	Prawns (remove shells and veins)
20 g	Fish Cake (cut at an angle)
80 g	Chicken Breast (cut into cubes)
400 ml	Cold Dashi Soup
4	Eggs
½ tbsp	Light Soya Sauce
½ tsp	Salt
2 tsp	Mirin
1 stalk	Chinese Parsley

Procedure

1. Blend dashi soup, light soya sauce, salt, mirin and eggs; beat lightly.
2. Arrange chicken cubes, fish cake, mushrooms and prawns into 4 serving bowls. (4 ½ inches in diameter)
3. Strain beaten mixture from (1) into prepared ingredients in (2).
4. Use a teaspoon to scoop out excess bubbles from the surface of mixture.
5. Place the 4 bowls on the steam tray on the glass tray. Place it on the lower position (position 2) and cook using STEAM HIGH, and for 20 minutes.
6. Let it stand for 5 minutes. Garnish with parsley and serve.

DAIKON CAKE

Ingredients

175 g	Daikon
175 g	Rice Flour
3	Black Mushrooms
1	Chinese Sausages
14 g	Dried Shrimps
350 g	Hot Water
few	Coriander
few	Salt / few Oil

Seasonings

⅔ tsp	Salt
2 tbsp	Oil
pinch of	Pepper

Procedure

1. Scrape the daikon into shreds and mix with seasonings in a bowl.
2. Place the bowl on the the steam tray on the glass tray. Place it on the lower position (position 2) and cook using STEAM HIGH, and for 15-20 minutes.
3. Cut the chinese sausages into dices. Soak the dried shrimps and black mushrooms until soften, then cut into smaller pieces.
4. Dilute the rice flour with hot water, then stir in oil (1 tbsp), salt (2 tsp) and all prepared ingredients from above. Mix thoroughly.
5. Put the mixture into an oil-brushed 20cm(8") square tin. Place the tin on the steam tray on the glass tray on the lower position (position 2) and cook using STEAM HIGH, and for 35 minutes.
6. After cooking garnish with coriander on top and let stand with cover before serve.

Note: If the centre is not well cooked, refill the water tank to MAX mark and extend cooking for another 5-10 minutes.

MIXED BERRY CUSTARD

Ingredients

150 g	frozen mixed berries, thawed and pushed through a sieve to form a puree
1 cup	full cream milk
1 cup	condensed milk
4	eggs, lightly whisked
2	egg yolks
⅓ cup	caster sugar
2 tsp	icing sugar, to garnish
100 g	frozen mixed berries, thawed to garnish

Procedure

1. In a large microwave safe bowl, combine both the full cream and condensed milk. Place in MICROWAVE 70% for 6 minutes until milk is at a simmer.
2. In another large bowl, add eggs, egg yolks, sugar and mixed berry puree. Add the heated milk mixture. Using a balloon whisk, mix until well combined.
3. Divide the mixture evenly between 4 ramekins dishes (10cm diameter). Place dishes on the steam tray. Place the steam tray on the upper position (position 3). Place the steam tray on the lower position (position 2) on the glass tray. Cook using STEAM LOW, 90°C, for 35 minutes.
4. Once cooking is completed and the custard is set, stand for 10 minutes.
5. Serve with thawed whole berries and dust with icing sugar.

RECIPES

MARINATED SNAPPER

Ingredients

- 2 tbsp soy sauce
- 2 cloves garlic, crushed
- 1 tbsp sesame oil
- 1 tsp grated fresh ginger
- 1 ttbsp chopped fresh coriander
- 2 bird's eye chillies, seeds removed, finely chopped
- 500 g whole snapper, cleaned

Procedure

1. In a small bowl, combine soy sauce, garlic, sesame oil, ginger, coriander and chillies. Mix until well combined.
2. Place snapper in a large shallow casserole dish and add the marinade. Cover and refrigerate for 1-2 hours.
3. Place fish on the steam tray. If snapper is larger than the steaming tray, remove tail.
4. Place the steam tray on the upper position (position 3). Place glass tray on the lower position (position 2). Cook using STEAM LOW, 90°C for 35minutes.

LEEK, BACON AND CHEESE QUICHE

Ingredients

- 80 g bacon, diced
- 120 g leek, washed and thinly sliced
- ½ cup cheddar cheese, grated
- 4 eggs
- ⅓ cup full cream milk
- ⅓ pure cream
- 1 tbs plain flour
- Salt and pepper to season
- ¼ cup bread crumbs
- 20 g butter

Procedure

1. In a large bowl, whisk together the eggs, milk and cream. Add the cheese and mix together.
2. Add the bacon and leek and season with the salt and pepper.
3. Melt the butter in a microwave safe bowl. Place it on the oven floor (positon 1) and cook with MICROWAVE 100% for 20 seconds.
4. Grease 4 ramekin dishes (10cm diameter) with melted butter and coat with the breadcrumbs.
5. Evenly divide the mixture in the 4 ramekins.
6. Place the steam tray on the upper position (position 3). Place glass tray on the lower position (position 2). Cook using STEAM LOW, 90°C for 35 minutes.

GRILLED CHICKEN PIECES

Ingredients

- 1 kg chicken pieces (200 g/1 piece)
- 3 ttbsp (corn) oil

Seasonings

- 3 ttbsp light soy sauce
- 3 ttbsp water
- 2 ttbsp hoisin sauce
- Salt, sugar, chopped garlic to taste

Procedure

1. Marinate ribs for 20 minutes with seasonings.
2. Place on the rack on the glass tray and brush with oil. Place it on the lower position (position 2).
3. Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix High	7'-9'	Turn over.
2nd Grill	7'-9'	
3rd Grill Mix High	7'-9'	
4th Grill	4'-6'	

4. Garnish with pickles and pineapple.

CHINESE ROAST CHICKEN

Ingredients

- 0.9 kg chicken, whole

Seasonings

- 5 ttbsp barbecue sauce
- 1 tsp salt
- 3 ttbsp sugar
- 1 ttbsp light soy sauce
- 1 ttbsp dark soy sauce
- 2 ttbsp corn oil

Glazing

- 2 ttbsp honey

Procedure

1. Wash chicken clean and pat dry. Bind with thread.
2. Marinate with seasonings for 2 to 3 hours.
3. Place the chicken on the rack on the glass tray. Place it on the oven floor (position 1).
4. Let it cook :

Mode	Cooking time	Procedure
1st Micro 100%	1'	Turn over.
2nd Grill Mix High	12'-13'	
3rd Grill Mix High	9'-11'	

5. Brush with honey 2 or 3 minutes before finish.
6. After grill let stand for 10 minutes, then cut into slices and serve.

RECIPES

LAMB CHOPS WITH ONION SAUCE

Ingredients

650 g (4-6 pcs) lamb chops
½ onion, sliced
1 tomato, sliced
1 tbsp oil
Black pepper, Honey to taste

Seasonings

1 tbsp light soy sauce
1 tsp dark soy sauce
2 tsp sugar
1 tsp wine
1 tsp oil
Salt and pepper to taste

Gravy

1 tbsp oyster sauce
1 tsp sugar
1 grated garlic
1 tsp oil
70 ml water
Salt to taste
2 tsp cornflour blended with 1 tbsp water

CHICKEN AND PRAWN KEBABS

Ingredients

6 bamboo sticks
300 g chicken fillet, cut into 24 square pcs.
100 g onion, cut into 12 square pcs.
80 g green pepper, cut into 12 square pcs.
80 g tomato, cut into 12 square pcs.
70 g prawns, shelled and deveined, then cut into 3 pcs.

Seasonings

2 tbsp corn oil
1½ tsp salt
½ tsp pepper
1 tsp paprika
½ tsp garlic powder

Glazing

3 tbsp melted butter
1 tbsp lemon juice

CRISPY STUFFED MUSHROOMS

Ingredients

12 Black mushrooms
75g butter
2 cloves garlic, crushed
75 g fresh breadcrumbs
50 g cheese, grated

Procedure

1. Mix all seasonings well.
2. Marinate lamb chops with seasonings for 30 minutes.
3. Place lamb on the rack on the glass tray and sprinkle black pepper on them. Put it the lower position (position 2). Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix Low	4'-6'	Turn over.
2nd Grill	6'-8'	
3rd Grill Mix Low	2'-4'	
4th Grill	8'-10'	

4. Combine onion and oil in a bowl and put it on the oven floor (position 1). Cover, MICROWAVE 100% for 1'30" to 2'30".
5. Add gravy, except blended cornflour; MICROWAVE 100% for 1 minute; remove, stir and continue to cook for another 1 minute. And blended cornflour.
6. Add tomato; cover and MICROWAVE 100% for 1 minutes. Stir until cornflour is thick.
7. Top lamb with prepared gravy and garnish with spring onion.

Procedure

1. Marinate prepared ingredients with blended seasonings for more than 30 minutes.
2. Skewer a variety of ingredients onto bamboo sticks alternately with chicken, tomato, prawn, onion, and green pepper, then glaze with melted butter and lemon juice.
3. Place kebabs on the rack on the glass tray. Place in lower position (position 2).
4. Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix Low	4'-6'	Turn over.
2nd Grill	7'-9'	
3rd Grill Mix Low	4'-6'	
4th Grill	5'-7'	

Procedure

1. Soak the mushrooms until soften, then remove and chop mushroom stalks.
2. Put butter with garlic in a bowl and place it on the oven floor (position 1). Heat it on MICROWAVE 100% for 30 seconds, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
3. Place the mushrooms on the rack on the glass tray. Put it on the upper position (position 3), and cook using GRILL MIX LOW, and for 10 minutes.

RECIPES

FISH KEBABS

Ingredients

- 4 wooden skewers
- 450 g firm fleshed fish skinned and cut into 8 cubes
- 2 courgettes, cut into 8 chunks
- 4 medium mushrooms, stalks removed
- 4 slices of orange
- 2 medium tomatoes, halved
- 1 tsp fresh dill, chopped
- 50 g butter

Procedure

1. Arrange all ingredients onto each skewer in a regular sequence. Leave no wood exposed, place the kebabs on the rack on the glass tray.
2. Heat the dill and butter in a small bowl, place on the oven floor (position 1) and cook with MICROWAVE 100% for 30 seconds. Brush it on the kebabs.
3. Place them on the lower position (position2).
4. Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix High	4'-5'	Turn over.
2nd Grill	12'-14'	
3rd Grill Mix High	2'-4'	
4th Grill	8'-10'	

Note: To remove food easily from wooden skewers, soak the skewers in water for 30 minutes prior to using them.

CHICKEN SATAY

Ingredients

- 4 wooden skewers
- 450 g chicken fillets, cubed

Seasonings

- 1 tbsp groundnut oil
- 1 tbsp lemon juice
- 2 tbsp satay sauce
- 1 clove garlic, crushed
- Tabasco sauce to taste

Procedure

1. Place all the seasonings in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
2. Thread the chicken onto skewers leaving no wood exposed. Place skewers on the rack on the glass tray.
3. Place them on the lower position (position2).
4. Let it cook :

Mode	Cooking time	Procedure
1st Grill Mix High	7'-9'	Turn over.
2nd Grill Mix High	9'-11'	

Note: To remove food easily from wooden skewers, soak the skewers in water for 30 minutes prior to using them.

VEGETABLE LOAF

Ingredients

(A)

- 175 g fresh breadcrumbs
- 1 large carrot, grated
- 2 small courgettes, sliced
- 1 large potato, grated
- 3 sticks of celery, sliced
- 4 rashers bacon, chopped
- 125 g Cheddar cheese, grated
- 2 eggs, beaten
- Salt and pepper to taste

(B)

- 75 g Cheddar cheese, grated to sprinkle
- 1 tbsp fresh parsley, chopped

Procedure

1. Combine (A), mix well.
2. Pour mixture into a greased 1.5 litre loaf dish, cover with (B).
3. Place it on the glass tray in the lower position (position 2).
4. Let it cook :

Mode	Cooking time	Procedure
1st Micro 70%	15'	
2nd Grill Mix High	25'	

重要安全须知

重要安全须知：请仔细阅读，并储存作将来参考之用。

按照设计，本微波炉只能在工作台面上使用。本微波炉的设计不适宜嵌入墙壁或橱柜内。关于安装详情请参见第 C-3 页。

烹调过程中，炉门会变热。将微波炉放在炉底高出地面 85cm 或以上的高度。切勿让儿童靠近炉门，以免烫伤。确保炉顶以上之空间应有最少 12 厘米。

在没有负责其安全人员的正确指引和监护下，生理、感觉或者精神上能力受限，缺乏经验和知识的人（包括儿童）不得自行操作此炉。

请勿让儿童把微波炉当作玩具玩耍。

警告：在无人监护的情况下，儿童只有在充分理解操作说明、能安全使用微波炉且知道不当使用会造成危害的情况下才能使用微波炉。

警告：当烤炉在烧烤、混合烹调、蒸或自动模式（自动解冻选项除外）下运作时会发热，儿童请在家长指引下使用。

警告：可触及的零件在使用期间可能会变热。儿童应远离微波炉。

警告：如果炉门或炉门密封衬垫受损，先请夏普技术人员加以检查修理后才继续使用。

警告：切勿自行调整、维修或更改烤炉。除了夏普培训的技术人员以外，如果由非技术人员进行任何服务或维修，则会存在危险。由于维修可能会涉及拆卸外壳，而外壳对电气部件起着保护作用，所以由专人维修是很重要的。

如果微波炉电源线损坏，必须由夏普公司培训的技术人员更换微波炉专用的电源线。

警告：液体和其他食物不得在密封容器内加热，很有可能引起爆炸。

饮料经微波加热后会出现过长时间煮沸，因此在烹调时必须格外小心。

请勿烹调或加热带壳蛋类，而且不可使用微波炉加热已煮熟的整只鸡蛋，因为即使在微波烹调过程结束后，也有可能发生爆裂。对未经打散或混合的鸡蛋进行烹调或加热时，应刺破蛋黄和蛋清，否则鸡蛋可能会发生爆裂。在使用微波炉对煮熟的鸡蛋进行翻热之前，应对其去壳并切片。

烹调时，应当检查烹调器具，确保其适用于烤箱。请参见第 C-26 页。仅能使用微波模式下的微波炉安全容器及烹调器具。

奶瓶和盛载婴儿食品瓶罐内的食物必须先搅拌或摇一摇后喂给婴儿，以防烫伤婴儿。

炉门、外壳、炉腔、盘碟、附件，特别是烧烤发热器在操作过程中会变烫。应特别小心，避免触碰这些区域。为防止烫伤，通常要带上较厚的烤箱专用手套。清洗前应确保这些区域已冷却。

将食品放在塑胶或纸质容器中加热时，鉴于起火的可能性，应当密切关注烤箱情况。

如果发现烟雾，请立即关掉或拔下烤箱电源插头并保持炉门关闭，以控制火焰蔓延。

应定时清洗微波炉，并清除残留食物。

如果未能保持烤炉处于洁净状态，则会导致微波炉表面变质，更大大减低微波炉的寿命，以致会造成危险。

请勿使用粗糙的洗涤剂或锐利的金属刮刀来清洁炉门玻璃，因为其会刮花表面，从而可能使玻璃碎裂。

切勿使用蒸汽清洗装置。

清洗炉门密封衬垫、炉腔及相邻部件时，请参见第 C-20 页的指南。

其他警告

1. 为防止意外发生，请注意并遵守下列事项：

- 除可饮用的室温水（被过滤）之外，切勿将其他任何液体注入水箱。
- 在烤箱操作过程中，请不要离开。烤箱温度过高或烹调时间过长可能会使食物加热过度，从而导致起火。
- 切勿让食品烹调过度。
- 烹调食品前，先拆去绑扎包装袋的金属线。
- 切勿用微波炉来加热食油或油炸食品，因为油温会变得很高而难以控制。
- 切勿使用合成材料制成的容器用于烹调。否则，它们会在高温下熔化。
- 如果烤箱仍旧很热，切勿使用塑料容器，否则它们可能会熔化。除非塑料容器生产商声明容器，否则切勿使用塑料容器。
- 切勿在烤箱内储存食物或任何其它物品。
- 如果在烘烤或制作蛋糕和甜食时添加了酒精饮品，当酒精释放出的蒸汽接触到电热元件时，可能会导致起火。请务必在烹调时密切注意烤箱情况。

2. 在使用微波炉烹调时应当小心，尽量避免食物爆裂或过长时间煮沸。因此您的烤炉能够快速加热食物以及饮品，因此您在烹调食物时一定要根据食物的种类和重量选择合适的烹调时间和微波功率。如果您无法确定烹调所需时间和微波功率，您可以先选择低微波功率以及短时间烹调，再根据实际需要增加时间或功率加热食物。

请遵守下列事项：

- 切勿用密封容器进行烹调。如带有瓶盖或奶嘴的奶瓶均属密封容器。
- 烹调时间切勿过长。

重要安全须知

- c. 加热液体时，一定要用阔口容器。
- d. 待烹调后最少 20 秒才取出食物，以免煮滚的液体爆溅。
- e. 烹调前及烹调中将液体搅拌，盛载食物的器皿，或放匙羹或其他器具于器皿内时，应特别小心处理。
3. 本微波炉仅可作为家庭烹调使用，并仅应用于食物和饮料之加热，烹调和解冻。
本微波炉不适合作为商业或实验室之用或用来加热治疗工具如：小麦包等。
4. 微波炉门夹有杂物或没有关闭好时，切勿加以使用。
5. 从烤炉内取出食物时，请小心不要让器皿、衣服或饰物接触到烤箱门门。
6. 微波炉正在操作时切勿以物件，特别是金属制品刺向机门的网状表面或炉门与微波炉之间的位置。
7. 切勿改动或拆除门门。
8. 烹调结束后欲取出炉内食品时，务请戴上烹调手套，以免烫伤；并应小心揭盖，以免蒸气灼伤皮肤。
9. 如果炉箱内照明灯发生故障，请与夏普维修中心联络。
10. 避免热蒸汽直接接触面部和双手，对面部或双手造成灼伤。远离面部，从碟子最边缘的位置慢慢揭起覆盖碟面的微波炉专用保鲜纸，小心开启爆玉米花的袋子和其他微波烹饪袋。
11. 切勿将电源线压于微波炉之下，搁置于发热体表面或挂于锐利的物品上，以免受损坏。
12. 打开烤箱门时务必小心。为了避免冒出的热气和气流造成灼伤，请在取出或重新放入食物之前使热气或气流排出。
13. 切勿将任何物件放在炉顶上，因为在运行过程中微波炉会变得很热。
14. 为了避免灼伤，食用之前务必测试食物和容器的温度，并加以搅拌，尤其是在让婴儿、儿童或老人食用之前，务必特别注意容器、食物和饮品的温度。在没有检查容器温度之前，请不要饮用饮品或汤类。在使用微波炉烹调时应当小心，因为容器已经变得很烫。
15. 请确保烹调器皿于烹调时不会与炉箱内壁碰触。
16. 在烤箱操作过程中，切勿接触烤箱门、外壳、后壳、烤箱腔、通风口、附件和盘碟以及从通风盖冒出的气流，因为它们会变热。
17. 切勿直接触摸烤箱照明灯周围。当烤箱照明灯亮起时，此部分将会变热。
18. 使用烤箱时，请在装设烤箱的房间进行通风，例如打开窗户或打开厨房抽气风扇装置。否则从烤箱通风盖冒出的气流可能会喷湿临近的墙壁或家具。
19. 如果水箱破裂和漏水，切勿使用烤箱。请联系夏普公司授权的维修中心。
20. 切勿将手指或物体插入烤箱上的孔中（蒸汽口或通风口），否则可能会损坏烤箱以及导致电击或其它危险。
21. 切勿用湿手触摸电插头。请将插头牢固地插进墙壁电源插座上。从插座中拔出插头时，务必抓住插头，切勿拽拉电源线，否则可能会损坏电源线和插头内部的连接。
22. 切勿在烤箱操作时移动烤箱。如果需要移动烤箱，务必采用去除主机水分功能排出烤箱内的所有水。排水后，请倒空滴水托盘的积水。
23. 切勿故意将水洒到烤箱门或控制板上。
24. 如果烤箱翻倒或掉落到地板上，切勿继续使用烤箱。请拔掉插头并请联系夏普公司授权的维修中心。

安装事宜

1. 将微波炉内的包装物件全部拆去，并从炉门外撕下宣传标贴（若附有）。检查微波炉是否有损坏，例如炉门的安装是否有偏差，炉门周围的密封衬垫是否有损坏或微波炉内及炉门上是否有凹痕等。若发现有任何损坏之处，请立即与夏普授权的维修中心联络，受维修人员的检查与修理之后，才可使用本微波炉。
2. 检查本微波炉是否带有下述附件
1) 烤架 2) 玻璃盘 3) 蒸盘 4) 使用说明书及食谱 5) 触键指南 6) 测试条
3. 由于炉门在烹调期间会变热，为了避免意外接触，应将微波炉放在地面上至少85厘米。而且，应使儿童远离炉门，以免烫伤。
4. 按照设计，本微波炉只能在工作台面上使用。请勿将微波炉安装在过热与过湿的地方，例如焗炉附近。请勿在易燃物品附近安装，例如窗帘。应将微波炉放在不阻拦通风口。如果本电器被盖着或接触到易燃材料，包括窗帘、盖布、墙壁等，则可能会起火。从炉顶以上之空间应有最少12厘米，以便空气流通。微波炉的设计不适宜嵌入墙壁或橱柜内。
5. 切勿使用转接器插头将其它电器与烤箱连接到同一个插座上。
6. 由于用户自行更换电源插头而引致微波炉损坏或其他不良后果时，厂方及经销商概不负责。所使用的交流电电压和频率必须与标签所示的标准一致。
7. 本微波炉的地线必须接地：

重点

电源线中导线按照以下方式标色：

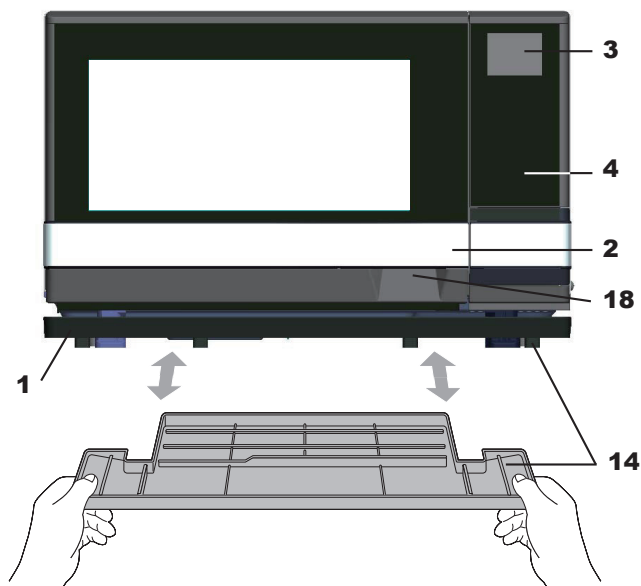
绿黄色：地线

蓝色：中线

褐色：火线

本微波炉电源线中导线的色标可能与阁下所用的插头（或插座）上的色标不相同，届时请按以下规则操作：
绿黄色的导线必须与以下几种插头（插座）之一相接：标有 E 字母、带有 (≡) 符号、色标为绿色或黄绿色。
蓝色的导线必须与标有 N 字母或蓝色的插头（或插座）相接。
褐色的导线必须与标有 L 字母或褐色的插头（或插座）相接。

各部位名称



1 通风口
 请注意：在蒸煮或混合烹调过程中，会释放出高温蒸汽或高温空气，此时应使儿童远离烤炉。

2 门柄
3 LCD 显示屏
4 控制板
5 照明灯
6 上层（位置 3）
7 下层（位置 2）
8 水箱（请参考第 C-6 页）
9 炉门密封衬垫和衬垫表层

10 门门
11 烤炉底层（位置 1）
12 门铰
13 蒸汽口
14 滴水托盘（请参考第 C-6 页）
15 炉腔
16 装有透明窗的炉门
17 烧烤发热器（在炉箱上壁）
18 炉门控制杆

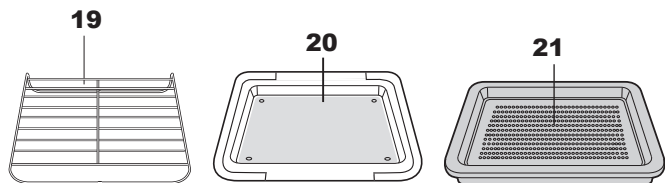
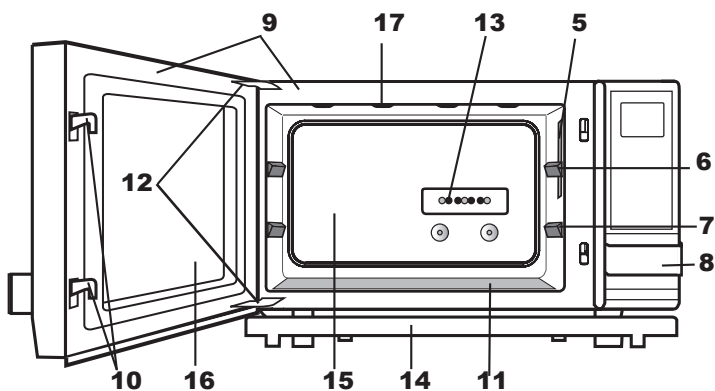
欲打开炉门时，请紧握炉门控制杆底部，并向外拉动。

附件

19 烤架
 对于烧烤和混合烹调。请勿使用微波功能。并将食物置于玻璃盘上。
20 玻璃盘
21 蒸盘 ×2
 仅用于蒸模式。必须放在玻璃盘上面。请勿用于微波模式、烧烤模式及混合烹调模式。

关于放置蒸盘和玻璃盘的警告：

烹调结束后，先拿出蒸盘。
 参见图 2。注意从蒸盘中流出的多余的水，我们建议您将蒸盘直接放在一个浅盘或平底盘上以免水溢出。
 在将玻璃盘拿出之前，确保盘子已经冷却。玻璃盘上可能会有水，因此取出玻璃盘时要注意。



注意：按照图 1 所示，将烤架放在玻璃盘上。

警告：

由于烹调结束后炉腔、炉门、外壳、附件和盘碟将会变得非常热，所以务必戴上烤箱专用干及厚手套，将食物或附件从烤箱中取出，以免灼伤。

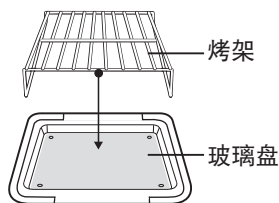


图 1

烤箱专用手套

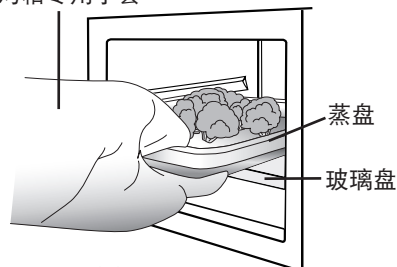
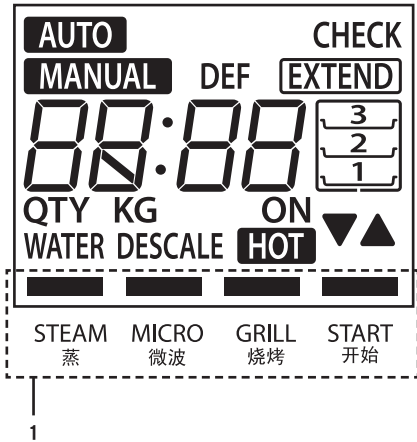


图 2

控制板操作



显示资讯：

显示屏上会显示包括烹调时间和烹调模式等在内的有用资讯。

1. 烹调模式 & START (开始) 指示器

在烹调过程中，指示器将闪烁或亮灯。

当指示器闪烁时，您可以按相关按键。

当显示屏上显示指示器亮灯，则表示烹调模式已经选定，或是烤炉正在选定的烹调模式下进行烹调。

AUTO (自动)：选择自动烹调，或是进行中。

MANUAL (手动)：选择手动烹调，或是进行中。

CHECK (检查)：需要进行必要的操作(例如翻转食物、搅拌)。

DEF (去除主机水分)：选择自动解冻选项，或是进行中。

ON (运行)：烤炉正在运行。

EXTEND (延长)：可延长烹调时间。

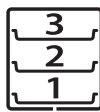
HOT (高温)：烤炉温度非常高。

▲ (延长)：自动烹调模式下选择延长烹调时间。

▼ (缩短)：自动烹调模式下选择缩短烹调时间。

DESCALE (除垢)：需要除垢

WATER (加水)：需要加水。当这个指标是在屏幕上出现，烤炉在使用水的烹调中在运作。



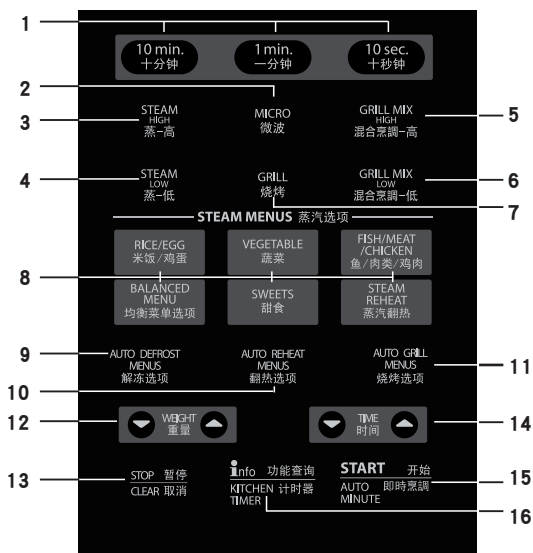
盘位置指示器：

自动烹调 and 手动蒸烹调所需盘的位置。

3: 上层

2: 下层

1: 烤炉底层



操作键：

- 1 时钟 键
- 2 微波 * 键
- 3 蒸 - 高 键
- 4 蒸 - 低 键
- 5 混合烹调 - 高 * 键
- 6 混合烹调 - 低 * 键
- 7 烧烤 * 键
- 8 蒸汽选项 键
- 9 解冻选项 * 键
- 10 翻热选项 * 键
- 11 烧烤选项 * 键
- 12 增加 / 减轻重量 键
- 13 暂停 / 取消 键
- 14 缩短 / 延长 键
- 15 开始 / 即时烹调 键
- 16 功能查阅 / 计时器 键

* 该模式不使用蒸汽。

重要须知

请在使用蒸烹调前仔细阅读

水箱

对于所有的自动和手动烹调操作，都必须以饮用的室温水（被过滤）注入水箱。请务必遵循如下指引。

1. 将水箱向自己的方向拉出。（图 1）
2. 首次使用时请清洗水箱和水箱盖。
3. 每次进行烹调前，请通过水箱盖向水箱里面注入饮用的室温水（被过滤），直至刻度线 MAX（满水）的位置。（图 2）请勿将水注入超过刻度线 MAX（满水）的位置。
4. 请确保水箱盖已紧紧闭合。
5. 用力将水箱推回烤炉内并安装好。（图 3）
6. 烹调后，倒空水箱并清洗水箱和水箱盖。

注意：

1. 切勿使用任何其他液体，例如蒸馏水、去离子水、矿泉水等。
2. 如果水箱内的水量不足，则可能导致无法预料的后果。
3. 我们建议您每次烹调后都倒空水箱积水。请勿让水箱装水放在烤炉内超过一天。
4. 在烹调过程中如出现任何提示消息，例如“Err, WATER（错误，加水）（闪烁）”，请参看 C-21 页的“故障查阅指南表”。
5. 切勿摔落或损坏水箱。烤炉产生的热量可能会使水箱变形。切勿使用损坏的水箱。请联系夏普公司授权的维修中心。
6. 在移除水箱的时候可能有水滴落。请用柔软抹布拭干烤炉。
7. 请勿将水箱盖上的气孔阻塞。否则将会在烹调过程中引起故障。

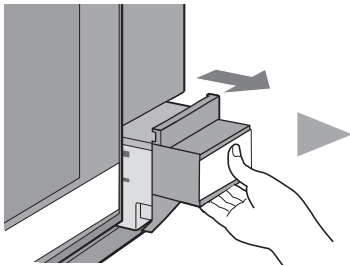


图 1

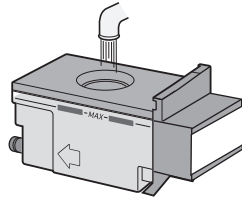


图 2

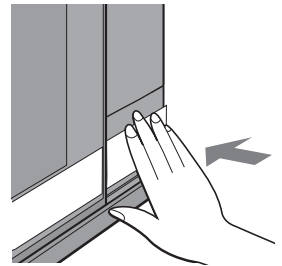


图 3

滴水托盘

请确保滴水托盘放置到位并遵循如下指引。

滴水托盘及烤炉包装在一起。如图 4 所示，将滴水托盘放置于烤炉门下。滴水托盘的作用是收集从烤炉门上滴落的冷凝水滴。

移除滴水托盘：将滴水托盘用手向自己的方向拉出。

* 请不要让滴水托盘里的水在移除滴水托盘时溢出。

将滴水托盘放回烤炉：把滴水托盘放置于烤炉下方左右两边的挂钩上，如图 4 所示。水平放入滴水托盘并扣紧。不正确的放置方式可能会导致挂钩损坏。

每次烹调后请倒空滴水托盘。先倒空积水，然后用水彻底冲洗，晾干或用抹布拭干后放回原位。没有倒空滴水托盘的话则可能导致溢流。在没有倒空滴水托盘的情况下反复烹调则可能导致溢流。

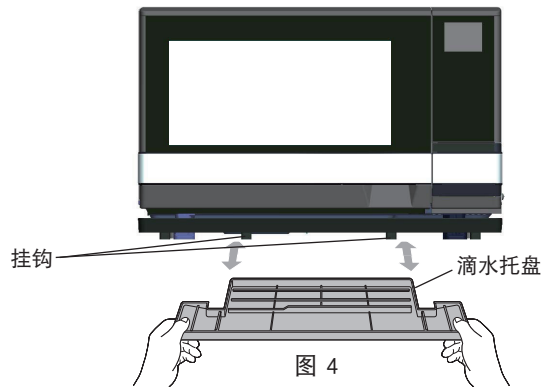


图 4

警告：

1. 烤炉在烹调 and 进行排水之后将会变得非常热。
2. 打开烤炉时请勿将脸贴近烤炉。烤炉冒出的蒸汽可能会引致灼伤。
3. 请确保在倒空水箱和滴水托盘时，烤炉已经冷却。然后请擦干炉内壁。
4. 请勿用手直接接触滴水托盘内的水，因为这些水可能会很热。

重要须知

自动烹调 and 手动烹调模式中的蒸汽

烹调前

1. 确保水箱已注满可饮用的室温水（被过滤），并且正确安装。（请参考第 C-6 页）
2. 请确保烤炉底装上已经倒空积水的滴水托盘。（请参考第 C-6 页）
3. 将食物放入微波炉中。食物以蒸模式烹饪时必须确保玻璃盘放在下层位置（位置 2）。

烹调后

1. 当烤炉冷却后，移除并倒空水箱，擦拭炉内壁。请注意烧烤发热器及蒸汽口的温度可能很高，所以在擦拭烤炉顶部及炉腔背板时应格外谨慎（在烹调过程中，烧烤发热器会以极短的时间间隔间歇性开启。）倒空滴水托盘。
2. 使用蒸汽选项、蒸 - 高或蒸 - 低烹调后请启动去除主机水分功能，当天内至少一次。
3. 在移除滴水托盘前，请检查是否有水溢出托盘。
4. 在烹调过程中，蒸汽会冷凝在炉门，炉壁及烤炉底。请用柔软抹布将液体擦干。当天最后一次使用后，我们建议您对烤炉进行 3 分钟烧烤操作（不放置任何食物和配件），以烘干烧烤发热器周围的水份。

警告：请勿将脸贴近烤炉。蒸烹调所产生的蒸汽可能会引致灼伤。

注意：请保持烤炉门关闭。如果烤炉门在烹调过程中打开，蒸汽将会溢出，这样烹调时间将会加长。


重要须知


去除主机水分功能

使用蒸汽的烹调后请启动去除主机水分功能，当天内至少一次。去除主机水分操作需要 7 分钟。

去除主机水分操作有利于防止水垢积聚和循环使用不新鲜的水。此操作利用内部蒸汽系统进行水分的蒸发。

操作

- 1 移除水箱。
请确保烤炉内没有食物遗留。
触按**功能查阅 / 计时器**键一次，选择“**In F1**”。


- 2 触按 **开始 / 即时烹调** 键。“**In F1**”在进行去除主机水分操作时会点亮或熄灭。


- 3 当去除主机水分功能结束、烤炉冷却后，请擦拭炉腔内壁。倒空滴水托盘。

注意：

1. 请避免在烹调过程中开关炉门，以防止炉内温度骤然下降，影响烹调效果。
2. 当您设定了去除主机水分操作，电源节能模式将会暂时取消。


除垢功能

白色或灰色的微粒，也称为水垢，可能会在烤炉制造蒸汽的过程中因为水循环作用而在炉内形成。


当屏幕显示“DESCALE（除垢）（闪烁）”时，请确保除垢操作立即进行。操作过程大约需要 1 小时。（使用柠檬酸或柠檬汁除垢约 30 分钟，然后用清水冲洗 30 分钟。）


操作

- 1 一些药店有售的纯柠檬酸，或不含果肉的瓶装 100% 柠檬汁被用于除垢。选择上述其中一种用于进行除垢操作。
如使用纯柠檬酸，请将 1 汤匙纯柠檬酸结晶溶解在无孔容器内的 500 毫升水。搅拌均匀，倒入水箱。
如使用瓶装 100% 柠檬汁，请确保里面不含任何果肉成分。如果有黏浆状物质或您不是肯定的，通过更好的过滤器过滤。测量过滤的 70 毫升柠檬汁并增加 500 毫升水。搅拌均匀，倒入水箱。
将水箱正确放回炉内并将其稳固地推入就位。

- 2 触按**功能查阅 / 计时器**键两次，选择“**In F2**”。


- 3 将玻璃盘置于下层（位置 2），并紧靠烤炉的后壁。

- 4 请勿在烤炉内放置任何食物。关紧烤炉门。触按**开始 / 即时烹调**键开始除垢。（约 30 分钟）


- 5 当烤炉停止运行并冷却后，请移除水箱，倒空积水，冲洗干净并重新注入可饮用的室温水（被过滤）至 MAX（满水）线。将水箱放回原位。倒空并替换滴水托盘。
移除玻璃盘并倒空，冲洗干净并晾干。依照步骤 3，将玻璃盘放回原位。关紧烤炉门。
触按**开始 / 即时烹调**键。冲洗程序便会开始。（约 30 分钟）


- 6 当冲洗结束并且烤炉冷却后，移除水箱并倒空积水。移除玻璃盘并倒空。擦拭烤炉内壁使其干燥。稍等几分钟，然后倒空滴水托盘。

注意：

当您设定了除垢操作，电源节能模式将会暂时取消。

操作之前

- 在使用您的烤箱前，请确保您已经阅读并完全读懂使用说明书。
- 在使用烤炉前，请按如下步骤操作：
 1. 正确防止滴水托盘。请参考第 C-6 页。
 2. 在开始烹调时参看如下细则。
 3. 在首次使用之前请参看右边的指示来清洁您的烤炉。

烹调开始前之须知

本微波炉附有电源节能模式。若该炉没有操作时，本装置可节省电力。

操作

- 1** 把微波炉插头插入电源插座。
显示器上没有任何显示。
- 2** 打开炉门。显示器将显示“0”。
- 3** 关闭炉门。
此时您可以使用微波炉。

注：

在电源节能模式中，如果您在 3 分钟以内未对微波炉进行操作（如关闭炉门，触按**暂停 / 取消**键或者烹调结束后），您将不能使用微波炉，除非重新打开并关闭炉门。

注意：

当您设定了儿童安全锁及示范功能，电源节能模式将会暂时取消。

暂停 / 取消

1. 如果在编定程序时输入错误，请触按**暂停 / 取消**键。
2. 暂停烹调中微波炉的操作。
3. 在烹调过程中取消一组编程，请按键两次。

首次使用之前请清洁烤炉

首次使用烧烤模式时，可能会有烟雾或焦味生成，这是正常情况，非故障信号。为避免该问题，首次使用微波炉时，在不放任何食物的情况下开启烧烤模式 20 分钟。

准备工作

敞开烤炉通风。

操作

- 1** 请确保烤炉内没有食物遗留。
触按**烧烤**键。

GRILL
烧烤

x 1

- 2** 通过触按**时钟**键输入时间（20 分钟）
并触按**开始 / 即时烹调**键。

10 min.
十分钟

x 2

START 开始
AUTO 即時烹調
MINUTE

x 1

警告：

炉门、外壳、炉腔，特别是烧烤发热器在工作过程中将会变得非常热。

自动烹调

自动烹调操作在蒸汽、烧烤和微波下可用。请参阅各个功能的详细说明。

蒸汽选项

蒸汽选项功能包括 6 类共 18 个选项。利用该模式烹调食品通常使用蒸盘和玻璃盘。使用时请确保玻璃盘放置在下层位置（位置 2）。请参阅第 C-6-7 页的重要须知。

- St11 - St14 米饭 / 鸡蛋
- St21 - St22 蔬菜
- St31 - St34 鱼 / 肉类 / 鸡肉
- St41 - St42 均衡菜单选项
- St51 - St53 甜食
- St61 - St63 蒸汽翻热

详情请参看 C-31-35 页的“蒸汽选项食谱”。

*假设您想要烹调 0.3 千克的鲜鸡柳。

操作

- 请确保水箱已经注入至 MAX（满水）线可饮用的室温水（被过滤）并正确安装。
触按 **鱼 / 肉类 / 鸡肉** 键直至显示所需的菜单号码 (St34)。 
- *通过触按 **重量** 键，输入食物的净重或数量，直至显示出所需的净重或数量 (0.3 KG)。 
- 请按 C-32 页的烹调指南表中的指示放入食物。关闭炉门。触按 **开始 / 即时烹调** 键。 
- 在烹调结束后，“EXTEND（延长）”会出现在屏幕上。如果您希望延长烹调时间，请通过触按 **时钟** 键加长时间。
触按 **开始 / 即时烹调** 键。如果不需要，请触按 **暂停 / 取消** 键。当烤炉冷却后，移除并倒空水箱，清洁炉腔内壁。倒空滴水托盘。   

*如果没有必要输入数量，跳过步骤 2。

关于放置蒸盘和玻璃盘的警告：

烹调结束后，先拿出蒸盘。
参见 C-4 页的图 2。注意从蒸盘中流出的多余的水，我们建议您将蒸盘直接放在一个浅盘或平底盘上以免水溢出。
在将玻璃盘拿出之前，确保盘子已经冷却。玻璃盘上可能会有水，因此取出玻璃盘时要注意。

注意：

- 请输入食物的净重或数量。请勿算入容器重量。
- 当食物比烹调指南表所示要重或轻，请选择手动烹调。
- 程序设定的烹调时间是烹调所需的平均时间。要延长自动烹调功能设定的时间，请参看 C-17 页的“烹调结束后延长烹调时间”的章节。在延长烹调时间之前，请确保水箱已经注入至 MAX（满水）线可饮用的室温水（被过滤）并正确安装。
- 任何选择均可以选择延长或缩短时间调整选项。请参看 C-17 页。
- 请保持烤炉门关闭。如果烤炉门在烹调过程中打开，蒸汽将会溢出，这样在烹调时间将会加长。
- 在烹调过程中，蒸汽会冷凝在烤炉门、烤炉壁及烤炉底。请用柔软抹布将液体擦干。当天最后一次使用后，我们建议您对烤炉进行 3 分钟烧烤操作（不放置任何食物），以烘干烧烤发热器周围的水分。
- 烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达 10 分钟。

警告：

- 炉门、外壳、炉腔、附件、盘碟和特别是烧烤发热器会变得很热。在放入或取出食物时，应使用厚的烤炉手套，以防止烫伤。
- 打开烤炉时请勿将脸贴近烤炉。烤炉冒出的蒸汽可能会引致灼伤。

自动烹调

自动烧烤选项





自动烧烤选项包含 4 个选项。

AG1: 烤鸡 AG3: 烤鱼
AG2: 鸡翼 AG4: 牛排

详情请参看 C-36 页的“自动烧烤选项食谱”。

*假设您想要烹调 1.2 千克的烤鸡。

操作

- 1 触按**烧烤选项**键直至显示的菜单号码 (AG1)。 
- 2 通过触按**重量**键，输入食物的净重或数量，直至显示出所需的净重或数量 (1.2KG)。 
- 3 请按 C-36 页的烹调指南表中的指示放入食物。关闭炉门。触按**开始 / 即时烹调**键。 
- 4 烤炉会停止工作，同时“CHECK (检查)”字样会在屏幕上不断闪烁。打开炉门。翻转鸡肉。关闭炉门。触按**开始 / 即时烹调**键。 

注意：

1. 请输入食物的净重或数量。请勿算入容器重量。
2. 当食物比烹调指南表所示要重或轻，请选择手动烹调。
3. 请总是遵循烹调指南所示的指示操作。
4. 所有选择均可以选择延长或缩短时间调整选项。请参看 C-17 页。
5. 烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达 10 分钟。

警告：

炉门、外壳、炉腔、附件、盘碟和特别是烧烤发热器会变得很热。在放入或取出食物时，应使用厚的烤炉手套，以防止烫伤。

自动翻热选项




自动翻热选项包含 3 个选项。

AR1: 翻热菜肴
AR2: 翻热汤
AR3: 翻热饮料

详情请参看 C-37 页的“自动翻热选项食谱”。

*假设您想要翻热 1 碗的汤。

操作

- 1 触按**翻热选项**键直至显示的菜单号码 (AR2)。 
- 2*通过触按**重量**键，输入食物的数量，直至显示出所需的数量 (1QTY)。 
- 3 请按 C-37 页的烹调指南表中的指示放入食物。关闭炉门。触按**开始 / 即时烹调**键。 

*如果没有必要输入数量，跳过步骤 2。

注意：

1. 所有翻热选择均可以选择延长或缩短时间调整选项。请参看 C-17 页。
2. 要将其他食物或者要翻热的食物重量比自动翻热选项指南表列举的重量要重或轻，手动翻热。请参看 C-16 页的“微波烹调指南”。
3. 请勿使用玻璃盘、蒸盘和金属烤架。
4. 烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达 10 分钟。

自动烹调

自动解冻选项

自动解冻选项包含 3 个选项。请勿使用玻璃盘、蒸盘和金属烤架。

dE1: 牛排 / 排骨

dE2: 肉馅

dE3: 家禽

详情请参看 C-37 页的“自动解冻选项食谱”。

*假设您想要解冻 0.5 千克的牛排。

操作

- 1** 触按解冻选项键直至显示的菜单号码 (dE1)。



AUTO DEFROST
MENU
解冻选项

x 1

- 2** 通过触按重量键，输入食物的净重，直至显示出所需的净重 (0.5KG)。



WEIGHT
重量

x 6

x 4

- 3** 请按 C-37 页的烹调指南表中的指示放入食物。关闭炉门。触按开始 / 即时烹调键。



START 开始
AUTO 即时烹调
MINUTE

x 1

- 4** 烤炉会停止工作，同时“CHECK (检查)”字样会在屏幕上不断闪烁。打开炉门。翻转牛排并保护解冻部分。关闭炉门。触按开始 / 即时烹调键。



START 开始
AUTO 即时烹调
MINUTE

x 1

注意：

1. 请输入食物的净重或数量。请勿算入容器重量。
2. 任何解冻选择均可以选择延长或缩短时间调整选项。请参看 C-17 页。
3. 要将其他食物或者要解冻的食物重量比自动解冻选项指南表列举的重量要重或轻，请延长或缩短烹调时间、增加或减少 30% 微波功率。请参看 C-16 页的“微波烹调指南”。
4. 请勿使用玻璃盘、蒸盘和金属烤架。
5. 烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达 10 分钟。

手动烹调

手动烹调可在蒸、烧烤、混合烹调 and 微波烹调下的一个选项。
请参看“手动烹调指南表”和“食物和器具摆放位置图表”。此指南表提供对于每种设定的指示信息。

手动烹调指南表

烹调模式		温度/功率范围	时间范围	水箱
蒸	高	100°C	0 - 35分钟	是
	低	70 - 95°C *	0 - 60分钟	是
烧烤		—	0 - 99分钟 50秒钟	否
混合烹调	高	烧烤: 50%功率 微波: 50%功率	0 - 99分钟 50秒钟	否
	低	烧烤: 90%功率 微波: 10%功率	0 - 99分钟 50秒钟	否
微波		0 - 100%功率	0 - 99分钟 50秒钟	否

* 您可以 5 的倍数将温度设置在 70°C -95°C 之间。(初始设置: 90°C)

食物和器具摆放位置图表

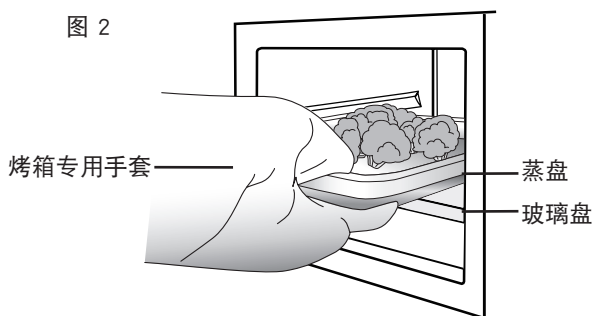
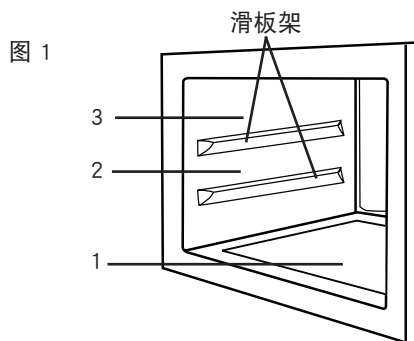
烹调模式	双层烹调		食物和器具摆放位置 (参见图1)			
			3: 上层	2: 下层	1: 烤炉底层	
蒸	高	是	单层	—	食物 蒸盘	—
			双层	食物 蒸盘	食物 蒸盘 玻璃盘	—
	低	否	食物 蒸盘	玻璃盘 (没有食物)	—	
烧烤		否	食物 烤架或盘子	玻璃盘	参见注意1。	
混合烹调	高	否				
	低	否				
微波		否	—	食物 微波炉安全容器 玻璃盘 参见注意2。	食物 微波炉安全容器	

注意:

- 根据食物的体积选择适当的位置。对于大多数食谱, 建议使用位置 2 或位置 3。在烧烤较大份量的食物时, 为防止其触碰烤炉顶部, 应将食物和玻璃盘置于位置 1。如果食物触碰到烧烤发热器, 则在烹调过程中会产生烟雾等现象。
- 用于制作蛋糕或烘肉卷。
- 使用后请将蒸盘和烤架抹干。

关于放置蒸盘和玻璃盘的警告:

烹调结束后, 先拿出蒸盘。参见图 2。注意从蒸盘中流出的多余的水, 我们建议您将蒸盘直接放在一个浅盘或平底盘上以免水溢出。在将玻璃盘拿出之前, 确保盘子已经冷却。玻璃盘上可能会有水, 因此取出玻璃盘时要注意。



手动烹调

蒸

蒸有 2 个功能：蒸 - 高和蒸 - 低。在烹调食物的过程中请务必使用蒸盘和玻璃盘。详细资讯请参阅 C-13 页及 C-6-7 页的重要须知。

烹调模式	温度
蒸 - 高 STEAM HIGH 蒸-高	100°C
蒸 - 低 STEAM LOW 蒸-低	70-95°C

用蒸 - 高烹调食物例如鸡肉和蔬菜等。用蒸 - 低慢火烹调鱼或鸡蛋沙司。在蒸 - 低下，烹调时间稍微比用蒸 - 高的时间要长。蒸汽的柔和烹调能力能将食物煮熟但不破坏食物的形状、颜色和香味。蒸 - 高的烹调时间能设定为长达 35 分钟 (35.00)。蒸 - 低的烹调时间能设定为长达 60 分钟 (60.00)。

用蒸 - 低，温度可设置在 70°C ~ 95°C 之间，并且以 5°C 为一刻度调整。双层烹调适用于蒸 - 高，单层烹饪仅适用于蒸 - 低。

蒸 - 高

* 假设您想要在蒸 - 高模式下进行双层烹调 20 分钟。

操作

1 请确保水箱已经注入至 MAX (满水) 线可饮用的室温水 (被过滤) 并正确安装。触按蒸 - 高键直至显示所需的盘子的位置 (2 和 3)。



2 通过触按时钟键，输入所需的烹调时间 (20.00)。



3 触按开始 / 即时烹调键。



4 在烹调结束后，“EXTEND (延长)” 会出现在屏幕上。如果您希望延长烹调时间，请通过触按时钟键加长时间。



触按开始 / 即时烹调键。如果不需要，请触按暂停 / 取消键。当烤炉冷却后，移除并倒空水箱，清洁炉腔内壁。倒空滴水托盘。



蒸 - 低

* 假设您想要在蒸 - 低 (80°C) 模式下蒸 20 分钟。

操作

1 请确保水箱已经注入至 MAX (满水) 线可饮用的室温水 (被过滤) 并正确安装。触按蒸 - 低键直至显示所需的温度 (2 和 3)。



2 通过触按时钟键，输入所需的烹调时间 (20.00)。



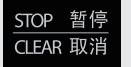
3 触按开始 / 即时烹调键。



4 在烹调结束后，“EXTEND (延长)” 会出现在屏幕上。如果您希望延长烹调时间，请通过触按时钟键加长时间。



触按开始 / 即时烹调键。如果不需要，请触按暂停 / 取消键。当烤炉冷却后，移除并倒空水箱，清洁炉腔内壁。倒空滴水托盘。



注意：

- 如果输入的时间值超过每一个蒸汽烹调模式所允许的最大时间值，在第 2 步操作中显示屏将显示“Err (错误)”资讯。触按暂停 / 取消键进行清除，并重新输入。
- 程序设定的蒸烹调时间是烹调所需的平均时间。要延长自动烹调功能设定的时间，请参看 C-17 页的“烹调结束后延长烹调时间”的章节。在延长烹调时间之前，请确保水箱已经注入至 MAX (满水) 线可饮用的室温水 (被过滤) 并正确安装。
- 请保持烤炉门关闭。如果烤炉门在烹调过程中打开，蒸汽将会溢出，这样在烹调时间将会加长。
- 在烹调过程中，蒸汽会冷凝在烤炉门、烤炉壁及烤炉底。请用柔软抹布将液体擦干。当天最后一次使用后，我们建议您对烤炉进行 3 分钟烧烤操作 (不放置任何食物)，以烘干烧烤发热器周围的水分。
- 烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达 10 分钟。

警告：

- 炉门、外壳、炉腔、附件、盘碟和特别是烧烤发热器会变得很热。在放入或取出食物时，应使用厚的烤炉手套，以防止烫伤。
- 打开烤炉时请勿将脸贴近烤炉。烤炉冒出的蒸汽可能会引致灼伤。

手动烹调

烧烤

炉腔顶部的烧烤发热器只有一个功率设定。此模式不使用蒸汽。这个模式能被设定为长达 99 分钟 50 秒钟的烹调时间。只能进行单层烹调。将食物放在玻璃盘的烤架上，根据食物体积选择在烤架上的所需位置。

* 假设您想要在烧烤模式下烹调 10 分钟。

操作

1 触按烧烤键。

GRILL
烧烤

x 1

2 通过触按时钟键，输入所需的烹调时间 (10.00)。

10 min.
十分钟

x 1

3 触按开始 / 即时烹调键。

START 开始
AUTO 即時烹調
MINUTE

x 1

警告：

炉门、外壳、炉腔、附件、盘碟和特别是烧烤发热器会变得很热。在放入或取出食物时，应使用厚的烤炉手套，以防止烫伤。

注意：

1. 请保持烤炉门关闭。如果烤炉门在烹调过程中打开，蒸汽将会溢出，这样在烹调时间将会加长。
2. 烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达 10 分钟。

混合烹调

混合烹调包含烧烤及微波功能。混合烹调有 2 个功能：混合烹调 - 高和混合烹调 - 低。此模式不使用蒸汽。这个模式能被设定为长达 99 分钟 50 秒钟的烹调时间。只能进行单层烹调。

烹调模式	烹调方法
混合烹调 - 高 GRILL MIX HIGH 混合烹調-高	烧烤 50% 微波 50%
混合烹调 - 低 GRILL MIX LOW 混合烹調-低	烧烤 90% 微波 10%

* 假设您想要在混合烹调 - 高模式下烹调 20 分钟。

操作

1 触按混合烹调 - 高键。

GRILL MIX
HIGH
混合烹調-高

x 1

2 通过触按时钟键，输入所需的烹调时间 (20.00)。

10 min.
十分钟

x 2

3 触按开始 / 即时烹调键。

START 开始
AUTO 即時烹調
MINUTE

x 1

警告：

炉门、外壳、炉腔、附件、盘碟和特别是烧烤发热器会变得很热。在放入或取出食物时，应使用厚的烤炉手套，以防止烫伤。

注意：

1. 请保持烤炉门关闭。如果烤炉门在烹调过程中打开，蒸汽将会溢出，这样在烹调时间将会加长。
2. 烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达 10 分钟。
3. 在烹调大量的食物，食物中的水可能被排入滴水托盘。烹调后取出，倒空滴水托盘。

手动烹调

微波


微波烹调能方便快捷地煮熟，预热和解冻食物。首先输入烹调时间，然后输入微波功率。此模式不使用蒸汽。这个模式能被设定为长达 99 分钟 50 秒钟的烹调时间。本微波炉设有 6 段微波输出强度以供烹调选择。


微波强度	屏幕	举例
100%	100P	生的肉类，蔬菜，饭及意粉。
70%	70P	需要小心烹调之食品，如蛋类，海鲜等。
50%	50P	
30%	30P	一般解冻，软化牛油等。
10%	10P	食品保温。
0%	0P	

阁下可随不同的食物而选择不同的微波强度。若不作任何选择时，微波炉将自动选其为 100% 之微波强度来烹调。只能进行单层烹调。

*假设您需要用 100% 的功率等级烹调 5 分钟。

操作


1 通过触按**时钟**键，输入所需的烹调时间 (5.00)。  x 5


2 触按**开始 / 即时烹调**键。  x 1


要改变微波的功率水准，触按**微波**键直至显示所需功率。

*假设您需要用 30% 的功率等级解冻 5 分钟。

操作

1 通过触按**时钟**键，输入烹调时间，直至显示出所需的时间 (5.00)。  x 5

2 通过触按**微波**键改变微波功率，直至显示所需的功率 (30P)。  x 4

3 触按**开始 / 即时烹调**键。  x 1

注意：

1. 烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达 10 分钟。
2. 请勿使用蒸盘和金属烤架。
3. 在烹调大量的食物，食物中的水可能被排入滴水托盘。烹调后取出，倒空滴水托盘。

提示：

制作蛋糕或烘肉卷时，将其放在玻璃盘下层位置（位置 2）。

其它简便功能指南

延长或缩短时间调整 (缩短(▼) / 延长(▲)键)

a) 自动烹调时使用：

您可以选择您喜欢的烹调时间。

如果您觉得自己喜欢稍微**延长**自动烹调的时间，请按**延长(▲)**键，在输入重量后并触按**开始 / 即时烹调**键之前。

如果您觉得自己喜欢稍微**缩短**自动烹调的时间，请按**缩短(▼)**键，在输入重量后并触按**开始 / 即时烹调**键之前。

b) 手动烹调时使用：

在手动烹调过程中，每次触按**缩短(▼)**或**延长(▲)**键时，能够以1分钟/次的间隔对烹调时间进行调整。

注意：该功能不适用于蒸汽烹调。

烹调结束后延长烹调时间

该功能仅适用于蒸汽选项、蒸-高和蒸-低。

烹调效果会根据室内温度、最初食物温度和其他因素而有所不同。您可以在烹调结束后选择延长烹调时间来改变烹调效果。当烹调结束后，屏幕会显示“EXTEND(延长)”。您只能在屏幕出现“EXTEND(延长)”这5分钟之内增加烹调时间。根据烹调模式不同，烹调时间能延长10分钟。通过触按**时钟**键输入烹调时间并触按**开始 / 即时烹调**键。将会继续相同的烹调模式。请仔细检查烹调过程以确保无误。

注意：

1. 在延长蒸烹调之前，请确保水箱已经注入至MAX(满水)线可饮用的室温水(被过滤)并正确安装。如果在烹调过程中，屏幕出现“Err. WATER(错误,加水)(闪烁)”指字样，请为水箱注水至MAX(满水)线。正确放置并将其稳固地推入就位，然后触按**暂停 / 取消**键并取消故障讯息。如果继续烹调，请在手动烹调运行。请检查已烧烤的时间。
2. 在触按**暂停 / 取消**键后，延长烹调时间模式被取消。
3. 延长烹调时间功能可重复使用，直至食物被烹调至您想要的状态。
4. 显示屏显示“EXTEND(延长)”时，电源节能模式会暂时取消。

多顺序烹调

该功能允许您使用三种手动烹调程式：微波、烧烤及混合烹调。

*假设您想要使用顺序烹调模式下：

- 使用70%微波功率5分钟 (第一步)
- 使用烧烤模式3分钟 (第二步)
- 使用混合烹调-高级模式3分钟 (第三步)

操作

- 1 第一步，触按**微波**键直至显示所需的微波功率(70P)后，通过触按**时钟**键，输入所需的烹调时间(5.00)。  
- 2 第二步，按下**烧烤**键后，通过触按**时钟**键，输入所需的烹调时间(3.00)。  
- 3 第三步，按下**混合烹调-高**键后，通过触按**时钟**键，输入所需的烹调时间(3.00)。  
- 4 触按**开始 / 即时烹调**键。 

注意：

烹调后，烤炉将会自动冷却，此时您将听到冷却风扇的声音。冷却风扇将会根据烤炉及零件温度运行长达10分钟。

警告：

炉门、外壳、炉腔、附件、盘碟和特别是烧烤发热器会变得很热。在放入或取出食物时，应使用厚的烤炉手套，以防止烫伤。

其它简便功能指南

厨房计时器

将厨房计时器用作分钟计时器或用来监督食品烹调 / 解冻所需的搁置时间。

- 假设您想要将厨房计时器的时间设定为 5 分钟。

操作

- 1 通过触按时钟键，输入所需的烹调时间 (5.00)。

1 min.
一分钟

x 5

- 2 触按功能查阅 / 计时器键一次。

Info 功能查阅
KITCHEN 计时器
TIMER

x 1

注意：

在电源节能模式中，在输入所需时间前，开启或关闭炉门都将启动计时器。

即时烹调

开始 / 即时烹调键具有以下两种功能：

a) 直接开始

触按**开始 / 即时烹调键**，您即可直接以 100% 微波功率开始进行烹调 1 分钟。

注意：

为避免儿童误用，**开始 / 即时烹调键**只能在上一步操作后的 3 分钟内使用，例如：关闭炉门，触按**暂停 / 取消键**或完成烹调。

b) 延长手动烹调时间

如果在烤炉运转过程中触按**开始 / 即时烹调键**，您可以按 1 分钟的倍数延长手动烹调时间。

注意：

该功能不适用于蒸汽烹调。
烹调时间可延长至 99 分钟。

功能查阅

功能查阅提供 5 种特性功能。

In F1: 去除主机水分

In F4: 示范模式

In F2: 除垢

In F5: 儿童锁

In F3: 水硬度

这些功能都可以选择，方法是触按**功能查阅 / 计时器键**直至显示屏上显示所需的功能，然后触按**开始 / 即时烹调键**。

去除主机水分

可以通过使用去除主机水分功能，使蒸汽发生器内剩余的水蒸发。请参考第 C-8 页。

除垢

请参考第 C-8 页。

水硬度

您的烤炉在出厂时水硬度设置被设置为 3(高硬度)。您可以自行对烤炉的水硬度等级进行设置。

您可以使用试验片可在一些药店，对水硬度等级进行检测。

在某些地区，如有可能，请自来水公司提供水硬度。当您使用其他试验片时，请遵循其相关的操作指示。

硬度范围	硬度等级	设置
1	<120 ppm <120 mg/l <6.7 ° dH	软
2	120 - 250 ppm 120 - 250 mg/l 6.7 - 14.0 ° dH	硬
3	>250 ppm >250 mg/l >14.0 ° dH	高硬度

操作

- 1 触按**功能查阅 / 计时器键** 3 次 (In F3)。

- 2 触按**重量键**，输入所需的硬度等级，直至显示出数量并触按**开始 / 即时烹调键**。即使烤炉电源关闭，水硬度设置也会被保存于记忆体中。

其它简便功能指南

示范模式

该功能主要适用于零售商，并允许使用者练习主要操作。

如要进行示范，请触按**功能查阅 / 计时器键** 4 次 (In F4)。然后触按**开始 / 即时烹调键**。“dISP (示范)” 会出现在屏幕上。

烹调操作将可以在烤炉内部不通电的状态下进行示范。示范会以正常速度的 10 倍倒数至零。

如要终止示范，请触按**功能查阅 / 计时器键** 4 次 (In F4)。然后触按**开始 / 即时烹调键**。屏幕上出现 “dISP OFF (示范关闭)”。或者拔下微波炉的电源并重新接入电源可取消示范模式。

注意：

1. 当触按**暂停 / 取消键**时，“dISP (示范)” 指示变为 “.0”。
2. 如果设置了示范模式，电源节能模式将会被终止。

儿童锁

儿童锁功能可避免烤炉进行不必要的操作，例如幼儿的误操作等。可以对烤炉进行设置，使控制面板无效并被锁定。

如要进行示范儿童锁，请触按**功能查阅 / 计时器键** 5 次 (In F5)。然后触按**开始 / 即时烹调键**。“SAFE (安全模式)” 会出现在屏幕上。控制板进入锁定状态，每次触动按钮，屏幕上会出现 “SAFE (安全模式)” 字样。

如要解除锁定，请触按**功能查阅 / 计时器键** 5 次并**开始 / 即时烹调键**迅速。屏幕上会显示 “SAFE OFF (安全模式解除)”，此时可以使用烤炉。

注意：

1. 如果设置了儿童锁模式，电源节能模式将会被终止。
2. 当烤炉电源关闭时，该设置恢复为 OFF (关闭)。

清洗及注意事项

清洗要点 - 及时清洗！

每次使用烤炉后如不及时清洗，残留在烤炉内壁的食物残渣和油腻肉汁会堵塞烤炉且难以清除。蒸功能可在清洗过程中起到辅助作用。烤炉也在蒸气的影响之前将是易腐坏的。

注意：请勿将商业烤箱洗涤剂、蒸汽清洁剂、研磨剂、粗粒状洗涤剂、任何含有氢氧化钠成份的洗涤剂或百洁布清洗烤箱的任何部分。

在进行清洗前，请确保试烤炉内壁、炉门、炉箱及其配件，尤其是烧烤发热器均已经完全冷却。

定时清洗微波炉 - 常保持微波炉清洁，清除残留食物，否则会导致微波炉表面变质，更大大减低微波炉的使用寿命，什致会造成危险。

烤箱外壳

炉箱外壳请用中性肥皂水来清洗。洗净后用湿布将其清洗并用柔软的毛巾擦干。

烤箱控制

在清洗之前先将炉门打开，以确保烤箱不会在清洗过程中启动。清洗烤箱控制件时需格外小心。使用柔软湿布轻轻擦拭烤箱控制件直至干净。在擦拭过程中避免使用过多的水，不要使用任何化学或研磨性的洗涤剂。

炉门

为清除所有污渍痕迹，应定期用柔软的湿抹布清洗炉门两面、炉门密封衬垫以及其四周。请勿使用粗糙的洗涤剂或锐利的金属刮刀来清洁炉门玻璃，因为其会刮花表面，从而可能使玻璃碎裂。

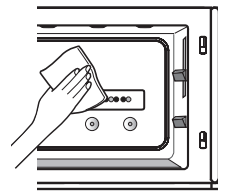
密封条

务必保持门密封条清洁，以防出现损害。如果有水凝聚于门密封条内，应用柔软的布拭干。用另一块柔软抹布将其擦亮。切勿在这些表面上使用化学清洁剂或粗粒状擦洗涤剂。应严格注意避免擦破、损伤或移动密封条。进行烹调之前，务必检查炉门的密封条，确保其处于光洁、平整的状态。否则，烤炉门会发生蒸汽泄漏。如果门密封条发生损坏，切勿使用烤炉。请向夏普公司授权的服维修中心进行咨询。

烤箱内壁

非常重要的资讯：

- 每次使用之后：在烤炉尚有余温时，用软布和温水（或中性肥皂水）擦拭烤炉壁。不清洗烤炉就直接使用可能会导致溅出的污渍堵塞烤炉。
- 清洗时切勿使用腐蚀性洗涤剂（酸性或碱性）、喷射式洗涤剂、研磨剂、粗粒状洗涤剂或百洁布等，以免损坏烤炉表面喷漆。



清除烤炉壁上的油污和溅出的食物残渣：

1. 通过水箱盖向水箱里面充注可饮用的室温水（被过滤）至刻度线 MAX（满水）线。
2. 烤炉中不放食物，调至蒸 - 高功能蒸 10 分钟。请参考使用说明书中的 C-14 页。
3. 蒸完后，在烤炉尚有余温时用一块干燥的软布擦拭烤炉内的污垢。请注意烧烤发热器及蒸汽口的温度可能很高，所以在擦拭烤炉顶部及炉腔背板时应格外谨慎（在烹调过程中，烧烤发热器会以极短的时间间隔间歇性开启。）然后，我们建议您对烤炉进行 3 分钟烧烤操作（不放置任何食物和配件），以烘干烧烤发热器周围的水份。

蒸盘 / 玻璃盘 / 烤架

烹调结束后，用中性肥皂水或清洁剂溶液清洗蒸盘、玻璃盘和烤架，冲洗干净并擦干。切勿使用粗粒状擦洗涤剂、锐利的金属刮刀或硬毛刷，以免对容易清洗的表面造成损伤。所有附件均可在洗碗机内进行清洗。

水箱 / 水箱盖

烹调结束后，用一块软湿布或海绵以中性肥皂水或清洁剂溶液进行清洗，冲洗干净并擦干。切勿在洗碗机内进行清洗。清洗水箱和水箱盖时，切勿使用粗粒状擦洗涤剂、锐利的金属刮刀或硬毛刷。

滴水托盘

烹调结束后倒空滴水托盘，用一块软湿布或海绵以中性肥皂水或清洁剂溶液进行清洗，冲洗干净，擦干，并重新放置于烤炉前端之下。切勿在洗碗机内进行清洗。

蒸汽发生器之除垢

在产生蒸汽的过程中，蒸汽发生器上会形成水垢。如欲清除水垢，可当屏幕上出现“DESCALE（除垢）”时执行除垢功能。完整的操作说明请参看 C-8 页。

故障查阅指南表

如果显示屏上显示“EE”，或者您认为烤箱不能正常工作，请联系夏普公司授权的维修中心之前检查下表中所列的项目。这样便能帮助您避免不必要的维修。

警告：

切勿自行调整、维修或更改烤箱。除了夏普培训的技师以外，如果由非技术人员进行任何服务或维修，则会存在危险。由于维修可能会涉及拆卸外壳，而外壳对电气部件起着保护作用，所以由专人维修是很重要的。

- 维修和更改：如果烤箱不能正常工作，切勿试图操作烤箱。
- 外壳：切勿自行拆卸外壳，以免出现电击或灼伤。

故障查阅指南表

技术故障讯息 / 提示讯息

显示屏上的讯息		采取的行动
技术故障讯息	EE	发生技术故障时，请联系夏普公司授权的维修中心。
提示讯息	Err	您设置的时间超出了蒸 - 高或蒸 - 低的最长时限。请触按 暂停 / 取消 键后重新设置。
	Err, HOT (闪烁)	因烤炉过热而无法使用自动解冻选项或蒸 - 低。移除烤炉内的食物，使其冷却直至显示的消息消失。
	Err, WATER (闪烁)	移除水箱并注水至 MAX (满水) 线的位置。重新放置并将其稳固地推入就位，然后触按 暂停 / 取消 键并取消故障讯息。确保水箱已注满可饮用的室温水 (被过滤) 至 MAX (满水) 线。 如果继续烹调，请在手动烹调运行。请检查已烧烤的时间。 注意： 1. 请确保没有使用例如蒸馏水、去离子水、矿泉水等的其他液体。 2. 当您往水箱中加水，该错误资讯仍然持续出现时，则微波炉的内部蒸汽系统可能出现故障。请联系由夏普认可的服务中心。此时您仍可使用微波炉其他不用蒸汽的烹调模式。
	COLd	内部蒸汽系统的水冻结。 在无食物、不预热的条件下，使烤炉运行于烧烤模式 10 分钟。 请参考第 C-15 页。
	DESCALE (闪烁)	请遵循除垢的详细操作说明。 请参考第 C-8 页。
	HOT (闪烁)	烤箱的炉箱和炉腔内温度很高。 应特别注意避免烫伤自己。

故障查阅指南表

以下现象是正常的，不属于烤箱故障迹象。

问题 / 情况		回答
控制板 / 电源	显示黑屏 / 空白	<ul style="list-style-type: none"> * 打开炉门。关闭炉门。 * 检查确保插头正确连接到合适的墙壁插座上。 * 检查壁上插座和保险丝是否正常工作。 * 断开电源线连接，等待片刻后重新连接。
	屏幕功能正常，但是触按 开始 / 即时烹调 键不起作用	<ul style="list-style-type: none"> * 打开烤炉门，之后再关上。烤炉指示灯是否熄灭？再次触按开始 / 即时烹调键。 * 如果显示消息“Err, HOT(错误, 高温)(闪烁)”，应稍等直至消息消失为止。
	烹调过程中电源中断	<p>设定的烹调时间和模式将会取消。 请采用手动模式继续烹调。</p>
电源节能模式	显示器未变成空白	<p>在以下情况下，电源节能模式将暂时停止：</p> <ul style="list-style-type: none"> - 炉门开启时； - 自动烹调暂停时； - 当烹调完风扇运作时； - 示范模式； - 儿童锁； - 延长烹调时间模式； - 去除主机水分模式； - 除垢模式； - 厨房计时器模式； - 当显示屏显示“Err, WATER(错误, 加水)(闪烁)”时
水	烤炉底前端出现漏水现象。	<ul style="list-style-type: none"> * 检查滴水托盘是否已被正确安放。移除并将滴水托盘正确放回原位。请参考第 C-6 页。 * 在进行烹调之前是否已倒空滴水托盘里的积水？在蒸烹调模式开始之前，必须将滴水托盘倒空并重新放置。请参考第 C-6 页。

故障查阅指南表

以下现象是正常的，不属于烤箱故障迹象。

问题 / 情况		回答
蒸汽	打开烤箱门时，发现烤箱内有水。	蒸汽冷凝于烤箱内部。冷却后，用柔软抹布或海绵拭干。
	蒸汽从微波炉底出来。	空气通风口位于炉底（左侧）。使用后的的蒸汽从空气通风口冒出属于正常现象。请注意，蒸食物时热蒸汽会冒出，请勿让儿童接近微波炉。
	烤箱腔内可见有冷凝水。	此属正常操作。 蒸汽冷凝于烤箱底板上。冷却后，用柔软抹布或海绵拭干。
	在烹调过程中，蒸汽从烤箱门冒出。	检查烤箱门密封条，确保其处于光洁、平整的状态。
运作声音 / 声音	在微波烹调过程中发出噪音。	当使用微波功能时，根据功率级别不同，可能会听到磁控管周期性开、闭的声音。
	烹调后发出声音。	冷却风扇将继续运转，直至烤箱冷却。冷却风扇将会根据烤箱及零件温度运行长达 10 分钟。
	高温下烹调时发出声音。	高温可能会导致烤箱元件发生膨胀。此属正常现象。
冒烟 / 气味	第一次使用烤箱时，可能会冒烟或发出气味。	请参看 C-9 页“首次使用之前请清洁烤炉”部分的详细操作说明。
烹调效果	需要用水进行的烹调操作，效果欠佳。	* 进行烹调之前，是否已为水箱注水至最大刻度处？ * 进行烹调时，是否已将水箱从烤炉中移走？除非食谱或使用说明书中特别指明，否则请勿在烹调过程中移走水箱。 * 您是否使用了玻璃盘？请参看第 C-6-7 页的重要须知。
溅出的食物残渣	粘在烤炉壁上溅出的食物残渣难以清除。	请参看 C-20 页“清除烤炉壁上的油污和溅出的食物残渣：”。 每次使用后清洁烤炉是很重要的。
其它	屏幕出现时间，并快速倒数计时。	请参看 C-19 页“示范模式”部分，并将其取消。
	热蒸汽从烤箱的底部冒出来。	空气通风口位于炉底（左侧）。这属于正常现象。请注意，混合烹调模式时热空气会冒出，请勿让儿童接近微波炉。

维修前检查

在维修之前请先自行作以下检查：

1. 当烤箱门被打开，之后再关上时，屏幕是否亮起？ 是 _____ 否 _____
2. 炉门打开时，照明灯是否亮着？ 是 _____ 否 _____
3. 将一杯水(250 毫升)放置于转盘上，并将炉门关妥。
在炉门关好的情况下，照明灯应熄灭。
将烤箱设定为微波烹调模式 100% 功率等级下运行 1 分钟。此时：
 - A. 照明灯是否点亮？ 是 _____ 否 _____
 - B. 通风扇是否转动？
您会听到风扇的声音。 是 _____ 否 _____
 - C. 微波指示器是否于显示幕上出现？ 是 _____ 否 _____
 - D. 1 分钟后，微波炉有无发出一声鸣响信号？ 是 _____ 否 _____
 - E. 水是否已沸腾？ 是 _____ 否 _____
4. 移除烤箱内的水，并将烤箱设定为在烧烤模式下运行 5 分钟。
 - A. 烧烤指示器是否于显示幕上出现？ 是 _____ 否 _____
 - B. 烤箱停止运行后，其内部温度是否很高？ 是 _____ 否 _____
5. 将水注入水箱并重新放置。
使烤箱在蒸 - 高模式条件下运行 3 分钟。
 - A. 烤箱停止运行后，其内部是否充满蒸汽？ 是 _____ 否 _____

如以上问题答案都是“否”，检查电源插座及电表箱的保险线。
如电源插座及保险线均无问题，请立刻与就近夏普所指定的维修中心联络。

重要事项：如果在电源线正确连接之后，显示器无显示，“电源节能模式”可能正在运行。打开和关闭烤箱门使烤箱运行。请参看 C-9 页“首次使用之前请清洁烤箱”。

注意：

1. 如显示的时间倒数快速，检查示范模式。（请参看 C-19 页上的细节。）
2. 如果设置烤箱在微波模式 100% 功率等级条件下运行超过 20 分钟，输出功率将会降低，以避免发生过热现象。最终的输出功率将会是 70%。

规格

交流电压	: 请参看微波炉背面的标牌所示
电力消耗	
微波	: 1.53 千瓦
烧烤	: 1.15 千瓦
蒸	: 1.15 千瓦
输出功率	
微波	: 900 瓦 * (IEC 测试程序)
烤箱	: 1.10 千瓦
蒸汽加热器	: 0.9 千瓦
微波频率	: 2450MHz** (乙类 / 第二组)
外型尺寸	: 520 (阔) x 330 (高) x 474 (深) 毫米 ***
炉箱内尺寸	: 343 (阔) x 210 (高) x 381 (深) 毫米
微波炉容量	: 27 公升 ****
重量	: 约 19.5 公斤

* 此规格是以国际电工委员会 (IEC) 测量输出功率的方法为标准。

** 此是以国际标准 (International Standard) CISPR11 中对工业，科学及医学 (ISM) 仪器的分类。

*** 深度不包括炉门打开手柄。

**** 微波炉内部容量是根据最大阔度，深度和高度而计算的。实际存放食品的容量稍少于此值。

烹调指南

要点谨记

- 在使用新的微波炉之前，请首先阅读使用说明书。这本说明书非常重要，其中解释了微波炉如何运作以及成功操作此微波炉需明白的事项。
- 使用图表及菜谱中的资讯来帮助您改进您最喜欢的菜谱或便利食物。
- 图表及菜谱中列出了标准条件下的烹调时间。食品、器具和微波炉的条件不同，烹调效果也不同。请检查烹调效果，如有必要，可根据烹调效果调整烹调时间。
- 按照指示准备食物及使用配件。
- 将食物放入微波炉、翻转、搅拌或添加食物时，请确保炉门不要开太久，以免热损失。
- 在将食物放入微波炉之前，请参阅第 C-13 页的食物和器具摆放位置图表。
- 应确保将食材均匀排放于烤炉器皿内或是蒸盘内，以达到均衡的烹调效果。
- 使用微波、烧烤、混合烹调 - 高或混合烹调 - 低模式烹调时，无需往水箱中加水。
- 如果您想调整最适合您口味的微波烹调方法，请务必注意以下几点：烹调时间缩短三分之一至二分之一。请遵照烹调指南中的示例食谱。

烹调指南

关于器具和遮盖物

下表可以帮助您确定在每一种模式下应该使用何种器具和遮盖物。

器具 / 遮盖物 \ 烹调模式	蒸	烧烤	混合烹调	微波
铝箔纸	是	是	是	是
			在食物上平稳地放置扁平的小片铝箔，可用于遮蔽部分区域，避免烹调或解冻速度过快。铝箔与烤箱内壁应保持至少 2 厘米的距离。	
金属 / 箔容器	是	是	否	否
陶器 / 瓷器	是	是	是	是
	耐热瓷器、陶器、瓷器、釉面陶器和骨瓷通常适用。如果容器上出现裂缝，切勿使用。否则，容器可能会破裂。		一般来说，瓷器适用于微波炉。在使用瓷器前请确保其不含任何金属、黄金或银质镀层。请参看制造商推荐使用意见，确保产品可安全用于微波环境。切勿使用有缺陷的容器。	
耐热玻璃器具 例如：Pyrex®	是	是	是	是
	使用精制玻璃器具时应当小心，否则突然受热会导致器具破裂。切勿使用非耐热玻璃器具。			
塑料 / 聚苯乙烯耐热 温度高于 140°C	是	否	否	是
	由于一些容器在高温下会扭翘、熔化或褪色，所以使用时应特别小心。			使用可安全用于微波环境的塑胶容器进行翻热或解冻。某些可安全用于微波环境的塑胶并不适合于烹调高含糖量的食物。请遵循制造商的用法说明。
微波保鲜纸耐热温度 高于 140°C	是	否	否	是
纸巾 / 纸盘	否	否	否	是
				仅用于加热或吸收水分。请注意，过度加热可能引起火灾。切勿使用可能含有金属碎屑的再生纸纸巾。
合成材料制成的容器	否	否	否	否
	其在高温条件下可能会熔化。			
烤纸	是	否	否	否
烘烤袋	否	否	否	是
				请遵循制造商的用法说明。
银质器皿和在烤炉内 可能会生的器具或容 器。	否	否	否	否
烤架	是	是	是	否
			提供的金属架是专为混合烹调而设计的，不会损坏微波炉。	
蒸盘	是	否	否	否
玻璃盘	是	是	是	是
	为防止玻璃盘破碎： <ul style="list-style-type: none"> • 在用水清洗玻璃盘之前，先让其冷却。 • 不得在冷玻璃盘上放任何热物品。 • 不得在热玻璃盘上放任何冷物品。 			

烹调指南

烹调时，应当检查烹调器具，确保适合于采用的烹调模式。当在塑料容器中加热食物时，应特别注意容器的熔化温度。切勿加热塑料容器高出它们的熔化温度。鉴于熔化和起火的可能性，应当密切关注烤箱情况。

附件 有许多微波专用附件或耐热附件可供选购。在购买之前应认真评估，以确定其能够满足您的需求。在使用单一微波功能进行烹调时，可安全用于微波环境的温度计能够帮助您确定恰当的煮熟程度，确保食物已经被烹调至安全的温度。当使用配件时，对于可能由此造成的烤炉损害，夏普公司不承担任何责任。

对于自动烹调操作，应使用本使用说明书或附带的食谱中相关烹调指南表列举的推荐容器。

蒸模式烹调建议

蒸烹调需要有一定的技巧。为了确保获得满意的效果，必需按照这些技巧操作。许多技巧与常规烹调使用的相似，因此，您可能已经习惯使用这类烹调技巧。然而，对于采用蒸汽选项、蒸 - 高和蒸 - 低模式的烹调，请遵循以下的建议。

注意：

- 使用时，务必密切关注烤箱。
- 请确保烹调器具适用于蒸烹调模式。（请参考第 C-26 页“关于器具和遮盖物”）
- 加强室内通风，使蒸汽消散。
- 在烹调结束、烤炉冷却后，移除并倒空水箱，用柔软的布或海绵拭干烤炉炉腔。倒空滴水托盘。

- 蒸烹调模式的特别建议 -

烹调技巧	
容器	建议将食物 / 盘碟放在烤架上。这样便能够使蒸汽从各个方面接触到食物，从而使食物均匀地烹调。请确保食物均匀地放置。如果食物之间的空隙较小或没有空隙，需要的烹调时间将会加长，请确保放置的食物之间留有足够的空隙，以便使蒸汽能够在食物周围得以循环。有关容器方面，最好使用较浅的盘碟。建议您不要使用较厚的盘碟，因为这类盘碟将会延长建议的烹调时间。
覆盖	多数情况下不需要覆盖食物。如果需要覆盖，建议使用铝箔纸来防止烤箱腔内的冷凝水弄湿食物。覆盖着的食物需要的烹调时间将会加长。
烤箱门	为了确保精确的烹调时间，请保持烤箱门关闭。
搅拌	有时，在没有盖的蒸锅中翻热汤或菜类时，烹调后会显得非常稀。充分搅拌后，效果将会更好。
搁置	烹调后，建议把食物搁置一段时间，这样便能够使热量在食物中均匀分散。切勿搁置太长时间，否则残余的蒸汽会过度烹调或弄湿食物。

烹调指南

- 蒸烹调模式的特别建议 -

食物特征	
密度	食物的密度将会影响所需的烹调时间长短。如果可以的话,请将食物切成薄片,并以单层放置。
数量	随着烤箱内烹调食物数量的增多,烹调时间也定会加长。
大小	小块食物的烹调速度要比大块食物快,因为热量能够很快地从各个方向穿透到小块食物的中央。为了达到均匀烹调,请将食物分成大小相等的小块。
形状	对于形状不规则的食物,例如鸡胸或鸡腿,较厚的部分所需的烹调时间将会较长。食用之前,请检查确保这些部分彻底烹调。
食物温度	食物开始时的温度会影响所需的烹调时间。冷藏食物所需的烹调时间要比室温下储存的食物长。容器的温度不是食物或饮品的实际温度。
佐料和调味品	佐料或调味品最好在烹调后才添加。如果在腌泡或调拌时添加,采用蒸汽烹调后的味道可能会变淡。请在烹调后根据需要重新添加佐料或调味品。

注意:

- 食用之前,请确保食物已彻底煮熟/翻热。
- 烹调时间将会受到食物形状、厚度、数量和温度以及容器大小、形状和材料影响。

脸和手:请务必戴上烤箱专用厚手套,将食物或烹调器具从烤箱中取出。在打开烤箱门使蒸汽消散时应特别小心。切勿徒手将食物从烤箱中取出。

食用前应检查食物和饮料的温度,并加以搅拌。尤其是在让婴儿、儿童或老人食用之前,务必特别注意进行上述操作。

烹调指南

微波模式烹调建议

- 微波模式特别注意事项和警告资讯 -

	可	不可
蛋类，水果，果仁，种子，蔬菜，香肠和牡蛎（蚝）	<ul style="list-style-type: none">* 烹调蛋类，蚝等食品时，需于蛋黄，蛋白或蚝表面刺数孔，以免烹调加热时爆裂。* 烹调马铃薯，苹果，美国南瓜，热狗，香肠及蚝等时，戳其皮数孔，让烹调加热时，部水蒸气能溢出。	<ul style="list-style-type: none">* 烹调或加热带壳蛋类。（若「爆裂」，可能损坏微波炉。）* 为带壳熟蛋类加热。* 过度加热牡蛎（蚝）。* 为带壳果仁或种子类加热。
爆玉米花	<ul style="list-style-type: none">* 用微波炉爆玉米花时，必须使用微波炉爆玉米花专用袋。* 听到爆玉米花声已减慢到 1-2 秒时，应停止继续烹调，以免过火。	<ul style="list-style-type: none">* 用普通的爆玉米花袋或玻璃器皿来爆玉米花。* 用微波炉爆玉米花专用袋爆玉米花时，设定的烹调时间过于所需时间。
婴儿食品	<ul style="list-style-type: none">* 转盛婴儿食品于微波炉烹调容器中，小心加热之。必要时，均匀搅拌数次，直至加热至适当的温度为免烫伤。* 加温婴儿奶瓶之前请移除螺旋盖和奶嘴。加热后，套上奶嘴，充份摇匀，达至适当温度后，才喂婴儿食用。	<ul style="list-style-type: none">* 加热即弃式瓶罐。* 对奶瓶加热过度，或只加热至微温的程度。* 把带有奶嘴的奶瓶加热。* 直接把盛载婴儿食品的瓶罐加热。
一般食品	<ul style="list-style-type: none">* 烹调有馅料的食物后，请分断切开，让蒸气溢出，避免灼伤。* 加热汤类饮料时，须用深底容器，以防汤类饮料溅出。	<ul style="list-style-type: none">* 盛载食品于玻璃瓶或密封容器来加热烹调。* 以微波炉来煎炸食品。* 用微波炉烘干木头，草类或沾湿纸的张，衣服或花类。
液体（饮料）	<ul style="list-style-type: none">* 如要煮沸或烹调液体，请参照 C-1-2 页之重要安全须知，以免引起爆炸或爆溅。	<ul style="list-style-type: none">* 超过建议的烹调时间。
罐头食品	<ul style="list-style-type: none">* 把罐头食品取出及放于容器内。	<ul style="list-style-type: none">* 加热或烹调罐装食物。
香肠卷，馅饼，圣诞布丁	<ul style="list-style-type: none">* 因此必须按“烹调指南”中的设定时间加以烹调。（属高糖份或高脂肪含量的食品。）	<ul style="list-style-type: none">* 烹调过份，以致冒烟起火。
肉类	<ul style="list-style-type: none">* 烧烤时使用金属烤架及碟子以盛载。	<ul style="list-style-type: none">* 将肉类直接放置在烤箱的陶瓷底板上进行烹调。
容器	<ul style="list-style-type: none">* 请检查在微波烹调适用之容器。	<ul style="list-style-type: none">* 请在微波烹调中使用适用之金属容器。金属反射微波能引起火花现象。
铝箔纸（锡纸）	<ul style="list-style-type: none">* 用铝箔纸来包裹食品薄细部份，以免烹调过度。* 注意火花产生。所以尽可能减少使用铝箔纸，及应与炉之内壁保持距离。	<ul style="list-style-type: none">* 使用铝箔纸过多。* 用铝箔纸包裹的食品过于靠近炉箱内壁。产生的火花会对烤箱造成损害。

烹调指南

- 微波模式操作建议 -

烹调技巧	
食品的放置	较厚向外，较薄向内（中央）。
决定烹调时间	开始时先用较短之烹调时间，然后再根据烹调后的情况而追加时间。若烹调时间过长，会引起食物烧焦，起火。
食品的覆盖	参考食谱的指南用耐微波保鲜纸，盖或纸巾把食品覆盖好。这样可以防止汁液飞溅，以及帮助食物均匀烹调。
食品的局部遮盖	以防止肉块细薄部份烹调过度，解冻时应用铝箔纸（锡纸）把这些部份包好。
食品的搅拌	必要时于烹调过程中由外至内搅拌食物一至两次。
食品的翻转	烹调鸡腿，汉堡或扒类时，时间过半翻转之，以达均匀的烹调效果。
食品的重新放置	在烹调中途置换食品的位置，如外围及中部食品的交流，以及上层和下层的交流，以达均匀的烹调效果。
食品的搁置	烹调之后，应搁置一段适当时间。若有可能，应将食物由炉中取出并搅拌。搁置时加盖，可让食物完全地完成烹调。
熟度检查	烹调后食品之颜色及软硬，可作为测试其生熟程度，方法如下； <ul style="list-style-type: none">- 整个食品是否都有蒸气溢出，而非只是局部或边沿；- 家禽关节部是否容易撕开；- 肉块或家禽已无血可见；- 鱼肉已煮熟（非透明），且可用刀叉轻易切开。
湿气的凝聚	湿气凝聚是微波炉烹调的正常现象。烹调中，食物内部的水份和湿气受热蒸发，使炉箱内的含水量增加。一般来说，加盖的食物比不加盖的食物所凝聚的湿气较少。故应经常保持微波炉通风口畅通无阻。
微波适用保鲜纸	烹调多油的食物时，由于保鲜纸有溶化之可能，故不可让保鲜纸和食物表面接触。
微波适用塑胶厨具	有些微波炉用的塑胶厨具不宜用来烹调多油或多糖的食物。
蛋糕 / 烘肉卷	要制作蛋糕或烘肉卷，请将容器置于玻璃盘上在下层位置（位置 2）。

- 解冻模式操作建议 -

解冻技巧	
放置	在较浅的盘碟上将食物排列成均匀的单层。这样将会确保食物的所有部分都能均匀解冻。
分开	食物从冷冻箱中取出时可能会黏在一起。解冻过程中，应尽快将食物分开，这一点非常重要。 例如，牛扒、排骨等。
搁置	食物解冻后，需要搁置一段时间，以便确保彻底解冻。搁置食物时必须将其覆盖住，这样才能确保食物中央完全解冻。

注意：

- 解冻之前，请去除所有包装和包皮。

自动烹调食谱

蒸汽选项食谱

- 确保水箱已注满可饮用的室温水（被过滤）至 MAX（满水）线并安装。

米饭 / 鸡蛋

菜单号码	菜单名称	重量范围 (增加单位)	操作	食物摆放位置									
St11	米饭 (烹调前温度 20°C)	1 - 2 份量 (1 份量)	<table border="1"> <thead> <tr> <th>份量</th> <th>米</th> <th>水</th> </tr> </thead> <tbody> <tr> <td>1 份量 (1 - 2 人用)</td> <td>150 克</td> <td>250 毫升</td> </tr> <tr> <td>2 份量 (3 - 5 人用)</td> <td>300 克</td> <td>500 毫升</td> </tr> </tbody> </table> <ul style="list-style-type: none"> 将米淘洗干净。 将米和水盛在一个深底蒸锅（约 2 升）中，浸泡 30 分钟。（浸泡期间，搅拌米数次。） 搅动，并将焙盘放置于玻璃盘上的蒸盘之上，无需封盖。 将其置于下层位置（位置 2）。 烹调完成后，搅拌并搁置 5 分钟。 	份量	米	水	1 份量 (1 - 2 人用)	150 克	250 毫升	2 份量 (3 - 5 人用)	300 克	500 毫升	2
份量	米	水											
1 份量 (1 - 2 人用)	150 克	250 毫升											
2 份量 (3 - 5 人用)	300 克	500 毫升											
St12	糯米 (烹调前温度 20°C)		<ul style="list-style-type: none"> 请参看 C-33 页的食谱。 	2									
St13	蒸蛋 (烹调前温度 20°C)	1 - 4 份量 (1 份量)	<ul style="list-style-type: none"> 请参看 C-33 页的食谱。 	2									
St14	煮蛋 (烹调前温度 20°C)	1 - 6 个	<ul style="list-style-type: none"> 无需输入重量。 将带壳的鸡蛋放置于玻璃盘上的蒸盘之上。 将其置于下层位置（位置 2）。 	2									

蔬菜

菜单号码	菜单名称	重量范围 (增加单位)	操作	食物摆放位置
St21	新鲜蔬菜 (烹调前温度 20°C) 例如：西兰花（小棵）、生菜（块）、芦笋（条）、圆白菜（整棵或分半）、大白菜（块）、菠菜（分半）、洋葱（块）、荷兰豆（整条）、青椒（条）、小白菜、西兰花、椰菜花块	0.1 - 0.6 千克 (100 克)	<ul style="list-style-type: none"> 洗净蔬菜，然后除去多余的水。 将蔬菜切成块状、片状或条状。 将切好的蔬菜放在一个浅餐盘上（直径 22-27 厘米），撒上盐和油。 将浅餐盘置于玻璃盘上的蒸盘之上。 将其置于下层位置（位置 2）。 烹调后，有需要时可搅拌。 	2
St22	冷冻蔬菜 (烹调前温度 -18°C) 例如：椰菜花、胡萝卜条、花椰菜块、玉蜀黍	0.1 - 0.6 千克 (100 克)	<ul style="list-style-type: none"> 将冷冻蔬菜放在一个浅餐盘上（直径 22-27 厘米）。 将浅餐盘放置于玻璃盘上的蒸盘之上，无需封盖。 将其置于下层位置（位置 2）。 烹调后，搅拌并搁置 2 分钟。 	2

自动烹调食谱

蒸汽选项食谱

鱼 / 肉类 / 鸡肉

菜单号码	菜单名称	重量范围 (增加单位)	操作	食物摆放位置
St31	鲜鱼 (烹调前温度 5°C) 例如: 整条海鲷鱼、红鲷鱼、鲤鱼、鲳鱼、金线鱼、黑鲈鱼、鲑鱼、石斑鱼等	0.1 - 0.5 千克 (100 克)	<ul style="list-style-type: none"> 将鱼洗净, 去鳞。 用刀在鱼身上划开几条切口, 刺破鱼眼。 将鱼放在一个直径为 22-27 厘米的浅餐盘上。 撒上适量的盐和油。 顶部放上葱丝和姜片。 将浅餐盘置于玻璃盘上的蒸盘之上, 无需封盖。 将其置于下层位置 (位置 2)。 	2
St32	鲜肉 (烹调前温度 5°C) 例如: 猪肉饼、牛肉饼、排骨块、鸡块等	0.2 - 0.5 千克 (100 克)	<ul style="list-style-type: none"> 腌好肉后, 将肉放在直径为 22-27 厘米的浅餐盘上。 制作肉饼时, 尽量制成薄块, 尤其是中央部分应较薄。 将浅餐盘放置于玻璃盘上的蒸盘之上, 无需封盖。 将其置于下层位置 (位置 2)。 	2
St33	鲜虾仁 (带壳) (烹调前温度 5°C)	0.2 - 0.6 千克 (100 克)	<ul style="list-style-type: none"> 将虾放在一个直径为 22-27 厘米的浅餐盘上。 将浅餐盘放置于玻璃盘上的蒸盘之上, 无需封盖。 将其置于下层位置 (位置 2)。 	2
St34	鲜鸡柳 (烹调前温度 5°C)	0.15 - 0.60 千克 (50 克) 建议: 鸡胸肉 (1 块: 150g)	<ul style="list-style-type: none"> 以盐和胡椒粉为鸡柳调味。 将鸡柳放在一个直径为 22-27 厘米的浅餐盘上。将浅盘置于玻璃盘上的蒸盘之上。 将其置于下层位置 (位置 2)。 	2

均衡菜单选项

菜单号码	菜单名称	重量范围 (增加单位)	操作	食物摆放位置
St41	玉米黄油和蒸春卷 (烹调前温度 20°C)	1-4 份量 (1 份量)	• 请参看 C-34 页的食谱。	2 和 3
St42	新鲜蔬菜和蒸鸡翼 (烹调前温度 20°C : 蔬菜, 5°C : 鸡翼)	1-4 份量 (1 份量)	• 请参看 C-34 页的食谱。	2 和 3

甜食

菜单号码	菜单名称	重量范围 (增加单位)	操作	食物摆放位置
St51	蒸蛋糕 (烹调前温度 20°C)		• 请参看 C-35 页的食谱。	2
St52	蒸南瓜 (烹调前温度 20°C)		• 请参看 C-35 页的食谱。	2
St53	牛乳布丁 (烹调前温度 20°C)		• 请参看 C-35 页的食谱。	2 和 3

自动烹调食谱

蒸汽选项食谱

蒸汽翻热

菜单号码	菜单名称	重量范围 (增加单位)	操作	食物摆放位置
St61	烧麦 (烹调前温度 -18℃) (冷冻)	0.10 - 0.25 千克 (50 克) (1 块: 10-15 克)	<ul style="list-style-type: none">将烧麦放置于玻璃盘上的蒸盘之上, 无需封盖。将其置于下层位置(位置 2)。	2
St62	蒸饺 (烹调前温度 -18℃) (冷冻)	0.1 - 0.5 千克 (100 克) (1 块: 25-50 克)	<ul style="list-style-type: none">将蒸饺放置于玻璃盘上的蒸盘之上, 无需封盖。将其置于下层位置(位置 2)。 注意: 对于大蒸饺(1 块=50 克), 在触开始键之前触按 延长 键。	2
St63	水饺 (烹调前温度 -18℃) (冷冻)	1 - 4 块 (1 块: 70 克)	<ul style="list-style-type: none">无需输入重量。将水饺放置于蒸盘之上, 无需封盖。将蒸盘置于上层位置(位置 3), 将无放置食物的玻璃盘置于下层位置(位置 2)。	2 和 3

米饭 / 鸡蛋

糯米

[配料]

300 克 糯米
270 克 水

适合口味的盐、酱油、糖、芝麻油。

[作法]

1. 将米和水放入 20cm(8 英寸)的浅底方盘中, 将米浸泡 1 小时。
2. 将餐盘置于玻璃盘上的蒸盘之上。
3. 将其置于下层位置(位置 2), 无需封盖。
4. 使用蒸汽选项, 米饭 / 鸡蛋, St12(糯米)模式进行烹调。
5. 烹调完成后, 轻轻搅拌并与熟肉制品一起食用。

蒸蛋

[配料]

<4 份量 >

120 克 鸡蛋
240 克 水
10 克 日本米酒
4 克 盐

适合口味的生抽

[作法]

1. 将水、日本米酒、盐、生抽和鸡蛋混合在一起并轻轻搅拌。
2. 将搅拌后的混合物(1)倒入浅盘中(约 1.5 品脱)或是 4 只食碗中(直径为 4½ 英寸)。
3. 将餐盘置于玻璃盘上的蒸盘之上。
4. 将其置于下层位置(位置 2), 无需封盖。
5. 使用蒸汽选项, 米饭 / 鸡蛋, St13(蒸蛋)模式进行烹调。

自动烹调食谱

均衡菜单选项

玉米黄油和蒸春卷

< 蒸春卷 >

配料		1 份量 (2 卷)	2 份量 (4 卷)	3 份量 (6 卷)	4 份量 (8 卷)
面条片		125 克 (或 2 片)	250 克 (或 4 片)	375 克 (或 6 片)	500 克 (或 8 片)
豆芽 (切成长条形并煮熟)		50 克	100 克	150 克	200 克
胡萝卜 (切成长条形并煮熟)		50 克	100 克	150 克	200 克
A	蘑菇 (切成长条形)	50 克	100 克	150 克	200 克
	剁碎的鸡肉	50 克	100 克	150 克	200 克
	虾米	7 克	13 克	20 克	25 克
	硬豆腐 (切成小块)	50 克	100 克	150 克	200 克
	捣碎的欧芹和大蒜	½ 汤匙	1 汤匙	1½ 汤匙	2 汤匙
	胡椒粉	¼ 茶匙	½ 茶匙	¾ 茶匙	1 茶匙
B	耗油	1 汤匙	2 汤匙	3 汤匙	4 汤匙
	酱油	½ 汤匙	1 汤匙	1½ 汤匙	2 汤匙
	中草药	适量	适量	适量	适量
	糖	适量	适量	适量	适量

< 玉米黄油 >

配料	1 份量	2 份量	3 份量	4 份量
玉米	50 克	100 克	150 克	200 克
人造黄油	1 克	2.5 克	3 克	5 克
糖	¾ 汤匙	1½ 汤匙	2 汤匙	3 汤匙
盐	适量	适量	适量	适量
鲜牛奶	¼ 汤匙	½ 汤匙	¾ 汤匙	1 汤匙

注意：春卷调味料

甜味老抽	3 汤匙
水	3 汤匙
糖	2 汤匙
醋	2 汤匙
盐	1 捏
辣椒片	

[烹调]

- 将配料 (A) 放入碗中，并将其置于烤炉底层 (位置 1) 上，以 100% 微波功率烹调 2-5 分钟。加入调味料 (B) 并继续以 100% 微波功率烹调 1-2 分钟。
- 在 (1) 中加入煮熟的豆芽和胡萝卜。
- 如果使用纯面条片，则应将面条浸泡于水中，并将其置于玻璃盘上的蒸盘之上。将其置于下层位置 (位置 2)，并以蒸 - 高级模式烹调 20 分钟。蒸烹调完成后，将面条切成小块。
- 用蒸熟的面条片紧紧包裹 (3)。
- 将春卷置于涂抹油脂的蒸盘上。将其置于下层位置 (位置 2)。
- 将玉米置于另一个蒸盘上，并将其置于上层位置 (位置 3)。
- 使用蒸汽选项，均衡菜单选项，St41 (玉米黄油和蒸春卷) 模式进行烹调。
- 烹调完成后，将玉米放入碗中，并与人造黄油、糖、盐以及鲜牛奶进行均匀混合。对用于春卷的所有调味料进行充分均匀混合，并与春卷一起食用。

新鲜蔬菜和蒸鸡翼

< 蒸鸡翼 >

配料		1 份量	2 份量	3 份量	4 份量
鸡翼 (60g/ 个)		150 克	300 克	450 克	600 克
A	耗油	½ 汤匙	1 汤匙	1½ 汤匙	2 汤匙
	蜂蜜	1 汤匙	2 汤匙	3 汤匙	4 汤匙
	胡椒粉	适量	适量	适量	适量
	盐	¼ 茶匙	½ 茶匙	¾ 茶匙	1 茶匙
	酱油	¼ 茶匙	½ 茶匙	¾ 茶匙	1 茶匙

< 新鲜蔬菜 >

配料	1 份量	2 份量	3 份量	4 份量
花椰菜 (花)、胡萝卜 (薄片)、红/黄椒 (条状)、芦笋 (条状)	150 克	300 克	450 克	600 克

[烹调]

- 将调味料 (A) 与腌鸡翼混合 1 - 2 小时。
- 将鸡翼置于玻璃盘上的蒸盘之上。然后将其置于下层位置 (位置 2)。
- 将蔬菜排放于蒸汽盘上，并将放置于上层位置 (位置 3)。
- 使用蒸汽选项，均衡菜单选项，St42 (新鲜蔬菜和蒸鸡翼) 进行烹调。

自动烹调食谱

甜食

蒸蛋糕

[配料]

<10 杯份量 >
2 鸡蛋
100 克 糖
2 汤匙 食用油
150 毫升 牛奶
200 克 面粉
½ 汤匙 发酵粉
60 克 提子干

[作法]

1. 将食用油、糖和鸡蛋搅拌混匀，之后加入牛奶。
2. 搅拌加入面粉和发酵粉。再加入提子干和上述混合物。
3. 将蛋糕混合物均匀分配至 10 个铺有防油纸的小罐中（深度为 3.5cm，直径为 7.5cm）。
4. 将小罐置于玻璃盘上的蒸盘之上。
5. 将其置于下层位置（位置 2），无需封盖。
6. 使用蒸汽选项，甜食，St51（蒸蛋糕）模式进行烹调。

注意：

蒸巧克力蛋糕

加入 1 汤匙可哥粉及面粉，用 50g 巧克力碎代替提子干。

蒸南瓜

[配料]

<1 整只 >
1.2 千克 整只南瓜
¼ 杯 椰奶
1 鸡蛋
2 鸭蛋
150 克 棕榈糖
2-3 片 露兜树叶

[作法]

1. 在南瓜顶部开一个孔。将南瓜籽舀出。
2. 在碗中将两种蛋搅拌混合，之后混入椰奶。
3. 将蛋和椰奶进行混合后加入棕榈糖。
4. 加入露兜树叶，然后用手捏制直至散发出露兜树的味道。
5. 将混合物通过滤网进行过滤，以去除泡沫。
6. 将牛奶蛋羹倒入南瓜中。
7. 将南瓜置于玻璃盘上的蒸盘之上。
8. 将其置于下层位置（位置 2），无需封盖。
9. 使用蒸汽选项，甜食，St52（蒸南瓜）模式进行烹调。
10. 当烤炉停止运转，发出声音信号，并显示屏幕闪烁“WATER（加水）”时，将水箱取出并加水至刻度 MAX（满水）线。
将水箱重新装回原味并触按开始键。在暂停运转期间请勿开启炉门。
11. 烹调完成后检查煮熟程度，如有需要则延长烹调时间。进行冷却后切分。

牛乳布丁

[配料]

<4 杯份量 >
2 鸡蛋
1 蛋黄
300 毫升 牛奶
2-3 滴 香草精
30 克 糖

[作法]

1. 制作焦糖：将糖溶解于水中，持续搅拌。停止搅拌并加热至沸点，直至金黄色的焦糖形成。
2. 用焦糖涂覆 4 只小干酪蛋糕碟（深度为 4cm，直径为 8.5cm）的盘底。对其进行冷却。
3. 以 100% 微波功率对牛奶加热 1 分钟。
4. 将鸡蛋和蛋黄与糖搅拌在一起。
将牛奶倒入蛋液中并混合均匀。
5. 在每个小干酪蛋糕碟子中注满牛奶混合物。
6. 将餐盘放入蒸盘中，并将蒸盘置于上层位置（位置 3）。将无放置食物的玻璃盘置于下层位置（位置 2）。
7. 使用蒸汽选项，甜食，St53（牛乳布丁）模式进行烹调。
8. 烹调完成后，在食用前应先进行冷却。

焦糖淋酱

100 克 糖
4 汤匙 水

自动烹调食谱

自动烧烤选项食谱

菜单号码	菜单名称	重量范围 (增加单位)	操作	食物摆放位置
AG1	烤鸡 (烹调前温度 5°C)	0.9 - 2.0 千克 (100 克)	<ul style="list-style-type: none"> 将鸡肉洗净，除去脂肪并抹干。 每 500 克鸡肉采用 1 茶匙盐、1 汤匙酱油、1 茶匙生粉和 1 茶匙糖调拌。 将鸡胸部朝下置于玻璃盘中的烤架上。 将其置于烤炉底层(位置 1)。 当烤炉停止运转并发出声音信号时，将烤鸡翻转。 烹调结束后，将肉取出放在铝箔纸中包好，搁置 10 分钟。 	1
AG2	鸡翼 (烹调前温度 5°C)	4 - 12 块 (1 块: 40 克)	<ul style="list-style-type: none"> 将鸡翼洗净，刺破鸡皮，抹干，并用拌好的调味品腌制。每 12 只鸡翼采用 1 茶匙盐、1 汤匙酱油、1 茶匙生粉和 1 茶匙糖腌制。 将鸡翼排放于玻璃盘内的下层烤架上。 将其置于下层位置(位置 2)。 当烤炉停止运转并发出声音信号时，将烤鸡翻转。 烹调后，将鸡翼取出放在碟子中食用。 	2
AG3	烤鱼 (烹调前温度 8-12°C) 例如：鲷鱼、金线鱼、鲭鱼、鲷鱼等。	0.2 - 0.4 千克 (100 克)	<ul style="list-style-type: none"> 将鱼洗净，去鳞。 用刀在鱼身上划开几条切口，刺破鱼眼。 抹干，之后在鱼身上抹油。 置于玻璃盘中的烤架上(轻涂少许油)，无需封盖。 将其置于下层位置(位置 2)。 当烤炉停止运转时将其翻转。继续烹调。 <p>注意： 烹调少量的鱼或薄片时，建议您在烹调过程中经常查看，避免烹调过度。</p>	2
AG4	牛排 (烹调前温度 8-12°C) (1-1.5cm 厚度)	0.2 - 0.6 千克 (100 克)	<ul style="list-style-type: none"> 为达到良好的烹调效果，牛排的建议厚度为 1.5cm。 根据个人喜好进行调味。 置于玻璃盘中的烤架上。 将其置于上层位置(位置 3)。 当烤炉停止运转时，请将牛排翻转。 烹调完成后，搁置一段时间。 可根据需要，用热调味汁调味后食用。 <p>注意： 如果牛排的厚度大于 1.5cm，请以烧烤模式手动烹调，并将其置于下层位置(位置 2)。 参见第 C-39 页。</p>	3

自动烹调食谱

自动翻热选项食谱

菜单号码	菜单名称	重量范围 (增加单位)	操作
AR1	翻热菜肴 (烹调前温度 4-12°C) 例如: 午餐 / 晚餐餐盘, 肉盘、炒面、 盘饭	1 份量 (约 200g)	<ul style="list-style-type: none"> 从冰箱中取出餐盘。 用微波保鲜纸或盖子进行封盖。 无需输入数量。 放置于烤炉底层中央位置(位置 1)。 翻热完成后, 进行搅动并带盖放置 1 分钟。
AR2	翻热汤 (烹调前温度 4-12°C)	1 - 4 碗 (1 碗: 约 250 毫升)	<ul style="list-style-type: none"> 放入耐热玻璃碗或中国陶瓷碗中。 无需封盖。 放置于烤炉底层中央位置(位置 1)。 翻热后进行搅动。
AR3	翻热饮料 (烹调前温度 20-25°C)	1 - 4 杯 (1 杯: 约 250 毫升)	<ul style="list-style-type: none"> 无需封盖。 放置于烤炉底层中央位置(位置 1)。 翻热后进行搅动。

自动解冻选项食谱

菜单号码	菜单名称	重量范围 (增加单位)	操作
dE1	牛排 / 排骨 (烹调前温度 -18°C)	0.2 - 1.0 千克 (100g)	<ul style="list-style-type: none"> 将食物放入盘碟中或是馅饼盘中, 并置于烤炉底层中央位置(位置 1)。 当烤炉停止运转并发出声音信号时, 将食物翻转, 如果可能, 请移除已解冻部分。如果有必要遮蔽薄片及铝箔温暖。 解冻完成后, 用铝箔纸包裹并保持 10-20 分钟, 直至完全解冻。 请参见下述的注意。
dE2	肉馅 (烹调前温度 -18°C)	0.2 - 1.0 千克 (100g)	<ul style="list-style-type: none"> 将块状肉馅放入盘碟中或是馅饼盘中, 并置于烤炉底层中央位置(位置 1)。 当烤炉停止运转并发出声音信号时, 将食物翻转。如果可能, 请移除已解冻部分。 解冻完成后, 用铝箔纸包裹并保持 5-10 分钟, 直至完全解冻。 请参见下述的注意。
dE3	家禽 (烹调前温度 -18°C) 建议仅有除去内脏的家禽适用于此程序。	0.9 - 2.0 千克 (100g)	<ul style="list-style-type: none"> 将家禽胸部朝下置于烤炉底板中央位置(位置 1)的馅饼盘或餐盘上。 当烤炉停止运转并发出声音信号时, 将其翻转并用小铝箔纸包裹较薄的部位及过热点。 当声音信号再次响起, 请再次进行翻转。 解冻完成后, 用冷水进行冲洗, 之后用铝箔纸包裹并保持 30-60 分钟, 直至完全解冻。最后, 用自来水清洗家禽。

未列入指南的食物在解冻时可手动设置使用 30% 功率等级。

注意:

1. 牛排和排骨应置于同一层进行冷冻。
2. 肉馅应以较薄的形状进行冷冻。
3. 如果需要对解冻部位进行包裹, 请使用小尺寸且平整的铝箔纸。
4. 在解冻后应立即对家禽进行加工处理。

手动烹调食谱

蒸 - 高食谱

使用玻璃盘和蒸盘

食物		数量	烤炉设置	烹调时间	食物摆放位置	
海鲜	鱼柳 (½ 英寸厚)	800 克	蒸 - 高	21 分钟	2	
	贝类, 带壳	900 克	蒸 - 高	20 分钟	2	
	扇贝	500 克	蒸 - 高	10 分钟	2	
	大虾	500 克	蒸 - 高	14-16 分钟	2	
家禽	鸡胸、半只	1 千克	蒸 - 高	30 分钟	2	
水饺	速冻水饺	500 克	蒸 - 高	16 分钟	2	
蔬菜	芦笋条 (对半切开)	500 克	蒸 - 高	21 分钟	2	
	豆类 (完整的)	500 克	蒸 - 高	21 分钟	2	
	白菜 (剁碎)	500 克	蒸 - 高	7-9 分钟	2	
	西兰花	500 克	蒸 - 高	21 分钟	2	
	芽甘蓝 (对半切开)	500 克	蒸 - 高	25 分钟	2	
	卷心菜 (切碎)	500 克	蒸 - 高	16 分钟	2	
	胡萝卜, 切片	500 克	蒸 - 高	21 分钟	2	
	花椰菜花	500 克	蒸 - 高	21 分钟	2	
	老玉米 (4 小支)	500 克	蒸 - 高	21 分钟	2	
	蘑菇, 扭状 (整只)	500 克	蒸 - 高	16 分钟	2	
	豌豆 (完整的)	500 克	蒸 - 高	16 分钟	2	
	荷兰豆 (完整的)	250 克	蒸 - 高	8 分钟	2	
	马铃薯	四等分	500 克	蒸 - 高	25 分钟	2
		马铃薯仔, 小个	500 克	蒸 - 高	30 分钟	2
	南瓜 (2cm 方丁)	500 克	蒸 - 高	30 分钟	2	
	菠菜 (切碎)	250 克	蒸 - 高	10 分钟	2	
	甘薯 (20g 切片)	500 克	蒸 - 高	25 分钟	2	
	黄色南瓜 (四等分)	500 克	蒸 - 高	20-22 分钟	2	
	西葫芦 (切片或四等分)	500 克	蒸 - 高	16 分钟	2	
米饭	白米	½ 杯加 ½ 杯水	—	蒸 - 高	25 分钟	2
		1 杯加 1 杯水	—	蒸 - 高	30 分钟	2
义大利面	义大利干面	½ 杯加 ½ 杯水	—	蒸 - 高	25 分钟	2
		1 杯加 1 杯水	—	蒸 - 高	30 分钟	2

手动烹调食谱

混合烹调 - 高食谱

使用玻璃盘和烤架

食物		数量	烹调时间和操作	搁置时间	食物摆放位置	结果
牛肉	煎颈片肉	1 千克	使用 70% 的微波烹调 8 分钟 使用混合烹调 - 高烹调 9 分钟 翻转 使用 70% 的微波烹调 3 ½ 分钟 使用混合烹调 - 高烹调 9 分钟	10 分钟	1	半生熟
	牛腩利	1 千克	使用 70% 的微波烹调 8 分钟 使用混合烹调 - 高烹调 9 分钟 翻转 使用 70% 的微波烹调 3 ½ 分钟 使用混合烹调 - 高烹调 9 分钟	10 分钟	1	半生熟
	汉堡碎肉饼 * (1cm 厚)	4 个 小馅饼 (500g)	使用烧烤烹调 9 分钟 翻转 使用烧烤烹调 7 分钟	5 分钟	3	全熟
	牛排 (丁骨牛排, 肋眼牛排, 牛里脊肉)	800 克	使用烧烤烹调 12 分钟 翻转 使用烧烤烹调 14 分钟	10 分钟	2	半生熟 / 全熟
猪肉	脱骨猪里脊肉 **	1 千克	使用 70% 的微波烹调 12-15 分钟 使用烧烤烹调 5-7 分钟 翻转 使用 70% 的微波烹调 8-10 分钟 使用烧烤烹调 3-5 分钟	10 分钟	1	全熟
家禽	鸡胸、半只	1 千克	使用烧烤烹调 15 分钟 翻转 使用烧烤烹调 20 分钟	10 分钟	2	全熟
	整鸡	900 克	使用 100% 的微波烹调 1 分钟 使用混合烹调 - 高烹调 12 分钟 20 秒钟 翻转 使用混合烹调 - 高烹调 12 ½ 分钟	5 分钟	1	全熟
	鸡腿	500 克	使用混合烹调 - 高烹调 5 分钟 使用烧烤烹调 6 ½ 分钟 翻转 使用混合烹调 - 高烹调 5 分钟 使用烧烤烹调 5 分钟	7 分钟	2	全程烹调
香肠	常规食品	600 克	使用混合烹调 - 高烹调 3 分钟 使用烧烤烹调 8 ½ 分钟 翻转 使用混合烹调 - 高烹调 2 ½ 分钟 使用烧烤烹调 6 分钟 10 秒钟	5 分钟	2	全程烹调
海鲜	鱼排 (例如 鲑鱼)	1 千克	使用烧烤烹调 15 分钟 翻转 使用烧烤烹调 10 分钟	5 分钟	2	全程烹调, 潮湿, 容易剥落
	大虾 (在烤肉扦上)	500 克	使用烧烤烹调 10 分钟 翻转 使用烧烤烹调 14 分钟	2 分钟	2	未煮熟 (非透明), 潮湿

* 放在烤架上的汉堡包不应超过 1 厘米厚, 以确保其不发生起火。

** 烤箱只能烹调 1 千克猪肉。由于会产生烟雾和油四溅而导致危险, 所以不能烹调更大体积的肉片。在烹调较肥的肉, 如猪肉或羊肉时, 请勿使用混合烹调模式, 以防止产生烟雾和油四溅。

手动烹调食谱

翻热及解冻便利食品表

食物	数量	烤炉设置和烹调时间	操作	搁置时间
饮料	1 杯	使用 100% 的微波烹调 2 分钟	微波炉专用杯。加热过程及加热后进行搅拌。	—
	2 杯	使用 100% 的微波烹调 4 分钟		
罐头食品	1 杯	使用 100% 的微波烹调 2 分钟	将食物放入微波炉专用的炖肉用浅锅后,用保鲜纸包裹。搅拌后食用。	2 分钟
	2 杯	使用 100% 的微波烹调 3 ½ 分钟		
罐头浓汤	1 杯	使用 100% 的微波烹调 2 分钟	将汤放入一个微波炉专用的小碗中, 加热后搅拌。	—
	2 杯	使用 100% 的微波烹调 3 ½ 分钟		
肉饼	1 块	使用 50% 的微波烹调 2 分钟, 然后使用烧烤烹调 4 分钟	将派放于两张纸巾中间, 使用微波烹调, 微波烹调好后将派放到玻璃盘中, 并将玻璃盘置于烧烤架下层位置 (位置 2) 上进入烧烤模式。	3 分钟
	4 块	使用 50% 的微波烹调 6 分钟, 然后使用烧烤烹调 6 分钟		
冷冻义大利面食	300-500 克	使用 100% 的微波烹调 6 分钟, 然后使用 50% 的微波烹调 5 分钟, 然后使用烧烤烹调 4 分钟	从箔容器中取出食物, 放在一个耐热小玻璃盘 (如高硼矽) 上, 使用微波功能烹调, 然后将食物移放在烤架上, 将玻璃盘放在下层位置 (位置 2) 上使用烧烤模式烹调。	3 分钟
牛角面包	1	使用 30% 的微波烹调 1 分钟	放于两张纸巾中间	—
	2	使用 30% 的微波烹调 1 ½ 分钟		
水果派 (单人份)	1	使用 50% 的微波烹调 1 ½ 分钟, 然后使用烧烤烹调 4 分钟	从箔容器中取出食物, 放在烤炉底层 (位置 1), 使用微波模式烹调, 然后放到烤架上, 将玻璃盘放在下层位置 (位置 2) 上使用烧烤模式烹调。	—
	2	使用 50% 的微波烹调 1 ½ 分钟, 然后使用烧烤烹调 4 分钟		
丹麦酥皮饼	400 克	使用 70% 的微波烹调 4 ½ 分钟, 然后使用烧烤烹调 5 分钟	从箔容器中取出食物, 放在微波炉专用盘上使用微波功能烹调, 然后放到烤架上, 将玻璃盘放在下层位置 (位置 2) 上使用烧烤模式烹调。	3 分钟

手动烹调食谱

微波：冷冻蔬菜指南

1. 将蔬菜放入中号 / 大号的微波炉专用碗中，用保鲜纸包裹好，放在烤炉底层（位置 1）。
2. 在排干剩余水份并食用前，应继续搁置 2 分钟。

食物	数量	烹调时间 (100%)	操作
豆类（绿色，切开）	500 克	9 分钟	
西兰花	500 克	8-8½ 分钟	尽可能快地将其分开。 向着中间位置摆放花朵。
胡萝卜	（整支）	500 克	10 分钟 搅拌至五成。
	（切片）	500 克	
花椰菜	500 克	9 分钟	尽可能快地将其分开。 向着中间位置摆放花朵。
玉米（老）	4 块 /500 克	8 分钟	
豌豆（绿色）	500 克	9 分钟	
菠菜	250 克	6 分钟	尽可能快地将其分开。
什锦蔬菜（例如胡萝卜、豆类和玉米仁等）	500 克	10-11 分钟	尽可能快地将其分开。

手动烹调食谱

微波：新鲜蔬菜指南

1. 用保鲜纸包裹每一样食物。置于烤炉底层（位置 1）。
2. 搁置一段时间后，应在食用前排干所有剩余水份。

食物	数量	烹调时间 (100%)	操作
芦笋（对半切开）	500 克	3 ½ 分钟	将食物放入微波炉专用浅盘。盖好。搁置 3 分钟。
豆类（完整的）	500 克	5 分钟	将食物放入炖肉用浅锅，加 1 汤匙水。盖好。搁置 5 分钟。
西兰花（花形一致）	500 克	5 分钟	将食物放入炖肉用浅锅。盖好。搁置 3 分钟。
芽甘蓝	500 克	8 分钟	将食物放入炖肉用浅锅。盖好。搁置 3 分钟。
卷心菜（切碎）	500 克	8 分钟	将食物放入炖肉用浅锅，加 2 汤匙水。盖好。搁置 3 分钟。
胡萝卜（切片）	500 克	5 分钟	将食物放入微波炉专用浅盘。盖好。搁置 3 分钟。（欲减少咀嚼时的嘎扎声，可烹调更长时间）
花椰菜（花形一致）	500 克	6-7 分钟	将食物放入炖肉用浅锅，加 1 汤匙水。盖好。搁置 3 分钟。
老玉米	2 块	8 分钟	将食物放入炖肉用浅锅，加 ¼ 汤匙水。盖好。搁置 3 分钟。
	4 块	16 分钟	将食物放入炖肉用浅锅，加 1/3 汤匙水盖好。搁置 5 分钟。
蘑菇（整只）	500 克	5 分钟	将食物放入炖肉用浅锅，加 2 汤匙水。盖好。搁置 3 分钟。
豌豆（绿色，完整的）	500 克	5 分钟	将食物放入炖肉用浅锅，加 1 汤匙水。盖好。搁置 2 分钟。
马铃薯 - 马铃薯皮（小个）	4 个	6 分钟	用刀叉刺破。搁置 3 分钟。
南瓜（2cm 方丁）	500 克	10 分钟	将食物放入炖肉用浅锅。盖好。搁置 2 分钟。
菠菜（切碎）	500 克	8 分钟	将食物放入炖肉用浅锅，加 2 汤匙水。盖好。搁置 3 分钟。
荷兰豆（完整的）	500 克	4 分钟	将食物放入炖肉用浅锅，加 1 汤匙水。盖好。搁置 3 分钟。（欲减少咀嚼时的嘎扎声，可烹调更长时间）
南瓜（整只）	500 克	5 分钟	用刀叉刺破。将食物放入炖肉用浅锅。盖好。搁置 3 分钟。
甘薯（2cm 方丁）	500 克	8 分钟	将食物放入炖肉用浅锅，加 ½ 汤匙水。盖好。搁置 5 分钟。
西葫芦（切片或四等分）	500 克	4 分钟	将食物放入炖肉用浅锅，加 1 汤匙水和 1 汤匙黄油。盖好。搁置 3 分钟。

手动烹调食谱

微波：肉、家禽、海鲜和面包解冻时间

1. 去除包装纸并将冷冻品置于带有支架（微波炉专用解冻架）的微波炉专用解冻浅盘上。用铝箔包裹冷冻品以防止冷冻品在解冻过程中被熟化。
2. 按照“微波时间”栏中所列步骤进行解冻。
3. 在进行翻转时，重新包裹冷冻品，使其在继续解冻的过程中不被熟化。

食物		烤炉设置和烹调时间	操作	搁置时间		
牛肉	烤肉 (1 千克)	使用 30% 的微波烹调 6 分钟 使用 10% 的微波烹调 8 ½ 分钟 翻转后包裹 使用 30% 的微波烹调 2 ½ 分钟 使用 10% 的微波烹调 8 分钟	第二次微波设置 (8½ 分钟, 10% 微波功率) 结束时翻转。	30 分钟		
	牛排 (500 克)	使用 30% 的微波烹调 2 ½ 分钟 使用 10% 的微波烹调 1 分钟 50 秒钟 翻转后包裹 使用 30% 的微波烹调 1 分钟 50 秒钟 使用 10% 的微波烹调 2 分钟	第二次微波设置 (1 分钟 50 秒钟, 10% 微波功率) 结束时翻转。	10 分钟		
	肉碎 (500 克)	使用 50% 的微波烹调 3 ½ 分钟 翻转后包裹 使用 30% 的微波烹调 4 ½ 分钟	第一次微波设置 (3 ½ 分钟, 50% 微波功率) 后翻转。取出解冻了的肉放在一边 (解冻完成后加上)	10 分钟		
羊肉	烤肉 (1 千克)	使用 30% 的微波烹调 6 分钟 使用 10% 的微波烹调 8 ½ 分钟 翻转后包裹 使用 30% 的微波烹调 2 ½ 分钟 使用 10% 的微波烹调 8 分钟	第二次微波设置 (8½ 分钟, 10% 微波功率) 结束时翻转。	30 分钟		
	肩部 (1 千克)	使用 30% 的微波烹调 6 分钟 使用 10% 的微波烹调 8 ½ 分钟 翻转后包裹 使用 30% 的微波烹调 2 ½ 分钟 使用 10% 的微波烹调 8 分钟	第二次微波设置 (8½ 分钟, 10% 微波功率) 结束时翻转。	30 分钟		
	羊排 (500 克)	使用 30% 的微波烹调 2 ½ 分钟 使用 10% 的微波烹调 1 分钟 50 秒钟 翻转后包裹 使用 30% 的微波烹调 1 分钟 50 秒钟 使用 10% 的微波烹调 2 分钟	第二次微波设置 (1 分钟 50 秒钟, 10% 微波功率) 结束时翻转。	10 分钟		
家禽	鸡肉 - 整只 (1 千克)	使用 30% 的微波烹调 5 ½ 分钟 使用 10% 的微波烹调 4 分钟 翻转后包裹 使用 30% 的微波烹调 4 分钟 使用 10% 的微波烹调 7 分钟 10 秒钟	第二次微波设置 (4 分钟, 10% 微波功率) 结束时翻转。	30 分钟		
	鸡块 (500 克)	使用 30% 的微波烹调 3 分钟 使用 10% 的微波烹调 4 分钟 翻转后包裹 使用 30% 的微波烹调 1 分钟 10 秒钟 使用 10% 的微波烹调 4 分钟	第二次微波设置 (4 分钟, 10% 微波功率) 结束时翻转。	15 分钟		
海鲜	扇贝 (500 克)	使用 30% 的微波烹调 3 ½ 分钟 翻转后分开 使用 30% 的微波烹调 3 分钟	第一次微波设置 (3 ½ 分钟, 30% 微波功率) 后翻转。分开扇贝。	5 分钟		
	大虾 - 整只 (500 克)	使用 30% 的微波烹调 3 分钟 翻转后分开 使用 30% 的微波烹调 3 分钟	第一次微波设置 (3 分钟, 30% 微波功率) 后翻转。分开大虾。	5 分钟		
面包	片	2 40 秒钟在 30% 的微波烹调	(无需解冻架) 将面包置于两层纸巾之间。直接置于烤炉底层 (位置 1)。	—		
		4 50 秒钟在 30% 的微波烹调				
	卷	1 40 秒钟在 30% 的微波烹调			(无需解冻架) 将面包置于两层纸巾之间 - 每一卷均需额外增加 30 秒钟直接置于烤炉底层 (位置 1)。	—
		2 1 分钟 10 秒钟在 30% 的微波烹调				

食谱

姜葱螃蟹

配料

1 千克 蟹
1 辣椒
2 片 姜
1 条 葱
1 茶匙 麻油

作法

1. 蟹洗净斩件摆在碟上。
2. 放上辣椒丝、麻油和姜，并洒水少许。
3. 将餐盘置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)，使用蒸-高模式，烹调20分钟。

蒜茸蒸虾

配料

300 克 大虾(带壳)

装饰料

4 瓣 蒜头(切碎)
1 条 青葱(切粒)
½ 茶匙 盐
2 茶匙 油

作法

1. 将所有装饰料搅拌均匀，备用。
2. 将大虾从腹部切半，平放于一浅碟上。
3. 将装饰料平均撒在大虾上，然后将其置于下层位置(位置2)，使用蒸-高模式，烹调14-15分钟。

虾饺

配料

600 克 虾
30 克 竹笋
150 克 澄面粉
3 汤匙 生粉

调味料

1 茶匙 盐
1 茶匙 糖
2 汤匙 生粉
1 茶匙 麻油
胡椒粉 适量

作法

1. 材料处理：

- a) 鲜虾去壳，用盐(1茶匙)来腌，之后洗净抹干。
 - b) 竹笋切碎后放于大碗内，加盐(½茶匙)和水(120毫升)。将其置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)，使用蒸-高模式，烹调8-10分钟。之后沥去水份。
 - c) 用滚水(250毫升)将澄面粉和生粉以木棍搅匀，之后放于木板上搓成条状。切出约10克之面粉粒，并以薄刀片把之压成圆形薄片之饺皮。
2. 将虾、竹笋及脂肪用调味料腌好，搅匀后再加入适量生粉，搅至起胶成饺馅。
 3. 取一饺皮，于其中放入2茶匙饺馅(2)。
 4. 将饺皮两端封折，用手指捏紧其边成饺。
 5. 制作30个水饺。在两个蒸盘上涂抹食用油，然后将水饺均匀摆放在两个蒸盘上。于水饺面上扫油，洒水少许。
 6. 将一个蒸盘置于上层位置(位置3)。将玻璃盘上的另外蒸盘置于下层位置(位置2)，使用蒸-高模式，烹调20分钟。

清蒸鱼

配料

200 克 鱼
姜丝
葱丝

作法

1. 将鱼洗净去鳞，用刀于鱼身割数刀。
2. 将鱼放于碟上，洒上水、盐及油。再撒上葱及姜丝。
3. 将碟置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)，使用蒸-高模式，烹调27-28分钟。

注意：确实之烹调时间会因鱼之种类及形状等而有不同。

食谱

酿蚬

配料

8 蚬(带壳)
40 克 绞碎鸡肉
1 茶匙 酒
1 茶匙 酱油
1 汤匙 葱粒
½ 鸡蛋
1½ 汤匙 生粉
¼ 茶匙 姜汁
¼ 茶匙 糖
½ 茶匙 盐

作法

1. 浸蚬于盐水，以去其泥沙。再相互洗擦其贝壳，以至完全洗净。
2. 将蚬置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)。使用蒸-高模式，烹调10分钟，或直至蚬壳张开。
3. 将其余材料混合拌匀，分为8等份。
4. 将各份分别填入8只蚬(已张开)的另一空壳之中。
5. 将这16件半蚬壳摆于碟上。将碟置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)。重新往水箱注水至刻度MAX(满水)线，并使用蒸-高模式烹调14-16分钟。取出，趁热食用为佳。

干蒸牛肉

配料

330 克 绞碎牛肉
60 克 肥牛肉
4 马蹄
2 柠檬叶
1 束 欧芹

调味料

½ 茶匙 梳打食粉
2 汤匙 生粉
¼ 茶匙 视水
1 茶匙 盐
1 茶匙 糖
½ 茶匙 麻油
2 汤匙 生油
¼ 杯 水
胡椒粉 适量

作法

1. 材料处理：
 - a) 马蹄切小粒。
 - b) 柠檬叶去叶脉，切茸。
 - c) 欧芹切茸。
2. 将所有材料用调味料腌30分钟，之后搓至起胶。
3. 取出1½汤匙的牛肉馅(2)，捏成肉团。
4. 放牛肉团于涂油浅碟上(直径27厘米)。于牛肉团面扫上适量的油，再洒水少许。
5. 将碟置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)，使用蒸-高模式，烹调25-28分钟。

冬菇蒸鸡

配料

280 克 鸡块
40 克 冬菇(浸软后窄干水份)
姜丝
葱丝

调味料

½ 茶匙 盐
½ 茶匙 糖
1 茶匙 生抽
½ 茶匙 生粉
½ 茶匙 麻油

作法

1. 将鸡块及冬菇放于碟上用调味料腌约30分钟。在碟上混合撒上姜葱丝。
2. 将其置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)，使用蒸-高模式，烹调25分钟。

食谱

水晶饺

配料

40 克 虾
150 克 免治猪肉
60 克 叉烧
2 冬菇(浸软)
40 克 胡萝卜(剁碎)
4 马蹄
1 束 欧芹(切碎)
1¼ 杯 澄面粉
1 杯 生粉

调味料

½ 茶匙 盐
½ 茶匙 糖
1 茶匙 生粉
胡椒粉 适量
酒 适量
适量 麻油

作法

1. 材料处理:

- 鲜虾去壳, 用盐(1茶匙)来腌, 之后洗净抹干。
- 将叉烧、冬菇及马蹄切小粒。
- 用滚水(250至300毫升)将澄面粉和生粉以木棍搅匀, 之后放于木板上搓成条状。切出约15克之面粉粒, 并以薄刀片把之压成圆形薄片之饺皮。

- 将准备好的材料用调味料腌好及搅匀成馅料。
- 用饺皮包上1汤匙馅料。而缝口不用折上, 以让蒸气冒出。
- 制作20个水饺。在两个蒸盘上涂抹食用油, 然后将水饺均匀摆放在两个蒸盘上。于水饺面上扫油, 洒水少许。
- 将一个蒸盘置于上层位置(位置3)。将玻璃盘上的另外蒸盘置于下层位置(位置2), 使用蒸-高模式, 烹调20分钟。

烧卖

配料

350 克 绞碎鸡肉
200 克 虾
28至32块 馄饨皮

调味料

1 茶匙 盐
½ 茶匙 糖
2 汤匙 生粉
1 茶匙 麻油
¼ 茶匙 鸡粉
胡椒粉 适量

作法

- 鲜虾去壳, 加盐(½ 茶匙), 之后洗净抹干。
- 将虾、绞碎鸡肉用调味料腌好搅匀。再加适量生粉, 搅至起胶成馅料。
- 将约2茶匙之馅料用云吞皮包好, 折合为烧卖。
- 制作30个水饺。在两个蒸盘上涂抹食用油。然后将水饺均匀摆放在两个蒸盘上。于烧卖面上扫油, 洒水少许。
- 将一个蒸盘置于上层位置(位置3)。将玻璃盘上的另外蒸盘置于下层位置(位置2), 使用蒸-高模式, 烹调20分钟。

香辣鸡肉糜

配料

300 克 绞碎鸡肉
3至4片 薄荷叶
(A)
2 汤匙 烤米(磨成粉)
3 汤匙 青柠汁
2 汤匙 鱼露
1 汤匙 干辣椒(磨碎)
½ 茶匙 辣椒粉
(B)
2 汤匙 干葱头(切碎)
适量 葱(切幼丝)

作法

- 将鸡肉置于容器内。将容器置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2), 使用蒸-高模式, 烹调20分钟, 之后加以搅拌。
- 沥净后加入(A), 并搅拌均匀。重新往水箱注水至刻度MAX(满水)线, 并使用蒸-高模式烹调15-20分钟。之后再拌入(B)。
- 将混合物放于碟上, 进食时放上薄荷叶以作装饰。
- 伴以新鲜蔬菜(如椰菜, 豆角)进食为佳。

食谱

日式蛋羹

配料

7 克 蘑菇(浸软切半)
60 克 大虾(去壳、去脉)
20 克 鱼饼(斜切)
80 克 鸡胸肉(切丁)
400 毫升 冷原汤
4 鸡蛋
½ 汤匙 生抽
½ 茶匙 盐
2 茶匙 日式甜煮酒
1 棵 欧芹

作法

1. 将原汤、生抽、盐、甜酒和鸡蛋混合在一起，轻轻搅匀。
2. 将鸡丁、鱼饼、蘑菇和大虾混合放入4只碗内(直径为4½)。
3. 将混合料(1)注入(2)的材料中。
4. 用茶匙取去混合料表面上的泡沫。
5. 将4只碗置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)，使用蒸-高模式，烹调20分钟。
6. 烹调后搁置5分钟。饰以欧芹后便可进食。

萝卜糕

配料

175 克 白萝卜
175 克 粘米粉
3 冬菇
1 腊肠
14 克 虾米
350 克 热水
少许 香菜
少许 盐/油

调味料

⅔ 茶匙 盐
2 汤匙 油
胡椒粉少许

作法

1. 将白萝卜刨丝放于大碗内，加入调味料拌匀。
2. 将大碗置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)，使用蒸-高模式，烹调15-20分钟。
3. 将腊肠切粒。虾米及冬菇用水浸软之后切细。
4. 以热水将粘米粉稀释，拌入以上材料、1汤匙油及2茶匙盐。搅拌均匀。
5. 将材料混合物放入已涂油的方罐20厘米(8英寸)中。将方罐置于玻璃盘上的蒸盘之上。将其置于下层位置(位置2)，使用蒸-高模式，烹调35分钟。
6. 烹调之后，撒上香菜及加盖，待搁置一会即可食用。

注意：若烹调后糕之中央仍未熟透，重新往水箱注水至刻度MAX(满水)线，可以继续烹调5-10分钟。

贝氏混合奶油

配料

150 克 冷冻什锦浆果，解冻后以滤网进行过滤，得到果泥
1 杯 全脂牛奶
1 杯 炼乳
4 鸡蛋，轻微搅拌
2 蛋黄
⅓ 杯 细砂糖
2 茶匙 糖粉，用于装饰
100 克 冷冻什锦浆果，解冻后用于装饰

作法

1. 将全脂奶油和炼乳混合放进一个微波炉专用大碗中。在70%微波功率模式下加热6分钟，直至牛奶处于将沸未沸的状态。
2. 在另一个大碗中加入鸡蛋、蛋黄、糖和混合果酱。然后倒入已加热的牛奶混合物。用球状搅拌机搅拌至其充分混合均匀。
3. 将混合物均匀分配至4个小干酪蛋糕碟中(直径为10厘米)。将碟置于蒸盘之上。将蒸盘置于上层位置(位置3)。将蒸盘置于玻璃盘之上。将其置于下层位置(位置2)，使用蒸-低模式，90℃，烹调35分钟。
4. 烹调结束且奶油蛋羹已完成，搁置10分钟。
5. 配以解冻的浆果和糖粉末后即可食用。

食谱

腌制鲷鱼

配料

- 2 汤匙 酱油
- 2 瓣 大蒜，捣碎
- 1 汤匙 芝麻油
- 1 茶匙 搓碎的新鲜姜末
- 1 汤匙 剁碎的新鲜胡荽
- 2 剔除种子的指天椒，充分剁碎
- 500 克 整条鲷鱼，清洗干净

作法

1. 将酱油、大蒜、芝麻油、姜、胡荽和辣椒等混合放进一个小碗中，充分混合均匀。
2. 将鲷鱼放入一个大的炖肉用浅锅中并加入腌泡汁。封盖并冷藏保存1—2小时。
3. 将鱼置于蒸盘之上。如果鲷鱼比蒸盘大，可将其尾部去除。
4. 将蒸盘置于上层位置(位置3)。将玻璃盘置于下层位置(位置2)。使用蒸-低模式, 90°C, 烹调35分钟。

韭菜、熏肉和奶油乳蛋饼

配料

- 80 克 熏肉，切丁
- 120 克 韭菜，洗净并切成薄片
- ½ 杯 切达乳酪，搓碎
- 4 鸡蛋
- 1/3 全脂牛奶
- 1/3 纯奶油
- 1 茶匙 面粉
- 用盐和胡椒粉进行调味
- ¼ 杯 面包碎屑
- 20 克 黄油

作法

1. 在大碗中对鸡蛋、牛奶和奶油进行搅拌。之后加入乳酪并混合均匀。
2. 加入熏肉和韭菜，并用盐和胡椒粉进行调味。
3. 将黄油置于微波炉专用碗中融化。将其置于烤炉底层(位置1)上，并以100%微波功率烹调20秒。
4. 将融化的黄油涂抹于4个小干酪蛋糕碟(直径为10cm)上，并撒上面包屑。
5. 将混合物均匀分配于4个小干酪蛋糕碟中。
6. 将蒸盘置于上层位置(位置3)。将玻璃盘置于下层位置(位置2)。使用蒸-低模式, 90°C, 烹调35分钟。

烤鸡块

配料

- 1 千克 鸡块(200克/1块)
- 3 汤匙 (玉米)油

调味料

- 3 汤匙 生抽
- 3 汤匙 水
- 2 汤匙 海鲜沙司
- 适合口味的盐、糖、蒜蓉

作法

1. 用调味料将肋排腌泡20分钟。
2. 置于玻璃盘上的烤架之上并用食用油进行涂抹。将其置于下层位置(位置2)。
3. 开始烹调：

模式	烹调时间	作法
1 次 混合烹调 - 高	7'-9'	翻转
2 次 烧烤	7'-9'	
3 次 混合烹调 - 高	7'-9'	
4 次 烧烤	4'-6'	

4. 用泡菜和凤梨进行装饰。

中式烤鸡肉

配料

- 0.9 千克 鸡肉，整只

调味料

- 5 汤匙 烤肉酱
- 1 茶匙 盐
- 3 汤匙 糖
- 1 汤匙 生抽
- 1 汤匙 老抽
- 2 汤匙 玉米油

装饰

- 2 汤匙 蜂蜜

作法

1. 将鸡肉清洗干净并抹干。用线进行捆扎。
2. 用调味料腌泡2—3小时。
3. 将鸡肉置于玻璃盘上的烤架之上。将其置于烤炉底层(位置1)。
4. 开始烹调：

模式	烹调时间	作法
1 次 微波 100%	1'	翻转
2 次 混合烹调 - 高	12'-13'	
3 次 混合烹调 - 高	9'-11'	

5. 在完成前2-3分钟，用蜂蜜进行涂抹。
6. 烧烤完成后搁置10分钟，然后切片即可食用。

食谱

洋葱汁羊排

配料

650 克 (4-6 块) 羊排
1/2 洋葱, 切片
1 番茄, 切片
1 汤匙 油
适合口味的黑胡椒和蜂蜜

调味料

1 汤匙 生抽
1 茶匙 老抽
2 茶匙 糖
1 茶匙 酒
1 茶匙 油
适合口味的盐和辣椒

肉汁

1 汤匙 蚝油
1 茶匙 糖
1 蒜蓉
1 茶匙 油
70 毫升 水
适合口味的盐
2 茶匙 玉米粉加1汤匙水

烤鸡肉和大虾肉串

配料

6 支 竹签
300 克 鸡肉, 切成24块方丁
100 克 洋葱, 切成12块方丁
80 克 青椒, 切成12块方丁
80 克 番茄, 切成12块方丁
70 克 虾肉, 去壳并剔除虾肠, 然后切成3段

调味料

2 汤匙 玉米油
1/2 茶匙 盐
1/2 茶匙 胡椒粉
1 茶匙 辣椒粉
1/2 茶匙 蒜粉

装饰

3 汤匙 融化的黄油
1 汤匙 柠檬汁

酥脆酿蘑菇

配料

12 黑蘑菇
75 克 黄油
2 瓣 大蒜, 捣碎
75 克 新鲜面包碎屑
50 克 乳酪, 搓碎

作法

1. 混合所有的调味料。
2. 用调味料腌泡羊排30分钟。
3. 将羊肉置于玻璃盘上的烤架之上, 撒放黑胡椒。将其置于上层位置(位置2)。开始烹调:

模式	烹调时间	作法
1 次 混合烹调 - 低	4'-6'	翻转
2 次 烧烤	6'-8'	
3 次 混合烹调 - 低	2'-4'	
4 次 烧烤	8'-10'	

4. 混合碗内的洋葱和油, 并将其置于烤炉底层(位置1)。加盖, 100%微波功率模式下烹调1分钟30秒钟至2分钟30秒钟。
5. 加入除了混合玉米粉之外的肉汁, 100%微波功率模式下烹调1分钟; 取出并搅拌, 之后继续烹调1分钟。和经混合的玉米淀粉。
6. 加入番茄, 加盖并在100%微波功率模式下烹调1分钟。搅拌直至玉米淀粉变稠。
7. 在羊排上涂抹准备好的肉汁, 并用葱花进行装饰。

作法

1. 将准备好的材料浸泡在混合调味里腌泡30分钟以上。
2. 将鸡肉、番茄、虾肉、洋葱和青椒等各种食材交替串在竹签上, 然后涂抹上融化的黄油和柠檬汁。
3. 将串置于玻璃盘上的烤架之上。将其置于下层位置(位置2)。
4. 开始烹调:

模式	烹调时间	作法
1 次 混合烹调 - 低	4'-6'	翻转
2 次 烧烤	7'-9'	
3 次 混合烹调 - 低	4'-6'	
4 次 烧烤	5'-7'	

作法

1. 对蘑菇进行浸泡直至其软化, 然后去除蘑菇茎部并将其剁碎。
2. 将黄油和大蒜混合在碗内, 并将其置于烤炉底层(位置1)。在100%微波功率下对黄油和大蒜加热30秒钟, 加入剁碎的蘑菇茎部和面包屑并搅拌。将混合物加入蘑菇中, 并撒上碎乳酪。
3. 将蘑菇置于玻璃盘上的蒸盘之上。将其置于上层位置(位置3), 使用混合烹调-低, 烹调10分钟。

食谱

烤鱼肉串

配料

- 4 根 木质串肉扦
- 450 克 密实新鲜的去皮鱼肉
切成8块方丁
- 2 绿皮南瓜，切成8大块
- 4 中等大小的蘑菇，去除蘑菇茎部
- 4 片 柳丁
- 2 中等尺寸的番茄，对半切开
- 1 茶匙 新鲜莳萝，剁碎
- 50 克 黄油

作法

- 将所有食材依次排放于串肉扦上。勿使木质部分外露。将串肉扦置于玻璃盘上的烤架之上。
- 对小碗内的莳萝和黄油加热，并将其置于烤炉底层(位置1)，以100%微波功率30秒钟。在烤肉串上涂抹莳萝黄油，之后放入烤架上的串肉上。
- 将其置于上层位置(位置2)。
- 开始烹调：

模式	烹调时间	作法
1 次 混合烹调 - 高	4'-5'	翻转
2 次 烧烤	12'-14'	
3 次 混合烹调 - 高	2'-4'	
4 次 烧烤	8'-10'	

注意：为了能够将食物从木质串肉扦上顺利取下，可在使用前先将串肉扦在水中浸泡30分钟。

烤鸡肉串

配料

- 4 根 木质串肉扦
- 450 克 鸡肉片，切成方丁

调味料

- 1 汤匙 花生油
- 1 汤匙 柠檬汁
- 2 汤匙 沙茶酱
- 1 瓣 大蒜，捣碎
- 适合口味的塔巴斯科辣沙司

作法

- 将所有调味料放入一个大碗中，混合均匀。放入鸡肉并搅动，之后冷藏存放2小时以进行腌泡。
- 将鸡肉串在串肉扦上，勿使木质部分暴露。将肉串扦置于玻璃盘上的烤架之上。
- 将其置于上层位置(位置2)。
- 开始烹调：

模式	烹调时间	作法
1 次 混合烹调 - 高	7'-9'	翻转
2 次 混合烹调 - 高	9'-11'	

注意：为了能够将食物从木质串肉扦上顺利取下，可在使用前先将串肉扦在水中浸泡30分钟。

蔬菜面包

配料

- (A)
- 175 克 新鲜面包碎屑
- 1 大个胡萝卜，搓碎
- 2 小绿皮南瓜，切片
- 1 大只马铃薯，搓碎
- 3 根 芹菜，切片
- 4 片 薄熏肉，剁碎
- 125 克 切达干酪，搓碎
- 2 鸡蛋，搅匀
- 适合口味的盐和胡椒粉

(B)

- 75 克 切达干酪，搓碎撒匀
- 1 汤匙 新鲜欧芹，剁碎"

作法

- 将(A)的材料合并，混合均匀。
- 将混合物倒入涂抹油脂的1.5升烤盘中，撒上(B)的材料。
- 将其置于玻璃盘。将其置于上层位置(位置2)。
- 开始烹调：

模式	烹调时间	作法
1 次 微波 70%	15'	
2 次 混合烹调 - 高	25'	

